

Recipe to Raise
Responsible Teens
by Age 5

by Kathern (Gillogly) Welsh

A Common Sense, Straightforward Guide to
Raising Responsible Teens
No Matter What Type of Parent You Are.

Published by Hopeful Words Publishing
Smashwords Edition
Copyright 2013 Kathern Welsh

Smashwords Edition License Notes

This ebook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you are reading this book and did not purchase it, or it was not purchased for your use only, then please return to Smashwords.com and purchase your own copy. Thank you for respecting the hard work of this author.

Preface

Recipe to Raise Responsible Teens by Age 5 is a Common Sense, Straightforward, and Entertaining Guide to Raising Children. It's based on nearly half a century of actual hands-on experience, along with years of observation and self-study.

No Matter what type of parent you are, Married, Single, Divorced, Adoptive or Step-parent, this book will help you to remember the essentials to being an effective parent. Don't let your child be plagued by emotional turmoil, hampered from enjoying a happy, carefree, productive lifestyle.

Here are some reviewers' comments:

I agree with the love, common sense, and straightforward approach that came across to me in reading this delightful book.

N. Schwan, R.N.

A realistic application of some very basic principles that will help children develop into happy, productive adults. I recommend it highly.

S. Thompson, Early Childhood Teacher

A neat book... The common sense, logical thinking is so evident as you read through the book.

G. Sunbury, Teacher

Note from the Author

I haven't included any references to religion in this book, however I want to express how deeply I feel the importance of God is, to each and every life.

I was raised in a "*church going home*" and when I grew up, I rejected religion for too long a time. I searched unendingly for a meaning to life. I attended various churches, and for a while believed in the occult, then in reincarnation, and at a time when I felt lost and alone, I was befriended by, and even became a Mormon. They called me a "Golden Convert", because I had been so lost and vulnerable.

I have been a married parent, a single parent, a divorced parent, a step-parent, a foster parent and even at one time, a homeless parent.

I have learned through many trials and challenges, that belief in God is the only real foundation for living a happy life. I've lived without Him, and with Him is so much better, even through the hard times. I tried to commit suicide at one time, when I was rejecting Him. He saved me and brought me through.

As short a time ago as August, 2012, I was so ill and in misery, that I prayed for God to just take me to my eternal home. I couldn't get out of bed, move, or eat for over 2 weeks. Then, after surgery, I began to get better. Now I am serving God by working on publishing the poetry and songs He has given me, and I play organ and piano at two churches, and at the Great Machipongo Clam Shack.

Through all the ups and downs in my life, and through the failed relationships, I've finally found that the only truly happy life, is with a close personal relationship with our Savior. In finding your purpose in life and embracing it with all your heart!

Introduction

This book is essentially different than the many books which have been written by the so-called “experts” on the subject of child rearing. Most experts tend to devise and then expound on their own theories, and present parents with specific untested rules to follow.

A “*theory*” according to what the dictionary says, is: “*A plan or theme existing in the mind only, a speculative or conjectural view of something*”; also, “*Abstract knowledge of any art as opposed to the practice of it*”.

Another listed explanation is, “*A closely reasoned set of propositions, derived from and supported by established evidence and intended to serve as an explanation for a group of phenomena: the quantum theory*”.

Children, although some could be defined as “*abstract characters*”, are certainly not the same and cannot be grouped into one category. Even in the same family, there are many differences in personality. Some of these differences are readily seen, while some are much more subtle, and can only be identified by the parents.

Responsible Teens is not based on a theory, which existed only in the mind, but instead, it is based on years of actual, hands-on experience. The experience that only an actual parent can obtain. This experience was derived over nearly 50 years, from actual practice with real children. Experience from birth, through the marriage of the children, and then with grandchildren. Along with the hands-on experience has been very close interaction with hundreds of other parents and their children.

This book does not consist of set rules to follow, but rather involves the very “basics” of human interaction. Most of this, I’m sure you are already aware of. Some of this information might help you to look at things a little differently.

One thing is sure: children are little human beings and we need to be aware of how even seemingly insignificant words or actions can affect them, both now and in the future. Childhood is the time when the foundation of life is built. The foundation of a building determines the stability and quality of the structure above it. In the same way, childhood determines the basis of a persons life, for good or bad. Some detrimental experiences can be overcome and compensated for, with love and care. Unfortunately, the prisons are full of people whose lives were built on the wrong foundations, with no corrective measures, and most of all, without love.

Although I do believe in a Supreme Being, or God, I have not included any religious instruction in this book. That is for people to decide for themselves. I'm sure that you will find however, that everything discussed herein, bears no conflict with any religion. It is merely a collection of common sense, basic human concepts, which are too often overlooked in these days of seemingly increased turmoil within the family unit and especially, in the teen population. Too often our children are raised by the electronic influences rather than human care and love.

Regardless of the situation you find yourself in, whether you are married, divorced, single, a step-parent or adoptive parent, and regardless of whether you are rich or poor, it is still possible to be a **responsible parent** and help your children to grow into **responsible teens**. These teens then, will have the chance to become the **responsible adults** they should be.

Chapter 1

Responsible Teens

They don't "Just Happen"

Everyone admires responsible teens, those who have them and those who don't. Everyone wants their own children to grow into responsible teenagers, but it doesn't *just happen*! It's important to realize that helping responsible teens to emerge from toddlers takes time, patience and understanding, among other things.

Responsible teenagers don't magically emerge from carefree adolescents. Believe it or not they grow from responsible children, and responsible children grow from well supervised, disciplined with love, toddlers.

The innumerable people who bought into the various fads of progressive child rearing, as well as the misguided age of permissiveness, called "*creative child rearing*", were sadly misled. These ill-informed parents have sown the seeds for many troubled teenage years both for their children and for society. This is quite evident in the rising number of violent acts committed by teens and adolescents.

ANYONE CAN BE SUCCESSFUL PARENTS

Successful child rearing is not dependent on what the parents do for a living, or what career the child may eventually choose, or how much money the family has, or which rung on the ladder of success the parents have reached. It is based on the emotional well being of the child during his formative years and as an emerging adult. The building of a person's self-confidence and individual ability to deal with life's problems is the most important aspect of nurturing the young, yet the most neglected.

It has become more and more evident that having responsible teenagers is the result of proper "*early*" training and the experiences encountered during the very early, formative years. These critical formative years, as many are

beginning of a child's life is the first seven to ten years period in a child's life when much of the personal principles, which will govern his future life, are formed. As is well known, **THE FORMATIVE YEARS** and this should be kept in mind as a *fact*, not as just a saying. Too many people say the words, "the formative years" without stopping to realize what they actually mean. During these years, each small person is being "formed" into the grown adult of the future. In these years are formed the foundation, the very basis of the adult who will emerge in the not too distant future.

It takes care, attention and discipline to become accomplished at any sport, job or craft. Yet, people seem to expect a child to grow from a carefree, happy-go-lucky, rule-free existence of childhood, into the role of a well disciplined, mature, independent and responsible adult. Unfortunately, this cannot *just magically happen*.

The care and upbringing of children is one of the most important responsibilities we can ever hope to tackle in this life. The fact that another human life is dependent on you to learn how to exist and to grow is a very great and important responsibility. Too many parents, unfortunately, fail to recognize the importance of this momentous obligation.

If human life does indeed represent the highest value of anything on the planet, then it is of utmost importance that each human life receives proper training right from the start. The "start" should include the choice of whether or not to have sex in the first place. For years, there has been a great debate on the woman's right to "choose".

Unfortunately, the areas women seem to want to be able to make choices in leave a lot to be desired, as far as I'm concerned. I feel the actual "choice" about whether or not to have a child should be made *before* you climb into bed with a man. Why must the choice come AFTER the child has been conceived?

Shouldn't the responsible choice be whether or not to take a chance on getting pregnant, in the first place? In other words, if you don't want a child out of marriage, just say "NO" to sex! This seems to be the time to make your choice. Deciding whether or not you want a child *after* a child is conceived, is selfish and irresponsible.

What the "choice" entails at this late date, is actually, "Shall I kill this baby, or not?"

In actuality, you're making a choice whether or not you want to commit murder. But enough on "choice", except to say, we should teach our children that each and every choice we make in life comes with consequences, and we must be prepared to accept the consequences that go with each choice we make.

IT'S NEVER TOO EARLY

This easy-to-follow guide, or recipe, has been developed through more than 50 years of experience and observation. I'm not a doctor, lawyer or Indian chief. I'm no one special.

I'm simply a mother, a stepmother, a daughter, and a grandmother. I've been a stay-at-home mom, a working mom, and a single mom. I've even been a homeless mom. I've also been an ardent observer of others and a person who reads, studies and learns. This book is based on my experience and my personal observations over the years and I want to share these thoughts with you.

Ideally, it's best to start with a very young baby and then to add each "*ingredient*" as needed. No matter when you want to begin, parents and children of any age can benefit from the use of this *recipe*. It's never too early to start, but eventually, there does come a time when it's too late for the ingredients to react in the proper and desired way.

As you'll see, the ingredients begin with the letters that spell out:

RESPONSIBLE TEENAGERS.

In the last several pages of the book, a few more ingredients for the remainder of the alphabet have been added for variation, enrichment and enjoyment.

The Ingredients are FREE

You generously for the first five to seven years of life, and thereafter, as often as possible: don't have to buy or borrow these ingredients ... they are readily available. The trick is to use them at the right time, in the right place and in the right amounts, usually in very abundant servings. So, take your child and supply the following ingredients very

These are the First List of Ingredients:

R -ules, reason
E -motion, example
S -ensitivity
P -arents, participation, privacy
O -bedience
N -eatness, nurturing
S -incerity
I -ntegrity, independence
B -oldness, benevolence
L -ove, loyalty, letting go
E -go
T -enderness, truth, tenacity
E -nergy
E -nthusiasm
N -aturalness
A -wareness, adventure
G -enerosity
E -nrichment
R -esourcefulness
S -ecurity

On the following pages are suggestions for the use of these "*on-hand*" ingredients. Be sure to remember that *generosity* is the key word when putting them to use.

Most of the ingredients for the growth of a **Responsible Teenager** must be well blended by the age of *five years*. Just as its important to add all the ingredients in the proper sequence when baking a cake or bread, it is just as necessary when raising children, to make sure they learn the right things at the right time. There is a great tendency, when a child is small, to let him get by with doing things we wouldn't think of letting a child a few years older do. We too often laugh and think it's *cute* when a two or three-year-old runs away when called, or gets into our purse, or picks up everything in sight, both at home and elsewhere.

Many children are permitted these freedoms as a toddler, then when they are seven-years old or so, they're suddenly expected to automatically *know better*.

Everything a young child does, (*regarding learned behavior and manners*) should be looked at in the context of, "Would I want him to do this at eight years of age? Or ten, or twelve?"

If the answer is, "NO" then we must stop that behavior at its very onset!

Chapter 2

Rules and Reason

RULES

Children can learn *rules* very early. From the time they first start to "*throw*" things or to "*bang*" their spoon on the high chair tray, they have already begun to learn. If they get away with doing these little acts, they'll continue doing them, whether they are at home or in a public place. After all, if they are permitted to do it at home, why not in a restaurant or in a friend's home?

They can learn with a firm, but gentle "NO" that some actions are not permitted. For instance, if the baby is banging away with a spoon, put your hand over his hand and holding it still, say firmly, "NO." If the banging continues, repeat once more. The third time, take the spoon away. I don't feel you should ever tell a child "NO" more than three times before following through with appropriate action. Again, it's never too early to start, but there does come a time when it's just too late.

Of course, the "three times" rule only applies for some things. Some attempted actions or acts will require immediate, uncompromising discipline. Any action which could result in danger or damage to any person or thing, including the safety of the child, must be curtailed at once.

Far too many times, I've heard parents say, "They're only kids once, let them do whatever they want!" Then as the children grow into puberty and on into the teen age years, those same parents are saying, "What did I do wrong, I just have no control over them, they're always in trouble!" Or, "I just don't understand why they have no respect for their parents!"

IT'S THE LITTLE THINGS THAT COUNT

These parents don't seem to realize that the more they let the "little things" slip by, the more they are actually reinforcing the idea in the child's mind that the parents don't really mean what they say and if they push hard enough the parent will eventually give in.

All children are smart enough to pick up on this, even before they're a year old. This may be hard to believe but it's an inborn human reaction. Children learn instinctively to play on a parent's weaknesses and to judge just exactly how far they can push a point before the parent either gives in or stands firm. They can also tell which parent they can push and which one they can't.

