

DON'T BEAT IT,

YOU CAN BE A HIT WITH YOUR KIDS!

Fr George Rosario SJ



Vitamin capsules to energize modern parenting

Edited by Shantila Maria Barnes

YOU CAN BE A HIT , WITH YOUR KIDS!

Vitamin capsules to energise & fortify modern
parenting

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FOREWORD

Our 21st century world is an instant one. When our kids come running in from their outdoor playtime or virtual playtime, tired, happy and hungry, they expect their Papa to say “1 minute” before he dishes out their favourite brand of instant noodles. When their Mama walks in from work one hour after Papa, they know their Papa will offer their Mama her special brand of instant

coffee. You see, it's an instant *dunia!*

Keeping in tune with our 'quick fix, quick get' times, I decided to bring out a quick and easy to digest booklet on **the challenging art of parenting** in our present age. This booklet offers general solutions to the complex and demanding journey of raising children within the healthy parameters of a modern scenario wherein both parents are working or wherein single parenting is quite the norm. Spurred on by Pope Francis's larger vision of

inclusiveness rather than exclusiveness, this little book offers seemingly real-time solutions to families pressed by the modern demands of competitive living.

The topics range from the ideal dream Mama or Papa to the futility of time-outs which have become quite the disciplining norm. **Children speak all the different dialects of the mother language: LOVE. They know no other language.** They speak no other language. They respect no other language. Herein lies the ultimate

challenge. Considering the rough and tumble demands of modern parenting, this is a humble attempt to steer the parent-child discourse to a fruitful and positive outcome – a road that may be less travelled but which will lead to family bliss and pure happiness! Not just this, this booklet delves into the subtler nuances of peopling this planet with children who will grow into responsible, mature, no-limit and noble folks.

Let's join hands and follow the Pillar of Fire that cannot fail but lead to triumph and freedom!

THE PARENTS' 'OUR FATHER'

Oh God, give us the wisdom to deal with our children as you would... to see in each of them your Holy Image...to develop in them a God-like love of all, not only a select few...to nurture in them a divine desire to 'put in' and not simply 'take out'...to teach them to be 'go-givers' rather than 'go-getters'

Oh God, in training these dear ones whom You have entrusted to our charge, help us **to encourage** rather than discourage them, **to discipline them** with kindness, **to guide them** intelligently, not blindly, **to coach**, not scold, **to nudge**, not nag

Dear God, above all, help us **to use common sense** as regards their future, **to let them go gladly** when the time comes, **to let them lead their own lives** while following them with our love, **to pray always that they will be close to You**, not only for the few years of this life, but for the life of the world to come...

BOOK OF WISDOM

QUICK BITES



work between yourselves as **Parents** before

- Be appreciative of each other as partners
- Recognize the value of team

extending the same to the kids

- **Encourage the kids. Don't ever discourage them**
- Set the right example. Be a role model to your children
- **Teach your children to live in a fast-changing world**
- Promote respect for authority
- Encourage your children to be creative

- Prepare them for worthwhile careers
- Don't overlook the need for perseverance in academics, hobbies and tasks undertaken
- **Listen to your children and encourage them to listen to you**
- Keep communication lines open. Never stop talking to each other and to your children
- **Answer all your children's questions**
- **Develop in your family a sense of humour and**



fun

- Teach your children their civic responsibilities, especially sensitivity to the environment
- Let the kids share in family duties like keeping the home clean, etc.
- **Develop a sensible attitude to money**
- Assist the kids in planning their free time constructively
- Help them acquire a sense of mission and purpose in life

- Steer them towards maturity



service

- Give them a zest for learning

- Help them to always see the bigger picture
- Reach out to the world and sensitize your kids to social

- **Make your children feel at home in the world so they won't be unhappy strangers here all their lives**

- Be masters of your family and household. Otherwise your children will run it



- Be consistent and fair with your children
- Don't hurt your children by unfair comparisons

- **Don't try to make children live an impossible dream**
- **Don't let your children grow old too soon and don't keep them young for too long**
- Provide wholesome sex education
- Teach your children the facts of life so they won't stumble over them

- **Trust your children but hold them responsible**
- Teach your children to recognise and respect their dignity as children of God
- Teach your children God's ten commandments by observing them yourselves
- Let the kids discuss their plans and problems so they will love you, feel secure and trust you|

- **Be a friend to their friends. Invite them over.
It will help you know them**

- **Always praise your kids for their efforts so they strive harder in future. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough**



PARENTING STYLES

What is your style?

Authoritarian

- **The parent is the boss**
- Children obey out of fear in the beginning
- Later on, it invites non-cooperation and rebellion
- Children tend to be sneaky to avoid punishment
- **They lose their self-confidence and are unable to think for themselves**

Permissive



This does not help the child succeed in the classroom

- The parent is generally a passive bystander who is weak, inconsistent and indecisive
- **The style fosters lack of order, disrespect for others and self-centredness in kids.**

Democratic



- In this style, conflicts are resolved through sharing, discussion and trial and error rather than through

arbitrary decision making by parents

- **In a democratic family, children choose their own behavior but must be allowed to experience the consequences of their decisions.** For example, seven-year-old Pinky can choose not to have her dinner but she can expect no other food until breakfast is served
- **Democratic parents are more likely to raise responsible children who learn self-reliance at an early age.** For example, as soon as a child is able to walk he or she is able to assume some responsibility. **When a toddler**

is undressed, he should be handed the soiled clothing and pointed in the direction of the laundry. The little one learns that he or she must begin to contribute to his or her own welfare

- The everyday routine of maintaining a household is shared according to age, ability and time available to each member to contribute to the running of the household
- **The democratic style promotes a co-operative family.** For example, Arem is being co-operative when he turns the TV

down because his father is taking a business phone call in the next room|

- This style of parenting teaches the child self-control and self-discipline
- **The child thinks, shares, contributes and cooperates**
- The parents should be the child's leaders and guides. They should be approachable, flexible and encouraging
- **This style promotes good communication and mutual respect in the family**



FAULTY PARENT-CHILD RELATIONSHIPS

Traps you're likely to fall into...

Rejection

The causes...

- Mothers busy with kitty parties
- **Lack of respect for the child's feelings**
- Failure to spend time with the child
- Lack of interest in the child's



activities

- **Abusive parenting**
- Creche placement

The effects...

- No self-reliance
- **Low self-esteem**
- **Insecure & unsure of self**
- Low development
- **Hostile**
- **Lonely & cold emotionally**
- **Attention seeking behaviour**
- Aggressive

- Lying & stealing

Over-Protection: Momism

The causes...

- **Protecting the child from the slightest hurt**
- Overly clothing the child
- **Overly medicating the child**
- Taking every decision for the child
- **Independent thinking not encouraged**
- Mom over-domineering
- **The child has to ask permission for everything**
- **Mom gives in to everything**

- **Dependency created**
- **Mom excessively worried about her child's safety**
- **Excessive physical contact**
- Prevents development of self-reliance
- **Excessive parental control**

The effects...

- **The child is passive & lacks initiative**
- Low self-confidence
- **Can't make decisions**
- Excessive need to be helped & over-dependent
- Excessive need to be held

- Lacks concentration
- Restless
- Temper tantrums
- **School phobia**
- Feels threatened by the world
- Easily excitable, hostile & aggressive
- **Low frustration-toleration levels**
- **Low aspirations**
- Poor emotional control
- **Hyper-sensitive to criticism**



- **Excessive attention seeking**
- Selfish
- **Spoilt & quarrelsome**
- **Rub off: anxiety syndrome**
- Excessive shyness

Over-Permissiveness

The causes...

