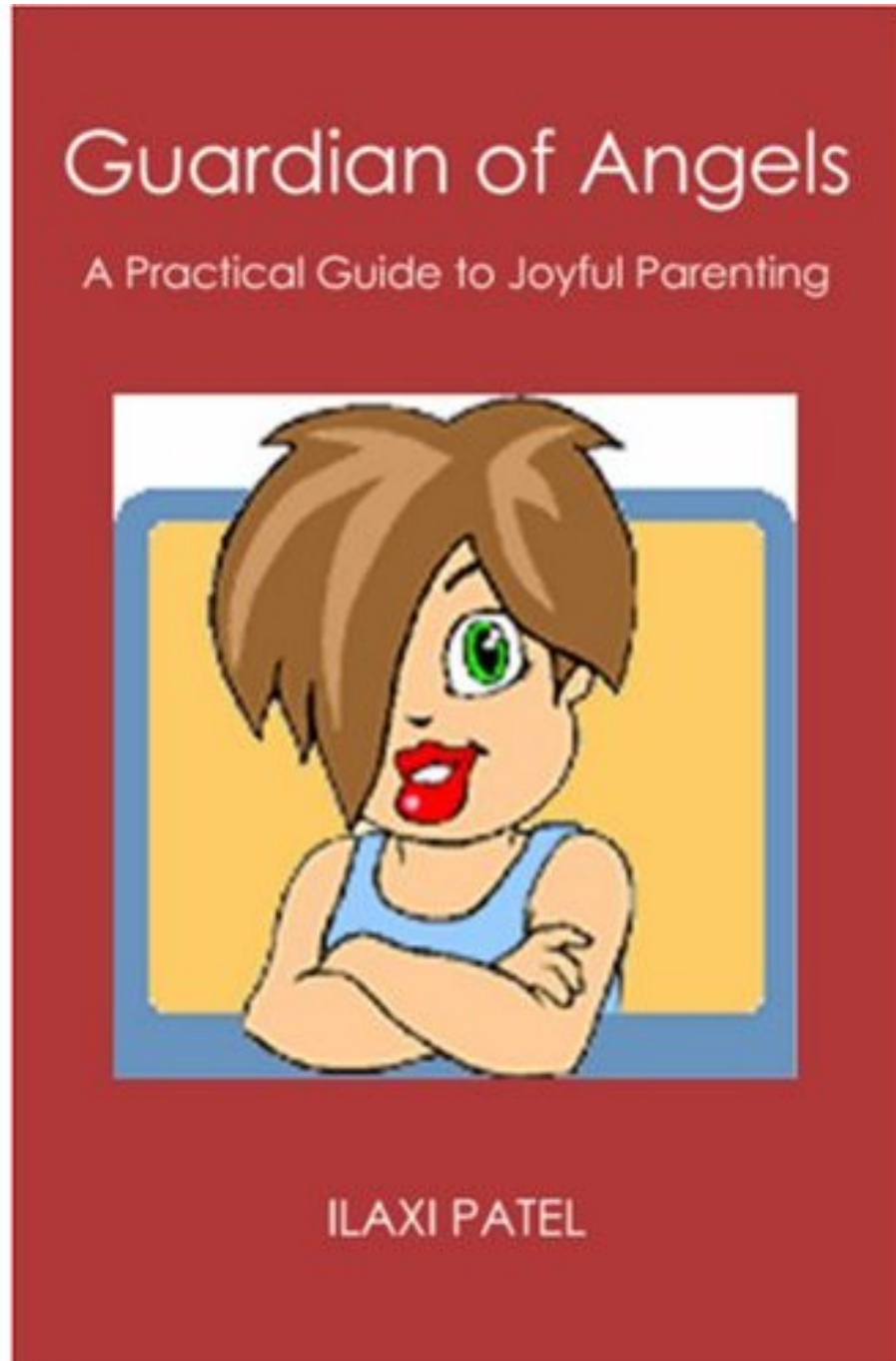


KIDSFREESOULS.COM

About: Ilaxi Patel is the Editor, Kidsfreesouls.com – Newspaper for kids and Author of 'Guardian of Angels: A practical guide to Joyful Parenting. Her website is : www.kidsfreesouls.com and she can be contacted at freesoul@kidsfreesouls.com

GUARDIAN OF ANGELS BY ILAXI PATEL



GUARDIAN OF ANGELS : A Practical Guide to Joyful Parenting

Author : Ilaxi Patel

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About the Book: Guardian of Angels is a 'A practical guide to joyful parenting.' This is a book concerned with feelings and love. It provides the Commandments of parenting, nurturing relationships and how to create a genius in your child. Much more, the bond of love that forms between the parent and the child. Profound, provocative and practical, ilaxi delve into fostering physical, emotional, spiritual and intellectual well being of children.

About the Author

Ilaxi Patel: A Commerce Graduate & Diploma in Personality Development & Human Relationship, is an Award Winning Journalist. She is an internationally known Online Editor & Journalist, Educationist, Counsellor & Corporate Insurance Agent. Also, a Web Designer-SEO & Web Consultant. She is Editor for www.kidsfreesouls.com, an independently managed Online Net Newspaper for kids -, providing Information-Education-Entertainment along with resources for Educators and parents. She also runs an exclusive Children Library (weekly sessions - Swagat Children Library) and manages her family Business website www.swagatgroup.net (dealing in chemicals, dyes, Insurance, Car Finance & Hotel Bookings). She is 'Official Blogger' for M J Akbar – www.mjakbar.org, Director, Covert Magazine (Political fortnightly) (Ex Editor, The Asian Age/Deccan chronicle) & Author of several Books.

In six chapters, 33 thought provoking articles on parenting, the Author emphasize on parenting chapter Contents as:

CONTENTS

CHAPTER I: CHILDHOOD DEVELOPMENT

Child Development

Kids Nurturing Relations: Commandments of Parenting

Nurture the Genius in your Kid

Encourage Reading – Guidelines/Tips

Unleash Your Creativity

New Parental Concern: Dad, A Role Model

CHAPTER 2: PROBLEM SOLVING

Why Kids Lie - Fly High!

Make the Kids Listen!

Guardians of Angels - Peace is at your Doorstep!

