

Grihastha Family Institute

Know Your child
Parenting Funshop

@Swagath Grand Hotel,
Habshiguda, Hyderabad

for Pratishta Properties

Dec 30 2014

Krishna Sharma

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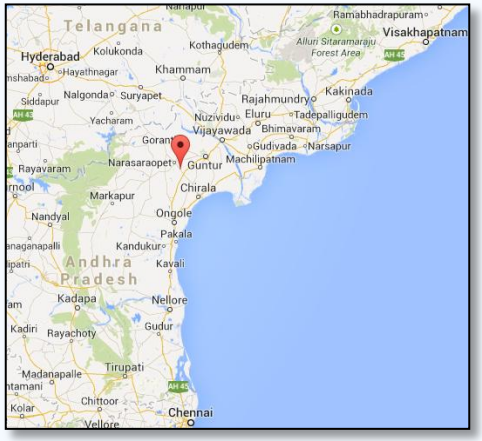
About Me

Krishna Sharma

Born: Kavur, A.P. India, 1958

In USA since: 1989





M.Sc. (Mathematics)

University of Hyderabad, 1980

Gold Medalist

IT Architect @ BCBSNC

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Hobbies:

Writing/directing plays.

Indic Languages: Sarala Keyboard

Translating/commenting on Ramayana: www.readramayana.org

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Real Me

Interests

Spiritual World
Sociological World
Psychological World
Biological World
Physical World

FOAUM
iColors

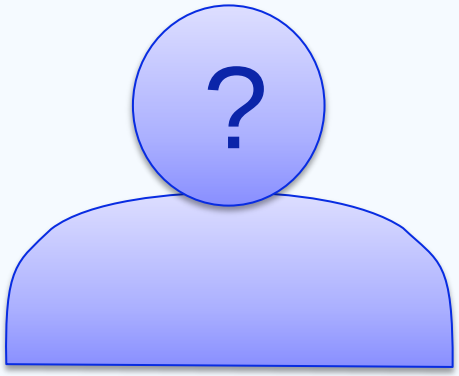
Initiatives

MedhaJananam.org
iColors.in
Grihastha.org
Vipula.org

Teacher by nature

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About You



- Your name, profession, family details, race/caste/ethnicity/community/lineage, etc.
- What is one of your childhood memories?
- What are one or two things your children did that come to your mind right away?
- What do you want your children to become, in their life?
- What are your top two questions regarding parenting?
- How many people in this room do you know already?
- Are you worried that things will go wrong?
- What do you spend money on?

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Rate your parenting!

A. Super

B. Good

C. Average

D. Managing

E. Worrisome

F. Failing

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How to be better parent?

Better person = Better parent

What do you have in common with
everyone in this world, including the worst person?

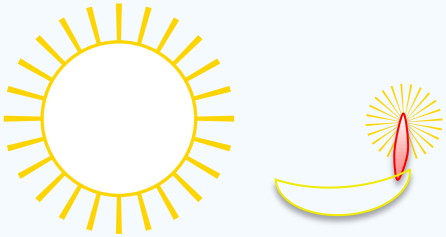
We all seek happiness!

Knowing that brings Empathy!

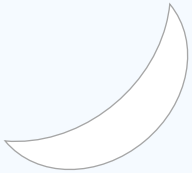
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Better Person

Keep improving your Sun qualities and Moon qualities!



Energy, Ability



Empathy, Calm, Charm and Cheer

RADIANT + **PLEASANT** → **BRILLIANT**

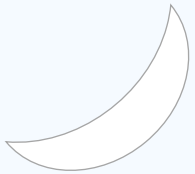
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Sun and Moon

Children need both Sun and Moon in the house

Energy, Busy, Activity

Think of activities that you can do while they are around!



Cheerful, Calm, Empathy

Make every conversation an opportunity to display your cheerfulness!

