

# STELLAR *Life*

Hosted by *Orion*

## Conscious Parenting with Kristin Van Wey - Parenting Series Part 1

### 10 Point Checklist

### Kristin Van Wey

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"The most important gift we can give our children is growth and development and recognizing their unique qualities. We need to develop their sensitivity to the world around them and how it can impact their lives."

**KRISTIN VAN WEY**

# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Be mindful of your actions and their impact on others, especially your children. Remember that even small actions can make a big difference in someone's life.
- Embrace your children with love and acceptance. Create a positive and nurturing environment that supports their individual, unique growth and development.
- Communicate openly and honestly with your partner to heal any triggering past traumas, and learn to heal these experiences for the benefit of your children.
- Organically navigate and express your emotions. When you feel mom guilt or shame, allow yourself to authentically experience your feelings to help you process and move forward.
- Develop a routine or habit that works for you and your children, and build on it as they age. Consider enrolling in a program that collectively resonates with you.
- Encourage your child to explore and experience the physical world. Support their curiosity and imagination. Let them get dirty and allow them to express creativity.
- Prioritize self-care and take needed breaks. Recognize that investment in your own well-being will allow you to create lasting memories with your children.
- Establish clear boundaries and expectations for your children's behavior. Provide structure and parameters that help them feel safe and cultivate self-discipline and responsibility.
- Use discernment in raising your children. Recognize that there's no one right way to parent, but always consider what's truly best for your children.
- Explore the resources available from Kristin Van Wey's [website](#) to learn more about wellness and connect with others on a similar journey. Remember that caring for yourself will help you to become a good parent and partner.