



INTUITION—Teach children to trust discomfort.

Teaching Children to Trust Their Inner Warning System

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Why Intuition Matters

Every child is born with an internal warning system. It shows up as discomfort, hesitation, fear, or a sense that something is “off.”

Intuition is not imagination. It is the body and mind recognizing subtle cues long before the conscious brain can explain them.

Children who are taught to ignore this inner signal become easier to pressure, easier to confuse, and less likely to leave unsafe situations. Children who are taught to trust intuition are more likely to pause, resist, or seek help — even when they cannot explain why.

Intuition is one of the most important protective tools a child has.

What Often Goes Wrong

Many well-meaning adults unintentionally train children to override intuition.

This happens when adults say things like:

- “Don’t be rude.”
- “You’re overreacting.”
- “That’s nothing to be afraid of.”
- “Just be polite.”

When children are repeatedly told to dismiss discomfort, they learn that other people’s comfort matters more than their own safety.

Over time, intuition grows quieter — not because it is wrong, but because it is **not trusted**.



What Intuition Actually Is

Intuition is the body's early-warning system.

It draws on:

- tone of voice
- facial expression
- inconsistencies
- pressure
- past experiences
- subtle shifts in behavior

Intuition does not always come with words.

It often comes as a feeling first — *unease, tension, reluctance, confusion*.

Intuition does not require proof.

The Parent's Role

Parents play a critical role in protecting a child's intuition.

This means:

- taking discomfort seriously
- resisting the urge to explain it away
- supporting children even when the concern seems minor
- teaching children they can leave first and explain later

When parents back intuition, children learn they are not alone.

Real-Life Examples

Example 1: Young Children

A child does not want to go into a room or stay with a certain person.

Instead of insisting, say:



“You don’t have to. Let’s stay together.”

No interrogation. No demand for explanation.

This teaches the child:

- their feelings matter
 - safety comes before convenience
 - adults will protect them
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Example 2: Elementary-Age Children

A child comes home withdrawn or upset after being somewhere.

Ask:

- “Did anything feel weird or uncomfortable?”
- “Did your body tell you something wasn’t right?”

The goal is not to interrogate — it is to **help children notice patterns**.

Example 3: Teens

A teen feels uneasy at a party or gathering but worries about being dramatic.

Teach this script:

“I’m leaving. I don’t feel right.”

No justification required.

Intuition vs. Fear

Parents sometimes worry that teaching intuition will make children anxious.

The opposite is true.

Fear says:

“Everything is dangerous.”



Intuition says:

“Something specific doesn’t feel right.”

Intuition is **focused and calm**, not panicked.

Teaching Children to Listen to Their Bodies

Children experience intuition physically:

- stomach tightness
- sudden fatigue
- desire to leave
- nervousness
- confusion

Help children name these sensations:

- “What did your body feel like?”
- “Did you feel tense or relaxed?”
- “Did you want to stay or go?”

Naming sensations strengthens awareness.

Children do not always have words for what they are experiencing.

Part of growing in wisdom is learning to pay attention to discomfort and gradually finding language for it.

Naming a feeling, concern, or hesitation does not make it more powerful—it makes it easier to understand.

Many important insights begin as a feeling before they become words.

Part of growing in wisdom is learning to pay attention to those feelings and gradually finding language for them.

Often the moment an experience can be named, it becomes easier to understand, process, and respond to wisely.

The feeling itself may not disappear, but it often becomes lighter and easier to carry.

What was once confusing begins to make sense.



Naming is one of the ways understanding grows.

Common Mistakes Parents Make

- Dismissing feelings because nothing “bad” happened
- Demanding logical explanations
- Prioritizing politeness over safety
- Assuming intuition must always be right to be valid

Intuition is information — not a verdict.

Intuition at Different Ages

- **Young children:** honoring discomfort
- **Elementary:** recognizing body signals
- **Teens:** acting on intuition despite social pressure

The skill matures as children grow.

One Guiding Principle

Children do not need a reason to feel unsafe. Feeling unsafe is the reason.

Biblical Wisdom

"But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil."

— Hebrews 5:14

Hebrews says:

"trained themselves to distinguish good from evil."

Not by magic.



Not by superstition.

But through awareness, knowledge, experience, and practice.

The more we learn, observe, and pay attention, the better we become at recognizing healthy and unhealthy patterns.

Intuition is often the mind and body recognizing something before we can fully explain it with words.

Wisdom grows when knowledge and awareness work together.

"The human spirit is the lamp of the Lord that sheds light on one's inmost being."

— Proverbs 20:27

God has given us an inner awareness that can alert us when something needs attention. While intuition is not infallible, it is valuable information that deserves to be noticed rather than ignored.

Practical Wisdom / Application

Most people hear:

"trained themselves to distinguish good from evil"

and think about moral choices or spiritual maturity.

That's certainly part of it.

But imagine a parent teaching that principle to a child:

You feel uncomfortable around someone but can't explain why.— **Pay attention.**

A situation feels wrong even though everyone else seems comfortable. — **Pay attention.**

Someone pressures you to ignore your discomfort. — **Pay attention.**

Your body is telling you that you want to leave. — **Pay attention.**

Intuition is not always a warning that danger is present. — **Pay attention.**

But it is information.

Wise children learn that they do not need to ignore discomfort simply because they cannot explain it.

Often intuition arrives and notices something before finding the words.



The feeling itself is not proof that something is wrong, but it is information worth paying attention to.

Children can learn to pause, ask questions, seek guidance, and pay attention to what their minds and bodies are telling them.

Wisdom begins by paying attention and then seeking understanding.

Final Takeaway

Intuition is a quiet but powerful form of wisdom.

Children who are taught to trust their inner warning system are more likely to protect themselves — even in situations where adults are not present.

Listening to intuition does not make children fearful.
It makes them **aware, grounded, and far less easily exploited.**

One Thing to Try This Week

Option 1: Ask About a Feeling

Ask:

"Has your body ever told you something didn't feel right?"

Option 2: Name Body Signals

Talk about:

- butterflies in your stomach
- a knot in your chest
- feeling tense
- wanting to leave

Help children connect feelings with physical sensations.

Option 3: Share a Story

Tell your child about a time when:

- something felt wrong
- you paid attention
- it turned out to be important

Children learn intuition best through examples.



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Wisdom Principle: Pay attention.