

parenting



There is a say by Khalil Gibran,

“You may give them [your children] your love but not your Thoughts; for they have their own thoughts.

You may house their bodies but not their souls; for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.”

Parenting is an art; it is difficult but not impossible. The art lies within; it’s just that we need to re-define that for ourselves. And that’s absolutely necessary as that defines future of each children not only academics but also humanitarian.

More patience than harsh,

Loving than pampering

Understanding and weighing than discarding [their point of view]

Doing [yourselves first] than only advising.

Setting an example for them rather expecting them to set it for you.

“The joys of parents are secret, and so are their grieves and fears; they cannot utter the one, nor they will not utter the other.”

Raising children is one of the toughest and most fulfilling jobs in the world and the one for which you may be the least prepared. Learning “on the job” how to be a parent can be fraught with pitfalls. As Homoeopathic doctors we want to make some suggestions to help raise healthy and happy children. Here are some ways to tackle your child-rearing responsibilities that will help you feel more fulfilled as a parent, and enjoy your children more, too.

Very often we see children ruined through the virtues, (real or supposed), of their parents. As a parent, it becomes a matter of combined efforts for both mother as well as father, to be equally responsible for the better future & better growth of their children. And for that, the mutual understanding amongst parent & also being self-disciplined and self-responsible as individual parent plays a vital role in better upbringing of their children.

Also, today we see many cases of broken marriages where single parenting becomes a double burden. It becomes a

task for this person to tackle the child single handedly without causing a trauma to the mind of this child.

When a child is born, it seems so fragile, feeble and tiny that it is only natural for parents to feel fiercely protective. Parents feel responsible for these tiny creatures that they have brought into the ‘big, bad world’ and intend to be their guardian angels for the rest of their lives.



Parents want to shield their children from all conceivable harm, but for how long and to what extent?

Parents need to remember that children do grow up. They cannot expect their children to hold ‘mummy or daddy’s’ hand forever as they make their way through life. Children do not tiptoe through life, they romp, they run, they jump, and they explore. Given this scenario, parents should accept that scratches, cuts, bruises, and broken limbs are all a part of childhood. Parents who constantly run interference between their children and the real world are actually doing more harm than good.

This does not mean that children are the best judges of the risk involved in any activity or that parents should not be cautious. But how does a parent know if he or she is being unnecessarily fearful for his or her child’s safety? Parents

who view every physical activity as being potentially dangerous; those who only feel reassured when their children are under their watchful eyes; those who are more anxious than their children that something will go wrong; those who hover over their children constantly giving instructions; those who rule out all activities that have an even remote possibility of resulting in an accident; those who feel that their children cannot cross a road without being run over or go out alone without being abducted are parents who could be said to have inappropriate fears or are being over protective parents.

Parent's fears for their children's safety, if extreme, can have an adverse effect on their children's confidence and self-esteem. By molly-coddling a child, a parent is only making the child more dependent and inhibiting her attempts to learn to do things by herself. Overprotective parents unintentionally send out a message to their children that they are incapable of handling things by themselves. In addition, the parents' fears transmit themselves to the children who, in turn, begin to perceive dangers lurking in every new activity and experience. It has been observed that children have fewer falls, tumbles and injuries when left to play by themselves than with parents constantly cautioning them, and ready to leap forward at the slightest sign of danger. Parents who fear that an activity may be risky should warn their children beforehand rather than while they are engaged in the activity. Else, the warnings merely serve to transmit the fear to the children and distract them, leading to a greater probability of an accident.

When a child does something on her own for the first time, it is a great accomplishment, even if it is something as insignificant as learning to ride a bicycle or learn to swim. Parents who wrap their children in cotton wool, in a manner of speaking, are denying their children this pleasure.

Over-protectiveness with older children-Older children most often do not perceive parental over protectiveness as stemming from love and concern. They believe that their parents just do not trust them to be sensible and responsible. Older children can react to their parents' excessive fear in one of two ways: compliance or resistance. If parents voice their fears in terms of doubts, e.g. "Are you sure you can do it?" or give them dire warnings of the worst case scenario, it can result in the children giving up the idea or activity altogether because they too begin to doubt their capability. On the other hand, children can react with defiance.



Parents of such children begin to lack credibility in their children's eyes because they seem to have an extreme view that the world in general is a dangerous place. They feel that they are denied the normal pursuits of their peers merely because their parents have unfounded and baseless fears. Such children react with resistance because they believe that their parents perceive them as being accident-prone and having poor judgments.

