SUCESSESS ON SUCCESFUL

a)   Each parent has a background on bringing up children.
b)   **Constructive parenting:** Warmth clear communication, inductive referring
      Destructive: Lack of communications hostility, neglect and abuse.
c)   **Hatchery children:** Care for themselves while parents work – live for themselves
      model by default.
d)   Emotional needs require right tone in parental reply/touch i.e care givers.

Peace to the past:
♦ Socializing on family of origin

Approving parents:
Develop goals and directions they are encouraged and affirmed by their parents.
Therefore self assured adults.

CRITICISM:
Cause self doubt, insecurity, angry, sensitive to mild/positive criticism hold in a lot of fear

Perfectionist Parent
Believe you could have done it better; breed children who doubt their success keep tying
hoping to please at any other expense.

Rejecting parent (divorce etc)
Leads to fear, inferiority, dependency needs were never met, leads to inferiority, under
value brings smothering parents/spouse clingy of insatiable for attention, parenting heals
such.

Effects of technology:
♦   Leads to a shift to electronic villages
♦   Children learn through stimulate visual, sound and unintelligent communication
        pleasure centers.
♦   Delays motor skills.
♦   Hampers imagination
♦   Delayed child speech development and social interactive skills leads to "rejection"
        mode.
♦   Self – regulation i.e learn to win some, loose some honorably, compete for pecking
        orders.
♦   Child obesity and early diabetes (stress related).
♦   Early depression, low self esteem.

To do
♦   Children want touch, hugging, play, they lower cortisone and adrenalin and anxiety.
♦   Introduce "green space" for your children.

1.   **Deal with you i.e. recharge effectively -** Don't wallow in guilty – Day at a time
        – Pursue hobbies together.
        ♦   Discuss **your dream and visions** with your children they're share holders
                and your cheer leaders

- ♦ Hence teach them to dream and pursue their vision: Be a cheer leader.
- ♦ Lead from front by modeling, discipline, direction, lead from behind by cheering on, encouraging, supporting.
- ♦ Be available and present and show pride in all their undertaking, reward and appraise.
- ♦ Speak positive words, speak life
- ♦ Allow them to fall and rise
- ♦ Create routines that can be dependable e.g. a meal time together.
- ♦ Create **strong religious orientation,** be part of it: Help relieve stress, cohesion, moral guidance, good for social community and good coping mechanism.
- ♦ **Develop cultures e.g** reading together
- ♦ **Create kinship:** bonds for care, strength and mutual support, teach honour, love, respect/models
- ♦ Create **favourable attitudes** e.g. for the elderly, poor, needy i.e values to live for.

Avoid:-
1) Over dependence on parents, helps in problem solving, develop conflict resolution.
- ♦ Be human: Apologize, fails, and succeed
- ♦ Don't over manage your children
- ♦ Don't be dependant (emotionally) on your children.
- ♦ Rules without relationship, bring Rebellion
- ♦ Don't bleed on your children
  Analytical -Value chain:
  i. Logical
  ii. Factual
  iii. Decision makers

Study environment or else you miss appropriate resources
Relieve stress by:-
- ♦ Separation, deal with back logs of issues
  Analysis: Know your children's' needs, wants, character, traits.
  Family chain:- Add value at every stage, primary activity, operations, Outbound
  Understand and reduce inter-functional complexity

QN: 0 – 5 – 10
1) When was the last time as a parent you told, me I love you' or 'I care?
   This week, month, or last year
2) How many times have you personally attended my school days?
3) Name 3 names of my closest friends
4) What am I struggling with currently?
5) Mum/dad what is it that I have constantly requested of you to make our relationship easier? (don't argue).
Personal
6) Do I buy gifts to award or cover for my guilt?
7) When did you last sit to watch a movie with me?
8) When did you go out with me for shopping or outing (Always)
9) Actually what's my dream, goal, aspirations, currently in the value chain?.
10) I have currently improved in what? Name 2.
    Have you scanned my environment well