

Celebrating parenting!

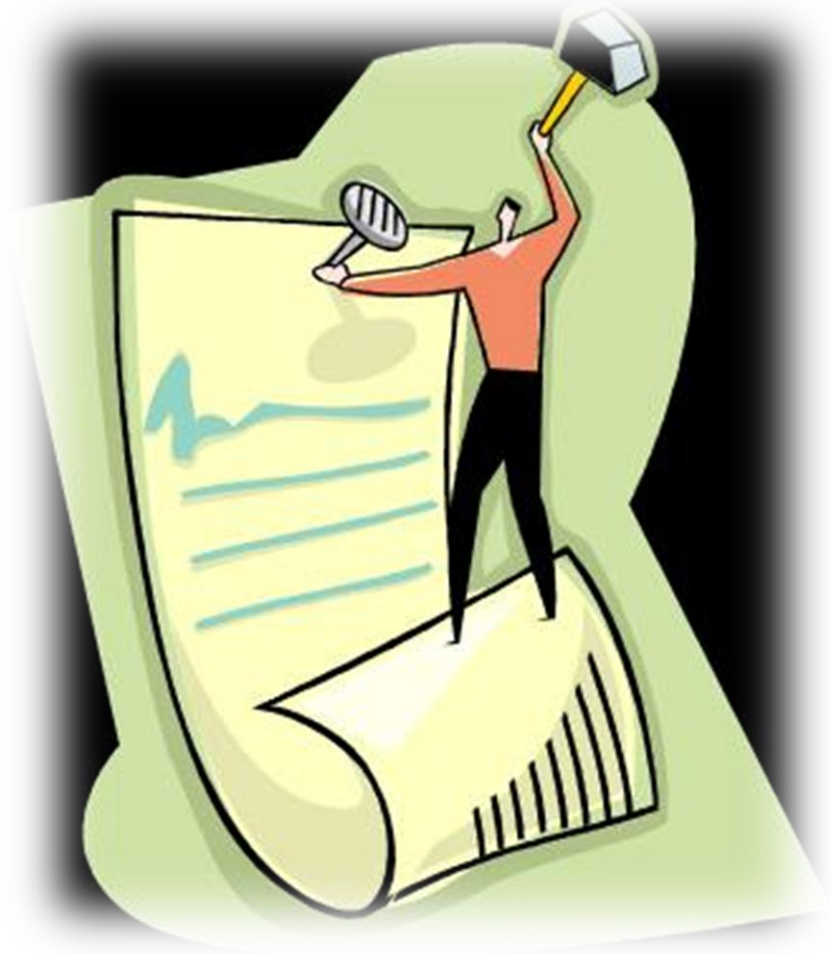


Bhajpreet Kaur- Principal Pre-Primary
Ira Ghosh – Junior Kindergarten Co-ordinator

Conversation with God (Video)

Agenda

- Crying
- Setting limits
- Bonding



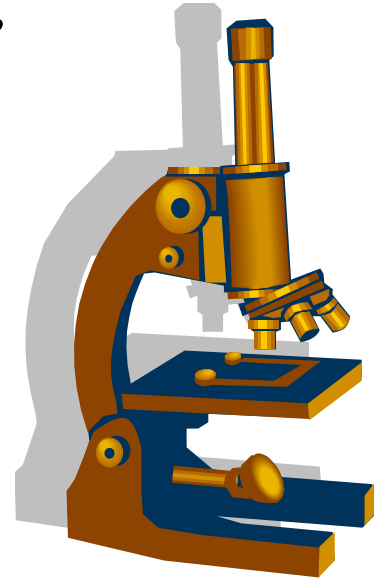


The recovery process

Crying

Tears and Science

For over twenty years as physician, I've witnessed, time and again, the healing power of tears. Tears are your body's release valve for [stress](#), sadness, [grief](#), anxiety, and frustration. Also, you can have tears of joy, say when a child is born or tears of relief when a difficulty has passed. In my own life, I am [grateful](#) when I can cry. It feels cleansing, a way to purge pent up emotions so they don't lodge in my body as stress symptoms such as fatigue or pain. To stay healthy and release stress, I encourage my patients to cry. For both men and women, tears are a sign of courage, strength, and authenticity. *Published on July 27, 2010 by [Judith Orloff](#), M.D. in [Emotional Freedom](#)*



- Role play

When your child begins to cry

Parents want good life for their children. And we all want them to be happy, respectful and understood. We also want to reshape the past (the mistake our parents had made for us)

It's a tough job though.

We realize that loving, nourishing a child is far more complex than challenges the hardies grownup

Juggle too much work and chores

- Come and play daddy!
- Watch this mommy?
- Mommy, what are you doing?
- Can you make boat for me right now?
- Daddy come I want to show you something?
- You feed me!

Then its no wonder when we are troubled when
our children start to cry.

we would do anything empathy, talk, scold,
ignore to stop the hurt.