- **Too much freedom given to the child**
- High degree of permissiveness & low punishment correlated to anti-social behaviour & aggression



- **Too tolerant**
- **No correction for undesirable behaviour**
- **Forced to spend lots of money to satisfy the whims of the child**
- Allowing the child to do whatever he or she wants

The effects...

- **Development of the child is impaired**
- Rebellious when authority exercised
- **Indisciplined & spoilt**
- Aggressive

- **Selfish & demanding**
- **Inconsiderate**
- Needs constant attention
- **Bullying & quarrelsome**
- **Wants things done his or her way**
- Restless
- **Unhappy alone**
- **Noisy & irresponsible**
- **Resents limiting play-time**
- **Frustrated with the world**
- Adjustment difficulties
- **The over-indulged child will grow to exploit people for his or her own interests in the same way that he or she exploited the parents**

Favouritism

The causes...

- **Favoured treatment to better looking or more intelligent child**
- Favouring a male child
- Mom favours sons, Dad favours daughters
- **Youngest child tends to get spoiled if bright and fair complexioned**



The effects...

- **Jealous**
- Hostile
- **Rebellious**
- **Resentful of parents & siblings**

Unrealistic demands

The causes...

- **Over-expectation**
- Parental ambitions unrealistic

- High expectations & unrealistic standards
- **Always dissatisfied with the child's performance**
- **No praising and appreciating the child**
- Excessive pressure to excel beyond ability
- Frustrated
- **Parents try to achieve through the child what they failed to achieve**
- Overlooking the child's abilities
- **Rigid demands**

The effects...

- **The child becomes resentful & stubborn**
- Rebellious & quarrelsome
- Daydreams
- **Is a low academic achiever**
- Rigid, guilty and morally weak
- **Lacks self-control**
- **No spontaneity**

THE SECRET GARDEN OF PARENTING



children's behavior

- Make time for your children individually and everyday
- **It is the best thing you can do to improve your**

- They need your positive attention to connect with you emotionally
- When they lack this, they will seek attention in negative ways and discipline methods won't work
- Make time for family activities. **A sense of belonging is enhanced when families take time to have meals together, share tasks and responsibilities. There is nothing kids would like more**

- Use family time to discuss needs and feelings to solve problems and promote cooperation
- Get up 10 minutes earlier in the mornings so you can have breakfast with your children
- **Take a walk after dinner with your children.**

They will feel

**special and start
confiding in you**

- **Create a ‘special**



night' each week or every fortnight with your kids

- Let your kids help plan the special night
- **Put a note or something special in your kids' lunch- boxes. They will feel loved**

BUSY, DON'T FEEL GUILTY

- Do little things with them — like gardening, making popcorn, going to a mall or window shopping — that kids will remember
- **Going to watch them perform at a match or dance performance is often very therapeutic, comforting and brings healing to children**



-
- **Involve your children in whatever tasks you are doing like cleaning, cooking, etc.** In doing so, you are showering them with attention. **They will feel inclined to accept the fact that you are busy**
- For better behavior, kids need to understand that everyone needs to contribute to make a household run smoothly.

**All kids, from toddlers to teens, should have
'family contributions' – this helps bring the
family closer together**

- By this bonding your child responds to gentle guidance as opposed to threats and punishments



- You'll be amazed at how your child responds to your requests
- **The most effective discipline strategy is having a close bond with your child. Kids who feel connected to their parents naturally want to please them**

BE YOUR KIDS' NEWS BUREAU



- Encourage your children to ask questions when

they are little, makes it easier for them to ask questions when they are older

- **By answering your child's questions honestly and openly, you create a relationship of mutual trust and respect**
- This will prevent your child from seeking advice or information from unsafe sources and taking unnecessary risks

THE RULE-R!

- **Family rules are a must**
- If you have 50 or so family rules, whittle down the list to what's most important
- **Determine a consequence for each rule and be firm...**
“After being granted permission for an outing



with friends, you don't come home on time...you may not be granted permission again easily”

- **Focus on routines.** Kids thrive on routines
- Have clearly defined routines for the mornings, after school, mealtimes and bedtime
- For younger kids, write out the order of the routine using pictures or words and let them decorate it

- **Both parents need to agree on the rules. It will help the children. If you don't, the child is left confused on what is right and what is wrong. The child will go to the parent who is most favourable and "soft"**
- **When you say no, mean it.** Keeping to this can be hard work

- **If you make promises, keep them**
- Sometimes a child might try to test the limits by arguing with the rules. When this happens, Just keep repeating one simple mantra as often as necessary: *"I love you too much to argue"*

TUNE IN TO YOUR CHILD

- Everyday life can be so much more easier if you understand why your child acts the way he or she does
- **Often when your child is angry or cranky, it's because he or she has a need (e.g. attention,**



acceptance, hunger, fatigue, touch etc.) that he or she needs you to fulfill

- By **empathetically** trying to put yourself in your children's shoes and trying to understand their actions from their perspective, you're taking them seriously. **This is the basic recipe of respect**

B +VE

- **Try not to see your child as naughty or an enemy who needs to be fought or 'broken' in order to be rendered compliant**



- See your child as having a need that has not been met... love, attention, acceptance

- **How you treat your kids is how they will learn to treat themselves**
- If you're harsh with them, they'll be harsh with themselves
- If you're loving with them while being firm about setting appropriate limits, they'll
develop the ability to set firm but loving limits on their own behavior
- **Harsh discipline and punishment, ironically, interfere with the child's ability to**

develop self discipline

- Harshness makes unhappy kids and eventually, unhappy adults
- **Kids who are disciplined without love never learn to manage themselves**

constructively

- Harshness leads to responses of rebellion and building up of resentment
- **Quit ridiculing them for their mistakes. What is even worse is that this takes place in the**

presence of others: either siblings or visiting guests. The youngster is humiliated.

- Have you ever stopped to think of how badly it reflects on you as a parent? The child gets discouraged, depressed and frustrated. There have been cases when such children have even resorted to extreme measures like suicide. Corrections yes, but ridicule no
- **Ultimately, loving guidance and positive parenting result in the child's own self- discipline**

CATCH THEM IF YOU CAN

- The most effective approach is to catch kids doing something right: *“You made your bed without being asked — that’s terrific!”* or *“I was watching you play with your sister and you were very patient”*

- These statements will do more to encourage good behavior in the long run rather than repeated scoldings. Criticize less and compliment more!



YES, WE CAN

- Kids barrage us with questions everyday. Often, our answer is ‘no’ and kids resent it



- **Find opportunities to say ‘yes’ when you can**
- If your daughter asks to go to the indoor pool in the middle of a busy weekday, try saying,

“Going to the pool sounds like so much fun.
Should we go tomorrow after school or on
Saturday?”

- Of course, **there will always be things that will need a big ‘no’**, but try to redirect them to a more positive option

GOOD HABITS DIE HARD

- Provide healthful meals, snacks and teach them good eating habits
- Encourage exercise by being active with your children



- **Limit time spent on TV and video games**
- Encourage visiting the library, museums, zoos and other places of interest.



