

# REPORT

## Workshop on Positive Parenting

*7 & 8 December 2013*

*Organised by :*

**QURAN HOUSE**

**REPUBLIC OF MAURITIUS**



WORLD DAY OF  
PRAYER AND ACTION  
FOR CHILDREN



Arigatou International

- 1- Title**  
Workshop on Positive Parenting
- 2- Organiser**  
Quran House
- 3- Dates**  
07 & 08 December 2013
- 4- Venue**  
Quran House,  
The Islamic Circle  
23 Boundary Road, Rose Hill  
Mauritius
- 5- Country**  
Republic of Mauritius
- 6- Participants**  
NGOs of Mauritius  
Teachers – Primary, Secondary &  
Tertiary  
Religious dignitaries
- 7- Number of Participants & Origin**  
35 participants  
All Mauritians from diversified religious  
beliefs
- 8- Workshop facilitators**
- a. Miss Sajeda Ramasawmy - *Clinical Psychologist*
  - b. Mr Ibrahim Koodoruth – *Lecturer at the University of Mauritius/Sociologist*
  - c. Mr Samiollah Lauthan – *Former Member of Parliament and Minister of Social Security and currently active Social Worker*
  - d. Mr Omandra Varma -*Associate Professor, Director of the Mauritius Institute of Education & Sociologist*
  - e. Mr Ismael Bawamia – *Investigator at the Ombudsperson for Children Office*
  - f. Mr Sohan C. Lalldharee – *Social Worker & Student in Islamic Studies*
- 9- Type of activities**
- a. Workshop
  - b. Lecture & interactive session / Q&A
  - c. Group discussion & presentation
- 10- Handouts**  
Refer to Annexure 1
- 11- Venue for activities**  
The seat of Quran House, 23 Boundary Road, Rose Hill, Republic of Mauritius



**Mr Junaid Udhin**, President of Quran House, delivering the opening speech of the workshop.



**Miss Sajeda Ramasawmy**, Psychologist, elaborating on “Theories and Research on Positive Parenting”



**Mr Ibrahim Kooduruth**, Lecturer at the University of Mauritius and Sociologist, talking on the “sociological perspective in schooling and child development.”



**Mr Samiullah Lauthan**, former Minister of Social Security and currently social worker, delivering his speech on “Impact of multimedia on child/adolescent”



**Mr Omandra Varma, Director of the Mauritius Institute of Education, presenting his topic on “Parenting in the new era and teachers role as support to parenting”**



**Mr Ismael Bawamia, Investigator at the Ombudsperson Office for Children, giving a profile of the “Mauritian reality on parent – child relationship”**



