

# 7 Wonders of Life



## 1. Mother

The first person to welcome you in this world

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## 2. Father

The first person to go through all the hardships just to see you smile.



## 3. Sibling

The first person to teach you the art of sharing and caring.



## 4. Friend

The first person to teach you how to respect people with different opinions and viewpoints.



## 5. Life Partner

The first person to make you realize the value of sacrifice and compromise.



## 6. Your Children

The first ones to teach you how to be selfless and think about others before yourself.



## 7. Your Grandchildren

The first ones who make you want to live the life, all over again...

# APPA

# I LOVE YOU PAA

**PREFACE: I am one of three son's to my father and I am a father of two children. It was my desire to write about the feeling of a father and I am indeed very happy on this FATHER'S DAY, that I am able to bring out my 42<sup>nd</sup> book "APPA I LOVE YOU PAA" . Mother is the one who gives unconditional love to a child. Her sole concern is to cater to the present. The father's role, therefore, becomes more responsible and meaningful to give proper support from childhood so that proper foundation is laid for a bright future and to put the child on the right path.**

**The Almighty has made LIFE very interesting. There are different responsibilities of various people at particular times of the life and when one attains the status of father, his responsibility increases multifold including saving and to take care of the child and give maximum comforts. As mother gives love & affection to the child, the father has altogether different role to play and plan in the interest of the child to become a potential and responsible person.**

There are added responsibilities of being dad in a child's life. Let's look at who a father is, and why he is so important. Fathers are central to the emotional well-being of their children; they are capable caretakers and disciplinarians. Father is affectionate, supportive, and involved, he can contribute greatly to a child's cognitive, language, and social development, as well as academic achievement, a strong inner core resource, sense of well-being, good self-esteem, and authenticity.

Girls will look for men who hold the patterns of good old dad, for after all, they know how "to do that." Therefore, if a father was kind, loving, and gentle, they will reach out for those qualities in their men. Girls will look for, in others, what they have experienced and become familiar with in childhood. Because they've gotten used to those familial and historic behavioral patterns, they think that they can handle them in relationships.

Boys on the other hand, will model themselves after their fathers. They will look for their father's approval in everything they do, and copy those behaviors that they recognize as both successful and familiar. Thus, if a dad was abusive, controlling, and dominating, those will be the patterns that their sons will imitate and emulate. However, if a father is loving, kind, supportive, and protective, boys will want to be that.

Human beings are social animals and we learn by modeling behavior. In fact, all primates learn how to survive and function successfully in the world through social imitation. Those early patterns of interaction are all children know, and it is those patterns that effect how they feel about themselves, and how they develop. Your child is vulnerable to those early patterns and incorporates those behavioral qualities in his/her repertoire of social exchange.

There is nothing more fascinating to a parent than watching their children grow and develop, for every stage of their lives is like another milestone in their wonderful journey of life. Ever father at the end of his life look forward to hear from his children “APPA I LOVE YOU PAA”

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CA Dr. Vishnu BharathAlampalli.

### 34. MOTHER AND FATHER CANNOT BE COMPARED

MOTHER	FATHER
One who loves till you close your eyes, is a <b>"Mother"</b> .	One who loves without an expression in the eyes, is a <b>"Father"</b>
Introduces you to the world.	Introduces the world to you.
Gives you life	Gives you living
Makes sure you are not starving.	Makes sure you know the value of starving
Personifies Care	Personifies Responsibility
Protects you from a fall	Teaches you to get up from a fall.
Teaches you walking.	Teaches you walk of life
Teaches from her own experiences.	Teaches you to learn from your own experiences.
Reflects Ideology	Reflects Reality
Mother's love is known to you since birth.	Father's love is known when you become a Father.
Enjoy what your father says. Keep loving your mother.	

## 5 PROVEN WAYS OF BRINGING FITNESS INTO YOUR CHILD'S LIFE

In the day and age where technology turns your child into a couch potato, introducing fitness into his/her life can be a real challenge. These trends have slowly given rise to obesity, diabetes and high blood pressure in children- diseases that they were never touched by. So it is very important to introduce fitness into your child's life, now more than ever.

1. **GET INVOLVED:** It is known that children learn more by example than by instruction. Do fun activities yourself like swimming, playing basketball, going on long walks and take your child along with you. Start small, by doing this at least once a week, and then increase gradually. Not only will this encourage your child to be more fit, it will also create a deeper bond between the two of you.
2. **INTRODUCE FUN ACTIVITIES:** Structured activities such as a sport are great ways of introducing your child to fitness. Enroll your child into some routine sport classes, particularly team sport. This way your child learns essential values such as team spirit, fair play, competition and practice. Plus, it's a great way to stay in shape.
3. **MAKE EXERCISING FASHIONABLE:** Children these days are fond of doing things that are 'in'. Some may want to swing the bat like Dhoni, while others may be more interested in learning HrithikRoshan's dance moves. Let your child decide what he wants to do according to his style. Celebrity examples can act as motivation.
4. **USE FITNESS AS A REWARD:** If you just force your child to go out and play, then chances are you'd be giving rise to resentment and resistance. Don't use exercise as punishment, make it a reward instead. For instance, treat your child to a break from homework by encouraging him to play ball for half an hour. This strategy might make him/her enjoy the physical activity to the fullest.
5. **LET YOUR CHILD TAKE CHARGE:** Allow your child to decide what he wants to do in the hours after school rather than you deciding it for him/her. He may decide to cycle, go on a hike, and go for a long run. Letting him/her decide, give away the control over the situation to make him/her more inclined to follow a routine. For younger children it is best for you rationalize their choices.

# GOOD FATHER:

**GOAL OF FATHER:** The goal of a **father's** involvement is to nurture his child's intellectual, emotional, physical, social and spiritual development. The key is to focus on his child's strengths utilizing the natural assets of a **father's** parenting style. Teaching through Play - Teaching through play is what draws your children to you.

**ROLE OF FATHER:** The major **role** of a father is to provide encouragement, support, and access to activities that enable the child to master key developmental tasks. A **father is** child's first teacher and should remain their best teacher throughout life.

**GOOD FATHER:** A **good father** makes all the difference in a child's life. He's a pillar of strength, support and discipline. His work is endless and, oftentimes, thankless. ... A **good father** realizes that his children are human, and that making mistakes is part of growing up.

**GIVE TIME TO YOUR CHILDREN:** It is so very important that father should give time, despite a busy schedule. If you can't mend the behaviors & attitude in right age, it cannot be repaired or altered at later stage. If things are not thought in right time, time alone prove what blunder you have made.

# PARENTING:

Birla Public School, Doha Principal A. P. Sharma's class on parenting:

- 1) Mothers - please give your child a glass of water after returning from school everyday and ask them how day was. (Even if clothes are soiled, treat nicely).
- 2) Fathers - please fix an appointment with the child and talk to them or let them talk to you everyday for at least 10 minutes. (This improves speech and the ability to recollect things).
- 3) Parents - never argue, shout or fight with each other in front of the child. (They will learn that fighting is the best solution to solve a problem).
- 4) Provide a healthy and compulsory breakfast in the morning itself. (Don't make it brunch please).
- 5) Educate your child regarding "good and bad touch". Make him/her feel free to reveal if something goes wrong with him/her.

- 6) Don't let your maid change clothes or give a bath to a school going child. (Maintain privacy always).
- 7) Ask your child to stand in front of a mirror and hold his tie and say "I am the best" everyday. (This improves self-confidence).
- 8) Children reciprocate what you give them - say "good ", they will be "very good ". If you say "verygood " he/she will be excellent.
- 9) Don't consider your child a stage performer to perform in front of guests. (They will be more shy and get guest phobia).
- 10) Never talk bad about your child's teacher (s) or school in front of them. (This will create a bad attitude towards the teachers/school).
- 11) Ask the opinion and suggestions of your child while taking decisions whenever possible. (This improves self-esteem).



## **1. Is parenting at the top of your priorities?**

Where do you rank parenthood on your most important task list? Is parenting something you make time for, or do you tend to neglect your role routinely while engaged in other things, such as in your work? Of course, it is important to maintain balance in life and to handle a wide range of things beyond parenting, but what do you do when given the choice between watching your favorite TV show and reading a bedtime story to your children?

Ask yourself: How much of your life has changed since you've become parents, and is parenthood something that has entered your life routine before you became parents? If not, you may have to change something in your routine to make a little more time for your kids and make parenting a top priority.

## **2. What are your parenting goals?**

Consider what memories you would like to have 30 years from now. Do these memories include fun experiences with your kids or only memories of you

disciplining and teaching them? In addition, what memories would you like your children to have? These questions are just the beginning, and there are others that can make you understand what your goals are as parents.

We are often advised to shape our children's behavior using different methods, but what about our behavior? How much time do you invest in becoming the parents you want to be? Try to think about whether and how you can change yourself so that you meet goals that are important to you as parents.



### **3. How often do you leave your children alone?**

Letting your children have alone time is not the same as ignoring them or neglecting them - the intention is to give your children space to learn, grow and develop so that they discover things about themselves, on their own. Can your children pick out their own clothes? Can they decide how much food they want? Who decides what to do before bedtime?

Think for a moment - if you leave a tape recorder to record what's going on around the house, will you only hear yourself ordering your kids around, or you allowing your children to develop a sense of curiosity and wonder that will help them discover who they are? The more you give your children the freedom to discover themselves and the world around them alone, the less they will deal with such heavy questions when they are adults, and know what their purpose in life is at an earlier age.

### **4. How strong is your relationship with your children?**

How often do you do nothing but play fun with your children? Are there activities that you enjoy doing together on a regular basis? Are your children people you enjoy spending time with, or would you rather do other things with other people? Note that all of these questions will help you to know an important detail about

your future together - when your relationship goes through rough patches, and these rough patches will be more meaningful as your children get older, your ability to solve them will depend only on the strength of your relationship.



### **5. Do you admit your mistakes?**

No one is always right, and many children have a developed sense of justice and a desire for everything to be fair, not just in games. How do you manage situations where you find yourself wrong? Do you believe that as a parent you must not show weakness or admit a mistake? Think about what your children will learn from it, and if you don't want them to grow up to be unwilling to admit their mistakes, you should teach them how to do it through personal example.

### **6. Do you reflect the qualities you would like your children to have?**

Following the previous section, ask yourself if you are a good role model for your children; if you value cooperation, do you tend to cooperate with your children? If you value honesty, are you honest with your children? Children learn behaviors from us based on who we are rather than what we try to teach them, so show your children what you expect of them instead of demanding it from them and behaving in the opposite way.



## **7. Do you know your children?**

Do you know what things your children like and what they hate? Do you know what areas they would like to improve? Do you have discussions about certain topics that interest them and do you ask them what interests them? People develop interests at a very young age, and as we grow up and learn, these preferences can develop in different and more advanced directions. You can help guide your children in the right directions for them only if you get to know them well.

## **8. How often do you ask questions instead of giving orders?**

In the process of raising children, both questions and directions are important, but there is a need to balance these two things and to make sure that the amount of directions we give to our children does not exceed the number of questions we ask. When children are very small, there are plenty of opportunities to ask questions. For example, instead of saying "Take a coat with you before we leave the house," you might say, "When you look at the weather outside, what clothes do you think you should wear?"

Such questions will help encourage your children to express their opinions, while just ordering them to do something prevents this. At the same time, it is important that you avoid rhetorical questions, which are in fact no different from directions.