PARENTAL GUIDANCE

- When it comes to your children, the real expert is you, the parent
- Know all areas of your child's development — physical, intellectual, social, emotional and moral



- And remember **there is nothing to be ashamed of if your child needs special help to progress in any subject or field**

HAKUNA MATATA! DON'T WORRY

- Be the example you want your kids to see
- **Think about how your kids might describe you to their friends – would they say you're fun and lighthearted, or that you're stressed and bossy**
- Try changing your energy levels by simply smiling more
- It will help you keep calmer in times of stress

- Your kids will take notice and keep their behavior more positive
- **The ‘peace’ in peaceful parenting comes from you**
- When you feel upset, drop what you’re doing and breathe
- Notice the sensations in your body
- **Refuse to act on that urgent ‘fight or flight’ feeling that makes your child look like the enemy**



- Whenever possible, **delay taking action until you feel more calm**

- This takes practice
- The result? More happiness, more empathy, more peace
- If you are tired, ill or just worn out, you cannot be an effective parent. Eat healthy
- **Be serious about your sleep by getting enough sleep. Be serious about getting enough sleep. Lack of sleep causes unnecessary irritability**
- Get together with other parents and their children who also need company

STOP PLAYING POLICEMAN

- **Retire your referee whistle**
- **Avoid stepping in the middle of a sibling disagreement to determine who is at fault**
- **It actually makes things worse**
- Don't dole out punishments
- Kids see a winner and a loser



and a need to escalate the sibling rivalry

- **Encourage your kids to find a resolution to the problem on their own, which will help them solve conflicts as they grow older**
- If you have to get involved, don't choose sides
- **Ask questions that will help them figure out a solution that all parties can feel good about**



NO TIME-OUTS PLEASE

- Practically every parent has tried to punish or correct

behavior by sending their child to 'time-out'.

Time out is a safer alternative to physical punishment, where a child is put in a dull but safe place for a period of time. **The ideal time limit should be one minute for every year of the**

child's life. But research has proved that time-outs are best avoided

- They just don't work or lead to better behavior
- A time-out in the corner doesn't teach kids how to make better choices the next time
- A time-out just escalates a power struggle
- Kids, especially the strong-willed, will push back, and hard
- Instead, **focus on training,**



not punishment

- Ask, “*What can we do differently next time?*” and role play the do-over
- **Time-outs, while infinitely better than hitting, are just another version of punishment by banishment and humiliation**
- It leaves kids alone to manage their tangled up emotions undermining emotional intelligence
- They erode rather than strengthen your relationship with your child

- **Instead, for young children, try distracting their attention away from what you don't want them to do**
- **For dealing with serious misbehaviour, try withdrawing privileges, for example, favourite TV programmes, playing with games, loss of pocket money, etc.**
- **Most importantly, as a general rule, try and give five times more praise than criticism**

BE CLAY-LIKE!

- If you often feel let down by your child's behavior, **perhaps you have unrealistic expectations**. Parents who think in 'shoulds' (for example, "My kid **should** be potty-trained by now") might find it helpful to read up on the matter or to talk to other parents or child development



specialists

- Kids' environments have an effect on their behavior
- If you find yourself constantly saying 'no' to your two-year-old, look for ways to alter your surroundings
- **As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two**

THE SKY IS NOT THE LIMIT

- Face it. **You are an imperfect parent. You have strengths and weaknesses**
- Recognize your abilities. Say, *“I am loving and dedicated. I need to be more consistent with discipline. I will try to have realistic expectations for myself, my spouse and my kids. I don’t have to have all the answers. I will forgive myself”*
- Try to make parenting a manageable job. Have

compassion on yourself, just as you do on your child. Expect to make mistakes. Expect some days to be a huge struggle

- **Parenting is hard. But it gets easier**
- Focus on the areas that need the most attention rather than trying to address everything all at once



- Admit it when you're tired
- **Sometimes you'll unthinkingly spank your child for the wrong reason, then you'll be sorry. You'll feel guilty and depressed. When things have calmed down, get close to your child and muster up the humility to admit you made a mistake**

- **Take time out from parenting** to do things that will make you happy as a person (or as a couple)



HERE WE GO ROUND THE MULBERRY BUSH

- **Tell your kids that the family rules apply to everyone**
- For example, the most important rule is that in your house *“everyone is treated with kindness”*



- Tell your child, *“I’m going to work very hard not to yell at you, and to*

really listen and be kind. Do you think you can work on this rule too, and be kind to your sister?”

- **You can count on your child losing control sometimes** and breaking the kindness rule
- Try to resist breaking the kindness rule yourself to justify your own yelling—you're the role model, after all
- **Refrain from being partial.** It is most unfortunate when parents in families show favoritism. One child gets whatever it wants. The

other children also belong to the family and they get little or nothing. It may be showering praise too profusely on one to the exclusion of the others or keeping something special for one rather than sharing everything with everyone, even if each one gets just a miniscule piece. The fun is in the sharing. **There's more love in sharing than in pampering one and calling it a 'reward' to teach the others a lesson**

- **Don't bully.** Often parents tell their children, *“I am telling you to do this because I am older than you”*. This we know is simple bullying. **It is so important for children to be given the reason for what is expected of them.**



They will love their parents when they are given honest reasons and not bullied into doing something.



When a child is treated in a non-threatening manner s/he learns to become more serene and cheerful



A WIN-WIN MODEL

- You'll feel unfinished if your child breaks a rule and you don't punish him or her
- Train yourself: After everyone has calmed down, **have a private discussion with your child about what happened**
- Listen to his or her perspective and empathise



- **Once your child is past being**

upset, point out the damage: *“When you said that to your friend, it really hurt his feelings...and it made him not feel as close to you”*

- Ask your child if there is anything he can do to repair the damage. *“What could you do to make everything alright with your friend?”*
- **Resist the urge to punish or force an apology**

THE DANDI MARCH

- **Don't force your child to apologise**, because it leads to resentment
- **But if you apologise yourself, your child will follow your example**
- After some time, **your way of apologising will help your children do the same** and take responsibility too

When something goes wrong, take as much responsibility as you can. *“I see two upset children...I’m so sorry I wasn’t here to help you work this out before you both got so upset and started hitting each other...and then I got worried someone was getting hurt, so I started screaming too...I’m so sorry...Let’s all try a do-over...I know you don’t want to hit each other, hitting hurts... Let’s begin all over again so you can tell each*

other what you need without beating each other.

Okay.”



- **Whatever our children see us doing and being, they will invariably copy**



CHILDREN ARE SPONGES

- Our children are often like sponges – **they ‘soak up’ whatever mood you give them.** And the younger they are, the more they readily take in what you give them without question
- For instance, if I feel that: *“Gosh, my child is difficult today.”* Chances are that most likely he or she is reflecting some of your own ‘stressed’ or ‘negative’ energy

- **Consider yourself a mirror:** *“What I emit, will become what my child will feel.”* This insight will



help you become more
conscious of your
mood and attitude

- **Do you focus on possibilities** (It’s

**raining, now we’ll get a chance to put on boots
and jump in puddles) or limitations** (It’s
raining and we’ll get wet and cold if we go out)

DO NOT BE TRIGGER HAPPY...

- **There might be some specific triggers or times when your child misbehaves.** Be aware of these and try different approaches
- **When your kid is sitting in the trolley at the supermarket, pass him things to put on the counter. This way, your kid will feel useful and won't get bored**
- Plan something 'nice' to do together after the

shopping like watching a favourite DVD or going to the park

- **Put his or her favourite toy away when other kids come round – it saves them from fighting over it**
- Common, periodic crying is not a temper tantrum and needs to be treated in a different way. **Get professional help if your child has more than two to three temper tantrums per day**



YUMMY EXPECTATIONS!

- The law of attraction states: **whatever you focus on, you'll get**
- If you have positive expectations of your child, he or she will do his or her best to live up to them
- **However, if you expect your child to disobey you, he or she will sense this lack of trust and 'obey' your unsaid intentions**



- In other words, your kids will behave exactly as you expect
- **Dwell upon their failures and predict terrible futures and they'll live up to it**
- Expect success and predict wonderful futures and see how your kids are positively motivated and live up to it

SOMETIMES, YOU NEED TO TRAVEL GENERAL!

- **Set up a general framework. For instance, put food on the evening table that you can vouch for (i.e. make sure nothing is unhealthy)**
- Then your kid can choose whatever and as much as he or she wants
- **This will help your child to decide what to eat, how much and what it is to eat right**



BUT, HONESTLY...

