



Presents

# Art of Parenting and Career



by

Dr. P.R. Subas Chandran, Ph.D.,

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Dr. P.R. Subas Chandran, Ph.D.,

This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

## Dr. P.R. Subas Chandran,Ph.D.,

Journalist,  
Motivational Speaker,  
Social Activist,  
Psychologist,  
Short Film Maker,  
Biographer,

Fulfledged Scribe for Inspirational writing to students,  
employees and every other individual of all age group.

Dedicated to

the victims of wrong parenting who want to be reborn.



## FROM THE AUTHOR

### Art of Parenting and Career (AOPC)

“தந்தை மகற்காற்று நன்றி அவையத்து  
முந்தி இருப்பச் செயல்.”

[Role of parenting lies in elevating the ward to glory  
in the midst of erudite scholars]

The most unsuccessful profession on this earth, with few exceptions, is parenting. The seed is sown with an expectation to grow into a plant; but with its own traits and desires or to others' expectation? Fundamentally, our move is wrong. How can you implant a seed into another seedling which is already in existence on this earth? What you can't, you want to transfer to else other? You don't know about the other's journey on this earth but, you being a conventional parent, with your content of mind and the psyche of your upbringing, arrive at a decision to implant an Idea. The tragedy is that most probably and most of the time your seed will not germinate the way you want because every seed has its own DNA and your input may not work on the seed. What does it mean? What does parenting mean?

As a parent, after a successful failure of parenting, I know the dos and don'ts. What are the roles of parenting? How's... why's.... are identified, studied in depth and our observations have culminated into a pocket size book. The content is for those who are really longing to know the versatile dimensions of parenting. We have identified the grey areas of parenting and tried to suggest some solutions born out of our research work. Just don't believe... expound to experience... if you crossed the role of parenting, still you can apply the concept in your day-to-day life and if can't, pass this handbook to the others.

**All the best**

(Dr. P.R. Subas Chandran)





Dr. B. Bala Bhaskar  
Ambassador



सत्यमेव जयते

भारत का दूतावास  
ओस्लो  
Embassy of India  
Oslo

## FOREWORD

### Art of Parenting and Career

Parenting had always been a complex business. It has become complicated in the fast changing world. Transformation of the family system from the joint family to sub-nuclear family poses daunting challenges. The technological advancements have significantly altered the way child thinks and behaves. In this background, unless the parents amend their thought process, we may be staring at a failed parenthood or no parenting.

The endeavor by Shri Subas Chandran, a vivid thinker and a prolific writer who inspired millions of people across the globe through his motivational lectures, to bring out this pocket book on such a sensitive discourse is highly commendable. He depicted this gigantic task in a simple, pleasant, and sometimes, witty manner. I have no doubt that this pocket book can easily infiltrate into every parent's mind. A good parenting will create a better civilization.

Best Wishes.

  
Dr. B. Bala Bhaskar



# About the Author



**Dr. P.R. Subas Chandran** is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.



# ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

The author owes his accolades to **Dr. B. Bala Bhaskar**, Ambassador, Embassy of India, Oslo to have foreworded the Art of Parenting and Career vouchsafing the contents shared.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

## Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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## NOTE

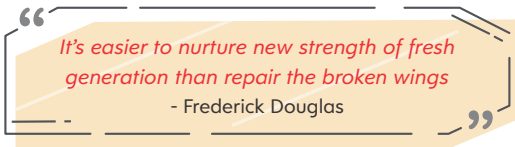
This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

# Art of parenting career building

As is the king so are the subjects?  
Ney! The Child is manifold times the Father.  
Only that tap out or channelize their potential...

A scapegoat brought to the butcher's shop has to do and die not to question what or why. Parents are nurturers and not assailants? The beauty of art lies in making not marring, agreed? Yes, then believe these pages.

Watched the movie, 'Three Idiots'? If not...turn these pages.....



