



An Expression...

Keeping the Balance! This is the key to a fulfilling life, a life full of enthusiasm, love, and inner peace. Instead of being tossed around by the ups and downs of life, how can we help our children, learn to ride the waves?

Although there is no one right way to discipline and raise kids, parents who are **authoritarian** (overly strict and bossy, believing in 'absolute obedience to authority' and creating children that are afraid of them and fearful of new challenges and experiences) or **permissive** (overly lenient, without setting any limits and creating children who are spoiled and disrespectful and unable to make their own choices) are more likely to run into trouble with their children's future behavior.

An **authoritative** style of parenting is more likely to be successful in the long run. Parents who are authoritative set rules and limits, but explain the necessity and take their children's point of view into account when making the rules. They communicate regularly with

their children and encourage them to be independent.

Another way of thinking about parenting styles is that **authoritarian** parents are overly controlling, **permissive** parents have little control over their children and **authoritative** parents have just the right amount of control.

Authoritative parents are both demanding and responsive. "They monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible, and self-regulated as well as cooperative" (Baumrind, 1991, p. 62). Children and adolescents whose parents are **authoritative** rate themselves and are rated by objective measures as more socially and instrumentally competent.

So what can we do to maximize our children's chances at academic and professional success?

We all assume different roles in society: for example, that of

accountant, physician or homemaker. Imagine if there were an abundance of lawyers but not enough teachers. What if everyone decided to become a pilot but no one wanted to be a police officer? Just as a community needs people in different roles in order to function well, a family needs its members to carry out different duties so it can run smoothly. In our experience, in families who tend to have more clearly defined roles students tend to excel in the classroom.

VVM Carnival..

Saturday 13th March
2010

(Rain Date March 20th)

11 AM - 3 PM

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The role of these children in the family is clear-cut and two-fold:



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- Respect your elders and obey your parents.
- Study hard and do well in school to secure a bright future.

Parents who put utmost importance in their role as educators, their children reaped the benefits. None of the top scientists, musicians or athletes would reach their pinnacles of success by doing just the bare minimum. The same principle holds true for becoming a great student.

Authoritative parents do several things that allow their children to embrace the role of student:

- They manage their children's time outside of school.
- They assume the role of educator after school hours.
- They teach their children that being a student is both fun and rewarding (with the help of their children's educators).
- They have a genuine respect for educators.

To encourage children to embrace the role of student, home should be an exciting place for learning!

We must set aside at least one hour every night to focus on homework or review the subjects children are struggling with. Even after the homework is done, parent must review the principles learned that day at school together. If parents are willing to spend time and effort on their children's studies, children will more likely view their schoolwork as meaningful.

When it's time for children to tackle the books, they should be in a visible place. This way, they can come to the parents with questions and the parents can also ensure they are doing their homework (and not goofing off, or dozing off). Of course, parents must allow their children some time to unwind and relax, particularly immediately after coming home from school.

Frequent meetings with children's teachers are important as well. Getting feedback on what learning and teaching methods work best for the child is very helpful. After all, these educators spend all day with our kids and can easily identify their strengths and weaknesses. Once parents have this information, their teaching

(and their children's learning) will become more effective.

Finally, we can't stress enough how important it is to instill a respect for educators in your children. *Authoritative* parents who possess the utmost respect for educators, and this respect is passed onto their children.

Authoritative parents never undermine an educator's authority, and they view their children's educators as collaborators - not adversaries. If your children do not respect their educators, it will be incredibly difficult - if not impossible - for them to respect and embrace their roles as students.

Parents play a crucial role in their child's academic and professional success. We believe that no other investment a parent can make will provide as many long-term rewards.

Phalguni Kikani

The March is On..

Mac Anderson, founder of SIMPLE TRUTHS grew up in Trenton, a West Tennessee town of five



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thousand people. He has wonderful memories of those first eighteen years, and many people in Trenton influenced his life in very positive ways. His football coach, Walter Kilzer, taught him the importance of hard work, discipline, and believing in himself. His history teacher, Fred Culp, is still the funniest person he has ever met. He taught him that a sense of humor, and especially laughing at oneself, can be one of life's greatest blessings.

earn his allowance. One afternoon he observed his Dad talking to all the customers as they came in...the hardware store owner, the banker, a farmer, a doctor. At the end of the day, just as his Dad was closing, the garbage collector came in.

Mac was ready to go home, and he thought that surely his Dad wouldn't spend too much time with him. But he was wrong. His dad greeted the garbage collector at the door with a big hug and talked with him about his wife and son who had been in a car accident the month before. He empathized, he asked questions, he listened, and he listened some more. Mac kept looking at the clock, and when the man finally left, he asked, "Dad, why did you spend so much time with him? He's just the garbage collector." His dad then looked at him, locked the front door to the store, and said, "Son, let's talk."

He said, "I'm your father and I tell you lots of stuff as all fathers should, but if you remember nothing else I ever tell you, remember this...treat every human being just the way that you would want to be treated." He said, "I know this is not the first time

you've heard it, but I want to make sure it's the first time you truly understand it, because if you had understood, you would never have said what you said." We sat there and talked for another hour about the meaning and the power of the Golden Rule. Mac's dad said, "If you live the Golden Rule everything else in life will usually work itself out, but if you don't, your life probably will be very unhappy and without meaning."

Mac recently heard someone say, "If you teach your child the Golden Rule, you will have left them an estate of incalculable value." Truer words were never spoken.

Sureshbhai Patel

..VVM Annual Show

May 23rd 2010, 3 – 5 PM

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**Pls Invite Friends & Family
All are Welcome**

But his father was his hero. He taught him many things, but at the top of the list, he taught him to treat people with love and respect...to live the Golden Rule. He remembers one particular instance of him teaching this "life lesson" as if it were yesterday. Mac's dad owned a furniture store, and Mac used to dust the furniture every Wednesday after school to

..Tavasmi

March 14th – 11:00 AM

Tavasmi Chintan Sabha

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& Teachers**

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