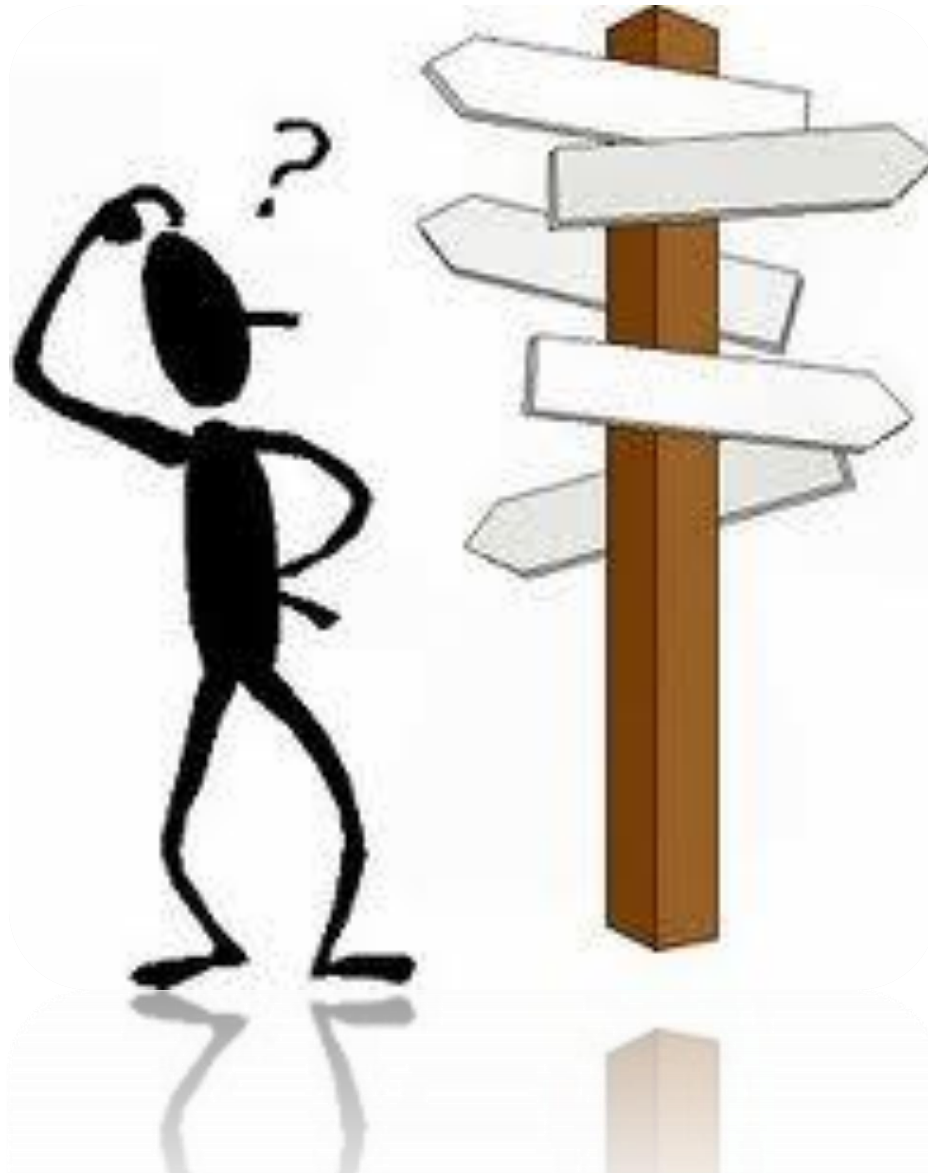


But does it
really stop
the hurt?

If we watch closely, we may notice that the hurt doesn't always go away. A child may quiet down, but often he'll feel upset. He will droop and refuse to look at anyone! Or he might get angry towards the people he loves. And the whole concern of torn paper or a broken truck turns into a long period of frustration. Sometimes the child doesn't seem to trust the people around like before. He isn't satisfied, you aren't satisfied you mom/ dad isn't satisfied. Life doesn't flow smoothly.



Then what do we do??!!



CRYING HEALS THE HURT

A simple but significant change in what we do when our children are crying is to bring relief straight to the core of the tension. If we listen and stay close, without interrupting his tears a child will cry until his upset resolves. And because you have let him be in charge of shedding his tears, his bonding with you would be stronger

Its natural, let it remain natural

One way to understand our children crying is to imagine them standing on a narrow balance beam of confidence



Small incidents give raise to big feeling

- When a child lacks confidence and security, they usually choose to cry over every small thing
- For e.g....
- We adults are no different
- These incidents of crying are usually small doors opening far bigger issues.

- Mommy I saw a show on TV, where the mother got sick and died.
- Today my best friend was talking to a new best friend
- Today you didn't hug me good bye
- ...



Sometime happy time bring up unfinished grief

- To make parenting even more of a test character and challenging, often children choose the happy, close times with you.
- Some parents call it “spoiled outing”
- And they tend to spoil the parents mood and force them to say something inappropriate.
- But this is nothing but taking advantage of that little extra safety and closeness that they have gained.
- If only you are at peace accepting that sometimes while driving back, there will be some constructive falling apart done!