Murderers comprised in this world, knowingly or unknowingly, are of two types: visible and invisible. Occasionally, we find how the law catches the visible murderers, name, shame, and punishes them. On the contrary, invisible murderers are not caught; in fact they are the worst villains. No supreme court dare punish but the supremacy one, the CONSCIENCE thwarts them. Like in the case of one Anita, who committed suicide for being deprived of her MBBS; one Sudir Reddy of IIT; also the innumerable unknown students' mercy killing due to parental pressures. Scarcely do their acts come out.

The whole world has been committing invisible murders for ages. It is continuing in different forms. Father, being the financier, toys on his child to materialise his dreams instead of his child's dreams.

## The butchery starts

The boy may want to become a dancer, but the father wants to see his son as a doctor. The daughter aspires to become a singer but the mother wants her to become a scientist. Let us see how the murder process negotiates. When parents blackmail and compel their children to become what they want, the children with a different learning ability fail to realise their parent's dreams.

## The new murder

One has to look up to the sky praying: "Father, forgive them for, they know not what they do!" Innocent children know nothing, nod their head and accept the agenda of the parents and march ahead to the college. But in reality, they step backwards. Here comes the execution of the real potential of a dancer, architect, singer or sculptor, where the child ultimately falls a prey to an impoverished profession where they underperform or cannot survive the challenges imposed by the professionals for long. This form of parenting kills the natural talent of the child. Man often forgets "Child is the father of man".

Often, it is not the fault of the parenting because their upbringing is such that their parents or forefathers must have groomed them with such conservative/ blinkered mindset. The same ritual is passed



on as legacy to their children forcing to take the shoes of their parents rather than allowing the children to unfurl their natural talent.

Every human being is endowed with some unique talents and capabilities. Mother Nature has imbued the child with certain faculty like future photographer, dancer, painter, artist, actor, so on and so forth. But we follow the worldly standards and force our children to become an IT professional, a doctor or an engineer. Because, education to many is for materialistic living. But the question emerges here is, “Are the children happy?” The answer in most cases must be an abrupt ‘no’. They are totally walking unconsciously, talking unconsciously, marrying unconsciously, begetting children unconsciously and the same unconscious person becomes a father or a mother later thrusting the same amount of pressure on their children to become what he could not become. He wanted to become a dancer, but could not. Now he forces his child to become a dancer. But the child wants to become a doctor.

I think you understand who those murderers are. The culprits are parents though not all but many. It is not intentional, though. Here the murder happens unknowingly or unconsciously. They don't know what they are doing and assume it is for the good of their children. The societal standards, the influence of relatives, friends force the children to choose degrees/careers which are not of their interest. Consider first survival then comes living. Remember only the happy beings can write success story.



## Why mad after degrees?

**Beggars can't be choosers.** The idea behind all the colourful professionalism is a creamy life of a bon vivant.

Yes, there is a justification for moral indignation. Why are parents mad after certain professional degrees, diplomas, PG and many others? Is it because, the whole education system hardly instils wisdom in a child? What our schooling is all parroting and rote learning? Is learning for mere living, not life? You will get a job but never will you become a human being. So, the parents are not aware of the consequences of forcing their children to choose his/her wife's choices. The little girl/boy struggles helplessly as you insist your child to become No. 1 in maths because the neighbour is No 1.

“

*When somebody asked George Herbert Leigh Mallory  
“Why do you want to climb Mount Everest?”  
retorted “Because it's there.”*

”

Why is XYZ, no 1? Because he loves Maths. Your child doesn't like maths but you force your child to compete with the neighbour's child. The neighbour has an inclination for Maths and your child may not have that.

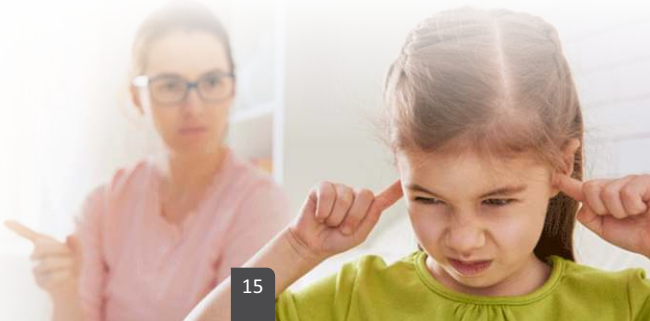
Your compulsion leaves the child helpless eventually struggles, fails and goes into depression. Finally, she may survive as a machine doing the job like a zombie but not as a human being. Sometimes, due to external or internal thrust, failures or depression the person ends up in suicide. You may ask, what about the rest who haven't committed suicide. But they are more or less like dead corpses. They are not allowed to become what they want by their parents.

