

Having a “free no judgement zone” in your home is an important part of parenting.

CREATING A “NO JUDGMENT ZONE” IN YOUR HOME IS A GREAT WAY TO FOSTER A SAFE AND RESPECTFUL ATMOSPHERE FOR EVERYONE IN THE FAMILY.

It takes time and effort but with these suggestions you can help build a strong foundation of trust and acceptance within your family.

So how can parents create this environment?



The first suggestion is to be aware of your own feelings about yourself, your expectations, and your own attitude. Many parents have very high expectations for their children but can be disappointed when the children don't meet those expectations. This can lead to feelings of guilt and shame for both the parent and the child, making it difficult to create an environment where everyone feels safe to express themselves without fear of being judged.



NO JUDGEMENT

2

The second idea is to set clear boundaries and expectations for the family. Let your children know that while it's okay to express their opinions and feelings, they need to respect each other's beliefs and views. Talk with your children about appropriate behavior, emphasizing that it's not okay to judge, criticize or put down another person's beliefs or opinions.

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It's also important to listen closely to your children and really hear them out. Ask questions, but don't force your own views on them. Show your children that you understand their feelings and take their opinions into consideration. This fosters an atmosphere of mutual respect and openness.

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Make sure you model the behavior you want to see in your children. If you want them to respect each other's opinions, treat them with kindness and compassion, and refrain from judging each other, then you need to do the same. By creating an environment where everyone is accepted and respected, you are helping your children understand that it's okay to express themselves without having to worry about being judged or criticized.

