

The 5 Crown Steps – A PARENT'S GUIDE:



1. SHARE (& RENEW!): In the evening, as you read this book together or spend time with your child, ask them about their deepest hopes and wishes. Search for a wish that means a great deal to them and that you know can be reached. Encourage your child to be brave by openly sharing a hidden wish of your own. Then, form with them your own, special DREAM TEAM: Choose one goal each, and make a commitment to help each other accomplish it. Later, as your DREAM TEAM develops, and your goals come nearer, you can make a ritual in the evenings of re-stating and renewing your promise to continue to support each other.

2. PLAN (& PREP!): Target with your child the best way to reach its goal. Together, decide upon the first step (then later, the next steps) needed to move forward. Agree upon one action you each will complete the very next day. Allow the steps to be small and simple at first. Reinforce your child's goal by asking others for help or to join your team along the way! A learning bridge is built when you also pledge to take on tasks towards your OWN goal. Your child will gain confidence and resolve by witnessing the progress you make (and the struggles you overcome!) while working to attain your own dream.

3. SLEEP (& SING!): Sleep revives and energizes us for the challenges of the coming day. Music and stories provide inspiration. Have your child sing or listen to the song while they focus on their next step. As they relax into sleep, have them imagine themselves in the future, inside the very moment when they have finally reached their dream. Envision it with them, every night. This will strengthen your DREAM TEAM and their belief that they can accomplish their goal. Each evening, as they "rest their head", the Wish Prince will come to fill their dream with renewed power, courage and vitality.

4. ACT (& ASSIST!): Actions must always follow the making of wishes. Accompany your child the next day in the completion of its one task. Then, assist your child in selecting the best new steps each day towards realizing its dream. ONE step per day is enough! Hold yourself and your child accountable by always following through with your own tasks. As you practice and contribute to each other, you can use the Wish Prince for motivation. Stay flexible with new ideas and ways to help your child and you move ahead.

5. REPEAT (& REFINE!): Make it normal! Create a daily ritual in your family circle of reviewing and refining your steps and goals and regularly celebrate everyone's improvement! This will bring delight to your child and anchor your DREAM TEAM, even stronger. When these 5 steps become a routine part of your schedule, you will enrich the life and growth in your child. They will develop discipline as they enjoy the rewards for consistently doing actions that really count. Finally, as you both stay "tuned-in" to your inner world, you will experience great joy as your dreams unfold together!