- **Your child is never too young to have an honest explanation**
- **Avoid telling a “little white lie”**. For instance, you might be inclined to say “*No, there are no veggies in this soup*”, knowing fully well that your child won’t be able to taste them anyway as they are pulverised
- It’s a quick fix. But whilst it works effectively in

getting your child to eat veggies, at some point your child will find out you're lying. **Your child will learn that it's okay to lie, if it makes life instantly easier for themselves**

- **When your kid honestly tells you about something 'bad' he or she has done, try to remain calm, open and constructive**

- **In the long run, you want your child to come to you if he or she is in trouble. If your child fears your reaction (anger or disappointment), it is highly likely that he or she will keep his or her trouble to himself or herself in the future.**



YOURS SINCERELY

- **Respect is not something you teach your child**
- Respect is something you give your child if you want him or her to respect you
- Also, basic life skills like being compassionate, understanding, patient etc. can be learnt by your manifesting the same
- **When you try to see things from your kid's perspective, you are much less prone to**

**struggle and force things through in a
disrespectful manner**

- Respect your child's boundaries
- Thus, your child will intuitively learn not to cross your boundaries
- **Your preschooler throws a fit because there are nuts in his or her cake—and he or she didn't want**



nuts in their cake!

- In an effort to control the tantrum, you say: “*Stop yelling now!*”
- It is a battle now. There are no winners—only hurt feelings, sore throats and soaring blood pressure
- **Focus on controlling yourself—not your child**



LOVE MAKES THE WORLD GO ROUND



- As a parent, you're responsible for correcting and guiding your kids
- But how you express your corrective guidance makes all

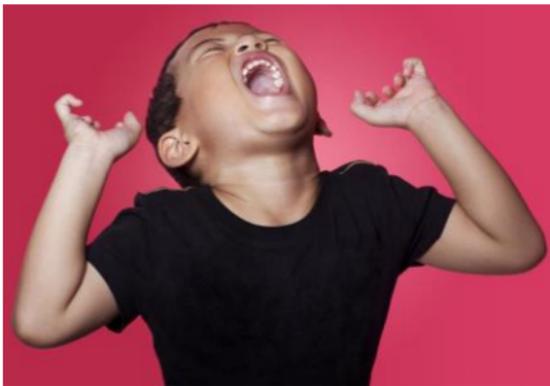
the difference in how a child receives it

- **When you have to confront your child, avoid**

**blaming, criticising or
fault-finding, which undermine their self-
esteem and can lead to resentment**

- Instead, strive to nurture and encourage, even when disciplining your kids
- Make sure they know that although you want and expect them to be better next time, **your love is there now and always no matter what**

GOSH! WHAT TANTRUMS!



is a dramatic physical demonstration of the child's feelings of resentment

A temper tantrum is an uncontrolled outburst of kicking and screaming and breath-holding which

- **Your kid may be throwing tantrums for the following reasons**
- He or she wants to make his or her own decisions
- Your kid is tired or not getting enough sleep
- He or she is not able to express in words what he or she is feeling
- He or she is reacting to stress or changes at home
- **Your kid wants attention**
- He or she cannot understand what you are trying

to say

- Your kid is anxious, afraid or uncomfortable
- **He or she is not able to solve problems easily and is feeling discouraged**
- Your kid is not feeling well
- Your kid may be hungry
- **He or she is jealous of a friend or sibling.**
Children often want what other children have or the attention that other children are receiving

- **So, how do we deal with a child who is throwing a fit?**



- Children often get into a tantrum because they

want your attention, so sometimes it pays to ignore those actions you don't want to see more of. **Don't ever threaten punishment. Saying something like, “*Stop it or I'll really give you something to cry about,*” is like putting out a fire by pouring kerosene on it.** Play deaf or walk away and your child will quickly learn that there are better ways to communicate

- When a child gets angry and loses control, say something like, *“I know you're really mad now”*. Such a simple acknowledgment teaches kids to communicate what they are feeling and lets them know that anger is not bad. They just need to learn better ways to express it
- Don't let the child attack you or anyone else or hurt himself or destroy his or others' property. If



this is likely, **hold him or her firmly but as gently as possible until he or she settles down.**

This type of hugging not only protects the child and others, it lets him or her know that he or she is loved and cared for and that getting mad will not turn their parents' hearts to stone

- **Don't run your child down.** Just because your child had a temper tantrum



doesn't mean he or she is a bad person. Don't say, "*Bad child! Aren't you ashamed of yourself?*" Your child will lose respect for himself or herself and feel that he or she didn't deserve what they wanted anyway

- **Don't remind your child of his or her tantrum later that day.** This only gives more attention to the behavior and increases the chances he or she'll have a tantrum again, just to be the center of your conversation.

- **Don't make your child pay for the tantrum.**
Having nothing to do with him or her after it's over will only cause him or her to have more tantrums to try to get your attention. **Don't make him or her feel unloved and unwanted just because their behavior was bad.**
- Instead of telling your child what not to do, offer a positive behavior to replace the misbehavior.
For instance, **if your child gets into a tantrum in a mall**, ask your child to help pick out oranges

or rearrange the items in a shelf



- Any parent whose energy is getting drained can defuse a sibling

confrontation by saying, *“Wow, you need to take that fight with your brother somewhere else, because listening to you fighting can cause me a big energy drain. And I don’t think I’ll have the energy to take you to the park after dinner”*

- **Giving in to a tantrum teaches children this is an acceptable method for them to get their way.** It will lead to more tantrums in the future. Once the tantrum is over and the child calms down, it is time to begin rebuilding. Wash the child's face and offer a drink of water or juice. **Reaffirm that there is nothing wrong or bad about feeling angry.** Then discuss what caused the outburst and how to resolve that specific issue. Once parents and children have gotten to

the root of the problem, they can brainstorm together ways to express anger more productively in the future. Say *“I’m glad you’re feeling better now. I love you, but I don’t like you screaming or yelling.”*

- **Do not worry about what people around you think. Most adults have been through a similar experience.** They are more likely to empathise with you
- Importantly, a thorough physical examination

should be carried out to exclude any organic disease. For this, you may need to resort to professional help

- **It must also be kept in mind that a temper**



tantrum is not the only manifestation of anger in children. Shyness,

sullenness and moodiness are other

manifestations. Moodiness may lead to brooding

and day-dreaming in which fantasies of a
revengeful nature may occur



STOPPING YOUR CHILD'S TANDAV!

- **Encourage children when they behave well.**



Reward good behaviour

- Express affection for your child as often as possible with hugs, kisses, etc.
- Teach children to use words to express their

feelings. Try to understand how they feel and suggest words they can use to describe their feelings

- **Set reasonable limits and don't expect your child to be perfect.** Give simple reasons for the rules you set, and try to be consistent with the rules
- **Keep a daily routine as much as possible so your child knows what to expect. Predictable meal times and nap times are very important**

- Be prepared with good and tasty snacks when your child feels hungry



- **Avoid situations that will frustrate your child, such as toys that are too advanced for his or her age**
- Make sure your child is well rested especially before a busy day
- Be choosy about saying no. Listen carefully to

requests. When a request is not too unreasonable or inconvenient, consider saying yes

- **Let your child choose whenever possible.** For example, if your child resists a shower, make it clear he or she has to have one, but change tack. Instead of saying, “*Do you want to have a shower?*” Try saying, “*It’s shower time. Would you like to walk to the bathroom or would you like to be carried?*”

- **Give your child a few minutes' warning before you end an activity.** Say *“Put your toys away, we are sitting for dinner in 10*



minutes.” Knowing timeframes beforehand will help your child get ready for change

- **Avoid long outings or visits where your child has to sit still or cannot play for long periods of time. If you have to make the trip, bring**

along your child's favourite book or toy to entertain him or her

- As has been mentioned before, set a good example. Avoid arguing or yelling in front of your child

DISCIPLINING, THE WAY TO GO...



