



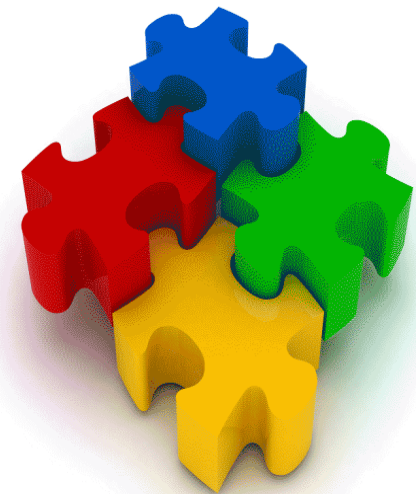
# Teaching Our Children Values

## Part - I

By

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SuperKids





# VALUE

***A true and universally acceptable “value” is one that produces behavior that is beneficial both to the practitioner and to those on whom it is practiced. It is a principle that either accomplishes well-being or prevents harm (or does both). It is something that helps or something that prevents hurt.***





## **A value is a quality distinguished by:**

- i) Its ability to multiply and increase in our possession even as it is given away and**
- ii) The fact (even the law) that the more it is given to others, the more it will be returned by others and received by ourselves.**





## Values – Being & Giving

**So much of life, in today's world, has to do with getting. Values, in contrast, have to do with being and giving. It is who we are and what we give rather than what we have that makes up our truest inner selves. And it is what we are and what we give of ourselves to our children that will, more than any other force or factor, determine what their values are and influence who they will be and what they will give.**







## What values to teach?

**We have selected eleven values. Half have been called Values of Being and the other half have been called values of giving. Each parent must decide which values to teach.**





## Values to Teach

Values of Being	Values of Giving
<ol style="list-style-type: none"><li>1.Honesty</li><li>2.Courage</li><li>3.Peaceability</li><li>4.Self-Reliance and Potential</li><li>5.Self-Discipline and Moderation</li></ol>	<ol style="list-style-type: none"><li>1.Loyalty and Dependability</li><li>2.Respect</li><li>3.Love</li><li>4.Unselfishness and Sensitivity</li><li>5.Kindness and Friendliness</li><li>6.Justice and Mercy</li></ol>

If there are other values you want to teach that you don't find here – teach them. The important thing is that you pick out one to focus on every month. Select the value that seems most relevant or most applicable or most needed by you and your children at the moment.

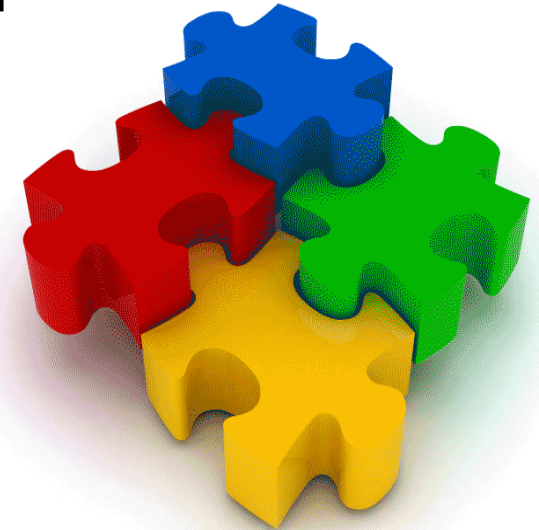




## Why should values be taught?

**Living by certain tried and proven standards is the best route to personal happiness as well as to a stable and productive society.**

**Helping your children develop values such as honesty, trustworthiness, and self-discipline is as important a part of your children's education as teaching them to read or how to cross the road safely.**





## Why should values be taught?

**The values you teach your children are their best protection from the influences of peer pressure and the temptations of things around. With their own values clearly defined, your children can make their own decisions – rather than imitate their friends or the latest fashions.**