Establishing lines of communication-Overprotective parents should change their attitude if they want their children to grow up as independent, confident adults. If a parent suspects that he is excessively protective, fearful and inhibiting, then as a first step, he should confirm his doubt by asking the other parent for an opinion. In the case of a single parent, he can share his concerns with someone equally concerned for the child's welfare or even other parents. This will act as a reality check. While he need not adopt other people's opinions as gospel truth, the advice and information will help him make an informed decision about what is safe for his child.

The second step he should take is listen to his child. He should try to convey to his child that his caution stems from concern for the child's safety and not from a lack of trust in the child's competence. He could discuss the dangers of the activity with the child and advise him what to do in case of an emergency. He should make judgments' based on an assessment of the child's overall competence and judgments.



Despite adopting these measures, there may still be several occasions where a parent may still deny his child permission to participate in an activity. What is safe and acceptable for one child may not be so for another. At the end of the day, parents are the best judges of what activities are

acceptable for their children in terms of safety. However, the child will realize that while she may be denied this particular pleasure, there will be other activities that will be permissible. What is safe and acceptable will always be a bone of contention between parents and children, but the important thing is for parents to realize that sometimes they just need to let go.

Be Fair to your Children-

Most parents start out with good intentions. They want to be scrupulously fair in their dealings with their children and treat all their children the same way without discriminating between them. Parents endeavor to give their children similar presents so that nobody should be left out. Some parents make a conscious effort to try not to lose their temper with one child more than the other. They try to apply rules of discipline impartially to all their children. Yet, despite their best efforts, children continue to complain that they are getting the short end of the stick. Is there something wrong?

While it is admirable that parents want to rear their children without discriminating between them, this is at best an admirable theory or a guideline to adopt while parenting. Parents who feel guilty when their children accuse them of being unjust can rest assured that it is virtually impossible to stick to your resolve of constant fairness.

Constant fairness is an unrealistic expectation of parents because they have failed to factor in the most basic element of human error and their capacity to misjudge situation and overreact which is quite normal. While you can work

towards the goal of being fair, do not be dismayed if you find yourself straying off the path. Parents are human after all.

When parents think that they can always be fair, they have to realize that it's not like disciplining soldiers in the army. Each child is different and has his own temperament. Some children are easy to talk to and reason with. Others can be stubborn and naughty and will need a firmer hand. There is no way that one blanket approach can cover them all. Some children get shouted at more often because they don't respond to any other kind of discipline.

Parents should also keep in mind that by sticking rigidly to the 'always fair no matter what' attitude they may be doing their children a disservice. Children are entitled their special praise and privileges depending on their needs and when they earn it. If you deny them, it will just make them feel resentful and neglected.

It is difficult to be fair when settling squabbles between siblings, especially when you cannot identify what happened or who started it or who finished it. Every child will present his own version, but you cannot afford to take any child's word over the others. You will have to deal with them as you see fit, even if it means that one or more of your children feel that they have been unjustly dealt with.

So instead of concentrating so hard on being fair parents, maybe you should work harder on ways to make your children feel loved.

Effective Tips- It is important that we discipline in a way that teaches responsibility by motivating our children internally, to build their self-esteem and make them feel loved. If our children are disciplined in this respect, they will not have a need to turn to gangs, drugs, or sex to feel powerful or belong.

The following vital keys will help parents use methods that have been proven to provide children with a sense of well-being and security.

1. Keep your children healthy. Seeing, hearing and feeling well are essential to learning. Kids should go to bed at a reasonable time on school nights.

2. PLEASE don't send them to school if they are sick. If they are sick, and if they are sent to school, not only does learning suffer but also so do their social skills. They should not be made to go to school if they have a hacking cough or a thick, runny nose.

3. Talk with your children. Talk naturally. Don't use baby talk, no matter how young the child. The more words a child can understand and say, the easier it will be for him /her to learn to read and to understand. Never talk down to a child. If you use a word your child doesn't understand explain it to him and give him the proper definition. Look it up together in the dictionary so he knows where to get help on his own.

4. Listen to your children. Encourage them to talk about their everyday activities. Make sure you give them the

chance to initiate conversation during meals, in the car and on other suitable occasions. Children will learn to express themselves if they know you will give them your undivided attention. BUT if you are always distracted yourself like watching T.V., talking on the telephone and being engrossed in chores, it will keep them from really expressing their feelings. There is a say,

“It doesn’t matter how much time you spend with your child, What matters is the quality of time you spend with them”.

Remember, it's quality time that is important. Sit down and talk to them or at least lean down to their level.