My daughter told a case in point to me. She was shopping with her four children and her oldest daughter, then eight years old, insisted she wanted a certain doll. My daughter told her "no, we can't afford it now." The eight year old continued to beg, plead, fuss, whine and even cry as they left the store and got into the van. She continued to whimper and cry part of the way home. "I love that doll, and I really want her!" she wailed.

A week later, they were in the same store, and knowing her daughter had earned some money during the past week, my daughter told her that if she really wanted the doll, she would add enough to her money so she could get it.

"What doll?" was my cunning granddaughter's surprising response.

"Remember the one you wanted so bad last week, the one you bugged me for and cried about?"

"Oh, I didn't really want it. I just wanted to see if I could make you give in and get it for me!"

Out of the mouths of babes! Most children won't admit to such behavior. In the open, loving and responsible parenting in my daughter's home, her children have learned they can be honest and still be loved. They respect their parents. Yes, they will still try them, test them and press a point, but as they grow, they soon learn just what the limits are and they grow to respect them. You can't let your unheeded demands and continuous empty threats go by for years and then suddenly expect the child to believe that you mean what you say when they become teenagers.

Standing firm and letting the child know that you are in control right from the start is what helps to build within the child, a healthy respect for you, as the parent. Once you've lost their respect, or if you've never had it, it's next to impossible to expect them to ever show any amount of real respect, or obedience for you.

The task may be *next to impossible* but not entirely so. It just takes longer and involves more work. It's true that child rearing takes more attention and work during the first five years, but the dedication you put forth will lessen the aggravation and helplessness, and sometimes the heartache, which too often accompanies the teenage years.

Do you know anyone who has said, "I just can't do anything with my teenager?" That statement is heard everywhere today. Especially since most of us did what the "experts" told us to do. Too many children now run the home, while the parents run to and fro, frantically trying to pacify and placate the children's every desire. The children are in control and when they reach adulthood and find out they are no longer the masters of their own world, it's a rude awakening. A startling reality that too many are unable, or unwilling, to adjust to.

Many people don't invest much time in the early training of their children yet expect all to be well as they become teens. The parents carry on with their own lives, letting the teens do whatever they want to do, go wherever they want to go, and buy whatever they want to buy, just as long as the teen doesn't disrupt the household routine.

Was there an incident with your own child when more attention should have been paid to making sure the child listened to you? I'm sure we can all think of instances where we gave in, instead of standing our ground. Sometimes that one moment of giving in, changed the course of the future. You can't go back and make those decisions over again, because it's too late. We can rethink them and wish we'd done something different, but unfortunately it doesn't change what happened. We still have to deal with our mistakes, sometimes and too often, in the form of our child's messed up life.

In your home are you the parent or does your child make the rules? Hopefully your children are still young enough that you can still change your mindset and take back the control of your own home and life. It's up to the parents to set the boundaries and believe it or not, that's what children really want. They want to know just what the limits are and what they can and can't do.

REASON

As a child learns the rules, he will soon begin to learn to *reason*; "If I do that certain thing, Mom will stop me, I'd better not do it." Now it's important to understand that these actual words don't go through the mind of a one or two-year-old. Never the less, the basic premise sinks in. He can quickly learn the relationship between *cause and effect*, even when very young.

Kids are very smart. They can *reason out* action and consequence. They like having rules that let them know where they stand. They really do like to know what they CAN and CAN'T do. Just ask any unfortunate person who ended up in prison. The majority will tell you, "I wish there had been someone who cared enough about me when I was a child, to teach me right from wrong, to let me know where the boundaries were."

Some children respond well to voice command, others to a smack on the bottom. By interacting with your child and trying different methods of discipline, you can learn what methods work best for each child. Even siblings will react differently to the same type of correction and each must be treated individually. A good parent learns the personality of each child and how best to interact with them as individuals.

CHILDREN CAN REASON

A child should know right from wrong, have a sense of self-worth, respect for other people's rights and be able to *reason*, by the time he leaves home to start to school. If not he's headed for trouble from the outset.

A baby has built-in instincts that kick into play long before his mind develops enough to be able to "reason". He will instinctively cry or act in such a way to maneuver his parents into doing what he wants.

For instance, he learns very quickly that if he cries when he's hungry or wet, he will usually get fed or changed. It's a simple matter of cause and effect. He learns that when he's wet, this cause to cry gets him a dry diaper. When he's hungry and cries, this gets him fed. As most parents can verify, a baby soon learns to cry, just for attention.

A baby doesn't learn to think, "I'm not hungry or wet, but I want attention, so I'll cry!" They just naturally learn that the act of crying, "which is *the cause*", will bring some type of effect. Actual, intentional "reasoning" comes later as he develops language skills and understanding.

SCHOOLS ARE FOR BOOK LEARNING

Schools are institutions of learning, *BOOK LEARNING*. They are not a place where we should expect our children to learn all the social manners and common sense. A major part of the social interaction skills children should be learning at home are being left to the schools. Teachers don't have time to teach all the things children need to go to school for, let alone the time to teach the basic human skills they should be learning at home.

If every child had a healthy sense of pride, as well as a respect and understanding for others by the time he entered school, wouldn't all schools be much better and safer places? Schools could then do as they were intended and once again be able to concentrate on actual teaching of necessary knowledge, rather than having to spend so much time on discipline.

Do you know any child or teenager who is a discipline problem? Most of us do whether they're ours, or the child of a relative, or a friend or neighbor.

Take time to consider what could have caused or contributed to the problem this teen has. Perhaps the teenager is being treated in a way that denigrates his self-esteem. Many parents say harsh things to their children. Things which tend to put them down or hurt them emotionally. When a child is hurt in this way, sometimes they tend to lash out at others in a form of self-defense, and often don't ever realize why they react the way they do.

It's almost impossible to go out in public anymore without seeing out-of-control kids of all ages. They sometimes wear their contempt and thoughtlessness as a badge, as a way of trying to impress their peers.

Too many children today have had to be on their own too much. They've had to learn the best way they can, since far too few have parents at home they can learn from.

The increasing generations of troubled kids are the result of the ever-growing number of homes with two working parents, or divorced, one-parent homes. The resultant explosion of troubled kids necessitates the building of more juvenile detention centers and then more prisons. As time goes on, we are generating more generations of hurting, angry teens who are destined for prison.

GET THEIR ATTENTION

OK, right now I hear a myriad of voices saying, "She believes in child beating," or "physical punishment leads to child beating in later life."

Well, I believe that a smack on the bottom, or leg or hand of a small child, is a far cry from child beating. By a smack I mean only enough to cause a sting and to get the child's attention. It is intended to interrupt the current thought process of whatever misconduct the child's mind is involved in, and only when other attempts have failed.

The more intelligent and persistent the child, the more forceful the discipline usually has to be. A more forceful, strong willed child will continue to press an issue until he's shown in no uncertain terms that he is not the boss.

Simply removing the child from the temptation, or getting him to change his attention to something else may temporarily solve the immediate problem. But what has the child learned? Only that at the next opportunity, he will again try to do whatever activity was interrupted. By simply removing him from the situation, he didn't learn NOT to do it. Just that he was given a new challenge. When given the opportunity, he'll just try the same behavior again.

A few, mild "smacks" in the very early years can eliminate the need for harsher physical punishment later on in the child's life. Many parents ignore misbehavior when the child is younger or they simply tolerate it, thinking it's only a temporary phase and not important. Worse yet, they may repeatedly and half-heartedly tell the child to stop and then finally give up, while the child goes right ahead with the behavior.

Many times, as the child grows, the parent eventually becomes exasperated with the child's refusal to listen to what he is told. That is when the parent too often resorts to mental or physical abuse. They wait and procrastinate until they feel pushed beyond the limits of self-control. Then real violence happens! That's abuse! Why in the world wait until the behavior gets to such a point? Why let yourself be put in that position?

The Bible speaks of sparing the rod and spoiling the child. It also mentions that God disciplines those whom He loves. I take this as meaning that if you truly love your children, you will discipline them, but always with love and care.

Take control when the children are young and keep it. Then you won't have to fight to gain control when you have teenagers who tend to rebel. If they grow up respecting you and knowing you mean what you say and that you'll stand firmly behind what you say, they will be less tempted to challenge your authority.

A STITCH IN TIME

Remember the old saying, "A stitch in time saves nine?" Well, I believe a "smack in time could save your mind..." or your child's mind, or your sanity and theirs.

What actions do children respond to? While some respond very well to a firm voice and others to a smack, still others respond best to sitting alone in a quiet corner, or on a chair in the middle of the room. Again, each parent should take time to learn to know each individual child's personality and which method of correction is most effective for each child. The same type of treatment won't always work with all children, just as the way you were raised isn't necessarily the best way.

So many people, even though they might have been subjected to some degree of mental, emotional or physical harassment or abuse as a child, will still rationalize this with, "Well, my parents did that to me and I turned out all right, so I'll treat my children the same way."

But are you all right? Did you have to overcome some emotional problems or deal with things you might not have had to deal with if any of the harassment or abuse had not occurred? This is a line of thought that bears some honest, deep consideration. Are you all you could have been or wanted to be?

Personalities vary greatly and we must learn to be alert to the subtle differences in each child. The law of cause and effect applies to everyone and everything. Our laws are based on it, as well as our moral and ethical codes. Our unique power of "*human reasoning*" helps us to weigh the effect of an action. If our cause for doing something produces the effect we desire, then we go ahead and do it. If a child learns that all he ever receives when he does something he's told not to do, is nothing more than a series of loudly yelled threats, then that's an *effect* he can handle.

If, however, he has to face some form of discipline for incorrect behavior, then he soon learns that the effects of following the rules are much more pleasant than the effects of going against the rules.

Again, this doesn't actually occur as a thought process in the younger child, as it can with older children or adults. It's more appropriately understood as an instinctive reaction. A reaction when repeated enough, develops into reason.

Was there ever a time in your childhood when you actually felt unjustly mistreated, in a mental or physical way? Many of us can remember some hurting words, put-downs or even physical abuse. Perhaps some of it was a form of discipline which helped us to better understand a certain situation or circumstance.

Remembering how we felt and what the effects of the situation was on us and our thinking and behavior, can help us to determine whether or not the action taken was appropriate.

When you were a child or teenager, did you ever think to yourself, "I'll never treat my kids that way"? I used to think those thoughts quite often, and as a parent, I found myself quite often putting myself in my child's place and trying to see things from his perspective. It's best to postpone discipline until anger has subsided. I don't think you should ever apply discipline in anger. Always allow a cooling off period if you find yourself out of control. It's a sobering, hurtful experience to find yourself saying or doing the same kind of hurting things that your parents said or did to you.

When we discipline our child, we should think of the future effects that our actions would trigger. All actions create reactions, even our words, and we need to weigh our actions and thoughts carefully.

THROUGH CHILDREN'S EYES

by Kathern Welsh

A day in the life of a child seems so very long,
then as we grow older we wonder where it's gone.
When changing plans and ways of life,
we should realize,
how long each day seems to a child,
and see things through his eyes.

Living in suspense is hard not knowing what's to be,
It's harder on our children than it is on you and me.
Time goes by for us so fast we should try to recall,
the days when we were children,
and our world was slow and small.

As adults now, we should know
it's the children who get hurt,
by being false and telling lies,
for they are so alert.

They may not know what's going on,
they only sense the tension,
knowing things aren't as they should be,
they live in apprehension.

Why must it be that growing up
means learning we must hide,
our realness and emotions,
and keep them locked inside?

Chapter 3

Emotion and Example

YOUR EMOTION AND EXAMPLE

There are many opinions as to what emotions we should let a child see his parents express. Emotions are a natural "human" quality. Children *naturally* and openly tend to express their emotions, but too often are taught that certain emotions are to be hidden. Hidden emotions many times can lead to problems later in life, quite often in the teenage years.

If a child can witness all the varied emotions and proper responses to them in his parents and realize that it's natural to experience such feelings as fear, anger, even hate, then he can learn how to handle these various emotions in an appropriate way.

Repressed fear or anger, etc., is one of the leading causes of emotional illness and even violent acts in later life. Children should be taught by *example* and with *understanding* how to admit to and then to experience these natural human emotions in a healthful way. The emotions (*in and of themselves*) are natural and if handled naturally and properly, the experience of life is much more full and rich. It's the *mishandling* of an emotion that causes the trouble.