Comparing their children with No.1, No. 2 or No. 10, it is nothing but absurdity. How do you compare your children with your neighbour's children when your child has certain unique, exceptional, incomparable innate potential? The creation is carrying the uncompromising title called uniqueness. Every living being on this earth is unique. Plants, trees, birds, any being is different from one another. This is the greatness of Mother Nature. Then how can you compare yourself with others?



## Our curriculum does little justice to children's career growth

Each is special to himself, an island in himself. Each one is unique and comparing one with the other is unjust. Because the children are groomed not to retort the parents, they simply listen and act not frank but hypocritically doing something out of compulsion yet, with a sense of distaste and discontentment crying, or by not securing good grades and finally dependent on somebody else. Because parents want high scores and not knowledge or good etiquette and



manners. The curriculum asks students to digest and vomit out on the white paper what has been gobbled in to procure marks.

Now, with all these IITs, IIMs, IISC, No 1, No. 10 institutions, is this country progressing? Are we anywhere nearer even to the any lower standard institute of the West? Not a single institution comes in the list of 200 top institutions of the world. We teach outdated syllabus just emphasising to secure marks and finally, the child becomes a degree holder lacking employable talent.

Earlier joint family had the scope for learning living skills of being worldly wise. But now with the nuclear family system the child is afforded with abundant infrastructure that it fails to expertise the worldly knowledge. Economise, plan budget, accommodate, be adaptive and amiable above all, the cherished procreativity to think individually and innovatively.

So, child grooming is one of the biggest challenges to parents. It is time for parents to understand that the time has come for them to reform themselves than reforming their children.

In today's context of dwindling job opportunities of getting gainful employment is easier said than done. Keeping this in mind, parents should allow their children to choose their career path. If somebody wants to be a photographer, please allow that child.





## Western way of parenting

Go to the Western countries and see. A scientist father will admit his son as a painter. He allows his son to eke out a living from that. You will find a doctor's son as a driver. But in India the legacy of politician to politician, business person to entrepreneur, or doctor father makes doctor children continues.

If you like the job there is no issue. No doubt you will excel in that career as you have great interest in that career. With that burning desire, you become No. 1, No. 10 or somebody special. But if the career is not according to your interest or forced on you, what can anybody do. Everybody becomes henpecked.

Bear in mind, Mother Nature is a benevolent giver without precondition or price. If this earth can feed 7 billion people with three square meal, a place to sleep, and shelter, won't your son/daughter get a place? Yes, she will accommodate all.

Let us understand the most important aspect of any human being's happiness. If they are happy, they will excel in any field of their choice. Whatever may be the job, allow them to do. Don't carry a tag that my son will be like this who will earn a name or amassing wealth. See for yourselves how the Western countries are progressing. Look at the inventions, developmental science, research methodologies, innovative ideas, creative films; you find all top-rated things from the West because parents never insist on



their children to be this or that, unlike Indians, more particularly, in a subservient civilised cultural backing for, culture does three fourths of its job in setting order or routine. Their ultimate interest is in their wellbeing of their children. If you believe in God; won't He take care? You don't have real faith. You feel, I should do this, that etc. Allow your children to blossom on their own. When the jasmine blossoms it creates jasmine not rose. Let it come on its own. Just be a facilitator, supporting and encouraging them instead of discouraging and demotivating.

