



Top 10 Tips for Raising & Teaching Indigos

By Wendy H. Chapman

1. Treat them with respect If you do not show it for them, they won't give it to you despite your position of authority.
2. Listen to their opinions They need to know you care and recognize them as people of value.
3. Empower them Give them choices such as what type of product to create to demonstrate learning, what order they do the work in, perhaps between two activities (as a class decision). Having a voice that makes a difference will do wonders for their self-esteem, will usually encourage them to participate in the choice they have made, and consequently will improve their attitude towards you and towards education.
4. Solicit cooperation and avoid giving orders Indigos do not respond (at all or not positively) to those who attempt to control them. They will respond to those who treat them fairly and kindly.
5. Help them do things that make a difference If they are frustrated with the way something is - from homework in the school to homelessness in the world, encourage them to do something positive to change it.. Like writing letters to the school board or the paper, creating poetry about it, making posters, t-shirts, organizing a school or community group to focus on the issue and work to change it.
6. Help them discover and develop their talents and strengths. Encourage their creativity and unique personal expression.
7. Be tolerant of their extreme emotions Help them balance by using aromatherapy, allow them to drink water in the classroom, quiet moments or visualization practice
8. Encourage students to be peacemakers for each other Indigos are here to be peacemakers for the world. Let them practice now. This helps develop communication and compassion. Be a guide in this process.
9. Explain WHY about everything Why certain rules exist, why they need homework (Do they really if they already understand the concept?), why the world has to be the way it is. If you don't have an answer, acknowledge their frustration and show empathy.
10. Discourage medicating for ADD Often it is not ADD, but Indigo nature creating selective attention. If they can focus on a topic of their own choosing for long periods of time, it's probably Indigo, not ADD. Even if there is a problem with attention and distractability, there are alternative methods of therapy that, unlike Ritalin, do not suppress the natural creativity and leadership of Indigos. Encourage organizational aids.