



*In collaboration with*



*presents*

# Precious Parenting Workshop

24<sup>th</sup> Feb, 2025

JBCN International School , Parel

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**Facilitator - Toral Shah**

**No of participants - 38**

**A parent sharing her success story after implementing the Value of ‘Peace’ from the last session, at her home which enhanced communication with her child**

Like many parents, I often found myself caught up in the hustle & bustle of daily life. Between work, daily chores, and running errands, my child and I rarely had time to just *be* with one another. When we did talk, it was often in the middle of chaos or at a time when emotions were running high. There was always a sense of urgency in our conversations, and sometimes, that led to misunderstandings, raised voices, or feelings of frustration.



After the session of Living values on Peace, where we discussed how peace can enhance relationships and communication, I realized that I wasn't giving my child the space he needed to communicate freely and openly. I also realized that I, too, needed to create a more peaceful environment within myself in order to better support my child.

The first step I took was to **slow down**. I made a conscious effort to pause before reacting. If my child came to me with a concern, I no longer jumped straight into problem-solving mode. Instead, I took a deep breath, acknowledged their feelings, and gave them my full attention. I began to practice **active listening**—not interrupting, not offering solutions right away, but allowing them to express themselves fully. At home, I also worked on eliminating distractions during our interactions. No more checking my phone or multitasking when my child wanted to talk. I made a point of sitting down with him at the dinner table, or even setting aside “quiet time” for just the two of us, where we could connect and talk without any interruption.

## **Parents reflecting on the question - Is part of taking care of the self (Thoughts, words and actions) being responsible?**

Our thoughts shape our emotions, decisions, and interactions with others. As parents, we strive to model positive self-talk and resilience for our children. But this starts with how we take care of our own minds. Being responsible means not letting negativity, self-doubt, or anxiety take over. It's about cultivating a mindset that encourages growth, learning, and patience—not only toward others but also toward ourselves. By being aware of our internal dialogue, we can teach our children how to handle their own thoughts in a healthy and constructive way.



## **Values Activity 1 - 'Pass a pen with Respect'**



The act of passing the pen signifies the importance of respectful dialogue. Adults often juggle busy schedules and have many things to say, but the activity reminds them that taking time to acknowledge and honour others' viewpoints is essential. Respectful communication fosters understanding, reduces misunderstandings, and builds stronger connections. The activity also prompts adults to reflect on their own communication styles and how they express respect or values in their daily lives. It

offers an opportunity for self-awareness—examining how they may need to adjust their tone, words, or actions to be more considerate and inclusive in different conversations

## Values Activity 2 - 'Values Balloon'

**Breathe into your balloon, a Value that you would like to give to the world!**

**Then keep your values up high!**

By breathing into the balloon, participants symbolically "infuse" their chosen value with their energy and intentions, emphasizing that values are not abstract ideas, but powerful forces that can be "shared" and "spread" through actions and words. The activity conveys that our values are living aspects of ourselves that can have an impact on the world around us.



**Exchange your balloon with the person sitting next to you, What Value did you give, and what did you receive in return?**



The act of exchanging balloons with another person highlights the importance of sharing values with others. It reinforces the idea that values aren't meant to be kept to

ourselves but are meant to be passed on, cultivated, and exchanged with others. In this way, it symbolizes the collective contribution of individuals to a shared positive environment.

### **Participants visualising ‘A Respected self, harmonious relationships, a loving home environment and responsible parenting’**



Imagine a version of yourself who carries these values deeply. Visualize how **self-respect** manifests in your thoughts, actions, and interactions. How does it affect how you carry yourself? How do you set boundaries and advocate for your own well-being?

By visualizing a respected self, participants understand that the way they treat themselves is the way others will learn to treat them, establishing an atmosphere of dignity and self-respect.

Next they imagine themselves engaging with others, whether in personal or professional settings. How do you listen to people? Are you able to offer empathy and understanding when someone is upset?

**Harmonious relationships** thrive when mutual respect, patience, and empathy are consistently practiced. Visualizing these values allows participants to see the positive impact they can have on their relationships, making them more fulfilling and peaceful.

A **loving home** is built on values that prioritize emotional well-being and trust. By visualizing this environment, participants are reminded of the responsibility they hold in making their homes nurturing spaces. These values support both the growth and happiness of everyone who lives there. It also emphasizes that **love and care** are not just abstract feelings but deliberate actions and behaviours that need to be practiced daily.

## **Letter of gratitude & appreciation from JBCN International School, Parel**

**28th Feb, 2025**

On behalf of JBCN International School, Parel, I extend my heartfelt gratitude for your initiative in conducting this truly meaningful workshop for our parents.

Your dedication and effort in making these sessions happen have been invaluable, and the positive impact on our parent community has been deeply appreciated. These workshops have provided immense support and guidance, and we are grateful for the difference they have made.

Thank you once again for your proactive approach and unwavering commitment to bringing Living Values to life for our parents. We truly appreciate your contribution.