EXAMPLE

Too many children today have grown up in an environment where they have no exposure to the natural expression of emotions. The only examples they have been exposed to are usually responses to emotions that have run wild and been allowed to cause damage to property or to other people.

When children never witness a natural, healthy and happy home life, with properly handled emotions, how can they possibly know how to live life as it should be lived when they grow into adults? Human children learn, just as all animals, from the behavior of the adults around them. By example.

EMOTIONS ARE NATURAL

It's perfectly natural to become upset or exasperated on occasion when caring for toddlers, whether it's just one or several children at once. So many young mothers feel guilty about these feelings and suppress them. An angry phrase yelled at your child on a rare occasion does not mean you don't love him. It simply means you are human and thus subject to human frailties.

What if you DO scream at your child? Okay, do not start condemning yourself! It's what you do and feel AFTER this happens that determines the long-range effects.

First, give yourself a few minutes to calm down, and then go to the child, take him in your arms and tell him that you are sorry. Tell the child you love him and that you're sorry you yelled at him.

Admit it if you're overly tired, or depressed, or worried and explain it really isn't the child's fault that you lost your temper. *MOST OF ALL*, be sure to reassure the child of your love for him. This will teach him that a raised voice or a burst of anger does NOT automatically mean you don't care for him personally. It will also help the child to learn that showing your emotions is not bad, in and of itself, and will help to teach him to be more open with you as he grows. Having emotions is part of being human. It's important to learn how to express them in a healthy way. It's widely recognized at last, that it's very unhealthy to keep feelings bottled up inside.

Destructive behavior has been seen too often in past years as people have given in to irrational emotions and then let their behavior and actions run amuck. Once you allow irrational emotions to wreak havoc, it's irrevocable and you can never go back and correct it. A few moments of unrestrained emotional behavior can change a life, or lives forever.

TEACH THEM HOW TO HANDLE TEMPER

Of course, we should try to control our temper and not lose our composure at every little thing. There are times in life when even the most docile person will occasionally let his emotions of anger or frustration have full rein. When this happens, admit it, and analyze "why" it happened.

Take the time to learn more about yourself and your emotional limits. Above all, apologize to the person who took the brunt of your explosion, regardless of his size or age. Even if it was your small child. Most of all, ALWAYS reassure them of your love for them.

Admittedly, there are bound to be times when you lose your temper because a child continually does something he's been told not to do. In this circumstance, explain to the child that his *actions* are the cause of your anger and try to determine WHY the child refuses to obey.

If you have worked to develop a close, understanding relationship with your child, often a heart-to-heart talk with him will help to coax him into revealing exactly why he is intent on doing what you don't want him to do. Always be willing and open to compromise, within reason. Sometimes, if we're open to listening we can learn new ways of looking at things through the eyes of our children.

If you can maintain an open mind, and discuss options realistically, perhaps your child can help you to see a new side or different perspective to an issue that you have not been able to see before. Talking to a child means more than you doing all the talking. Just as important as what YOU say, is what the CHILD has to say.

Your ability to *listen attentively* to your child is a very important part of building a trusting, reliable relationship with him. Let him know he can safely share his thoughts, feelings and emotions with you.

When he does, take time to let his words soak in and run through your head before you unthinkingly blurt out your thoughts. Putting your mind in gear before you open your mouth, will save many hurt feelings, thoughtless hurt emotions and will help to build a solid relationship

Emotions have to be seen and felt in order for a person to learn how to deal with them in a healthful way. Teaching a child how to handle all human emotions is one of the greatest challenges a parent may face, for emotions play a major part in every aspect of our lives.

Conquer this one — and you've accomplished a great deal towards helping your child develop into a secure, complete adult.

Have you ever lost your temper to the point where you lost control or do you hold it all inside? Were you permitted to lose your temper as a child or did your parents lose their temper with you? The way we handle temper tells a lot about us and is something we should be aware of and work at.

Temper tantrums usually serve no good purpose and may cause far more destruction than we can imagine.

The way our parents controlled or didn't control their temper with us when we were children has a deep effect on us as we grow into adulthood. Again, in relationship to temper, we often tend to either mimic our parents or try to react in a totally opposite fashion.

How do you react to your children? Are you able to handle your frustration in a reasonable, adult manner, thus presenting yourself as a good role model in temper control for your children? This is a very important part of child rearing and should be dealt with in a concentrated, rational manner. Your child's future depends on it.

Chapter 4

Sensitivity

TEACH BY EXAMPLE

Sensitivity is also taught by example. You can't just *tell* a child how to be sensitive to other people's feelings. Only by *being sensitive* to the child's needs and emotions as well as to other members of the family, can you hope to interject this very desirable quality into your child's character.

Learn to recognize children's moods by being sensitive to when they are upset or depressed. Also, be aware of their need for a little extra love and attention at times, or maybe the need for some time alone.

Sometimes an unexpected hug, kiss or an "I love you" can be all that's needed to set their world straight again. Simple gestures like this can change a dispirited, unhappy expression into a radiant face with a joy-filled smile!

Only by experiencing the joy and feeling of well being that a person sensitive to our own needs can impart, do we learn to pass on the quality of sensitivity to others. In other words, if you want your child to be sensitive to you and to others, you must be sensitive to your child and to all others you interact with. Your child sees everything you do and watches how you treat other people. That's how they learn.

Every humanitarian in history possessed sensitivity. Indeed, any truly great person has been known to possess this important characteristic.

Sensitivity is the art of being able to see or feel the other person's side of a situation. It's being concerned with what affect a particular situation, action or words will have on other people besides yourself.

You can help your child acquire sensitivity by trying to see, understand and explain the opposite viewpoint of any circumstance in which the child is involved. It doesn't mean he has to give in, or admit he's wrong when he's right. It just helps him learn to understand where the other person is coming from.

Insensitive people can only see and understand their own viewpoint. It doesn't matter how many other people's interests are violated or hurt. The insensitive mind is closed and not open to discussion. Such a mind cannot see things from the other person's position or understand the other perspective. They don't even want to. They're interested in only their own wants and desires. They become self-centered and selfish, and these types of people are those who end up hurting so many others.

BE AWARE OF THE FEELINGS OF OTHERS

Being sensitive means being able to actually place yourself in the other person's position and to be able to see the situation from another perspective. That doesn't have to change your final decision. But it does enable you to be more open-minded and to understand all the circumstances involved.

Some people are born with a great deal of sensitivity. This attribute can be encouraged or smothered. A very sensitive person can be hurt so much as a child that out of self preservation he learns to bury his sensitivity so deep inside, that he develops a protective shell around his emotions in order to never to be hurt again. He then becomes insensitive, at least in his reactions to others. This is a real tragedy, and we must realize that all children are initially sensitive. It is important to learn how to handle the child with a sensitive nature in such a way so as not to destroy it.

Can you remember a time as a child or a teenager when your feelings were terribly hurt? Did you learn to hide your emotions and to be “hard and uncaring” towards other people? Realizing that something like this happened to you is the first step toward rediscovering your own true nature. It’s important to heal yourself and to let the real you out of the inner prison you constructed within yourself so long ago.

Very often we subconsciously react violently to things as an adult without realizing why we act the way we do. Introspection is a very important activity and reaps benefits to our family and ourselves.

Chapter 5

Parents, Participation and Privacy

PARENTS

PARENTS—the first people we learn to know and to depend upon are the only examples of "human" standards we have for the first years of our lives. Parents are the FOUNDATION on which the rest of our lives are built -- at least for those fortunate enough to have parents.

Just as a building's longevity and stability depends on the stableness of its foundation, so does the quality of our future social life. In fact, our whole future in society, depends upon the FOUNDATION which our parents help us to establish.

PARENTS ARE TEACHERS

Parents are "*teachers*" every minute of every day. Children learn from interaction with them and by watching their parent's reactions to other people.

Children learn what to do by every word and deed they see and hear! (*What a thought!*) Most of what they see and hear for the first several years of life, of course, occurs in their own home.

OLD SAYINGS STILL HOLD SOME TRUTH

"*Children should be seen and not heard*," is an old saying that certainly hasn't held up in the last decades of permissiveness, but still has its value in certain instances. How often can you go shopping or to a restaurant and see and hear screaming, running children?

A child who is permitted to run wild and shout at home will do so in public places also, unless he is taught differently. It is important to help him learn that some home and playground activities are not appropriate behaviors for ALL places. He can only learn to behave in an acceptable manner if he is first taught at home that you *mean what you say*, AND you mean it ***ALL THE TIME!***

DON'T PERMIT BAD BEHAVIOR

A child should not be permitted to indulge in unacceptable behavior like running and screaming, or to take things in a store or at someone else's home. Firm discipline right on the spot is the best deterrent to bad behavior. Today's experimenters with the new "creative child rearing" concept will no doubt disagree.

I remember hearing one of the experts say, "If a child throws a temper tantrum in a grocery store, just ignore him and walk away." This might work in some cases. In other cases, some children might be hardheaded enough to start throwing things from shelves, or to go running and screaming through the store.

Uncontrolled behavior such as this could possibly result in injury to the child or to someone else. If the child has learned that you mean what you say, a firm voice and an instant smack on the bottom right there on the spot will usually work.

Unfortunately with the mentality of today, you'd probably get reported and arrested for child abuse. That's why it's so important to help your child learn appropriately right from the beginning, at home. This way, you won't have to experience such a public display of childhood temper.

A child, no matter what his age, doesn't enjoy being disciplined in a public place. That's exactly why it works better than a walk outside, or a "wait until I get you home!" By the time you get home, you've calmed down and your attention is captured by other things and the child has forgotten the whole incident.

Immediate, on-the-spot discipline works best almost every time. It bears repeating to say, a "*smack*" on the bottom in this instance, is not child abuse.

Delayed discipline often leads to more and more displays of temper while in public places. The "on-the-spot", controlled, without anger discipline, no matter where it's administered, may create for you some disapproving looks or comments from a few strangers, but the temper tantrums will become less frequent much more quickly. In short, you will not have to do this too many times if you are firm and start it early. Also, as I said before, if you teach your child right from the beginning that you will stand behind your word, he'll know it before you get him out in public and won't be as tempted to test your resolve and patience in front of others.

Of course, there are occasions when you must take the child out of the room, as in a church, a movie or some public gathering. However, the same firm voice and/or smack, as soon as you have the child outside, will serve as well. The child needs to learn that there are places that demand quiet, well-mannered behavior and you expect him to abide by the rules. Again, your child will take his cue from you, and your word will have the same power in these places as it does at home.

Have you witnessed a child's temper tantrum in a public place? It seems like wherever we go anymore we see an increasing number of children who are in charge of their parents. Too often the child seems to get his way after wearing down the parent's resistance. We've seen far too many parents give in far too easily, somehow fearing to stand their ground as the adult. Each time the parent gives in, the child has once again, taken their measure of the control. This control is much harder to recover than to defend in the first place.

PARTICIPATION

Children learn everyday tasks and games through participation. Even a young child can learn to participate in small tasks by being with you and simply "watching." Soon, he will want to help and he loves to participate in family activities.

These simple household routines help to build a sense of responsible behavior within the child. When children are given responsibilities around the house at an early age, they are more apt to grow up with an acceptance of being assigned to do routine tasks.

Teaching and then expecting a young child to do little chores around the house, is an important first step in the child's learning to help at home and to later develop a good work ethic. Good work habits are missing in far too many people today.

SOME THINGS IN LIFE REALLY ARE BORING

Participation can also mean learning *when* and *how* to do the necessary activities in life that are simply boring, routine chores. Every situation in life, be it work or play, combines some routine, boring aspects along with the more pleasurable benefits. Not everything is all play and no work.

No one likes to play on a team or work with a person who wants all the fun or glory, without being willing to do some of the necessary and routine tasks. Learning the aspect of participation is learning to accept, and deal with, all of the enjoyments and problems which life has to offer.

Participation means learning to do your share in every situation. When you can do that, you'll be able to participate in any number of activities with others and be able to be appreciated for who you are!

Have you ever known someone who insisted on claiming the glory, but who wouldn't do the work? Most people do not enjoy being around people like this and will tend to drift away leaving the "good time Charlie" on his own. If you really want to influence friends and be well liked by people you interact with, you'll soon learn to accept your share of ALL aspects of responsibility.