## **9. How much fun do you have with your children?**

In today's fast and stressful life, it is easy to get into a routine of work and not spend enough time to enjoy the people we build our lives with. When did you last roll in a fit of laughter with your kids? Have you recently done silly things together just for fun, or are you spending most of your time in front of the TV or computer? In many years, you and your children will not remember the shows you watched or the number of friends you had on Facebook, but the little sweet moments you had together when you tickled them silly or built a fort out of the couch cushions.

## 10. How do your children experience you?

How do you think your children see you as parents? Of course, you can't know the answer to this question for sure, but it's a big question to ask ourselves either way. Do your children see you as people close to them, that they can talk to about everything and that are good people? Or do they experience you as direct, rigid, and controlling people? Now ask yourself, is this the way you want your children to see you? If the answer is no, it's time to change your attitude towards them.



As mentioned, it is very important that you ask these questions not only once, but once a year. As the year's pass, you and your children will change, so the answers to these questions may change. To be good parents, you must be honest with yourself, answer these questions and act on the answers you have reached.

## PARENTING IDEAS:

To all parents, grandparents, as well as teachers, here are some unbelievably simple parenting ideas that work:

1. Children need a minimum of eight touches during a day to feel connected to a parent.

If they're going through a particularly challenging time, it's a minimum of 12 a day.

This doesn't have to be a big deal; it could be the straightening of a collar, a pat on the shoulder or a simple hug.

2. Each day, children need one meaningful eye-to-eye conversation with a parent.

It is especially important for babies to have that eye contact, but children of all ages need us to slow down and look them in the eyes.

3. There are nine minutes during the day that have the greatest impact on a child:

the first three minutes right after they wake up  
the three minutes after they come home from school  
the last three minutes of the day before they go to bed  
We need to make those moments special and help our children feel loved.

These are simple, right? Nothing really earth-shattering here.

Try it.

1 Whenever you feel like scolding or beating your child, take a deep breath, or count 1-10 and then act.

2 Let's ask them to study their favorite subject on their own..

3 Send them to one exam without studying at all..

4 Remember what our kids are learning in 5th std is taught to 7th std abroad..

5 Let's keep our kids out of unwanted competition.

6 80% of what kids are learning, won't be useful to them in future..

7 Our kids can really afford to do whatever they want to do in future .

8 Higher degrees don't guaranty success and happiness..

9 Not all the highly educated people do well professionally.

And not all who do well professionally are the happiest ones..

10. Kids are always in a party mood..don't spoil their childhood. Support and let them be what they want to be.

## **BE A RESPONSIBLE FATHER**

“What does father involvement mean and what does that look like?” The goal of a father’s involvement is to nurture his child’s intellectual, emotional, physical, social and spiritual development. The key is to focus on his child’s strengths utilizing the natural assets of a father’s parenting style.

**Teaching through Play** - Teaching through play is what draws your children to you. Making learning fun is the hallmark of a father’s parenting style. Use games to teach them to learn their colors, numbers, shapes and the alphabet. Playing games by the rules teaches social emotional skills as well as nurturing intellectual and physical development.

**Modeling & Coaching** - We nurture our child’s intellectual and emotional development through modeling behavior or demonstrating how to do a task. Break tasks down into step by step processes. First model then coach them through the steps praising for each attempt and celebrating their accomplishment! Providing encouragement and praise is a vital part of your involvement.

**Loving through Laughter** - We teach our children to laugh at their mistakes by letting them see us laugh at our own mistakes. When children laugh WITH their father, it makes them feel good. The shared experience draws them closer to you and strengthens the relationship. Laughter is one of the ways to ignite or restore hope in your family. Being able to laugh with your family and laugh at yourself lets your children know that you are approachable. It makes them feel more comfortable to talk about their mistakes. Because they see you laughing at your silly mistakes, it makes you more transparent to your children. That enables your children to draw closer to you, because they understand that it’s ok to make mistakes in our house.

**Intentional Involvement** - Intentional father involvement takes time, patience and persistence, but ALL relationships require work if we want them to grow. It’s no different learning to improve your relationship with your child! With a little time and practice you will see that it is worth every effort!

## **CHILDREN ARE MOTHER'S TREASURE, AND FATHER'S PRIDE & JOY.**

While I spend my professional time in Chartered Accountancy, writer, and leadership trainer, I was a marriage and family therapist in my past, and worked for several years with couples, families, and children. Through that experience, I witnessed a very wide array of both functional and dysfunctional parenting behaviors. As a parent myself, I’ve

learned that all the wisdom and love in the world doesn't necessarily protect you from parenting in ways that hold your children back from thriving, gaining independence and becoming the leaders they have the potential to be.

No doubt that mother's roll in giving birth, bringing up child can't be compared but the roll of father is something unique & all together different. My intention is to highlight the roll of father in bringing up the children and in the process how to acquire love and affection. "APPA I LOVE YOU PAA" should come from heart and not from mouth.

## **HOW TO MOTIVATE THE CHILDREN**

Much of our childhood memories are of small and important moments, that we have remembered not because of what actually happened but because of how they made us feel. Some of them made us angry, sad or lonely, while others aroused hope, laughter, and optimism. As adults, we often forget the weight words hold for children.

Words of encouragement and compliments have a lasting effect on how our children see the world, and some of the simplest and shortest expressions can make them feel better and help them succeed during difficult times. Whether you want to tell them how well they did in the soccer game or encourage them to overcome failures, these are the 40 compliments you should not forget to tell them. For us, these are simple words, but for kids, they'll be remembered always.



**1. You make me proud of you every day.**

**2. Your ideas are great.**

**3. I'm happy to be your parent.**

**4. You don't have to be perfect to be a great person.**

**5. It is important for me to hear what you think about the subject.**

**6. I believe in you.**



**7. I believe in your abilities**

**8. Our family wouldn't be the same without you.**

**9. I know you did your best.**

**10. I accept you for who you are.**

**11. Even if you didn't succeed, you were on the right path**

**12. You are very helpful to me.**



**13. You've made me happy today.**

**14. I like your creative way of thinking.**

**15. It's fun to be with you.**

**16. Your ideas are great, never be afraid to voice them!**

**17. You can do anything you put your mind to.**

**18. I can't wait for us to spend time together.**

**19. Your stories really interest me.**

**20. I like to see the world through your eyes.**

**21. Never stop being so curious.**

**22. I appreciate your ability to make decisions for yourself.**

**23. That was a great question.**

**24. Your friends are lucky to know you.**



**25. That was a smart choice.**

**26. It makes me happy to see you happy.**

**27. Being your parent is my favorite job.**

**28. I learn new things from you every day.**

**29. You make me a better person.**

**30. I'm glad you're here.**



**31. I understand you even if I disagree with you.**

**32. I feel that you're maturing every day.**

**33. That was very brave of you.**

**34. The way you asked forgiveness makes me realize how mature you are.**

**35. I am proud of you for realizing that you were wrong.**

**36. I knew you would succeed.**



**37. I am very happy that you decided to try again.**

**38. it's always important for me to listen to you.**

**39. Your existence fills my heart.**

**40. Remember that I'll never stop loving you.**

Like everything else in life, you have to know when and how to say these sentences and compliments, but remember to say them and don't assume that your children know how we feel about them. The greatest advantage of using these compliments is that they will help your children and grandchildren understand exactly what you think and feel, improve your relationship with them, and help them cope with any challenges they face.

# MY DADDY:

At the Age of 4:

My Daddy is great.

At the Age of 8 :

My Daddy is Superman.

At the Age of 12 :	My Daddy is Short temper.
At the Age of 16 :	My Daddy is Cranky.
At the Age of 20 :	My Daddy was great when I was small.
At the Age of 24 :	My Daddy is liberal and gives me freedom.
At the Age of 28 :	My Daddy should think that he too old.
At the Age of 32:	When I was 4 how my daddy tolerated.
At the Age of 36 :	My Daddy has disciplined me.
At the Age of 40 :	My Daddy is sweet and my son gets me short tempered.
At the Age of 44 :	My Daddy has lot of patience. I should also be patient.
At the Age of 48 :	Hats off to my daddy. I don't have patience.
At the Age of 52 :	My Daddy did chose me a good girl, I will not have that responsibility.
At the Age of 56 :	My Son is separating, my father did not give that opportunity.
At the Age of 60 :	My Daddy is great.

**The child has to become adult to know the role of father and finally say from heart,  
"APPA I LOVE YOU PAA"**

## **HOW TO COMMUNICATE !**

Talk to Mother lovingly  
Talk to Father respectfully  
Talk to Teacher/Guru with humbleness  
Talk to Wife truthfully  
Talk to Brothers with restraint  
Talk to Sisters affectionately

Talk to Children with enthusiasm  
Talk to Relatives with empathy  
Talk to Friends freely  
Talk to Officials politely  
Talk to Vendors strictly  
Talk to Customers honestly  
Talk to Workers courteously  
Talk to Politicians carefully  
Talk to God silently

## **KEEP MOVING:**

One morning papa woke me up and said that he would teach me to pedal a cycle. A brand new cycle awaited me. My excitement knew no bounds as I pushed down on the pedal. “Look dad, I've learnt how to cycle!” I cried out. The fear made my cycle stagger and for the very first time, I fell down. My dad came to my rescue. One day, I decided to cycle without his knowledge and I was successful. I went to dad and told him that I had learnt to cycle. He told me that I not only knew cycling but also learnt how to go through the life's cycle. Pedaling is our effort, our life is the road ahead, potholes in the road is our relationship. We have to pass through all hurdles till death comes in the way and if you don't keep moving you won't go for in your life.

### **12 THINGS THAT MY FATHER TAUGHT ME**

My beloved father, may he rest in peace, used to carry an old notebook with him wherever he went. He would fill it with beautiful thoughts and advice he got from wise people. Throughout my childhood, I would see him writing things down in that little notebook.

I always thought they were his secrets, but when he was on his deathbed, he called me over and shared his old notebook with me. The pieces of advice I found in that notebook changed my life, which made me want to share them with you, hoping it would do the same. These are the things my father taught me before he passed away...

#### **1. Accept things with love and understanding**

No matter where you are, or what you're doing, always believe that there's light at the end of the tunnel. Never expect, assume, or demand. Do the best you can to control your circumstances, and learn to accept that you can't always control everything. Once you've done all that is in your power, if it's meant to happen – it will.

## **2. Life CAN be simple**

Even though you often feel like life is too complicated, it can always be simple. All you need to do is focus on one thing at a time. You don't have to do it all, and you don't have to do it right now. Be present, be active, do the best that you can. Whatever you put into life – life will hand back to you, with interest.

## **3. Don't change for other people**

Make people accept you the way you are, or not accept you at all. Always say what you really think, even if it's not the popular opinion. When you're true to yourself, you add beauty to the world – beauty that was missing. You should stay in line; just make sure it's YOURline.

## **4. You're not who you were – and that's okay**

You've been through a lot in life. You've studied, been hurt, and changed. Every day we learn something new which changes us in some way or another. Sometimes we realize we're not who we used to be, but that's perfectly normal. Everybody changes. In your life, people will point out the changes, and all you need to do is tell them "Of course I've changed, and so have you. Everybody changes."

## **5. Everything that happens is for the best**

Be it significant or otherwise, joyous or sad, anything that happens will end up being in your favor. Everything that happens to us builds us and helps us grow. Life will take you places, show you things, heal you and make you into a better person. Don't be afraid to try or even to fail. In the end, everything is just a small part of life's larger plan to turn you into whom you're supposed to be.

