

A Fine Parent.com presents :

How to Make Sure That Your Kids Don't Grow Up to Be Judgemental People

We judge what's different because familiarity is safe. To raise kind, compassionate kids into moral, empathetic adults, we need to separate judgement from morality.

5 WAYS TO AVOID RAISING A JUDGEMENTAL PERSON

#1

Avoid saying "It's wrong" when you mean "I disagree"

#2

Avoid saying "It's right" when you mean "It's socially acceptable."

#3

Avoid saying "It's bad" when you mean "It's new and I've not wrapped my brain around it yet."



#4

Before offering your opinion to your kids, ask yourself if it's really your opinion or it's the influence of your community/religious beliefs.

#5

Foster free-play in your children - studies show it leads to more compassionate, moral kids.

Weekly Notes:

Observe and record as many instances of yourself saying "It's right/wrong/bad" or doling out opinion this week. Note it down as simple tally marks or with short notes. The goal is to become aware of how often judgement masks itself in the cloak of morality in your own household.