In your family, did everyone share in the tasks around the house or was it a battle to get anyone to do their share? Sometimes we teach the oldest child to do chores and help out, and as each younger child comes along we forget to delegate some of those tasks and the older child ends up being more like a parent instead of being permitted to grow up as a child. It's important to see that each child, as he grows, is assigned duties relevant to his abilities.

Did you willingly help out around the home when you were growing up? Sometimes we go overboard and expect the children to do everything. They need to learn responsibility at home, but they also need time to study when they are in school, and they need time to play. A good balance of play, outside activities, home duties and school is a real balancing act, but one of great importance.

What do you do to get your children to help out willingly? Or do they? Do you have to bribe them? Some kids get an allowance, which is fine. However, I believe an allowance should be earned. Even the youngest child can help pick up toys or put paper in the trashcan in order to *earn* an allowance.

An allowance handed out for no reason, is like the government welfare system and gets children used to the idea of getting something for nothing. My daughter assigns chores for each of her now six children and for doing them they each get an allowance. However, if they fail to do what they're supposed to do, they have to pay back a portion or have a set amount deducted.

They're learning fast to fulfill their responsibilities with a minimum of conflict.

Do you think helping out at home is a good precedent and training for future work experience? With every year of growth and maturity, there are more responsibilities. It's important to instill this into the child as he grows. Every aspect of future life comes with responsibilities and it's important for children to realize that life is not just a playground!

PRIVACY

Every human being, no matter how social, needs to have times of privacy, quiet times to think, or to contemplate on any number of things. Children too, need their own times of privacy. They learn to respect the privacy of others by learning to appreciate the privacy they themselves, are allowed. Just a simple thing like knocking on their bedroom door before you enter will teach them to do the same. Learning to respect another person's right to privacy, like so many other things, is best taught by example from an early age.

I must say, though, that respecting a child's privacy is one thing, and letting your child bar you from their room is something else. I feel that as long as the child and you have a good relationship, they deserve their private times and there's no need for you to "investigate" their room.

However, if this is not the case, I think that as long as a child lives in your house, you have the right, and the responsibility to have access to their room, whenever you deem necessary. Their room is part of your house, and you have a responsibility and a right to know what is going on in your own home.

A lock on the inside of the parent's door is a *must* for their privacy, and if used right from the beginning, will be regarded as a perfectly natural situation by the child.

Yes, I can hear the objections of those who don't agree! An "expert" on a TV talk show once said, "*never lock your bedroom door, it's a terrible feeling to be locked out.*"

It's true that letting a child run into your room whenever he pleases, and then suddenly one day installing a lock, may result in the shedding of many tears on the outside of your locked door. After all, the child has been allowed free access and now is suddenly, and rudely shut out. It can be a shocking and unsettling experience for a child.

However, if the child grows up right from the start with your bedroom door locked against uninvited guests, he learns to respect the limits on his behavior and to respect your privacy. After all, there will always be limits of some sort on where a person is allowed to go. Public places and business places have limits on access to certain areas, and this is as it should be. In order to grow up to respect these limitations, a child has to learn what it means to have limitations as they grow.

Your locked door may be only the first experience your child will face on his limitations. Throughout his life there will be restricted areas. It's best for him to learn this as he grows and thus be allowed to expect and respect certain limitations throughout life.

PRIVACY IS IMPORTANT

In this world of open communication and rapid travel, privacy is sometimes a luxury, a luxury which we should all demand when we feel the need. In turn, we should respect the privacy desired by others. Privacy is a very hard to come by commodity but a necessary one for our personal stability.

A child who grows up with no restrictions on his behavior can become a very obnoxious human being, one people have to protect themselves against. The constitution gives us the right of privacy, but it is up to us as parents to teach our children the basics of what this right implies.

Can you remember a time in your childhood when your privacy was violated? If so, how did it make you feel? Violation of personal privacy can make you feel unimportant and worthless. Each person is important in his or her own right and therefore each of us has a right to times of privacy.

Chapter 6

Obedience

LEARNING OBEDIENCE

Perhaps the first and most important thing a child can learn is to obey his parents. Teaching a child that he must stay put when told, or that he is not to run away when not restrained seems to be a trivial thing, but could in fact save his life at some point. A child who hasn't learned that whenever Mom or Dad says, STOP that he must *STOP*, may one day run in the wrong direction, perhaps right into the path of a car.

It's much better in the long run not to permit him to run away from you at the slightest whim, whether at home, in the yard, or in a public place. Of course, there are times when you play with him when the "chase me" game is the most fun in the world, but there are appropriate times and places for this. Teaching your child to know the difference may be more important than you realize.

I once saw a small boy coming out of a restaurant with his parents. The father let go of the child's hand for an instant to put on his gloves. In that split second, the child ran into the parking lot, right into the path of a car! Thank goodness the driver had been observant and had noticed the three people coming out the door and was prepared for the unexpected. Even so, he barely stopped in time.

Another driver, in search for a quick parking space, might not have noticed the small child dart into his path.

It is imperative that the child learns to stop and return to you whenever you tell him to do so. This is one type of instance where obedience can potentially have life saving benefits.

TEACH THEM TO OBEY THE RULES

A child who learns to respect and obey the rules of his parents may, in the future, be much more apt to obey the rules of society.

The rules change as we grow and enter the various stages of life and no matter where we find ourselves in life, there will always be rules to follow.

Today's permissive notion that there are no absolutes is very harmful and can cause devastating consequences. The events of the past ten years are frightening indications of what that misled logic has promoted. Younger and younger children have committed murders, more and more mothers kill their children, and teens wipe out the lives of other teens for no apparent reason. I feel certain these are some of the terrible consequences of the "no absolutes" philosophy of life. If this line of thought isn't changed, what terrible tragedies will we face in the future? Our children are inheriting a frightening world!

Children who learn to recognize the reality of rules, will be better prepared to meet the challenges they will face in the years to come. School, work, games and sports all have their own particular rules to follow. Rules are a part of life in every area. The growing up years should have rules, as well. Life is full of rules and the sooner a child grows accustomed to that fact, the better adjusted to life he will become.

I'm sure you have had to obey rules in many areas of your life. If not in your childhood, then certainly in your work or in sports. Even driving, which we take so much for granted, would create chaos if we didn't have set rules to follow.

Road rage is but a symptom of people who dislike rules and want things their own way. Using the roadways demands that we give and take and be willing to obey the “rules of the road”. Various aspects of life present us with rules to follow. Learning this lesson early, promotes growth into healthy, sociable adulthood.

REVERIE

by Kathern Welsh

Sunshine hits the earth below
like shining rays of hope,
filling up the heart with warmth,
enabling it to cope.

Raindrops fall to quench the earth,
and make her bounty grow,
like laughter fills the soul of man,
for happiness he may know.

The good times make the battles
much easier to take,
so warm, and sunny, carefree days,
will get us through the quake.

The gentle breeze that blows along,
caressing leaves and flowers,
is like a soothing melody,
you listen to for hours.

Chapter 7

Neatness and Nurturing

NEATNESS

Neatness, too, is best learned by example. Oh certainly, there are those people who were reared in a very neat environment, and when grown and on their own turned into regular slob. There are always exceptions! Some people are naturally neat and others are not.

Since society regards neatness as the preferred state, it should be taught by example. If children later revert to being “unorganized” and sloppy, then that is their choice. You will have the satisfaction of knowing that you did your best to instill neatness and organization. If you’re lucky, they may still decide to be neat, at some time in the future.

Neatness taught by example is much better accepted than if it’s presented as “just another rule to follow”. Hopefully, neatness will then become more or less second nature and become the lifestyle of your children. Neatness in and of itself, may not seem like an important issue for a young child, but helping him to develop preferred habits when he’s young goes a long way in developing the habits of later years.

A neat appearance in a job interview is one of the top priorities for getting a job. These toddlers we teach today, will one day be having that important first interview! It is important to be laying the proper foundations now, for the future well fare of the child.

Were you neat as a child? Did you keep your room cleaned up or did you let clothes, toys and possessions pile up until you couldn’t find anything?

I know I always wanted to have a place to put everything when I was a child, and when I didn’t, I tended to throw things in piles or to hide them under the bed. I preferred a neat appearing room, but heaven help anyone who looked in the drawers, closet or under the bed!

During my adult years, I still like organization, and whenever possible, I make sure I have adequate storage space to organize my things. My daughter went through a stage as a child of letting her room go until it was nearly impossible to walk through it. Then, when she had to clean it up, she would quickly clear things away. It was some time before I was smart enough to check under the bed and look into the corners of her closet. She was a master at hiding things!

Today, with her family of six children, she has become a wonderful mother and is teaching her children to be clean and neat. They are allowed to be children and when they play they can really make a mess. They all know how to clean things up and make their rooms presentable and everyone helps “clean house” when Mom says it’s time. As a result, they all have confidence in their ability to fulfill their responsibilities.

NURTURING

Nurturing a child’s pride in his appearance and surroundings is just as important as the nurturing of his physical needs. A properly nurtured human being depends on the things he learns very early in life.

To *nurture* as defined in the dictionary, means: *to give fostering care; education and training.*

Fostering care means: *to give nourishment, clothing and a place to live.*

Education, of course, is originally what our schools were intended to provide, and *training* relates to *life, or learning how to become a responsible member of the human race.*

To *nurture* a child then, involves *ALL ASPECTS* of how he relates to life and to his fellow human beings.

Relating to life seems to be a huge problem for many of today's teenagers. Perhaps it's because they have not actually been prepared for life, and suddenly they're faced with rules and laws they don't know how to handle.

There is demand for discipline in some form where ever they find themselves and when they've never been disciplined, they just don't know how to manage. Most of them have not had to abide by too many rules and when they are suddenly forced to comply, they finally rebel.

If one learns to abide by rules and limitations when young, then one learns to operate by the rules of society in order to accomplish goals. One is then better prepared to handle the uncertainties of life.

LIFE TRAINING IS IMPORTANT

Nurturing is more than *supplying physical needs and education*. It is also *training* "***Life training***" perhaps the *MOST* important aspect of nurturing.

Learning to live peacefully with people and learning to deal within social relationships is one of the most needed, yet most neglected areas of training today.

This "*life training*" has to start somewhere, hopefully it will begin in your home with your child and with the small children around us.

The goal of proper life training, without prejudice and narrow mindedness, is a worthy hard-won goal, but not an impossible one!

Were you given adequate fostering care as a child? Did you receive enough nourishment, clothing and a decent place to live? Some people grow up with deficiencies in some or all of these areas, while others grow up with over-abundance. Some of us overcome the inadequacies of our youth while others blame their lot in life as an adult, on things they suffered as a child.

Each person has his own story and each person has the right to choose the path of his life, regardless of

circumstances. Some make wrong choices early in life and never have a chance to correct their mistakes.

The best way to insure your child's future is to *nurture* him to the best of your ability, with love and understanding, and levelheaded discipline. No matter what your station in life as a parent, you can still provide the needed nurturing for your child.

Chapter 8

Sincerity, Integrity and Independence

SINCERITY

How often do we meet people who say one thing and mean something entirely different?

Insincerity why is it so common?

“Mean what you say and say what you mean,” is the rule for sincerity. This too, is best taught by example. For the most part, we want to believe that people are sincere with people who are sincere with them. We know unfortunately that there are connemen, or people who are simply out to serve their own selfish interests or people who just don’t know what true *sincerity* means.

Right now though, we’re talking about young children and helping them to learn to be sincere.

One of the first lessons in sincerity comes when we tell a child to stop doing something, and follow it with the threat of some kind of punishment or consequence. If he doesn’t stop the behavior and if we ignore him and don’t follow through with whatever we said we’d do, he learns quickly that we don’t mean what we say. The child learns to go a little further the next time. If you don’t follow through the next time either, he will push you still further, and so it goes. By the time he becomes a teenager, your threats of punishment for bad behavior falls on deaf ears and you wonder “why?”

So it is with everything a toddler learns to do. Each action is the beginning of a pyramid of behavior patterns. Good patterns cannot come of bad. It all goes back again to the foundation we give the child to build on.

When my daughter told me the story about how her daughter had tested her about the doll, she said, "That taught me a very valuable lesson. I'm glad she did that and then admitted what she was trying to do.

I realize now what you said was true, that kids will try you with all their might to get their way. I know I have to be the strong one, and the mother and not let them control me."

At seven, Leah was old enough to know what she was doing and she had decided to test her mother. She learned a valuable lesson and taught one, as well. Children begin doing this kind of testing of wills right from the beginning, but it doesn't stem from actual thought. Instead it is a common reaction and testing of will and if the parents buckle under and give in time after time, the child will end up being the controlling member of the home.