“ Once Thenali Rama's son was caught redhanded by the king for plucking lovely roses from the royal garden. When Rama happened to see him pass by the corridors to be produced at the royal court of King Krishnadeva Raya, his peers asked Rama, “Don't you feel bad for your son? How are you to defend him?” Rama replied, “a big mouth is the biggest defence attorney!” None understood what he meant then. But the son applied his father's statement into analytical thinking. He interpreted it to his favour: the child that has mouth can survive and ate away the scented roses in his hand. Since there was no valid evidence the son was released. Parents should trust their children and give them the responsibility and due respect at the right age. Things will take care of themselves. ”



## Oh! Numerous no's

'No's' and 'don'ts' have killed our daughters and sons. If she is falling let her fall. Train children to get up on their own. But you cry and help the child to get up. In this process, your child fails to learn a lesson. Thus, grows incapable. They feel they are incapable when they are restricted with numerous no's. It is difficult to erase those superstitions from their minds when they grow older. Why not learn lessons from law of nature on child grooming, for example how a forest plant anchors itself.

## Forest plant vs. Home plant

Let the child respond on its own like a forest plant, planted on the mountains, never being groomed by anyone. The bird flies over the mountain and drops a seed. The seed rolls down on the hillock somewhere it is stuck, grows on its own. Sometimes, it may not grow, when thorns nip its growth. But most of the plants are grown on their own. The seed grows to a plant and draws water. The plant stretches forth its roots in different directions, trying to draw water. In the process, they anchor well. The well-anchored plant will not wilt to a small gale, but withstand all four seasons unlike the plants raised at home.

Compare with plants at home. We water the plant that it grows faster. While trying to fan out its roots, you have already nipped its growth. The roots go here and there and grow in a circle. You will find any plant roots breaking the mud pot, yet could not pierce the pot and remains inside. You leave the house for four to five days. On your return you find the roots not allowed to go out will wait for the water and perish silently. This happens to an over-pampered child that turns out so in the latter part of his/her life. Because he/she feels somebody will support or assist but to no avail.



The boy too remains inside the pot, never ventured, because the child was not availed of an opportunity to go to school on its own, board a bus on its own, do homework on his own. You have conditioned the child not to do anything on its own. The child becomes dependent. So, the right parenting is allowing the child to develop on its own. Accept it for whatever it is and be a facilitator, spotting and promoting the talent.

## Importance of accepting children as they are

Acceptance is another important dimension in parental grooming. Accept your son or daughter for whatever they are. Oh! He is like his dark-complexioned maternal uncle. She was born with little hair like her aunt. Never cry, accept as they are. Because they have accepted you as you are. You have flaws, setbacks, drawbacks. But children accept parents without any preconditions like a mother should be like Sri Devi or Katrina Kaif. Or, my father should be like MGR or NTR. You have a potbelly, you don't wear a helmet, don't follow rules.

Still, the children love and adore you for yourself. Not because of helplessness, but out of pure love. Likewise, you also accept. If your son is average accept him, if she is mediocre accept her. If the son being a late riser, or foodie accept him as ever he is.



How is this going to make a difference? Your non-acceptance will make him find a scope to satiate his desires through friends or some foul means. Instead, you be the source of hunger or anything to be satiated. So, be a magnanimous father or parent to accept your son or daughter as they are. Don't be a hard task master, be just a father or mother.

## Don't showcase your children

Don't try to show your children's talent before your friends or colleagues when they visit your home. Leave him as he wants to be. If he wants to break two glasses, let him break. That is how you buy new glasses. The moment he breaks glass, don't shout at him or beat him. Accept this is as part of the child psychology to break. Never insist your child sing rhymes, songs, dance before the friends. They are not film directors to evaluate their talent. If he wants, allow him to do on his own. Never try to show off. The child may not like it. Leave him as he wants to be. Even the parrot will not say, in spite of parenting, utter whatever you ask. Believe the parrot



as it is and the children too. Engage them with a teacher than teaching at home. Home is the place for fun, dancing, music, flooring most of all, making mistakes for, if only the child is allowed to make mistakes will it learn. When no such scope is created the child becomes stereotyped robot or a walking corpse. The modern lone children and nucleated children especially are of such gloom.