- **It is an organized, regulated and orderly way of life. It means helping the child to become a happy,**

outgoing, expressive and cooperative individual; helping him or her to recognize their feelings & express them in acceptable

ways. He or she must learn to conform to the expected patterns of behavior & customs in an acceptable manner, use freedom wisely and distinguish between safe and unsafe actions

- **Punishment is an eye-opener for a wrong committed by a wrong doer. Discipline is an action to help one improve oneself**
- **Discipline means teaching, not punishing. Next to love, a sense of discipline is a parent's second most important gift to a child**

- It's important for parents to remember that effective discipline can never be delivered from an angry stance
- To be truly effective, we need to carry out disciplining in a calm and loving—but firm—manner
- When dealing with young children, we need to avoid extremes of permissiveness



and harshness. We can avoid falling into the trap of permissiveness by setting clear boundaries and establishing predictable consequences for violation of those boundaries

- **Children feel best about themselves when they understand exactly what is expected of them.**

When they are tempted to imitate behavior seen on TV or in the movies or among their peers, these established boundaries will guide their decisions and behavior

- **Punishment seldom teaches the child anything. It often teaches something different from what was intended.** Hitting a child for misbehaving lets children know that it is alright for big people to control little children through physical violence
- **Giving a good honest reason for everything the adult expects the child to do will help discipline.** Such knowledge will balance rules and regulations which might make the child

rebellious

- **Give the child enough time for mental digestion. Simply saying ‘stop’ may not be so effective as allowing an extra minute or two**
- **Praise lavishly, repeatedly and sincerely whenever it can be done.** Praise every improvement
- **Express sympathy for the child’s actions.**
Expressing sympathy for the child’s point of view will make him or her more willing to oblige and

comply with the adult's point of view

- **Confess your mistake.** Confessing your mistake will help get the child get over their bad feelings & smoothen the road for future disciplining and cooperation. Not only will the child love and respect the adult but he or she will also learn to admit their own mistakes. **Saying “I am sorry”, when you really mean it, can help your child to learn “to apologise” and see you’re not a super perfect superman/woman**



- **Remember cooperation is the key and it's a two way process.** The technique of discipline will work only if the child does not get the feeling that it is a one-way road **Cooperation is based on the 'you help me and I'll help you and we work together spirit'**
- Take action but not in a punitive spirit. Do not get

back at your child but put a stop to behaviour that has gone too far. **We could be both forceful and caring at the same time**

- **For example, you could say, “*As soon as your pet is fed, we can talk about your favourite movie. Until then I’m in no mood to grant favours*”**
- **While in general, physical discipline is not advisable, there are two exceptions.** The first is when a small child’s action will lead to an

extremely dangerous situation and the second is willful disobedience. We are speaking here of children who are too young for a parent to verbally communicate the danger of a situation.

Spanking should never be used in disciplining older children or adolescents

DISCIPLINE VS PUNISHMENT



Discipline	Punishment
Emphasizes what a child should do	Emphasizes what a child should not do
Is an ongoing process	Is a one-time occurrence
Sets an example to follow	Insists on obedience
Leads to self-control	Undermines independence
Helps children change	Is an adult release

Is positive	Is negative
Accepts child's need to assert self	Makes children behave
Fosters child's ability to think	Thinks for the child
Bolsters self-esteem	Defeats self-esteem
Shapes behavior	Condemns misbehavior

LET'S POKEMON AND CHUG ALONG WITH THOMAS!



- **Children need time to play on their own, with others and with their parents**
- Children love painting, drawing and colouring. They might mess up the home! But that's fine. Accept a

messy home

- Encourage their imaginations to flourish by getting out some toys and arranging a tea party or creating a zoo made up of different toys
- Try to keep a box of toys, crayons and play clay handy
- **Make the most of bath time for playing with a couple of empty shampoo bottles, mugs, etc.**
- Young children find out about their world by



touching, shaking, tasting, pouring, squeezing...

Make your home **toddler proof** by storing valuables and breakables away from your child so they can explore safely

- **Part of growing up for your child will be pushing against the boundaries and becoming an individual.** Let your kid do things on his or her own. For young children, keep toys at their height, let them



dress and eat on their

own

- **Play with your child** to show him or her that what he or she is doing is important...**best done by sitting on the floor and playing with your child in an involved way**
- It is unhealthy to see TV as being completely bad and an evil force that we have no control over. Television can be a very powerful learning tool
- TV can be used more and more in the classroom

(whenever possible) to inform
students and stimulate discussion

- **Teachers can assign students to watch educational television as homework**
- Television can be used to add to what is being studied at school
- However, be aware of the television programmes your kids watch and the number of hours they devote to TV
- **Children who spend a great deal of time watching**

television have less time for playing, reading, doing homework, and talking with other children and adults

- Language skills are best fostered through reading and active two-way participation in conversations and play activities. Excessive TV watching can interfere with growth in these areas
- **Research has found that the amount of time a child spends on homework is significantly related to how well he or she does in school**

- Television viewing interferes with the completion of homework assignments and reduces the amount of sleep a child gets
- **Excessive viewing could affect the child's grades and alertness in school**
- Research indicates that children who watch a lot of television wind up with behavioural problems in school
- Watching inappropriate material that the child is not ready for can be harmful

- **Exhausted parents of very active and inattentive children resort to using the television as a ‘babysitter’ more commonly than do parents of less active and more attentive children**
- Too much TV can make your child a bully! Children tend to throw tantrums at home imitating characters they see in some harmful TV programmes. For example, parents say that the popular TV series Shin Chan promotes whining and encourages manipulative

control of the parents on the part of the child

- **Today with TV, with no reading done at all, children have lost out on imagination** Inculcate this habit by telling stories so that the mind thinks creatively
- **Discourage your child from watching TV whilst having a meal as children tend to focus on the TV program and end up playing around with their food**
- Monitor what your child watches and retain control

of the TV, if necessary, by keeping the remote in your possession

- **Children of all ages are spending hours every day playing videos games**
- According to research company DFC Intelligence, the global games market, including console, PC and smartphone titles, hit revenues of \$66bn in 2013, and this figure is expected to grow to \$79bn in 2017
- By comparison, global box office revenues for the movie industry were at \$35.9bn in 2013. The global

music industry stood at \$15bn in 2013

- So the games industry is bigger than cinema and music put together

- **Several studies published in the last decade have suggested that screen time before the age of two can affect language development**

- After the age of three, there is evidence that educational tablets and smartphone games can help children with numeracy and literacy

- **There's a wealth of evidence to suggest that games can help with hand-eye coordination, puzzle solving, logical thinking, spatial awareness, teamwork and a host of other vital, transferrable skills**
- **It is very important to realise that not all games are suitable for children.** Indeed, many video games are designed for adult players only
- **Every game sold in stores is required by law to display an age rating on the box**

- Dozens of studies have been carried out into the effects of game violence on teenagers, and many show a short-term spike in aggressive behavior
- **If a game is rated 18 or over, it should be treated like an 18 certificate movie – it is unsuitable for younger children**
- Keep game machines such as computers and consoles in a communal area of the house so that play can be easily monitored

- **Experts suggest that children should not be exposed to excessive screen time, whether that's TV or gaming. If you can't monitor your child's use of game machines directly, you can use the parental controls on your tablet, smartphone, console or computer to restrict access**
- There are some violent video games which are to be judiciously avoided
- Sharing games with your children will allow you to keep an eye on what they're playing, and it will give

you a common interest to talk about

- **Playing and sharing games also provides a safe, enjoyable space to discuss other things. If you're finding it difficult talking to your child or teenager about their lives, a video game can provide a venue that fits their way of thinking better than the dinner table. Games should be considered a social space, not an anti-social waste of time**



