

# **Kids Who Start Ahead, Stay Ahead**

**Parental Workshop**

- ❖ Huge potential of our children are remaining untapped and getting wasted because of lack of knowledge and understanding of the possibilities; those lie hidden within our children.
- ❖ Learning is for building character – learning is not for earning.

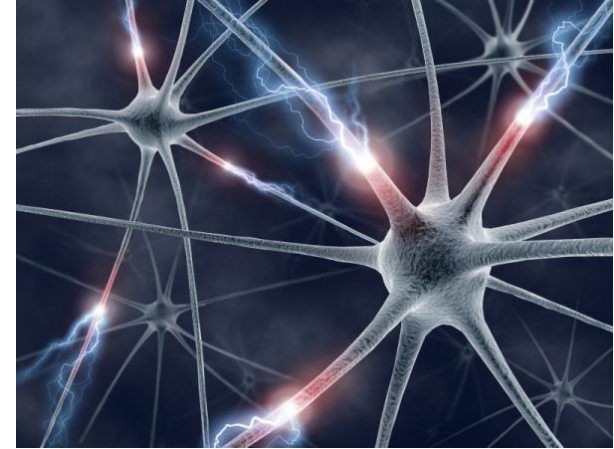


❖ We, as parents, teachers and community members, need to wake up and shake up. We need to, as 'learning community,' hand over the responsibilities of their learning to the children.

❖ Awaken the fire to keep on and going on till the goal is reached.



# Six vital and most valuable facts for parents to know:-



- The brain of a new human being grows explosively, but less quickly each succeeding day, from conception to 6 years of age.
- When does the heart form and when does the brain?
- On conception 50,000,000,000,000 and after 30 days 1,25, 000,000,000,000 brain neurons
- The brain grows by use, every minute 2,50,000 brain neurons; which are 360,000,000 per day.
- The brain runs everything

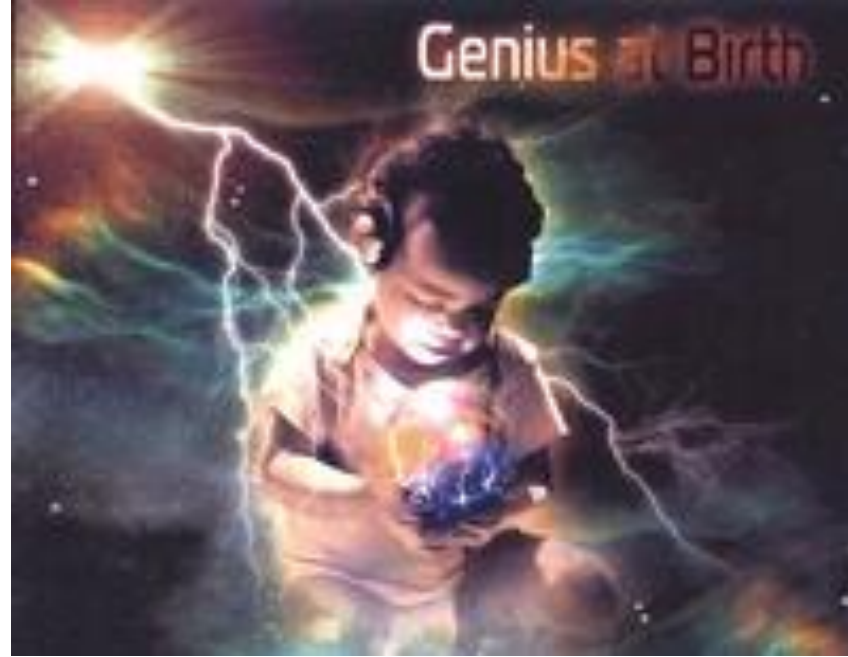
# Six vital and most valuable facts for parents to know:-

- The potential of our human brain is unimaginatively great.
- We can increase the possibility of attaining ever-higher levels of potential by starting early in the life of a young child. While the brain is growing at a fantastic rate.
- This early start is most effective when carried out and initiated by the tiny child's mother and father. And only when applied with joy and love.



Every child has, at birth,  
a greater potential  
intelligence  
than  
Leonardo Da Vinci, Isaac  
Newton, Einstein  
ever used.