## **6. Choose happiness, not wealth**

Many people live their lives believing that money will make them happy, but the pursuit of wealth is devoid of meaning. Every choice you make is sure to consider your happiness, not your bank account. In this way, when you've reached old age, you'll know the true value of things, not their monetary value. In the end, you'll understand that the best things in life are things that money can't buy – love and friendship.

## **7. Decide to be positive**

One of the most important things you should understand about life is that if you're not happy, it is not the circumstances that are to blame, but your decision to be unhappy. Every time life places obstacles in your path, give life a big grin, accept the obstacle's existence and overcome it with joy. Make the decision to be happy, stand by your decisions and do whatever is in your power to keep them. This is the true secret to happiness.

## **8. Give the people you love your full attention**

We can get used to being surrounded by loved ones and start taking them for granted. When you ask someone close to you how they are, don't accept an "okay", look into their eyes and ask them about their day, and how they feel. If you feel that you only have friends that remember you when they need something, don't worry, be happy that you're a source of light and hope for them.

## **9. Learn to set a loved one free**

At times, we need to set a loved one free to allow them to grow and evolve. Every little sprout must leave the greenhouse and be planted in a larger pot to grow to its full size and bloom. It is not what you do for your loved ones that will help them grow, but rather what you taught them and how they use that knowledge.

## **10. Sometimes, you need to leave people behind**

Sadly, not all our friends help us become better people. In some cases, friends can keep us stunted, not out of malice, but because they want to keep you down at their level. Learn to tell when this happens and stick only to friends that help you grow, lift you up, and inspire you to be who you really are.

## **11. Some things you only understand when you're older**

In the end, people will judge you according to your actions, that's why instead of trying to impress and please everyone, follow your heart and do what you want to do, without fear. Remember that it's better to remember something and say "I can't believe I did it!" rather than "I wish I did it..."

## **12. Stop looking for a happy ending**

We humans tend to search for some happy ending in whatever happens to us. We want a sense of closure and completion, but sometimes it's simply not how life is.

**This was my father's advice to me. It's changed my life, and I hope it'll be able to do the same for everybody.**

## **LESSONS TO LEARN FROM CHILDREN**

Children seem to know something that adults have forgotten. They appear more confident, more courageous and enjoy life more intensely than we adults do. I often look back at my childhood years and cannot help but think of them as the best years of my life. I was a carefree spirit; I lived in the present moment; I had no anxieties and I had no fears. I often wish that I could return to the innocence and zest for life I once had when I was a child. I believe that we can all learn something from our younger selves to bring more clarity and joy into adulthood.

### **1. They see each day as a new beginning**



When you are young, a day can feel like an eternity. Yet with each new day we are aware of the new prospects and new opportunities to make new friends, explore new adventures and learn new things. Every day is an opportunity to start afresh. And, unlike adults, children do not carry baggage from one day to the next.

### **2. They are fearless**



Children are more willing to explore and try new things. They are unaware of the consequences and are more willing to try something new. If they injure themselves they use it as an opportunity to learn from their mistakes. As adults, we often hold ourselves back, predominantly because of fear. We stop ourselves from taking chances and seeing what happens. Successful people tend to be those that step out of their boundaries and take risks.

### **3. They lose themselves in creative projects**



A child can often be seen getting lost in a creative project for hours at a time, be it drawing, playing with clay, building a sand castle, and so on. Yet, as we get older, we stop seeing creative activities as worthwhile. How many adults do you know (aside from artists) who spend their free time drawing, playing with clay or finger painting?

Children have a beautiful ability to find joy all around them. They see silliness everywhere.

### **5. They cry if they feel like it**

Crying is not often an emotion that adults feel comfortable expressing, yet children do so all the time. Crying helps release our emotions in a normal, healthy way. Yet, instead, we always make it a point to keep it in check. Consequently, we end up keeping our emotions to ourselves. At times, it's okay for us to be a little more open and vulnerable with people we feel comfortable around.

### **6. Children are active**



Thinking back to my younger years, it was a joy to play outside, running around until I was out of breath and my cheeks were rosy. I never thought of being active as exercise or daily fitness, for me, I was just playing and it was fun.

### **7. They are more willing to try new things**

Children will attempt to play a sport that they have never tried before. They are more willing to jump on a trampoline or dive into a pool, or ski down a mountain, even if they have never done so before. Adults tend to have a fear of the unknown and prefer to stay in their comfort zone, rarely venturing out. Adventure though can make us feel exhilarated and awakened.

### **8. They are enthusiastic**

Children often tend to have so much enthusiasm. They feel lots of excitement, and are hopeful and optimistic. We too should learn to approach life in a more optimistic way. As adults, we often tend to dwell on the negative.

### **9. They nurture friendships**

Observe children playing with their friends, they often find pure joy in doing so and are always keen to make new ones. Children tend to enjoy their many activities too - they join soccer teams, go to birthday parties and enjoy quite a number of after school activities too.

### **10. They notice the little things**

The simple things that we often take for granted tend to bring incredible joy and profound inspiration to children. They notice the tiny miracles that surround them each day. How much more beautiful life could be if we noticed the same things they do?

It's very difficult to calm small children who are going into a tantrum, and in some cases, it feels like one of the most problematic things to deal with as a parent. On the one hand, we want to scold our children for their offensive words or behavior, but deep down we know that anger and nerves will only make the situation worse. Generally, we feel relaxed when we see our children smiling and happy, but experience a sense of helplessness when they start kicking and yelling.

However, believe it or not, your child's tantrums are an important part of their emotional and psychological development, and it's advisable to deal with these tantrums calmly. Below are 9 reasons why your child's tantrums are actually good for them, and some tips to help you deal with them in a cooler, calmer, and more productive way.



### **1. Better to let out than bottle up**

When our children have a tantrum, they will usually ball their eyes out. The tears that stem from sadness and a sense of injustice contain cortisol, the stress hormone, and when children cry they actually release this hormone from their bodies. You may have already noticed that after crying, the kid will return to a happy state, as long as you, the parents, provide them with the necessary support. During their tantrum, you should not try to stop their tears by saying, "Stop crying like a baby," because tears are not just an expression of the pain the child experiences, but a process by which they get rid of the pain.

### **2. Temper tantrums help your child cope with challenges later in life**

Sometimes children have a tantrum when they are unable to do something, even if it's just building a block tower. In moments like these, the children are frustrated and don't know how to express it. This will often lead to an outburst, after which they'll usually go back to what they were doing with new-found energy. For children, constant learning is a natural thing, like breathing, and the feelings they experience in moments of failure help them learn how to deal with situations where not everything goes as well as they expected it to.

### **3. Your kids sleep better**

Sleep problems among children often result from parents feeling that the best way to deal with tantrums is by preventing them before they happen. What happens is that kids bottle up their feelings and don't let them out. As a consequence, just like us adults, they might stay awake at night mulling over their feelings. If you allow your children to express their feelings in any way, it will help them sleep better at night.



### **4. Your children should learn to deal with “no’s”**

You'll see that most of your children's tantrums happen after you say "no" to them, which is a good thing. Saying no helps define clear boundaries for children, as well as acceptable and unacceptable behavior. Sometimes we refrain from doing so out of fear of the anger that will most likely follow, but as long as you shower your children with love, affection and warm hugs, you'll be saying no in a way that helps them learn to accept and deal with it.

### **5. Your children feel safe to tell you what they feel**

In most cases, children do not use temper tantrums to get what they want, rather they accept the new rule or situation they find themselves in, but feel the need to express the way they feel about it. All you can do is empathize with your children and with the sadness they feel - what bothers them isn't the broken cookie or that discolored sock, rather they don't feel that their desires are being respected.

## **6. Tantrums help bring parents and children closer together**

You may find it hard to believe, but as your children grow up you will see it more and more clearly - your angry children may not seem to appreciate you in those moments of tantrums, but they definitely do. Let them release their feelings without trying to stop them, offer a few soothing words but don't talk too much. Offer warm hugs, and as long as you do this during the angry moments, your children will feel your unconditional love and know that they can lean on you whenever they feel bad, even in their teens and later on in life.



## **7. If tantrums happen at home, there is less chance of them happening outside**

When our children feel that we are listening to their feelings, even if they express themselves in the form of tantrums, they will prefer to show them to us where they know we can give them our full attention, which is at home. The more your children are asked to avoid anger at home and in public places, the more their feelings will be pent up inside them. On the other hand, the more time you spend listening to your children and understanding those feelings, the more they'll slowly learn that you are their source of serenity and that the best time to share their feelings is when you're together at home.

## **8. Your kids just do what most of us have forgotten how to do**

The older your children get, the less they cry, partly because as they get older they learn to control their emotions. The second part is that they learn how to behave in a society, which usually doesn't view crying and anger favorably. When adults are prone to anger or stress, we also have to cry, but we have learned to stop this urge both because of our desire to control our emotions and because society does not accept such behavior. Let your children be free from judgment, and allow them to express their feelings in the way their bodies feel they need to right now, at this early stage of their lives.

## **9. Tantrums help heal your mind as well**

When we see our children succumbing to feelings of anger and sadness, we too experience similar feelings. It's possible that in the past, your parents didn't empathize with you in your moments of anger, and therefore such moments in your children's lives bring up memories and feelings that you're not even aware of. Parenting can heal our psyche when we are dealing with emotional challenges we didn't receive treatment for in the past - now we have the opportunity to fix this wrong through our actions. After coping with your child's tantrum, take a few moments to sit with yourself and understand the feelings you are experiencing.

### **REAL STORY OF A FATHER & SON:**

In the country of Armenia, in 1988, Samuel and Danielle sent their young son, Armand, off to school. Samuel squatted before his son and looked him in the eye. "Have a good day at school, and remember, no matter what, I'll always be there for you." They hugged and the boy ran off to school.

Hours later, a powerful earthquake rocked the area. In the midst of the pandemonium, Samuel and Danielle tried to discover what happened to their son but they couldn't get any information. The radio announced that there were thousands of casualties. Samuel then grabbed his coat and headed for the schoolyard. When he reached the area, what he saw brought tears to his eyes. Armand's school was a pile of debris. Other parents were standing around crying.

Samuel found the place where Armand's classroom used to be and began pulling a broken beam off the pile of rubble. He then grabbed a rock and put it to the side, and then grabbed another one.

One of the parents looking on asked, "What are you doing?" "Digging for my son," Samuel answered. The man then said, "You're just going to make things worse! The building is unstable," and tried to pull Samuel away from his work.

Samuel just kept working. As time wore on, one by one, the other parents left. Then a worker tried to pull Samuel away from the rubble. Samuel looked at him and said, "Won't you help me?" The worker left and Samuel kept digging.

All through the night and into the next day, Samuel continued digging. Parents placed flowers and pictures of their children on the ruins. But, Samuel just kept working. He picked up a beam and pushed it out of the way when he heard a faint cry. "Help!Help!" Samuel listened but didn't hear anything again. Then he heard a muffled voice, "Papa?"

Samuel began to dig furiously. Finally he could see his son. "Come on out, son!" he said with relief.

"No," Armand said. "Let the other kids come out first because I know you'll get me." Child after child emerged until, finally, little Armand appeared. Samuel took him in his arms and Armand said, "I told the other kids not to worry because you told me that you'd always be there for me!"

