



Newsletter ~ Vallabh Vidya Mandir ~



Publisher – VVM

Volume Number 3

Issue Number 1

Date: Jan 2007

An Expression...

Happy New Year to you all! May 2007 bring pride, joy, prosperity and above all knowledge and humbleness.

As the New Year begins, some of us make resolutions to change something about ourselves. I would encourage you to consider 'Communication with Children' as one of those pledges. This topic is highlighted in this Newsletter.

Good communication is an important skill especially when we work in a community and come across children of friends and fellow worshippers. We need to treat everyone with care and respect be it our child or not. Good communication helps children develop confidence, feelings of self-worth and good relationships with others. It makes life with them more pleasant and helps them grow into adults who have good feelings about themselves and others.

Talking with children involves the exchange of words, ideas and feelings. Communication is what we say and how we say it. We

communicate with looks (scowls and smiles), actions (slaps and hugs), silence (warm or cold), and with words (kind and unkind).

Accepting the child, just as he/she is, makes it easy to communicate with him/her. The child who feels accepted will be more likely to share his/her feelings and problems.

<i>When adults:</i>	<i>The child feels:</i>
Threaten	"I don't count."
Command	"I'm bad."
Preach	"You don't like me."
lecture	"I can't do anything right."

Use More Dos Than Don'ts

Tell the child what to do rather than what not to do. Using "dos" rather than "don'ts" is very difficult, especially if adults already have the "don't" habit. Using "dos" rather than "don'ts" requires much thought and practice. However, the improvement in the relationship with our child is worth the effort.

We need to talk to our children as we talk to our friends. If adults talk to children with as much consideration, they could be on the way to excellent relationships.

Use "I Messages" to Communicate

"I messages" are statements of

Examples of Don'ts:

Don't drag your coat on the ground.

Don't squeeze the kitten.

Don't slam the door.

Don't draw on the table.

Examples of Dos:

Hold your coat so it doesn't drag.

Carry the kitten gently.

Close the door softly, please.

You can color on this page.

fact. They tell the child how his/her behavior makes the adult feel. Often, children don't know how their behavior affects others. "I messages" are much more effective than "you messages" when the child misbehaves. "I messages" give the child responsibility for changing his own behavior. For example, if the adult says, "I see a dirt smudge on your face," he is giving the child the responsibility to do something about the dirt smudge.

Good News....!!

VVM Website is Now Running.

Visit us at

www.vvmhouston.org

Use Kind Words

Kind words bring happy results!

They give the child more self-confidence and help him/her behave better, try harder and achieve more. Kind words



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“I-messages”:

I need help picking up now.

I don't feel like reading a story when I'm tired.

I sure get upset when I see mud on the floor.

I can't hear you with all that screaming.

I don't understand.

“You-messages”:

You made a mess.

You're a pest.

You ought to be ashamed at this mess.

You better shut-up!

You're dumb.

communicate love and respect creating an atmosphere in which problems can be discussed openly and understanding reached.

Children base their views of themselves and the world on their daily experiences. One of the most important things adults can provide for children is to talk with and listen to them. Through these interactions, adults can develop relationships that help children learn and adjust. Adults who care for children have a responsibility to create and maintain positive and healthy relationships with them. One of the most practical and mutually rewarding ways to achieve this goal is through positive communication.

Phalguni Kikani

Special Thanks....

Harsha Mithani
For a Successful Workshop on
Beauty & Skin Care

March Goes On...

President Kennedy once remarked that during World War II, Winston Churchill marshaled the English language and sent it to the battlefield! He was referring to Churchill's ability to communicate and inspire people to stand firm for victory against Hitler's invasion. Referring to the valiant performance of Royal Air Force, Churchill famously said: "Never in the history of mankind so many owed so much to so few!" While saying little he sent a clear message.

We remember the words of Lincoln at Gettysburg. Lincoln spoke for only two minutes but his words: "Government of the people, by the people and for the people" made a lasting impact. Such is the power of communication.

