

# Why I Parent by Human Design

Mass systems require standardisation.  
Children don't.

We measure reading levels.  
We measure behaviour.  
We measure performance.

But we rarely ask: *Is this expectation a fit for this child?*

I've been a hypnotherapist since 2017, four years before I became a parent.

Again and again, I sat with capable, intelligent adults who were quietly struggling.

They were successful on paper, but underneath, there was:

- Low self-worth
- Anxiety that never fully switched off
- People-pleasing that felt impossible to stop
- Difficulty expressing feelings
- A persistent sense of *"I don't really know who I am"*

When we traced those patterns back, they rarely began in adulthood.

They almost always began in childhood.

Not because their parents didn't love them, but because somewhere along the way, parts of them felt unlovable or unacceptable. They were labelled:

- Too sensitive
- Too intense
- Too slow
- Too emotional
- Too independent
- Too much
- Or...not enough

And because of this, they learnt to adapt.

Adaptation keeps the peace and allows us to retain attachment to our parents, but over time, it can cost identity.

Much of this imprinting begins in the first seven years, when the subconscious absorbs expectations without question. But conditioning doesn't stop there, it accumulates.

Children don't need fixing. They need understanding.

When I became a parent, it was crystal clear that many of my reactions weren't about my child.

- They were about inherited expectations
- Societal timelines
- Ideas of what '*should*' look like

And often, those expectations didn't match how he was naturally wired to operate.

That mismatch creates friction. Friction looks like behaviour problems. Often, it's information.

That's when, for me, Human Design shifted from interesting to **essential**.

Human Design is a mechanics-based framework that maps how a person is wired to use energy, make decisions and interact with the world.

It doesn't label children. It reduces misinterpretation.

It doesn't tell you who your child must become. It helps you see how they are built to operate.

And when you can see clearly, you stop correcting what was never broken.

## The Parenting by Human Design Method™

### 1. Map the Wiring

Understand how your child naturally uses energy, processes stimulation and makes decisions.

### 2. Spot the Friction

Notice where expectations, pace or pressure conflict with that wiring.

### 3. Stabilise the Adult

Children cannot thrive inside chronic adult stress. Regulation begins with us.

### 4. Protect Long-Term Self-Trust

Make decisions that support who your child is – so they don't grow into adults who have to rediscover themselves later.

I created this method because of what I witnessed:

- Children who adapt too well often grow into adults who don't know what they want.
- Children who suppress emotion often grow into adults who struggle to express needs.
- Children who perform for approval often grow into adults who feel exhausted trying to keep up.

Patterns repeat – not because parents don't care, but because we tend to raise children using the same unconscious rules that we were raised with.

Human Design gives us a structured way to interrupt that automated cycle.

- To see our children clearly
- To question inherited expectations
- To respond instead of react
- To break generational patterns – not through rebellion, but through understanding.

This isn't about raising exceptional children.

It's about raising self-aware adults who don't need decades to rediscover themselves.

It's about protecting self-trust early.

And when we understand a child's wiring, something shifts.

- We parent from clarity instead of fear
- From observation instead of assumption
- From intention instead of inheritance

That's why I parent by Human Design (and teach other parents to do the same).

Not to label or limit, but to reduce misinterpretation – before it becomes identity.

If your child is already past the age of seven, you haven't missed your window.

Understanding today will always reduce future friction.

Change doesn't require starting over. It just requires seeing differently.

A handwritten signature in blue ink that reads "Sophie xo". The signature is written in a cursive, flowing style.