Bullying – A menace

Spanking

Homegrown Siblings
Children Talk Like You

CHAPTER 3: TEMPERAMENT & VALUES

Parental Stress? Kids Stress?
Protect Kids From Crime - Build the Pillars of Character
Master Your Moods
Conquer Anxiety
Be Better Grandparents
Be Optimistic
Tame the Temper
Fairy Land Fantasies – Moral Values

CHAPTER 4: NEW WAVES OF TECHNOLOGY

Endangered kids: Is Computing Safe for kids?
Computer Games - Know your Child!
E-mail Etiquettes
Chat Etiquettes
Change Before the Change

CHAPTER 5: LIFE LONG LEARNERS

Target Goals - Right Stuff Right Way!
Build Confidence
Whiff of Sports Spirit - Honing Skills
Build Arks for Future
Attitude - You can make the Difference!

CHAPTER 6: PERSONALITY DEVELOPMENT & HUMAN RELATIONSHIP

Personality Development & You
Human Relations

Five of the articles of Guardian of Angels are translated into Romanian language and placed on a high traffic Parent website in Romania. (parintil SCOALAPARINTILOR.RO)

Reviews by Readers of Guardian of Angels:

Guardian of Angels" is a narration of great power and frequent intriguing instances in which, Ilaxi Patel, the Author brings vividly to life a whole cross section of 21st century parents and grandparent's, trials and tribulations of the endless battles to overcome the most important penetrating examination of rearing children in a very conducive environment and molding them to be good, wholesome, confident, obedient and well mannered citizens.

Reading and digesting this invaluable material will not only help the parents in striking a balance between "dos and don'ts " for the challenges faced by the children in their formative years, but pave a smooth zest for life, which would in the end sustain it's quest for fulfillment and happiness.

The Authors commitment and determination has paid off in this extensive research of this concise guide to parenting. -**Smita Dani, Author of 'Dani's Switzerland' – A Traveller's Guide**

I am an avid reader of all sorts of books. Once in a great while, a book comes along everyone should read. I've read the authors writings and I am sure readers will find this book a very helpful guide while upbringing their children. It is the responsibility of every parent to teach the values of living. It is endless learning for them too. Children need care and love at every stage. I

recommend this book as a practical guide to joyful living too. Enjoy – **Megha Vadodaria, Marketing Operations, Sambhaav**

An excellent book by a Journalist. A must read by every parent – **Ravindra Jhaveri, Businessman, Jay Dyes**

A very insightful read. I recommend every parent of my school to read this book and use it practically. Though I find the language on a higher level, I feel the contents are easy to read as the matter is well placed and topics are well selected. – **Ms. Perin Lalkaka, Principal, Thumbelina School for children**

I am happy that a business person turns a Parenting Author. The book contents are fine pieces of advice on Parenting. I recommend my teachers and parents to read the book. – **Ms. Ansuya Jhaver, Principal, GLS Kindergarten School**

Simple language and nice compilation of articles. I thoroughly enjoyed reading the book and will re-read again and gift to my children. – **Mr. Parikh, Businessman**

Other Reviewers (International readers)

Rex (www.rockosaurusrex.com) - rock musicians of children rock rhymes

Rick Paul – Musician and father of two children, Black Forest, orange county

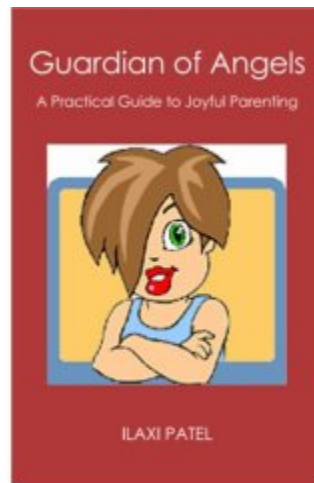
(<http://myspace.com/rickpaulmusic>)

Steven Cravis – Musician (piano, meditation)

પ્રત્યેક માતાપિતાએ વાંચવા જેવું પુસ્તક - ગાર્ડિયન ઓફ એન્જલ્સ

- રવિન્દ્ર ઠાકોર, ક્રિતાબધર કોલમ, લોકસત્તા-જનસત્તા, (અમદાવાદ અને બરોડા)(૧૭-૬-૨૦૦૭)

Guardian of Angels is a POD Book - Print-On-Demand allows publishers to print commercially competitive books a single copy at a time, a true revolution in the basic publishing mode.



SOME ARTICLES FROM THE BOOK 'GUARDIAN OF ANGELS' BY ILAXI PATEL

I

TAME THE TEMPER BY ILAXI PATEL

Think! Are you making your child have the feelings of *Sarcasm? Criticism? Rejection?*

October has been named "National Sarcastic Awareness Month" in an attempt to help everyone understand both the positive and the negative effects of sarcasm. Sarcasm, in person, it can be easier to identify: a mocking sneer, a raised eyebrow, a sardonic tone and in extreme cases, a rash of slow clapping. But even misdiagnosed sarcasm can be easily transmitted to unsuspecting listeners, and one derisive remark can quickly spread into an outbreak. The scourge of sarcasm affects many with few to admit.

How do we confront this epidemic of irony, the plague of sarcasm? We need to understand the enemy, educate ourselves as it is so ubiquitous these days that it goes un-noticed. Actions happen according to the way one is programmed by God and if this becomes an acceptance, then there is no guilt, pride, hate, envy or even the trace of self-esteem outburst. When everything falls apart, chase away the blues laughing as life is living now, in the moment, spontaneously, in full acceptance. Its worth a step out of the shadows to confront friendly and supportive approach. As mentioned in 'Asserting yourself' by Bower – think what's wrong, make your request and predict an outcome. There, you get your submissive character to open up, less threatening and dominating, yet making point clear. The temper here needs to be tamed with arousal fear of possessiveness, sarcastic thoughts, and criticism with rejected feelings in times of dismissive 'brushed off' requests. Be it a kid, teenager or an adult – Sooner or later, any time in life you do face such a situation!

When worries go haywire, it's time to get the 'Red Alert Signals' to stop the sarcasm, criticism, disdain, gloomy, despised and all those sorts of malign feelings popping on surface with a big Negative impact – This is the time to keep cool in the hottest of situations. The temper traits swings to shoot up and down with the unwanted emotional reactions, fear, anger, insecurity, anxiety, limited choices or inability to see possibilities, mental imbalances, negative attitudes, missing enthusiasm and so on. It's the time to put perspective that 'this too shall pass' can be liberating to ease mind. When a person loses perspective, she is forgetting she is powerless over some things. If you are stuck in traffic and worried that you would be late, you curse the cars around you and try to snake in and out of congested lanes, you lose the perspective because you have no control over such a situation. Anger takes charge in control and these angry outbursts become a way of expressing feelings. Calm and cool disposition defuse the bubbling emotions within. It's the inborn traits of being highly sensitive, self absorbed, defiant, aggressive personality who is prone to outbursts with 'anger triggers' outwardly or inwardly feeling alone, lost, rejected, avoided, unjustified. The sarcastic remarks makes it way, conflict makes way with differences and opinions vary when it's the peak when you blow up and its time for taming the temper and gear back to control. On any walk of life, people often shout from frustration or fear as much as they do as a warning sign of violence. In the book 'Taming the Dragon in your child' the author says that teenagers anger outbursts due to a imposing a curfew – fuels the inferno. Eastman, the co-author focus on the new generation teens whose drive towards independence is slowed down with a parental protection and this is when sense of humor and understanding approach makes clear visions. Arguments lead to sarcastic remarks and criticism finds way in and when you are criticized, you ignore it or take the other person for a brisk walk instead. Self-monitoring cools down the anger or sarcasm or the criticism approach within and dealing with such a situation needs a jump-start of activities to stay calm and composed, this way:

Socialize: Make connections: Never be a loner brooding over the worries but move out in the

open making connections. Meet friends, visit fond places, mix with family and this will increase the feeling of strength and reduce the sense of helplessness. The 'live in present' attitude will make easy weapon to combat worry.

Get up – Jump start: Defuse the toxic worry the moment you feel it wrapping it around you. Get up, jump-start from where you are seated and just swing in action. Call a friend, walk around, watch a show, and get hooked to some activity. Just remember, the longer you let worry last, the harder it becomes to escape.

Let music flow freely in your hearts: Music is the speech of angels. It's hard to worry and sing at the same time. Let your mind vibrate and your soul stirs to the sound of the music. Music is a therapy, which triggers peace within and reduces the tension and anxiety while often improving performances too. It's worth a pack up of troubles in old bag and smile, smile, smile.

Laugh: Humor is the best medicine ever prescribed to keep astray troubles. Tough times never last but tough people do. Humor restores the perspective and positive flow of thoughts emerges with rekindled rejuvenation.

Have the last hearty cry: Vent out your pent-up sadness. Let emotions trail down the tears once and for all. Automatically, the sarcasm, anger, hurt, rejected feelings go

Exercise: Physical exercise is a guaranteed stress reliever. Exercise reduces tension, drains excess aggression and frustration, enhances a sense of well-being, improves sleep and aids concentration. It's the anti worry agent.

God & You: Feel the soothing comfort while "let go and let god" feeling. Let go the impossible need of control. Pray as studies have found lower rates of depression among those who believe in god – Its meditation. Prayer and meditation help us keep things in perspective. They calm the minds.

Explore creativity: Be creative. Engage in a task you enjoy. Pursue hobbies; explore new avenues or just dive into endless work where mind is occupied. Believe in yourself and the things you can do. There's never a day one feel the gloom if you are active, up and about.

Listen: Listening reason for a better understanding. Arguments spill anger eventually but talking way out with calm might hit a key note that can change the situations. Make the say slowly, clearly and carefully using simple practical foresight and listen with the same logical and practical understanding to derive a way out of frustration. Time takes it course in a natural way.

Safe Distances: The personal buffer zone is greater in times of stress. It is observed that people are too aggressive and their mental functionalities seem to shoot up when they encounter traits of temper doldrums. Safe distances and cool disposition on crowded roads while traveling, avoids from road rashness driving. In times of troubled mind, the sixth sense works monotonous, which may hit the wrong way, down the lane and likewise, face to face with a verbal war too, safe distances cools down after some defused emotional outbursts.

To control anger is not an easy task but to melt down is certainly a positive signal to defuse a conflict and avoid the sarcastic remarks and think Positive. After all, it's the self-esteem that is an Emotional Vitamin and if there is good self-esteem, a person will not be threatened by differences.

II

NURTURE THE GENIUS IN YOUR KID!
BY ILAXI PATEL

**Little eyes upon you gaze and watch night and day,
Little ears that pick up every word you say!
Little hands eager everything you do,
Little child who dreams of the day he'll be like you."**

Each person is born in an environment that influences upbringing as from childhood and from the culture, society or family. The person 'you' makes waves to confront the darker shadows and its then being assertive that makes a difference. The world's disaster, natural or man made may never stop but it's the more unity of 'We' rather than 'I' to keep one community worldwide alike and that's to observe a religion of 'Humanity'. If differences defuse, black seeds of anger, ego, hurt, hatredness or the like melts and remains is a universal dream of 'spellbound happiness' It is nick of time to infuse moral values in kids and check their EQ, IQ & adopt to SQ. Researchers puzzle that some of the IQ scores do fairly poor and waste their potential by thinking, behaving and communicating in a way that hinder their progress. It is more evident that present times demand more IQ, EQ and the coming third wave generation would definitely have to sort for the third 'Q' – SQ (Spiritual Quotient) Blend the three together and a 'Genius' is Born! So, check those 'Qs' Live up to potentials, Keep breathing Alive, Quite Naturally!

- ilaxi patel

NURTURE THE 'GENIUS' IN YOUR KID!

IS YOUR KID OR YOU?

Verbal Genius
Logical thinker
Numerical Whiz
Visually Inclined

Child Help line receives a number of distress calls for medical assistance, emotional support, shelter and assistance with the on-going Natural and man-made disasters. The most priority is the Emotional support, which is always found to be fairly on high rate. The tiny brains get into whirlpools of fear, anxiety and uncertainty as to what the future beholds. In today's developed Technology world, EQ is the basic requirement for the appropriate use of IQ. Success to cope up with life's situations depends on Emotional Intelligence – the thinking that gives us empathy, compassion and the ability to respond appropriately to pain or pleasure. Each child, flourish to bloom at a tender age with feelings of empathy, an innate quality that shapes by experience. 90% of Emotional communication is non-verbal and children who score less in IQ are found to be successful in their up growth due to EQ. It is more evident that present times demand more IQ, EQ and the coming third wave generation would definitely have to sort for the third 'Q' – SQ (Spiritual Quotient) Blend the three together and one is sure to bloom with full creativity, emotions and intelligence with 'Spirituality' as the basic feeling of being connected with one's complete self, others and the entire universe.