Guidelines for listeners

- Remedy and harmful situations, and remove danger from the scene.
- Keep your upset feelings and advice to yourself
- move close, and offer him gentle touch and eye contact
- Gently invite him to tell you what the trouble is. Do not insist on a particular response
- if you see your child is afraid of something specific, reassure him that you'll protect him from that particular danger
- Don't pass judgment on what your child feels
- Allow plenty of time for your child to cry
- Sleep may follow a child's extended cry
- Play time

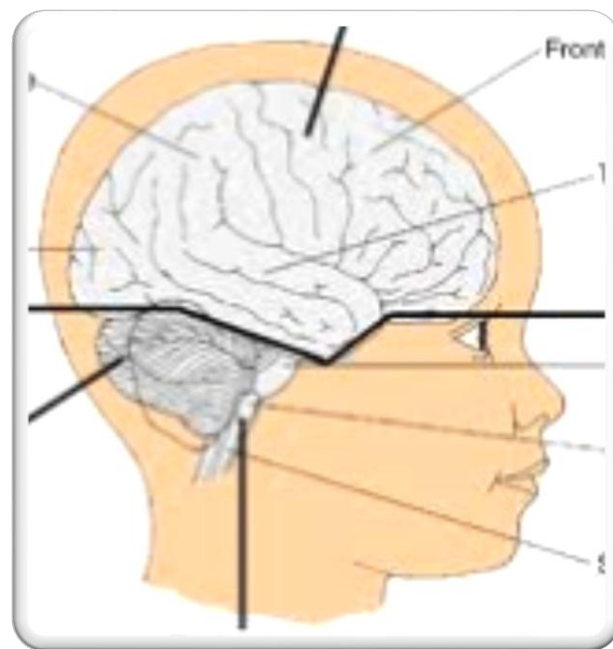
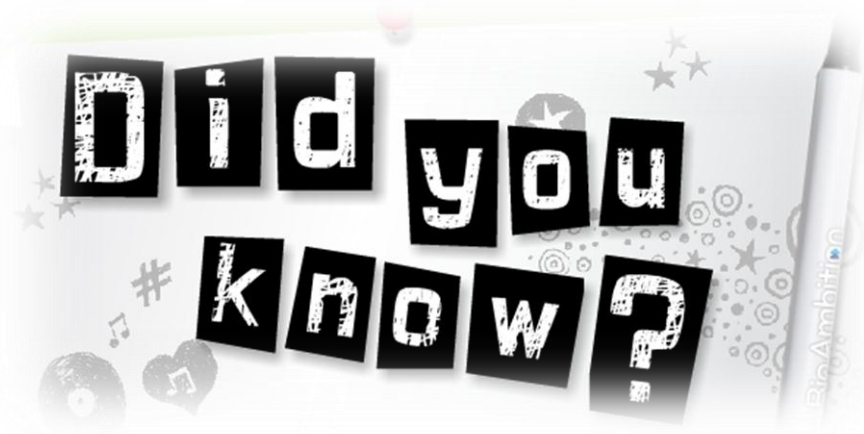
Keep your upset feelings and advice to yourself

- Now that you are there besides your child, he is looking for support and a listener.
- Adding on your upset feeling and advise will only complicate the things.
- Do not give in to this impulse.

Did you know that every time your child starts to cry he block most of the surrounding of his mind/brain.

He is focusing entirely on how he feels.

While he is crying, he cannot process your advice



Sleep may follow a child's extended cry

There are few ways in which sleep becomes a part of this recovery process.

- At the end of a hearty cry, child might yawn few times and fall asleep in your arms. This sleep is important. It gives child the time and peace to assemble a more rational feelings of hurt have followed.
- Alternatively, sleep might serve as the transmission rather than the completion of the recovery.

Few examples shared by parents...

- Dropping the daughter in Nursery school
- 2 year old with eye infection



Things Mom Taught Me...

My Mother taught me LOGIC..."If you fall off that swing and break your neck, you can't go to the store with me."

My Mother taught me MEDICINE..."If you don't stop crossing your eyes, they're going to freeze that way."

My Mother taught me TO THINK AHEAD..."If you don't pass your spelling test, you'll never get a good job!"

My Mother taught me ESP..."Put your sweater on;
don't you think that I know when you're cold?"

My Mother taught me TO MEET A
CHALLENGE..."What were you thinking? Answer me
when I talk to you...Don't talk back to me!"

My Mother taught me HUMOR..."When that lawn
mower cuts off your toes, don't come running to
me."

My Mother taught me how to BECOME AN
ADULT..."If you don't eat your vegetables, you'll
never grow up.

My mother taught me about GENETICS..."You are just like your father!"

My mother taught me about my ROOTS..."Do you think you were born in a barn?"

My mother taught me about the WISDOM of AGE..."When you get to be my age, you will understand."

My mother taught me about ANTICIPATION..."Just wait until your father gets home."