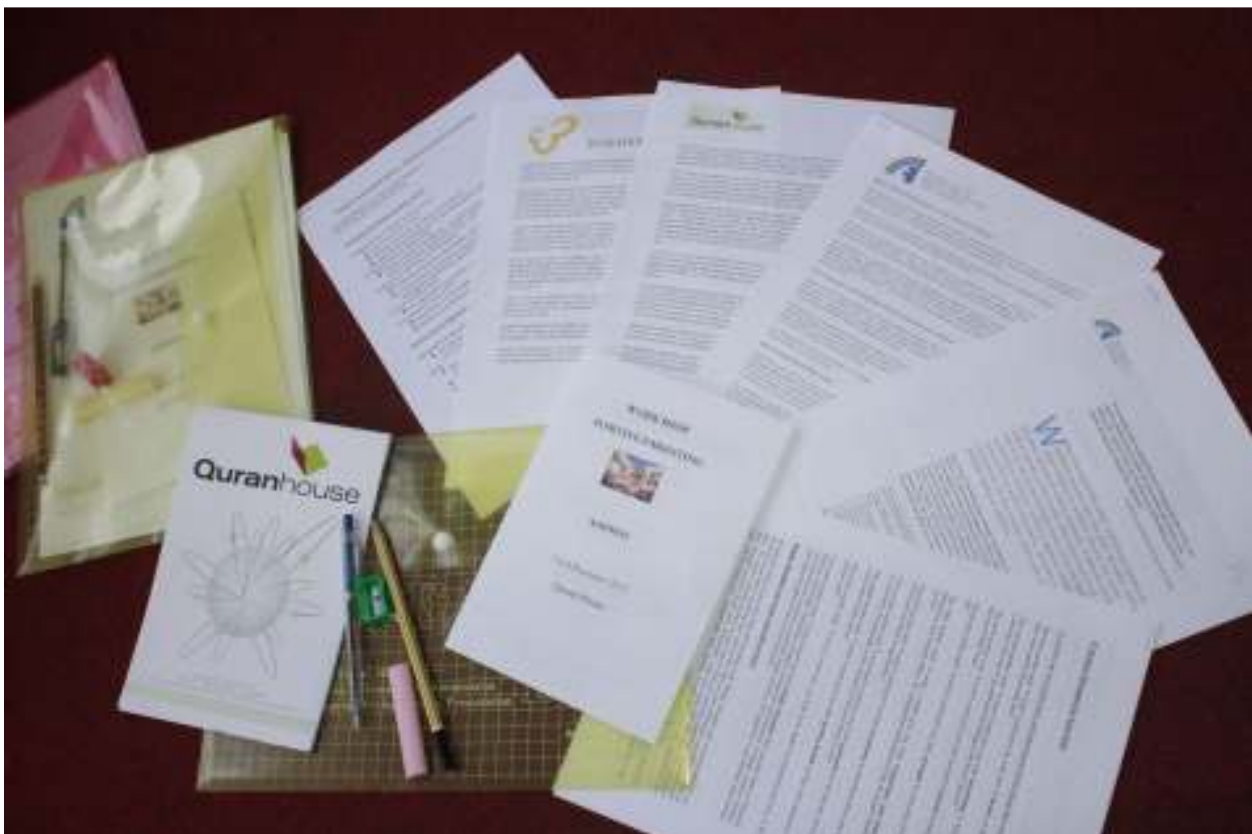
**Mr Sohan C. Lalldharee, Social worker, giving a perspective on an “Islamic approach to parent and child relationship”.**



Overview of the workshop setting and organization.



The banner



The workshop pack and handouts.



From left to right: Mr Jonathan Ravat - officer at Institut Cardinal Jean Margeot, Mr Ibrahim Kooduruth – lecturer at the University of Mauritius, Mr Junaid Udhin – President of Quran House



Participants presenting their proposals and action plan following group work brainstorming session.





## 15- Aim/Outcome/expectation/Impact/Resolution

The aim of the workshop was to sensitize the participants of the importance of Positive Parenting in the current era. This workshop acted as an eye-opener on a current problem which is very often ignored by various stakeholders in the Mauritian society, that is the relationship between the parents and the child/children. Participants were able to gain much insight thanks to the panel of expert facilitators who explored and delivered on the issue in depth.

The outcomes of the workshop were:

1. To create the awareness
2. To comprehensively understand the concepts of positive parenting
3. To bring together various stakeholders operating in the field of parent-child relationship
4. To trigger a positive change in mindset

The impact of the workshop exceeded our expectation. Some comments received from the feedback form were as follows:

1. *"I learnt about the rights and duties of parents and children. And being a parent, this will help me to better interact with my children and certainly this workshop has made me realized my weaknesses and strengths as a parent. I thank Quran House and all the trainers for this wonderful event and I pray to God to give you all the strength and courage to continue the good work in this direction. Well done!"*
2. *"Need to organize such sessions regionally and spread the awareness"*
3. *"I learnt on how to listen to others, how to build good relationship between myself and children at home. Not to take it for granted that children know everything"*
4. *"I learnt that corporal punishment does not benefit the child. Together we can do a lot"*
5. *"It is very important to look after the society in general by organizing such types of session. It's a real pleasure to see that speakers of high caliber are ready to help"*
6. *"I learnt how to deal with the adolescents in my class at school as well as my children. Patience is a very important thing. Relationship with the elders is very important as they only need care and nothing else"*

The workshop ended with a brainstorming session and the outcome / proposals that came out were as follows:

1. To have talks on this topic at school/colleges
2. To work on a Parental Empowerment Program. Train the parents
3. To request religious institutions and religious dignitaries to put more emphasis on this social problem
4. To organize sessions on character building
5. To organize training sessions for the young adults especially preparatory courses for wedding, during pregnancy and while rearing the child

6. To improve on the methods and means of talking to youngsters by making use more of technology. Example: video sessions on a specific issue and allow group discussion.
7. To ensure recurrent events of such caliber

Participants were called to ponder over a few quotes as follows:

**Parents need to fill a child's bucket of self-esteem so high that the rest of the world can't poke enough holes to drain it dry**

- Alvin Price

**Stop trying to perfect your child, but keep trying to perfect your relationship with him/her**

- Dr. Henker

**Your children need your presence more than your presents**

- Jesse Jackson

**The child of a tiger is a tiger**

- Haitian proverb



Arigatou International is an international faith-based NGO committed to building a better world for children. An initiator and sustainer of partnership-based initiatives to secure child rights and foster children's well-being, Arigatou International seeks to maximize the potential of interfaith cooperation, and always strives to empower and involve children and youth.

Holding special consultative status with ECOSOC and consultative status with UNICEF, and as a member of the NGO Group for the CRC and of the Child Rights Information Network (CRIN), Arigatou International liaises and works jointly with UN agencies and other NGOs to foster cooperation within a rights-based approach to the profound issues faced by children and youth today. For Arigatou International, the full implementation of the UN Convention on the Rights of the Child (CRC) is a critical goal and essential step on the path to a world that is healthy and just for all children and youth.

Arigatou International recognizes the vital role that religious leaders and their communities can play in fostering healthy values and supporting positive behaviors in their societies. To provide a global platform for interreligious cooperation for children, Arigatou launched the Global Network of Religions for Children (GNRC) in May 2000. The GNRC is now the world's most extensive interfaith network of organizations and individual volunteers working specifically for the rights and well being of children around the world.

At the Special Session on Children of the United Nations General Assembly in May 2002, Arigatou International proposed the establishment of the Interfaith Council on Ethics Education for Children as a unique contribution of people of faith to the wellbeing of children and to contribute to the full implementation of the CRC. With the help of the experts on the Council and the cooperation of UNESCO and UNICEF, in 2008 Arigatou International published *Learning to Live Together: An Intercultural and Interfaith Programme for Ethics Education*.

Then, in 2009, the World Day of Prayer and Action for Children was initiated with Arigatou International support to mobilize people from diverse religious traditions to improve children's lives through prayer and practical acts of service. It is celebrated each year on November 20, which is Universal Children's Day and the anniversary of the CRC.

Arigatou International is now shaping a new global initiative, "Mobilizing Faith-based Resources to End Child Poverty." This initiative will challenge the unequal distribution of resources, war and violence, poor governance and corruption. It will utilize interfaith advocacy and grassroots action to overcome poverty affecting children.

Arigatou International has its headquarters in Tokyo, Japan, an international liaison office in Geneva, Switzerland, and an office in New York for the World Day of Prayer and Action for Children. It also maintains offices supporting the GNRC network in various regions of the world.



### **What is the World Day of Prayer and Action for Children?**

The World Day of Prayer and Action for Children, celebrated annually on 20 November, is an opportunity for all sectors of society - governments, intergovernmental organizations, non-governmental organizations and religious communities - to work together to end violence against children.

World Day events take many forms, including mobilization and media campaigns, workshops, religious services and vigils, and common action to protect children from violence.

The World Day of Prayer and Action for Children was established in 2008 by Arigatou International, an international faith-based NGO. Since 2008, the World Day has brought together secular and religious organizations working on behalf of children through over 300 activities in over 85 countries.

The World Day is committed to the holistic well-being of children: physical, cognitive, psycho-social and spiritual. Coming from a variety of religious traditions and secular backgrounds, all individuals and partner organizations are united in a common concern for the well-being and flourishing of children. The movement respects the dignity and integrity of each partner without endorsing any one specific creed, ideology or set of political beliefs.