Fourteen children were saved that day because one father was faithful.

LOVE YOUR CHILDREN !! THEIR FAITH CAN MOVE THE MOUNTAIN !!!!

## APPA I LOVE YOU PAA:

FATHER is a best friend and greatest role model. He is an amazing Dad, Coach, Mentor, Soldier & Hero.

He was a Gardner of an international school....tending the plants....heat and dust didn't seem to affect him.  
"Ganga das, principal ma'am wants to see you right now"  
He quickly got up, washed and wiped his hands and headed towards principal's room.

The walk from the garden to the office seemed never ending...he was trying to figure out as to what had gone wrong that she wants to see him urgently...he was a sincere worker and never shirked away from his duties...knock knock..." Madam, you called me?"

"Come inside..."an authoritative voice laced with crispness made him further nervous. She pointed out towards a paper kept on the table...

"Read this" B..but ma'am I am an illiterate person, I can not read English. Ma'am please forgive me if I have done anything wrong...give me another chance ...I am forever indebted to you for allowing my daughter to study in this school ,free of cost...I could have never ever dreamt of such a life for my child..... And he broke down almost trembling,, "Hold on, you assume a lot...we allowed your daughter because she is very bright and you have been our sincere worker..let me call a teacher in, she will read it out and translate it to you...this is written by your daughter and I want you to read this" Soon enough the teacher was called and she started reading it,, translating each line in Hindi... It read-  
"Today we are asked to write about Mother's Day ...  
I belong to a village in Bihar ,a village where medical and education still seem like a far fetched dream. many women die every now and the while giving birth. My mother was one of them too, she could not even hold me in her arms. My father was the first person to hold me..or perhaps the only person...

Every one was sad..as I was a girl and I had "eaten up" my own mother. My dad was instantly asked to remarry but he refused.my grandparents forced him by giving all logical,illogical and emotional reasons but he didn't budge.

My grand parents wanted a grandson,they threatened him to remarry else he will be disowned...

He didn't think twice...he left everything,his acres of land..a good living,comfortablehouse,cattles and everything that counts for a good lifestyle in a village.

He came to this city with absolutely nothing but me in his arms.life was tough,he worked hard day and night..raised me with tender love and utmost care.

Now I understand why suddenly he developed a dislike for things that I would love to eat but there was only one left in the platter....he would say that he hates eating it and I would finish it considering that he does not like it....but as I grew older I realised the reason and what sacrifice is all about.He gave me the best possible comforts beyond his capacity.

This school gave him a shelter,respect and the biggest gift-an admission to hisdaughter... If love and care defines a mother...then my father fits in there . If compassion defines a mother,my father fits in well in that category too. If sacrifice defines a mother,my father dominates that category. So in nut shell..if a mother is made of love,care sacrifice and compassion...MY FATHER IS THE BEST MOTHER ON EARTH THEN.

On Mother's Day,I would like to wish my father for being the best parent on earth...I salute him and say it with pride that the hardworking gardener working in this school is my father. I know I will fail this test after my teacher reads this but this would be a very small price one would pay towards an ode to the selfless love of my father.Thanks"

-

This was a silence in the room...one could only hear soft sobbing of Ganga das....harsh sun could not wet his clothes with sweat but soft words of his daughter had soaked his chest with tears....he was standing there with hands folded...

He took the paper from teacher's hands...held it close to his heart and broke down.

Principal got up..offered him a chair, glass of water and said something.....strangely the crispness of her voice was taken over by warmth n sweetness...

"Ganga das.your daughter is given 10/10 marks for this essay...this is the best essay ever written about Mother's Day in the history of this school.

We are having the Mother's Day gala event day after tomorrow and the school authority has decided to invite you as the chief guest...for the event...this is to honour all the love and sacrifice a man can do to raise his children...to show that YOU DO NOT HAVE TO BE A WOMAN TO BE A PERFECT PARENT....n most importantly this is to acknowledge the strong belief of your daughter in you,,,to make her feel proud..to make the entire school feel proud that we have the best parent on earth as stated by your daughter.. You are a true Gardner,,,who is not only looking after the garden but also nurturing the most precious flower of your life in such a beautiful way...

ಅಪ್ಪನ ಪ್ರೀತಿ ಕಾಣುವುದಿಲ್ಲ ನಿಜ  
ಅಪ್ಪನ ಪ್ರೀತಿ, ಮಮತೆಯ ಕಾಣಲು  
ಅಪ್ಪನ ಅಂತರಂಗದೊಳಗಿನ  
ನೋವನ್ನು ಸ್ಪರ್ಶಿಸಬೇಕು  
ಹೃದಯದ ಭಾರವನ್ನು ಇಳಿಸಬೇಕು  
ಅಪ್ಪ ಎಂದಿಗೂ ಅಳುವುದಿಲ್ಲ  
ಅಪ್ಪ ಅಳುಮುಂಜಿಯೂ ಅಲ್ಲ  
ಆದರೆ.....

ಅಪ್ಪನ ಇಡೀ ಜೀವಮಾನದಲಿ  
ಎರಡೇ ಸಲ ಕಣ್ಣಲ್ಲಿ ಆನಂದಬಾಷ್ಪ  
ಉಕ್ಕಿಹರಿಯುವುದು

1) ಮಗಳು ಹುಟ್ಟಿದಾಗ

2) ಮಗಳು ಗಂಡನ ಮನೆಗೆ

ಅಪ್ಪನನ್ನು ಬಿಟ್ಟು ಹೋದಾಗ

ವೈಜ್ಞಾನಿಕವಾಗಿ ಜಗತ್ತಿನಲ್ಲಿ  
ಹುಟ್ಟುವ ಪ್ರತಿಯೊಂದು  
ಹೆಣ್ಣು ಮಗುವಿಗೆ ಅಪ್ಪನ  
ಗುಣ ಹೋಲುತ್ತದೆ ಎಂಬುವುದೇ  
ವಿಶೇಷ .....!!

ಹಾಗಾಗಿ ಅಪ್ಪನ ಪ್ರೀತಿಯು  
ಮಗಳಿಗೆ ತುಂಬಾ ವಿಶೇಷ



## 9 THINGS THAT FATHER DOES FOR HIS CHILDREN

1. **LOVING FATHERS...** Love your wife without reservation – you can't do much more for your kids than that. Even if it is not reciprocated. Never return disgrace with disgrace.
2. **LOVE THEM UNCONDITIONALLY:** Make sure that your children know you love them no matter what. Don't confuse this with permissiveness. Unconditional love does nothing to encourage the wrong kind of behavior. In fact, kids who are secure in their father's love tend to act out less, not more.
3. **GROW UP:** We're talking about us here, not the kids. Children don't want another buddy; they want a dad. They want someone who thinks things through, makes tough decisions, and engages life with responsibility. Someone they can count on.
4. **BE THERE** :“Quality time” is all well and good, but do not compromise on quantity of time. Make the time. Everyone has the same 24 hours available. Make yours count.
5. **PROVIDE:** As best you can. Material provision can be tough when jobs are lost and tough times hit. However, you can always provide a stable home with love and affection.
6. **DISCIPLINE:** Children appreciate an even hand, balance, accountability, and love-drenched discipline. It's called consistency and, without clearly defined boundaries, it is very difficult to grow up.
7. **VALUE EDUCATION:** Don't just read to them; read with them. Don't just fuss about grades; get involved with their homework. Don't just talk about learning; be a hands-on advocate. Be a presence at their school by joining or starting an All Pro Dad's Day Breakfast.
8. **RAISE THEM TO LEAVE:** The simple goal of being a family and parenting our children doesn't look any more complicated than this: Raise them up well-equipped to leave home and to establish faithful lives.
9. **TEACH THEM TO TAKE RESPONSIBILITY:** Kids who learn how to duck responsibility and avoid cost will – sooner or later – fall flat on their faces. Loving fathers make sure their children know how to own up, clean up, and move forward.

## 12 QUESTIONS PARENTS SHOULD ASK THEMSELVES EVERY DAY

One of the most important influences on child development is the parents. If we want to influence our children well we have to continue to evaluate ourselves in order that we grow. Sometimes it may look like failure to examine where we fall short, but really it is the process of improvement. In order to support childhood development, here are 12 questions parents should ask themselves every day.

1. How much time did I spend one-on-one with my child today?
2. Was I really engaged or distracted with calls, texts, and emails when I was with my child?
3. Did I hug my child and say "I love you"?
4. Did I compliment or criticize my child?
5. Was I calm and firm or mean and harsh when I disciplined my child?
6. Did I have a meal together with my child?
7. Did I help my child with their schoolwork?
8. Did I pray with and for my child?
9. Did I tuck my child into bed?
10. Did I read to my child?
11. Did I listen more or lecture more?
12. Did I monitor my child's television and computer time?

#### **4 ESSENTIALS IN BEING THE FAMILY LEADER**

Here are four things you can do to effectively keep the lines of communication open with your teen and be the family leader they need.

##### **1. BE CALM.**

When you approach a teen while filled with a lot of emotion such as anger, anxiety, or enthusiasm, the teen may feel pressured to comply. That approach doesn't work because teens crave independence. They see themselves as older and capable, and as a result, they want to make more decisions for themselves. Instead, try approaching your teen calmly and be open to discussion. This will take the pressure off the teen and keep the conversation from escalating into opposition.

##### **2. BE CONFIDENT.**

Teens can be very persuasive and, as their persuasive ability increases, you may lose your confidence and begin to doubt yourself. If your teen is persuasive and persistent, the confidence goes even more quickly as the teen wears you out.

Stand firm and know when you are weakening. Enlist your spouse to pinch hit for you and interface with your teen for awhile. Another option is to have a friend be a sounding board for your doubts and encourage you.

### **3. BE CLEAR.**

Make your request clear and have the details of the request firmly in your mind, or better yet, written out on paper. All children know how best to win over or distract their parents. Teens are children with a lot of years of experience. Do not let them distract you with other issues; stick to the clear request you have outlined.

### **4. BE CONCISE.**

Long, complicated speeches are exasperating to teens, especially after listening to seven teachers for seven hours every school day. Present your request calmly, confidently, clearly, and concisely. Do not make it a big deal. Listen to your teen's response, acknowledge what they say, and then either modify your request or restate it again. If they agree to your request, acknowledge it positively. If they do not agree, do not engage; simply tell them you will discuss it again with them in a few days. Then walk away and let them think about it.

## **YOU MIGHT BE TAKING YOUR FAMILY FOR GRANTED IF...**

Taking for granted your loved ones is easy to do without always realizing we're doing it, by mixing up priorities, and focusing on things that really aren't what matters most. You might be taking your family for granted, if...

## 1. OTHER LESS IMPORTANT THINGS GET MORE OF YOUR TIME THAN THEY DO.

When friends, sports, or hobbies start consuming more of your free time than your family gets, those you love are sure to notice.

## 2. REGULARLY ENJOYING TIME ALONE MORE THAN TIME WITH YOUR FAMILY.

This might include hiding in your room on the computer, or out in the garage doing your own thing, or being with your family in person, but not truly being present.

3. Your kids repeatedly ask for your time and attention, but your list of excuses keeps getting longer and longer. **You always have a good reason why you can't play, ride bikes, or watch what they're doing at the moment. Sometimes, your phone or device gets more of your attention than they do.**

4. Your spouse is frustrated at your lack of interest and involvement with the family.

She wants you to invest more time into her and the kids than you do on your work or your hobbies, but you still don't seem to see the problem. She must just be over-reacting again, right?

