

The Elemental Parenting Guide



LIKE A USER'S MANUAL
for Your Unique Child!

DISCOVER YOUR CHILD'S FIVE ELEMENT COMBINATION

Write down the scores in the picture below, to see which Elements are shaping your child.



Which one do you think is your child's Dominant Element?

Which one do you think is your child's Influential Element? The Influential Element is will have the second highest score.

On the next page you'll find our basic *Elemental Parenting Guide*. Read through the information on your child's Dominant and Influential Elements for tips on bringing out the best in your unique child.

Elemental Parenting Guide

In my book, *Heal Your Child from the Inside Out*, I discuss how parents can use the Five Elements to nurture healthy, happy kids and harmonious families by using what I call *Elemental Parenting*. Elemental Parenting is about consciously creating a lifestyle that not only supports your child and honors his Dominant Element, but also creates a harmonious family life. Ultimately it's up to us to make sure that our child's fundamentals are met so he can be at their best. Every child needs to love, eat, sleep, and move. They need time outdoors and space for creative play. He needs to live in a safe and loving home and in an environment that minimizes toxic exposures.

Elemental Parenting also requires us to do some self-reflection and become a better version of ourselves so we can model the attitudes, habits, and fundamentals that we want to cultivate in our children. We must understand our own Elemental makeup and imbalances in order to become the best version of ourselves.

Now that you've determined your child's Dominant and Influential Elements, you can read below to find out how you can best support your child and start on your journey of Elemental Parenting. I've also given you tips on parenting styles that will work best for each Element as well as behaviors that you want to model for your child to help them stay balanced as they navigate through life.



IF YOU HAVE A WOOD CHILD

Your Wood child is likely very energetic, curious, and adventurous. He is active and needs physical outlets in order to manage his energy and feelings, which will enable him to stay balanced. Curiosity and a drive to understand things often lead to questioning and pushing the boundaries. Some say that Wood children are natural born leaders and have an "I can" attitude.

You can best support your Wood child by helping him establish meaningful goals to help him channel his energy. He likes having something to work towards. Help him set realistic, individual goals for sports activities or school in order to channel his competitiveness in a positive way. Even setting a goal to have a great visit with the dentist can keep a Wood child brushing his teeth regularly.

These kids will push boundaries in order to understand their own strength. Once he knows his limits he can respond to challenges without triggering frustration or anger about being held back. Redirecting him away from an argument and towards the positive goal he's interested in will prove beneficial.

Physical activity is a must for Wood children. Team sports, theater groups, and dance troupes are a great way for him to find his way socially, as well as working out his energy. If he has a lot of energy in the classroom, make sure to get him some playtime before school starts so he can keep himself seated and pay attention in class.

If your Wood child is arguing with you or others, let him work it out physically through sports and healthy physical activity before you try to talk about it. Consider discussing something upsetting while walking since physical activity will help discharge anger or frustration. Then speak in practical, compassionate terms and you will most likely get him to understand. When you explain the reasoning behind your decisions you will help him understand the “why” and satisfy his curiosity.



IF YOU HAVE A FIRE CHILD

Your Fire child is likely bright, vibrant, and seeks lots of stimulation. She wants a parent to entertain her and play with her. She's a very active and engaging kid that likes constant movement, but can also be easily overwhelmed by uncomfortable sensory stimulation, textures, or fabrics.

You can support your Fire child best by compassionately listening to her problems or dilemmas. Instead of reacting with criticism or harsh boundaries, Fire children need to know that they are heard, valued, and cared for. With these kids, a hug or gentle touch will provide great comfort, and they often need to talk things out when they are confused or upset. Bear in mind, her reactions to certain situations can at times seem overly dramatic for what the situation calls. Remaining calm and patient is the best way to diffuse the drama.

Being a natural entertainer, your Fire child probably craves being surrounded by friends. She is a charismatic and naturally likable child and, as if acting from a stage, she is often the center of attention in group situations. On the playground or in a school setting she is typically the 'popular' kid and has many friends. Although she thrives in the attention, too much of a good thing can make a Fire kid overly sensitive at the end of the day. Try to balance play dates or extracurricular activities with adequate family or quiet time to prevent sensory over-stimulation and meltdowns.