5. Nurture your child’s self esteem-Children start developing their sense of self as babies when they see themselves through your eyes. Your tone of voice, your body language, and your every expression is absorbed by your child. Your words and actions as parents affect your child’s developing self-image more than anything else in his world. Consequently, praising your child for his accomplishment, however small, will make him feel proud; letting him to do things for himself will make him feel capable and independent. By contrast, belittling your child or comparing him unfavorably to another will make him feel worthless.



Avoid making loaded statement or using words as weapons: “What a stupid thing to do!” or “You act more like a baby than your little brother!” Comments like these bruise the inside of a child and may develop into sibling jealousy. Choose your words carefully and be compassionate. Let your child know that everyone makes mistakes and that while you may not like his behavior. You still love him.

6. Set limits and be consistent with your discipline-

Discipline is necessary in every household. The goal of discipline is to help children choose acceptable behaviors. Children may test the limits you establish for them but they need limits to grow into responsible adults. Establishing house rules might include: homework is to be done before any television privileges are granted, or hitting, name-calling and hurtful teasing are unacceptable.

You may want to have a system in place: one warning, followed by consequences such as “time out” or loss of privileges. A common mistake parents make is failure to follow through with consequence when rules are broken. A rule without consequences is not a rule at all-it’s a threat. You can’t discipline a child for talking back one day, and ignore it the next. Being consistent sets an example of what expect from our children.

7. Avoid comparing your children. Each child is unique. Some children learn faster than others. If your child seems to be moving at a slow rate; don’t blame him or worry about it.

Each person learns at his or her own rate. Don't make early comparisons for your children may have yet untapped attributes and talents. They may be a late bloomer.

8. Make time for your children-With so many demands on your time, it's often difficult for parents and children to get together for a family meal, let alone spend some quality time together. However, there is probably nothing your child would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Children who are not getting the attention they want from their parents often act out or misbehave because they are assured of being noticed.

Adolescents seem to need the undivided attention of their parents less than younger children. Since there are fewer windows of opportunity for parents and teen to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities.

Don't feel too guilty if you're a working parent. Quantity is not nearly as important as what you do with the bits and pieces of time you have with your child. It is the many little things you do together-making popcorn playing cards and window-shopping that your child will remember.



9. Give your children books as birthday and holiday gifts.

Children who have books they can call their very own are motivated toward reading. The arrival of books mailed directly to your children, with their name on the label, provides a strong inducement for reading. If they are a pre-reader then sit down and read the magazine or book together. Treat them to a trip to the book store and get a nice hard bound book related to their interests, a book on animals or trucks or mountains or birds. Or get them an activity book or a children's cookbook or hobby or puzzle or joke book.

10. Be patient with your children. Even though you work with them and help them with homework, they may make the same mistakes many times. Don't despair. Some experts say that new learning sometimes requires more than 10 repetitions before it is absorbed. It's most important that you do not become angry or impatient, since learning cannot take place in a tense atmosphere. If you find you are losing your cool, take a break.

11. Do not let TV/ computer/mobile be your master or babysitter-Choose appropriate show on TV for them.

Children learn a lot from television, computer both good and bad. Help them choose appropriate programs to watch. Always watch a new program first together. And then discuss it. "I'm sorry, I do not want you watching that program again as I feel it is too violent" (or whatever you

feel, like it has bad language or wrong for their age or just inappropriate). This is a perfect time to stress your family's values.



Remember, you are the adult; you need to be setting limits. Children should not be watching hours of TV every day!

12. Teach your children to be independent and self-reliant.

Encourage them to pick out their own clothes and dress themselves, choose what they want to eat from several choices you give them ("Do you want a cheese or sandwich?"), help with chores around the house, be aware that tasks need to be done (from conception to end) and to try new skills and new things. Do not baby your children, or say "He's my baby !" "She's my little girl!" You want them to grow up and be their own person. Doing everything for your preschooler does not make them want to try new things at school. It does not help them grow into healthy adults.

Also you can teach them banking as they grow up so saving is also imbibed on them.

13. Be flexible and willing to adjust your parenting style-

If you frequently feel “let down” by your child’s behavior, it may be because you have unrealistic expectations for her. Parents who think in “should”, e.g., “She should be potty-trained by now”, may find it helpful to do more reading on the matter or talk to other parents or child development specialists. This may enable you to adjust your expectations to a more realistic level.

Teenagers tend to look less to their parents and more to their peers for examples of how to be. Continue to provide guidance and appropriate discipline while allowing your child to earn more independence. And seize every available moment to make a connection!

