

***The beauty of life is, while we cannot undo what is done, we can see it, understand it, learn from it and change so that every new moment is spent not in regret, guilt, fear or anger, but in wisdom, understanding and love.***

**Jennifer Edwards**

American Author, Artist and Educator

One of the foundational beliefs of Positive Discipline is that “mistakes are wonderful opportunities to learn”. When we can fully embrace this idea, we are freed up to explore possibilities, take a little risk, take a chance on ourselves.

Most of us did not grow up with the “mistakes are good” philosophy. Indeed, many of us probably learned just the opposite—mistakes are bad, and should be avoided (or covered up) at all costs. Mistakes were guilt-ridden, humiliating, painful.

What a different world we can offer our children when we teach them that mistakes are GOOD things, not to be feared, not to be hidden. Can you imagine asking a child, “What wonderful mistakes did you make today? What did you learn?” I believe this is one of the ways we help build capability in our children. And when children feel capable, their sense of belonging and significance is increased. Which means there’s less need to seek belonging and significance in mistaken ways (such as nagging, whining, throwing tantrums).

And remember, our children learn by what they see modeled—be willing to share your mistakes and subsequent learnings; talk about those at the dinner table, too. Cast off those crippling beliefs about mistakes that were part of our childhood. Free yourselves to be more human, more compassionate, more vulnerable. Your children will benefit, and your bond with each other will be ever stronger.

Good luck! Make mistakes! Blessings to all!