### **Why participate in the World Day of Prayer and Action for Children?**

Ending violence against children is an urgent global challenge. With millions of children worldwide enduring some form of violence every year, violence against children threatens children's rights, well-being and development. Urgent action is needed from the global community to prevent and respond to all forms of violence against children, wherever children are at risk.

The World Day is an opportunity for people of faith to join multi-faith and secular efforts to protect children; for individual religious communities and leaders to be part of a larger global initiative; for organizations working to protect children to accelerate and magnify global efforts to stop violence; and for governments to partner with civil society, including religious communities.

The World Day of Prayer and Action for Children is part of the growing global movement to end violence against children in its many forms.

### **What is a typical World Day event?**

World Day events take many forms, including mobilization and media campaigns, workshops, religious services and vigils, and common action to protect children from violence. World Day activities, actions and advocacy are planned locally by participating groups. A World Day event typically begins with a faith celebration organized by religious leaders in the community. Faith celebrations can bring together people of the same faith or people of different faiths to pray and recommit themselves to working to end violence against children.

The celebration is usually followed by a collaborative "take action" project carried out with local community groups, government, UN agencies or other faith-based organizations designed to meet the needs of children in that community. The World Day of Prayer and Action for Children can lead to year-round initiatives and partnerships to protect children from violence.

The World Day of Prayer and Action for Children provides individuals, organizations and communities with resources and tools for participating in the World Day of Prayer and Action for Children on 20 November.

### **What is the focus of the World Day this year?**

In 2013, the principle theme of the World Day is to stop violence against children. The World Day highlights three proven child protection strategies: 1) protecting children through universal birth registration, 2) promoting positive

parenting and non-violent discipline, and 3) ending child marriage. We suggest participants consider education, community mobilization and advocacy initiatives on these issues.

### **What is meant by “religious” or “faith-based” communities?**

“Religious communities” refers to both men and women religious actors and structures within religious traditions and organizations at all levels – from local to global. These include grassroots and local communities, leaders, scholars, practitioners, youth groups, women of faith networks, faith-based organizations and denominational, ecumenical and intra-religious umbrella organizations and networks.

### **What is the value of working with religious communities?**

The World Day of Prayer and Action for Children is a platform that brings secular organizations and the world’s religious communities together. Governments, UN agencies and non-governmental organizations can accelerate and magnify their global efforts to end violence against children by working with the world’s diverse faith communities.

All of the world’s faith traditions share a common concern for protecting children from violence. Violence against children violates the fundamental tenets of the world’s faith traditions. Throughout history, religions have inspired people to protect and care for the weak, the oppressed and the vulnerable, with children being foremost among them. By promoting birth registration, positive parenting, and an end to child marriage, religious communities can play a critical role ensuring that all children develop to their full potential and grow up free from violence.

By working with religious communities, religious leaders and people of faith, secular organizations can engage stakeholders they otherwise might not reach. Religious leaders are by nature expert communicators, opinion leaders and social mobilizers, who can tap existing communication networks to advance child welfare and provide large, enduring infrastructures for service delivery. Religious communities often meet the needs of vulnerable children by providing education, shelter, medical care, legal support, counseling and spiritual guidance. In many places, faith-based organizations are the best way to reach families, schools, caregivers, workplaces and communities that are the frontlines for protecting children from violence.

Working together, governments, secular and faith-based organizations can have a greater impact on child protection than organizations working alone. Religious communities can be powerful allies in protecting the most vulnerable children.

### **How can religious communities stop violence against children?**

Violence against children can be prevented. The World Day of Prayer and Action for Children highlights three proven child protection strategies:

Protecting children through universal birth registration  
Promoting positive parenting and non-violent discipline  
Ending child marriage.

Religious leaders can:

- incorporate messages on these topics in their weekly sermons;
- organize a World Day religious service centered around messages to end violence against children;
- spear head education and advocacy efforts at the community level to promote non-violent child rearing and protect children through birth registration;
- use their networks to sponsor a wide-ranging campaign to educate families about options other than child marriage;
- direct their followers to tools like the *ABCs for Action and Advocacy*.