## Teach sex education

Teach the children about basic sex education. Tell why the mother has breasts and why the father doesn't have. Tell it is the law of nature that mothers should have breast to feed their babies. Let them see the anatomy of the body so that he will not seek assistance from somebody else to know that. If the child asks you how I am born, don't tell stories. Let them know the physiological facts about them that enables them to understand biology better; to tide over shyness; emerge broad minded more importantly the need to consume green vegetables and fruits at the young age; understand other sex better. This also enhances with another dimension of learning process. The more transparent in revealing the truth in a refined manner prevents the curiosity to commit mistakes. Because he knows there's a reason for it to be so. They know how to learn from the internet that he/she was born out of sex.

So, you teach them in a subtle way, "You will know when you grow my son..." But never ever rebuke them if they ask questions pertaining to sex education. The best teacher to educate sex are parents. Yes, it is true. But you



should know what to say, how to say, unlike an outsider. That is the reason in Western countries you will not find instances like pouring acid on the opposite sex, love failure, taking revenge on women, growing beard out of love failure, etc. because they are liberated from sex hunger\*(peer bully discussed in gender sensitization). On the contrary, in India it is the biggest urge haunting the people including the children.

## How is home a big university?

“

*An educated mother is a varsity herself*

- Dr. Saravepalli S. RadhaKrishnan

”

A home is a big university for children to learn etiquettes, mannerisms put up in front of the guests; way of talking to elders and over the phone (if you can't obey speak obligingly); then how to address the guest; table manners, to keep things in their place intact, early to bed and early rising; having physical or mental exercises, meditation, etc. Giving help to the poor; elderly care, giving the best food to beggars before the children. This will teach them to give the best food to the beggar instead of giving leftover food. Dressing sense; for, “apparel oft proclaims the man”, says the English proverb; iron the clothes before wearing. Likewise, there are hundreds of manners and social order available at home and you will be a professor to teach such knowledge to your children than they learn from others.



In joint families children have scope to socialise. When to give in and when to rise against; when to stand up; whom to plead with whom not to; why say “sorry” why shouldn’t. To put up with inconveniences; adapt and accommodate; to persevere and not to protest; the effects of positivism-like patience; and the affects of negativism; what is right; what’s wrong; when and why to lie; why not to lie; be more judicious who’s right? Who’s wrong? Whether to tell somebody’s right or wrong; what’s the impact of telling? Dr. Radhakrishnan the former president of India said: “If a man is educated he alone is educated; if a woman is educated the entire nation is educated.” Playing the role of a daughter, sister, sister-in-law, daughter-in-law, mother, mother-in-law grandmother, a mother teaches a child every cadre of responsibility right from attender to administrator. Is n’t home a University in itself, teaching economy, adjustment, et.al managerial courses. At this rate, home despite all subdued bitterness and hypocrisy is certainly a sweet home.

Unfortunately, our curriculum is outdated; we don’t follow the principles of law of nature in education and we do only comparison with a topper urging our children to be like him or her. But we fail. Therefore, make home a place to promote discipline, talent, ethics, and education.





A classic example of child grooming is the case of Marathi icon Chhatrapati Shivaji Maharaj. His mother Rajmata Jijabai played an important role in grooming her son Shivaji virtuously right from breastfeeding itself. She was passing her thought process to her child while breastfeeding. Scientifically, two hormones that directly affect the breastfeeding are prolactin and oxytocin.

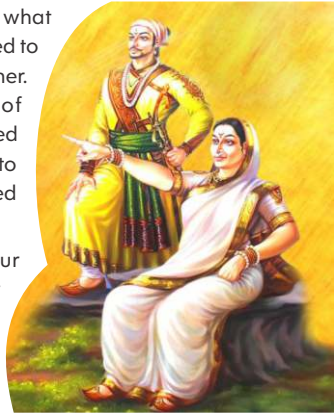
According to Child encyclopaedia research work by Grace S. Marquis, PhD, Iowa State University, USA, the pathways where breastfeeding impact psychosocial and emotional development of a child are difficult to disentangle. Breastfeeding is an association where positive energy from mother to child takes place. If the feeder is virtuous the fed will also develop an inclination towards virtuosity. The same principle was applied in the ruler, Shivaji's life.

