

The 7 Best Gifts to Give Your Child

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Some of you know that I am currently writing a book entitled, "The 7 Best Gifts To Give Your Child." Just thought I'd share an excerpt from the introduction. Stay tuned for updates and availability.

As a preschool and kindergarten teacher for 25 years, I had a small plaque hanging in my classroom that read, "I touch the future, I teach." This simple reminder helped keep me connected to why I chose the teaching profession, especially during the challenges and frustrations that arise in trying to make learning fun for a room full of young children.

Now as a Parent Educator and Coach, I support parents as they raise their children. My new motto is "I touch the future, I parent!"

Recently, I saw a social media post that said, "Parenting today is like juggling, but all of the balls are screaming." The world that you are raising your child in today has changed tremendously over the past twenty years.

The thing that hasn't changed is that the most important component in raising a healthy, happy child is your connection with them. This integral connection of parent and child is the root and building block for your child's future.

In their new book, *The Power of Showing Up*, Dr. Daniel Siegel and Dr. Tina Payne Bryson say, "Showing up means bringing your whole being -- your attention and awareness -- when you're with your child. When we show up, we are mentally and emotionally present for our child in that moment."

The connection you create when you "show up" is at the heart of your relationship with your child. Connection is the energy that is created between us and them. It allows them to feel safe (protected), seen (cared for and loved), soothed (comforted when hurting) and secure (feeling "at home" in the world.)

Dr. Siegel and Dr. Bryson explain further that "Showing up isn't the goal of parenting. Rather it is the means by which you move toward your desired outcome. The actual goal is what's called secure attachment." The benefits of secure attachment of children to their parent are huge -- higher self-esteem and empathy, better ability to cope with challenges, and happier and better relationships. And how do you develop it with your child? By showing up.

We do not have to be perfect parents, never losing our cool. Nor do we need to read all the parenting bestsellers or sign our kids up for the right enrichment classes. We just need to be present.

To find out more about me, visit my website and explore the other resources I offer to support healthy, happy individuals and families: www.coachmyrna.org/