### **What is the value of working with secular organizations?**

The World Day of Prayer and Action for Children is an opportunity for religious communities and leaders to be part of a larger global initiative, while reaffirming and communicating their religious teachings and values on protecting children from violence.

All of the world’s faith traditions share a common concern for protecting children from violence. Violence against children violates the fundamental tenets of the world’s faith traditions. All faith traditions affirm the responsibilities and rights of parents to guide and teach their children. By promoting birth registration, positive parenting, and an end to child marriage, religious communities can play a critical role ensuring that all children develop to their full

potential and grow up free from violence. By participating in World Day activities, religious communities can make manifest their religious commitments to end violence against children.

By working with governments, UN agencies and secular organizations, religious communities can magnify their impact on child welfare.

Secular principles of child protection are consistent with religious commitments to protect children from violence. Child rights organizations, including UNICEF, are guided by the Convention on the Rights of the Child (CRC), adopted in 1989 as the most comprehensive legal instrument for the protection of children. The CRC's holistic view of children as social actors, as members of families and communities with rights and responsibilities, as well as the principles of justice, humanity and dignity that the CRC articulates, correspond with deeply held values embedded in major religious traditions.

Key components of the Convention on the Rights of the Child that connect with the principles of religious traditions:

- A fundamental belief in the dignity of the child;
- The high priority given to children and the idea of rights and duties of all members of society towards them;
- A holistic notion of the child and a comprehensive understanding of his or her material, emotional and spiritual needs; and,
- The importance given to family as the best place for the upbringing of the child.

## **RESOURCES:**

### **1) Tips on partnering with religious communities:**

- Understand each other: It is essential for children's rights organizations and religious communities to have the adequate knowledge, skills, and attitudes to effectively engage with each other in constructive ways – to understand each other's roles, working methods, way of speaking and structures to help identify effective entry points for co-operation. Unless a concerted effort is made to understand each other's language and values, they risk being unable to see the areas in which they are in agreement and may lead to erroneous conclusions about their ability to work together on behalf of children.
- Forge relationships with all religious communities: It is important that child rights organizations do not favor one religious group over another. They must work to forge inclusive and, where relevant, multi-religious partnerships based on how best to promote the rights of children.
- Be sensitive to the spiritual mission of religious communities, rather than seeing them exclusively as service providers and facilitators.
- Appropriately credit and co-brand joint activities between child rights organizations, NGOs and religious communities.

### **2) Tips on advocacy and messaging:**

- Use religious community resources: Ask your partnering religious leader(s) to promote the planned World Day event to the participants at their weekly worship.
- Media: Identify good spokespeople from your participating organizations for media interviews. Promote your planned activities in the local media, including religious community newsletters, publications and broadcasts. Get your event listed in community calendars.
- Social media: Promote your activities through social media such as Facebook and Twitter. If social media are widely used in your community, consider posting regular Tweet/Facebook updates as your staff prepares for the event, including messages from religious leaders' sermons, statements, etc. that are relevant to your event or issues. Post photographs relevant to the issues of your WORLD DAY event prior to the observance, and of the event once it is over. Get as many people "talking" via social media about your event and issues as possible.



Quran House, under the umbrella of The Islamic Circle, is a charitable non-for-profit institution duly registered with the Registrar of Associations of Mauritius since 1958. Its mission is to promote and develop motivated citizens through faith, understanding, commitment and social responsibility for the betterment of humankind revolving within a clear set of values which are Faith, Integrity, Trust, Honesty and Respect.

Quran House is amongst the very few institutions which has expanded its horizon and scope of activities in order to put greater emphasis on handling social issues. Today, Quran House is a full-fledged, open and respected institution which has a proven track record of participation in tackling social matters such as the fight against poverty, the promotion of civic and spiritual education, the consciousness of protecting the environment, the re-introduction of moral values and ethics, encouraging inter-religious dialogue and promoting peace.

