

Slide 1: Soul2Soul Educare presents: Spiritually Awakened Integrated (S.A.I.) Parenting

After today's workshop hopefully you will go away with some pointers on how to bring up an "ideal child"? The knowledge you will learn from this workshop comes from raising our own son who is now 16 years old, plus from workshops that we have presented for over 20 years in half way houses, Dekalb county schools plus our own children's academy that we ran for 10 years.

We have acquired this wisdom over the years from experience, books, articles, plus a lot of it came from our own spiritual master Sai Baba and angels and ascended masters.

Slide 2: We will start by handing out a quiz for you to complete. You don't have to share the answers with us. This will give you an idea of what your parenting style is like.

Slide 3: Before we begin we start with a Golden Spiritual Rule "Our child is our Teacher"

Slide 4:

- Remember everything the child does is a reflection, reaction, resound of our own actions - whatever the child is doing is a direct reflection of our own actions.
- If we correct these behaviors in ourselves, the behavior in our child will disappear miraculously Every child holds up a mirror to us by their actions and so if they are misbehaving, we must look at our own actions and see if we are misbehaving. Once we correct this behavior in us, the behavior pattern will disappear in our child.
- Keep this in mind next time your child misbehaves

Slide 5: So we start with the age old question: Is Discipline Necessary?

Slide 6: First let us define discipline. **Click on each one:**

1. Discipline is important for everyone; we wouldn't even get out of bed without discipline. Discipline is the conscience telling us to stop – to stop sleeping too long, eating too much, crying too long etc.
2. Discipline is the brake on a car. Would you put your child in a car without a brake?
3. Discipline helps one to grow spiritually. If children do not learn to experience the consequences of their own actions, and expect you to cover up their mistakes, they will not grow spiritually. This needs to be taught from birth, if you wait until they are teenagers, you'll find that you're sometimes trying to control a loose cannon. I started disciplining Bharat when he was 6 months. My brother called me Hitler and yet today there is a vast difference between his son and mine. The disciplinary approach parents use during the first 3 years of their child's life is critical. It will influence not only how a child learns to distinguish right from wrong but also how well-adjusted and self-assured a child will ultimately be.
4. "Discipline trains you to put up with disappointments, you will know life has ups and downs". Sathya Sai Baba.

Slide 7: Two Types of Discipline: A. Active Discipline

Click:

- Eg. Extra Chores □ Laundry, lawn mowing, washing dishes, vacuuming, washing the car, working in the garden. Taking out the trash
- Extra Study eg □ Book Report, Math, Writing,

B. Passive Discipline - e.g. restriction, removing privileges

- Restrict their activities □ T.V., Friends, Candy, Movies, Car, Outings, Telephone
- Restrict their actions eg time out □ To a Chair, Room, House etc.,

Slide 9: Here are Some Discipline pointers For parents of babies/toddlers:

Click:

- a. Let them cry within reason - Even when they are babies - if they are not wet, hungry, or in pain – don't run to them every time they make a peep. Babies know and will use crying as a control mechanism if you let them.
- b. Do not constantly rock or cradle or allow infants to sleep in your bed. Let them fall asleep in their own bed instead of in yours. At 6 months you should move them to their own room and sleep in a darkened room – no night light. This teaches them confidence and having no fear of the dark.
- c. Keep toddlers in playpens or closed off areas instead of roaming around the house, and let them spend short periods playing with themselves within close range where you can see them. I used to do this for 30 mins or so. This teaches them limits and not being able to do as they please.
- d. Always feed them in a highchair once again teaching them limits (not running around after them). (when I went to India used his stroller to feed him) – he knew that at dinner time you sit at the table and not walk around.
- e. Learn to say "No"
- f. Start responsibilities early as early as 2 years (we will talk about making a responsibility chart after I cover discipline pointer for an older child)

Slide 10: Discipline Pointers for parents of older children

- g. Be Firm but also nurturing
- h. Learn to say "No"
- i. The more you give in, the more they will test you.
- j. Don't be inconsistent – one time saying yes and another saying no.
- k. If you have to raise your voice – show you're angry but do not feel anger inside.
- l. Give them responsibilities eg set chores, asking them to call up a technician, ordering a pizza.

Slide 11: Examples of Responsibility Charts:

I will show you some samples of responsibility charts we had for Bharat.

Slide 12: From Age 3-5 – Bertie's Time-Limit Chart

Slide 13: From Age 6 to 11 – We started a card system, then it morphed into a point system.

As Bharat got to age 12 – and we started to give him allowance at the end of the week, but we took away a dollar every time he didn't do the right thing.

These systems did teach him to become very responsible.

By the time he reached 13 we stopped the whole system of reward and punishment as you will see in the next section.

Slide 15: Reward vs Punishment

Because of the industrial and technological age, we have become consumers of comfort and pleasure. We want our children to have everything. We watch commercials on TV, following their advice to buy buy buy or get get get to be happy. The children have been programmed like this always wanting stuff.

We reward children by buying them stuff. We sugarcoat each event for them.