To understand this better, we find an incident in the history of Maratha ruler. Once Shivaji's commander defeated a Muslim leader and brought his daughter before Maharaj to use her as the King pleased. The girl was extremely beautiful and was trembling before the king. The commander suggested the king to marry the pretty girl. Upon the commander's suggestion the noble king said, "What harm has this young girl done to me to take her from her family? Her father is my enemy, if I marry, or given to me for marriage, will she be happy? What cordiality can I bear after blaspheming the family honour?" To this answer, the girl confirmed that she has to languish



in jail for the rest of her life. But what happened in the end was the king ordered to release the girl and hand over to her father. The magnanimity was the result of mother's virtues or positive energy passed on to the child right from breastfeeding to child-grooming where the child preserved those virtues in his prime age.

We are nothing but a product of our thoughts. As we know the body generates most positive chemicals, when Rajmata Jijabai was breastfeeding her son, along with the milk she imparted positive energy to her son that made Shivaji imbue all noble traits from her. Breastfeeding gives hormones like catacolomine, dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline), that made her son a virtuous person. Breastfeeding deepens mothers' bond with the child. According to healthtalk.org breastfeeding was as much about emotions as it was about the physical transfer of nutritious, unpolluted antigen milk from mother to baby, the right kind of manners, etiquettes, behavioural science and what not! Apart, parents should be counsellors when a boy/girl commits mistakes and comes home. In case, one met with an accident, tell, "How are you, my son, please take care, and relax." You should motivate him than calling him names, his father, brother, sister, all his legacy. This is what parents normally do when their children commit a mistake. This may demotivate them to negativism and hide their true self and a chain of mistakes therefrom.

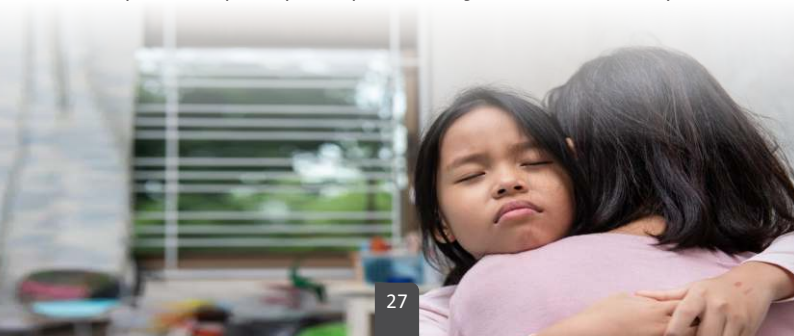


## Settle mistakes amicably

Sometimes children might have done something wrong. Put up with them and show them how to tackle or resolve it quickly and come out of the thrust, shake hands saying, “let’s be friends across the table, rather than bearing ill will, playing blame game, using abusive tongue or cursing everything and everybody around. Better light a candle than blame the darkness.”

Sometimes, you catch them smoking or drinking (even girls now-a-days). Tell them, this is not the age to smoke. Don’t think the whole world will tumble down. If your daughter might have encountered a kiss by a peer, comfort her. Tell her, it is a mistake, don’t worry. Give her a soothing effect, give her support. By shouting, by crying calling names you are belittling not only the inner voice but creating a negative attitude in her like hatred, revenge, and depression.

Everyone commits a mistake that is why every pencil has an eraser. Let them also make mistakes and learn from them; let them do nonsense. Tell them this is not what supposed to be. And the moment they reach home after committing a mistake, don’t shout at them. Counsel them and instruct them to learn from mistakes. That is how many children portray their parents as gods. Of the four ways of



learning: from books, logical and analytical thinking; others' experience and, from one's own experience, the last is the best that leaves an indelible mark in the memory. So let them learn their life lessons themselves.

When I committed a mistake, my parents first hugged me and said, "be cool my son, we are there, don't worry". Those words turned my whole personality. Today, I am a hero, businessman I made millions. That is how parents should lend support.