Quran House offers a host of facilities in terms office spaces, lecture hall, multi-purpose hall, a public library, a mosque amongst others. It also operates a pre-primary school and offers free general counselling services to the public. Quran House acts as resource centre for the University of Mauritius for the interfaith modules. Moreover, Quran House is a partner with other associations such as Century Welfare Association, Institut Cardinal Jean Margeot and has a representation in the Council of Religion. In its endeavour to eradicate poverty in Mauritius, Quran House is strongly linked with big players in the field in the name of SOS Poverty and many other NGOs. On an international level, Quran House has connections in many countries in Africa, Europe and Asia.

In early 2013, Quran House affiliated itself with the Global Network of Religion for Children (GNRC) to expand its focus of attention towards the welfare of children. Quran House has a deep experience in handling children in providing the right educational and psychological framework to make good citizens of the future. Affiliation to GNRC was a natural expansion and proves Quran House's determination to the welfare of children.

In terms of forthcoming social project, Quran House is in the process of setting up a wellness centre for ladies only which will be comprised of a gym, aerobic space and adapted recreational and activity based spaces as part of its concern for the wellbeing and health state of ladies. The next stage is to be accredited as a CSR body and a sister association is being set up to that effect to align Quran House with the concept of Maurice Ile Durable. Quran House's orientation towards going green is now focussed on making efficient use of natural resources (rainwater and sunlight) for its daily consumption.

Quran House's board consists of a pool of intellect ranging from various professional fields namely Economics & Finance, Accounting, IT, Management, Law, childhood care, qualified accredited professional coach and qualified school teachers. Its headquarters is based at 23, Boundary Road, Rose Hill.

For additional information, please visit the website of Quran House [www.quran-house.org](http://www.quran-house.org) or email at [info@quran-house.org](mailto:info@quran-house.org). The telephone lines are 464 3247 and 464 0743. The office is opened every weekday from 09:00 to 15:00 and on Saturdays from 08:30 to 12:30.

**97 Positive Thoughts for Your Kids****10 mothers sat in a coffee shop and talked about all the things they wanted for their kids.**

The first mother said, "I wish I could give my kids lots of **money** so they could have everything they want and be financially free".

The second mother said, "I wish I could give my kids **knowledge** to help them succeed in life. Learning is the way to growth and knowledge is the key to success."

The third mother said, "I wish I could give my kids wonderful **friends** to keep them company for the rest of their lives".

The fourth mother said, "I wish I could give my kids **strength** to overcome all the difficulties in life".

The fifth mother said, "I wish I could give my kids **compassion and kindness** towards themselves and towards others, for compassion and kindness bring all people together and make us one".

The sixth mother said, "I wish I could give my kids **acceptance** to help them flow with the stream of life and lead them to spirituality".

The seventh mother said, "I wish that I could give my kids **gratitude** for all that the universe has to offer them, for gratitude is the vibration of all good things in life".

The eighth mother said, "I wish I could give my kids **perfect health** so they can experience the world with all their senses".

The ninth mother said, "I wish I could give my kids love. **Love** is everything and love is the answer to all".

The tenth mother said, "I want to give my kids **happy thoughts** that can lead them to financial freedom, knowledge, friendship, strength, compassion and kindness. A happy, positive mindset will lead them to acceptance, gratitude, health and love, for happiness is the ultimate state of bliss and happy thoughts are the way to get there".

**Happy thoughts you want your kids to have**

All parents want to give their kids all that they wish. Happy thoughts and a positive mindset are the tools to get them everything they want in life. Here is a list of thoughts you want your kids to have. Try, before introducing them to your kids, to find out what they think now, and slowly shift their thoughts towards better ones. Remember, what they think will determine how successful they will be financially, academically and socially. It will determine their appreciation and wellbeing.

1. **I treat others the way I want them to treat me.** If I want people to help me, I help others. If I want them to encourage me, I encourage others. If I want them to love me, I love others.
2. It is okay to **laugh at funny things**, but not to laugh at others. If I laugh and someone else is not happy, this is not funny at all.
3. When **I am sad**, I can do something that makes me happy. I have hundreds of things that can make me happy and I do not need others to give them to me. I can give them to myself.
4. When I play, I **follow the rules** and play fair. I take turns and I understand that winning means nothing if it means losing a friend.