## When should values be taught ?

**Values should be taught to children of all ages with differing agendas and changing emphasis as children mature.**



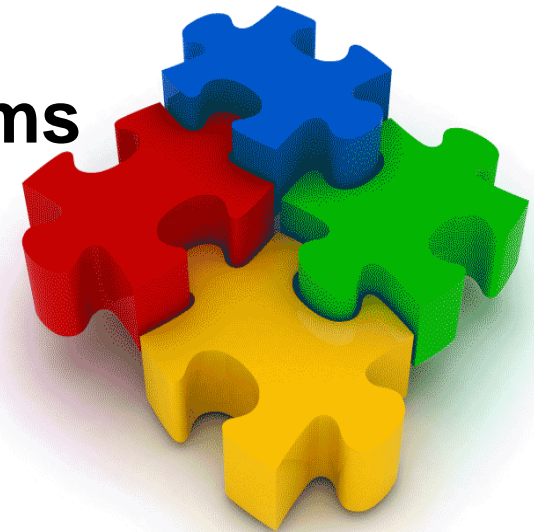


# Where should values be taught? and Who should teach values?

**Values are best taught at Home.**

**Parents are the ideal instructors.**

**Example is always the best teacher  
– and what we do, always overwhelms  
and overshadows and out teaches  
what we say.**



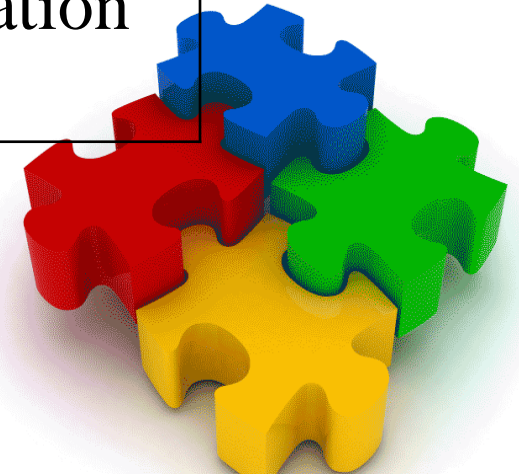


# A Look at Values to Teach



## Values of Being

1. Honesty
2. Courage
3. Peaceability
4. Self-Reliance and Potential
5. Self-Discipline and Moderation





# Honesty

**To make children capable of honesty  
is the beginning of education.**

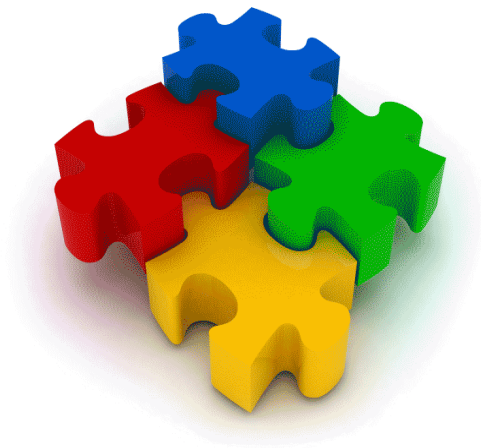
**- John Ruskin**





## Honesty

**Teaching children honesty can be a real challenge, given the example of dishonesty that they will encounter every day in the world around them. Your example and your constant feedback about your child's behavior, can be a powerful influence on your child.**





# Honesty

## General Guidelines

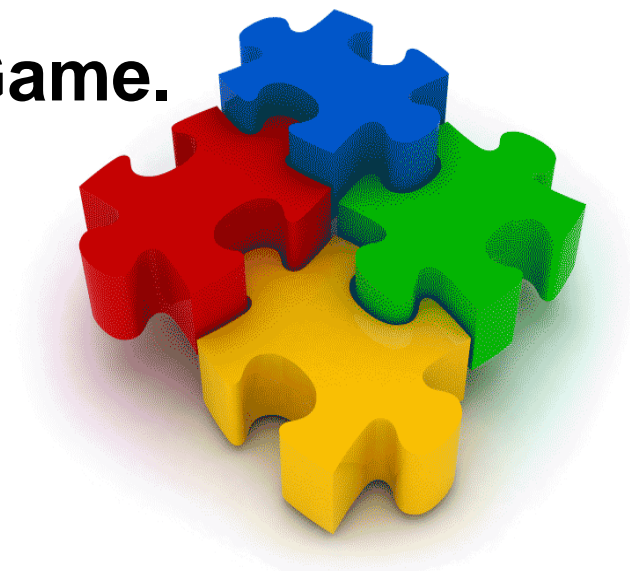
- Be completely honest with your children.
- Give praise and the chance to “start over”.
- Point out consequences.





