



# defining parent

conscious, informed, inspired parenting

Your Children Have Lessons to Teach  
By William Martin  
Excerpt from The Parent's Tao Te Ching

Your children have important lessons to learn,  
but even more important ones to teach.

What can they teach?  
How to pay complete attention.  
How to play all day without tiring.  
How to let one thing go,  
and move on to another  
with no backward glances.  
How to move and sit  
with no tension in the muscles,  
no stress in the bones.

Thus the wise parent learns,  
and grows  
younger every day.