Glenn Doman  
*Author of Teach Your Baby To Read*



All children are born geniuses, and we  
spend the first six years of their lives  
degeniusing them.

*-Buckminster Fuller*



A close-up photograph of a young girl with dark hair in pigtails, wearing a white shirt. She is holding a large red balloon with both hands and looking directly at the camera with a slight smile. The background is a warm, textured wall with a circular opening showing a colorful object.

**The deepest desire in a parents heart is  
to see one's child achieve success.**



# Most People Assume

- That success is essentially material. That it can be measured in money, prestige, or an abundance of possessions. These certainly can play a role; but having them does not guarantee of success.



- The success we want our children to achieve has to be defined in many non material ways as well.



# It Should Include

- The ability to love and have compassion.
- The capacity to feel joy and spread it to others.
- Learning to give first and not take.
- The security of knowing that one's life has a purpose, and there is a divine influence leading us towards a particular direction.
- A sense of connection to that creative power of the universe –  
“We belong to this Universe.”



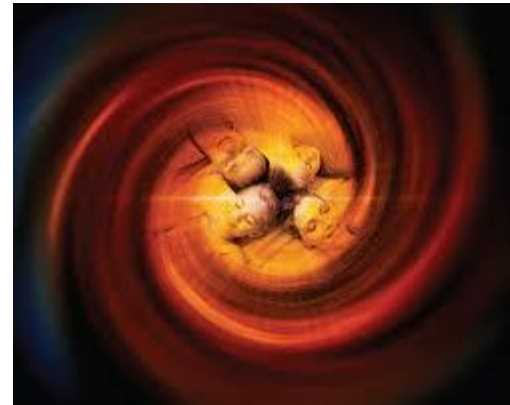
# What Do We Teach Our Children?

- How to survive.
- How to behave in order to earn our approval.
- How to defend themselves.
- How to compete.
- How to persist against disappointment, obstacles and setbacks!
- Although believing in God is often considered a good thing, spirituality has been kept traditionally far apart from success in life.



# This Is A Mistake

- Keeping “Spirituality away from our daily lives and away from success; has been a mistake and has profound effect”.
- The parody is we spend years, from childhood on, on hard work so as to earn lots of money and have physical possessions. But lose our physical health and our emotional wellbeing and bliss. And then spend the money earned to recover our health through treatments.





# The Spiritual Dimension That Brings Inner Fulfillment

- If the meaning of your life unfolds to you everyday, in simplicity and wonder, you have achieved success – which means in a profound way, that every baby/ every God created Human being; is a born success.
- Every child's & once in a while; ours ability to feel wonder in the face of everyday existence is the surest proof we have ; that Nature wants us to be successful.

# The Seeds Of God Is Within Us

- Nature wants all of us to be successful
- When we make this journey of spirit, we water these divine seeds inside us.
- The good life merely reflects our inner intention.
- In time the flowers of God bloom within us and around us, and we begin to witness and know the miracle of divinity all around.



# The Teaching Of Innocence

- Success, therefore, is supremely natural



**Let us have a look at how is  
our future 'learning world'  
of children going to look  
like? This learning world,  
already is with 'unlimited  
potential'!**





- It's GLOBAL
- Unlimited scope

*'All of us are surging through the most profound revolution in human history. Its impact is personal, national, global—and, in many ways unlimited. At its core are seven catalysts, now converging and fusing to change the way we live, work, play, learn, teach, think and create—at any age. The keys to unlock that future are simple but revolutionary. Once unlocked, that revolution has the power to unleash the combined talents of millions.'*





# It's INTERACTIVE Unlimited discovery

*For decades most school students have learned **about** subjects such as history, space travel and science. Now they can actually **rebuild ancient Rome and Athens (with SimCity); create their "own universe" (with Spore); and actually become a scientist. Brigham Young University's Virtual ChemLab provides a working classroom of the future, for some 150,000 online science students. Now: the new cyberspace university.***

# It's EASILY SHARED

## Unlimited partnerships



*Amazingly, 59 million school teachers around the planet work in isolation, mostly in chalkboard classrooms—as if the Web didn't exist. But at Singapore's Overseas Family School (in photo) 3,500 students from over seventy countries not only co-create their vision of the future—they help their teachers digitize lesson plans with Macromedia Flash and computer animations. Now those brilliant lesson-models can be shared free.*