5. It's hard to remember the last time you played in the snow with your kids or played ball in the backyard. **You might be taking your family for granted if you can pass up easy opportunities to make lasting memories without it bothering you.**

## 6. You're in the habit of saying no before you even hear them out.

Our family wants and needs to be heard. When we listen to them and what their words and hearts are telling us, it shows that we care about their thoughts and their feelings. The precious moments we have with our children are fleeting, and we can't afford to take them for granted.

# BLOOD IS THICKER THAN WATER

This is a story of father & son who lived side by side in their own farms for many years, until one day, a foolish argument caused a rift between them. This was the first serious disagreement the father & son had in all of their 50 years. Up until that day, they always worked their fields together, shared knowledge and produce, and lent a helping hand to one another in times of need.

The fight began over a small misunderstanding, which can sometimes happen, but the dispute dragged on and became an angry exchange of words, followed by weeks of silence.

One day, there was a knock on the father's door. When he opened it, he was facing an old, bearded carpenter, holding a toolbox. "I could sure use some work, sir" said the stranger. "Do you need any repairs in your farm?" "Yes", replied the father. "I've got a job for you. Across the creek, there's a farm that happens to belong to my son.

Until recently, the whole area between our homes was green, but then he changed the creek's path, making it into a border between us. I'm sure he did that for spite, but I'll show him..." said the father. "You see those trees by the barn? I want you to turn them into a 10-foot tall fence. I never want to see his face again."

The old carpenter thought quietly to himself for a few minutes and eventually said: "I see".

The farmer helped the carpenter carry his tools and the wood, and then drove off to the city on some errands. When he came back in the evening, the old carpenter had finished. Upon arriving at the creek, the father was stunned. His eyes were bulging out, and he couldn't utter a single word.



Where a fence should have been standing, a bridge now stood. A quaint and special bridge, truly a work of art, with an intricately carved banister. At the same time, the son happened to come to the same spot. He rushed over the bridge and embraced his father, and said:

“You’re something special... building a bridge, after all I’ve said and done!” While both father & son were hugging, the old carpenter collected his tools and started walking away. The brothers turned to him and said “Please, stay for a few more days – we have more things that need fixing.” “I would have loved to stay, kind sirs,” said the carpenter. “But I have many more bridges to build and things to fix in other places...”

**The moral of our story is a simple one:** We often let anger push us away from our loved ones, and allow pride to come before our love. Don’t let it happen to you. Learn to forgive and appreciate what you have.

**Remember:** The past cannot be changed, but the future can be. No quarrel can spoil a true connection. Build your bridges when you have to, and always cross them with a smile.

## **DAMAGING PARENTING BEHAVIOURS:**

**Here, I am listing 7 damaging parenting behaviors that keep children from becoming leaders – of their own lives and of the world's enterprises:**

**We don't let our children experience risk:** We live in a world that warns us of danger at every turn. The "safety first" preoccupation enforces our fear of losing our kids, so we do everything we can to protect them. It's our job after all, but we have insulated them from healthy risk-taking behavior and it's had an adverse effect.

**We rescue too quickly:** Today's generation of young people has not developed some of the life skills kids did 30 years ago because adults swoop in and take care of problems for them. When we rescue too quickly and over-indulge our children with "assistance," we remove the need for them to navigate hardships and solve problems on their own.

**3. We rave too easily:** The self-esteem movement has been around since Baby Boomers were kids, but it took root in our school systems in the 1980s. Attend a little league baseball game and you'll see that everyone is a winner.

**4. We let guilt get in the way of leading well:** Your child does not have to love you every minute. Your kids will get over the disappointment, but they won't get over the effects of being spoiled. So tell them "no" or "not now," and let them fight for what they really value and *need*.

**5. We don't share our past mistakes:** Healthy teens are going to want to spread their wings and they'll need to try things on their own. We as adults must let them, but that doesn't mean we can't help them navigate these waters. Share with them the relevant mistakes you made when you were their age in a way that helps them learn to make good choices.

**6. We mistake intelligence, giftedness and influence for maturity :***Intelligence* is often used as a measurement of a child's maturity, and as a result parents assume an intelligent child is ready for the world. That's not the case.

**7. We don't practice what we preach:** As parents, it is our responsibility to model the life we want our children to live.

***Why do parents engage in these behaviors (what are they afraid of if they don't)? Do these behaviors come from fear or from poor understanding of what strong parenting (with good boundaries) is?***

"I think both fear and lack of understanding play a role here, but it leads with the fact that each generation of parents is usually compensating for something the previous generation did. The primary adults in kids' lives today have focused on **now** rather than **later**. It's about their happiness today not their readiness tomorrow. I suspect it's a reaction. Many parents today had Moms and Dads who were all about getting ready for tomorrow: saving money, not spending it, and getting ready for retirement. In response, many of us bought into the message: embrace the moment. You deserve it. Enjoy today. And we did. For many, it resulted in credit card debt and the inability to delay gratification. This may be the crux of our challenge. The truth is, parents who are able to focus on tomorrow, not just today, produce better results."

## **CHILD SHOULD REALISE THE VALUE OF PARENT**

A young girl, quarreled with her father, then stormed out of the house. While in route, she remembered that she did not have any money in her pocket, she did not even have enough coins to make a phone call home.

At the same time, she went through a noodle shop, picking up sweet fragrance, she suddenly felt very hungry. She wished for a bowl of noodles, but she had no money!

The seller saw her standing with faltered feet before the counter and asked:

- Hey little girl, you want to eat a bowl?
- But ... but I do not carry money ... she shyly replied.
- Okay, I'll treat you - the seller said - come in, I will cook you a bowl.

A few minutes later the owner brought her a steaming bowl of noodles. As she was eating, Sue cried.

- What is it? - He asked.
- Nothing. I am just touched by your kindness! - Sue said as she wiped her

tears.

- Even a stranger on the street gives me a bowl of noodles, and my mother, after a quarrel, chased me out of the house. She is cruel!!

The seller sighed:

- Girl, why did you think so? Think again. I only gave you a bowl of noodles and you felt that way. Your father and mother had raised you since you were little, why were you not grateful and disobeyed your mom?

Girl was really surprised after hearing that.

"Why did I not think of that? A bowl of noodles from a stranger made me feel indebted, and my mother has raised me since I was little and I have never felt so, even a little."

On the way home, Sue thought in her head what she would say to her father and mother when she arrives home: " I'm sorry. I know it is my fault, please forgive me ... "

Once up the steps, the Girl saw her mother worried and tired of looking for her everywhere. Upon seeing the Girl, her father gently said: "come inside honey. You are probably very hungry? Mother has cooked rice and prepared the meal already, come eat while it is still hot ..."

Can not control any longer, Girl cried in her father's hands. She said, APPA I LOVE YOU PAA.

In life, we sometimes easy to appreciate the small actions of some people around us, but for the relatives, especially parents, we see their sacrifices as a matter of natural ... Parental love and concern are the most precious gifts we have been given since birth.

Parents do not expect us to pay back for nurturing us ..... but have we ever appreciated or treasure the unconditional sacrifice of our parents?

# FATHER'S LETTER TO A SON:

I am writing this to you because of 3 reasons

1. Life, fortune and mishaps are unpredictable; nobody knows how long he lives. Some words are better said early.
2. I am your father, and if I don't tell you these, no one else will.
3. What is written is my own personal bitter experiences that perhaps could save you a lot of unnecessary heartaches.

Remember the following as you go through life

1. Do not bear grudge towards those who are not good to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, you have to treasure it and be thankful, and ALSO you have to be cautious, because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful, don't hastily regard him as a real friend.
2. No one is indispensable, nothing in the world that you must possess. Once you understand this idea, it would be easier for you to go through life when people around you don't want you anymore, or when you lose what/who you love most.
3. Life is short. When you waste your life today, tomorrow you would find that life is leaving you. The earlier you treasure your life, the better you enjoy life.

4. Love is but a transient feeling, and this feeling would fade with time and with one's mood. If your so called loved one leaves you, be patient, time will wash away your aches and sadness. Don't over exaggerate the beauty and sweetness of love, and don't over exaggerate the sadness of falling out of love.

5. A lot of successful people did not receive a good education, that does not mean that you can be successful by not studying hard! Whatever knowledge you gain is your weapon in life. One can go from rags to riches, but one has to start from some rags!

6. I do not expect you to financially support me when I am old, neither would I financially support your whole life. My responsibility as a supporter ends when you are grown up. After that, you decide whether you want to travel in a public transport or in your limousine, whether rich or poor.

7. You honor your words, but don't expect others to be so. You can be good to people, but don't expect people to be good to you. If you don't understand this, you would end up with unnecessary troubles.

8. I have bought lotteries for umpteen years, but I never strike any prize. That shows if you want to be rich, you have to work hard! There is no free lunch!

9. No matter how much time I have with you, let's treasure the time we have together. We do not know if we would meet again in our next life.

Love,  
Your Dad

## HOW MUCH MONEY DO YOU EARN IN AN HOUR?

This is a real incidence happened to one of my contact, all of us have learn lesson from this. After doing exhausted work, my friend went to home at 9 30 PM. Their 5-year-old son who was waiting eagerly opens the door.

Son: Can I ask you a question?

Father: Yes.

Son: Dad, how much money do you get paid for an hour?

Father: Why ?

Son: Please tell.

Father: Rs.500 per hour

Son: Dad, Can you lend me Rs.25?

Angry father yells at son and orders him to go to sleep.

The son went into the bedroom and closed the door.

After a little while, father calmed down and went to his son's bedroom.

He said sorry to him and gave Rs.250 to the child and said buy what you want.

Son: Thank You.

He then opened his own money box.

And then he began to count the money.

He said, Now I have Rs.500. Can I buy an hour of yours ?

Tomorrow will you please come home early by an hour.

I want to have dinner with you.

Being emotional, Father hugged his son.

We work hard to get the money.

But don't give Time to the one who loves us alot.

If we die tomorrow, the company for which we were working so hard will easily replace us by someone else.

But

Family and friends who love us much  
will miss us forever.

We give much more importance to our work than our Loved once.

Give time to your family ☐

**RELATIONSHIP NEEDS AFFECTION NOT PERFECTION.**

Never go away from good relations even when you find some faults. Because, "Relationship needs affection not perfection".

Own satisfaction is better than success, because success is a measure decided by others while satisfaction is a measure decided by us.

Relations are like electric current, wrong connection will give us shocks throughout our life but the right ones light up our lives.

Prayer is an anti virus which protects us from viruses like sorrow, gloom, sin and hopelessness, update the antivirus daily by praying and stay blessed.

\*Life, fortune and mishaps are unpredictable; nobody knows how long he lives. Some words are better said early.

\*. I am your father, and if I don't tell you these, no one else will.

\*. What are written are my own personal bitter experiences that perhaps could save you a lot of unnecessary heartaches?

Remember the following as you go through life

1. Do not bear grudge towards those who are not good to you. No one has the responsibility of treating you well, except your mother and I. To those who are good to you, you have to treasure it and be thankful, and ALSO you have to be cautious, because, everyone has a motive for every move. When a person is good to you, it does not mean he really likes you. You have to be careful, don't hastily regard him as a real friend.

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love most.

