

# STELLAR *Life*

Hosted by *Orion*

## How Pregnancy Affects Your Child's Future - Parenting Series Part 3

### 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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"Conscious parenting is co-creating life with someone you love while making sure you've taken care of yourself from the inside out and you're deeply rooted in your genius."

**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.**

- Educate your child about their body's functions. As a parent, consciously emphasize the importance of life from conception.
- Establish a safe environment for your child — even before they're born. Remember, their system is designed to thrive in a calm and joyful environment, rather than an abusive or hostile community.
- Identify your core wounds and use them as access points to discover your truth. These wounds serve as powerful gateways to understand your true self and can lead you toward healing and transformation.
- Cultivate self-love and love for others to gain a deeper understanding of your core wounds and navigate through them effectively.
- Engage in regular physical movement. Consider practicing the Daily Energy Routine, Naam Yoga, or other methods that allow your body to move freely and release negative energy.
- Discover your joys and passions to provide your child with a headstart in life. It's your highest responsibility to ask yourself the right questions to guide your life in the best possible direction.
- Learn to identify where to positively direct your energy and recognize patterns in your shadow. As parents, the more we learn, the better equipped we are to emotionally support our children.
- Introduce your child to earthing and encourage them to explore the world beyond the confines of your home to foster their curiosity.
- Develop your robust and holistic health to best support your child's physical, mental, emotional, and spiritual growth. Nourish your body and connect with nature.
- Explore the resources available from Kristin Van Wey's [website](#) to learn more about wellness and connect with others on a similar journey.