

Skills of Parenting

All parents want the best for their children. They want to see them healthy, happy, and well mannered. And, most of all, they want to see them turn out as achievers. But, parents often feel frustrated in the process of raising children, from infancy to adulthood, constantly searching for the elusive strategy to deal effectively with each problematic situation. They are often left guessing about what to do when their son is unmotivated to study, or when their two children fight incessantly.

Parents tend to draw on past experience – their own upbringing – but at the same time, feel overwhelmed by the complexities of the changed times, a world radically different from what they grew up in. ‘What would my father have done if I kept chatting online with friends when I should have been studying?’ In short, they feel unsure and uncertain whether their parents’ methods would still be applicable in an age of satellite TV, computer games, and junk food. Confused, parents turn to books and the Internet to find advice from leading psychologists and experts. However, they often find the solution to be fragmented, vague, complicated, impersonal or incomplete. When a mother is at the market with her child, who is yelling and crying because he wants a toy he saw in a store window, she doesn’t have time to consult tons of abstract information in order to deal with him.

What parents today need, instead, is a simple set of rules to guide them at every step, so that whatever challenge they may face, they know exactly what to do. These rules have to be all encompassing, so that they can provide the requisite solution for an over-energetic seven year old, as well as a confused fifteen year old.

Steven Rudolph in his book *10 Laws of Learning* has developed a set of principles which he calls the 10 Laws of Learning. He has derived these Laws from proven, universal principles that have stood the test of time, and have created a simple framework that is both easy to understand and implement. Once you experience the Laws, you will immediately see the beauty of their simplicity, and will easily learn how to use each one of them every time you stumble in the course of raising your children.

THE 10 LAWS OF LEARNING

1. Teach your children to care for themselves.
2. Teach your children to believe in themselves.
3. Teach your children to explore.
4. Teach your children to make goals.
5. Teach your children to plan.
6. Teach your children the rules of the game.
7. Teach your children to practice.
8. Teach your children to play.
9. Teach your children the tricks of the trade.
10. Teach your children to perform like a champion.

- Taken from the book '10 Laws of Learning'

- **by Steven Rudolph.**