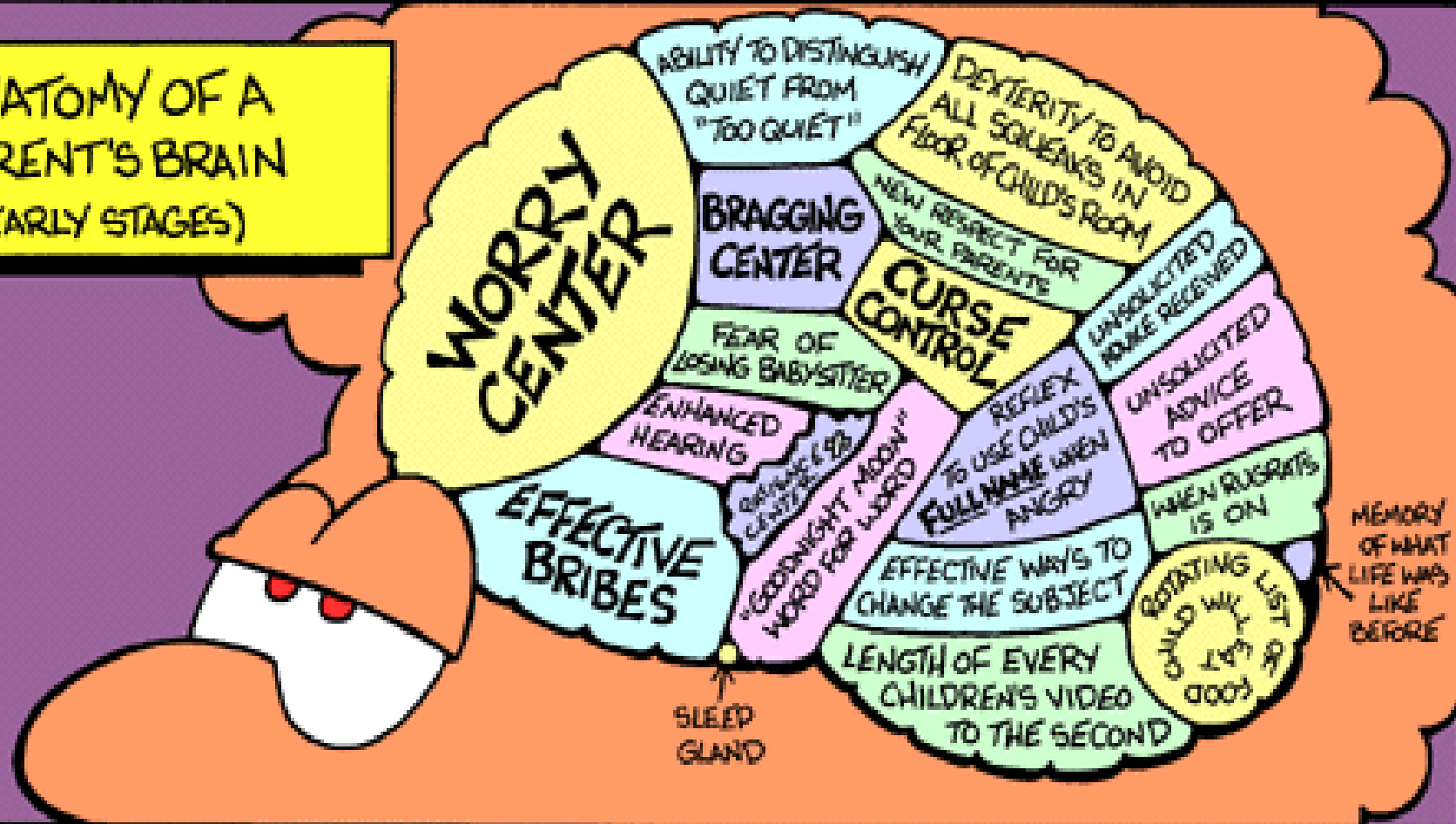
My mother taught me about RECEIVING..."You are going to get it when we get home."

And, my all-time favorite - JUSTICE..."One day you'll have kids, and I hope they turn out just like YOU -- then you'll see what it's like!"



Setting limits

ANATOMY OF A PARENT'S BRAIN (EARLY STAGES)





