



## *“Turning Possibilities into Realities”*

2010 “TOGETHER, READY FOR THE FUTURE”...

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# *International Children's Day* **Devotion**



*“NO ONE HAS YET FULLY realised the wealth of sympathy, kindness and generosity hidden in the soul of a child. The effort of every true education should be to unlock THAT TREASURE.”*

*Emma Goodman  
Author  
June 27, 1869 – May 14, 1940*

# SECRETS OF MUCH BETTER FAMILYING

## The Most Important Advice We Can Give Our Children

on **ATTITUDE** \* on **HEALTH** \* on **CAREER**

Parenting is a balancing act. And finding the right strategy to raise children to be happy, healthy and secure adults takes practice, patience and perseverance. Yet helping children identify golden opportunities and showing them how to make the right choices are among life's greatest rewards.

Bottom Line Personal ([https://www.bottomlinesecrets.com/store/pubs/sub\\_blp.html](https://www.bottomlinesecrets.com/store/pubs/sub_blp.html)) spoke to three esteemed experts in different fields to gain their perspectives on successful parenting...

**"CHILDREN ARE OUR MOST VALUABLE NATURAL RESOURCE"**  
(Herbert Hoover, 31<sup>st</sup> US President)

SIR JOHN TEMPLETON

## Teaching Appreciation of Life

**A**fter my freshman year at Yale in 1931, my father told me he couldn't afford to send me back to school.

This moment turned out to be a great blessing in disguise. I had to seek employment and win a scholarship to help pay my additional years in college. The hardship taught me to appreciate everything I received afterward and to take nothing for granted.

**One of the most important lessons you can teach children is how to be grateful.** If they can appreciate what they have and be compassionate toward others who are less fortunate, they will likely turn out to be highly optimistic, productive adults. Helpful...

- **Teach children the importance of generosity.** When people freely give of themselves and work for the simple joy of achievement, the gift of appreciation becomes a daily part of life.

**Example: Everyone I have ever known who gave a portion of his/her income to charity received happiness and property in return.** This is because through charity, people learn important lessons about building character and developing self-control.

Show children that helping friends and sharing things with them will make their friends feel good. By praising such activity, you help children equate generosity with feeling good.

**Children also need to know that generosity often leads to return acts of kindness and support.**

**Teach children to express appreciation.** Life provides more opportunities, friends and personal growth to individuals who are openly thankful. When people express gratitude, it draws out the best in others.

You can encourage children to express gratitude by serving as a good role model. Saying thank you whenever someone does something for you prods children to do the

same...and helps them develop similar reflexes.

- **Get children into the habit of setting goals.** Once they understand the importance of being generous and thankful, children then need to be taught to respect time and understand that time is limited.

**Helpful:** Encourage children to establish short and long-term goals. You can do this by asking them what they hope to accomplish whenever they take on projects or activities. Also ask them what steps they think are needed to fulfil their goals.

*Sir John Templeton is the eminent financier philanthropist and foundation in Radnor, Pennsylvania, which supports more than 60 spiritual and educational programs. He is author of six books, including Worldwide Laws of Life (Templeton Foundation Press/\$14.95).*

BERNADINE HEALY, MD

## Teaching Healthy Habits

There's a strong correlation between staying informed about your health and living a long life. Studies show that educated people tend to seek out health information and practice prevention. Yet the greatest challenge for parents lies in learning how to impart this wisdom to children. To help your kids take their health seriously...

- **Relate health information in a way children can understand.** It's difficult to talk to children about the consequences of eating badly for the heart. But you can talk to them about how the calcium in milk can help build healthy bones and strong bodies and improve their athletic abilities.

- **Make health fun.** Encourage your children to participate in healthy activities that they enjoy, such as sports, and allow them to play a role in decisions about their health.

*Example:* Instead of a lot of eating dos and don'ts, try to be more flexible. If your children refuse to eat broccoli and spinach, offer them sweet potatoes or carrots. They are also high in vitamins and nutrients.