Slide 16: Click: To raise a spiritual being, no absolute reward or absolute punishment should be used. If a child does something outstanding, he/she should definitely be commended by words, hugs, love for his/her achievement, but it is not necessary to always give them something tangible as a reward to celebrate their success.

When Bharat has successes, sometimes we celebrate but not all the time. Otherwise when this child grows up in society he/she will always expect reward for his/her good actions. In this country they tend to teach children at school esp. with fund raisers. Instead of doing the fund raisers for the sheer joy of doing service, the children are taught – raise money for eg jump rope for heart and you will get this prize if you collect this amt of money etc. etc. Teaching the child that good deeds should always be rewarded with a prize.

Click: In the same token if a child has misbehaved, instead of quickly turning to punishment, sometimes it is important to talk it over with the child to see why they did what they did.

Click: When Bharat would come home from school and act like he had soaked up the negative energy of the other kids, I would tell him to go outside and drop the negative energy outside and then come back in.

Click: When nothing seems to work, I resort to Divine Magic to help. I ask my spirit guide to talk to Bharat's spirit guide to make him understand that he's being unreasonable etc. Then within minutes Bharat comes around.

Or I use the divine magic of Samasta Loka Sukhino bhavantu

Slide 17: How to avoid over indulgent parenting styles:

Parents are to blame for $\frac{3}{4}$ of their children's behavior. When parents allow the children to go astray, sometime or other they will suffer the consequences. It has become fashionable in this Age to let the children have their own way. The parents give a free rein to the children instead of controlling them.

Today kids are out of control because of soft parenting styles. There is no understanding of cause and effect.

When we ran our children's academy, one of our students told his father "In my Soul2Soul Educare class, I learnt that parents should be an example, so if I have to stop watching TV and go to bed by 9 pm, then so must you".

Slide: 18

Click: Children are very smart. You cannot have children dictate your behavior. You must explain that there are different house rules for parents and children.

Click: You must be in control of your children. Eg. You must set a bedtime. If he/she does not obey, then there must be consequences.

Click: Dr. John Gray – author of "Children are from Heaven" says that the Parents should be the child's boss. A child is not your peer – especially young children. As they become young adults, then they should be able to treat you as a friend, until then, you are their boss. You need to be their boss and lead with love so they are happy to follow you eg a great king and his subjects.

Slide 19: What is that one object in the house that is making parenting so difficult?

Slide 20: Answer: Television

We have to start by removing outside influence that creeps into our households via TV, internet. I tell you if you removed the TV from your house, you will be on the road to success with your children and your parenting job will become easier. But you as parents have to stop watching it too – you can't just tell your child "don't watch tv and you yourself are constantly watching it.

Slide 21 – poem by Roald Dahl in Charlie and the Chocolate Factory

TV rots the senses in the head!
 It kills the imagination dead!
 It clogs and clutters up the mind!
 It makes a child so dull and blind.
 He can no longer understand a fantasy.
 A fairyland!
 His brain becomes as soft as cheese!

His powers of thinking rust and freeze!

Slide 22: First lets look at what tv does to the brain and abilities of the child.

“Several investigators have drawn attention to the actual act of viewing television as even more insidious and potentially damaging to the brain of the developing child than the actual content of what’s on TV.” Healy 1990, Pearce 1992, Buzzell 1998, Winn 1985

Slide 23: “Watching television has been characterized as multi-level sensory deprivation that may be stunting the growth of our children’s brains.” Healy 1990

Slide 24: T.V. hurts normal development of the child

In the first three years of life, a child learns to walk, to talk, and to think.
T.V. prevents normal development of these:

- Walk... Television keeps us sitting
- Talk... Leaves little room for meaningful conversation
- Think... Seriously impairs our ability to think because there’s no problem solving

Slide 25: What Experts say: about T.V. hurting our child’s normal development

“The ability to search out, scan, focus, and identify whatever comes in the visual field is impaired by watching TV. These visual skills are also the ones that need to be developed for effective reading.” Buzzell 1998

Children watching TV do not dilate their pupils

- Show little to no movement of their eyes
- Lack the normal eye movements of jumping from one point to the next that is critical for reading. Buzzell 1998

Slide 26: Television desensitizes children

The message sent to their brain is:

When human beings speak on TV, children are often doing homework, playing games, and talking to friends while watching TV.

The underlying message is:

Click:

- You don’t need to listen when another person speaks.
- You don’t need to comfort anyone if you hear crying.
- It’s normal to see people being killed, abused, yelled at
- You don’t have to be sensitive to your parent’s emotions

Slide 27: In a recent interview, Quentin Tarantino a movie producer who produces very violent films was asked "Why are your movies so violent and what is the need for so much foul language?". He replied "The people are now desensitized and in order to get their attention, we need to use these methods. Shock therapy is needed to attract their attention. The movie industry is greedy and so they continue to produce horrible films. Even the news is reported in this way.