## It's PERSONAL Unlimited future

*'Everyone has the potential to become talented and successful, but in different ways. Every healthy baby is born with 100 billion active brain cells. Each has the ability to sprout at least 10,000 learning-branches. That learning ability soars most from birth to four.' And that is why, at Mexico's world-leading Thomas Jefferson Institute (in photo), psychologists help parents to work out a specific learning plan for every child.*



## It's CO-CREATIVE Unlimited innovation

*When tens of thousands of passionate people who have never met can write ten million articles and together co-create the planet's biggest-ever encyclopedia, something magic is stirring in the world. When Wikipedia is available instantly and free to 1.4 billion people, the magic glows. When four billion will soon have that encyclopedia in their pocket, the world is surging into a new Renaissance: the one we will co-create*





## It's **INSTANT** Unlimited mobility

*Even by 2000 half the people on earth had never placed a phone call. Only 12 percent owned mobile phones. Now over half own them: 3.3 billion. By late 2009, 4 billion will be in use, for the planet's 6.6 billion people. But now they are becoming 'teleputers' more than phones. And soon you'll be able to have Google on tap in your pocket, too. Google's new Android software platform will be available for any manufacture to use in its cellphones.*





## It's **OFTEN FREE** Unlimited choice

*In China, students can now buy low-cost computers without an operating system—and download that free from the Web. Then they can use it for free international phone calls with Skype. Many teachers use the same tools to teach Mandarin each day around the world. Google's climb to several fortunes has been spurred by the simple idea: give away information free and "make a billion one 5-cent click at a time".*

QuickTime™ and a  
decompressor  
are needed to see this picture.



We've got some **BIG CHOICES** to make

Do we bemoan our past or roll up our sleeves



**AND GET TO WORK?**



Do we get intimidated by these  
new demands or do we

RETRAIN &



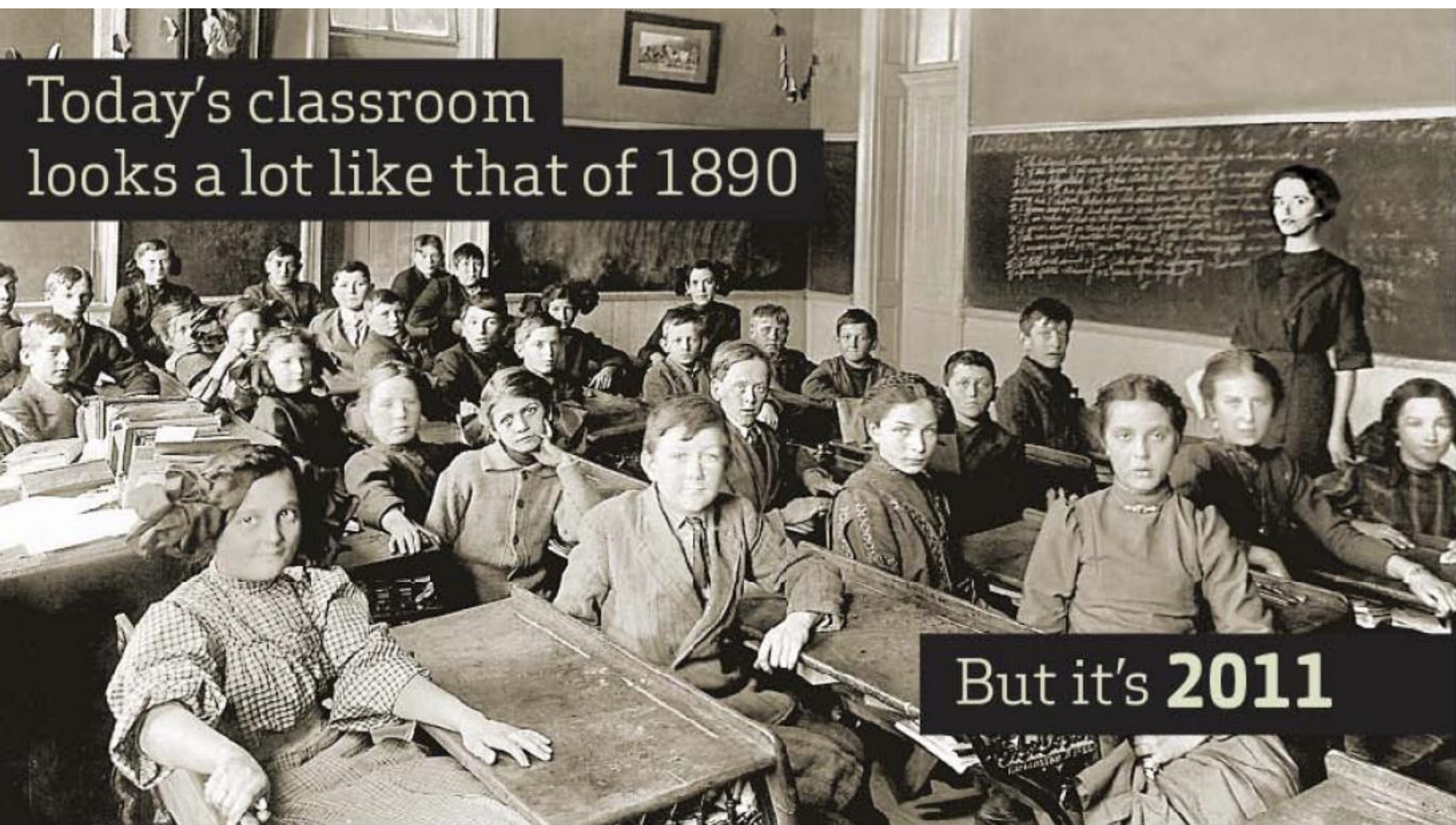
Do we get intimidated by these  
new demands or do we

