



Rediscovering and Caring for Your Inner Child

As we grow older, it's easy to get caught up in the demands of daily life—career responsibilities, family obligations, and the endless cycle of "adulting." In the hustle and bustle of adulthood, it's common to lose touch with the playful, carefree, and curious parts of ourselves. Yet, reconnecting with our inner child can be incredibly healing, offering us a sense of joy, creativity, and self-compassion that might otherwise be forgotten.

Your inner child is the part of you that holds your memories, dreams, and emotions from childhood. It's the source of your innate creativity, spontaneity, and vulnerability. In many ways, nurturing your inner child is a path to self-empowerment and healing, helping you feel more balanced, grounded, and authentically yourself.

If you're ready to reconnect with your inner child, here's a guide on how to rediscover and care for this essential part of you.



1. Acknowledge Your Inner Child

The first step to reconnecting with your inner child is simply acknowledging that she's there. You might think of your inner child as a small version of yourself who still carries the joys, pains, and unmet needs from childhood. Start by gently recognizing that this part of you exists—whether it's through memories, emotions, or even physical sensations.

Tip: Take a moment to sit in silence and close your eyes. Imagine your younger self at a time when you were around 5 or 6 years old. Visualize what she looked like, how she felt, and what she wanted most. What is she saying to you? Let her be heard.

2. Listen to Your Emotions

Children express themselves through their feelings, and as adults, it's easy to overlook or suppress emotions in the name of practicality. To care for your inner child, begin by listening to your emotions more attentively. Your feelings, especially the ones that seem intense or difficult, can be a gateway to understanding your inner child's needs.

Tip: Practice mindfulness by paying attention to how certain situations make you feel. Are you feeling sad, frustrated, or overwhelmed? These emotions may be signals that your inner child needs attention, comfort, or validation. Instead of ignoring or dismissing these feelings, take a moment to sit with them and explore their origin.



3. Engage in Play

One of the best ways to reconnect with your inner child is through play. As children, we naturally engage in imaginative and carefree activities, but as adults, we often forget the importance of play. Play helps to reduce stress, boost creativity, and foster a sense of freedom and joy.

Tip: Make time in your day for something fun and playful—without any agenda. This could be something simple like coloring in a coloring book, playing with a pet, jumping on a trampoline, or even running through a puddle. Embrace spontaneous activities that make you feel light-hearted and free.

4. Nurture Self-Compassion

Children are naturally forgiving and compassionate with themselves, and that quality can be a source of inspiration for how to treat yourself as an adult. Too often, women are hard on themselves, striving for perfection and constantly measuring their worth based on external achievements. Reconnecting with your inner child means embracing self-compassion and accepting yourself, flaws and all.

Tip: When you make a mistake or face a setback, instead of criticizing yourself, imagine how you would talk to a young child who is going through something similar. Offer yourself the same kindness, encouragement, and understanding. Self-compassion is a way to soothe your inner child and show her that she is loved, no matter what.



5. Express Yourself Creatively

Children often express themselves freely through art, music, dance, or imaginative play. Creativity is a powerful way to reconnect with your inner child, as it allows you to explore your emotions, ideas, and desires in a non-verbal way.

Tip: Take time to engage in a creative activity that excites you, whether it's drawing, painting, writing, singing, or dancing. Don't worry about the outcome or the "rules"—just let the process be a way to express yourself authentically. If you're not sure where to start, consider joining a beginner's art class or simply doodling in a journal.

6. Revisit Your Childhood Interests

Sometimes, rediscovering your inner child can be as simple as revisiting activities you enjoyed as a child. Whether it's reading certain books, watching favorite cartoons, playing a childhood game, or spending time in nature, these activities can evoke a sense of nostalgia and bring a smile to your face.

Tip: Spend a day revisiting something from your childhood that made you happy. Watch a movie or read a book you loved as a child. Reconnect with a hobby or sport you enjoyed but may have set aside. Allow yourself to be fully immersed in the experience, enjoying it without judgment or pressure.



7. Heal Childhood Wounds

Sometimes, our inner child carries wounds from our past—traumas, disappointments, or unmet needs. Healing these wounds is a crucial part of nurturing your inner child. While this process can take time and may require professional support, acknowledging and addressing past pain is a way to free your inner child from the burdens she may carry.

Tip: Consider journaling about your childhood memories, both positive and negative. Explore the emotions that come up, and allow yourself to grieve or express any unresolved feelings. Therapy, support groups, or energy healing practices such as Reiki can also be helpful in healing deep-seated emotional wounds.

8. Create a Safe, Loving Space

Your inner child thrives in an environment of safety, love, and nurturing. To care for her, it's important to create a space where you feel supported and free to express your true self. This space can be both physical and emotional.

Tip: Surround yourself with people and environments that uplift you. Create a physical space in your home where you can relax and feel at ease, whether it's a cozy corner with your favorite books or a dedicated spot for meditation and reflection. Protect your emotional space by setting healthy boundaries with others, allowing yourself to say no when necessary.