LET'S
JUST
CONSIDER
THIS A
TEACHABLE
MOMENT
AND
MOVE
ON—

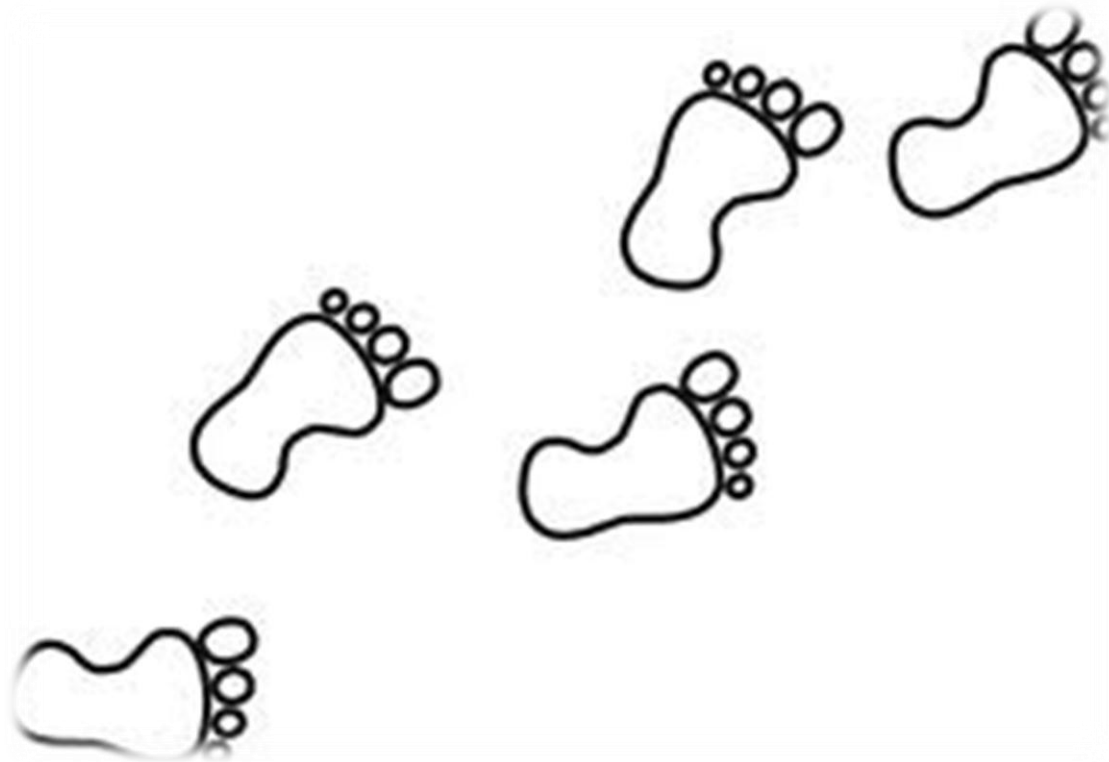


When your child's behavior flares,
he needs LIMITS



When your child's thinking has broken and she can't find the safety to laugh extensively or to cry the hurt away, her behavior will flare. She'll do nonsensical, unworkable things which are not appropriate. she'll do things like, isolating herself, hitting the parent, not agreeing to anything that you say and etc.

This is the clue for you to step in



She is showing that she's gone haywire. She needs you to set limit. Remember that you setting limit for her is actually a gift. For a child whose behavior is flaring, your gentle yet firm limit is the only thing required Your "NO", "NOT NOW", "I CANT LET YOU DO THAT" becomes the focus of her being upset. She'll have the chance to release her upset feelings and recover the sense of connection with you.

When setting limits, there is no need to attack

- Try not to remember how your parents set limits for you!
- Most often along with the limit comes attack
- Physical attack like spanking, ear pulling and even worse

Children need love, specially when
they ~~don't~~ deserve it

Listen

Limit

Listen

Listen

- When your child's behavior seem to be haywire, get close and listen as a first information gathering step. Get down at the eye level and, ask what's going on?
- Ask why is he yelling, or why does she have to have the blue dress which is gone for wash now?
- Try to keep your own upset in check for a moment. To help your child, you need to focus on her and not your emotions!

Does your child need information or assistance ?

- Sometimes they are upset because they need a little information and guidance. May be he is not able to find his socks, and such times you can suggest him few places to go and check.
- If the children want to chase each other while a baby is sleeping, you can guide them to shift their game outside.
- Children are quiet happy with these kind of assistance, especially when we don't lecture them, blame them for the things that they don't know or remember.

Do you expectations fit your child?

- Sometimes they seem to be going off track because your expectation doesn't not suit his ability.
- E.g. your three years old son is extremely active and has lots of energy in the morning. If you expect him to be quiet in the morning and stand for half and hour for you to finish your cooking then

~~YOU ARE BOND TO GET DISSAPOINTED~~

Are you running on empty?

- Sometimes children would do what is natural for their age and all the children thrive to do
- Like running between the apartments, shouting Hi from the back seat to the drivers on road, and that's when you are bursting with tension.

You just cant handle her spirited play

- Give yourself a timeout
- Get yourself busy doing what you like
- Call an understanding friend of yours

Or

- Enjoy it!

Is your child unreasonable?



If your child is unreasonable, he needs your warmth, gentle yet firm limit setting

Limit

- At the time of misbehavior your child isn't thinking and he'll not be able to process the commands you are giving him. He can't control her behavior at that moment (if he would, then there would be no misbehavior!)
- Move on gently and prevent from any further harm.
- You might say “ I wont let you hurt Rahul. I am going to help you stop!”
- Remember the “Can Opener”

Listen

- The jewel of the three steps
- Listening to your child's upset will allow him to recover from the hurt and feel close to you again.

keep in mind...

- Set limit before you are upset

Things to remember when setting limits

- Your child is good. She wants to be loving, cooperative, and close to you.
- When your child's behavior goes off track, its because she's feeling disconnected. She is feeling hurt.
- When she feels hurt, she can't behave reasonably.
- You kind, firm limits at this time are a real gift to your child
- There is no reason to attack an unreasonable or an emotional child. Children need warmth, closeness in order to change and heal.
- Listen, Limit, Listen as your child'

The quickest way for a parent to get a child's attention is to sit down and look comfortable.

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Bonding

Parenting your child

- From the first days after you bring your new baby home from the hospital to the last days before you ship your nearly grown child off to college or another career step, every phase of parenting presents its challenges. Yet there are some phases that, typically, presents more challenges than others. For many parents, childhood is one of them.

- But while parenting a child isn't always easy, it can be one of life's most fulfilling experiences. Precisely what can make child so infuriating can also make them so incomparably cute; what can make them so exasperating can make them so endearing; what can make them so 'terrible' can make them so terrific.

Putting yourself in your child's shoes

- How does it feel to be so small when everyone else is so big? To have a vocabulary that always falls short of expressing your thoughts, needs and feelings? To have so little control over what you eat, what you wear, when you sleep- over everything? How does it feel to be a child?

- The next time you find yourself bewildered-or annoyed-by something your child does, take a moment to step into his or her shoes. Try to imagine what your child may be feeling, and you may be able to face those confounding or irritating moments with more wisdom, more patience, more understanding and more effective action.