# REDESIGN

# What we need to do?

- **Learning how to learn** needs to take priority over what we learn...
- Learning how to **think logically and creatively** is critical if we are to solve complex personal and social problems effectively.

- There are thousands of buildings in this country where country where millions of people in them have no telephones, no cable television, and no reasonable prospects of broadband services.
- **They're called schools.**



Today's classroom  
looks a lot like that of 1890

But it's **2011**



# How and what we teach **HAS TO CHANGE**



It's the **21st CENTURY.**

We must prepare our students  
for their future, not our past

# How Parents Can Prepare their Child for the future

- Every parent need to do the very best job we can in helping our children.
- We must start early and utilize the immense potential of a child's brain
- We need to bring in **the spiritual dimensions** in their life to make them truly successful
- Every Parent must work in helping out our children master the very basic skills in life. We need to make our kids **Emotionally intelligent.**



# The Teaching Of Innocence

## SEVEN PRINCIPLES

1. Everything is possible
2. If you want to get something, give it.
3. When you make a choice, you change the future.
4. Don't say no, go with the flow.
5. Every time you wish or want, you plant a seed.
6. Enjoy the journey.
7. You are here for a reason.



# The Teaching Of Innocence

1. S/he will be free of crippling fear and anxiety about the meaning of life, which is the secret dry rot, inside the hearts of most adults, whether they admit or not.
2. She will understand the source of creativity, both within and outside in the universe
3. She would be able to practice nonjudgmental, acceptance and power of truth of surrender.



# How to Start – Remember That

- Anyone can count the seeds in an apple, can you count the apples in one seed?
- Have absolute faith in your child - s/he is God's gift..
- What this divinity, God can give us, is limited only by our ability to appreciate His gifts.
- From the day the baby is born, you are a teacher. You create an atmosphere of trust, openness, non-judgment and acceptance.

# **HOW TO START**

## **Creating Balance in Your Child's Life**

- **Be only love, show only love.**
- **Children grow up with much non-loving behavior – may be primarily outside – but unknowingly many a time from within the home as well.**
- **Rather than worrying, qualify as a spiritual leader for your child embodying only love and trust.**

# **INFANT : 0 - 1 YR**

- Key words – Love, affection, attention – Fortunately for our generation – the misconception that our babies need to be trained and disciplined from the cradles; has been discarded.
- An infant is pure spiritual gold. Cherishing her innocence is the way for us to reach our own.
- Just as a flower deprived of sunlight, an infant will wither without the spiritual bonding through touching, playing, hugging, paying attention – not primitive pampering though.