Kids are born with the capacity to be labeled 'Genius' but it's the parental role that plays a keynote to nurture the genius in them at their tender age. Children below seven, normally begin to think with increasing logic about objects and experiences in their everyday lives. Part of the child's natural self is the creativity and ability to fantasize, to think beyond the right answer, to wonder why and why not. One way to cultivate this trait, is for parents to strike a balance between

challenging a child, exposing him or her to new ideas and activities and letting the child alone to experiment with toys, games and creative explosions varying from drawing, coloring, music, chatting. Most important is Reading, which should be encouraged. The more information stored up in the tiny brains, the more the child can draw on for the creative efforts landing him into the imagination world. To raise innovative thinker leads to a genius mind in the longer run. Kids today are on the brink of a confused lot who seem to have lost the thought, word and action manners due to their upbringing in a so-called mod progressing era. It is the way to 'jumpstart' to teach the children the values of life diving into the fantasyland of fairy tales. It's the need of the time to have meaningful and lighthearted conversation with kids. From the tender age of concrete operational intelligence which is ability to think logically about concrete things, the child grows up and tends to have abstract thought, holding two or more conflicting ideas in the mind at the same time, as well as to thinking morally. Parents find a change as they grow up and realize their enormous potentialities to learn complex skills. Parents need to focus on their own behavior patterns so as not to surface their anxiety, inadequacy, and prejudices or set backs to fall a negative impact on the child. A nagging parent who harps on 'Do this, don't do that' attitude has a push and pull way with the kid. Creativity do not thrive in restrained atmosphere as the child needs a free environment with a step-up learning method of experiencing. While there is a need of discipline, evaluating their skills and emphasizing on certain rules and regulations, a child whose creativity is suppressed will ultimately end up with more inferior complex letting them lose their confidence in comparison to parents who encourage creativity to flower to bloom in free atmosphere leaving aside their own attitude patterns.

Albert Einstein thought 'Nothing short of a miracle that the modern methods of instruction have not yet entirely strangled the holy curiosity of inquiry; for this delicate little plant, aside from stimulation, stands mostly in need of freedom; without this it goes to wreck and ruin without fail' Each kid differs with his own strengths and weaknesses, memory skills and intelligence quotient. Some are branded as slow learners and some have sharp grasping capabilities. Creativity in a kid needs to be cultivated and a Genius is born. Children are born with various intellectual skills. These skills develop with the age and the educational feedback as well as the day-to-day core and living in free atmosphere. They possess the following main intelligence skills and it is upon a parent to nurture their Genius minds in the category they fall into:

Linguistic skills: Some kids are fond of words and rhyme patterns. Reading, writing, communication and can adopt learning grammar and language skills quite at ease. They have the intelligence to read, write, narrate and grasp to gather information they want to derive. They are fond of words and so, poetry and word play becomes their choice. Anything to do with word search, crosswords or jumbled letter play is a source that cheers them due to their love for language skills.

Creative skills: Kids are fond of the fun world of colors. Some need not be good in the art skills of drawing but colors attract their attention whereas some are just artistic hands. Scribble and scabble makes them turn their interest to pursue the activity or let go off. It applies to an activity for Sports like swimming, skating, dancing, and playing a game or so. Some kids tend to have their own choice but some pursue these activities due to the parental desire to make him stand out with the rest!

Logical skills: Kids at a tender age love to count and are good at math. They have an understanding logical or numerical patterns and sequence of reasoning. These kids tend to adapt to activities related to science, puzzles, exploring and all that has logical reasoning. Music: Sound sensitive kids adopt to musical scores. Rhythm patterns, melody, notes and all that relates to musical vibrations. These kids tend to have a ear for music, hum along the notes, mood swings with the magical notes vibrating them and they adopt to learn efficiently musical instruments. These kids think in tunes, whistle, hum, tap their hands and feet and sway their heads with glee. They have cool disposition and light hearts. Music fills up their life with laughter with the Composition of notes and they tend to be fond of playing these notes on keyboard if their potentials are encouraged.

Bodily Movements: They have the energy of motion, anything to do with movements sway in and fro. They have tendency to express in movements – hand, eyes or gestures and these kids tend to be good dancers, actors or even athlete. Dancing, jumping, running would be their choice of interest. Kids who are hyper who can't stick to a place has a way to adopt movements of showing their own tendency with bodily movements who can nurtured to excel with their choice.

Spatial Intelligence: The most overlooked aspect of intelligence. Spatial skills can be measured with easy reading of maps, remembering roads, visualizing a house from its floor plans, reading charts, understanding graphs and all related to quick sense of constructing objects. Interior Designers, sculptors possess these kinds of genius qualities.

Empathy skills & Self Understanding: It's like 'walk in someone's shoes' or 'see through their eyes' Empathy understanding is that which easily relate and understand other people. Their moods, tempers and how and why people react to certain situations. Such kids sort for co-operation and act as peacemakers during time of conflict,. They possess the Inter personal relationship with good sense of HR, more friendly, believe in team work and get along way of coping with situations. They have lot of self-insight that helps them to make decisions and know their feelings too well. They tend to be good listeners and organize, lead and socialize in groups. They can be good marketing persons or politicians.

Harmonious Approach with Intra Personal capabilities: Some kids 'blow up' and bounce back to vent out their say words that are counter productive because of emotional outburst. They feel their 'pulse' in the group and this is when the harmonious approach calls for. They need to realize own feelings and analyze their own self. Being aware of own strengths and weaknesses, their intelligence levels of understanding makes them achieve their own goals. They would care a 'hook-off' what others think of them. Choosy and solitary, they tend to be dreamers, work in solitude to achieve their set up targets and goals. Research and philosophy work would suit to them.

Sense of Nature Love: Some kids are Nature freaks who love to see the sky, birds, plants, animals, and seas and have an eye for god's creation. They have keen observatory intellectual skills to understand the behavior patterns of animals, understand the nature's law of energy and sustaining life. These kids possess interest in Botany, Domestic science or geology fields. Recognizing the child's potentialities and their interest reflects their intelligence skills and whilst most systems in school focus on Linguistic and Logical methods of learning, it is the Creative spirit to be nurtured in the kid and a Genius is Born. Once the pattern of child's taste, interest and learning capability is recognized, the development is at leaps and bounds to nurture the Genius in the kid. As John Watson, the American psychologists and father of Behaviorism sets down in his theory saying 'Learning is conditioning.' The kid is to be motivated to be a Genius and this is where the 'Temperament style' of every kid needs a keen observation from the very start. As Daniel Goleman refers in 'Emotional Intelligence' it is Emotional quotient more to be on check mark than IQ because success of individual depends on all the Temperament styles of the person – be it a kid or a parent!