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Better person = stability



- Ups and Downs are part of life;
  - neither will last forever.
  - Learn to even them out
  - Think of possible ups when you are down
  - Think of possible downs when you are up
- Learn to blank out for one minute
  - Before switching to another thing

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Is parenting easy?

- ☑ Growing Children
- ☑ Aging parents
- ☑ Uncertainties and demands of job
- ☑ Ambition, competition, peer pressure
- ☑ Discovering and adjusting with your spouse

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How are you able to do it?

They do >90%

You do <10%.

You do an important 10%

Confidence, Positivity, Empathy.

Children grow even
when they are sleeping, watching TV, playing, ...
not only when they are in school!

Learn to watch them grow!
It is your privilege!

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Invisible parenting

Children treat you like god.

They need you when things go right.

And when things go wrong.

And you should be there.

And you should be invisible at other times.

Otherwise you lose value.
And become less than god.

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You are a parent for life!

Your children need you

for that 10%

all through their life!

It is not a weight.

It is a privilege.

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Children need ..

Then

Mental Engagement

Now

Mental Holiday

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Physical Touch

Give as many hugs and kisses as you can!

Continue even when
they are into their teens and beyond!

Give them the weekly bath

until they are married!

Dhuryodhana and Gandhari

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Attire

Your attire creates a mood.

The mood impacts the child.

Be dressed well.

Variable by time of day, special occasions, etc.

Mother should dress herself as goddess,
as an angel moving around.

Jingling bangles and anklets
are the most pleasing sounds to the child.

It is a language they understand before they can speak.

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Unique to Human Species

What is unique in raising the young to human species?

Grand Parents : Grand Children

It is vital for their growth.

Both sets of grand parents.

If you block or discourage their access to grandparents, they notice and they will never forgive you for that.

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Where did I come from?

Children want to and need to know their lineage.

It is important for all children.

It is extremely vital for some.

It will be very unsettling beyond imagination for some.

Don't create a Karna.

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Pre-birth Agreement ?

Children did not sign a

"You Tell, I Listen" agreement,

when they are born.

No one in this world is meant to 'listen' to you.

You have to negotiate your way
with them every single time.

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Repeat yourself

Being a parent is being a call center rep.

You must be there, must answer always.

Let the mood vary, as long as it has all phases like Moon.

And accessibility, commitment and love are beyond doubt.

Think that you are talking to a new person every time.

Because, a growing child is a new person everyday.
(Otherwise they are not growing)

You convey the same again.

But they absorb more this time than the last time.

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Difficult situations

How to get safely through a war zone?

Crawl on your stomach!

How to get through a traffic jam?

Fly Above!

What is the magic formula
in dealing with the children?

Distraction.

It works with children.
It works in politics. It works in management.

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Universal Struggle

What is the Universal Struggle,
that everyone has, all the time?

SURVIVAL **IDENTITY**

You are a successful parent
if your child sees you
standing by him or her in that struggle !

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Is it part of your identity?

	Survival?	Identity?
Folding cloths :	☐	☐
Going to a party :	☐	☐
Staying home:	☐	☐
Hitting a ball with a bat:	☐	☐
Filling the tax forms:	☐	☐
Managing:	☐	☐

What is in your 'Identity' may be in 'Survival' for others.

Your children have a different identity than you.
Your role as a parent is not to implant your identity in them.
But to support their identity.

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Gravity

Even people of high empathy are susceptible to force others to do it their way.

Parents do this.

Educators do this.

Religious/inspirational figures do this.

This is a major cause of misery in life.

It is a major cause of social violence.

It is a major cause of family violence.

DEFY GRAVITY

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Two kinds of activities

SURVIVAL	IDENTITY
• You need to do it	• You like to do it • Drawn to it • Find it interesting
• You do when needed	• You do it involuntarily
• You become proficient with it • You get used to it • You become comfortable with it	• You enjoy it • You excel in it
• You feel bored doing it	• You feel like doing it again
• You feel stressed doing it	• You feel relaxed by doing it
• You feel tired doing it	• You feel energized by doing it

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