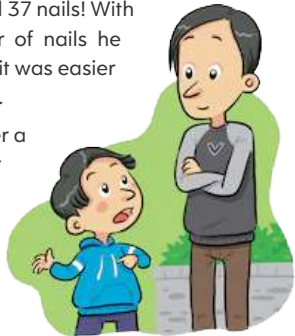
So, whenever, wherever, children face crises you be a ladder to accept their agony and be a great moral support.

## Spare the rod and spoil the child?

Parents should discipline their child. If you strike him with a rod, he will not die. The discipline which you teach your child at his young age will last longer than life itself. Habits die hard. Parents also should trust and respect their children not provoke anger in them.

There once lived a very short tempered boy. One day, his father handed him a bag filled with nails. He told the boy that every time he burst out in anger, he should hammer one nail into their fence. On the first day, the boy hammered 37 nails! With each passing day however, the number of nails he hammered came down. The boy realized it was easier to control his temper than to hammer nails.

A day came when the boy did not hammer a single nail, for he had not lost his temper at all. He announced this to his father with great pride. The father merely smiled and told his son, "Now, pull out a



single nail for each day that passes without your losing your temper.” This too, the boy did. After several days, he could tell his father that there were no nails remaining.

The father then held the boy’s hand and led him to the fence. “Well done, son. But see these holes. This fence will never look like it used to! That’s what words spoken in anger do, they inflict scars like these. You may stab a man with a knife several times. No matter how many times you repeat ‘I am sorry’, the wounds will not disappear.” Hope all these mundane knowledge with scientific temperament might help you raise healthy, disciplined, and talented children fitting into star roles. Who on the earth won’t fancy about smart children?



## Appreciate to appreciate

Appreciation is another important factor in individual life, especially when grooming children. If the child does good, write down in a diary. Ask them to mention this and journal writing will be a part of their life. Appreciate, for even small things, appreciate. If she does well, appreciate. He has worn shoes or ties appreciate. If you came to know he has helped his friend, applaud. He shared his meal. Gee, three cheers! Appreciation should be wholehearted not half-hearted.

Once he receives appreciation, he will develop an optimistic perspective to appreciate others. Appreciation is a great trait where one can motivate self and



others. Even if he failed in the examination, appreciate for having one other opportunity to learn. Tell him/her, “see how life is very sensitive in teaching lessons; it doesn’t let anybody pursue learning leaving blank to fill in or no stone unturned\*(Refer: Art of welcoming failure). What you may have skipped in your previous attempt must be made up in the next. But please remember life never repeats itself.” This can motivate him to persevere, be diligent and work hard to come out with flying colours. So, appreciate holistically. Sense of appreciation is an important factor parents must shower unconditionally any number of times.

## Home is the theatre to learn operations management

The child is a part of the family; he is a partner in everything. You want to buy a plot. When you discuss the deal with your wife, ask your children to be present. If it is about buying a motorcycle, let the children also be present listening why, what, when, etc. Give tasks like one-month home-management. Whatever responsibility he is able to take, be it giving a salary to the maid, buying vegetables, or purchasing groceries for a period of one month. Observe how your child handles them and correct him/her when they go wrong. Have review meeting and give course correction. Let them take minutes of the meeting to implement reviewed policies. I am sure that they will become class professionals. That means housekeeping should be a part of his curriculum not taught in any school of thoughts. Ask the son to cook food as it is not the domain of only women.



## Delegation of work makes children responsible

Sundays or weekends men should take up household chores. Engage children in the mission. Assign tasks that require minute details. Decentralise and distribute work; do not check them or scold them if they soil their clothing. Right from cleaning the ceiling fans removing cobwebs to buying or cutting vegetables at the end of the day when the aroma food is spread there lies the delight of working.

“Nalabagha”. In Indian mythology there lived a king called Nala, his wife Dhamayanthi. Cursed and bitten by a serpent he lived in exile. Later when acquitted of his sin he turned out to be the best cook in the kingdom of his wife’s father. So there’s nothing wrong if men learn to cook.

