

## A Fighting Chance

Teach your children well my friends, for soon they will be making an impact on the world.

If they fight over toys, distract them. Teach them to share fairly, and how to make the most of the toy that they **do** have, even if it isn't their ideal choice.

Let them learn that if they choose to slap, they will feel unhappy at their brother's distress. This should be taught to toddlers, for as they grow, their punches will gain strength and could one day maim or even kill.

Show them not to kill; not even a fly. Developing respect for all things living is to learn respect for themselves.

Show your children how words can hurt. Whatever the old 'sticks and stones' saying states; it lies.

Teach them that lies cause harm and do no good unless told to protect the innocent.

Show them how to protect those they love and those hard done by, for not everyone teaches their children the loving and respectful way forward, meaning there will always be the possibility of being on the receiving end of aggression or unkind words.

As your children grow into teens, teach them how to repel others' negativity and criticism. More importantly teach them to deflect their own inner critic. Self-doubt is natural, we live in a competitive world. Our children need to learn that we all have strengths and talents. We can focus on those rather than berate ourselves for what we find difficult.

It is vital that we celebrate our own gifts, without belittling anyone with different skills to our own. Remind them that the only reason someone tries to bring them down, is to make themselves feel more worthy.

Show by example that emotions are natural. Let your children express themselves in good healthy ways. Never belittle a child for showing anger or tears. Instead sit with them until the anger subsides. Let them talk it through, showing love throughout these conversations. Even in a storm there is peace to be found.

Let your children know that fighting is never the answer. We need to give peace a fighting chance.

Teach your children well my friends.