# TODDLER – 1 - 2 YRS

- Key words: Freedom, encouragement, respect – This is the age the child is first getting “Ego”. In simplest sense “Self” or I- ness; “I AM”.
- Falling down is not the same as failing. Being hurt is not the same as deciding that the world out there is dangerous. Hurting is nothing more than Nature’s way of telling a child – where the boundaries lie
- Pain exists to show a toddler, to help a child avoid potential dangers like burning.
- This is a very precarious & trying time. Toddler is testing detachment from the parents for the first time. The lure of curiosity and freedom pulls on one side; but there is fear and insecurity given by the parent



# PRESCHOOL 2 -5- YRS

- This stage is building a child's self esteem. Self esteem is readiness to go out of the family, in to the big wide world.
- It is identical with tasks and challenges. Until this age, a toddler has no responsibility for tasks – simply to play was enough.
- With toilet training and learning to feed herself, a toddler begins to experience the exhilarating feeling that “I AM”, can extend to “I CAN”.
- So rather than try to curb the child's rush for , you need to channel it into ‘tasks and challenges’. This brings balance.

# KINDERGARTEN – EARLY PRIMARY SCHOOL 5–8YRS

- Key words – Giving, sharing, non judgment, acceptance, truth – all these can be before this age too.
- The brain is so complex and powerful – the earlier abstract concepts can now blossom into a capacity for accepting results beyond “I AM”, “I WANT” and “I COME FIRST”.
- Giving is how, at any age, we show that we empathize with needs outside of ourselves. If giving is seen as loss – the spiritual lessons has not been taught.
- Children do not just want to share,- they love to share.

# Sunday Everything is possible

- Our source, within everyone is the source of creativity - which can grow to any heights - any direction.
- Silence is the home of spirit.
- Look within for guidance – self referral.
- The reason we want success, is to reach our potential for happiness and wisdom, not just our potential to earn and acquire.
- Children using the vocabulary of heart – listen to your heart, your heart knows, in your heart everything is possible, things will work out, if your pure in heart – you can bring anything to you. Heart contains silence , wisdom
- Seed of inspiration.
- No one is a success, who does not feel successful in his or her heart of hearts.

# Sunday with the Children

- Silent meditation.
- Nature breathes the breath of spirit - What God, this divinity, can give us, is limited only by our ability to appreciate His gifts.
- Every second of time is a doorway to unbounded possibilities. If you are not open to them, these possibilities shrink.
- Is there another way to look at this – a dinner story. Without noticing we are imposing limits on the way we perceive the world. Our minds say: I don't like it, I can't understand it, I already know all about it, It is wrong, bad boring, Nothing can be done about it. Being non-judgmental to a situation on a Sunday.
- Find something good in others. Non-judgment



# Monday with the Children

## Is the day of Giving

- Observing minutes of silence and meditation.
- Every member give something to someone. Give a smile, a hug, an appreciation, help with a chore. Children are not born selfish.
- Inspire them to “Receive gracefully” – giver is never the giver – every breadth - every time we receive we are given a glimpse of divine love. Giving is the secret of abundance. Taking & hoarding.
- Ritual of gratitude – thankful for seeing the butterfly, for us all being well, lovely menu. Life itself is a divine gift.
- No grudging “Thank You”. Gratitude and warmth.
- The joy you feel – reflects back on to you.
- Everyone has already received God’s greatest gift – “The potential to grow”.
- We can only keep what we give away.

## Tuesday with the Children

### Is the day of “Making choices”

- Observing minutes of silence and meditation.
- Every choice changes the future. Talk to your child - one choice s/he made today- cause & effect. Do not control their choices or choice of friends, toys, hobbies. The Universe listens to your choices you make in your heart.
- Talk about choices you had made in your life. How these have changed your own life. Regret
- How it feels about one choice over the other. Your feeling about the choice you made in not cleaning your room, not putting your toys back.

# Wednesday with the Child

## Is the day of “Least Effort”

- Do not say “No”, go with the flow. Vacuuming and finding the “Ghosts”.
- Ancient Greek philosopher Heraclites had said that life is like a river – you can not step into it in the same place twice.
- Look for nature’s help.
- Player and the commentator
- Nature operates through least effort – technical complex machines?
- Put every effort in organizing your life, but remember that the ultimate organizer is “Nature”.

