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Give Your Child Wings!

One of the greatest gifts we can give our children is a strong and enduring understanding of their value in the world and the self-confidence to know that they can meet and overcome any challenge that life presents. I believe that one of the true silver linings in any child's struggles with sensory integration issues is that by approaching them head on, she will inevitably learn how very capable she is of changing, growing, and becoming. During therapy, and in the years beyond, she'll prove to herself that she can always find ways to do things better, and she'll know the joy and pride that come with those accomplishments. That's truly enormous. Whether you have a bucketful of challenges or you're the most talented person in the world, if you don't feel great about who you are and what you're made of, what good is anything else?

No matter what age your child is now, one thing is certain: he will be an adult one day. He'll increasingly become his own decision maker, and, almost certainly, life will present hurdles that he'll have to surmount on his own. It's vital therefore for you to give your children

the tools that will allow them to help them shape the best lives they can for themselves. Rather than solving their problems for them as they begin to mature, teach them self-reflection and decision-making skills, instead. Help them understand that the best lives are lived with intention and goals that are worth setting.

And, finally, please remember this: in three decades of working with children, I have *never* encountered a single child who did not do better, who did not improve, or who did not have a brighter future when we parted than when we met. Some kids thrive almost immediately. Others take more time, and a few need many years, yet they all find more success and joy in their progress than they would have otherwise had, no matter how far behind they were when they started.

All that's really required is for everyone to work together—on the same team at the same time—with each of us cognizant of the truth that kids don't come into the world to misbehave or to do things the hard way. Children are born wired for accomplishment, for challenge and success, and for fulfillment. It's our joy and duty to be the best examples and best guides we can be as our children grow and develop, so that each one of them can fly exactly as far as they have the potential to go.