Practice plan

- Identify two incidents where you have been a teaching parent and where you have been a learning parent

- Just like with any relationship, building a positive relationship between parent and child is one that requires work and effort to make it strong and successful. Maintaining close relationships and open communications helps to ensure parents and their children stay connected through all ages of their upbringing. Here are some simple tips for enhancing the bond between parent and child.

Make Them A Priority In Your Life

- Your children need to know that you believe they are a priority in your life. Children can observe excessive stress and notice when they feel you are not paying them attention. Sometimes, part of being a parent is not worrying about the small stuff and enjoying your children. They grow up so fast, and every day is special. Take advantage of your precious time together while you have it!

Respect Their Choices

- You don't have to like their mismatched shirt and shorts or love how a child has placed pictures in his class. However, it is important to respect those choices. Children reach out for independence at a young age, and parents can help to foster those decision-making skills by being supportive and even looking the other way on occasion. After all, it really is okay if a child goes out with a striped green shirt and pink shorts.

Say I Love You

- Tell your child you love him every day -- no matter his age. Even on trying days or after a parent-child disagreement, when you don't exactly "like the behavior of your child" at that moment, it is more important than ever to express your love. A simple "I love you" goes a long way toward developing and then strengthening a relationship.

Teach Your Faith

- Teach your child about your faith and beliefs. Tell him what you believe and why. Allow time for your child to ask questions and answer them honestly. Reinforce those teachings often.

Play With Your Children

- The key is to really play with your children. Play with dolls, ball, make believe, checkers, sing songs, or whatever is fun and interesting. It doesn't matter what you play, just enjoy each other! Let kids see your silly side. Older kids enjoy cards, chess, computer games, while younger ones will have fun playing about anything...as long as it involves you!

Let Your Children Help You

- Parents sometimes inadvertently miss out on opportunities to forge closer relationships by not allowing their child to help them with various tasks and chores. Choosing which shoes look better with your dress lets a child know you value her opinion. Of course, if you ask, be prepared to accept and live with the choice made!

Eat Meals As A Family

- You've heard this before, and it really is important! Eating together sets the stage for conversation and sharing. When schedules permit, really talk and enjoy one another. It can become a quality time most remembered by young and old alike.

Pretend That...

Problem-solving is an excellent way to teach the experience of kindness to others. You can do this by posing hypothetical situations and thinking of alternatives for good endings. For example, you could say: "Let's pretend that I just got home from work, and while I was cooking dinner the phone rang. When I was talking, dinner burnt."

What could happen next?" Or, "Let's pretend that we have been eating dinner, and there's only one piece of pizza left, and we both want it." Make sure that your solutions always improve the outcome for everyone involved

Seek Out One-On-One Opportunities Often

Parents with their children should create one-on-one opportunity whether it is a walk around the neighborhood or a special trip to a playground. It is important to celebrate each child individually.

Parenting – an opportunity to grow

Life can be a process of growing or a process of aging. Aging means ‘adding years to your life’. Growing means ‘adding life to your years’. It is very important for parents to teach children to add life to their years.

Reflect on this story

- Two frogs were on the long journey and were hungry. They saw a huge pot, crept on it and found milk. They tried to drink the milk, but in the process slipped into the pot. One frog gave up and died after a while. The other frog had the belief that winners never quit and quitters never win. Hence, it continued its effort. In the process, slowly the milk turned into curd.

Now it was relatively easy for the frog to take a leap and come out.

- True growth involves overcoming obstacles and perceiving life not as a problem but as a challenge. What appears impossible to achieve at one point of time is possible