TACKLING BULLY-MIA HEAD ON

- **How to help your child deal with a bully...**
- Bullying is an extreme form of persuasion
- **Bullying is intentional tormenting: physically, verbally, or psychologically.** From hitting, shoving, name-calling, threats and mocking to extorting money and possessions

- Sometimes, the bully resorts to spreading rumors. Others use social media or electronic messaging to destroy the victim's reputation, tease and hurt the victim's feelings

- **It affects a kid's sense of safety and self-worth.** In severe cases, bullying has contributed to tragedies such as suicides and school shootings as it happens especially abroad

- Bullying can turn something like going to the bus stop or recess into a nightmare for your kid. **Bullying can leave deep emotional scars.** And in extreme situations, it can involve violent threats, property damage, or someone getting seriously hurt
- **Whether your child is being bullied or not, it is important to discuss it so your kid will be prepared if it does happen**

- Talk about bullying with your kid and have other family members share their experiences. **If your kid opens up about being bullied, praise him or her for being brave enough to discuss it and offer unconditional support**
- **All who are targeted by bullying behavior naturally get angry.** This anger builds inside a child over months and even years
- Most often the bully is devious, manipulative, a compulsive liar who can also come across as “charming”

- **A bully can drive his or her victim mad. Most often a bullied child is completely sane but mad with anger**
- What contributes most to anger of the bullied child is the bully's constant denial of what they said or did yesterday
- When other kids start fights and when attempts to negotiate fail, give your child the permission to defend himself or herself physically

- **If a bully covets something with which your child is playing, teach him or her to be assertive and say, “I am using it now. You may have it when I’m through with it”**
- Your bullied child may also need strategies for expressing and releasing her angry and hostile feelings. Hitting a pillow, tossing bean-bags, pounding clay, punching a punch bag, banging with a foam bat are all appropriate ways of dealing with the problem
- The bullied child needs a place to do this both at home and at school

- Another strategy of dealing with the bully is to encourage your child to hold his or her anger
- **Encourage your child to act brave, walk away and ignore the bully**
- If it's lunch money or gadgets that the school bully is after, you can help neutralize the situation by encouraging your child to pack a lunch or go to school without the gadget in question

- **Stay in company for safety.** Two or more friends standing are less likely to be picked on than a child who is all alone especially when on the school bus, in the restroom, or wherever bullies may be waiting
- When a bully strikes, remain calm, ignore hurtful remarks, tell the bully to stop and simply walk away. **Bullies thrive on hurting others.** A child who isn't easily ruffled and upset has a better chance of staving off attacks by a bully

- **Don't try to fight the battle alone by yourself.** Talking to a bully's parents can be very helpful especially in the presence of a school official or a counselor

- When the problem persists, talk it over with the Principal

- **Consult with the school to learn its policies and find out how staff and teachers can address the situation**



Mealtime madness vs me(a)lting moments

Mealtimes can turn into unhappy times filled with squabbles & chaos. Kids fight with each other and fuss over their food besides whining and complaining. Parents yell, threaten and send misbehaving youngsters away

Mealtimes need not descend into meal-o-drama...



- **Children should be trained to come to the table on time, wash their hands and**

get ready to eat. They can be expected to sit upto 30 minutes without jumping and running around

- Make nutritious food for meals & snacks
- **Avoid insisting on your child eating everything**
- Otherwise your child will feel hassled at every meal
- **Rotate menus so that each person's favourites or dislikes don't appear continuously**

- Check with the doctor if your child is over/under weight
- Discourage slow eaters who try to gain special attention or to engage parents in a power struggle
- Use a calm, friendly voice & explain that it is their decision as to how quickly they can finish eating
- **Eliminate snacks if kids don't eat at mealtimes**
- **Do not over estimate the amount**



of food a young child needs

- **A portable kitchen timer** on the table will help the child
- Mealtimes should not be seen as a battle time
- Plan your nine-year-old's menu with him or her. It's the best time to teach him or her about nutrition
- **Don't insist on your kids trying a little of everything – the less pressure, the more willing**

they'll be to try new foods

- **Don't use desserts as a bribe** – it will only teach your child that some foods are rewards & others are to be eaten only for the sake of getting something better
- Occasionally, let your child eat early so that you and your wife can enjoy uninterrupted conversation



The Lunch Box

- Train your child to be responsible. Should your kid forget to take his or her homemade lunch to school, don't take it for him or her. He or she won't starve. The responsibility for carrying the tiffin box should fall on your kid's shoulders
- **Be sure that the consequences of forgetting lunch money falls on your kid, not on you, or the lesson of responsibility will be lost**
- Your child can do as he or she pleases in the matter of giving their lunch away

- Therefore, when he or she returns from school, discuss the day's goings-on and have a nutritious snack together
- **Help him to master the art of table manners but occasional spills and messes are expected to occur**
- **Your child may be hesitant to try new food. Make it all the same**
- **At the end of 30 minutes, snacks and meals are to be put away**

- At the end of 30 minutes, get them to help clear dishes from the table if necessary
- **Soon your child experiences the consequences of slow eating & learns to eat his dinner in the allotted time**
- And if your child complains, let him know in a friendly way, you're looking forward to seeing him or her at breakfast

Discourage junk food

- Follow a good diet yourself
- **Sit with kids & list all foods suitable for consumption**
- Teach your child to prepare certain “specialities” like making sandwiches for the family to enjoy. This increases the child’s self esteem
- **It's not uncommon for an obese child to resort to overeating as a way of coping with some neglect or rejection. Obesity could be a way of seeking-attention**

BED WET? DON'T FRET!

- Bedwetting, **a common problem**, is a major cause of embarrassment and stress for children and their families

The causes...

- Although the bladder automatically empties itself when it's full, children gradually learn to recognize their full bladder and control it. However, bladder control may take longer to develop in some children

- **Often there is a family history of bedwetting**
- It is normal for children to occasionally be wet at night (and in the daytime) until they're about five but beyond this age limit, a problem has to be sensed and addressed

Get professional help when...

- Bedwetting continues after the age of seven or eight

- **A child who has been 'dry' for a while suddenly starts bedwetting**
- The bedwetting is upsetting the child, causing anger and frustration
- **The child's social life is affected when a child can't go on school camps because of the risk of bedwetting**
- Most children stop bedwetting without treatment. But if help is needed, a medical professional will first make sure there's no physical cause for the problem

Options include...

- Bladder training programmes like increased water consumption quantity-wise especially during daytime waking hours
- Supervised by a doctor, the bladder can be trained to hold more urine
- **Encouraging a child to stay 'dry' and rewarding the child with praise or snacks**
- It is no guarantee for dry beds but may help children stay motivated to keep trying
- **Medications prescribed by a doctor will help prevent bedwetting but they may have side effects**
- Although they may prevent bedwetting, they don't help the child develop better bladder

control

- **Once medication is stopped, bedwetting may return**

What parents can do...

- **Be encouraging. Praise success, ignore ‘once in a way incidents’. Never punish a child for a wet bed**
- **Make sure the child drinks plenty of fluids daily - but not cola drinks. These contain caffeine**



which can irritate the bladder

- If your teenager has the problem, explain that alcohol as well as caffeine in coffee, tea and chocolate may make them urinate more frequently. This, in turn, means their bladder doesn't 'learn' to hold to its full capacity
- **Encourage the child to take responsibility for the problem as much as possible by changing his or her own sheets**

SIBLING DANGAL

- **Jealousy is more frequently observed in a girl-girl combination than in a boy-boy or girl-boy combination**
- Boys fight more with their brothers than with their sisters
- **The oldest child is usually uncertain, shrewd and stingy, the youngest child is secure, spontaneous,**



good-natured and soft

- The only child who misses companionship may get spoilt
- Parental ever-protection is likely to make the oldest child conservative, less dominant and less aggressive. He lacks confidence, is easily influenced by suggestions and more dependant. He often becomes selfish, spoilt and pessimistic
- The second child is quite often a neglected child. He lacks aggressiveness and is easily distracted. The youngest child is normally pampered and

spoiled.