## Methods to teach Honesty to Children

- **The Demonstration Game.**
- **Give Elaborate Praise.**
- **Honesty About Feelings Game.**



# COURAGE

courage does not always roar.

sometimes courage is the quiet voice

at the end of the day saying,

**“i will try again tomorrow”**





## Courage

**Daring to attempt difficult things that are good. Strength not to follow the crowd, to say no and mean it and influence others by it. Being true to convictions and following good impulses even when they are unpopular or inconvenient. Boldness to be outgoing and friendly.**

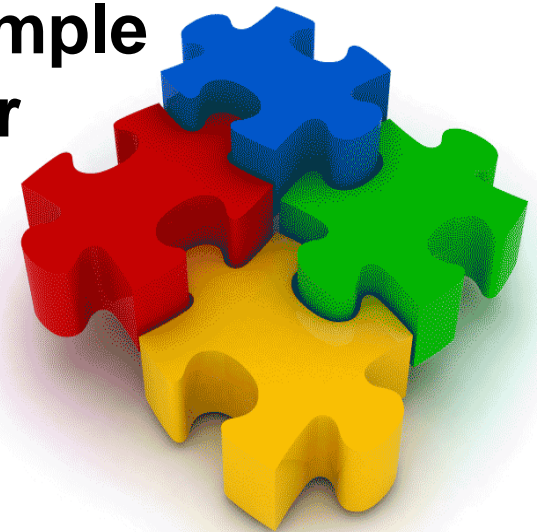




## Courage

**Courage means doing the right things when it is hard (and even if it means being called a “coward”).**

**Children can learn what courage is through stories, games, role-playing, and discussion, but they can learn to have it only through your example and through your lavish praise of their example (or even of their attempts).**



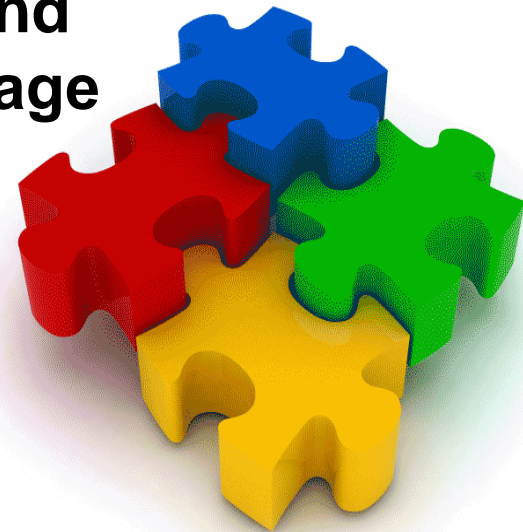


# Courage

## General Guidelines



- **Praise their attempts**
- **Teach by your own example – show courage and point it out.**
- **Clarify the difference between courage and ‘loudness’, and between the lack of courage and shyness.**
- **Help your child understand the makeup of courage.**





# Methods to teach Courage to Children

- **Praise their Attempts.**
- **Tell them stories of courage.**
- **Saying 'Hi' to a new child or a child you don't know.**
- **Do along with your Child. Have a group of children do it together. Do not force.**





# peace.

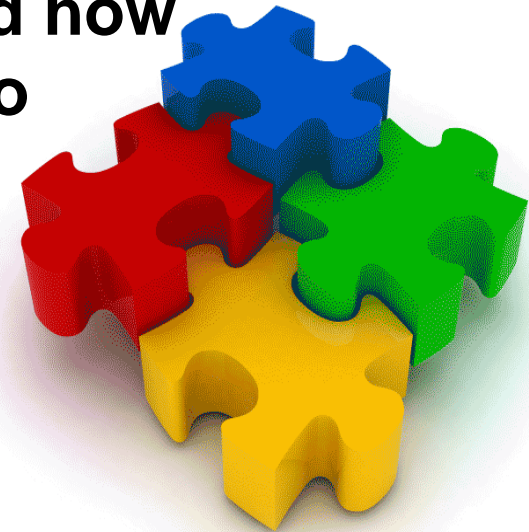
it does not mean to be in a place  
where there is no noise, trouble  
or hard work. it means to be in  
the midst of those things and still  
be calm in your heart.

