

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.*

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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# 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.*

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# 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.

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Guru Mantra

2

Be a  
role model

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

Worry that they  
are watching you.

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**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](mailto:sudhagupta@positiveparenting.co.in)  
We would be delighted to hear from you.