

## PEDAGOGICAL INPUT

# *for the adventure of family life*



## 63\_Values are more important than methods

Are you often unsure how to deal with children? Parents today very often question whether what they are doing is right. And that's good. This opens up several possibilities. However, it also brings uncertainty.

### **Parents want children who should function.**

In times of uncertainty, methods are often used to ensure the child finally does what one wants it to do. There are propagated methods of falling asleep or the naughty chair that is currently in fashion: in the event of a conflict, the child is sent into its room until it has calmed down again.

These are all methods that give parents some reassurance that the child is functioning. But how do the children feel? Children are real people and feel like real people. Imagine your partner using a method to make you behave as he/she wants. Isn't that humiliating? The same is true for children. They become objects!

### **When it comes to parenting, learning methods is not a good idea.**

A better idea is to become aware of your values: What do I think? How do I think? What values that I learned at home are useful for my own life? How do I want my children to develop: Should they become responsible, independent people who respect themselves and others? It makes sense to talk to your partner about the values you want to pass on to the children for their lives.

When adults want to instil certain values in their children, they don't do it by teaching or humiliating them. What works is how the adults themselves live and express these values. In their relationships with the children, other adults and especially their partners.

**Values are reflected in how you treat yourself, your partner, and your children.**

Some values that help children develop self-esteem are as follows:

It is good for children when parents are **authentic**. This means they stand by themselves, their feelings and thoughts and talk about themselves. This shows children that it is okay to be the way you are. You can express your own feelings.

Parents are good role models when they take **responsibility** for their own well-being. This shows children: You can take care of yourself. You are allowed to take care of your own limits and needs.

Children are empowered when they are treated with **respect**, even when conflict arises. It depends on how you talk to each other. Do I talk about what I want and don't want from the child or do I criticize his or her behaviour? In a conflict with a child, it is good if adults

talk to him or her as if they have a conflict with a dear friend they do not want to lose.

Am I giving the child the same **dignity** as an adult? This means I take the child's needs, limits, desires, fears and thoughts as equally and as seriously as those of an adult.

When parents live these values, children adopt them. Then parents are like beacons sending out clear signals that children can use as an orientation.

Text: Elisabeth Kusstatscher | [www.familie.it](http://www.familie.it)