(unknown)



## Peaceability

**Calmness. Peacefulness. Serenity. The tendency to try to accommodate rather than argue. The understanding that differences are seldom resolved through conflict and that meanness in others is an indication of their problem or insecurity and thus of their need for your understanding. The ability to understand how others feel rather than simply reacting to them. Control of temper.**





## Peaceability

**Children need calmness. It gives them a kind of security. Peace and the control of temper is a powerful and important value that is largely a product of love and of the atmosphere created in a home!**

**Understanding is the key. We seldom lose our temper when we are trying to understand.**

**Children who are taught to try to understand why things happen and why people act the way they do will become calmer and more in control.**





# Peaceability

## General Guidelines

**A) Create a peaceful atmosphere in your home. Try to enhance the setting in which you live and teach this value. Improve the calmness in your home by:**

- i) Playing restful music – classical music creates a feeling of refinement, order and peace.**
- ii) Controlling the tone and decibel level of your own voice - yelling accomplishes little and immediately punctures a peaceable atmosphere.**







# Peaceability

## General Guidelines

**B) Set an example of and have an advance commitment to calmness.**

**i) No matter how much right we are, getting upset with children simply doesn't work very well, and children really don't "need" to see us lose our temper.**

**ii) Children frequently exposed to anger inevitably become frequent expressers of it.**



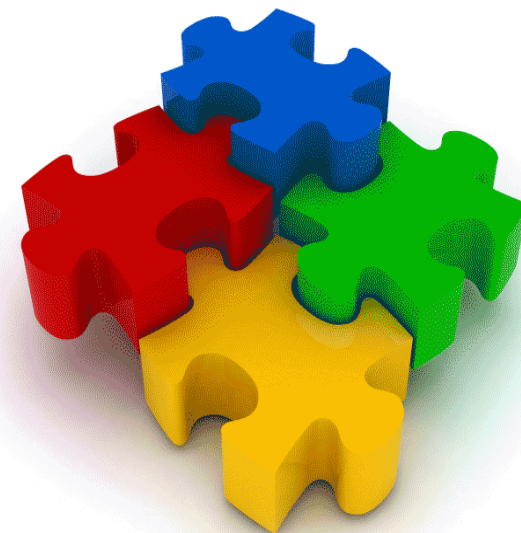


# Peaceability

## General Guidelines

**C) Try to praise:**

**Try to develop a contagious calm in yourself and to build it in children through positive praise.**





## Methods to teach Peaceability to Children

### The “Calm Couch” and the “Repenting Bench”

Have a repenting bench or chair in the house. Children who fight (physically or verbally) are sent instantly to the bench. A child can get off only when he can tell you what he (not the other child) did wrong and when he “repents” to the other child with a hug and a request for forgiveness.

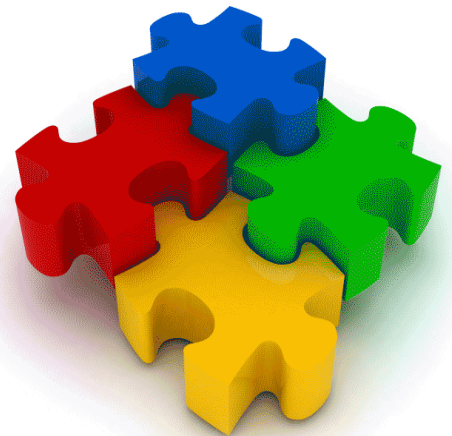




## Methods to teach Peaceability to Children

### The “Calm Couch” and the “Repenting Bench”

Also have a particular couch or softer chair designated as the “calm couch” or “calm chair”. When a child is fussy or loses his temper, have him sit in the calm chair until he is calm.



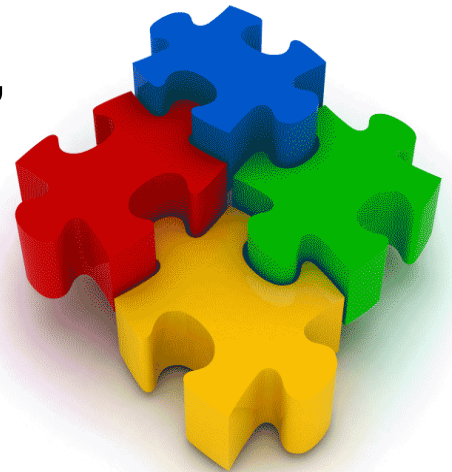




# Methods to teach Peaceability to Children

## Stillness Contests

This is a way to teach small children the feeling, as well as the skill, of being peaceful, quite, and calm. Have contests to see who can go the longest without speaking, or without moving. Afterward say, “It feels nice to be quite and still sometimes, doesn’t it?”