Model behaviors like calmness and kindness to help counter her overactive nature. Since these children tend to be quick to react, avoid fueling the fire of a tantrum by staying as relaxed and supportive as possible. If you lose your cool as a parent, the Fire child will feel ungrounded and may spiral into compulsive and reactive behavior. Drop to your knees and get down to their level and use words like, "I hear what you're saying" and "I see you're upset, how can I help you?" rather than "What's the matter with you?" or "Why are you acting like that?" A little love and understanding goes a long way with Fire children.

Be sure to keep a Fire child engaged in artistic and creative activities. These kids love hands-on projects that are full of expression. Consider art camp, circus class, or an after-school theater group to provide them with appropriate outlets for their active and artsy side.

IF YOU HAVE AN EARTH CHILD



Earth children are friendly, outgoing, and talkative, but they don't necessarily enjoy being in the spotlight. They are probably mommy's helper and are very attached to Mom, Dad, Grandma, and anyone else who cares for them. Don't be surprised if your Earth child cries when you leave them at preschool for the first time! While Earth children may go with the flow, they can also be worried about their family and friends, or even their pets.

The best way to support your Earth child is to be a loving source of support that listens to her worries and cares. She'll worry less if she knows that you're also taking care of things behind the scenes. You may want to introduce a "worry rock." Pick a pebble or stone that she likes. Then she can tell her worries to the stone and wash it under the faucet or in a stream (if you have one nearby). This will create a ritual to help her release worries and other negative emotions.

Have her help you in the kitchen with food prep and cooking to help her develop a healthy relationship with food. Since Earth children usually crave sugar and refined flours, exposing them to all the wonderful textures and flavors of healthy fruits and vegetables will keep her eating a balanced diet.

Even though your Earth child is outgoing she may not want to be in the spotlight. Go with her flow and don't force her onto the stage or in the spotlight if she doesn't want to be there.

Get your Earth child moving by involving her in group activities and team sports. Physical activities that involve a group setting will be particularly helpful in establishing healthy exercise habits while also nurturing her desire to be surrounded by friends.

Modeling healthy relationships, stress management, and self-care is very beneficial for Earth children. Earth children will often put the needs of others above their own needs and fail to ask for help when they need it. Creating rituals and routines around self-care will make sure your Earth child give to others from a place of abundance instead of depletion.



IF YOU HAVE A METAL CHILD

Metal children are likely to be easy going about many things, but can have a stubborn streak. They're probably particular about their routine or how food is put on their plate or similar things. They're active but not as active as Fire and Wood children, who keep their parents super busy. They enjoy a balance of activity and quiet time and thrive on routine.

You can support them best by being gentle with them when you're upset or if they're having a hard time. They take punishment very hard because they want to do their best to please you. Avoid reprimanding them in front of others because they'll take that especially hard and may shut down or start to cry.

Make transitions easier for your Metal child by giving him plenty of warning that a task will end and you'll have to leave or go somewhere. As he gets older, get a calendar and review their weekly routine so they know what's coming up. When he's going to a new environment (such as school or camp) talk about it, walk him through it, and even have him visualize it to make the transition easier. Before the first day of school, you can even have him write a letter to the teacher and imagine what his new teacher will be like.

Demonstrate or model behaviors like flexibility to help them balance the rigidity of the Metal element. Metal children can get stuck in a negative thought spiral when things don't go their way. Show them how you shift out of negative emotions (like anger, fear, and sadness) and into more positive emotions through activities like deep breathing, mindfulness, meditation, and gratitude practices. Choose your battles carefully because Metal children can be rigid and stubborn. Modeling flexibility is sometimes more important than imposing your will on your Metal child. This will show them what's truly important and allow them to be more flexible themselves.

Metal children enjoy puzzles, patterns, and logic. Games involving timing and counting are particular fun for Metal children. Time how long it takes to put their shoes on or make their bed and praise them for doing a good job!



IF YOU HAVE A WATER CHILD

Water children are very creative and likely deep thinkers that feel more intensely than other children. They often understand emotional nuances and are considered wise beyond their years. Many parents describe their Water child as an "old soul." They can occupy themselves for hours in their own creative world, exploring these deeper thoughts and feelings. While they enjoy some activity, they tend to shy away from lots of it. They are usually introverted and need to refresh themselves by having quiet time alone. The risk for the Water child without adequate social stimulation lies in becoming stuck, depressed, and lonely. While mostly a go-with-the-flow kind of kid, they can demonstrate a terribly stubborn streak and may appear unmotivated by prizes or rewards.