Now let us turn our attention to the task at hand. Back home in India, most of us marvel when we visit Dilwara Temple at Abu (built by

two brothers – Vastupal & Tejpal), Ranakpur Temple (built by Vir Bhamasha) and Laxminarayan Temple in New Delhi (built by Birla). These are creations of so few who did so much for so many.

We need to ask ourselves one question. Do we want a few to sacrifice so much so that the rest of us do nothing but simply sit back and enjoy it? Last month I was approached by a generous individual to help us with our *Playground Project*. He offered to make an interest free loan of \$20,000. Though very appreciative I respectfully declined. In my view, the playground is going to benefit a lot of children and the burden for creating it must be shared by many. Most of us spend so much on so many things for our personal pleasure, why can't we invest a small sum of \$251 for common good which will bring so many of our children lasting pleasure? So far sixty families have contributed \$40,000. If only forty more families contribute \$251 each we will be able to get additional donations and grants from others to reach our goal. The challenge is squarely for the parents of the children who attend VVM. If we at VVM do not support this, why should others? If



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we are not willing to contribute \$251, why should others contribute thousands?

Besides, this is a tax deductible contribution. It means, if we collectively give \$60,000, Uncle Sam is going to share in the form of tax refunds to us. Let us not pass up this opportunity?

Let us give our fair share and let us be a part of good thing. Let us do something which not only benefits us but also so many others.

Sureshbhai Patel

CPR Workshop....

January 13, Saturday 2006
10 AM – 2 PM

Will Earn Red Cross Certificate
(\$5 Registration Fee)
(Sign-up at the Front Desk)

A Teacher's Tale

Elizabeth S Ballard
(courtesy of Nikhil Mehta)

There is a story many years ago of an elementary teacher. Her name was Mrs. Thompson. And as she stood in

front of her 5th grade class on the very first day of school, she told the children a lie. She looked at her students and said that she loved them all the same. But that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he didn't play well with the other children, that his clothes were messy and that he constantly needed a bath. And Teddy could be unpleasant. It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big "F" at the top of his papers.

At the school Mrs. Thompson was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise.

Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners...he is a joy to be around."

His second grade teacher wrote, "Teddy is an excellent student, well-liked by his classmates, but he is

troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest. He doesn't have many friends and sometimes sleeps in class."

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents wrapped in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag. Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing and a bottle that was one quarter full of perfume.

But she stifled the children's' laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her



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wrist.

Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom, used to." After the children, left she cried for at least an hour,. On that very day, she quit teaching reading, and writing, and arithmetic. Instead, she began to teach children.

Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie, Teddy became one of her "teacher's pets."

A year later, she found a note under the door, from Teddy, telling her that she was still the best teacher he ever had in his whole life. Six years went by before she got another note from Teddy. He then wrote that he had finished high school, second in his class, and she was still the best teacher he ever had in his whole life.

Four years after that, she got another letter, saying that while things had been tough at times, he'd stayed in school, had stuck with it, and would

soon graduate from college with the highest of honors. He assured Mrs. Thompson that she was still the best teacher he ever had in his whole life.

Then four more years passed and yet another letter came. This time he explained that after he got his bachelor's degree, he decided to go a little further. The letter explained that she was still the best and favorite teacher he ever had. But now his name was little longer. The letter was signed, Theodore F. Stoddard, M.D.

Hindi Classes....

Ages 10 & Up

Starting January 7, 12 Noon

*Pls e-mail kikanis@earthlink.net
or call 281-565-2996 to
Register*

The story doesn't end there. You see, there was yet another letter that spring. Teddy said he'd met this girl and was going to be married. He explained that his father had died a couple of years and he was wondering if Mrs. Thompson might agree to sit in the place at the wedding that was usually reserved for the mother of the groom. Of course, Mrs. Thompson did. And guess what? She wore that bracelet, the one with several rhinestones

missing. And she made sure she was wearing the perfume that Teddy remembered his mother wearing on their last Christmas together. They hugged each other and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you, Mrs. Thompson, for believing in me. Thank you so much for make me feel important and showing me that I could make a difference."

Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."

Free Workshop

"Will and Trust"

Attorneys Jigna Dalal
&
Mayur Shah

Jan 21st, 2007

(Pls Register at the Front Desk)