## Wednesday with the Child Is the day of “Least Effort”

- Do not try to steer the river of life
- When “Nature” is most productive & creative, it does not work it plays.
- The best work flows from its nature of effortlessness.
- Allow the gift from “Nature” to come to you. Do not struggle.



# THURSDAY is the day of Intention and Desire

- Every time you wish or want you plant a seed
- List our desires for the week.
- Release our desires for Nature to fulfill.
- Be alert in the present moment, where all fulfillment occurs.
- Wishes must not be weak, contradicting and unfocused.

# Thursday with the children

- Observing minutes of silence and meditation.
- Make a list of desires for the coming week and post these on the refrigerator.
- Encourage children to want happiness and fulfillment. Absence of conflicts and struggle.
- Help a seed to grow.
- Patient expectation. Success comes from any and all directions. Stay relaxed. Putting demands on others to keeping a wish within your heart – which comes true faster?
- Notice when something nice you wanted did really happen.
- Desires did not have to be chased in the outside world. It is close to your heart.
- Divine intentions align with human intentions, when they are focused and in the best interest of one's spiritual growth.

# FRIDAY

## is the day of detachment

- The real you
- Uncertainty is good – no one has to have all the answers.
- Feel balanced about loss and gain.
- Everyone has an invisible friend – who looks after everything they do.

# Friday with the children

- The real you.
- The loss of a doll.
- You are here for a much more important reason – not just for what you do own or what you do not.
- Your problems do not get solved by having enough of material things
- Look at the nature.