14. Take your children places. Visits to nature and science centers, art museums, train stations, airports, construction sites, pet shops, etc. will broaden their experiences. Children need a whole range of diverse activities.



15. Be a good role model- young children learn a great deal about how to act by watching you. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want him to behave when he’s angry? Be constantly aware that you are being observed by your children. Studies have shown that children who hit usually have a role model for aggression at home.

Instead, model the traits you wish to cultivate in your child; respect, friendliness, honesty, kindness. Exhibit unselfish behavior. Do things for other people without expecting a reward, such as taking dinner to sick neighbor. Express thanks; offer compliments. Above all, treat your children the way you expect other people to treat you. Avoid arguments, fights, and manipulations in front of them.

Teach them sympathy and donations towards poor, needy animals....



**YOUR CHILD WILL
FOLLOW YOUR
EXAMPLE, NOT
YOUR ADVICE.**

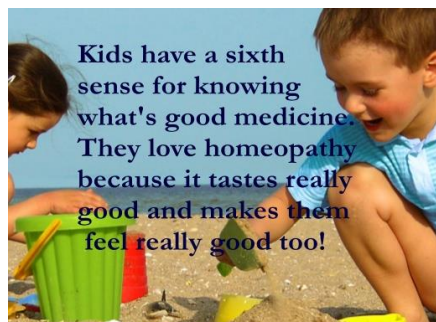
16. Show your love is unconditional- As a parent, you are responsible for correcting and guiding your child. But how you express your corrective guidance makes all the difference in how your child receives it. When you have to confront your child, avoid blaming, criticizing or faultfinding, which undermine his self-esteem and can lead to resentment. Instead, strive to nurture and encourage even when you are disciplining your child. Make sure he knows that while you want and expect him to do better next time, you love him-no matter what.



After reading the above points, making appropriate changes in your own self will do wonders on the path of better growth & better life of your children.

“The relationship of parent and child, less noisy than all others, remains indelible and indestructible, the strongest relationship on earth.”

How does Homoeopathy play a role in upbringing your child?



Homoeopathic medicines stimulate the immune system initiating a healing response that unfolds over time to restore health and harmony.

Homoeopathy is well-suited to treating children's health complaints. The remedies are painless to administer, they

taste sweet, one dose lasts a very long time, and they benefit children on all levels from the physical to the mental, emotional, and spiritual. Homoeopathic medicines address the underlying causes of illness, such as inherited conditions, vaccine damage, and environmental and emotional stresses.



Many parents are bewildered by the frequent illnesses of their children, or by the fact that their kids often seem restless or discontent. They just can't figure out what to do to make them happy. The parents take their youngster to the doctor, but receive a clean bill of health. The mother and father can sense, however, that the child is not quite in balance or not in harmony. Maybe the child is whiny or clingy, or wakes frequently during the night. These are things that homoeopathy can help with. A specific ailment has not been diagnosed, but the child is not at ease.

Sometimes parents notice that their young one has problems at play. They might sense that the creative energy behind the play is not as vibrant as it should be. Maybe the child gets bored easily, or cannot concentrate on what she is doing. Perhaps the child behaves destructively, or gets angry if she doesn't receive undivided attention. All of these

problems at play indicate that the child is not in balance. The healing energies of the homeopathic remedies can help restore your child to balance, so that she will be more happy and creative at play.

The above are subtle signs of illness. What about when the signs are not so subtle. As when your child suffers from the following conditions:

Allergies;

Asthma;

Frequent colds, and coughs;

Headaches;

Insomnia

Recurrent ear infections;

Stomachaches

These are all conditions homoeopathy can treat effectively and efficiently. Many of them are complex conditions that have genetic causes, such as allergies, asthma and psoriasis. This is the field where homoeopathic medicine thrives and does excellent work. These conditions can sometimes take several years to cure, but the child will be noticeably better with each season.



There is a wide range of emotional and mental conditions that homeopathy can help children with, such as:

Anxiety and Fears

Autism Spectrum Disorders

Behavioral Problems

Clinginess and whininess

Depression

Excessive anger

Grief

Hyperactivity

Nervousness and anxiety

Nightmares

Separation anxiety

Homoeopathy is respectful of the mind/body connection. Experience teaches us that illness stems from the mind and

from there manifests in the rest of the body. We therefore place great value on the mental and emotional symptoms as guides to the remedy.

Children on long term Homoeopathy are seen to improve academically as well as health wise. In fact it is an all round healthy aura created around your child which keeps your child in Harmony with the world.