- **Older siblings often try to discipline the youngest child which is resented so he or she often becomes defiant and irritable**
- Quarreling and fighting provide an opportunity for both children to capture adult attention
- **Parental favouritism real or imagined sparks off jealousy**
- Mediate any genuine conflict as quickly as possible, being careful to show impartiality and

extreme fairness

- Occasional enforcement of a rule or punishment is sometimes necessary
- **The most reliable symptoms of the I've-been-replaced syndrome is a sudden return to infantile behavior**
- I'll be a baby again. Therefore, the child throws temper tantrums, wets the bed, sucks his thumb, holds tightly to Momma or baby talks
- The best thing to do is to first accept the fact that

jealousy exists in the first born

- **Every child psychologist or psychiatrist suggests you give the child a big enough doll or pillow and let him unashamedly give vent to their anger**
- **A child is not interested in equality as much as the feeling of being loved**
- **An uncared for or unattended child may feel jealous and do things to attract parental attention**

- Another reason children fight is because they are mad at the world, unhappy with their lot and want to take things out on somebody. **“Scape-goatism”** takes place. A younger sibling is often chosen as a victim than some child outside the family
- **Parents should never compare one child with another in the family or outside the family**
- **The child who is less talented needs more appreciation**

- Hug each child so that the child feels his or her parent is all for him or her
- **Best approach: Make every child contribute to the family welfare according to their abilities, which might lead to a better sibling relationship and a better family relationship**



KIDS WILL BE KIDS

- **Remember: You were one sometime ago. Don't forget.** They will be messy, noisy and at times disobedient
- **Give them the freedom to make mistakes**
- Encourage your children to think for themselves and take responsibility for their actions

- There will be difficult times for every family. Sometimes there's too much to do in a short space of time or when what you need to do clashes with what your child wants to do

THE COMPLETE CHILD

- **Children, like all humans, have four sides . . .**
- **Physical: The Body**
You feed, clothe and keep them active and in good shape
- **Mental: The Brain**
You send them to school to be educated
- **Emotional: The Heart**



It too, must be educated. Done by the parents at home

- **Spiritual: Your Faith**

Gives meaning to life. Without it, the other three do not satisfy us

- Taking care of all four sides produces a “well rounded” individual. As the parent, your obligation is to see that all four sides of your child are cared for and developed. You are and must see yourself as teacher, mentor, coach, guide and cheerleader, all rolled into one

DON'T BE T(E)EN-SE!

They are nautanki masters and can be pretty irrational. But they have a deep need for both greater independence and tender loving care. You could say this about teens. And here's why: After infancy, the brain's most dramatic growth spurt occurs in adolescence, and that growth means things get a little muddled in a teen mind. Teen brains are also wired to seek reward, act out, and otherwise exhibit immaturity that *will* change when

they become adults. But in the heat of the moment, their decision-making can be overly influenced by emotions, because their brains rely more on the limbic system (the emotional seat of the brain) than the more rational prefrontal cortex



- Adolescent kids (ages 11 to 19) deal with a lot of social, emotional and mental stress that they don't yet have the ability to process or cope with. This can result in

some serious tantrums, which might surprise the unwary parent

- In such situations, parents should stay calm and listen to their children
- **Never ever give up...** Even if your family members give up on your teenage bundle of joy, let him or her know that you are there for him or her, no matter what...He or she is dealing with a huge amount of social, emotional and cognitive flux and has underdeveloped abilities to cope

with the same. He or she needs you to help him or her by staying calm, listening and being a good role model

- **Many kids this age view conflict as a type of self-expression and may have trouble focusing on an abstract idea or understanding another's point of view**
- As additional areas of the brain start to help process emotion, older teens gain some



equilibrium and have an easier time interpreting others. But until then, they often misread teachers and parents...

- **Just as when dealing with the tantrums of toddlerhood, parents need to remember their teen's behavior is not a personal affront**
- Gradually, get your teenager to accept more responsibility at home
- **Let your teen earn and buy**
- **Encourage your kid to save pocket money and**

then buy whatever he or she wants. He or she could also be encouraged to pump in some money into his or her higher education

- **When they earn during a “summer break”, insist on them contributing something or buying something for the home, even though you may not need their contribution**
- Do all you can to counsel your teen and put him or her on the road to healthy adulthood. Set up rules regarding homework, visits by friends,

curfews and dating and discuss them beforehand so there's no misunderstanding. Justify your decisions. Although they may protest, teens still want and need you to set limits

- Believe in the power of prayers. St Monica persisted and never gave up praying for her son St Augustine
- **You may not always like your child's actions but always let your child know that you still love him or her**

- Always look patiently at the whole picture. Do not jump to conclusions and judge your teenager unfairly or hastily
- Allow your grown-up teen, who has left for college, to reinvent the wheel. Express genuine happiness at his or her expanding knowledge and listen to the new discoveries with joy. **Show an intense interest in helping your child fulfill personal goals and dreams but avoid confrontation and attempts to manage his or**

her new life

- Remember, you are still a parent and you still have an important role in your child's success. **Yours is the only home your child can walk into unannounced...**



PLEASE DO NOT...

- **Pressurise your child** to accept what you say as true because you are older, stronger or taller or that you provide for him or her
- **Get angry...** Instead of ruining your voice over your child's misbehavior and working yourself into a riot, think of each conflict as an opportunity to guide and direct your child
- **Indulge in a screaming match** with your kid. **A child is more likely to understand what you are saying if you use a neutral tone. Also, do**

not hesitate to pause. There is nothing wrong in saying, “I’m too angry to deal with this now. We’ll talk about it later

- **Admonish your child**, particularly in the presence of his or her friends, neighbours or even siblings
- **Ridicule any opinion or view expressed by him or her with the words**, “*What do you know?*”
Rather, call attention to things done right
- **Talk down to him or her.** Your child is more likely to cooperate if he or she comes up with the

solution

- **Humour him or her when he or she has suffered a temporary setback or failure** or has been let down by a friend. Encourage your child to face the situation with his or her own mental and intellectual resource
- **Analyse your child's motives** and actions in his or her presence. This will affect your child's self-image
- **Label your child's identity as stupid, idiot, etc.** Labels stick not just for life but for generations

- **Compare him or her with any other child.** Winners always compare themselves with the abilities they have, not with what others have
- **Expect too much from your child.** Know your child's talents and capabilities before having any expectations

MUM, DAD, PHEW!

- **Children's complaints...**
- **Grownups make promises, then they forget all about them,** or else they say it wasn't really a promise, just a maybe
- **Grownups don't do the things they're always telling children to do—like telling them to pick up their things, or be neat, or always tell the truth**
- Grownups never really listen to what children

have to say. They always decide ahead of time what they're going to say in response

- **Grownups make mistakes, but they won't admit them.** They always pretend that they weren't mistakes at all—or that somebody else made them
- **Grownups interrupt children all the time and think nothing of it. If a child interrupts a grownup, he gets a scolding or something worse**
- Grownups never understand how much children

want a certain thing. If it's something they don't admire—even if the children have spent their own money buying it—they always say, “I can't imagine what you want with that silly thing!”