BE ALWAYS ON THE ALERT

This of course, means we have to be diligent and constant in our rearing of toddlers. When you visit a friend's home, do you sit and talk, oblivious to what your child is doing?

This happens often and is a mistake. A child soon learns when you're not paying attention and uses this time effectively to do as much as he can get by with, even the things he KNOWS he's not supposed to do. *(This, by the way, is perfectly natural behavior; due to the child's inborn curiosity. It's not a sign of a "bad" child, but simply an intelligent, inquisitive human being who needs careful guidance.)* A parent with a toddler has to learn to always keep one eye on the child, regardless of the location or the activity.

In addition to this constant awareness, parents must develop an altered form of conversation. They must establish the art of stopping in mid-sentence to correct or discipline the child and then calmly go on to complete the conversation.

Some people may get annoyed with this interrupted form of conversation, but most will respect your efforts to train your child properly, especially as the results of your efforts become evident as the child matures.

Admittedly, it makes for a difficult and sometimes exhaustive pre-school period, but the rewards in the later years will be well worth your time and effort now.

Another example of sincerity is what your children hear you say *to* other people and then what you say *about* those people. For instance, if you talk to a friend, in person or on the phone, and your child can hear you, your words and the sincerity with which you speak are evident to him whether he takes a noticeable interest in your conversation or not.

If the child later hears you talk against that person or say negative things, which directly contradict your words in the conversation, then your sincerity quotient drops radically. This message of insincerity sinks into his subconscious and has a bearing on his judgment of your sincerity from that point on.

The child also learns how to be insincere. He learns that because you do it, it's permitted to say one thing to a person's face and then to talk about him behind his back. This is just another example of the way our children learn behavior, a way that is all too often overlooked.

Have you heard anyone you know who exhibited this type of *two-faced* behavior? I'm sure if you did, you can remember how it made you feel about that person. Hypocritical behavior tends also to stir feelings of ambiguity towards the person being talked about.

I've always felt that if a person will talk behind another person's back, then I was also a target for the same treatment. It's hard to fully trust anyone who does this.

INTEGRITY

Integrity is similar to sincerity. A man's word used to be taken literally many, many years ago. His honor rested on the worth of his word, and a verbal agreement, sealed with only a handshake, was as good as a signed and sealed legal contract today. Perhaps better, since contracts today can be repeatedly challenged.

Society has deteriorated to the point where we can no longer trust a person's word, with or without a handshake. Today, integrity has to be enforced by written contracts, lawyers and courts.

Society's lack of integrity cannot be changed overnight. It will take years, if indeed it can ever be achieved. If the return of integrity is to be realized, it must start with our babies. That means, with us. These babies can only learn the worth of integrity first from their parents, then teachers, and then their managers or bosses, and so on.

The child will learn to trust you because you do keep your word whenever possible, and when you can't, for reasons beyond your control, he will learn to adjust to these unexpected changes and disappointments and then to go on with life.

Life is full of ups and downs, and the way we handle them serves as an example for our children. Our ability to admit defeat, and to go on to something else is a valuable lesson in integrity. A child, who grows up without having to experience any disappointments and never learning to accept responsibility for his own actions, is ill equipped to handle difficulties as a teenager and in later life.

It's not as important to shield your child from all disappointment as it is to help him to learn *how* to handle them, overcome them, learn from them and then be able to go on to better things.

Look back at your own life and remember a time when a disappointment in your own life, or that of your parents served as a turning point for you. Analyze how disappointments were handled and think about what might have been done differently to result in a healthier emotional reaction to all involved. We don't always get what we want, and sometimes we can see in later years that it was a good thing we didn't.

These up and down experiences serve to form our emotional reactions to life, and thus determine our ability to handle all types of situations. They are also lessons much better learned by actual experience rather than by mere observance of others.

REALNESS

by Kathern Welsh

Truth and honor, faith and love,
the importance to be real,
are things that one can't ever know
until he's taught to feel.

To feel that something's going on,
yet not know what or why,
is far more damaging to the soul,
than the truth that makes you cry.

Children see and feel much more
than they can ever say,
until they're given due respect,
until they're shown the way;

the way to open up and talk,
and learn they *CAN* be real,

EXAMPLE is the only way
to teach them how to feel.

To talk, and then not follow through,
is the breaking of your word.

"Do as I say, not as I do!"

is really quite absurd.

INDEPENDENCE

As a child learns integrity, he also builds independence. A child who learns to deal honestly with people and has developed a good sense of self-confidence is well on his way to mature independence.

Independence isn't just being able to do what one wants to do, oblivious of others. In the full sense of the word, it also involves a respect for other people and for the law. Independence means being accountable for your own actions, whatever they are.

A child's first act of independence is in learning to feed himself

Just as important as learning HOW, it's also important that he learns the proper WAY to feed himself. It's much better to teach him the proper way to behave at the table from the beginning than to let him "play in the mashed potatoes" or throw food or utensils around for a while, and then later try to break him of bad table manners.

It's the same for anything he learns. It's much better to teach him the correct way *right from the start*. Making sure children learn the correct way to do things, in the first place, could eliminate many moments of embarrassment or concern in later years.

Can you imagine how confusing it must be, to be allowed to eat certain foods such as cereal or mashed potatoes, with your fingers for the first two years of life and then be told, "*You can't do that anymore?*" No wonder some children become confused and then rebellious. It makes so much more sense to learn the accepted form of behavior right from the start, whether it's eating or driving a car. Why make someone learn, unlearn and then learn again? You feel much more independent and in control when you don't have to relearn a familiar task. You feel more confident and ready to learn new things if you don't have to wonder if you're learning it right the first time.

Perhaps this is one reason some of our children today are so confused and mixed up!

TEACH THEM TO DEVELOP THE INDEPENDENCE TO STAND ON THEIR OWN

Independence is developed from a combination of elements or reactions. Learning is just one of them. Trust, making decisions, self-confidence and responsibility are other important ingredients that make up independence

Help your child develop the independence to stand-alone; to be someone on whom another can depend, with the strength and determination to be a mature adult.

One of the best tributes to a parent is a child who is a self-sufficient, contributing, law-abiding member of society. Some people reach this status in spite of what they had to overcome. Wouldn't it be better for your children if they grew up, intact, thanks to you, with all the ingredients which promote emotional health, independence and maturity?

Chapter 9

Boldness and Benevolence

BE BOLD AND KIND

Boldness and benevolence may seem contradictory; however, they can and should be used together. Boldness will be developed as the child gains self-confidence. Boldness, in the sense that he will be able to stand up for what he knows is right and be able to make his own decisions as he grows. He can learn by your example when to be bold and not to be afraid to stand on principle. After all, isn't that what America was founded on? The rights of the individual?

Boldness encompasses the fortitude to stand up for what you believe is right, even if it goes against the normal or majority view; even against a law, if it is believed to be morally wrong. Yes, I said morally wrong. I believe morality is important, the morality based on the Bible. The morality which says there is a right and a wrong, there is a real Truth. Truth is not relevant, or right does not mean, "If it feels right, do it!"

The laws, which discriminated against race and sex, are excellent examples of morally wrong laws. Our constitution gives us the right to protest, or to be bold, and we need to instill this boldness into our children.

This, in turn, will aid them at times when their peer group pressures them to do something they know is wrong. This instilled boldness will enable them to stand alone against the odds, if necessary. They will learn that their own personal viewpoint is just as valid and carries just as much value, as anyone else's. With this belief in their own judgment, they will not be so easily cajoled into "going along with the crowd" when they are being coaxed into doing something wrong or against their moral beliefs.

BOLDNESS WORKS WITH BENEVOLENCE

Boldness tempered with benevolence is an outstanding quality. A person who exhibits kindness toward people and respects the feelings of others will win many friends. These qualities, as so often said before, are also learned mainly by example. Be bold enough to let your child know you mean what you say and strong enough to temper your discipline with kindness.

Kindness allows you to change your mind. Kindness permits you to ease the restrictions or to make exceptions. You need to discipline with rules, but you can weigh the judgments with kindness. Kindness is not weakness but shows a caring, understanding heart and a wisdom of mind. Great and bold leaders only become great due to the benevolence or kindness they bestow on their fellow human beings. You hold the same greatness within you. You have your children on which to express and bestow your benevolent, yet bold wisdom.

DON'T BE AFRAID TO CHANGE YOUR MIND

Some people are afraid that if they set certain limitations or make certain rules, that they cannot change them. It is, in fact, a sign of superior strength and greater understanding and intellect, if you can honestly look at a particular situation with a perfectly open mind and be able to see when you might be wrong, or when it is advisable to be a bit more flexible. Sometimes you can even see where a particular rule wasn't even necessary.

Yes, benevolence and boldness may at first thought seem to be truly contradictory, yet you can see they are indeed so very compatible.

I'm sure there were rules you had to follow as a child that you thought were unfair. These same rules as seen from a parent's perspective, appear much more fair. Every one goes through times when they look back and realize how ignorant they were during the teen years and early adulthood when everyone thinks they are very wise.

It isn't until you reach the forties and fifties that you begin to realize just how little you did know back then. The truth is, we're never as smart as we think we are, and never reach an age where we don't have to learn any more.

Chapter 10

Love, Loyalty, Letting Go, and Ego

LOVE and LOYALTY

Love, of course, is the basic need of life love for our mate, our children, friends and family and for our fellow man. What better way to learn about love than to see it practiced as you grow and to be the recipient of a true and caring parent to child love.

People who have grown up knowing they were truly loved are much happier and more complete human beings than those who were under the impression, real or otherwise, that no one really cared for them.

If we truly love a child, it doesn't mean that we let him do "everything" he wants to do. Love without discipline isn't real love. Non-discipline teaches him how to be unconcerned about anything or anyone except his own desires. Lack of discipline so often causes a child to question whether he is truly loved and cared for. After all, you have to care about someone in order to take the time to teach the all-important lessons of life and love.

LOYALTY is KIN to LOVE

Love also involves a loyalty to those we care for and a loyalty to our ideals. Loyalty is demonstrated by being supportive when someone we care for is having trouble or is depressed. When a child knows he can come to you with problems and can trust that you will discuss whatever it is without ridicule or judgment, he will not be afraid to talk openly with you and will learn an important lesson about unconditional love and loyalty.

A loyal, trusting relationship between parent and child is a very important base to establish as the child grows. If you can listen to the small problems of your young child and objectively discuss the pros and cons of any issue brought to you, then he learns day by day that he can talk with you about anything.

This trusting relationship will then grow and develop as he enters the turmoil filled teenage years. If a close bond has been established during adolescence, then your teen will feel more free to come to you with his teenage problems, than to someone else, or worse, to no one at all.

It's also important to remember that no matter how trivial a problem or situation may appear to you, your child at this point in life, may feel it's a major, make or break conflict. You should never ridicule or pass off any concerns your child shares with you. To him, his life is affected and it's important that you realize this. Always try to remember how you felt when you were your child's age.

You can't wait until your child is ten or so to begin to build a trusting relationship. You must start to build a close relationship very early in your child's life, if you want to attain a level of maximum trust. This closeness is slowly and constantly built through sharing incident after problem, after catastrophe. Each time you're able to share, listen and love, you continue to build upon that closeness. Love and loyalty are the two main cornerstones upon which a good, sound relationship has to be built.

LET THEM KNOW YOU LOVE THEM

It's a good bet that the majority of people who end up in prison never felt truly loved during their early lives. One of the basic, most important drives we as humans experience is the desire to be loved. If someone loves you, then you can love yourself. In turn, if you love yourself, then you can love another.

Love is the main ingredient missing in today's society. Love of self and of others. If everyone truly did love as they should, most of our social problems would be eliminated. To be loved and to love! It's so simple, yet so nearly impossible to achieve!

Why is it so difficult for people to let each other know that they really care? So many people long for a close relationship and then when they find it, they are afraid to let the other person know just how much they love each other.

So often they say, "Oh, he/she can tell I love him/her. I buy everything he wants," or "I let him do whatever he wants to do." Therein lies the bulk of the problem.

"Things" in the form of gifts, do not take the place of true love and caring. We now have too many one-parent families, working mothers, and absent dads. As if that weren't enough, there's also "same sex" couples who are raising children. The whole basic foundation of family and society has been cracking for years, and the latter part of 1999 has seen emotional, social and spiritual problems such as never before. Aberrant sexual behavior, pre-marital sex, teenage pregnancies, and crime, are glaring symptoms of a sick and lost society.