- **Encourage kids to be fit.** Your lessons should focus on being healthy, not thin. Too often, parents stress weight instead of fitness.

Putting food in terms of weight loss can lead to eating disorders.

- **Avoid being self-righteous.** Like your children, you probably engaged in activities that weren't especially healthy when you were young.

Although you can't protect them from making similar mistakes, you can prevent children from adopting the attitude "**Everybody does it...you did it....so why can't I?**"

*Better:* Focus on conveying the message that growing up isn't easy, and while each of us makes mistakes, you want to help them understand why certain actions are dangerous or damaging. **Children respect reason.**

*Key:* Parents have the knowledge to provide their children with "common sense" education. This means communicating the facts and not just abstract moral aspects. The more children trust you, the more their health behaviour will reflect that trust.

*Bernadine Healy, MD, is dean of College of Medicine and Public Health at The Ohio State University, Columbus, and former director of National Institutes of Health. She is author of A New Prescription for Women's Health (Penguin/\$12.95)*

"A PERSON'S PERSON, NO MATTER HOW SMALL"

(Dr. Seuss, Author)

ZIG ZIGLAR

## Teaching About Success

I believe that every child is born to be No.1. Not the biggest or the fastest, but No. 1 in terms of his/her integrity...and the commitment to be the best in everything life has to offer.

**But being the best takes practice.** And it's never too early to start with simple success principles. Here is how to help children strive to do their best...

- **Teach children that success does not come easily.** Before I ever received any type of fee for

speaking engagements, I gave many free speeches.

I persevered because I believed I had something to say and that if I learned how to say it in a way that people could hear my message, I would be paid. Anything your children think is worth doing is worth doing poorly until they learn to do it well. **Obstacles should be viewed as hurdles that make us stronger and more successful.**

- **Success depends on character, not smarts or money.** When asked about the single most important quality that made exceptional leaders, executives from IBM to General Motors all agreed - character. The best way to build character is to put positive information into our minds.

**Example:** The most important times for new input area early morning and late evening. Encourage children to start their days with positive thoughts, such as “This is a great day” or “What a day for a new opportunity.”

At night, encourage children to read something of a positive nature that provides their minds with food for thought while sleeping.

- **Doing the minimum is not good enough.** If you put forth your best effort, you’ll never have to look for another job.

For eight hours a day, competition between employees is fierce. But arriving at work an

extra 30 minutes early demonstrates a commitment to and enthusiasm for your job that the competition may not have.

- **Learn to fail intelligently. One of the keys to success is to learn how to benefit from failure.**

Children should be encouraged to learn all they can from their defeats because failures typically contain some useful lessons.

When you keep going in the right direction – having learned from your past failures – you may never know what types of opportunities you may stumble into.

*Zig Ziglar is one of the country’s top motivational speakers and chairman of Ziglar Training Systems, a training and development company in Carrollton, Texas. He is author of 13 books, including Raising Positive Kids in a Negative World (Ballantine/\$12).*



## BOTTOM LINE

**Dave Pelzer’s Life Lessons**  
From a man who knows...

Attempt the co-called ‘impossible’  
until it becomes an everyday part of your life

## *Absolute Devotion*

Just a few years ago, immediately after Tiger Woods won the Master in Augusta, Georgia, everyone bombarded him. I read how one person asked Tiger, ‘Son, what’s it like to pick up a golf club and start whacking those balls as well as you do?’ Tiger smiled and replied, ‘Sir, I’ve been hitting balls for about nineteen years.’ ‘Nineteen years?!’ the older man exclaimed, ‘Son, how old are you?’ Again smiling, Tiger answers, “Twenty-one, sir.’

Think about it: when Tiger was a toddler, his father, Earl, would teach him how to hold a putter, swing a club, address the ball and sink a putt. **Every day, Tiger played golf. Tiger devoted his time and efforts to his art. He sacrificed a lot in the process, but paid the price to achieve his greatness.**