



How to Bring Up a Child?

A Study Programme, 31st Jan-20th Feb '99

Facilitator: Anuradha

A group of 7 parents came together, along with the facilitator, to examine their own attitudes, perceptions and roles in relation to their child. The range that emerged was of children from age 3 to 17. Each parent focused on developing an understanding in a particular area concerning their child. The course proceeded through readings, reflections, discussions, worksheets, meditations and essay-writing.



“ FEEDBACK FROM THE PARTICIPANTS

“The course has helped me learn to look into my child - understand her a little more and remind myself to be patient with her and try and focus on her as a person who is sensitive and intelligent and who needs a lot of parental involvement.”

Roopinder Singh

“Personally the course has brought me closer to my inner self and consequently with Isar’s inner needs. It has made me calmer at one level, at another level it has also raised many questions in my mind which lead to anxieties building up in me. These anxieties make me loose self-control at times, which I now need to work on.

My interactions with my child are now from deeper level from within me. At least to some extent now I can address his needs from a deeper level.”

Minoti Bahri

“Maintaining a journal on a regular basis is a very powerful exercise. I plan to continue doing that. I am no longer an authoritarian parent but a guide.”

Goldie Brat ”



UNDERSTANDING YOUR CHILD THE INNER STORY

Take a few quiet moments to answer the following questions about your child – keep the focus on his/her inner story.....

1. What is the most remarkable quality in your child?
2. What is his/her dream – what kind of things, people, stories fascinate him/her, hold his/her attention – not just for a while, but repeatedly and for a long time?
3. When you reflect back on his/her comments or conversation, what does he/she love talking about most often?
4. When on his/her own, what does he/she enjoy doing?
5. What is the favourite time of his/her day?
6. What do you enjoy most with your child?
7. For what kind of things does the child turn to you most often?
8. For what kind of things do you offer help most readily (even unasked)?
9. What does your child refuse to compromise on? – something you know he/she will not budge from however hard you try, or you sense is most important, precious to him/her?
10. What memories are most precious to him/her? What does he/she cherish?
11. Who are the people most important in his/her life right now (in his/her own perception) and why?
12. What does he/she feel most frustrated, disturbed about? Why?
13. What do you think is the most important thing right now in your child’s life (in his/her own perception) and how is he/she going about it? Why do you think this is so important to him/her?