So, go ahead – Nurture the Genius in your kid but don't forget my Tip "Weave 'Emotional Literacy' into the fabric of daily life in you and the kid and take the flight steps to E-IQ with the added SQ. It's the Spiritual quotient, faith that dispels ignorance, faith that moves mountains and faith that is deciding, daring and doing the job. **A Genius is then born!!!**

III

PROTECT KIDS FROM CRIME - STOP THEM TO BE CRIMINALS BY ILAXI PATEL

Have you ever thought that kids are the silent observers and respond faster to the environmental influence surrounding them? Drugs, Kidnapping, Stealing, Beating, bullying, sexual abusing, and violence are the many things that threaten crime calling for alarm signals. Early influences play lasting roles in lives of kids. There has been a new light on bad habits that shape their character. Cigarette addicts, drug addicts, alcohol addicts, chewing tobacco or being spendthrift - Any kind of vices adopted are almost influenced from their nearest surrounding. Children watch out and are sensitively alert to the happenings that take place. There is a constant interplay of mental faculties with the hearing, seeing, speaking and thinking capabilities that nurture their growth. Spontaneous reactions flick the unconscious messages of their Body language as we observe when we see kids pumped up with emotion when watching a television or playing games. They experience thrills, ecstasy, fear and even horror, extremes explainable when one observes in a Pop concert hall. Children are prone to anxiety, fear complex, being introvert and lurk at the edge of consciousness, arousing guilt and stirring up old fears of being punished and rejected. Often such kids slowly and gradually develop a complex that makes up from small lies to bigger ones leading to crime in extreme cases. Kids grow up in a contemporary society, which calls for an ever-increasing ability to endure anxiety, overcome doubts, tolerate tension, resolve conflicts, reduce frustrations, manage stress and avoid peer and external pressures.

Most people roll their eyes at the memory of a heinous kid and his boorish parent. Setting the stage of change is important to build the pillars of Character from the very start. In a rush of new age, the busy parental influence misses the warmth of their tender touch to the kids who demand attention and motivation. Some care to nurture their potentialities sorting to enhance their creative abilities along with educational follow-ups. However, they miss out the very basics of 'Character ethics' and 'value-based education'. Aspects of ethics is Commitment to do what is right, good and proper, is almost overlooked. Model the ethical beliefs to cultivate in the kids with truthfulness. Many parents adopt the attitude that my child is right or wrong with overwhelming results. Parents, who can't accept their child as a topper, often mislead to blame the teacher. Sometimes, instead of punishing the child for violating the school policy, they challenge the school policy! Kids often react with attitudinal behavior with friends of lower income families. They smooth sail with equal status and abuse the other saying 'You are not invited for the party and so you have to stay back' or while playing say 'You stand last in the line and my best friend will be next to me.' If the parents become demanding, aggressive or rude at the slightest provocation, the child would adopt to create wrong notions and react to situations.

Parents need to be vigilant in their own speech and actions so as not to hear the things or acts they do, performed by the kids in longer run. Rude behavior in the kids is the result of thoughtlessness than of aggressive behavior. Parents and elders need to stand by the kids to built their characters, eventually pull them out from committing crime or lest, even be a victim thereby. Internet media has made a 'free way' for crimes on the net. With Safe surfing sites like www.kidsfreesouls.com - Rated Safe surf by ICRA(Internet Content Rating Association), kids can surf to safe surfing in an increasing alarming Internet crime leading to kids astray. The many exciting social networks, tweets, chat rooms, messenger chats and cell phone mania, teenagers prone to be addicts of telephonic, netizen buffs or freak-outs without realizing the inappropriate bills involved or the consequences for such activities.

The victims of puzzling Criminal behavior

Over the years, legend of *Bonnie and Clyde* turned the pair into heroic Robin hood. They were pretty thieves who robbed small banks, grocery stores and killed innocent people on whim.

Incorrigible, amoral and reckless, they were finally gunned down by the law in 1934. White collar offences are overlooked by law too as motives behind most crimes might even be thought of as normal in the sense that they are basic human urges such as: greed, lust, rage, a craving for excitement. Trouble arises when people allow these urges to stray beyond the bounds set by the society laws. Mob violence is one example what psychologists call mass hysteria. Existed feelings vent way and herd mentality exists. Religious, political, sports or entertainments are examples. Why do these things happen? How are kids affected? In such event of happenings, the child is a silent observer and the brain cells have its thinking capacities to reflect to the situations and surroundings. This is a tricky time to protect kids from Crime. Necessarily, protecting from crime – from being kidnapped, raped, humiliated, bullied, rejected, being addict to drug, alcohol or vices and on other fronts, protecting them from being Criminal minds. Some movies that show the real things happening like where Gang wars are showed, movies where Bank Robbery takes place, so the like - it's the alert signal for a parents to be ready for a feedback to the young mind who may sense out the message in a negative influence. An Italian Criminologist, Cesare Lombrose theorized that most criminals arise mainly from environmental conditions such as urban pressures, poverty and a poor home life. Kids, especially Teenagers who are negativistic, destructive, aggressive and delinquent have strong influence on others trapped under their unhealthy murkiness attitude. Teach the kids to live out. Teach yourself to survive too. Build the basics and build them strong to protect kids from Crime – to stop them from being criminals.

Protect from Crime

Protecting kids from crime is a major issue all over the world. There are websites for missing kids, which link to many kids who have become victims of crime, being kidnapped at a tender age. As you see the innocent faces on the web, one would realize the urgency to protect the kids from the Crime. The triggered crime assault shoot up with the kidnapping, drug and alcohol kind of vices. Investing time in development of kids is a factor, which should not be overlooked. Frank communication, being on friendly terms, caring and teaching the basic of how to say no, cautioning them while talking to strangers, safety measures at school and friends influence are the many factors to be taken care of. Kids get attracted to rosy things and the hard way of earning bread-butter should be taught to them to stop them from stealing. If some kid buys a costly pair of shoes or shows off having money on hand, the influence should not flicker the other kid demanding the same. The kid should be taught to realize his way of living. Some kids who are deprived of love, as they grow to be teenagers, out of deprivation or due to adolescent instincts indulge in sexual crimes. These situations pose for calling attention and early influential attitude of parents and elders make kids to overcome criminal situations.

Stop the Crime – It's in our hands. The Mob frenzy recently in Gujarat has directly or indirectly made many kids the victims of Crime – Stop them being Criminals too! Let the Community flare influence last no long as they tremble in fear, shatter their faith and live in a state of anxiety with the environmental influence upon them. Let there be the right Parental influence, after all!

BUILD THE PILLARS OF CHARACTER

Trust-worthiness: Teach the core values of trustworthiness. Cheating, deceiving should be scratched words from action dictionary. Built a reputation – 'Do right, treat right' Stand by principles. Be loyal and sympathetic.

Respect: Show love and respect for all. Make them use manners, proper language and tolerant to differences. Make the kids respect the faith of others. Scratch off anger, insult and disagreements.

Caring: Express gratitude and urge to forgiveness. Be kind, compassionate and helping nature.

