



Include Your Child in Everything



IN EVERYTHING

It is a crisp, fall morning and I am in the driveway, hood open on the car, about to add a quart of oil to the engine. My teenage son has joined me and asks if he can help. “Sure,” I say, and he assures me that he can handle it and takes over the task as I go inside for a cup of tea. A little while later, he enters the house and asks me if we have a funnel. I wonder why he would need a funnel because the quart of oil is in a plastic container with a long neck designed for pouring. When I join him outside, I realize his challenge. I had neglected to show him where to pour the oil, and he was attempting to pour it down the tube that holds the dipstick. Yes definitely, include your child in as much as possible... and a little instruction never hurts.



Include your child or children in as many decisions, actions, projects as you can tolerate. As challenging as it can be on the front end, it can make for a greater degree of “buy-in” or “ownership” when the event actually occurs. This means “include them in everything.” Let them participate putting herbs in the salad, unpacking the groceries, dropping clothes in the washing machine, pounding nails as you repair the fence, cleaning the counter with their own sponge, pushing the vacuum for a while, getting the mail from the front hall, reaching for the cereal in the market. . . yes, if you can tolerate it, everything.

Now we know that if you want IT done, it is often easier to do it yourself. However, if we remember that the mastery of parenting takes 10,000 hours of practice opportunities, why not rack up the hours. It is difficult, but it is rewarding.

Image courtesy of: [Prashanth Pinha](#) [prashanth_pinha](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.