



1 | Anxiety! Can I protect my child from the dangers of life?

Not all dangers can be avoided. In some situations we rely on confidence. In any case, an important protection is to teach our child how to deal with danger.



2 | Children challenge us to our limits!

In case of anger it is our task to find the “emergency exit” prior to harming, e.g. hitting, our child. It is difficult to remain calm when our child is angry. However, anger vanishes after a while. It can be helpful to take deep breaths or leave the room for a while.



3 | Punishment weakens children. Consequences provide orientation.

Consequences demonstrate to our child the results of a particular behaviour. They do not aim to punish or humiliate the child.

For example: “If you do not observe the times which we agreed upon, you will have to stay at home next time.”



4 | Come, I quickly do that for you.

To be able to do something by oneself provides pride of accomplishment and self confidence. If we relieve children of everything they are able to do by themselves, we keep them weak and small.



5 | Positive common activities help overcome critical situations.

Common projects and pleasant experiences strengthen the family and provide stamina even for difficult times.



6 | Never compare a child with another one, but only with one self!

No person exists in duplicate. Every child features its own speed, talents and peculiarities, as well as his own weaknesses and difficulties. Comparisons can discourage and poison relationships.



7 | Strong children not only say “No” to strangers, but also at home.

To be able to say “No” is particularly important when dealing with one's own needs and limitations (e.g.: “No, I want to be alone now!”).

The family is the most important location to learn this.



8 | Laughing together is a balm for the soul.

When there is perhaps little cause for laughter:

Sometimes a humorous film viewed together might help.



9 | It takes a whole village to educate a child.

We do not need to do everything alone.

Also fathers, grand parents and other relations may assume tasks for education and care.



10 | A clear “No“ is often the most loving response we can give to children.

In order for children to develop well we also frequently need to deny:

In order to protect them from danger / when we are dealing with television viewing or sleeping times / or when concerning excessive consumer wishes.



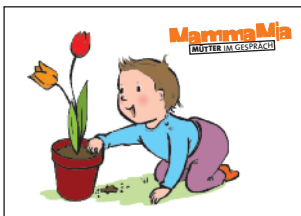
11 | It is a good feeling to know that someone is interested in me.

In genuinely being interested how our child is keeping, what it has experienced, what it likes, what it thinks about...we demonstrate our affection.



12 | I accept you the way you are.

It is quite normal sometimes also not to like various peculiarities of our children. We love our children nevertheless. Only a person that has felt truly accepted by his or her parents may also accept him- or herself.



13 | A baby in the house creates much joy and much work.

Babies need much care and attention. Therefore it is beneficial to be relieved once in a while by other members of the family sharing in the care for the baby.



14 | Strong parents do not need perfect children.

To try something new and make mistakes is part of life. Our child may act as a child.



15 | Children can resolve conflicts among themselves – if we let them.

The ability to resolve conflicts is an important experience.

Let us enable our children to learn it!

If they cannot manage by themselves we can provide our advice at their side.



16 | Children should be allowed to share decisions, if a question concerns them.

We as parents bear responsibility for the family.

However, depending on the age of the children, we can include them or letting them assist in forming decisions on various questions.