5. Gossip is not productive. **I avoid gossiping.** If I talk about someone behind his or her back, I always say something good.
6. I treat everyone with **respect.** I respect other people's opinion even if they do not think like me.
7. When I am not happy, I can always **think of the good things** I have in life and it makes me feel better.
8. I hang around **successful kids** and learn a lot from them.
9. I am not the way I look. **My look is just external.** If I feel good, I look good. I dedicate my time to feeling good.
10. **I appreciate my family** for all that they have done and still do for me.
11. I believe that **I can do anything** I put my mind to. I can make a difference in this world.
12. I do my best to **understand** what my friends are feeling.
13. **I appreciate my teachers** for teaching me what they know and for doing the best they can to help me grow.
14. I take **care of my health** and when I diet, I make sure I am careful and responsible and I never hurt myself to look good or get attention.
15. If I do not have anything good to say, I say nothing.
16. I know how to **listen.** When I listen, I show others that I care.
17. Friends are attracted to **kindness.** If I am kind, I have kind friends.
18. Every day is the first day of the rest of my life. **I cherish every day** of my life and look forward to a better, brighter future.
19. **I think for myself.** I know that in every situation, I have a choice. I know that smart choices are choices that are good for me, that do not hurt anyone including myself.
20. **Sharing** with others makes me feel good and makes them feel good too.
21. Others look at what **I say and the way I say it** to decide what they think about me. I am mindful of **what I say and how I say it.**
22. **Actions** speak louder than words. I do not wait for things to happen to me. I do all that I can to make them happen the way I want them to be. I am a person of action. I move forward with my actions.
23. Life is a learning journey. **I learn something every day.**
24. When I **help others,** I feel good.
25. If I do not know something, I can always **learn.**
26. I am a **supportive friend.** I encourage my friends to do their best.
27. I am being **polite** when I wait for my turn and say please and thank you.
28. I always care for my body. I feel confident to say "**No!**" to things that could **hurt my body** like alcohol or drugs.
29. Everyone makes mistakes, so instead of getting angry with myself, **I try to do better.**
30. **Smiling is contagious.** I smile at everyone. I smile at the bus driver, at my teachers and at people on the street. When I smile, others usually smile back.
31. I never ever hurt myself.
32. I have things that are important to me and I do **not compromise** on them to gain others' love and attention.
33. When I start something, I **finish** it.
34. When I am not happy, I can always choose to **think of the good things** that have happened to me and change my mood.
35. When I am angry, I control myself and **never hurt myself or others.**
36. I am **honest** and say what is on my mind in a nice way without hurting others.
37. I am a person of integrity. When I **promise** to do something, I do it (as long as I do not hurt myself or others).
38. When I **share** what I have with others, I have more of it.
39. I always take care of myself and when offered to take part in illegal things, I am confident enough to say "**No**".
40. I do **not take** what is not mine.
41. I do not **make fun** of other people because that is not the kind of thing to do. Their life could be unpleasant and I do not need to make it worse.