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#### **MISTAKES WE DO WHILE BRINGING UP CHILDREN:**

For those of us who have experienced the joys of parenting, we know that it is no easy task. Despite our best intentions, it may sometimes go a little awry, and mistakes are inevitably made, with our poor kids on the receiving end. Yet, as guilty as we may feel as parents for not living up to expectations, when situations like this happen, we cannot help but giggle. Take a look at how pathetic parenting fails.

**Angry parents** Every parent succumbs to anger from time to time, especially when tired or stressed, or when their child is in danger and must be warned of such, or when a life lesson needs to be taught. Although no child likes it when their parents get angry at them, occasional outbursts don't cause damaging relationships. The real problem starts when a parent constantly gets angry and uses this anger to control their family.

When anger is constantly hovering over them, kids are always at the ready and are waiting for the next emotional outburst. In addition to the emotional damage this causes, long-term stressful situations can cause physical damage to children's brains. When they are under constant stress their brains produce less mental connections that are needed for emotional regulation.

Consequently, these kids are unable to self-soothe and control their reactions. Furthermore, if the problem isn't tended to it may carry on into adulthood. In fact, many adults claim that they still get nervous at the sight of their angry parents, and grow up with the feeling that everything they do is wrong.

These people will eventually become appeasers that will do anything to please others. If this is where you find yourself, the advantage that you have is that you are very likeable because you know how to calm others in embarrassing situations. However, don't let your tendency to help and please others keep you from making real friendships – you

must let others see the real you, the you that you hide from in order to not get angry



with others.

2. Controlling parents: Controlling parents will try to take over every aspect of their child's life, to the point where they will tell them what to see, how to feel and what to want. In a healthy relationship between parents and children control is used to shape general values and convey clear rules, but at the same time they listen to the child's needs and respect the child's ability to make their own decisions.

On the other hand, controlling parents have the tendency to convey damaging messages such as, "I know exactly who you are and who you aren't," or, 'you need to be this type of person and that's more important than what you want.' This type of parent sees themselves as the sole rulers of their child's mind.

Kids who constantly hear "mothers are always right" become children that don't trust their wants, needs, and potential. Even making a simple decision on their own can cause them to suffer from anxiety. The children often tend to lie more, as they will say anything to please their parents.

If you feel that you've suffered in the past from this type of situation, know that there is a silver lining. Presently you probably weigh your thoughts and opinions out carefully before you express them to others that might not agree with you and drag you into an unnecessary argument.

There is nothing more fascinating to a parent than watching their children grow and develop, for every stage of their lives is like another milestone in their wonderful journey of life. Although each child develops at his or her own pace, there are things that characterize most children and teens, so parents need to pay attention to a few exceptions. In most cases, we play the role of mere observers, but there are also a few cases in which we have to be involved. In order to reach their hearts, we must build

foundations based on affection and love so that our children feel more open and want to share their lives with us. In the next article, you'll find out how to communicate with your children in the right way and language that will help you understand them and bring them up as well as possible, and strengthen the bond between you.

1. Many parents seem to think that as long as they aren't giving up on their kids and only yelling at them when they're doing something wrong, that they aren't causing any harm. However, a study conducted at the University of Pittsburgh found that harsh words spoken to teenage children and adolescents have the potential to have as much negative emotional impact as physical punishment, and that parents shouting about childish behavior only spurs them onward and not only does it not reduce bad behavior, it actually does the opposite. In order to solve behavioral problems, one must be authoritative and a little forceful, but not aggressive.



2. Remember the time when your sweet and innocent child didn't argue with you and did everything you asked him or her to do? This is the age most parents of teenagers want to go back to given the opportunity, but in a recent study, children who argue with their parents may turn out to be more successful and determined than those who do not.

The reason: Young people who know how to disagree with their parents verbally and say "no" will probably have more courage to stand up to their friends or other people and refuse them when they are offered drugs, to have sex at a young age or any other activity that may be dangerous, illegal or unsuitable for their age. It's true that one should not give up in advance and not try to discipline, but one must know how to address the child and turn arguments into conversations before going into a yelling rage.

3. Have you ever experienced asking your child to do something, only to realize later they didn't do what you asked, leading to a frenzied conversation about it not being ok, and this is not how they should behave? It is reasonable to assume that you're nodding your head yes, is there actually a parent out there that this hasn't happened to?

In a study conducted in conjunction with several universities in the United States, it was found that children and adolescents have areas of the brain that "close up" when criticized by their parents. In an experiment involving 32 young people who were connected to a brain scanner and were played recordings of their mothers', it was discovered that once the mother began to bother and "dig at them," the brain stopped responding and absorbing. So if you have something to say to your adolescent children, do it with simple, quick instructions and without unnecessary details.

4. Some parents say, "I'll let my kid have and do everything I wasn't given and allowed to do," But as nice as it is that now we can give our children more than we had, this approach is problematic and may affect their future. Permissive parenting tends to make children less happy and less self-controlled, and studies show that these kids will probably have problems accepting authority and will experience difficulties at school because it is harder for them to follow rules, as they were never given any.

5. In the past, experts believed that kids who watched educational television or listened to educational CD's would be smarter and more developed, but it turns out that this claim is fundamentally wrong and in fact the opposite is true. Studies over the years have shown that children need an immediate and logical response, and even the best CD or the most educational program doesn't compare to one hour of active play with your children. 6. Girls who regularly eat together with their families in a pleasant and relaxed atmosphere are at a lower risk of developing eating disorders and obesity than those

who do not. So even if it's a bit difficult, make a family effort and share at least one meal



a day with the whole family.

7. Did you know that by the age of 18 months or so a toddler's vocabulary increases every hour or two that they are awake and that by the age of 6 they already understand about 13,000 words? Another finding is that babies whose parents talk to them on a regular basis often know more than 300 additional words by the age of two than those whose parents did not speak to them frequently.

8. Bullying can have a negative impact on the development of our children that may continue until middle age. It turns out that children who suffer from bullying often have a higher risk of depression, anxiety and even suicide later in life. Also, children who experience more frequent bullying in their lives are at risk for a wide range of health-related problems that may affect their economic situation in the future. It is therefore very important to pay attention to strange behaviors or signs, such as bruising or isolation, and to speak to them without judgment or pressure, but gently, and in cases of lack of cooperation on their part seek help from professionals.

9. Have you noticed how long it takes you to write a text message on a mobile phone compared to kids? It's not that you're slow, it's just that they type faster. Today, teens are more attached to their cell phones, and it turns out that about 42% of them can type with their eyes closed. According to data from telecommunication companies around the world, more than a billion messages are sent every day, most of which are sent by

teenagers and young people, so it's no surprise that they've developed such abilities.



10. Have you ever thought about why girls invest so much time in skin care and beauty routines? Researchers have found that more than 70 percent of girls aged 15 to 17 refrain from normal daily activities such as attending events, ceremonies and even school activities when they feel bad about how they look. Spending time in front of the mirror increases their level of self-confidence and self-esteem in regards to others. So next time your daughter stands in front of the mirror and puts herself together, give her the space and time to feel good about herself.

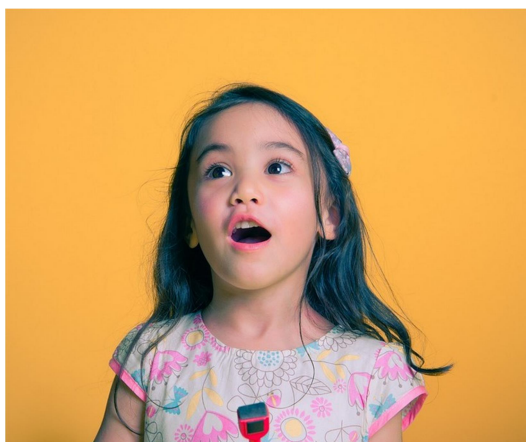
11. Every parent remembers the “why” stage in which children ask non-stop questions which we don’t always have the time or energy to answer. It turns out that at the age of 4 the average child will ask about 437 questions each day, and most of them are simply "why?" - "Mom, why is the sky blue?" "Dad, why does this do that?" And so forth. Be patient and give them practical answers even if they ask the same question 100 times. They’re just curious and aren’t intentionally trying to be annoying - they really just want to know why.

12. Just as each person has their own learning pace, each child has their own developmental pace. It is true that doctors argue that there are milestones in the stages of development that should be met by all children, and these pediatricians write down which milestones have been reached to see where the child stands on the corresponding percentile.

However, you should know that there are many variables in children's development. For example: If your friend's child, who's a little older than your child, started speaking before they started walking and your child started walking before they started speaking, it doesn't mean your child is slower or faster than that child. It just means that your child is working on their physical development first and your friend's child is progressing in their verbal development first, that's all.

**13. Parents who respond quickly to the needs of their children, raise children who are healthier psychologically. Children who grow up in a family that functions in this way are more attached to their parents, and in the long run they become more sensitive to others, are more mature, independent, and have higher self-esteem.**

14. Children ask a lot of questions, sometimes those that repeat themselves a lot and, most of the time, we have to answer them over and over again. In fact, studies have shown that young children ask an average of more than 300 questions per day, an amount that you might find challenging to deal with. We all would probably like to stop this habit, however, we should encourage our children to ask more questions, not less. Why? Because one of our most important roles as parents is to help our children develop their imagination, creativity, and curiosity. How can we do this effectively while minimizing the constant questions? The answer to this question is both surprising and effective! You need to start asking them questions!



**Why is it important to ask your children questions that develop their imagination?**

Dr. Michele Borba, a psychologist and author of many instructional books for parents, says that asking children questions can help them maintain an open

mind and prevent them from developing a mental fixation. He argues that it is very important that our children develop the imagination and their desire to know more, and she explains that we can help them do so not only by answering their many questions but also by asking questions ourselves. Most of us know that children mimic their parents' words, behaviors and way of speaking - so it's a good idea to start asking your children more profound questions than "How was your day," especially when they are constantly asking you questions. So, try using the following 40 questions to help your children talk to you more and develop their imagination, creativity, and curiosity:



1. What makes you happy?
2. If you could do anything at this moment, what would you do?
3. What do you look forward to when you wake up in the morning?
4. Who makes you laugh the most?
5. If you were to open a store, what would you sell?
6. Into what show would you like to enter as a character, and why?
7. If you could grow anything you wanted in the yard, what would you grow?
8. What makes you feel brave?
9. What makes you feel loved?
10. How do you show people you care about them?



11. How does it feel when I hug you?
12. If your toys could talk, what would they say?
13. If you could donate 100 dollars, who would you donate it to?
14. If you were writing a book, what would it be about?
15. If you were a clothing designer, how would they look?
16. What makes you appreciative?
17. What sounds do you like?
18. Where would you choose to travel, and how would you get there?
19. Imagine that you are a chef: tell me about your restaurant, for example, what type of food do you serve?
20. If you had a secret cave in the forest, what would be inside of it?



21. If you could ask any animal you want anything in the world, what would you ask?

22. What makes you fill up with energy?
23. If you were in a play, what would your character be like?
24. How do you think animals communicate?
25. What are the best thing, or things, in nature?
26. Imagine you are a photographer, what pictures would you choose to photograph?
27. What memory makes you happy?
28. What bothers you?
29. Describe your perfect day, what do you do that makes it so?
30. Which animal would make the best driver and why?



31. What makes your friends good?
32. What makes you good?
33. Do you have any inventions you've come up with?
34. Do you think it would be fun to learn another language?
35. What are the three things you most want to do in the summer?
36. If you could invent a new holiday, what would it be?
37. What makes a person smart?
38. If you had friends from all over the world, how would you keep in touch with them?
39. If you could choose new names for colors, what would they be?