Be Fair and neutral: Teach kids to be open and broad minded. Blaming or criticizing should be avoided. Teach to share.

Responsibility: Teach kids to be responsible for the acts they do. Let them understand their role in society, home and their life. Self control, perseverance, self-disciplined and dutiful. Be watchful of consequences of the acts they perform.

Steps to ethical behavior for Kids :

Help to enhance self esteem

Make them recognize and resist social vices like Drugs, tobacco, alcohol, cigarette, etc.

Help them fight abuse and other destructive elements like gang bully or violence.

Help them make right decisions and resolve to conflict situations.

Help them stand to figure out the risk factors involved in certain actions.

Make them develop communication skills and interpersonal relations.

Make them understand the vitamin 'M' (money) power

IV

ENDANGERED KIDS : Is Computing Safe for kids? BY ILAXI PATEL

Kids' computing is like "*electronically sugar-coated*" learning that may spoil children's appetite for the main course." Encouraging children to "learn" by flitting about in a colorful multimedia world is a recipe for a disorganized and undisciplined mind. Kids should be encouraged to blossom and flower in a free atmosphere. Their development should be in their own capacities. Barry Sanders, Professor at Pitzer College, US says, "*good readers grow out of good recites and good speakers.*" Then, as a child matures, his success in reading and writing nurtures his "innermost, intimate guide, the self." So, any threat to language and literacy may limit children's "inner voice" - their capacity to tell themselves stories and talks themselves through academic or other problems. Those who place their faith in technology to solve the problems of education should look more deeply into the needs of children. The renewal of education requires personal attention to students from good teachers and active parents, strongly supported by their communities. It requires commitment to developmentally appropriate education and attention to the full range of children's real, low-tech needs -- physical, emotional, social, and intellectual development.

So, Beware, Be Aware, Brainstorm to activate the mind cells before it's too late!!!

- Ilaxi Patel

Computers Re-shaping younger Generation

Computers are reshaping children's lives, at home and at school, in profound and unexpected ways. Common sense suggests that we consider the potential harm, as well as the promised benefits, of this change. To put it simply, childhood is our species' evolutionary edge. Childhood takes time. And many children are simply not being given the time to be children. Computers are acute symptoms of the rush end childhood.

Children need stronger personal bonds with caring adults. Yet powerful technologies are distracting children and adults from each other. They need time for active, physical play; hands-on lessons of all subjects, especially arts and language. Experience the nature. This is essential for healthy child development to flourish in free atmosphere. Yet many schools and parents opt for Computers distracting the child reading and cutting the minimal offerings in developing areas to shift time and money to expensive, unproven technology! Researchers reveal Computers pose serious health hazards to children. The risks include repetitive stress injuries, eyestrain, obesity, social isolation, and, for some, long-term damage to physical, emotional, or intellectual development. Our children thrive to spend even more time staring at screens increase sight problems. The social and educational need of the low-income children is at stake too. Quite obvious, the drive of Computerization emphasizes only one of the human capacities - analytical and abstract thinking of child develops late but it aims to jump-start prematurely! Computers are the most sophisticated thinking tools ever designed. They were developed with adult bodies, as well as adult mental capacities, in mind. Even for adults, their intensive use is related to job stress and serious injuries. But emphasizing computers for children, whose growing bodies are generally more vulnerable to stress, presents several challenges to healthy development. The current focus on computers can distract schools and families from attending to children's true needs, and can exacerbate existing problems.

The computer, like the TV, can be a mesmerizing babysitter. But many children, overwhelmed by the volume of data and flashy special effects of the World Wide Web and much software, have trouble focusing on any one task.

Must five-year-olds be trained on computers today to get the high-paying jobs of tomorrow?

For a relatively small number of children with certain disabilities, technology offers benefits. But for the majority, computers pose health hazards and potentially serious developmental problems. Of particular concern is the growing incidence of disabling repetitive stress injuries among college students who began using computers in childhood. The National Science Board reported in 1998 that prolonged exposure to computing environments may create "individuals incapable of dealing with the messiness of reality, the needs of community building, and the demands of personal commitments."

Physical health

Emphasizing the use of computers in childhood can place children at increased risk for repetitive stress injuries, visual strain, obesity, and other unhealthy consequences of a sedentary lifestyle. Some development experts also warn that increasing the time that children spend on computers, given the hours they already sit in front of televisions and video games, may contribute to developmental delays in children's ability to coordinate sensory impressions and movement and to make sense of the results. That could in turn lead to language delays and other learning problems. This health hazard demands immediate attention but its only a concern as every person is in a 'Computer rat race!'

Muscular-skeletal injuries

Long hours at a keyboard, constantly repeating a few fine hand movements, may overtax children's hands, wrists, arms, and neck. That, in turn, may stress their developing muscles, bones, tendons, and nerves. For the user, the computer is a kind of straitjacket into which the body must adapt itself. The eyes stare at an unvarying focal length, drifting back and forth across the screen. Fingers move rapidly across the keyboard or are poised, waiting to strike. The head sits atop the spine balanced, in the words of one physician, like a bowling ball. Built for motion humans do not respond well sitting nearly immobile for hours at a time. Children who play games on computers for long hours, fight with the ctrl keys, and jump with space or run right-left or topsy-turvy through the arrow keys are sure to freeze with vision, pain in hands and more! There may be greater risk. That's because their bones, tendons, nerves, muscles, joints, and soft tissues are still growing.

Vision problems

Computer is a strain on child's eyes and developing visual system and actually makes learning to read, a more complication. Eyestrain experienced by computer operators is related to screen glare and to the screen being either too bright or too dim compared to the ambient light. Maintaining a constant focus on the same distance, at the same angle, inhibits blinking even more than does reading from a book, probably because the monitor presents a vertical reading surface and because our eyes are open wider, making it more of an effort to blink. Children or adult, all faces visual fatigue from long spells on computer screen. Expecting beginning writers to poke a letter key and then passively watch a letter appear on a screen can be hard on their eyes and an extra perceptual challenge, and thus may actually hamper the process of learning to write and read. Their muscular and nervous system is in developing process too. It's not until about the age of 11 or 12 that their capacity to balance and coordinate the movement and the focusing of both eyes together is fully mature. A pair of glasses may correct the immediate problem. But myopia itself may be a risk factor for other visual problems. It can interfere with children's sports activities and enjoyment of nature, and even limit their choice of career.

Lack of exercise and obesity

Many health professionals believe childhood obesity has increased lately in large part because children spend more time sitting in front of electronic media and less time actively playing, at home and school, and because they consume so many high-fat, high-sugar foods and junk stuff.

