

INTERVIEW QUESTIONS

MAUREEN DAWN HEALY author of: *The Energetic Keys to Indigo Kids*

1. Can you tell us why you wrote *The Energetic Keys to Indigo Kids: Your Guide to Raising and Resonating with the New Children*?
2. Can you also share with us how you define highly sensitive children versus indigo kids?
3. So if I am getting this correctly, indigo children are highly sensitive but much more. They seem to share a similar mindset, values and tendencies with this incredibly sensitive yet stubborn or defiant energy. Can you give us an example of their shared mindset?
4. Are indigos and highly sensitive children everywhere? Or, is this just a US phenomenon?
5. I found Chapter Two of your book really helpful. You basically say the old way of parenting doesn't work and these kids need something different. Can you give us a glimpse of this new way of raising kids? And why it works better?
6. You also share with us common triggers, which I thought was great. So often we don't realize that it's not just our kid—but lots of kids hate waiting in lines, being rushed, get overwhelmed by crowds and have difficulty switching gears. Can you tell us more about a common trigger, and a way to approach it that works better?
7. In your book, you also discuss channeling energy. Can you tell us more how important it is for indigo children to channel their energy and what it looks like if they don't?
8. Your "Indigo Success Model" on page 209 of your book. What it seems like you are suggesting is that we need to help develop our children's strengths but balance their energies. For example, the first of five (5) Success Keys is "Balancing Intuition with Reason" which makes perfect sense. Can you tell us more?
9. Your last book, *Growing Happy Kids*, which revealed how to nurture a deeper sense of confidence and ultimately happiness in children is a wonderful book. Are these two books connected?
10. For listeners that would like to see you in person, buy your book or connect with you – where would they go? *To learn more about Maureen's schedule, personal sessions and upcoming events please go to: www.growinghappykids.com; maureen@growinghappykids.com; 310-351-4011 (PST); @mdhealy (Twitter).*