40. What is it that you enjoy giving people?



### **A few words to summarize**

Don't worry if your children don't cooperate or rush to answer these questions in detail, and do not force them to answer them or quickly move from one question to another. When you allow your children time to think about your questions, you show them how important they are to and that you don't expect them to be robots. At the same time remember that these questions can be directed back to you, so try to think of answers in advance and so you can develop your creativity and imagination. Conversations that can develop through such an exchange of questions can become the glue that will make your relationship with your children stronger than ever!

Are you a good parent? Don't try to answer this question just yet, because the answer will be superficial, and in fact, you probably won't be able to answer it until you delve a little deeper. Every parent wants to know that they're doing the job well, but to do so we need to ask ourselves a few questions and answer them honestly, without fear of what will be revealed.

These answers will lead us to the ways in which we could improve as parents, so if you feel ready, you should go through the following 10 questions and try to answer them. Do this once in a while to remind yourself how to be better parents not only now, but also when you and your children get older.

## **WHY ARE OUR CHILDREN GETING FRUSTRATED?**

\*Why are our children so bored at school, cannot wait, get easily frustrated and have no real friends\*

I am an occupational therapist with 10 years of experience working with children, parents, and teachers. I completely agree with this teacher's message that our children getting worse and worse in many aspects. I hear the same consistent message from every teacher I meet. Clearly, throughout my ten years as an Occupational Therapist, I have seen and continue to see a decline in kids' social, emotional, academic functioning, as well as a sharp increase in learning disabilities and other diagnoses.

Today's children come to school emotionally unavailable for learning and there are many factors in our modern lifestyle that contribute to this. As we know, the brain is malleable. Through environment we can make the brain "stronger" or make it "weaker". I truly believe that with all our greatest intentions, we unfortunately remold our children's brains in the wrong direction. Here is why...

**1. TECHNOLOGY:** "Free babysitting service... the payment is waiting for you just around the corner". We pay with our kids' nervous system, with their attention, and ability for delayed gratification. Compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and adequate visual stimulation as opposed to being bombarded with graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, processing information in a classroom becomes increasingly challenging for our kids because their brains are getting used to the high levels of stimulation that video games provide. The inability to process lower levels of stimulation leaves kids vulnerable to academic challenges. Technology also disconnects us emotionally from our children and our families. Parental emotional availability is the main nutrient for child's brain. Unfortunately, we are gradually depriving our children from that nutrient.

**2. KIDS GET EVERYTHING THEY WANT THE MOMENT THEY WANT IT:** "I am Hungry!!" "In a sec I will stop at drive thru" "I am Thirsty!" "Here is a vending machine". "I am bored!" "Use my phone!" The ability to delay gratification is one of the key factors for future success. We have all the greatest intention in mind to make our children happy, but unfortunately, we make them

happy at the moment but miserable in a long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors which eventually become huge obstacles to their success in life. The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears “No” because parents have taught their “child’s brain” to get what it wants right away.

**3. KIDS RULE THE WORLD:** My son doesn’t like vegetables” “She doesn’t like going to bed early” “He doesn’t like to eat breakfast” “She doesn’t like toys, but she is very good at her IPAD” “He doesn’t want to get dressed on his own” “She is too lazy to eat on her own”. This is what I hear from parents all the time. Since when do children dictate to us how to parent them? If we leave it all up to them , all they are going to do is eat macaroni and cheese, bagel with cream cheese, watch TV, play on their tablets, and never go to bed. What good are we doing them by giving them what they WANT when we know that it is not GOOD for them? Without proper nutrition and a good night’s sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want and not do what they don’t want. The concept of “need to do’ is absent. Unfortunately, in order to achieve our goals in our lives, we have to do what’s necessary which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice every day. Our children know very well wh

at they want but have very hard time to do what is necessary to achieve that goal. This results in unattainable goals and leaves the kids disappointed.

**4. ENDLESS FUN:** We created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again because otherwise we feel that we are not doing our parenting duty. We live in two separate worlds. They have their “fun “world and we have our “work” world. Why aren’t children helping us in the kitchen or with laundry? Why don’t they tidy up their toys? This is basic monotonous work that trains the brain to be workable and

function under “boredom” which is the same “muscle” that is required to be eventually teachable at school. When they come to school and it is time for printing, their answer is “I can’t. It is too hard. Too boring” Why? Because the workable “muscle” is not getting trained through endless fun. It gets trained through work.

## **5. LIMITED SOCIAL INTERACTION:**

We are all busy, so we give our kids digital gadgets and make them “busy” too. Kids used to play outside, where in unstructured natural environments, they learned and practiced their social skills. Unfortunately, technology replaced the outdoor time. Also, technology made the parents less available to socially interact with their kids. Obviously, our kids fall behind...the babysitting gadget is not equipped for social skill development. Most successful people are the ones who have great social skills. This is the priority!

The brain is just like a muscle that is trainable and re-trainable. If you want your child to be able to bike, you teach him biking skills. If you want your child to be able to wait, you need to teach him patience. If you want your child to be able to socialize, you need to teach him social skills. The same applies to all the other skills. There is no difference!!

You can make a difference in your child’s life by training your child’s brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

### **1. Limit technology, and instead re-connect with your kids**

**emotionally-** Surprise them with flowers, share a smile, tickle them, put a love note in backpack or under their pillow, surprise them by taking them out for lunch on a school day, play together, Have eat together s, go biking,

**2. Train delay gratification-** Make them wait!!! It is ok to have “I am bored “ time – this is the first step to creativity. This gradually increases the waiting time between “I want” and “I get”. Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games. Limit constant snacking.

**3. Don't be afraid to set the limits.** Kids need limits to grow happy and healthy!! Make a schedule for meal times, sleep time, technology time, Think of what is GOOD for them- not what they WANT/DON'T WANT.

I really adore my grandchildren, and there are many things I hope they will succeed at, but the one thing in particular that I wish for is their happiness. "more than two-thirds of adults say they are 'extremely concerned' about the well-being of children." Luckily, there are many proactive methods we can use to ensure our little lovelies are well-rounded and perfectly happy children. Have a look at this list of 10 important things that science has demonstrated we can do to give the children true happiness.

### **1. Start with yourself-Be happy!**

Extensive research has shown that parents who are depressed transmit these downbeat feelings to their children. The same is true for all adults that are important in a child's life. If you are a happy grandparent, your grandchildren will be happy to be near you. Why? Because neuroscientists think that if we hear another person laugh, it triggers mirror neurons in a part of our brain, and this makes us feel like we are the ones laughing - [and so we laugh in turn](#). So, be merry yourself! Put yourself next to people who make you laugh, and bring that joy to your grandchildren or children too.

### **2. Show them how to make friends**

Research in multiple sclerosis patients show that if we are encouraged to provide compassion, support and positivity to others, we will improve our own self-confidence and self-esteem. The same is true for children, so you should often try to encourage youngsters to "perform small acts of kindness" in order to help them create edifying bonds with others.

### **3. Encourage effort, but don't expect perfection**

In the present day, many parents can be overly pushy and demanding of their children's performances, and this is something grandparents may be able to help with. If you happen to be a grandparent, try and set a good example rather than criticize your children's parental approach (doing so is likely to cause resentment). It has been found that children who are praised for their cleverness

will choose the easier of two puzzles, not willing to make a mistake their parents might criticize.

However, 90% of "growth mind-set-encouraged kids" choose the harder puzzle, because they know that both their effort and achievement will be rewarded. Always be sure to encourage effort, regardless of outcome, and kids will actually be more adventurous in the long run.

#### **4. Be positive and optimistic**

According to Dr. Carter, optimists do better at school, work and sports. They are healthier and live longer. They also have more satisfying marriages when they grow up, and are less likely to face depression and anxiety. Therefore, to be a good role model, always be wary of sounding pessimistic when your grandchildren are around. Put a positive spin on everything, and show them the brighter side of life.

#### **5. Show them how to "Empathize, Label and Validate"**



The best way to teach emotional intelligence, which Dr. Carter says is not innate, is to demonstrate it yourself. So if the little kid is having a small tantrum about something, ask them how they feel, and why they feel that way. Comfort them and show understanding emotions. These things will demonstrate to the child [how they can empathize](#) with others. Though of course, you should still rebuke any bad behavior they are showing.

#### **6. Make good happiness habits**



Because there are quite a few different tips here to remember, it is important not to do too much at once. The key is to form good habits. Dr. Carter recommends removing stimuli that could distract children from your goal. You should make your behavior goal public, having an open discussion with the kids about expectations and pressure. Only set one goal at a time so a good foundation for a positive habit can be formed. After this has been achieved, move on to the next goal. Always keep at it with the expectation that this education will take time, yet it will be worth the effort in the long run.

## **7. Teach to be self-disciplined**



Far from intelligence being the most important gauge of future success, the virtue that offers the clearest signal of well-being is good self-discipline. Kids who, in one experiment, resisted temptation - the temptation of a first marshmallow for the promise of a second- went on to perform better in their adolescent and adult lives. So, one way we can teach self-discipline is to obscure a future reward, for example covering up the marshmallow so the child knows it is there, but has a physical barrier to help them build resistance. Make the offer of the sweet treat after an extended period of time. This will teach them deferred gratification.

## **8. Encourage more and more playtime**



One of the reasons why modern kids are thought to be less happy than we were is that they have less time for "free, unstructured playtime". Such playtime is said to help children to self-regulate, promoting "intellectual, physical, social and emotional well-being". If kids are given more budgeted time to play freely, they will better learn "how to work in groups, share, negotiate, resolve conflicts... and speak up for themselves." So, when they are in your hands, let them know there is plenty of time for them to play freely - and you can follow their imaginative lead.

## **9. Create a perfect environment for their happiness**

Research has shown a correlation (not causation) between children who don't watch much television and people who have grown up to lead happy lives. So, when you have the kids in your hands, it would be good to show that you don't need to watch TV or YouTube to have fun. Create a nice, happy and healthy environment for them if you can - one that they can form strong associations with.

## **10. Eat meals together**



If you show children that the proper way to eat (without the TV on) is together as a family, chances are that they will become more emotionally stable, and

collectively-oriented. Many children fall prey to destructive private habits in their early adulthood, such as drugs and alcohol. Yet studies show, according to Dr. Carter, that kids who enjoy regular family meals will largely avoid these pitfalls. She says that "family dinners even trump reading to your kids in terms of preparing them for school."

This is something that grandparents can actively encourage, even if you are not as used to it as you used to be. It's a healthy habit worth resurrecting - for the kids, and your, sake! [So why not get cooking](#), you may even be able to teach the kids how to.