Be it a television or Video game or Computers, children have found their way into modern technology with a bang. Children are prone to diabetes, a highly risk factor due to obesity and reports say may American children are on rise to diabetes. Lack of exercise is major problem as children are at loss of time divulged into many activities. Classroom learning is soon getting bookish and mugged up lessons

Isolated lives

Many parents have become active with spending less hours of time together with the child than the earlier years. With the recent surge in the purchase of home computers, laptops, and home connections to the Internet, as well as school connections, children are likely to spend even less time interacting face-to-face with parents, teachers, and friends. Television and Personal Computers are in every kid's bedroom. The latest fad is gifting of Personal Computer on his birthday! Recent study estimates that children between the ages of 10 and 17 today will experience nearly one-third fewer face-to-face encounters with other people throughout their lifetimes as a result of their increasingly electronic culture, at home, school or classes. Many kids have started living isolated lives and disappear into their rooms to spend most of their time with this wonder technology media. Socially, the kids are cutting themselves out and lack the little courtesies and emotional attachments.

Less self-motivation

Many girls find Computers boring or creative whereas boys plug on to playing more games. Young students often seem to be mesmerized by, and some even addicted to, the action on their screens, rather than motivated to learn. A fascination with technology, Researchers caution, is not the same thing as a motivation to learn about educational subjects beyond the technology itself. Some mesmerizing educational soft wares may be more entertaining than education.

Stunt imagination

Less creativity has crept into the classroom with replacing of computer skills. Creative work draws on a child's own inner resources - including originality, playfulness in generating ideas, and vigor and perseverance in carrying them out. Similarly, imagination involves the capacity to bring to life pictures of one's own in one's own mind. Children who are exposed to a heavy electronic diet of television, the Internet, video games, and multimedia are bombarded with ready-made images, often cleverly animated and quickly swapped with a point and a click, literally leaving nothing to the imagination. Entertained constantly and effortlessly, they are at loss of their imagination and find harder to generate their own images and ideas. Their limitation is up to the visual effects on their minds about the television, video game or computer.

Impaired Language & literacy

The time spent with computers and other electronic media may distract both children and adults from directly communicating with one another, face to face, weaving together the rich variety of spoken and unspoken cues such interactions encourage. That, literacy experts warn, may place children at risk of language delays. In addition, too few chances for such communication, if extended throughout childhood, may permanently limit children's ability to express them in speech or in writing, to comprehend fully what they read, and even to understand. They are at loss to think logically and analytically. Before their vocabulary is built, kids are spoon feed to computers.

Moral Behavior & Emotional competence

The most important gift that parents can give a child to spur their mental development, is not a good education, elaborate educational toys, or summer camp, but time - regular, substantial chunks of it spent together doing things that are naturally appealing to the child. Dr. Stanley I.

Greenspan, the former director of the Clinical Infant Development Program at the National Institute of Mental Health, warn that an emphasis on computers in childhood exacerbates the tendency for our increasingly rushed and impersonal culture to harm the emotional development of children. And that, they add, will take a toll on their intellectual, social, and moral development as well, because emotions guide human learning and behavior. Flooded commercialization ads on television, Internet and hoardings call for attention as kids are exposed to games, child products but also drugs, pornography etc. Some web sites make available targeted banner campaigns and desktop wallpaper download that emotionally affect the kids. They are children who are unable to cope with the slightest of frustrations, and lash out aggressively. They are entitled, demanding, impatient, disrespectful of authority, often disapproving of their peers, un-empathetic and easily "wounded." Their numbers are increasing. We must take note of this disturbing trend and intervene with some urgency if we are to raise children who will care about others in society.

To sum up, these are some fundamental beliefs and concerns

- * **Childhood is a critical phase of life and must be protected to be fully experienced. It should not be hurried**
- * **Each child deserves respect as an individual. Each needs help in developing his or her own unique capacities and in finding ways to weave them into a healthy social fabric.**
- * **Children today are under tremendous stress and suffer increasingly from illnesses such as allergies, asthma, hyperactive disorders, obesity and depression. This stress must be trim down.**

V.

My Parents are the Best-est...

Once I found some children casually talking to each other when they suddenly got into a debate and each said, "My Parents are the Best and best-est!"

Every child is proud of his parents and their whole world revolves round their family - the love and caring, nurturing relationship. We have many books on Parenting including mine, but alas, like most things in life, parenthood too comes with 'How to do' Instructions and statutory warning but an experience also - to balance and facing challenges to offer the role of parenting. Successful parenting comes from within, with an insight and inner values. There are no clear cut methods on good parenting but habits you can develop to ensure that you prioritize your method of upbringing the child with greater responsibility.

As parents, we fondly hope that our Children want to say these lovely words, "**My Mom is the Best of My Daddy is the Best-est!**" And here are steps to follow as Guardian of Angels to be the 'BEST' and feel on top of the world:

1. Be firm

Build a easy frame of life. Children don't like chaos. Be firm in your decisions and reactions. Let there be consistency in your attitude for their behavioral development.

2. Teach, Do not Preach

Most often, Parents lead to Preach rather than teach. Even if you are not a great teacher, every parent feels a sense of gratitude while the kids learn and follow them. Learning builds in confidence and can be made fun. Sharing experiences, playing together and teaching in a normal way is a way to go than to preach and tell (or rather Nag!) the child to 'Do This' or 'Do That.'

3. Get Involved

With the tech savvy kids growing up, help them grow gracefully. Involve yourself in their academic growth, Activities, social developments and more. Be together on their Life journey as a guiding

light and provide your wisdom. Even you need to learn to help them learn newer things. Your Interest as Parents in every step helps the child get motivated and encouraged. They build their self confidence as you feel good factor of your involvement.

4. **Rejuvenation**

Rejuvenate yourself and make the child's week ends fun. Recreation is must as 'All work and No Play' is no good idea. Children have their own friends and love to spend time with them - Watch a movie, listen to ipod, dance around or go for explorations. However, quality time with parents is must as they learn to value family life as much as they love to be with friends.

5. **Clear Stress signals**

Let not your stress fall on children. Parental issues are worst as children are anxious to what goes around them as they are fond of both the parent. Your relationship issues cause worry for them. Even, stress at your workplace, money crisis, family issues and so on have an impact on your stressful behavior. As a result, Parent stress is a Kid's Stress. Children need to be free of mind of any kind of tension.

6. **Be Religious**

One need not force Religion to kids. However, rituals are good for faith. A child who lives with faith learns to love the world. Celebrating festivals like Christmas, Diwali is togetherness. Let there be cozy dinners together and saying 'Grace' at mealtimes. Or, Watch television show or a sports game - It's a family time to bond and feel close.