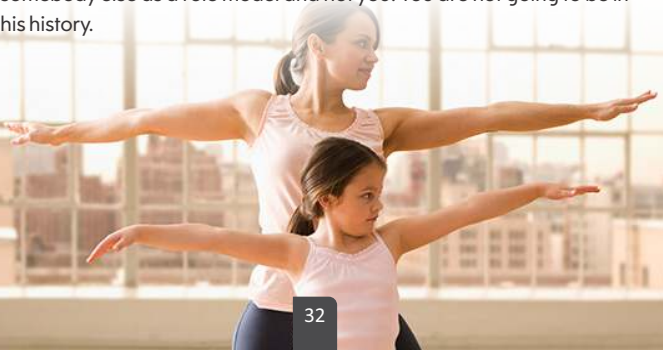
When he is the part and parcel of home, involve him in every aspect of your activities. It may be investment, spending, visiting homes, or planning your itineraries. That’s how you make him understand he is a part of the whole home operations. Then the whole scenario will change into a positive one.



## Be a role model to your children

Without you being the role model, do you expect the child to follow the best values in the world? How is it impossible to expect oranges from a mango tree? Even if it gives mango with orange flavour will it taste good? At home, let your wife be a role model. Though there are many more areas of parenting, one of the most important roles is to be an icon citizen and a moral citizen (Ref. : Art of Imbibing Individual Social Responsibility\*). Children observe how parents behave. Your child will copy your behaviour. If you are a smoker, don't smoke before them, if you are a drinker, don't drink before them. For, they catch up with you readily. Don't especially tell a lie before children. When somebody comes asking for you, don't instruct your children to tell, "Please inform, I am not here". And he will say, "Daddy says he is not here".

Follow traffic rules. They observe you, as you are their role models. Then, pay tax what you are supposed to. Don't sit with cross-legged. Don't throw litters on the roads. Don't shout from the balcony to a watchman asking him to come up. So, moral, values, ethics are not taught in school however sophisticated or posh it be. If you follow all these, you will be a role model father or mother. If you partly follow, you will be partly role model. If you don't follow, the child will adopt somebody else as a role model and not you. You are not going to be in his history.





# Inculcate daily routine

A flower should be seen holistically. So, he is like a rose flower plant having thorns and flowers. Normal complaints of children include parents forcing their children to get up very early. It is because they go to bed very late. You go to bed very late after seeing Whats App, Twitter, FB, and serials. You sleep at 1.30 a.m. Out of compulsion, you get up at 5/6/7 a.m. to go to the job. Your children also do the same and the house curtain downs at 9 a.m.

Dinner should be at 7 p.m. The time between food and bed should be two hours. So, the house is the best university and not anything else. Therefore, you must be the best tutor to create an ambience to follow than expecting your child to get up by 5.30 a.m. as if you do it yourself. Often, you wake up out of compulsion. If the children want to sleep, let them sleep. But gradually tune them to sleep early and get up early. Let them hit the bed by 9 p.m.

Practise before preaching.

**In the end, a letter from Abraham Lincoln to his son's headmaster will be of some use to you**

Teach him also that for every scoundrel there is a hero. That for every selfish politician, there is a dedicated teacher.

Teach him that for every enemy there is a friend. It will take time but teach.

If you can, that a dollar earned is of more value than five of found.

Teach him, to learn to lose. Also, to enjoy winning. Steer him away from envy if you can teach him the secret of quiet laughter.



Teach him, if you can see the wonder of books. But also give quiet time wonder the eternal mystery of birds in the sky, beams in the sun, and flowers on the green hillside.

Teach him, it is far more honourable to fail than to cheat.

Teach him to have faith in his own ideas, even if anyone else tells him they are wrong.

Teach him to be gentle with gentle people and tough with tough.

Teach him to listen to all men. But teach him also to filter all he hears on a screen of truth, and take only the good one that comes through.

Teach him how to laugh when he is sad. Teach him there is no shame in tears.

Teach him to sell his brawn and brain to the highest bidder but never to put a price tag on his heart and soul.

Right parenting can create healthy, talented children fitting into all aspects of life. Challenge is here. Are you ready?

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