A Life In Your Hands



*If a child lives with criticism,
he learns to condemn;*



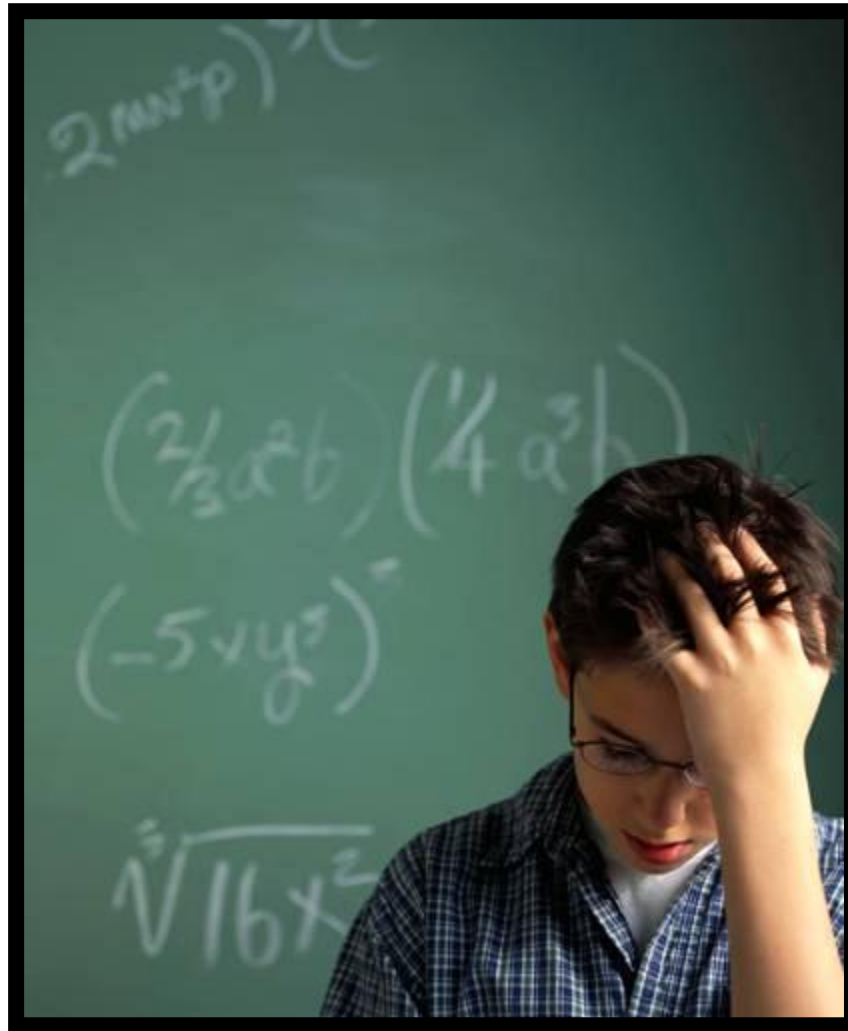
*learn to **Appreciate**.....*

*If a child lives with ridicule,
he learns to be shy;*



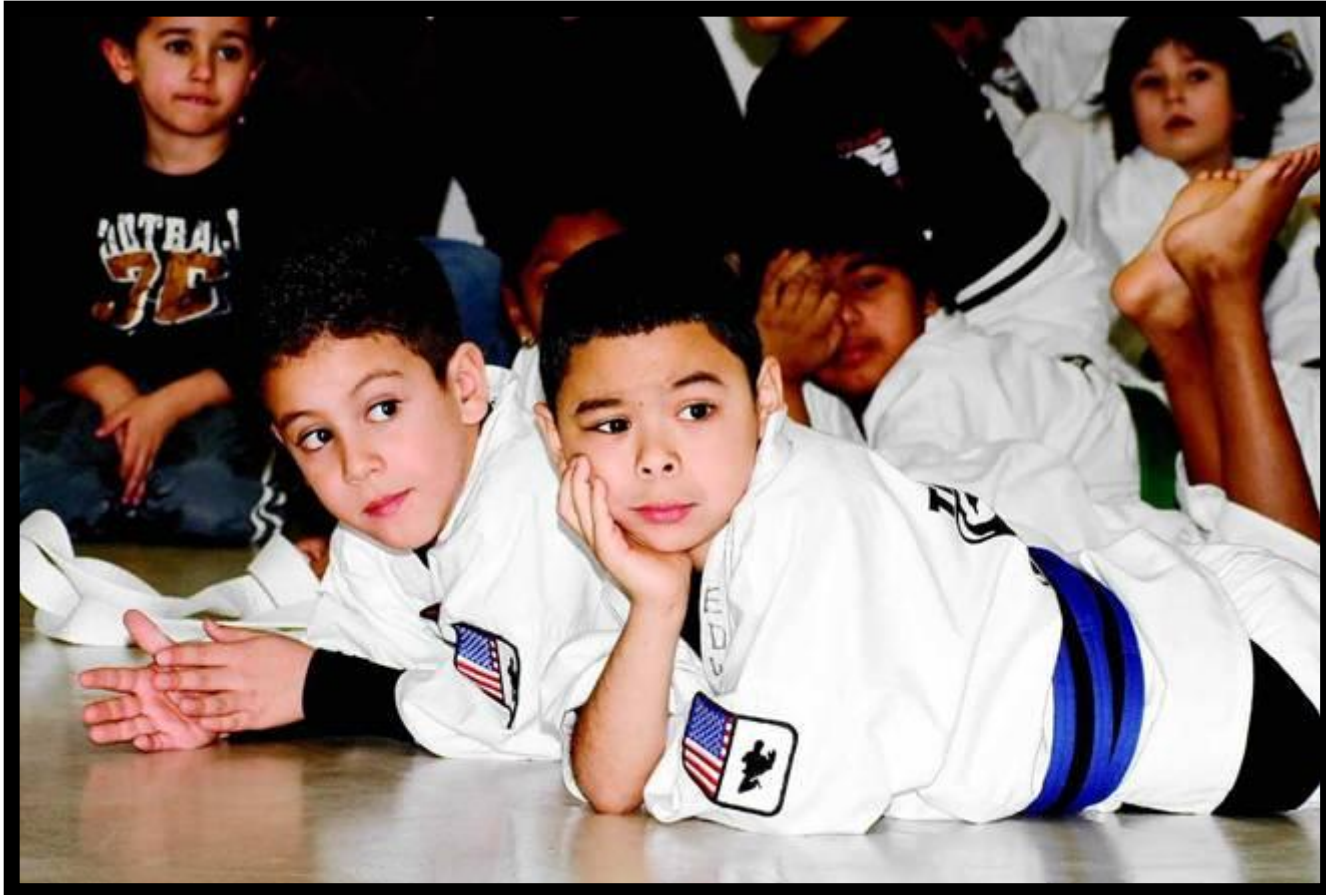
*learn to **Respect**...*

*If a child lives with shame,
he learns to feel guilty;*



*learn to **Encourage**....*

*If a child lives with tolerance,
he learns to be patient;*



learn to be Kind....

