

# Help Me Please!

*Written by Darci Walker for Core Parenting.*

Why don't we ask for help? Raise your hand if you are good at asking for help when you need it. Through our virtual connection, I envision a room full of crickets chirping as the vast majority of us sit on our hands and look around to catch a glimpse of the parents who have perfected the art of accepting help. A few hands go up in the air, but most of us can't claim to be good at this vital skill.

Of course, we tell our children to ask for help when they need it. And, we tell our friends to ask us for help when they need it. We philosophically believe that it takes a village to raise a child. We extol the virtues of said village and work hard (or at least wish hard) to have a village around us. We definitely *need* help. We definitely *want* help. But, many of us are definitely are not good at asking for help.

Read the full thing »