
ROLE MODELING HELPS SHAPE BEHAVIOURS AND VALUES



- Role Modeling is the essence of parenting.
- Many core values and behaviours are learned by the environment we “bathe” in.
- Think of how easily and effectively you taught your child to speak!

Parenting is as easy as just being yourself and as difficult as being the person you want to be...

ROLE MODELING:

- Role model how to love by immersing your children in a loving environment, including loving yourself.
- Role model the importance of a balanced life-style by living a balanced life.
- Role model courage by accepting and sharing your fears, vulnerabilities, and your resilience.
- Role model imperfection by sharing, without shame, your weaknesses and mistakes.
- Role model believing in yourself and being kind to yourself.
- Role model mindfulness.
- Role model an acceptance of the full range of human emotions.
- Role model healthy ways of thinking (if you are excessively self-critical, your children might learn to be excessively self-critical).
- Intentionally verbalize your healthy thoughts and behaviours to even further reinforce them (for both you and your child!).