

raised by design



Leo Cole

ALEXANDRA COLE

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Dear Caregiver,

Since having our son in 2021, I discovered that parenting is everything they say it is and then some. It's equal parts challenging, rewarding, terrifying, heartbreaking and humbling. (Especially humbling...) Just when you think you've figured something out, the next developmental milestone is on the horizon. And just when you think you've figured one kid out, you have another.

Now, wouldn't it be nice if kids came with an instruction manual?

That's where Human Design comes in. This tool offers exactly that: a blueprint for how your child is *designed* to move through the world and share their gifts in the most optimal, aligned way for them. It offers insight into their unique preferences, sensitivities, communication and decision-making styles, and so much more.

As parents or caregivers, we often feel pressure to do more than we need to. I've learned that the best parenting advice may be to do less. Our job is not to "shape" these little beings into anything or anyone. Our job is to teach our kids to trust themselves and then get out of their way. Your child already knows what they need to thrive. Unfortunately, however, many kids question or ignore this "knowing" in an effort to fit in.

I created this guide as a personal cheat sheet for you and your family. It offers actionable insights to help you get to know your child better and suggestions on how you might support them in the most effective way. I encourage you to approach it with an open mind, because sometimes – a lot of the time – what works for ourselves or "the majority", may not work for your child.

Please note that this guide is written to apply to children of all ages, but some recommendations may be more helpful at specific stages of development. I also wrote this guide in a way that does not require any prior knowledge of Human Design. I assumed that it would be shared with partners and others who aren't familiar with this tool, so I have tried to focus on the insights rather than the theory. If you want more information about Human Design, you can find more [here](#).

My dream is for this to be an evolving resource, so please reach out if you have any feedback!

Warmly,

Alexandra

Leo is here to...



**BREAK THE MOLD AND GENERATE EXCITEMENT
AROUND NEW IDEAS.**

Leo is happiest when...



**ENGAGED IN A VARIETY OF ACTIVITIES OR
PROJECTS THAT BRING JOY.**

Leo may struggle when...



FEELING PRESSURE TO PICK ONE PATH (VS. MULTIPLE) OR DO THINGS A CERTAIN WAY (VS. THEIR OWN WAY).

They may also struggle when they feel pressure to do things that make other people happy or to live up to other people's expectations.

SIGNS THAT LEO MAY BE STRUGGLING:

Low energy

Trouble sleeping

Frustrated

Not hungry

Lack of perseverance or stamina

YOU CAN HELP LEO BY

- Allowing them to say no to things that do not evoke excitement. If they're no longer interested in a toy or an activity, let them know it's OK to move on.
- Celebrating their joy and satisfaction. Help them pinpoint the activity, person or environment that is contributing to this feeling.
- Offering praise for who they ARE, not what they DO.
- Being especially mindful of any expectations you have for them as they will feel these very strongly and it may be limiting.
- Encouraging them to trust their gut and follow their joy, even if it doesn't always align with what others around them want.
- Allowing them to change their mind.
- Allowing them to skip certain steps and do things differently. They're not designed to do things by the book.

Leo is designed to be guided by...



EMOTIONS. THIS ACTS AS AN INNER COMPASS AND IS THEIR MOST RELIABLE TOOL FOR MAKING DECISIONS.

YOU CAN HELP LEO BY

- Giving them permission to feel big feelings, instead of being ashamed or afraid of them.
- Encouraging them to take more time when making decisions instead of rushing into things. Sometimes their immediate emotional response is not representative of how they truly feels.
- Describing how you experience your own emotions and leading with how things make you feel (i.e. "when you do XYZ, it makes me feel...").
- Being proactive about asking them to describe how things make them feel so they learns to recognize emotions in their own body as well.
- Encouraging them to make decisions based on how they feel about things, even if it doesn't always make "logical" sense.
- Paying attention to their moods and allowing them to indulge in these moods instead of forcing them to "cheer up" or "move on".