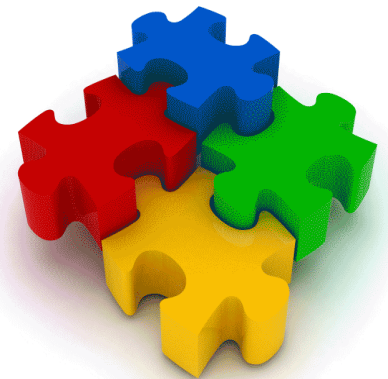




## Methods to teach Peaceability to Children

### The Picture Game

This game helps small children realize that it is all right to feel mad or sad, just as it is right to feel happy or glad, but that it is not all right to hurt other people or their feelings because of how we feel. Flip through magazines with photos with a child, stopping every time a person is pictured and asking, “How do you think he feels?” (Happy, jealous, worried, etc. – this is also a chance to teach children new words and the names of new emotions.) Then say, “Is it okay to feel this way?” (Yes.) Then say, “Is it okay to be mean to someone else if you feel mad or sad?” (No!)

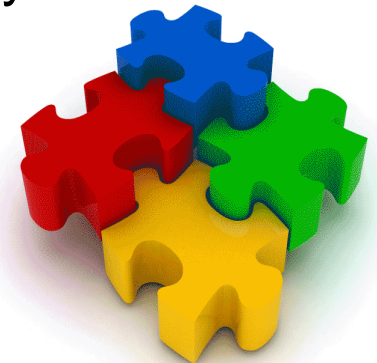




# Methods to teach Peaceability to Children

## Explain “Temper”

Give children the vocabulary they need to talk about anger and give them a way to conceptualize why anger is dangerous and harmful. Show children a pan of cool water. Have them touch it and put their fingers in it. Then put it on the stove over heat. Explain that when we get mad and lose our tempers, we start getting hot. When the water is boiling, say, “This is like getting angry and losing our temper – we get bubbly and upset and we can hurt people. Would you like to touch that water now?” (No!) “So let’s try not to boil – not to get mad, not to lose our temper.”

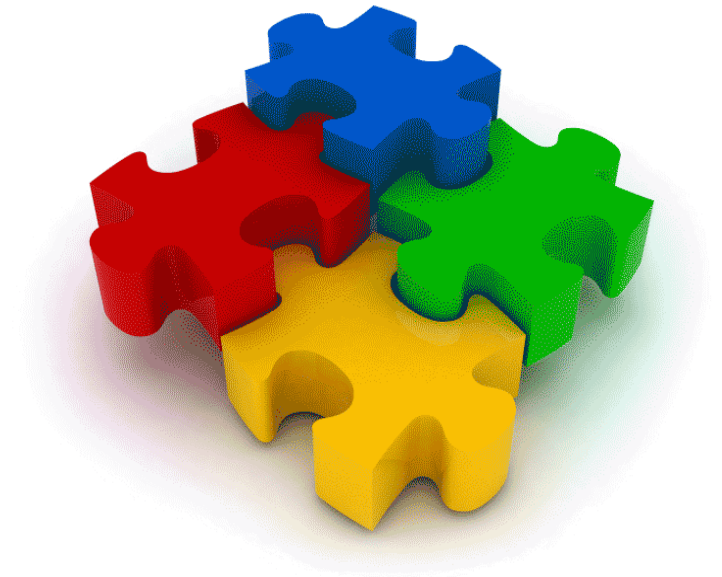




## Methods to teach Peaceability to Children

**Counting to Ten.**

**A Simple Musical Harmony Game.**





# Self-Reliance & Potential

what lies behind us  
and what lies before us  
are small matters  
compared to  
what lies  
within us

- Emerson



## Self-Reliance and Potential

**Individuality. Awareness and development of gifts and uniqueness. Taking responsibility for own actions. Overcoming the tendency to blame others for difficulties. Commitment to personal excellence.**





# Self-Reliance and potential

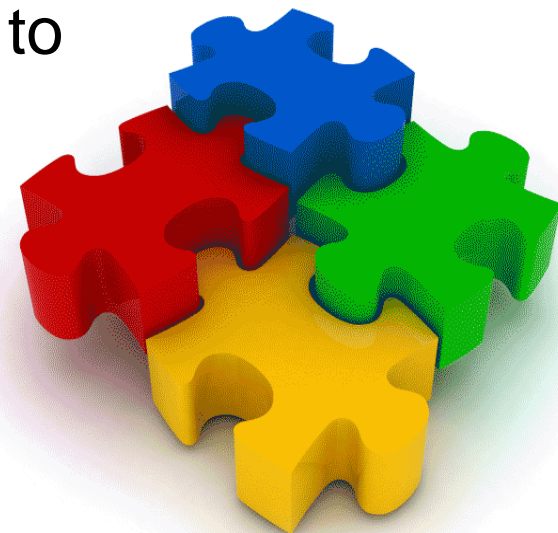
## General Guidelines

### **Use yourself as the model and example:**

Let your children see that you can accept responsibility & blame and let them see that you take pride in who you are and that you are working to be better.

