



Raising a Whole Child



Seven Steps to Raising Your extraverted introvert or Your introverted extravert.

According to Carl Jung, an introvert has impulses and motives that direct their actions inwardly, finding themselves in a world of thoughts and feelings somewhat independent of their contact with other people. Meanwhile, an extravert seeks action and understanding in their surrounding physical environment and social interactions.



However, the worlds of the “introverted child” and those of the “extraverted child” are not all that different. These two “worlds” occupy a side of every child’s psyche. What makes them stand apart is that some children are more comfortable in the inner world and others in the outward. But parents, pay attention, your children live in two worlds; one is just safer and more familiar than the other.

Your child may have more experience in one side of her self, which may feel “safer.” But she needs to make sense of that experience in the other side of her self for it to have meaning. This is where you come in.

To raise a whole child, we, parents, have to understand that our child needs time to explore, develop and grow in both worlds. If your child naturally wakes up in the morning and charges forth, she may very well find herself and feel more comfortable in the world she shares with you and others. In contrast, if your child wakes up slowly and lingers longer in his dreams and the coziness of his bed, he may find more meaning in a world that is hidden from your view.

There are no hard and fast lines that determine if your child is either an introvert or an extravert. Children have a capacity to thrive within both sides of themselves, in both worlds. However, it is up to us to help them mediate both developing sides.

Now you may ask, how do I do this? Well, you can begin developing a comprehensive understanding of how to support and manage your child’s transitions:

1. Recognize how your child explores both sides of herself. Does she primarily seek engagement outside? Does he retreat and need time to process at his own pace?



2. Remember that your child is growing exponentially every day. So how you respond will vary on a day-to-day basis.
3. Does she sit back and witness what is going on around her? Processing, thinking, playing.
4. Know that silence and rest is a third position that allows your child to chart the pathway that connects both sides of herself.
5. Quiet reflection allows him to “make sense” or to make meaning of his experience. Or quiet possibly, theatrical dance, wild conversation, creating, building and knocking down the castle she just constructed may be the best way to express and understand her feelings.
6. Let play be your guide. There is nothing to figure out. Just know that your engagement with your child is where both sides of the self come into balance.
7. Finally, trust that your child will show you the way. Just remember that he has this dual nature and is developing both sides simultaneously; one is somewhat visible while the other is just beyond our ability to understand.

In dialogue, whether verbal or nonverbal, our children find words and feelings, that anchor their experience in their bodies and in their relationships. This dialogue with us, their parents, gives them a third world, a world where they know that you know what they are feeling, what they are thinking and above all, where they recognize that they are not alone.

There is the internal world of our own making; there is the world where we find ourselves in the reflection of others. There is a world where we make sense of who we are whether we are internally located and alone with our thoughts and feelings or we are externally engaged with others. By holding presence as you hold your child, the way forward is always just the next step away.



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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.