42. **I never, never, never give up.** I keep trying until I achieve what I want. Determination is the highest quality of successful people. I am successful. I follow the rules and try to make my school a better place.
43. If I stop and **think before I do things.** I know I will do the right thing. I know what the right thing is. I only need to follow my heart.
44. When I have a **problem,** I strive for a solution. I try not to hurt others on my way to the solution.
45. **Creativity** is a peak state. I am creative when I paint, write, dance, play music, draw or do any form of art.
46. I am **responsible** and my parents can trust me to do the right thing.
47. I can **change** if I want to. Change is easy. I only need to choose.
48. I can always say "**No**" when asked to do something that I am not completely sure I want to do.
49. When I am in trouble, I can **ask for help.** Many people around me can help me.
50. **It is normal** to have good and bad feelings. Bad feelings will go away eventually.
51. **I tell the truth.** Liars are people who are afraid of telling the truth. Lying is complicated. I'd rather stick to the truth, even when it's hard.
52. I know there are many ways to do one thing. I **accept** that not all people think the same and that not everyone thinks my way is best. It is OK for people to think differently.
53. "**Many hands make light work**". When I share, help or cooperate with others, I can achieve more.
54. Everyone has the same **24 hours a day.** Some people use them wisely and others waste their time. I learn to manage my time and when I manage it well, I can find the time to do everything I want to do.
55. **Sport** is for fun. When I lose in a game, I am still happy for participating and having fun.
56. I know I am going to be **successful.** What I believe will come true. I will keep believing it until I am successful.
57. I **eat healthy** because my body is important to me.
58. When something goes wrong, instead of feeling bad about it, I concentrate on what I can do next time to **make it better.**
59. I like kids that are **different from me.** I can learn a lot from them. They can still be my friends.
60. I **care** about the world I live in and I do not litter.
61. I **find good** in every person.
62. When I find something that is not mine, I do my best to return it to **its owner.** I know this is what I would like others to do, when they find the things that are important to me.
63. I know what **good attention** is and what bad attention is. I attract good attention by being kind, successful, friendly, supportive and happy. It is the better attention to attract.
64. I **love learning** about new cultures, festivals, religions and countries.
65. I **exercise** regularly to keep myself fit and energetic.
66. I **think before I act** and I consider the effect of my actions on others around me.
67. My **safety** is important. Before I do something, I ask myself, "Is it safe?"
68. Every time I look in the **mirror,** I say something good to that person.
69. Every day I **ask** myself "What can I do today to make this day a wonderful day?" and try to achieve it.
70. **Everything I need** in order to succeed is here around me: I only need to see it.
71. I have the **courage** to stand up for my beliefs.
72. I do not **take risks** that can be too dangerous and hurt myself or others.
73. Before I **buy** something, I ask myself, "Do I really need it?"
74. I tell others what I **like** about them.
75. People do not have to think like me for me to feel good. I can **feel good** even when people think differently.
76. **My parents love me, always!**
77. I feel **successful** when I try.
78. I believe that I am me. When I try to be like someone else, I am an imitation. **I can be myself.**
79. I have **good manners.** I find that being polite and considerate is a good way to keep my relationships with my parents, my teachers and my friends.
80. When I plan to meet someone, **I arrive on time.** I never keep others waiting because I respect their time and they respect mine.

81. When I need to do something that seems hard, I break it down to **small tasks** to make it easier for me and I congratulate myself for every small achievement.
82. **Truthfulness and trust** go together. Since I tell the truth, others trust me.
83. I care about the earth and I **recycle** things.
84. I always keep some of my **money aside** in case I need it.
85. When I am **sick**, I make sure I drink plenty of water, eat well and sleep well and it usually disappears by the morning.
86. I **do not touch** other people's stuff and I know that if I respect their privacy, they will respect mine.
87. I tell others about what I **think and feel**.
88. **Help** is everywhere. I only need to ask.
89. I think about my **future** and I plan the wonderful things I want to do when I grow up.
90. When people do bad things, I feel **sorry** for them.
91. **I am unique** and special in the world. There is no one else like me in the entire world. I do not have to wear certain things, dress a certain way or do anything in particular to look unique. If I am myself, that is my uniqueness.
92. I cannot predict the future but **I can choose any future I want** and go towards it.
93. I am **grateful** for what I have and every night before bed time I say words of thanks for something I have.
94. I have **the courage** to stand up for children who are bullied. I am helpful to those who do not have the courage to stand up for themselves.
95. I take care of myself by **resting enough**. I understand that my body needs the rest to rejuvenate, to restore its energy and be in focus.
96. I learn about myself every day.
97. I know that **practice makes perfect**. If I practice enough, I can master anything I want. All successful people were not born successful, they practiced success until they mastered it.

**I would probably give my kids all the things that the 10 mothers wanted for their kids, but I know that the right mindset is the real treasure.**

**Help your kids adopt the thoughts that will help them in life. Just repeat them enough and after a while, they will start believing in them without much effort.**

**Happy parenting. Remember, family matters and everyday, you make a difference in the world.**

Handout No5 was an extract of the document: “A Note on Positive Parenting and Non-Violent Discipline” for World Day of Prayer and Action for Children, Secretariat New York, Working Document 20 November 2011 (available online).