



## Sanghamitra School

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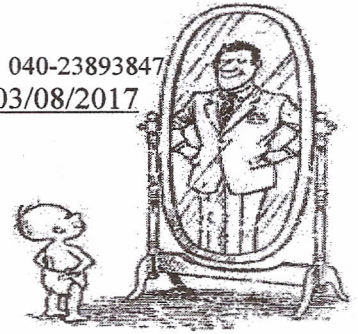
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### Parenting Tips/ Day -2

#### CHILDREN MIRROR THEIR PARENTS



**Dear Parent,**

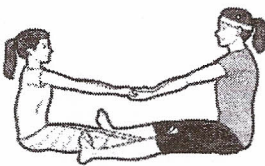
Although we are all familiar with the adage, *“The apple does not fall far from the tree”*, sometimes, parents underestimate how closely their children mirror their actions. Most children want to be like their parents, so they mimic their parents’ behaviours-both positive and negative. Parents want the best for their children and, at times, have high standards for their kids, which they do not meet themselves. This results in a, *“Do as I say and not as I do”* mentality that causes many problems in a child’s development. If parents cannot evolve beyond their negative qualities, this will be reflected in their children.

#### Some shocking statistics drive home this point.

- Alcoholism runs in families. Children of alcoholics are four times more likely than others to become alcoholics.
- A 20-year study shows that children of parents who engage in domestic violence are much likely to engage in violence in their own life!
- Studies show that educated parents instil patterns of thinking and early reading instruction that form a vital foundation for later learning.

#### We can do the following to sow positive habits in our children through our own examples:

- Take time out to introspect and improve yourself.
- Identify your positive attributes, which you would be proud to pass on to your children, as well as traits which you would not wish to pass to your children. Endeavour to be a positive role model.
- Limit negative influences in your child’s environment by monitoring their television viewing, friends, internet and mobile usage.
- Set loving and firm limits to help children differentiate between acceptable and unacceptable behaviour.
- Incorporate stories your children can relate to from the lives of inspirational figures.



**God has given parents the role to guide children; but, more than our words, children learn from our actions.**

- ❖ **Create a list of all the positive values and habits you would like your children to imbibe.**
- ❖ **With your spouse, prioritize five qualities from your own lists that you would like to see in your children. List specific action items on how you will model these positive traits for your child.**

G. Arundathi