9. Be Curious and Open to Life

Children are naturally curious, asking questions and seeking new experiences. To reconnect with your inner child, foster a sense of wonder and exploration in your own life. Stay open to learning new things, trying new activities, and seeking out experiences that broaden your perspective.

Tip: Make a list of things you've always wanted to try or learn about. These could be as simple as taking a cooking class or as adventurous as learning to surf. Let your curiosity guide you, and remember that your inner child thrives on new experiences and discovery.

10. Show Gratitude

Finally, practice gratitude for your inner child and the lessons she holds. By expressing gratitude for both the challenges and joys of your childhood, you can heal and embrace all parts of your journey.

Tip: Each day, take a moment to reflect on one thing you're grateful for from your past, whether it's a lesson learned, a special memory, or a simple moment of joy. Let this practice cultivate a sense of appreciation for your inner child.



How a Therapist Can Support You Through the Emotional Journey of Inner Child Work

Reconnecting with your inner child can be a deeply emotional and sometimes challenging process, and it's important to be patient with yourself as you navigate it. Healing old wounds, uncovering buried emotions, and addressing past trauma takes time, and it's natural to encounter resistance or discomfort along the way. It's essential to approach this journey with self-compassion and without rushing, as it can stir up feelings that need time to process.

Reaching out to a therapist during this process can provide valuable support, helping you explore these emotions safely and constructively. A therapist can offer guidance, tools, and a compassionate space to help you integrate what you discover about your inner child, fostering healing and growth in a supportive, structured environment.

If you need a therapist, reach out directly to us at thederndomesticwoman@gmail.com or visit mdwcares.com/counseling

Prompts for Rediscovering Your Inner Child

Here are some thoughtful and reflective prompts that can help you rediscover your inner child's interests, passions, and desires. These prompts encourage exploration of past memories, feelings, and unspoken needs, guiding you to reconnect with the playful, curious, and creative parts of yourself:

Take time to sit with these prompts and reflect on your answers. The goal is to reconnect with what made you feel joyful, free, and most yourself as a child. Embrace those parts of you again—whether it's through art, play, curiosity, or rest—and make space for them in your adult life.

Rediscovering your inner child isn't just about revisiting the past—it's about bringing those joyful, unburdened qualities into the present.

What was your favorite way to spend a day when you were a child? Was it drawing, playing outside, reading, building forts, or something else?

What books or stories did you love reading as a child? Were there characters or themes that you resonated with deeply?

What kind of music did you listen to as a child? Do any particular songs or albums remind you of a time when you felt carefree?

Prompts for Rediscovering Your Inner Child

How did you express yourself creatively as a child? Did you enjoy drawing, writing stories, singing, dancing, crafting, or something else?

If you could create something right now (paint, write a story, build something with your hands, etc.), what would you make, and why?

What did you dream of becoming when you were younger? Did you have a vision for your future that you felt excited about?

How did you envision your life back then, and how does it compare to the life you have now? Is there any part of your childhood dream that still resonates with you today?

Prompts for Rediscovering Your Inner Child

As a child, did you spend a lot of time outside? What was your favorite outdoor activity—exploring the woods, playing in the park, swimming, or something else?

What kind of adventures or explorations did you imagine as a child? Would you love to go on an adventure again? What would it look like?

When you were a child and felt sad or upset, what comforted you? Was it a particular toy, a blanket, a favorite place, or a person?

Was there a moment as a child when you felt incredibly brave or proud of yourself? What was it, and how did it feel?

Prompts for Rediscovering Your Inner Child

What was something you were intensely curious about as a child? Did you ask a lot of questions, collect certain objects, or explore certain ideas?

If you could revisit that curiosity today, what would you explore or learn more about? What excites you now, like it excited you back then?

As a child, were there any wishes or dreams you had that you didn't feel safe or able to express? Can you identify them now and give them a voice?

Is there something your inner child longed for that she never fully received? How can you nurture that need now as an adult?

Prompts for Rediscovering Your Inner Child

What simple pleasures did you enjoy as a child that you've forgotten about or stopped doing as you've gotten older? (For example: jumping in puddles, catching fireflies, playing with your hands in dirt, picking flowers)

What little joys could you invite back into your life today, just for fun?

As a child, how did you feel when you had unstructured time—time that wasn't scheduled or filled with tasks? Did you have free play or imaginative moments?

How often do you allow yourself unstructured time now? How could you bring more of that carefree, unscheduled energy into your life today?

Prompts for Rediscovering Your Inner Child

Who did you look up to as a child? Was there someone whose qualities you admired, like a teacher, family member, fictional character, or public figure?

If you could embody the qualities of that hero today, what would you adopt and how would it influence your life?

When you were a child, did you create elaborate imaginary worlds or scenarios? What kind of imaginative games did you play?

How can you invite more of that playful imagination back into your life now, even if it's just for a moment of creativity or fun?
