

Raising Happy Kids

QUALITIES OF A GOOD OBSERVER

- Silence the mind
- Practice being present in the moment
- Alert and awake
- Remain objective (just writing what we actually see)
- Able to sit for a period of time (30 mins, building up to an hour)
- We have and develop humility - no expectations
- Develop an eye for detail
- Knowledge and understanding of the natural path of development
- Have faith in the child that they will reveal themselves
- Be willing to practice regularly
- Share information respectfully