### **\*SOME GOLDEN THOUGHTS OF THIRUKKURAL:\***

1. \*If your child lies to you often, it is because you over-react too harshly to their inappropriate behaviour.\*
2. \*If your child is not taught to confide in you about their mistakes, you've lost them.\*
3. \*If your child had poor self-esteem, it is because you advice them more than you encourage them.\*
4. \*If your child does not stand up for themselves, it is because from a young age you have disciplined them regularly in public.\*
5. \*If your child takes things that do not belong to them, it is because when you buy them things, you don't let them chose what they want.\*
6. \*If your child is cowardly, it is because you help them too quickly.\*
7. \*If your child does not respect other people's feelings, it is because instead of speaking to your child, you order & command them.\*
8. \*If your child is too quick to anger, it is because you give too much attention to misbehavior& you give little attention to good behaviour.\*

9. \*If your child is excessively jealous, it is because you only congratulate them when they successfully complete something & not when they improve at something even if they don't successfully complete it\*
10. \*If your child intentionally disturbs you, it is because you are not physically affectionate enough.\*
11. \*If your child is openly defiant, it is because you openly threaten to do something but don't follow through.\*
12. \*If your child is secretive, it is because they don't trust that you won't blow things out of proportion.\*
13. \*If your child talks back to you, it is because they watch you do it to others & think its normal behaviour.\*
14. \*If your child doesn't listen to you but listens to others, it is because you are too quick to jump to conclusions\*
15. \*If your child rebels it is because they know you care more about what others think than what is right\*

## **THIS MAY BE A GUIDE FOR OUR MODERN PARENTING!\***

**\*Positive Parenting!\***

**If you needed to be uplifted today, or merely encouraged, bring light to your day and a smile to your face!**

**REMEMBER, IT TAKES COURAGE...IT TAKES STRENGTH TO BE FIRM:**

**It takes courage to be gentle. It takes strength to stand guard.**

**It takes courage to let your guard down. It takes strength to conquer.**

**It takes courage to surrender. It takes strength to be certain.**

**It takes courage to have doubt. It takes strength to fit in.**

**It takes courage to stand out. It takes strength to hide your own pain.**

**It takes courage to show it. It takes strength to stand alone.**

**It takes courage to lean on another. It takes strength to love.**

**It takes courage to be loved. It takes strength to survive.**

**IT TAKES COURAGE TO LIVE. IT TAKES STRENGTH TO BETTER LIVE.**

#### **THINGS THAT HAS TO BE TOLD TO A DAUGHTER:**

**Being a mom or dad to a daughter is an extraordinary thing. And although it has its battles, it brings in so many different rewards, the most beautiful of which is seeing her grow into a strong, wise and composed woman, enriched with the principles you've strived so hard to give her, and filled with a love that's ready to be shared. If you have a daughter who you're proud of and love, here's a message you will surely want her to see. Although there's LOTS of BAD in the world, the GOODWILL ALWAYS out weight. A BIG SMILE is THE BEST accessory you can have always. Don't let ANYONE make you believe that pursuing your DREAMS isn't worth effort.**

**People who are SMARTER than you are the ones you should SURROUND yourself with. When you have the time READ A LOT. Treat your BODY like a temple - it's the only one you have. Don't bother chasing after SOMEONE who won't reciprocate YOUR LOVE, they can't be saved. Always keep in mind that you're the one who CONTROLS how other treat you. Saying "NO" when it's your true answer is a must, just say NO. Make it a priority in life to LOVE what you do, and do what you LOVE. Always be YOURSELF! ALWAYS.**

#### **A SCHOOL PRINCIPAL SENT A LETTER TO PARENTS BEFORE EXAM:**

**Dear Parents, The exams of your children are to start soon. I know you are all really anxious for your child to do well. But, please do remember that amongst the students who will be sitting the exams, there is an artist who doesn't need to understand math. There is an entrepreneur who doesn't care about history or English literature. There's a musician whose chemistry grades won't matter. There's a sportsperson whose physical fitness is more important than physics-like schooling. If your child does get top marks**

**that's great! But if he or she doesn't please don't take away their self-confidence and dignity. Tell them it's OK. It's just an exam! They are cut out for much bigger things in life. Tell them, no matter what they score, you love them and will not judge them. Please do this, and when you do, watch your children conquer the world. One exam or a low grade won't take away their dreams and talents. Also please do not think that doctors and Engineers are the only happy people in the world..**

**With warm regards,The Principal.**

## **CARE FOR THE PARENTS:**

**Minimum 35 Ways to Respect your Parents.**

1. Put away your phone in their presence.
2. Pay attention to what they are saying.
3. Accept their opinions.
4. Engage in their conversations.
5. Look at them with respect.
6. Always praise them.
7. Share good news with them.
8. Avoid sharing bad news with them.
9. Speak well of their friends and loved ones to them.
10. Keep in remembrance the good things they did.
11. If they repeat a story, listen like it's the first time they tell it.
12. Don't bring up painful memories from the past.
13. Avoid side conversations in their presence.
14. Sit respectfully around them.
15. Don't belittle/criticize their opinions and thoughts.

16. Avoid cutting them off when they speak.
17. Respect their age.
18. Avoid hitting/disciplining their grandchildren around them.
19. Accept their advice and direction.
20. Give them the power of leadership when they are present.
21. Avoid raising your voice at them.
22. Avoid walking in front or ahead of them.
23. Avoid eating before them.
24. Avoid glaring at them.
25. Fill them with your appreciation even when they don't think they deserve it.
26. Avoid putting your feet up in front of them or sitting with your back to them.
27. Don't speak ill of them to the point where others speak ill of them too.
28. Keep them in your prayers always possible.
29. Avoid seeming bored or tired of them in their presence.
30. Avoid laughing at their faults/mistakes.
31. Do a task before they ask you.
32. Continuously visit them.
33. Choose your words carefully when speaking with them.
34. Call them by names they like.
35. Make them your priority above anything.

Parents are treasure on this land and sooner than you think, that treasure will be buried. Appreciate your parents while you still can. Today let's make loads of prayers for our beloved parents.

**VALUE OF PARENTS:** Life is changing; people of yester years will know and recall that we were always caught up in relations and ties that yielded nothing. Our father was God to us. At our mother's feet lay heaven and now people have become sensitive. The new generation is cleverer and practical. For them, every relation is like a ladder..which they use to get themselves further, but when they have no further use of this ladder, along with the other broken furniture in the house, old vessels, old clothes and news papers, they dump them in the attic. However, life is not like a ladder, life grows like a tree, parents are not the step of ladder, and Parents are the soul of one's life regardless of its size and fullness. A tree can't stand on its own without roots. With humility and respect, I ask those children for whose happiness, a father spent every penny of his hard earned money on children and those very children when the father's eye sight weakens, why they hesitate in giving him light? If a father can help his son to take the first step in his life, why can't a son give his father support when he's taking the last few steps of his life? What crime have parents committed ? They have devoted their entire life to their children, that they live with tears and loneliness. If they can't give us any love, then who gives them the right to snatch our love from us? What do these children think? Can the parents that God has united in life be separated and forced to lead a life of sorrow? A man has children to live for, the children perhaps forget that their parents will be their future. If we're old today, they will also grow old some day. The question we ask today they will ask tomorrow.

**\*WHAT CAN PARENTS REALLY DO TO HELP THEIR CHILDREN?\***

Look after your health really well. Go for regular medical checkup and keep records.

Look after your investments and involve your children – tell them what you have and where.

Make a will clearly mentioning what you want to give to whom.

Keep nominations in place

Do not invest in products that you do not understand

If your children are not keen on your investments, simplify by taking index plans, annuity, etc.

In your 60s research on senior citizen homes

in your 70s go and stay in a senior citizen home

Make it attractive for the kids to call you, do not crib

Remember our children are far more stressed than we are

Create a big friend circle with people your age so that you keep busy

Create groups with friends, cousins, siblings so that you age together

Have an amazingly interesting life without needing your children

Learn to be independent and stop emotionally blackmailing your children

Learn to manage yourself in retirement

Do not exercise your ownership rights over them.

Never even once say 'its your duty to look after us'. You had kids because you wanted to

If they do look after you, be grateful, stop giving advice. They do not need it.



Hangouts

7 of 5,920

(no subject)

Inbox



**Vishnu Bharath** <[vishnubharathco@gmail.com](mailto:vishnubharathco@gmail.com)>  
to me

Had tears running down when I read this?

Read on.....

He was watering the plants in the posh gardens of an International school, heat and dust didn't seem to affect h

"Ganga Das, Principal Ma'am wants to see you -- right now"...

The last two words of the peon had lots of emphasis on them, trying to make it sound like an urgency.

He quickly got up, washed and wiped his hands and headed towards the Principal's chamber.

The walk from the garden to the office seemed never ending, his heart was almost jumping out of his chest.

He was trying all the permutation and combination, figuring out as to what has gone wrong that she wants to se

He was a sincere worker and never shirked from his duties...

knock knock...

"Madam, you called me?"

"Come inside..." an authoritative voice made him further nervous...

Salt n pepper hair, tied neatly in a french knot, a designer sari-sober and very classic, glasses resting on the bri

She pointed out towards a paper kept on the table...

"Read this"...

"B..but Ma'am I am an illiterate person.

I can not read English.

Ma'am please forgive me if I have done anything wrong... give me another chance...

I am forever indebted to you for allowing my daughter to study in this school, free of cost... I could have never e

And he broke down almost trembling:

"Hold on, you assume a lot...we allowed your daughter because she is very bright and you have been our since  
translate it to you... this is written by your daughter and I want you to read this."

Soon enough the teacher was called and she started reading it, translating each line in Hindi...

It read-

"Today we are asked to write about Mother's Day.

I belong to a village in Bihar, a tiny village where medical and education still seem like a far fetched dream. Ma  
mother was one of them too, she could not even hold me in her arms. My father was the first person to hold me

Everyone was sad.. as I was a girl and I had "eaten up" my own mother.

My dad was instantly asked to remarry but he refused.

My grandparents forced him by giving all logical, illogical and emotional reasons but he didn't budge.

My grand parents wanted a grandson, they threatened him to remarry or else he will be disowned...

He didn't think twice... he left everything, his acres of land.. a good living, comfortable house, cattles and everyt

He came to this huge city with absolutely nothing -- but me in his arms. Life was tough, he worked hard day and

Now I understand why suddenly he developed a dislike for things that I would love to eat when there was only o  
it and I would finish it considering that he does not like it.... but as I grew older I realised the reason and what sa

He gave me the best possible comforts beyond his capacity.

This school gave him a shelter, respect and the biggest gift -- an admission to his daughter...

If love and care defines a mother... then my father fits in there.

If compassion defines a mother, my father fits in well in that category too...

If sacrifice defines a mother, my father dominates that category.

So in nut shell.. if a mother is made of love, care sacrifice and compassion...

MY FATHER IS THE BEST MOTHER ON EARTH THEN.

On Mother's Day, I would like to wish my father for being the best parent on earth... I salute him and say it with p  
my father.

I know I may fail this test after my teacher reads this -- but this would be a very small price one would pay toward

There was a deafening silence in the room... one could only hear soft sobbing of Ganga Das....

The harsh sun could not wet his clothes with sweat but soft words of his daughter had soaked his chest with tea

He took the paper from teacher's hands... held it close to his heart and sobbed.

Principal got up.. offered him a chair, glass of water and said something... but, strangely the crispness of her vo

"Ganga Das.. your daughter is given 10/10 marks for this essay... This is the best essay ever written about Mot  
Mother's Day gala event tomorrow and the entire School Management has decided to invite you as the Chief G

This is to honour all the love and sacrifice a man can do to raise his children... to show that you do not have to b

And most importantly this is to reinforce/appreciate/acknowledge the strong belief of your daughter in you, to ma  
we have the best parent on earth as stated by your daughter."

"You are a True Gardner, who is not only looking after the gardens, but also nurturing the most precious flower

"So Ganga Das, will you be our Chief Guest for the event because you proved a father can also be a mother?"



ReplyForward