

HOW TO UNDERSTAND CHILDREN THROUGH THE COLOURS THEY CHOOSE

by **Thelma van der Werff**,
from New Zealand

The Power of Colour:

There is more to colour than meets the eye.....

How would you feel if you were able to tap into the subtle but phenomenal power of colour to influence emotions and behaviour and also help you interpret and understand your child's current emotional status; his/hers strengths and weaknesses?

A child cannot communicate it's emotions and inner feelings very well but can express how they feel and what is bothering them through the colours they choose.

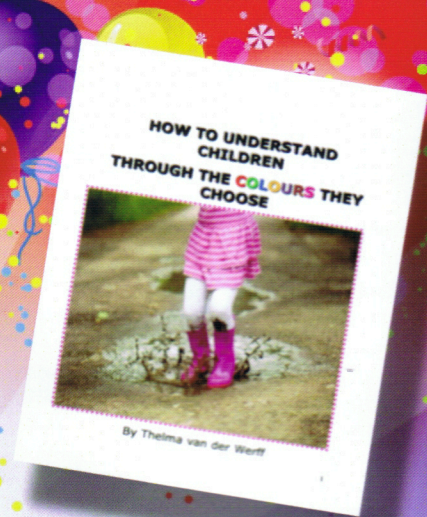
The Colour Comfort Method uses the language of colour to explain and interpret the impact colour has on our daily lives. It is an incredibly valuable and fascinating subject to get an understanding of, as colour affects each one of us every day in many different ways. There is so much more to colour than meets the eye. Colour choices affect mood and emotions and can reveal a lot about your child. By learning to speak and understand the language of colour, you can pro-actively shift and influence your child's emotions and get a deeper understanding of what is going on for them.

The language of colour can reveal many aspects like:

- Your child's personality with it's strengths and challenges
- Which aspects of their personality are being hidden or under-utilized
- Which aspects of their personality are detrimental to them
- How to use colour to bring more harmony and balance

As parents you can get information about your children by asking them to reveal their favourite colour or a colour they just don't like. Children often cannot or will not express their emotions, but by using the language of colour in a simple way you can get information about your child's strengths and struggles. You can also ask your child to give a particular day a colour and then you would know how your child is feeling at a certain point in time.

I have written a book called '**HOW TO UNDERSTAND CHILDREN THROUGH THE COLOURS THEY CHOOSE**', to help parents and teachers understand and interpret the



language of colour and the amazing effect colour choices have on our children. The most common and easiest way to make use of the language of colour is through clothing; I am not talking about school uniforms, but t-shirts, tops and polo-shirts they wear because it is so close to their body and often is a personal choice and it can be most easily changed and is always visible.



In this book I interpret the meaning of every colour in detail and the characteristics and traits of each colour will become obvious as you read through each of them. I also explain what the colours your children choose to wear are saying about them as well as explain what it means when some colours are missing altogether. It also covers the effect overuse of a colour can have, or what it means when there is a strong dislike of a particular colour. This gives you a non invasive and natural way to "hear" what your child is saying through the language of colour. Not only will you be able to "hear" what he / she is saying through their colour choices but you will be able to talk about these emotions and give suggestions as to which colours can help them to experience more balance. To buy this book as an e-book or hard copy please visit www.colourcomfort.com



If you are interested in learning how to interpret the language of colour, a 3 Module course will held in the Auckland region during 2014.

For more information visit www.colourcomfort.com



Be colourful, be you!

Thelma van der Werff
Colour Comfort Ltd.
To do a free colour test visit our homepage: www.colourcomfort.com