We need to get back to "the basics of life". The most basic of all is, love. Love is what your child needs, love is what you need. Love is what the world needs.

Unfortunately, most human beings are not mind readers, and gifts and other such tangible false substitutes of love don't translate into the emotional well being we, and our children require.

For some reason we humans need to actually hear the words. We also need to be able to feel the emotional caring. So many people find the words so difficult to say. Just three simple little words, "I love you." They mean so much, are desperately needed to be heard, and yet are so often forgotten.

Get into the habit of telling your children, and your spouse, everyday, that you love them. How will they be able to say it to others, and to their future families, if they don't learn it from you? Certainly, not from the world outside, at least, not in the right way.

Unless your child can learn now what a true, healthy and loving relationship is like, how will he be able to distinguish the false and bad, when he gets out in the world?

We all know the world is full of con men, and people who are out for themselves. People who will do anything and say anything to anyone, to get what they want. It doesn't seem to matter any more what's right or wrong.

Our children are being taught by the adage, "If it feels right to you, then do it." That is so wrong and we need to wake up to the fact and love our children enough to overcome the false influences lying in wait for them when

The little girl now lives about 200 miles from the stepmother. The stepmother visits the child at her new home, but the aunt and uncle won't let the two of them be alone together. They always remain nearby, even though they have told the stepmother they acknowledge the wonderful job she has done in raising the child to this point.

They say they are thankful and appreciate the care she has given the child. The child comes to visit the stepmother a few times and each time becomes more and more upset when the time comes to go back to her aunt and uncle. Her confusion as to who her real parent figure is, becomes more and more evident

After consulting with an attorney and finding out that she has no legal claim to the child, the stepmother decides to slowly reduce the frequency of her visits and finally to give up seeing her totally.

She puts the emotional well-being of the child ahead of her own love for her, and realizes it's best to sever

ties and let the child integrate into her new family.

This was very difficult to do, but the stepmother decided it was better to experience pain herself at the permanent separation, than to continue to emotionally upset the little girl and perhaps cause her never to be able to adjust to her new family.

The well-being of the child was the deciding factor in the decision. She knew the child would be hurt for a while, but she also knew she would eventually adjust. With continued visits it would have become increasingly more difficult for the little girl to adjust to the family situation in which the law said she had to remain.

In cases like this, letting go is the only sensible, logical thing to do. Also, when someone lets you know that he doesn't and won't ever love you, the only sensible thing you can do for your own well-being, is to *let go*.

You could keep torturing yourself with schemes to try to get the person back, but if he makes it known to you in no uncertain terms that there is no future in his life for you, then save yourself the pain and *let go*.

Letting go often shows more caring for the other person, (and in fact, for yourself) than refusing to see things the way they really are. If you persist in forcing yourself on people who don't really want or need you in their life, you are really thinking only of yourself, and causing yourself more pain in the process.

TRUST AND JUDGEMENT

Letting go is moving forward. Letting go is life!

A delightful aspect, or fringe benefit, of taking the time, interest and trouble to rear truly self-confident responsible teens, is your confidence in their judgment.

If you trust their judgment, then their eventual selection of a mate is less likely to be a matter of contention between parent and child. In fact, being able to see your child enter into a happy, fulfilling and mutually beneficial relationship can be a tremendous source of happiness and pride for a parent.

In this type of situation, *letting go* becomes easy, because you know the love and trust you have built together over the years will always be there, regardless of how many other people enter the scene. Not even the number of miles between you can tear away the relationship you have nurtured, because it's solid and sure.

Love is a funny thing. The more you love, the more love you have to give. It builds on itself and is never selfish, but continues to give. Sometimes loving means to "let go"!

EGO – Everyone Has One

Most people seem to prefer to say they don't have any *Ego*. Everyone remembers some derogatory reference to "ego". No matter what you think about it, everyone has a certain amount of ego, be it good, bad or indifferent.

Having just the RIGHT amount of the RIGHT EGO is the trick!

It's important to help your children develop their ego properly so they can have the confidence to strive for any role in life they desire, and to be able to feel that they are "as good as" anyone else.

With *TOO LITTLE ego* they will always feel themselves to be less important than others and thus be apt to settle for less in life. With *TOO MUCH ego*, they may consider themselves to be "*better than others*" and thus treat others with less consideration or concern than they should.

Lack of ego, (or self-confidence) and an overabundance of (prideful) ego account for many injustices in the human race. Building the *proper amount of the right kind of ego* in our children is a challenge indeed!

It bears repeating that every single person of every age has an ego. The kind and amount of ego is the key to the type of person he is.

THEY NEED TO KNOW THEY ARE WORTHWHILE

A teenager who has enough ego to believe in himself, who feels “as good as” anyone else, is less likely to succumb to the various and often dangerous temptations he faces. With sufficient ego, there is no need to “prove himself” to others, or to try to build his self-image in a possibly destructive way.

It is important to begin building the self-image, or ego, right from the beginning. You don’t accomplish this by making a child think he can do no wrong. Likewise, it is not done by making him think he always has to be the best at whatever he does. Conversely, you don’t build a healthy ego in a child by always putting him down, or calling him names like, stupid. You also can’t help him build the proper ego by ignoring him.

It is important to encourage him to always do his individual best and not be afraid to at least “try”. The champion of defeat and low self-esteem is “*can’t*”. The old saying “*can’t never did anything*” is still true. *Can’t never will, but try just might!*

OK to say, “I tried but I couldn’t.” To never try is a total loss of potential. Encourage your child to keep trying new things. Everyone can do something very well, unfortunately too many quit trying before they find out what *their thing* is.

Trying ultimately leads to success. Success helps to create proper and sufficient ego. Sufficient ego leads to ultimate success.

Chapter 11

Tenderness, Truth and Tenacity

TENDERNESS

Tenderness too, is a very important quality. Even the strongest of men can be tender. Tenderness toward others is learned by experiencing it as it is directed toward us.

Most people think of tenderness as it relates to the person we choose to spend our lives with. However, it's important to note that "tenderness" has a place in other relationships as well. Tenderness toward our children helps them value themselves, as well as teaching them how to react with their own future spouse, offspring and with other people.

Tenderness is not weakness, as some people seem to feel. On the contrary, it takes a certain "strength" to be tender. Most often it's the people who are unsure of themselves, or who actually dislike themselves, who are unable to express true tenderness toward others. This can be another result of too little or too much ego.

Without tenderness, Lincoln would not have been able to accomplish his objectives. Her tenderness for human suffering caused Madam Curie to achieve her triumphs in medical reform. Martin Luther King's tenderness towards the injustices suffered by black people enabled him to bring forth the wave of reform still building today. Tenderness is an integral part of great strength. We should not be afraid to show it or to teach it to others, for without tenderness, the world would be a truly cold and dismal place.

TENDERNESS HAS MANY FACES

Tenderness is shown when your child scrapes his knee, and comes to you for comfort. A simple kiss will usually ease the "pain" completely, for parental caring and tenderness is a heavy-duty medicine to a small child.

Tenderness is shown when your child tries, but doesn't do well at some task, or when school work isn't quite up to par, and you don't ridicule or chastise. Every word you say to your child has an effect.

Tenderness is shown when you remember someone's favorite food or favorite TV show. Tenderness is shown in so many small ways, yet it pays such huge dividends.

Tenderness given is learned, and tenderness learned is returned!

Can you remember a special moment when you experienced tenderness as a child? Can you remember how it made you feel? The more we experience these feelings when they are given to us the more it enables us to treat others in a comparable way. If someone never receives kindness or tenderness, it's almost impossible to show those feelings to anyone else.

TRUTH

Truth, unfortunately, is far too often stretched, twisted, fabricated or just not used. Children are born with a basic truthfulness that all too often is slowly submerged into "games people play".

Many people grow up with the misconception that they must say what people "expect" them to say, or say things to impress, or shock, rather than what they really think or feel. This too, unfortunately comes back to a basic lack of self-confidence.

Of course, truth must be tempered with kindness at times. If some one looks terrible for instance, we don't have to tell them, "You look terrible". But we don't have to tell them they look terrific either.

If the person is feeling ill, they know they don't look their best and to tell them they look great, would have a clearly false ring and could hurt their feelings.

They'd either know you were lying or they just

might think there was something wrong with your eyesight.

The best advice I've ever had was, "If you can't say something nice, don't say anything at all." And you know, there have been very few times when I've had to remain completely silent.

Truth in the little things leads to truth in the big, important things. If we could read each other's minds, the need for lies would be eliminated. Each one of us, at one time or another, finds ourselves telling an untruth, or "little white lie". Is it really necessary? Are white lies OK? Not if they hurt someone later. The measuring element of a "little white lie" is whether ANYONE is hurt in ANY WAY.

UNCERTAINTY IS UNSETTLING

If you want truth from your children, you must be truthful with them. You don't always have to go into detail, but be truthful. If there are financial or marital problems, at least tell them basically what the trouble is. They can feel the tension and unrest and all too often they decide that the whole problem is their fault.

It's best that they know and understand that there are difficulties but we need to help them understand that the problems have nothing to do with them. During these times especially, it's very important to let them know you still love them, regardless of the problem. It's the uncertainty, which tears down a person, in any given situation. Uncertainty is especially devastating to children.

We humans are remarkable beings. We can usually adjust to, or at least learn to deal with anything, regardless of how bad it may be, if we're presented with the true facts regarding a situation. Even children can adjust to the most upsetting circumstances if they're given half a chance. We only need to be truthful with them and then be supportive.

Knowing and facing a problem is much better than trying to guess at what the cause of the problem may be, and children usually take the blame for any family disruption onto their own shoulders. We must remember that a child's world is small and revolves around him.

Therefore, when anything goes wrong, they tend to feel that something they did or said, caused the problem. Keeping this fact in mind will help you to deal with your child's insecurities.

BE AWARE OF HOW YOU REACT

In order to help your child to tell you the truth in all situations, you must be aware of how you react to upsetting news when they tell you of a mistake or an accident or whatever problem they confront you with. If you get into the habit of yelling or screaming before you even hear the whole story, or get quite upset and refuse to understand how it all happened, then the child will become more and more apprehensive about coming to you with the truth.

He will then begin to make up some story that might not get you quite so upset. He will learn that it's easier to tell you what you want to hear, rather than the truth. If you continually fly off the handle at hurtful truth, even concerning small things, your child will begin to lie about things there is no real reason to lie about.

So in effect, your ability to listen calmly, to try to understand, and then to discuss a problem, will determine to a great extent just how willing your children will be to come to you with the truth.

Was there ever a time as a child when you were yelled at or punished when you told the truth? If so, you should remember what you felt like at those times. Why would you want to make your child feel the hurt you felt?

Learn to discipline yourself to “listen”. Let the child talk and tell you the whole story before you jump in and start making judgments or screaming. Listen to the whole story, and then ask the child what he thinks or feels before you start offering solutions. To ensure that you have an open, honest dialogue with your future teenager, you must start developing a trusting relationship when the child is young, and then keep it progressing.

Have you ever "jumped all over someone" when they told you the truth about some mistake or accident? If so, I'm sure it never really resolved anything and both of you left feeling hurt and angry. Did that person become wary of you and shy away from you after that? That's usually what happens. When you can't confide in someone without getting yelled at, you soon decide to stay away from them and keep your concerns to yourself.

TENACITY

Tenacity is a necessary quality in order to attain your goals in life. Tenacity has to be developed by support and understanding and of course, by... you're right.... example Learning to stick to a project until it's completed is a quality we should strive to help our children to develop. All things in life are not acquired easily and the people with tenacity are those who get the furthest and accomplish the most.

One way to teach tenacity is to first strive to complete any task we decide to undertake and then work to see the project through to the finish. If your child sees you continually start and then give up, they will very likely do the same in their endeavors.

If your child does start a project, a picture or a puzzle for example, help him to stick with it until it's finished. Of course that doesn't have to be a non-stop task, no matter how many hours it may take. He can always go back to it periodically.

Don't scold or threaten, but offer support and perhaps even some help and by all means, be sure to praise the finished product. Everyone, even a child needs praise now and then.

It's also necessary that they learn the good judgment to be able to know when it may in fact, be best to quit and then go on to something else. Stubbornness sometimes hides behind the word tenacity. This is where judgment of the situation and the probable outcome comes into play. It's not a disgrace to be unable to finish a project, or to change the outcome of your intended goal, or to admit defeat when all available resources have been used up. The true measure of a person is what they do AFTER the fact of defeat is faced. HOW they handle the situation and then go on with new challenges is what really counts the most.