- Sometimes grownups punish children unfairly. It isn't right if you've done just some little thing wrong and grownups take away something that means an awful lot to you. Other times, you can do something really bad and they say they're going to punish you, but they don't. We never know and we ought to know
- Grownups are always talking about what they did

and what they knew when they were ten years old. But they never try to think what it's like to be ten years old right now

- **Grownups won't let their children dress the way they want to. If they're going out to a party, grownups wear just exactly what they want to wear, even if it looks awful or isn't weather appropriate**
- Grownups talk money too much! They say it's not everything but their conversations betray them

- **Grownups gossip a lot but when children parrot them, they say we are being disrespectful**
- Grownups are always prying into children's secrets assuming the secrets will be bad, bad, bad! Why can't they think it might be something nice...



THE DREAM PARENT

- Research consistently shows that dads are just as good at this whole parenting thing as moms. Dads tend to play rougher with kids than moms do, which helps kids learn to control their bodies and emotions. Dad's hands-on style of play also encourages healthy risk-taking, which can influence a child's ambitions in the long-term. A

strong paternal relationship also brings with it a certain level of protection, as research has found that children with involved fathers are less likely to become victims of sexual abuse or assault

- **Seize every available moment to make a connection with your child**
- Do you check emails or scroll through your social media feeds while spending quality time with your kids? This distracted presence can take a toll on



children, who might feel like you're not really there for them when your attention is divided

- Before you yell and create a scene in front of your child, think about this: is that how you want your child to behave when angry
- **Be aware that you're constantly being watched by your kids.** Studies have shown that children who hit usually have a role model for aggression at home
- **Model the traits you wish to see in your kids:**

**respect, friendliness, honesty, kindness,
compassion and tolerance**

- Teens tend to look less to their parents and more to their peers for role models
- But continue to provide guidance, encouragement and appropriate discipline while allowing your teen to earn more independence
- **When parents joke and pretend, it gives young kids the tools to think creatively, make friends and manage stress. So feel free to play court**

jester — your kids will thank you later

- Exhibit unselfish behavior: Do things for other people without expecting a reward
- Express thanks as often as possible and offer compliments whenever an opportunity arises
- **Above all, treat your kids the way you expect other people to treat you**



WE ARE THE WORLD, WE ARE THE PEOPLE

- We want our children to grow into contented, highly functioning, no-limit adults who will be able to handle all of life's difficulties without allowing themselves to be so overwhelmed by them that they are either defeated in some way or are so badly bruised that they come to rely on external measures such as pills, therapy or even surgery to cope with life. **In short, we want our**

kids to grow up to be no-limit people in every single aspect of their lives and to enjoy life without developing a sour attitude or a defeatist posture



- **Who is a no-limit person?
How do we ensure that our children**

grow up to be well-rounded, thinking, sensible

and responsible adults?

- A no-limit person is simply a person who knows how to enjoy life, especially when those around him or her are going crazy
- Learning to manage their own emotions, to have self-confidence and self-esteem, to avoid being depressed, afraid, stressful, anxious, worried, guilty, jealous, shy and the like are primary skills that no-limit people possess

- **The principal goal of parenting is to teach children to become their own parents.** We want our



children to rely on their own inner signals, to be able to think for themselves, to avoid costly emotional letdowns and to know that they have the skills and the ability to use them to lead happy and fulfilled lives without the need to consult us

forever. We are to be their guide for a while, and then, we will enjoy watching them take off on their own

- It is also important to be aware that our kids are not going to learn these skills and attitudes in a classroom. Children will have to acquire their no-limit beliefs out there in the real world
- No-limit people have no internally imposed limitations on themselves and refuse to permit outsiders to place any limits on them either. They

have high levels of self-respect and self-confidence, regardless of the situation. They have great enthusiasm and feel a sense of belonging to the world. They will seek out the unknown and wander around in the mysterious, seeing life as a miracle rather than as a bother

- **No-limit persons operate on inner signals,** trusting themselves and willing to take risks. **They experience anger at times but are never immobilised by it.** They are not complainers but

doers instead and never whine to others about their bad luck

- **No-limit persons are motivated by higher qualities such as aesthetic appreciation, love, respect, justice and world peace.** They are much more likely to be concerned about global issues rather than narrowly defining themselves within a neighborhood, country, family or ethnic group
- No-limit people take a cooperative approach to life. **They do not feel in competition with**

others and seldom compare themselves to measure their own progress. They are inner-directed and see themselves as unique in the whole universe

- They know that no one can be approved of by everyone and because of their strong inner convictions, they are unconcerned with trying to impress others or with chasing accumulations in the name of being on top. **No-limit people avoid being judgmental and see the inherent right of**

everyone to choose his or her own path so long as it does not interfere with the rights of others to do the same

- **No-limit people live a healthy lifestyle, stay in shape and are not tempted to be unhealthy.**



Not because they
are superior to
others but
because they

have an inner light that tells them how bad it feels to be fat or out of shape or drugged or consume foods that are toxic to their bodies

- These are people who have developed a strong sense of humor, who are fun to be around. They do not rate themselves as successes or failures; instead, they accept failure as a part of learning and are willing to try almost anything that interests them. **They are not conformists and will easily get around petty rules and customs**

that seem to bother others so much. These are people who have their own creative imaginations and they look within to determine how a task might be attempted

- No-limit people are free from depression and unhappiness in their lives because of their own unique attitudes to life. They look to the positive side while others see the negative

- **The great irony of life is that there is no way to happiness; happiness is the way.**

Similarly, there is no path to success; success is an inner



attitude that we bring to our endeavours. If you chase love, it will always elude you; you must let love chase you. If you chase money, you will

never have enough. You must let money serve you

- **An ancient Chinese proverb goes like this.** If you think one year ahead-sow a seed. If you think ten years ahead, plant a tree. If you think a hundred years ahead, educate the people
- Imagine a world full of educated parents who are raising their youngsters to become fully functioning no-limit people. A generation of emotionally stable, highly motivated people who

no longer think in the destructive terms that have dominated our world up until now. **John Ruskin wrote, “That country is the richest which nourishes the greatest number of noble and happy human beings”**

If a child lives with criticism,

He learns to condemn.

If a child lives with hostility,

He learns to fight.

If a child lives with ridicule,
He learns to be shy.

If a child lives with shame,
He learns to feel guilty.

If a child lives with tolerance,
He learns to be patient.

If a child lives with encouragement,
He learns confidence.

If a child lives with fairness,
He learns justice.



If a child lives with security,

He learns to have faith.

If a child lives with approval,

He learns to like himself.

If a child lives with acceptance and friendship,

He learns to find love in the world.

Dorothy Law Nolte

Fr George Rosario SJ is a talented Jesuit Priest –
Psychologist. He was a lecturer in Psychology at the prestigious
St Xavier's College, Mumbai.

'**YOU CAN BE A HIT WITH YOUR KIDS**' makes a humble attempt
to take parenting to the next level. Yes, you and your kids can
reach for the jar of jelly beans on the Moon and cruise beyond...
This book will guide and steer your parenting skills and help you
take your children past the magnetic and dark blackholes that
you will encounter along the way.



This book comes to you from his experience in conducting seminars and
workshops in Mumbai, Rajasthan, Dubai and the USA.
In this book, you will find time-tested techniques from effective parents
themselves. This book is the third in the series of You Can books.

The series is intended to lend a helping hand to the intelligent soul who is
looking for answers to the challenging and disturbing questions that life
hurls at people at some time or the other. Life is a journey. Let's smile
encouragingly at each other and give each other a gentle push as we march
hand in hand towards new and emerging horizons...

On the Bookstands already:

- 1) You can overcome grief
- 2) You can enjoy studying and become a topper

Still to come:

You can forgive and be healed
You can strengthen your memory
You can handle your anger
You can overcome your shyness