

## Natural Parenting Benefits

Many people see natural parenting the way God has intended humans to bring up their children, i.e. as guided by your gut feelings. This is the way millions of parents all over the globe raise their children. There are other parenting styles as well. Guide parenting is one of the alternate styles, where parenting skills are taught by books, articles, research, and other techniques. Even though proponents of guided parenting often possess vast academic knowledge about the subject, many aspect of parenting still puzzle them.

Every animal on this planet has parenting instincts. Every species raise their young and care for their young in a particular manner, whether it be fish, dogs, cats, birds, or wild animals. Human beings have their own style as well. Relying only on gut feeling can take one very far in successfully raising your children. Often, to much information, particularly conflicting information, has the ability to cause inaction because of uncertainty.

As an example, it is completely natural to breastfeed an infant. Normally, one need not teach the mother or the baby how to do this. Nowadays there are so many conflicting opinions on this basic task that it's easy for a new parent to become confused and wonder whether they are doing the right thing. This same situation exists in the areas of feeding, discipline, nutrition and others.

Not too long ago, only a few decades, natural parenting was the de facto parenting technique that nobody questioned. Nowadays parents almost feel obliged to research every aspect of their task and go to workshops, which tends to over-complicate something for which we have in-born skills.

You will find that today natural parenting has taken a back seat. Instead of relying on their instincts, today's parents tend to fret over every latest piece of research, some of which are blatant nonsense. Unfortunately, the results are not so good when natural parenting takes the back seat. Children need to be free and happy, and a growing movement is beginning to see how natural parenting can create the environment for children to naturally prosper.

It is very difficult for a natural bond to form between parent and child when the child is raised according to someone else's idea of what is proper and correct. Rather, it needs the 'I feel right about this' method of parenting. Trusting your gut is the essence of natural parenting, and even though you'll still make mistakes, know that your kids appreciate the fact that you're just human.

## About the Author

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