

# **The Promise of Surfing Rainbows for little ones**



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# Introduction

This book is offered as a gentle guide, giving a helping hand and a few tips in the quest to make it easier for our children to grow up happy and contented.

As parents we aim to do our best for our little ones. There is always so much to think about, so much to remember and so much to do. Busy schedules, pressures, deadlines and exasperating moments can sometimes rob us of the joy we feel we are supposed to be having within the family. There are a few simple ideas in this book to help bring a little more laughter and happiness. The ideas presented are also intended to be used as a fun way of encouraging children to grow up with the values that will assist them in attracting the most from life.

These include: living with trust rather than fear. Hope and happiness rather than disappointment and sadness. High rather than low self esteem. Enjoying more love, rather than dwelling on anger, hurt or loneliness. The ideas also set the foundations of positive self-expression and encouraging more inspiration to flow.

In essence, the intention of The Promise of Surfing Rainbows for the little ones is to help them grow up living a life they truly love.



To feel fantastic enjoy playing a few of the Surfing Rainbows  
question-and-answer games with your little one.  
You will find these games in the final section of this book.





Every so often, take a moment to read the statements of intention with your child on waking in the morning, as this will help set your child up for a wonderful day. The statements of intention are given under the seven happy characters on the following pages.

# Accompanying notes

In life, we do not achieve what we are capable of, we achieve what we believe we are capable of, and it is the thoughts we think that set up these beliefs. The positive statements of intention (the statements that are given under the seven coloured, happy characters on the preceding pages) can be read on a daily basis, or as often as feels good. When reading or listening to the statements, children are thinking and affirming good thoughts about themselves and so they are setting up an empowering set of self-beliefs.

This sets the foundation for helping children grow up living with the values of trust, joy, high self-worth, love and positive communication. The result is that they are more likely to be open to the inspiration and enjoyment of the unfolding adventure of life.

Even babies can benefit when they are read to, as they naturally pick up on the good feeling vibes and benefit by feeling good as a result.

Reading the positive statements of intention on a regular basis with toddlers who are beginning to talk, and with young children, is also a means of helping adults quickly identify any emotional issues that are causing upset. This will be apparent when the child reads one of the positive statements but their manner and attitude show that they do not agree with it. The child's upset may then be released with the help of the parent as they explore a few of the ideas that are given on the following pages.

The more fun everyone has playing with the ideas offered, the more the children are likely to gain from them.



**Bye for now.**

**We're looking forward  
to seeing you next time.**

**You are very, very loved by all your  
Rainbow Surfer friends!**