*If a child lives with praise,
he learns to appreciate;*



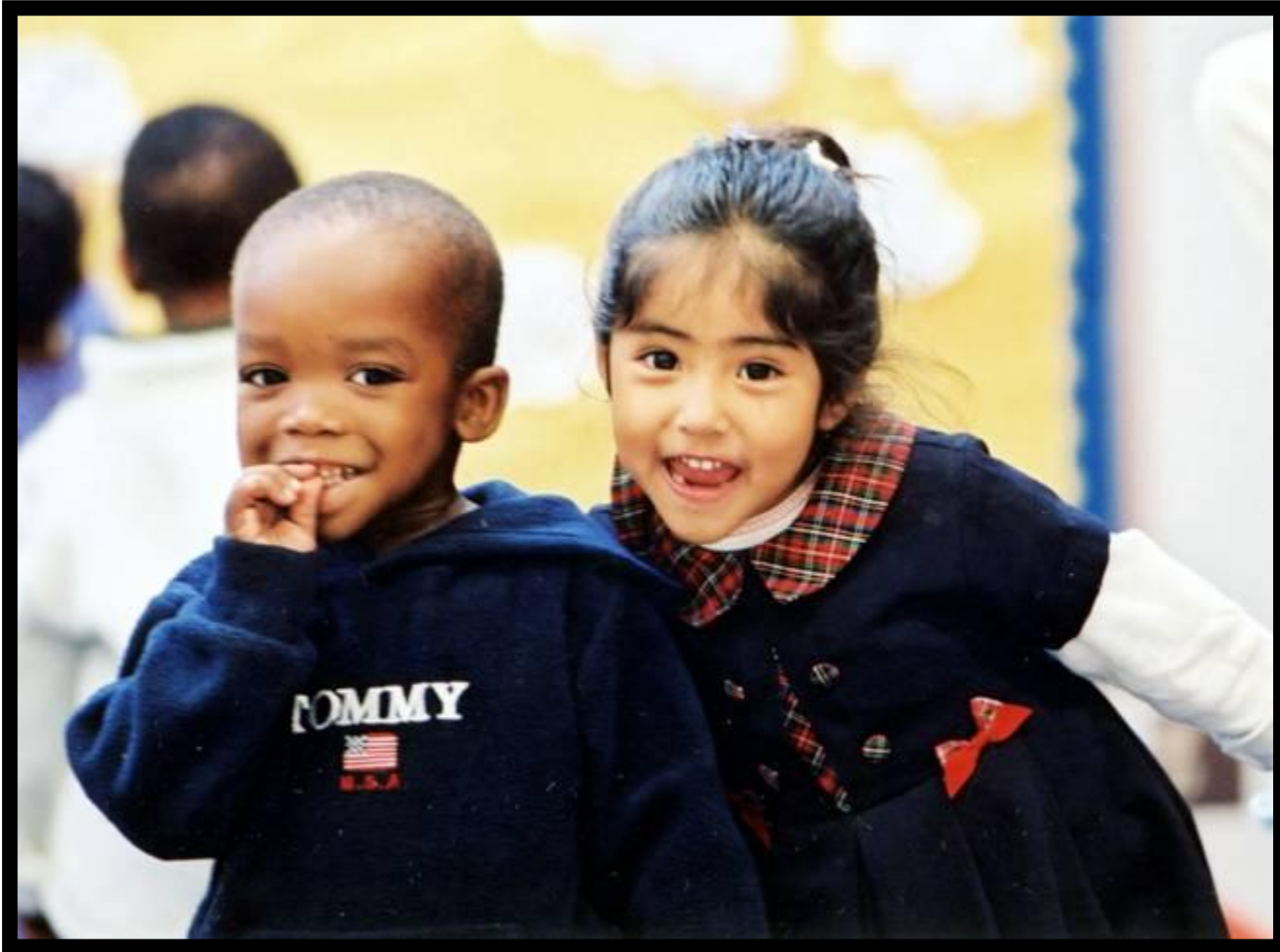
*learn to **Admire**.....*

*If a child lives with security,
he learns to have faith;*



*learn to be **Responsible**...*

*If a child lives with approval,
he learns to like himself;*



*learn to **Compliment**....*

*If a child lives with acceptance and friendship,
he learns to find love in the world.*

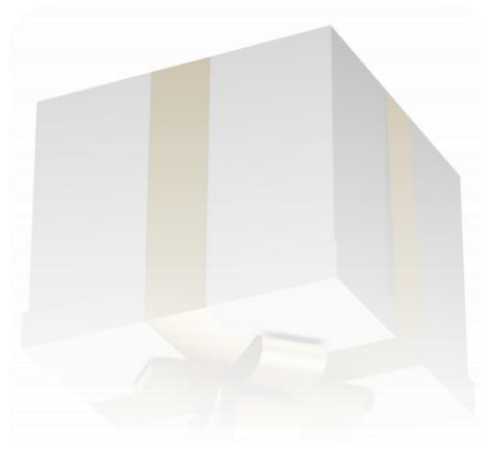




*Let us first learn a few lessons
ourselves before we preach
to our children.....*

- Tree inside the seed

What would you carry home with you?



stay in touch

iraghsh@gmail.com

pritygulati@gmail.com