Have you ever been told a lie, later found out the truth and then wondered why the truth wasn't told in the first place? If so, the person who told the lie was probably used to having to tread carefully for fear of unwarranted anger.

The only way to help anyone be truthful with you is to be aware of how you react to upsetting truth. Strive to make yourself listen first, then consider what you've heard, before you start using your mouth.

Don't just blow off steam. Be like the pressure cooker and govern the way your steam, or anger, is released. You'll be a happier person, and you'll have much better, closer and more trusting relationships.

TRUTH

by Kathern Welsh

Say exactly what you think,
with tact and understanding.
Positive, kind, and helpful words,
common sense notwithstanding.

Chapter 12

Energy and Enthusiasm

ENERGY

Energy of course, depends on eating a good, well balanced diet, good health, proper rest and exercise. If your child gets all these ingredients but still seems listless, then check with your doctor. Children can't always tell you what's wrong and they're dependent on you to safeguard their health.

Energy depends on the emotional state of being, as well. The emotional state of a child depends on and responds to the emotional state of the household. Their emotions are very fragile and subject to sudden downs and unexplained ups. They seem to absorb and then reflect the emotions which exist around them. Tension in the home can be displayed by an ill tempered, childish outburst, or by quiet, withdrawn behavior, or any degree in between.

Sometimes the energy of the young seems never ending and it's important to channel it into creative pursuits. A sudden and continuing change in a child's energy level should be checked out by a physician to eliminate any physical or emotional cause.

Energetic children need active, safe and creative ways to expend their energies. Outside activities, sports, running and bicycling are all ways children can use up that excess energy. If only the energy of a child could be bottled, and given to us older people, we could get so much more done. It's often said that energy is wasted on the young. It's up to parents to make sure the youthful energy is channeled creatively and used to good purpose.

ENTHUSIASM

At first thought, enthusiasm may seem to be the same thing as energy. However, energy is essentially a physical quality, while enthusiasm is an emotional quality.

Even someone who is unable to move physically can be full of enthusiasm for life. In order to achieve their highest potential, children need to be helped to develop an enthusiasm for existence and for their various pursuits. The eagerness to face each new day, ardent fondness for certain activities and a lively interest in a hobby, are all evidence of enthusiasm.

The way you, yourself, react to situations and experiences will tell your child whether or not you enjoy life. If you show an enthusiasm for things you do, it will affect your child. Enthusiasm is very catching, so spread it around. Enthusiasm will improve the quality of your life and your child's life as well. Living without enthusiasm would be very boring, indeed.

Are you able to "be yourself"? If not, when were you first aware of "putting on a front"? Did it start at home or when you were in school? To help your child "be himself" you must first learn that you are acceptable as a person.

Being yourself involves all the other topics we've covered. Honesty, truth, temper, and concern: all these work together to enable a person to be the person they are, to be real. That's what kids really want and need today. They want to be "real" and they want people to be "real" with them.

Show them how to be enthusiastic about life. Life is a treasure and a blessing and it's meant to be lived and enjoyed. Enthusiasm for living will help your child in any and every situation.

HELP THEM GET TURNED ON

Everyone has something that they can get excited about. Helping your child to find something that stimulates his enthusiasm and curiosity will be one of the most important things you can do.

People who have no "hot button" or special point of interest, are usually very bored, unmotivated, unhappy people.

By all means, don't expect that your child should be an enthusiast about the same things that excite you. Perhaps they will, but each person, even your own child, is an individual and no matter how dull or mundane some of their activities may seem to be to you, something entirely out of the realm of your own personal interest may be just the type of hobby or profession which sparks your child's enthusiasm.

So be willing to be open minded enough to help them to experiment and investigate new topics and activities until they discover something that really turns them on!

Do you recall your parents exhibiting a great deal of enthusiasm for a hobby or some particular activity? Perhaps your dad was into sports or cars and your mother was an artist. When parents have something they're passionate about, the children learn to experiment and try to find new hobbies or interests. Introduce your child to various things, like music, art, reading or sports. Maybe woodworking will captivate them, or cooking. Keep trying new things until something captures their imagination and interest.

When they find something they can be enthusiastic about, they will never be bored. That's important because bored kids are kids who can get into trouble.

Three Poems of Youth

BABY

B aby talk and lullabies
A ttention every time he cries
B oundless love and tenderness
Y ear-time full of gentleness.

CHILDHOOD

C hildish games and years of school
H onor and the golden rule
I dols such as Superman
L oyal to the best of them
D ays seem weeks, and months seem years
H appiness and sometimes tears
O n the earth and under the sea
O n to the moon, then the galaxy
D reams of children can come true
what you are is up to you!

ADOLESCENCE

A dolescence, the "in-betweens"
D esires of children, bodies of teens
O verwhelmed by new sensations
L egal rules and condemnations
E gos bold, yet meek and mild
S uddenly grown-up, yet still a child
C ynical, yet strangely wise
E volving changes synchronize
N aive acceptance at an end
C autious in the choice of friend
E ventually, this phase is done,
as every day there's a rising sun!

Chapter 13

Naturalness, Awareness and Adventure

NATURALNESS

The emphasis on food and make-up today is to make it natural. Yet so many people themselves are "unnatural". People, as a rule, seem to be afraid to dare to "be themselves."

This fear of being natural goes back to a lack of self-confidence or EGO. Most people try to behave like someone else, or like they think others "want" them to behave.

Everyone is an individual with good things to offer. Many people act one way at home and then put on an "act" whenever they're in the company of others. Our children see this and as a result, they begin to do the same thing.

If we use "company manners" for other people, our friends and even strangers, then shouldn't it be more important to use those "company manners" for the people we love and live with, our immediate family? We should care enough for those people we profess to love, to treat them at least as well as we do our company. Aren't these people, our family, just as entitled to be treated with the "common courtesies" as the strangers we casually deal with?

In order to be courteous in public, children must first have the experience of being treated with courtesy in their every day life. At home should be where they learn their basic manners and, basic good manners must be learned early.

Being "natural" should include showing common courtesy to other people and involves tenderness, kindness, and truthfulness. It is having the ability and self-confidence to be one's SELF.

Help your children to be confident enough to be themselves, to be "natural" as they mature, and this in turn will help them to cope with, and conquer, the many pressures of the teenage years.

Encourage your children and complement them often. Be more expressive with praise and good words, than you are with criticism and sarcastic remarks. If you must criticize something, try to follow it up with a comment of praise about something. It will work wonders!

GAMES

by Kathern Welsh

Is life a game or is it real,
do we merely play a part?
Do we do what others' want,
or what is in our heart?
What's the price of playing
the games that people play?
Do we know just who we are,
or lose ourselves each day?
How then, do we find ourselves,
and who we really are?
By someone who will show us
just how to reach our star.
True friendship requires honesty,
open, straightforward trust,
knowing exactly where you stand,
these things, they are a must.

AWARENESS

Awareness of people, and of their circumstances, is also a needed quality. Developing an awareness of others will help to keep the ego from becoming too conceited.

Thoughts only of one's self, is evidence of too much ego and an ignorance, or disregard of the other person's needs.

Awareness, too, is learned by example and by witnessing concern for others. This must be learned from an early age, also. An awareness of the vast opportunities in life will widen the child's horizons and make him aware of the numerous possibilities and choices that are available to him.

As children witness your awareness of world events and happenings which occur outside the home and outside your own immediate area, they will develop an interest of their own. Build your child's awareness by building your own. This sense of awareness can result in a feeling and sense of adventure. Life would be dull without some adventure and this requires awareness and an open mind.

The world is full of different ideas. Be willing to listen, or to learn about new things and to help your child to experience the adventure of learning and comparing ideas. If they learn to do this early and combine it with a self-confidence and an awareness of their own self worth, they will be much less likely to be swept up by groups who do not consider the needs of the individual.

ADVENTURE

A child's life is an adventure every day, as they learn of the myriad facets of the world around them. They need to know that life can continue to be an adventure, and there is always something more to look forward to.

The way you react to situations and the vacations or family outings you plan will all help to let your child know that life is full of adventure. Explore the area where you live. Go to museums and parks. Investigate different hobbies and technical advances. Study the stars!

There is so much the world has to offer that the term “I’m bored” should never have to be uttered by anyone. How you view the world and the interest you take in learning new things will set the stage for how your child’s future outlook. Help him discover adventure!

Chapter 14

Generosity and Enrichment

GENEROSITY

Generosity is another important quality. Without it, this would be a selfish world, with everyone out for themselves. A generous person is usually confident of himself and secure in his own uniqueness. Therefore, he's not afraid to open up to, and to help others. He realizes that by giving, in whatever way he can, he also receives in return. Being able to give and receive graciously fosters a sense of well being. Generosity isn't only the giving of things but of one's self, in terms of caring, understanding and support.

These attributes, many consider to be related to a strictly religious context. Perhaps it is more correct if we consider them to be the true measure of a truly "human, caring, and compassionate heart." And all human hearts are derived from the same "higher power", whatever each individual perceives that to be.

Generosity extends from very small, seemingly insignificant gestures, to the giving of material gifts. Generosity is teaching children to be tolerant of others' shortcomings and teaching them to be aware of how hurtful and damaging taunts and cruel remarks can be.

ASK "WHAT IF?"

One way to do this is by saying, "How would you feel if (whatever is was) happened to you?"

Even very young children can learn the concept of "putting themselves in the other person's place." With their very active imaginations, it's even easier for them to "switch roles" than it is for us.

After they've done this a few times, whenever a good example happens to present itself, you'll find that they are less quick to criticize another child for being different, either because of looks, actions or handicaps. They are

more apt to feel compassion and understanding when faced with someone different, rather than ridicule.

This is a form of generosity, which can only aid in creating a better place for all of us to live.

GIVE

by Kathern Welsh

Give of yourself, of what you know
Give of yourself, your love to show
Give of your time to one in need
Give of the truth that one may heed

Give of your goods to help a friend
To help him hold on till hardships end
Give of your food to one who's ill
Give of your warmth to stop a chill

Be ever ready to share a good word
To one to whom hate is all that's heard
Share of yourself in every way
And bring some sunshine to every day.

ENRICHMENT

Enrichment, though not too commonly considered as an aspect of child rearing, is another important ingredient for making responsible teenagers. Children need enrichment right from the start, in terms of new experiences and challenges.

Enrichment is making the child aware of all the things the world has to offer him. A child with limited sources of enrichment often ends up in a boring or non-satisfying lifetime job. A wide variety of cultural experiences will enable a child to find his real talents and

interests.

Exposure to various art forms such as dance, theater and music will widen a child's knowledge of the vast variety of the worlds' possibilities. Gradual introduction of the various fields of technology and career choices will encourage a desire to be all that they can be, to reach for something unusual and out of the ordinary.

Self-confidence of course, will help them to have the courage to forge their own footsteps, rather than to always follow in the path that someone else has laid out.

So many people simply follow along in the path someone else has paved, simply because they're not fully aware of the varied and interesting assortment of career opportunities which are actually available.

Enhancing a child's knowledge of the world around him greatly increases his chance of future success and happiness.

Music, art, theater, sports and other interests enrich the life, just as vitamins enrich the body.

When you were a child, were you aware of the vast variety of career choices or did you follow in your parent's footsteps? Helping a child learn about the world and the choices available to him, will help to ensure that he prepares for and enters a profession he truly wants. A profession for which he can feel enthusiasm and tenacity. A profession that will enrich his life and be a source of pleasure and contentment. A profession he can enjoy making money with, not one he has to endure, just for the money.

Chapter 15

Resourcefulness and Security

RESOURCEFULNESS

Resourcefulness is another often overlooked quality. In these days of TV, Nintendo, sports, and so many other easily acquired entertainments, resourcefulness seems often unnecessary. Our forefathers had to be resourceful to survive. Now, much too often we hear our teenagers complain of being bored and of having "nothing to do."

A resourceful person can find an infinite number of things to do and to learn about. Helping a child learn to know how to find things to do from the time they're young, will build within them a resourcefulness which will serve him well as a teenager and then into adulthood as well.

The key is to start early! It's a quality that takes time to grow and it can grow almost imperceptibly with the proper example and encouragement. There are such a variety of things to do and to learn about, even when finances are tight, that no one should ever be bored. We're blessed with libraries and the Internet to help us discover the world around us.

