

FREEDOM TO DREAM BIG • EXPRESS WITHOUT FEAR • GRATITUDE

a ready reference guide for parents

THE
Mantras
AND
Guru
Mantras
OF
POSITIVE
PARENTING
by Sudha Gupta

ENHANCE STRENGTH • IMPROVE UPON WEAKNESS • GENUINE PRAISE • APPRECIATION • QUALITY TIME • HAPPY MOMENTS

LOVING FAMILY • BETTER RELATIONSHIPS • CARE FOR EACH OTHER • ENCOURAGEMENT • INSPIRATION • MORE TRUST

FREEDOM TO THINK • HANDLE SITUATIONS • EXPLAIN LOGICALLY



DEAR PARENT

Positive parenting enhances love, openness and understanding in the relationship between parents and their child. It also ensures that the child develops all the right qualities.

This booklet contains ten Mantras, followed by three Guru Mantras, of parenting. We hope you will find this a handy and useful guide to positive parenting. Here's to the joys of being a parent.

Warm regards,



POSITIVE PARENTING EXPERT



POSITIVE PARENTING

Mantras

*We present you ten powerful
Mantras to raise a happy,
well-balanced and successful child.
Apply them in your life, and feel
the difference they make.*

POSITIVE PARENTING

Mantra#1

Happy AND loving family

OUTCOME

Happy and loving children

To make your family a happy and loving one, encourage each member to understand and take care of each other. Inspire them to express their love and respect for each other and spend time together.

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Mantra#2

Unconditional love

OUTCOME

High self-esteem

Your love should not depend on
your mood or your child's achievements.

Love them even when they make
mistakes or fail at something. Give lots
of hugs and kisses.

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Mantra#3

Set REASONABLE expectations

OUTCOME

Achiever

Every child has his own interests and potential. Encourage him to enhance his strengths and improve upon his weaknesses. Don't pressurise or compare him with other children.

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Mantra#4

Appreciation IS A magic wand

OUTCOME

High self-confidence

Shower genuine praise on your child.

Appreciate her efforts and don't focus too much on what she is doing wrong. Avoid labelling your child as shy, slow, naughty, etc.

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Mantra#5

Magic of COMMUNICATION

OUTCOME

*Full self-expression
& mutual trust*

Your child needs your listening.
Understand and respect his feelings
and views so that he can express himself
without fear. Share your success and
failure stories too.

POSITIVE PARENTING

Mantra#6

Give freedom

OUTCOME

*Independence, decision-making
& responsibility*

Let your child make choices and take decisions. Give her the freedom to think and dream big. Instead of overprotecting, allow her to behave like a child. Let her be what she wants to be.

POSITIVE PARENTING

Mantra#7

LET YOUR child learn from failures

OUTCOME

Courage

Let your child make mistakes and take small risks. If he is allowed to face disappointment sometimes, he will learn to handle situations. Always express your trust in him.

POSITIVE PARENTING

Mantra#8

Say no to punishment

OUTCOME

Self-discipline

Never hit the child or discipline her in anger. If she is stubborn, throws tantrums and refuses to listen, divert her attention. Logically explain the impact of her actions. Be firm, but polite.

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Mantra#9

Instil values

OUTCOME

Good human being

Instil in your child the values of compassion, generosity and gratitude. Educate him to respect his family and teachers. Teach him to be sensitive towards the environment and society.

POSITIVE PARENTING

Mantra#10

Your time is THE BEST INVESTMENT FOR YOUR child's future

OUTCOME

Strong bond

Quality time is more important than quantity time. A hug, a kiss or a pat on the back can do wonders. Make sure that both parents spend time with the child.



POSITIVE PARENTING

Guru Mantras

*The ten Mantras will not work
in the absence of three Guru Mantras.
In fact, without them it wouldn't simply
be possible to implement the Mantras.*

POSITIVE PARENTING

Guru Mantra

1

Patience is the key

Every time you feel
frustrated or think
that you are simply
unable to understand
the child, take
a deep breath and
remember your
own childhood.

POSITIVE PARENTING

Guru Mantra

2

Be a role model

Don't worry
that your children
are not listening
to you.

Worry that they
are watching you.

POSITIVE PARENTING

Guru Mantra

3

CELEBRATE

childhood

CELEBRATE

parenthood

CELEBRATE

life

Fill your life with
happy moments,
and enjoy it
to the fullest.
Make the most
of childhood,
parenthood
and life.



You
already
ARE A
great
parent

*Remember, you are
the best parent your
child can ever have.*

*Believe in yourself,
and believe in your child.*

*We thank you and
appreciate the effort you
make in doing what is
best for your child.*

*We hope that you will
find parenthood fulfilling
and enjoyable.*



ABOUT SUDHA GUPTA

Educationist, entrepreneur and visionary; Sudha Gupta has done commendable work on parenting, a subject very close to her heart.

She's a regular columnist with leading publications, and has authored several books on parenting and early education.

Her articles on parenting have appeared in The Times of India, Hindustan Times and India Today, and her programmes on radio and television channels. She also conducts the hugely popular Positive Parenting seminar, which has benefitted more than 1,50,000 parents in the past decade and a half.

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Please share your questions, feedback, or your own parenting experiences
with us by writing to sudhagupta@positiveparenting.co.in
We would be delighted to hear from you.