

MEMO FROM YOUR CHILD

An appeal to respected Daddy and Mummy:

My dear Mum and Dad,

1. Don't be afraid to be firm with me. It makes me feel secure.
2. Don't let me form bad habits. Please detect them early and tell me.
3. Don't correct me in front of people. I like being told quietly and will change.
4. Don't spoil me by giving everything I ask for.
5. Don't put me off when I ask questions, lest I seek information elsewhere.
6. Don't rag me, lest I protect myself by acting deaf.
7. Don't make me feel smaller than I am. I may stupidly behave 'big'.
8. Don't make me feel that my mistakes are sins. It may upset my values.
9. Don't tell me my fears are silly. They're real to me. Reassure me.
10. Don't protect me from consequences. I need to learn the painful way.
11. Don't take too much notice of my small ailments, lest I am weak to face life.
12. Don't be inconsistent, and make me lose faith in you.
13. Don't forget I love experimenting. Please put up with it.
14. Don't ever suggest that you are perfect and infallible, lest I discover you're not.
15. Don't forget how quickly I am growing up. Please keep pace with me.
16. Please keep yourself fit and health. I love you and need you.

Your Darling Child.

- * If a child lives with criticism, he learns to condemn.
- * If he lives with hostility, he learns to fight.
- * If he lives with fear, he learns to be apprehensive.
- * If he lives with fear, he learns to be apprehensive.
- * If he lives with pity, he learns to feel sorry for himself.
- * If he lives with tolerance, he learns to be patient.
- * If he lives with jealousy, he learns to feel guilty.
- * If he lives with ridicule, he learns to be shy.
- * If he lives with shame, he learns to be ashamed of himself.
- * If he lives with encouragement, he learns to be confident.
- * If he lives with praise, he learns to be appreciative.
- * If he lives with acceptance, he learns to love.
- * If he lives with approval, he learns to like himself.
- * If he lives with recognition, he learns to have a goal.
- * If he lives with fairness, he learns to value justice.
- * If he lives with honesty, he learns to value truth.
- * If he lives with security, he learns to have faith in himself and others.

CORRECT ME

- in privacy.

LET ME QUESTION

- I learn that way.

Answer my question

- It helps me learn.

Accept me

- AS I AM.

Help me

understand MYSELF.

I learn thru' mistakes

• they are not sins.

MY FEARS are real

- Reassure me.

Facing LIFE

- makes me TOUGH.

Do not FUSS

- I want to be strong.

Help me be RATIONAL

- do not yield always.

I am not DEAF

- You are nagging me.

Recognise me

- AS I AM.

LOVE me

- UNCONDITIONALLY.

I behave stupidly BIG

- when I feel SMALL.

I learn VALUES

- through you.

Facing LIFE

- I learn better.

I am CREATIVE

- let me be.

I am MYSELF

- Do not compare.

I am not a mini adult
- I am a child.

Flash a smile
- and pass it on.

Let me free
- to decide my future.

I have my WILL
- I do not need yours.

I may get ANGRY
- but never forever.

Let's learn together
- that's happiness.

I grow on
- CHALLENGES.

I love to experiment
- bear with me.

I am O.K.
- You are O.K.

Recognise my potential
- I will grow.

Let me be free
- Do not judge me.

Faith begets faith
- show it.

If you LOVE ME
- show it.

Help me use my energies
- for GOOD.

I am GENUINE
- are you ?

I am curious
- that's how I learn.

Let's discover the JOYS
of SHARING.

SMILE and spread
- HAPPINESS.

I am HAPPY

- I am HEALTHY.

I am unreasonable

- LOVE ME.

I want to HELP

- Am I getting in the way ?

I love myself

- I LOVE YOU TOO !

Be reasonable

- Let's do it my way.

TEACH ME

- LEARN YOURSELF.

HUG ME

- I do not bite.

TRUST ME

- I know what I'm DOING.

I am IMMUNIZED

- ARE YOU ?

I am selfish

- LOVE ME.

I am FRANK and HONEST

- ARE YOU ?

I always WIN

- because I think I CAN.

Help me decide

- FOR MYSELF.

Give me space

- I need to grow.

It will be a better WORLD

- If you would listen to me

I NEED YOU

- YOU NEED ME.

I learn to CONDEMN
- when you criticise.

I learn to FEAR
- when you frighten.

I learn TOLERANCE
- when you are patient.

I learn to be SHY
- when you ridicule.

I learn CONFIDENCE
- when you encourage.

I learn Love
- when you accept me.

Recognise me
- I learn to LOVE.

I learn TRUTH
- when you are HONEST.

I feel SECURE - when
you are firm with me.

I learn to FIGHT
- when you are hostile.

I learn SELF-PITY
- when you are sorry for me.

I learn GUILT
- when you are jealous.

I am what I am
- accept me.

I learn to appreciate
- when you praise.

I LIKE myself
- when you approve.

I learn JUSTICE
- when you are fair.

I learn FAITH
- when I have security.

CORRECT me
- but not in public.

WHEN YOUR CHILD IS ILL

GUIDELINES TO PARENTS

AT THE DOCTOR'S:

CLEAR ALL YOUR DOUBTS. IT IS YOUR RIGHT AND THE DOCTOR'S RESPONSIBILITY

1) ABOUT THE ILLNESS

- Why is the child ill?
- What is happening to the child?
- What care does the child need?
- How do you protect your child and others?

2) ABOUT MEDICINE

- What is it for? Are there alternatives?
- How/When to give the medicine
- What effects / side-effects / adverse reactions to look out for?

3) FIND OUT / TELL ABOUT ALLERGIES TO MEDICINE

- Are tonics / food & vitamin supplements necessary?
- Can foods / home remedies help?

AT THE CHEMISTS & :

1) Check if medicine is same as prescribed

Check again with the Doctor if substitute is given.

2) Check expiry date.

3) Follow instructions on storing / making / giving the medicine.

AT HOME:

DO NOT SELF MEDICATE . LEARN FIRST-AID.

1) Keep medicines out of reach of children

2) Preserve medicines as advised. Check expiry dates.

3) Donate / Discard unused medicine as applicable.