Any number of creative items can be made from ordinary household odds and ends. Libraries and bookstores have numerous books on crafts and creative children's activities.

A simple tape recorder with some inexpensive blank tape can keep a child involved for hours with creative story telling, singing, or play-acting. These tapes often make wonderful, entertaining gifts for grandparents. And this serves more than one purpose

Besides keeping the children entertained while taping, the finished tapes are treasures to the family, which gain in value from year to year.

To listen to a child's imagination run rampant is such fun and a wonderful source of pleasure. These unique tapes can also be rewarding tools for learning to know your child better, and for some insight into what really interests them.

For some amusing recall of memories, play these tapes back 10 or 20 years later. Some of my very favorite memories are recalled by playing back tapes of my children creating their own "situations" and stories.

On one particular tape, my son was playing the part of a news reporter and he was interviewing his sister, who was pretending to be a famous singer. Did you think that kids don't pay attention to some of the adult commercials and the dialogue of shows, which you had assumed, would just go over their heads? THINK AGAIN!

Try listening when two or more, four to seven year old children are playing and when they think no one is listening. Or even set up a tape recorder with their knowledge. It doesn't seem to deter their imagination in the least, as they soon forget about it. By listening to it later you can learn a lot about their thinking and understanding and even their concerns.

When children are shown how and are encouraged and allowed to have the freedom to use their creativity, they will never become a bored teenager with "nothing to do."

Learning "creativity" when young is like insurance against boredom in the future teen and adult years.

SECURITY

Security of course, is one of the basic, and most necessary ingredients for development of an emotionally balanced individual. Children should be able to feel secure in the love of their parents and family. This security bond begins to grow right from the start and is made up of all the other ingredients listed.

Security is not wholly possible if one or more of the before mentioned ingredients is severely missing. Responsible teenagers are a product of the degree of security, or the amount of all the other ingredients they have grown up with.

A responsible teenager has been, almost without exception, a reasonably secure child, regardless of the circumstances at home. Divorce doesn't have to mean that the children of that divorce will be irresponsible. The effects on the child depend on how both parents handle the whole situation.

All the ingredients can be supplied in a loving relationship by one or both parents, regardless of the type of life or role that the parents are living.

It's become rather a convenient alibi to blame a child's or a teenager's problems on a broken marriage. In most cases, that's just a handy excuse for not taking the time and showing them enough interest to supply the necessary basic ingredients. These ingredients can be supplied, regardless of the parent's particular circumstances, if we are determined to dispense them to our children.

Even though we might not have had all of these ingredients ourselves when we grew up, we can recognize what was missed and be determined to supply them to our own children.

Were you often bored as a child or teenager? Did your parents ever take the time to introduce you to new ideas and hobbies? Are you able to spend time by yourself, with no radio or TV without feeling bored? The honest, introspective answers to these questions might tell you a lot about yourself and your action or inaction.

With all we have available to us today, there's no reason any of us should ever be bored or destructive. Life is full of excitement and new experiences. Help your child to discover the world around us.

Chapter 16

Applying the Recipe

IT ISN'T EASY

It's not easy to raise a responsible teenager, even when you can supply all the proper ingredients. There has to be just the right mixture, and that varies with everyone. We need to provide the right kind of love, understanding of individual personalities, as well as constant care and attention, most especially during the first five to six years.

My son (*now a music minister with two children*) said a very wonderful thing to me, when he was 20 years old. His father and I were divorced when he was seven, and I had been home with him and his sister for the seven years. After the divorce he lived most of the time with his father, for reasons that I will not go into here. We were talking one day, and I told him how I regretted very deeply, not having been with him all the time when he was growing up.

He said, "Mom, I really feel that everything that I am and the thoughts and reactions I have, I owe to you and the seven years we were together."

Needless to say, that moment was one of the most proud moments of my life. To know that he really felt that way eased a lot of my apprehensions about the divorce.

Now back to the point: that raising children is learning how to handle each crisis with tact and most importantly, it involves a lot of "give and take". It's realizing that everything is not simply black or white, but there are endless shades of gray areas in between. The same situation may need to be handled differently for the various individuals involved. Just as no two people are exactly the same, a household rule need not be interpreted the same way for different people and circumstances.

Raising children takes the wisdom of Job and sometimes requires the strength of Samson, mixed with the sense of humor of a court jester.

At times, it seems as though even a little of Merlin's magic is called for. Yet with all of this, we're all human and we must each do the best we can.

USING THE INGREDIENTS

So, set and apply your rules with reason. Express your emotions openly and teach by example. Use sensitivity as parents and encourage participation and grant privacy, when needed.

Demand obedience and encourage neatness. Provide all the aspects of nurturing, coupled with sincerity and integrity.

Demonstrate independence and possess a boldness tempered with benevolence in all things.

Freely give unconditional love, establish loyalty and help to build well-rounded, balanced egos.

Exhibit the tenderness and deep compassion to encourage truth and be sure to display the tenacity to be an energetic parent.

Portray an enthusiasm for life and maintain a naturalness in all of your relationships. Awareness of the world and its possibilities will provide unique and endless adventure throughout a lifetime.

Be generous with your caring and enrich the lives of all with whom you come in contact.

Resourcefulness in rearing your responsible teenagers will lead to sure security for them and pride unequalled for you.

After all of these "ingredients" are well blended, be ready and willing to let go. By letting go of a child, you can say hello to a real friend. A friend for a lifetime, with whom you'll share a great and unsurpassed joy.

Teenager and Wisdom

TEENAGER

by Kathern Welsh

Tender feelings and clumsy ways,
Emotionally, always in a daze.
Erupting unexpectedly,
Nebulous nonconformity.
Anger quickly turns to cheer,
Gentle sureness into fear.
Equivalent to a revolution,
Resulting in an Evolution.

WISDOM

Time dictates how old you are,
but you're only as old as you feel.
Wisdom knows no age,
one can be wiser at twenty,
than someone else at fifty.
Knowledge is the basis of all fact.
Listen...to learn, be ever aware.
Learn to know..."what is"-
when you know "what is"...
and still listen.....you are wise!

Chapter 17

Some Extra Ingredients

I decided to use the letters that remain in the alphabet after **RESPONSIBLE TEENAGERS** as "extra" ingredients. Perhaps they are no less important and can add a little extra "spice for life."

CONSIDERATION

If all the other ingredients are supplied, consideration is an added, and almost "built-in" extra. Consideration becomes even more important as the population increases and we all wish there were much more of it exhibited than there is. Being considerate of others is a sign that you respect them. We should always consider how anything we do or say will affect others, both now and in the future.

DESIRE

Desire enters into all aspects of life. Desire for food, clothing, a nice place to live, loved ones, hobbies and a good job. Without enough "desire" there is no motivation. We need to let our children see that it is possible, and even necessary, to desire something, and then be able to work to acquire it. To simply have our desires met without any struggle on our part, creates no motivation. Motivation and desire are the mobilizing factors that help lead to a person's eventual achievements in life.

FUN

A sense of fun, or a sense of humor, is essential in order to get through some otherwise crippling aspects or situations of life. Sometimes things hurt so badly, the only thing you can do is laugh.

To be able to laugh at one's self, is also a sign of a self-confident person. To learn to "laugh with" can often times keep you from being "laughed at".

HONOR

Honor is another way of saying, "integrity". "A man's honor" sadly doesn't seem to have much meaning any more, as was mentioned before. Wouldn't it be great and wonderful if once again, some day in the future, a person could actually be "taken at his word!"

JOY

Joy of life, of living! The joy of seeing each new day and taking the opportunity to make it better than the day before. Sometimes we're so busy "looking for something or someone" to make us happy, that we lose track of the joy that is all around us. We're so busy "looking" for happiness, we forget how to be happy.

Be sure to enjoy every minute of life, and to help your children to learn to enjoy living. It will make everything else easier.

MEDITATION

Meditation takes many forms. Walking in the park and thinking about your plans is a form of meditation. Quiet moments of contemplation, listening to soothing music, playing the piano, and listening to the silence are other ways we can meditate. Prayer, of course, is the most powerful of all these forms of meditation.

Whatever type of meditation you chose, it helps to be able to put your thoughts in order and to form plans for future actions. Help your children to find and experience whatever kind of meditation that works best for them.

QUIET

Listen to the Quiet! What is there to listen to? Sometimes the sounds of birds or insects, sometimes your own thoughts. Quiet can be like a charge to your battery. It can calm the nerves or help you to put your complex problems into perspective. It's a nice feeling to sit on the riverbank, or in the park, and share a moment of quiet with your child, or some one else.

This simple activity can help build the bond between you and help to create an awareness of the world around, and the world within. Try it!

UNDERSTANDING

Understanding, unconditional love, open mindedness. They're all a part of the same thing. Where would this world be without understanding? We certainly don't have enough of it, in so many respects.

By being understanding with our children, we help them to learn to be understanding with others and with themselves. Being understanding with one's self, is often more difficult than being understanding of others. Never-the-less, it is just as important.

Understanding is a very desirable quality, and it encompasses so much.

VISCOSITY

Now what in the world has viscosity got to do with anything? Isn't that something they say about motor oil?

Well, going to the dictionary, it says that viscosity is the condition of being "viscous". Viscous is being sticky or thick.

My definition of viscosity as it relates to a person is "someone who is able to bend and adjust to different situations and to different people." Someone who is self-confident enough to get along with every class or race of people, regardless of race, religion or creed, without any prejudice. It also means being able to fit in at any gathering or situation. Being able to take part in and enjoy being part of different groups of people for various reasons. Wouldn't it be great if everyone had viscosity?

WONDER

Wonder at life, wonder at love, wonder at the universe! This is having a zest for life, always looking forward to tomorrow and making the most of the opportunities presented today.

A person with a sense of wonder, doesn't consider suicide as an alternate solution to life. Wouldn't it be just fantastic to be able to fill each lost, dispirited teenager of today with a sense of "wonder". To let them see the joy and hope just around the corner?

X-TRA LOVE

Everyone needs love, no matter who or what they are. Even those people who continually say, "I don't need anyone." The human being exists for love. Love for and of others.

When you think you've loved someone enough
Give a little **X-TRA**!

YOUTH

Youth truly is a state of mind. Work to keep your mind young and to see the world through the eyes of your child. Never become too old to learn new things, or investigate new ideas.

Keeping mentally and physically active is the best way to ensure guaranteed "youth" no matter what your age.

ZEAL

A zeal for life. A strong, eager feeling. An interest in living and making life worthwhile. Although zeal comes at the end of the alphabet, it is what a new baby comes into the world with. An interest and enthusiasm for life which should be nurtured and allowed to grow, not smothered into insignificance.

Teach children to maintain a "zeal" for life and their life will be filled with all the ingredients to be happy.

No matter what type of parent you happen to be, married, stepparent, single parent or divorced parent, you can be a responsible parent and raise responsible teens! I wish you the very best!

###

About the Author:

Kathern Welsh has been an award winning freelance writer since 1973. She has written for a number of magazines, and was a Contributing Editor to Suite 101 on the Internet. Her column is titled, Women's Health and Herbs. She has also written a Kitchen Design course for notHarvard.com.

As a mother of two and grandmother of 10, she is proud of her Music-Minister son, and business-owner, mother of 8, daughter. She enjoyed the opportunity to live in a number of our great states, and currently resides on Eastern Shore , Virginia. A lovely quiet place on the Chesapeake Bay. As an accomplished artist with sales around the world, she also plays organ/piano for two churches, and piano at a popular local restaurant, The Great Machipongo Clam Shack.

Contact her at: hopefulpub@gmail.com

Or on Facebook: Kathern Welsh

Look for **Kissing Frogs** on Smashwords

<https://www.smashwords.com/books/view/340668>

A book about all the many and varied aspects of Love!!!

By reading this book you'll find out:

When its good, when its bad,

when its happy, when its sad.

When its distressing, or when ecstatic,

it may be empty, or much too static.

No matter what state of love you're in

you'll find some words to suit, within!

Watch for other books coming in the future!

<https://www.smashwords.com/profile/view/designwords>

Hallucinations after Surgery, (*based on fact*)

About Faces (*poetry about roles in life*)

Outside My Window, Inside My Heart (*pics & poetry*)

Hopeful Words (*inspirational poetry*)

Family Trust, (*fictional novel and screenplay*)

Marriage-Go-Round (*novel based on 5 marriages of one*)