



Be the Best that You can Be

Cedarwood School

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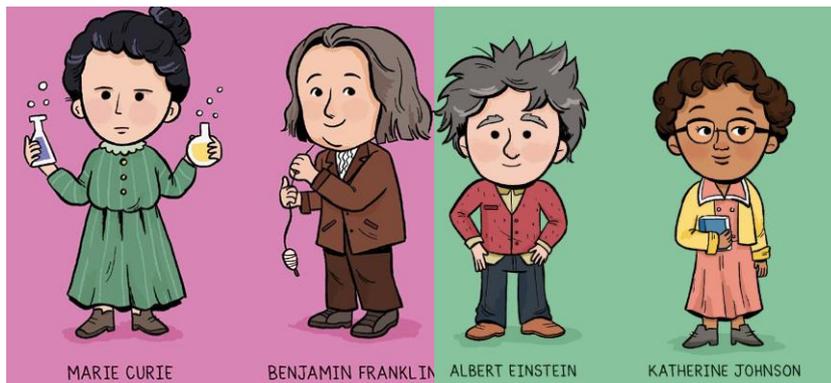
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Embracing Uniqueness

When expecting a child, parents often imagine what our children would be like. Perhaps we thought he/she would be a famous popstar? A little one who would charm friends and family with their humour and vast intelligence? Or thought they would be the next child prodigy who could solve some of the world's largest problems?



However, we might have got something a little different. Our imagined little popstar is introverted and shy's away from social settings and our expected Albert Einstein may be a little slower when learning Maths. This is not what we hoped for, and the reality fails to match our perceptions of parenthood. As adults we are able to choose who we spend our time with, but we do not choose our family and especially our children. Accepting children for who they are means changing our earlier expectations and desires.



Parenting requires unconditional love; therefore, children do not need to prove anything in order to receive affection. They do not need to be a specific type of person or even behave exceptionally to deserve our love. Lastly, they do not need to live up to our expectations; instead we can support them to become the best that they can be.



CEDARWOODSCHOOL
(Association incorporated under Section 21 - not for gain)
Fundraising Number: 01 101753 000 2
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As a parent you need to become in sync with your child's unique qualities and realise it is fruitless to fit your child into a mould. Instead each child requires something unique and different from you.

"Each day of our lives we make deposits in the memory banks of our children". Charles R. Swindoll.

Showing our children acceptance is a special gift that we are able to provide them with every day in order to create powerful and positive memories for them.



Ways to accept our children

1. Accepting ourselves as Parents

We need to accept ourselves first, including all that we encompass; thereafter it will be easier to accept the uniqueness of our children.

2. Learn a little about our child's development

As a modern-day parent, information is easily and readily accessible, thus it becomes the parent's responsibly to understand their child's development at different stages in order to understand their behaviour. This can limit unfair and poor judgment of the child's behaviour and lead to enhanced consideration and understanding.

3. Take time to understand your child's uniqueness

Very early on into parenthood, the child's unique personality is discovered. However, parents need to take time to understand what upsets them, helps them and makes them unique. Learning about the subtle and unique characteristics of our children make it easier to accept them and celebrate their differences.

4. Be realistic in your expectations

Due to our preconceived expectations and hopes, we have set a high standard but at some point, we need to let this go and let our children embrace their unique qualities.

5. Let go of your fears

Be careful of becoming overly critical of your children and be able to take a step back and reevaluate your criticism, as it may be coming from a place of fear. Fear that you feel you are not doing a good job or enough as a parent; fear that children will not be able to become fully functioning adults or that other parents will judge you. It is not children's responsibility to make parents feel validated on whether parenting is successful or not.

6. Be mindful

We need to be mindful of our children's strengths and difficulties and their learning preferences.



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