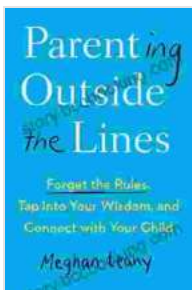


# Forget the Rules: Tap Into Your Wisdom and Connect with Your Child

As parents, we are constantly bombarded with advice and rules about how to raise our children. We are told to follow a strict schedule, to use a particular discipline method, and to avoid certain foods or activities. But what if all of these rules are actually preventing us from connecting with our children on a deeper level?



## Parenting Outside the Lines: Forget the Rules, Tap into Your Wisdom, and Connect with Your Child by Meghan Leahy

★★★★☆ 4.8 out of 5

Language	: English
File size	: 1148 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 254 pages



In her book, *Forget the Rules: Tap Into Your Wisdom and Connect with Your Child*, author and parenting expert Jessi Huntley challenges the traditional approach to parenting. She argues that by following our instincts and relying on our own wisdom, we can create a more connected and fulfilling relationship with our children.

Huntley's approach is based on the belief that every parent has the innate ability to know what is best for their child. She encourages parents to trust their gut and to make decisions based on their own observations and experiences. This doesn't mean that we should ignore all advice, but it does mean that we should be selective about what we listen to.

One of the most important things that we can do as parents is to get to know our children. This means spending time with them, listening to them, and observing them. The more we know about our children, the better equipped we will be to make decisions that are in their best interests.

Of course, parenting is not always easy. There will be times when we make mistakes and times when we feel overwhelmed. But if we can learn to trust ourselves and to follow our instincts, we will be able to create a strong and lasting bond with our children.

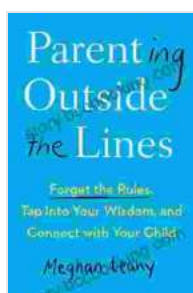
### **Here are a few tips for forgetting the rules and tapping into your wisdom:**

- **Trust your gut.** Your gut instinct is often your best guide. If something feels right, go with it. If something feels wrong, don't do it.
- **Listen to your child.** Your child has a lot to say, if you're willing to listen. Pay attention to what they're saying, both verbally and nonverbally.
- **Observe your child.** Watch how your child interacts with the world around them. This will give you valuable insights into their personality and needs.
- **Don't be afraid to make mistakes.** Everyone makes mistakes. The important thing is to learn from them and move on.

- **Be patient.** It takes time to develop a strong and trusting relationship with your child. Don't get discouraged if you don't see results overnight.

Forgetting the rules and tapping into your wisdom is not always easy, but it is worth it. When you do, you will create a more connected and fulfilling relationship with your child.

To learn more about Jessi Huntley's approach to parenting, read her book, *Forget the Rules: Tap Into Your Wisdom and Connect with Your Child*. You can also visit her website at [www.jessihuntley.com](http://www.jessihuntley.com).



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