**Watch your children.**

**Praise.**





## Methods to teach Self-Reliance & Potential to Children

- **The “Repenting Bench”.**
- **Natural-Consequence punishments and rewards.**
- **Give your children opportunities to Do and decide Things for Themselves.**
- **Keeping Records.**
- **Praise Creativity and Emphasize individuality and originality.**
- **The Good-Sport Game.**





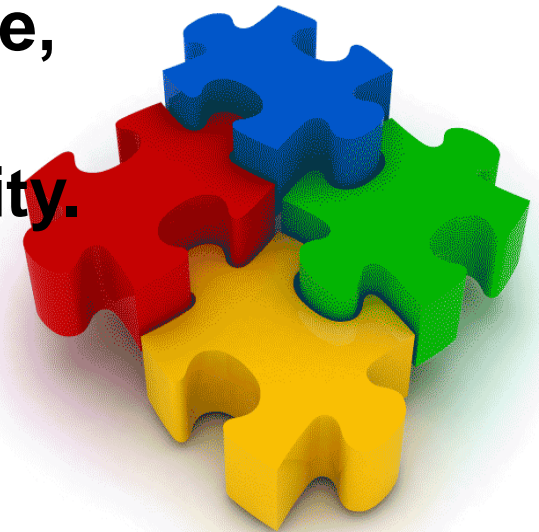


**Self-Discipline and Moderation keeps us moving in the Right Way, towards achieving our dreams and goals...**



## Self-Discipline and Moderation

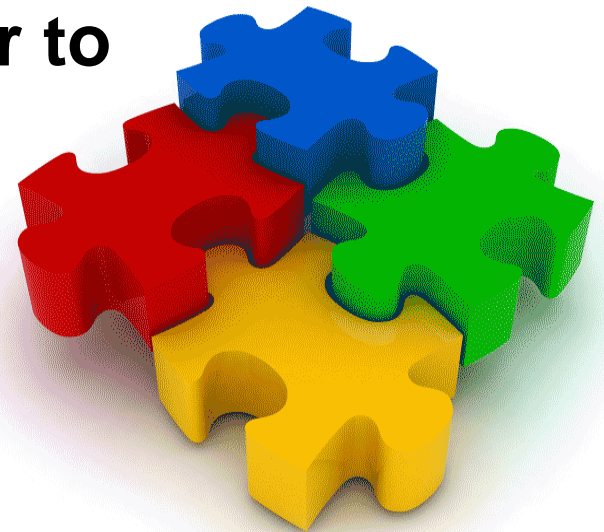
**Physical, mental and financial self-discipline. Moderation in speaking, in eating, in exercising. The controlling and bridling of one's own appetites. Understanding the limits of body and mind. Avoiding the dangers of extreme, unbalanced viewpoints. The ability to balance self-discipline with spontaneity.**





## Self-Discipline and Moderation

Self discipline and moderation are two sides of the same coin. Self discipline is pulling up and away from the laziness of doing too little. Moderation is pulling in and away from the excesses of trying to do or to have too much.





## Self-Discipline and Moderation

**These are values on which parents must work personally. And it is our example, more than any other method or technique, that will teach this value to our children.**







# Self-Discipline and Moderation

## General Guidelines

**Teach by example.**

**Count to ten.**

**Maintain a family schedule.**





# Self-Discipline and Moderation

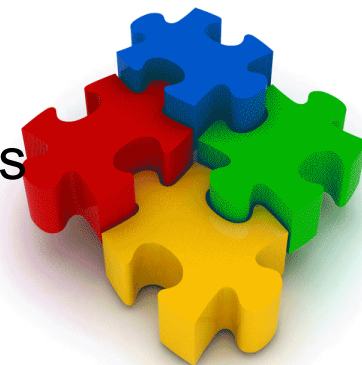
## General Guidelines



### Use the terms discipline and moderation frequently:

This will help children understand them and “connect” them to everyday behavior. When you pass up a second serving of French Fries or Gobi Manchurian, say, “ I’m going to use moderation and not eat too much – It will help me stay healthy.” When you notice a child getting his home work done, say, “ There’s discipline for you.”