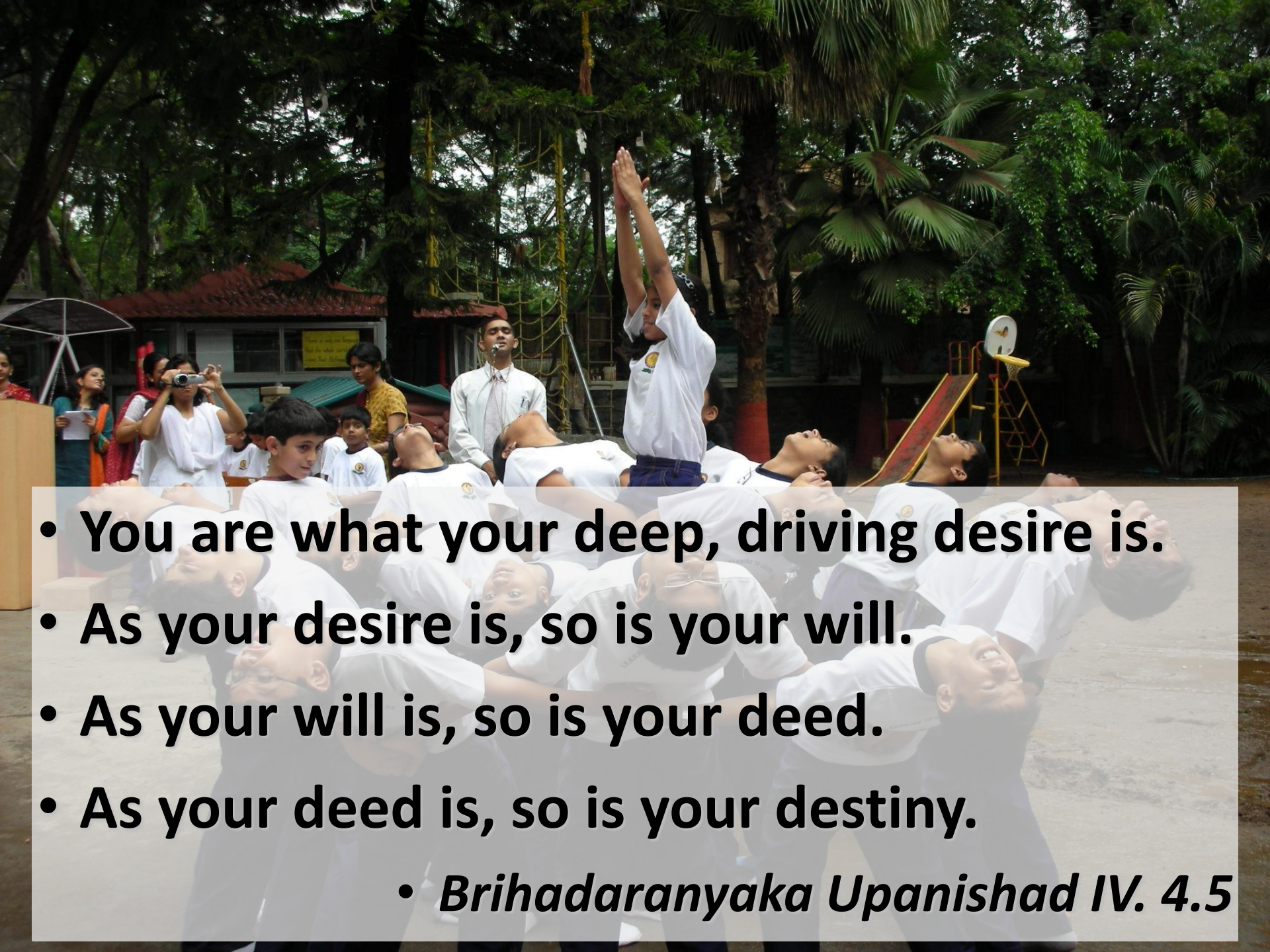
# Saturday

- Detachment is the quality that makes a person feel unmoved by loss or gain.
- You are here for a reason.
- Where are you right now?
- Encourage their unique talents
- Invite them to do an act of service.



# Saturday With The Children

- Where do I think am I going?
- How do I plan to get there.
- How far have I gone?
- What is holding me back? This is my present challenge.
- Where are you right now? – “Exactly where I am supposed to be!”



- You are what your deep, driving desire is.
- As your desire is, so is your will.
- As your will is, so is your deed.
- As your deed is, so is your destiny.
- *Brihadaranyaka Upanishad IV. 4.5*

# Emotionally Intelligent Parenting

- **To be emotionally intelligent our children must:**
- Be aware of one's own feelings and those of others
- Show empathy and understand others' point of view
- Regulate and cope positively with emotional and behavioral impulses
- Be positive Goal- and Plan-Oriented
- Use positive social skills in handling relationships



# How Parents Can Help

- Set aside specific times and smile often.
- Short work period, smile and touch.
- A table with a series of activities.
- Be loving, objective & patient.
- Small directions and give time to react.
- Too difficult – move on.
- Finish what you start.
- Praise, smile and listen – really listen.
- Relax and have laugh time.
- Be easy on yourself.

- **The Chill Out Process**





# How children can be less impulsive

- Be Aware of your Feelings
  - Our feelings are the signals that let us know when we have problems. It is important for children to learn to be aware of their feelings
  - Develop a feeling vocabulary. Talk about feelings
  - It is important to ask how children felt about what happened.

- Learn to Keep Calm in difficult situations
  - You cannot calm down others, they can only calm themselves down.
  - Take a deep breath
- Keep Calm Activity
  - When you feel hassled
    1. Tell yourself, “Stop and take a look around”
    2. Tell Yourself, “Keep Calm”
    3. Take a deep breadth through your nose while you count to five, hold it while you count to two, then breathe out through your mouth while you count five.
    4. Repeat these steps until you feel calm

- Communicate Confidently
  - Body posture (stand up straight, be confident in yourself, but not arrogant)
  - Eye Contact (Look at the person appropriately)
  - Speech (Use appropriate language, say what you really feel, but don't be insulting, no put-downs)
  - Tone of Voice (Use a calm voice, no whispering or shouting)

# Become Less Impulsive, Build Self Control and Social Skills

- Use Trouble Trackers

- Worksheet for children to complete
- It encourages them to think about the problem and how to solve it before discussing with you
- After a bad incident, ask the child to Chill Out. Encourage him to use Keep Calm Activity Then give the Trouble Tracker to complete.
- Discuss



# The Steps of a Child

- If a child lives with ...
  - ... Criticism, He learns to condemn.
  - ... hostility, He learns to fight.
  - ... ridicule, He learns to be shy.
  - ... shame, He learns to feel guilty.
  - ... tolerance, He learns to be patient.
  - ... encouragement, He learns confidence.
  - ... praise, He learns to appreciate.
  - ... fairness, He learns justice.
  - ... approval, He learns to like himself.
  - ... acceptance and friendship, He learns to find love in the world.

• - Dorothy Law Nolte