Slide 28: Children copy what they see on TV. The images the children watch become imprinted on their minds. A friend told us an incident of a 3 year old. She saw this boy watching a cartoon where they are saying "I hate my daddy". A year later, she was visiting this same family and the father scolded the child, and the child ran into his room and shouted I hate my daddy I hate my daddy (just like on the cartoon)
Let's see a video of little girl (what she has learnt from a movie) (saying "I'm going to kick his ass").

Slide 29: Spending quality time:

It is important to spend time with the child – this doesn't have to be going to a movie or dinner. Quality time is really being there with the child.

Slide 30: We will break into groups and discuss some ideas of quality time – then we will have one person from each group and share their ideas with everyone.

Slide 31: Some of our ideas:

1. Compose a song or poem with your family
2. Watch a wholesome movie with the family and discuss the spiritual aspects of it – for younger children guide them and point out spiritual aspects.
3. Meditate together
4. Sing devotional songs together
5. Create a play with a value and act it out for the whole family or other relatives and friends.
6. Write a story or draw or paint.
7. Have a quiz show
8. Have a talent show – ask each member of the family to present his/her talent.
9. Have a cooking contest.
10. Have a Scavenger hunt – You hide items around the house based on a particular theme – have your family members find them.
11. Read or tell good stories
12. Have a family game night
13. Tell each other jokes

Slide 32: Working vs Stay at Home Moms

Slide 33: Our advice is that if you don't need to work, stay home.

We work work to have a higher standard of living. We have to ask this question do we really need that much?

There is a time-scale to brain development, and the most important years are the first few years.

Click: Frank Newman, former president of the Education Commission of the United States said, "From birth, a baby's brain cells proliferate wildly, making connections that may shape a lifetime of experience. The first three years are critical."

Slide 34: Joseph Chilton Pearce in his book, *Evolution's End* 1992, shows that during a child's development, there are a series of learning windows.

Click: 1st year the child has established its ability to understand words & feelings of self-esteem.

Click: 2nd years the child's vocabulary will be determined by how many different words he hears.

Click: 3rd years the ability to think, learn or not learn is developed by the age of 3.

Slide 35: Statistics in America: In America, 76 percent of mothers are working outside the home. 10 million children under the age of 5 have employed mothers.

Slide 36: Also some working mothers say that they are with their children so little, that they don't want to spend time disciplining them. It is not easy to spend the only hours you have confronting problems. But this is important, and **Click:** it is your duty to do so.

Click: Quality time is time used to mould the character of your children – time spent in preparing them for their role in life.

Click: By indulging them, this is not quality time – you are allowing them to escape and hence not preparing them for life.

Slide 37: Introducing spirituality at a young age:

Slide 38: Click: Did you know that you can affect your child's spirituality even before he or she is conceived?

Click: From the 15th Chapter of the Garuda Purana, we learn that the father attracts the soul. So whatever he was thinking, feeling, whatever vibration he was at a few months before conception, that is the type of soul that will be drawn to him.

The embodied soul which is incorporated in the sperm has got an intellect sheath, it is attracted by the thought waves of the father if those thoughts are similar to the thoughts

represented in its intellect sheath. A person carries the traits of his nature in his intellect sheath even into his next life.

Click: Before we can explain this, we will quickly explain the different koshas or sheaths that we embody. Explain koshas.

If the father has righteous thoughts, an embodied soul with righteous traits in its intellectual sheath is attracted to the womb.

Tell story of Sangita attracting a meat eater and craving meat.

Click: Consciously create your child: Make a list of all the qualities you want your child to have including what you want your child to look like eg I wanted a child with dimples.

When you get ready to have a child, do the act of love making consciously. Create a child born out of love. During the act of creating this child, literally worship your partner with utmost reverence and respect. Be connected.

Click: Also a mother affects the personality of a child through her thoughts, feelings and emotions while carrying a child. So when you are pregnant you really have to be careful.

Studies have shown that music, books etc exposed to the unborn baby affect the baby. I knew of a mother who spent her entire pregnancy crying and when her baby was born she was a cry baby.

During my pregnancy I didn't do anything non-spiritual – watched spiritual movies, read spiritual books.

Click: Both parents should adopt a high vibration lifestyle e.g. being a healthy vegetarian, avoiding GMOs and preservatives, being eco-friendly, etc.

So you can see spirituality can start right at conception.

Slide 39: Then when the child is a baby:

– you can say prayers, sing spiritual songs, tell spiritual stories to the child even when he/she appears like he/she doesn't understand. It is all going into their subconscious mind.

Slide 40: As they get to the age where they start to speak, teach them simple prayers, make God a part of their daily life. It makes them truly believe that God is an important aspect of themselves

Slide 41: As they become older, teach them to talk to God – to make God their friend. As they become teenagers, teach them to meditate. This makes God real and tangible

Slide 42: Final Word to Parents

- Don't fight in front of your children
- Don't argue about disciplining in front of the child
- Do be consistent
- Don't give permission to your child unless your spouse has been consulted
- Do create house rules
- Do re-enforce positive energies
- Do listen to your children with total attention.
- Do show affection to your spouse in front of your child
- Do constantly show affection to your children