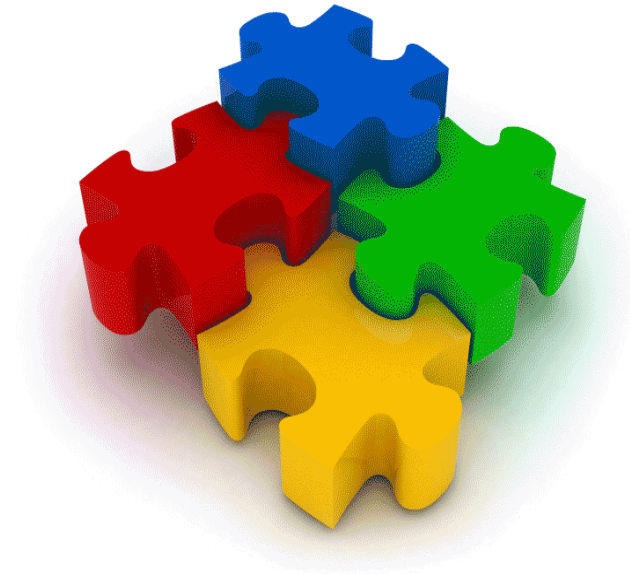
Make the words the “theme” of your communications and your activities for the month.





## Methods to teach Self-Discipline and Moderation to Children

- **Work before play.**
- **Set bedtime and wake-up times.**





## Methods to teach Self-Discipline and Moderation to Children

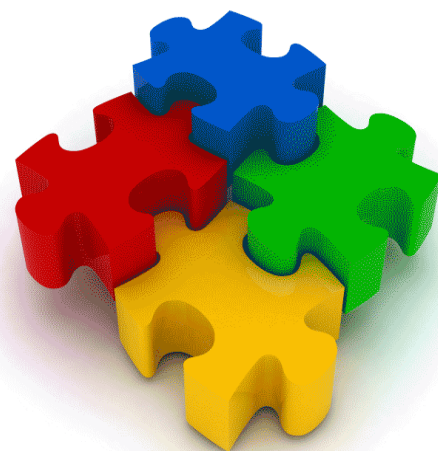
### The “Too Much” Game:

You say too much and let your child say something that you wouldn't want to do too much of, then say what 'bad thing' might happen from too much”

Ex:

Too much food .... You might get fat

Too much chocolates ....you'd get cavities in your teeth and lose your appetite.







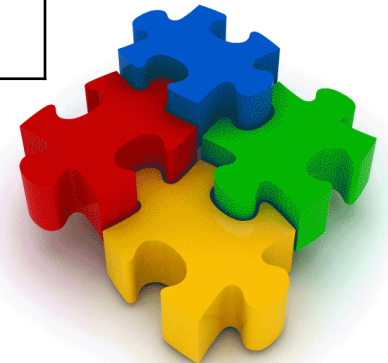
# Summary of Values Covered

## Values of Being

1. Honesty.
2. Courage.
3. Peaceability.
4. Self-Reliance and Potential.
5. Self-Discipline and Moderation.



End of Part - I

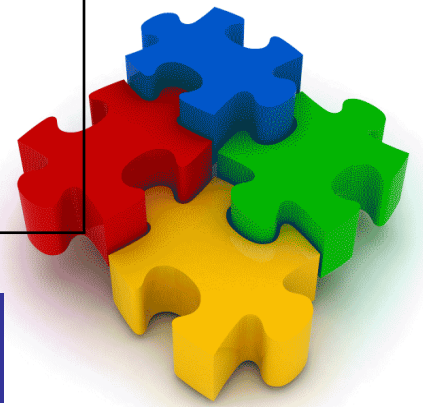




# Up Next... in Part - II



- ## Values of Giving
- 1.Loyalty and Dependability.
  - 2.Respect.
  - 3.Love.
  - 4.Unselfishness and Sensitivity.
  - 5.Kindness and Friendliness.
  - 6.Justice and Mercy.



**Until Then...**



**Thank You  
and**

**Happy Parenting**

