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## **Precious Parenting Workshop**

**19<sup>th</sup> March, 2025**

**JBCN International School , Parel**

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**Date:** 19 March 2025

**Location:** JBCN International School, Parel

**Facilitator:** Toral Shah

**Number of Participants:** 10

We had another exciting session on 'Precious Parenting' in JBCN international school on 19th March, 2025. Toral Shah, helped the parents to delve into the importance of the values Peace, Respect & Love.

Parents brainstormed in small groups how they could create an atmosphere of respect and love at their homes.

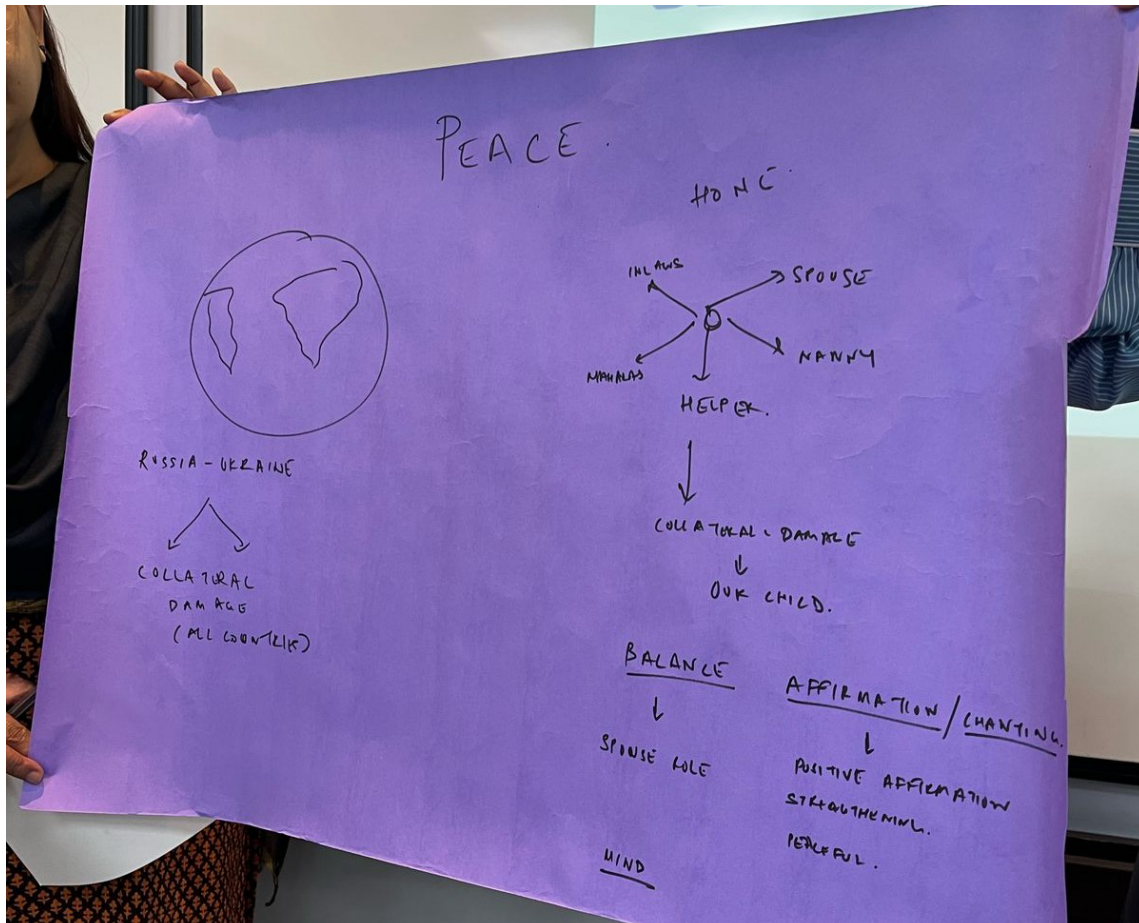
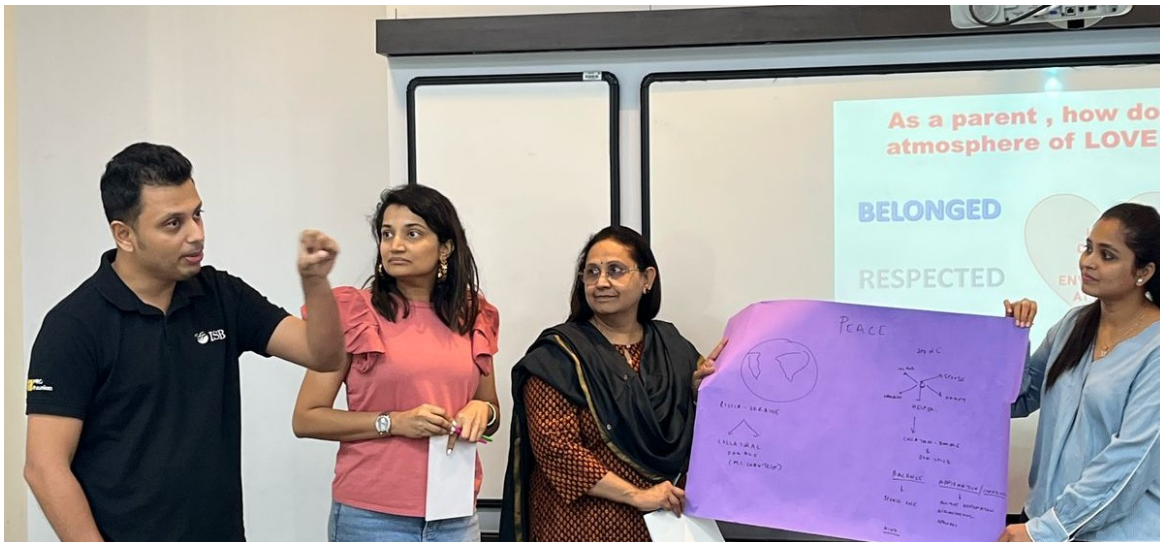
The parents shared the following insights on the value of Respect:

- Respect starts with respecting myself, first.
- It's important to value what the child is trying to communicate.
- Communication and having eye contact is key.
- Taking a pause before reacting/responding is powerful.
- Teaching values to our children, regardless of how others behave, is essential.



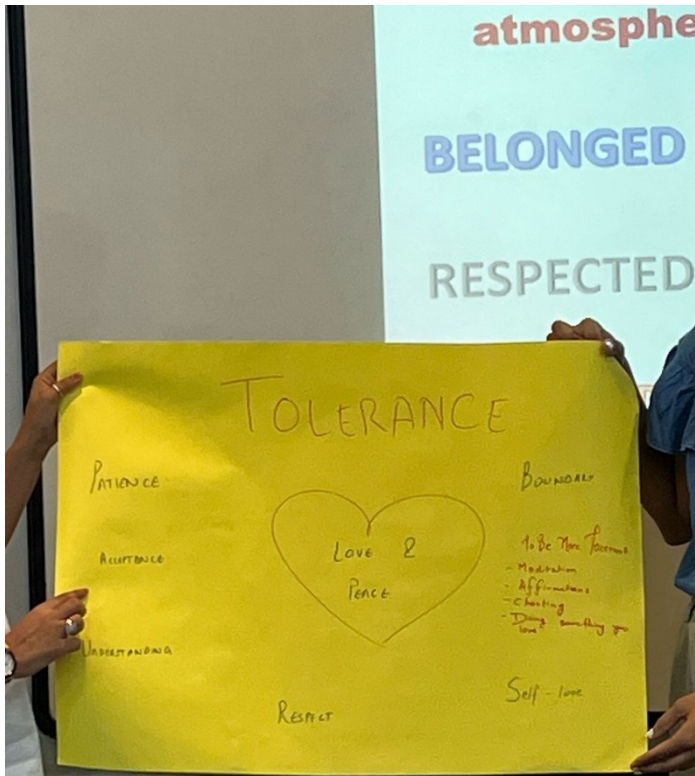
**‘The importance of cultivating Peace at home’** was shared with an interesting example of Russia- Ukraine war.

Just as the Russia-Ukraine conflict has caused collateral damage to neighbouring countries, disharmony between parents can create a ripple effect that impacts their surroundings. This tension can affect not only their relationship with each other but also their interactions with helpers, cooks, drivers, spouses, and, ultimately, their children. It is crucial to cultivate peace and harmony, not only in your immediate relationships but also with those around you—be it in the workplace or within your broader community.



## Tolerance is a powerful tool!

Parents shared how the value of 'Tolerance' has helped them overcome significant challenges, such as children ignoring them or responding with frustration. They emphasized that by practicing patience, acceptance, and understanding they've been able to foster a values-based atmosphere at home, promoting calmness over reacting impulsively.



### Parents' Feedback:

"I've become much more patient with my child."

"I've successfully overcome mealtime tantrums by embracing the 'Value of Peace.'"

"My relationship with my spouse has improved, and that positive shift is benefiting my child as well."

"I'm still a work in progress, but the Living Values sessions have helped me bring out the best in myself. They've taught me the importance of working on myself first."

The parents were brimming with joy as they left the school.