You can support your Water child best by giving her space to explore and move through her feelings. Allow and encourage her to talk to you about things when *she* is ready, not necessarily when you are ready. If you are a Fire or Wood parent, this may be hard to understand at first, but giving her space to work through her feelings will help actually help her more. Using art, music, and creative expression may help them express themselves and move through their emotions. If your Water child is stuck and can't explain it to you, try offering some crayons and paper and ask her to show you

what she feels. Or start making up a story with a character that has the same name as her. Then let her finish the story.

Having a flexible home environment is a great way to support a Water child. Water children thrive when there's flexibility in routine and a manageable schedule that allows for down time. When the spirit moves them they can accomplish beautiful and amazing things, but they tend to have their own sense of timing. Making a request that a chore or a homework assignment happen within a time-frame (rather than on a specific day at a specific time) is helpful.

LEARN MORE ABOUT YOUR CHILD'S FIVE ELEMENT NATURE

For more information your child's Dominant Element and how it impact's your child personality, temperament and health, check out, [Heal Your Child from the Inside Out: the 5-Element Way to Nurturing Healthy, Happy Kids](#). Here's what you'll learn:

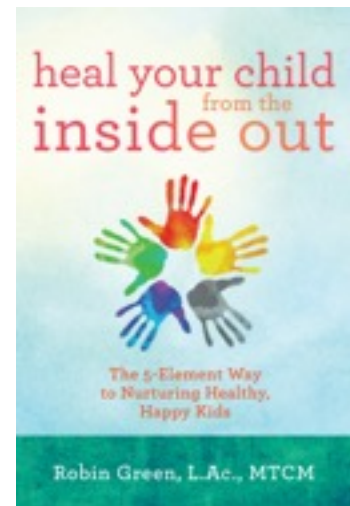
Western medicine can be difficult and confusing for parents when managing their children's chronic health conditions such as asthma, eczema, and allergies. Many children fall into the "unwellness gap," where they aren't always sick but aren't entirely well either.

Robin Ray Green draws on her personal experiences as a mother and pediatric acupuncturist to help you understand your child's 5-Element type within Traditional Chinese Medicine—Wood, Fire, Earth, Metal, or Water—so you'll be able to:

- Diagnose elemental imbalances within the body that create health issues
- Choose the best nutrition, lifestyle choices, and healing modalities—including acupressure, massage, and meditation—based on your child's particular health goals
- Personalize your parenting style for your child's unique emotional needs

Questionnaires and fun quizzes help you gain a new perspective on your child in an easy-to-understand way. Ultimately, empowered with this knowledge and a new, holistic perspective on health, you'll be able to augment Western treatments *with time-tested natural solutions to help your child—and your whole family—heal naturally.*

Now Available on Amazon: www.robinraygreen.com/heal-your-child-inside-out-book/



FOR MORE INFORMATION

FOR PARENTS

Be sure to visit www.robinraygreen.com to learn more about how you can use Chinese Medicine and the Five Elements to nurture a healthy, harmonious family.

TO FIND A PEDIATRIC ACUPUNCTURE SPECIALIST

If you want to work one-on-one with a pediatric acupuncture specialist, you can find one in our directory at www.kidsloveacupuncture.com

FOR PRACTITIONERS

For pediatric acupuncture and Five Element training, be sure to visit www.acupuncturepediatrics.com

ABOUT THE AUTHOR

Robin Ray Green is a licensed acupuncturist and herbalist and a leading expert in the field of pediatric acupuncture. She holds a Master's in Traditional Chinese Medicine from the prestigious Five Branches University in Santa Cruz, California. Robin has over ten years clinical experience helping children with asthma, allergies and eczema heal using Chinese medicine. She maintains a private clinical practice in Morgan Hill, California where she lives with her husband and two boys.

An up-and-coming Hay House author, Robin's book, *Heal Your Child from the Inside Out: The 5-Element Way to Nurturing Healthy, Happy Kids*, will be in bookstores October 18, 2016.



Her popular kid's health blog, now at robinraygreen.com, has over 1 million visitors annually and she runs a directory to connect parents to pediatric acupuncture specialists at www.kidsloveacupuncture.com. Robin founded the Center for Advanced Acupuncture Pediatrics, which provides premier pediatric acupuncture training worldwide.