

# Starlight Wellness Inner Child Practices



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## Daily Inner Child Connection Practices

Supports building safety, emotional resilience, and loving connection with her inner child—without overwhelming or over-efforting.

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### 1. Morning Check-In: “How Are You, Little One?”

 *Timing: First 1–2 minutes of the day*

- Hand to heart or belly
- Whisper: “*Good morning, little one. How are you today?*”
- Listen for a feeling, image, word, or body sensation
- Acknowledge it without trying to fix

#### **Why It Works:**

Creates consistency, trust, and teaches inner child that she won’t be ignored anymore.

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### 2. Love Notes or Gentle Texts to Self

 *Timing: Anytime during the day, especially before/after stress*

- Write or whisper messages like:  
“*You did your best.*”  
“*You’re not in trouble.*”  
“*You don’t have to hold this anymore.*”

#### **Why It Works:**

Replaces old shame narratives with soft, loving voice imprinting.

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### 3. Touch Anchors: “I’m Here With You”

 *Timing: During overwhelm, guilt, confusion, or defense*

- Hand on chest or belly
- Light rock, hand press, or gentle sway
- Speak: “*I’m here. We’re okay. You’re not alone.*”

#### **Why It Works:**

Somatic regulation + emotional reparenting in real-time

### 4. Do Something You Loved

 *Timing: Weekly practice*

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- Eat a childhood favorite snack (with presence)
- Watch a nostalgic show or color, doodle, hum
- Play with textures (blanket, sand, water, crayons)

## ✨ **Why It Works:**

Builds joy-based connection—not just healing from pain, but living from play.

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## 🕯️ **5. Inner Child Closing Ceremony (Bedtime)**

🌙 *Timing: Before sleep*

- Visualize your inner child resting safely—on a cloud, in a nest, beside you
- Say: *“You can rest now. I’m watching over you.”*

## ✨ **Why It Works:**

Provides subconscious reassurance, closes the loop of care, helps dissolve anxious loops

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## 💬 **Suggested Anchor Phrase :**

*“I’m listening. I’m here with you now. I love you even when it’s messy.”*

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