7. **Learn to say 'No'**

The biggest mistake a parent makes is saying 'Yes' to every demand of the child at a younger age. Pampering is no good for the child. A parent who has learnt not to say 'No', often find a rebelling child which cannot be handled with words nor actions. Be practical and help the child to be practical too. All demands are not to be fulfilled even when you can afford. Out of love, your own actions bounce back to you in time to come when the child has not learnt to listen to 'No'.

Be the **BEST** - Be the successful Parent and it often comes with an Understanding and a lot deal of Sacrifice too!

VI.

BRAT KIDS OR LOVABLE ANGELS?

Sometime ago, I came across a parent who wanted to enroll her kid to my Library and she labelled her child as '**Bratatouille**' - She almost bitterly blurred out words of hidden anger and frustration as she even considered herself 'Unlucky' to have such a kid. She wanted me to counsel her child and help her out in teaching him right manners.

Well, as the child takes the first steps, parents often are thrilled with the experience of the little gestures and smiles of the baby. They pamper around and call nick names. As he grows up to understanding age of 4-12 years, the child becomes a brat as like a monster, shouts and screams, giggles at guests or never leave you alone. So, what went wrong? Why do they act this way? Ever wonder about their attitudes and you come closer to the answer "Why my child acts the way I don't like'. Some reasons can be:

1. **The child needs your attention.** Maybe you are a working mom or too busy in your life with other things to do, the child is often neglected. Especially, when you don't have time to listen to his sweet, silly talks. Here's when he finds challenging to draw your attention.

2. **Today's kids are savvy.** They know the tricks of the trade to appear angelic and they tell all kinds of tales to make believe. Let them feel you are much clever and can see their tricks. Do not get into arguments but nevertheless allow them to over-rule you.

3. **Jealousy is always have deep roots** especially siblings which turn them nasty. A child feels that the other is the apple of the eye of the parent. So, treat both equal. Do not praise much or criticize in front of the other. Pay equal attention, give equal pocket money or favor them equally. Don't let them feel down or lower.

4. **In social gatherings, don't just ignore the child** or else, he is sure to create tension while he tries to draw your attention. When guests turn up, the child may bang on the music loud or play the games on their PS2 to irritate you. Hence, occupy them in their interest and teach the right manners.

5. **Kids with no activities often get bored.** Books, television, friends or games - all often get them distracted after some time. Keep them busy as bored equals naughty equals brats.

6. **Do not React too far.** Avoid their uncomfortable questions and keep your cool. Silence and tact brings in results of good behavior.

7. **Don't complain** - to your family members, teachers or their friends about their mis-behavior. Every child is different and needs love and understanding. Reacting adds to hurt self esteem and further disturbs his and your peace of mind.

8. **Introvert kids are often the result of neglect.** Reason out and convince that you have your own job and friends just as he has his friends and school.

We don't call children brats but it's good parenting without guilt. Render discipline without anger and reward for good behavior. Always do not over-schedule yourself nor your child's work. Have play time and outings together. A friendly and loving attitude establishes better relationships. Enjoy.

VII.

Shy Kids? Shy off the blues!

Parenting shy kids is often a block to overcome. Quite often parents stumble to say "My son is shy" or "He's the shy one in the family" - This can backfire. People would often tag him as a shy one and treat him differently and reinforce his fear that something is wrong with him. Professional Football player and broadcaster Merlin Olsen almost gave up high school football because primary school classmates had labelled him "clumsy". He felt so shy that he was reluctant to join in games. Olsen's parents urged him to reject the labels and stand up for himself. One day, out of his annoyance, Olsen taught a child a lesson who teased him and after this incident, it was wonders that he came out of shyness. Schoolmates didn't bully him anymore. It is here that one needs to be sympathetic and not critical to a child's shy feelings. Boost the child's ego. Such shy kids do have a poor self image and need special help dealing with rejection. Praise his strengths and brush off his weaknesses.

Here are some Kidsfreesouls tips to help to shrug off the '**shy blues**' :

1. **Build Confidence** : Shyness robs a child many opportunities. Build the confidence. Praise his strengths and encourage him when he is a loser. Your motivation always counts.

2. **Boost the Ego**: Don't let the child down. Every child lives with self esteem. Boost his ego and inspire him at every step. A shy child often back away. Instead, motivate him by saying, "Yes, you did it last time, You can do it now"

3. Teach art of conversation: Shy child often lack communication. Maybe, not. However, encouraging to talk with topics of interest may trigger inner self and they may engage in conversation to opine their views. Some children who do not speak are presumed as 'shy nature' whereas in real sense, they need to communicate, discuss, debate with others. This will help to shrug off 'shy blues.'

4. Family bonds: A family bonded together makes a big difference. Let there be closeness and a unity in the family. Often the kids are keen observers and whatever they see and hear, reflects on their attitude. A stressed child is hurt out of love for the parents if there is even a slight bickering or fight between them. This may turn to his withdrawal and signals of introvert attitude and turn him to be 'silent' or 'shy' out of hurt feelings and lack of confidence.

5. Teach social skills: A simple 'Hi or Hello' - a wishing here and there, on occasions and even being open to thoughts. Simply let the kids engage for a while even when your friends are around instead of shooing them off to their room. Do not ever tell them, "Go to your room" while you try to teach them manners. Help them to be courteous to say, Hi and talk to the guest for some time before they leave you alone. Nobody likes to be 'unwanted.'

6. Engage in Activities: If you find your child shying away or rather slow to communication, engage in activities that calls for debating, group activities, etc. Kids vibe well together while they work, play or choose for creative activities like coloring, music, sports, playing computer games, etc. Children love Activities of their interest which keep them live and going.

7. Ask for help at school: Shyness often shows itself at school. Talk to your child's teacher. Inform her of special interests about which the child may be questioned and so gradually, the teacher can encourage him to take courage to answer more questions spontaneously.

Many times, parents often get stressed with children esp. in vacations when they constantly get bored playing indoors. Call in playmates into your home instead of sending him out saying "Go to Bins House to play" . Throw parties like 'archie reading', 'cartoon watching', 'singing hour' - support with their favorite simple things to eat like wafers, biscuits and cookies, sandwiches and soft drinks. Children will love this and so will your child.

It's patience that is all the way needed by a parent or a teacher to tackle with the issue of shyness. It's understanding, patience to support and patience not to demand results. Loving way makes wonders and kids can be pulled out of his shyness, just by 'Tender Loving Care'.

Keep the Faith!