



Hello again,

Something I see so often in my practice is how, as adults, we can struggle with people-pleasing, boundaries and feeling good enough.

It makes me think about the world our children are growing up in, particularly with the added pressures of social media.

I feel it's more important than ever that we learn to understand these dynamics ourselves and help our children navigate them with confidence, self-worth and healthy boundaries.

Thought for today:

We teach our children to be kind.

But do we teach them how to navigate unkindness?

We teach them to share, to be respectful, to include others and to treat people the way they want to be treated.

But what happens when they do all those things and are still excluded, manipulated, bullied or made to feel like they aren't good enough?

Do they understand that someone else's behaviour isn't a measure of their worth?

Do they know how to recognise when someone is taking advantage of their kindness?

Do they feel confident enough to set boundaries, walk away or seek support?

Or do they start believing that *something must be wrong with them?*

Children need more than reminders to be nice or to ignore unkind behaviour. They need age-appropriate guidance to understand emotions, relationships, peer pressure, boundaries and the way people influence one another.

They need to know that being kind doesn't mean accepting poor treatment. That belonging shouldn't come at the cost of who they are. And that they don't have to earn friendship by constantly giving more of themselves.

Because kindness is a beautiful quality, but kindness without boundaries can leave a child vulnerable.

Our role isn't to teach our children to distrust people. It's to help them develop the awareness, confidence and emotional skills to navigate relationships while staying connected to themselves.

And perhaps most importantly, we need to create a space where they feel safe enough to tell us when something doesn't feel right.

Not every struggle is visible. Not every child who is hurting knows how to ask for help.

Sometimes, the most important lesson we can teach them is this:

You are not responsible for how others choose to treat you. But you deserve support in learning how to navigate it.

**Let's teach our children not only how to be kind,
but how to be kind to themselves, too.**

With love,
Marni