

Judy K. Gray, M.S.

kids
need
care

Foreword by Doris Rapp, M.D.

Nutrition, Natural Remedies,
and Life-Guidance

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Home Media

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Foreword

If you are a typical parent trying to give your child the very best, *Kids Need Care* by Judy Gray is an absolute must.

Typical daily excessive chemical exposure and electromagnetic radiation can harm the eggs and sperm of women and men. These exposures can impair the development of infants from the moment of conception, and the harm can last throughout their lives. Surprisingly, it is even possible for the damage to persist through future generations!

The aim must be to lovingly guide and mold all youngsters so they become all they can be. They need to develop into caring exemplary human beings with sensible priorities and lofty values that will manifest in some way during their lives to make our world a better place. They must be nurtured, so they mature and develop to their fullest potential, not only physically but also mentally, emotionally, and spiritually. Each aspect of this is discussed in this book.

There is no way a developing child can manage in this present world without markedly improved nutrition. This book is certainly much more than foods and diets. It contains one fascinating tip about nutrients after another. There are enticing, sensible recipes to tempt your children to eat healthier diets. There is even a sense of urgency because of the extreme neglect of our world for so many decades.

Because of pollution much of our water, air, and food, as well as our homes, schools, and workplaces, are now less healthy than they were in the past. We simply must build up our nutrition and immune defense systems so children and their families can handle the daily onslaught of unavoidable environmental assaults.

Kids Need Care is truly a “how to” book for parents who want to do and be the best.

Doris Rapp, M.D.

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Introduction

These words came together while on a working trip above the 55th parallel. This is an incredible remote northern location far from what many consider to be civilization. It's a place where paved roads end and hard work begins to find the bounty of nature. This isolated area provides a rich array of wilderness medicines and a treasure trove of wild plants and berries. Unfortunately, very few people take advantage of these gifts of nature, including those who live in the area. Most are not even aware of the abundance of nature, let alone the powerful effects of the wild forage. Thus, among many of the men, women, and children—even in the peace of the wilderness communities—their physical, mental, and spiritual health suffer the consequences of depending solely on the man-made realm of chemicals and processed foods even though they are surrounded by the glorious beauty and power of the productive boreal forests. These ancient boreal forests are a fine example of the wild, native, slow-growing trees and foliage and the amazing plant life of the far North. Sadly, the local people there readily accept all the modern practices, food, and drink, which may harm and even destroy their health, wealth, and mental well-being. The answers for a better and stronger life are so near, yet, so distant, because they are largely

ignored or rebuffed. The old ways of surviving off the land are considered to be silly or too much work.

The boreal forest endures the direst of extremes. During the long winter light is scarce, and the days and nights are bitterly cold. In the winter months the temperature hovers somewhere above or below -40°C (-40°F). During the short, two-month summer the thermometer may read 40°C (104°F) or above. Because of these extremes the plants and creatures must be strong and resilient if they are to survive. Everything in the wilderness has to work and fight to survive. The top soil, while not too deep, is untouched and, thus, rich in minerals. Therefore, the very texture, color, substance, and appearance of the plants that provide the berries and herbage are superior to any which are commonly found in the polluted and highly populated areas. Cultivated plants, even the organic ones, are inferior to such mighty persistence of this wild flora. Thus, these magnificent wild plants also provide highly unusual nourishment for needy bodies.

The night is slow in coming this far north during the summer months. It is light until 10:00 p.m., even as fall approaches. So, for the wild harvester this allows a lot of picking time. It is slow, backbreaking work in the deep bush with lots of mosquitoes and other biting creatures, not to mention the local fauna such as the bear in their forest home. It is only wise to respect the forest and its creatures. A portion of the wild berries must be left for them to eat, and it is mandatory to leave quickly and quietly if the bear appear threatened or aggressive.

It is also important to be caring of the forest itself. Harvesters take garbage bags as part of the equipment for disposal of refuse left behind by those who are ignorant of

maintaining a pristine environment or just don't care. It is vital to never damage the forest vegetation. The wild fruit must survive to be food for all the creatures and to be the main substance in raw, wild berry formulas. The formulas are beneficial for restoring the well-being of so many. Most of them even taste good. However, like the lessons of life, some of the plant medicine is rather bitter, especially some of the wild greens. Yet, like the many lessons that are a part of life on this planet, these wild substances enhance strength and even offer a means of survival.

When the conditions are fairly stable, the animals in these wild places seem to actively reproduce. Their lives are so fragile that nature makes sure that few babies exist or survive when the conditions are most adverse. However, it seems to be a fairly common human custom to give more thought to what's for dinner than to the obligations that exist with bringing a child into the world. Many people take it for granted that children will be in the picture of their lives, but then they never give this event another thought.

In some poor countries children are considered to be part of the personal wealth, perhaps their only wealth. Yet, so many people fail to realize how truly serious the responsibility is to be the caretaker and protector of tiny beings in a world with far too many problems. The family plays a major role in shaping the character of the child. The community environment plus the care and training given at home are the foundation of a child's world. Thus, there should, perhaps, be more focus on teaching children why they are really here. That means they are taught to advance their souls in the finest ways for the greatest good. Of course, every child is a unique soul, and he/she must be accepted and dealt with as an individual.

In this time of great corruption, hate, uncertainty, and war the only things that can stop this downward spiral are upright thoughts. By upright thoughts this means personally achieving and teaching others to seek the highest goals possible without negativity. It is possible to focus on bringing all thoughts and, thus, our lives to the highest levels no matter what the rest of humanity is doing. Each chapter in the book discusses how these thoughts can develop into goals and practices and the methods best employed not only for personal benefit, but also for the benefit of others and the earth itself.

Planet Earth could well be called the University of Life. Everyone will win some events and issues and also lose some. If more are lost than won, then this is a life out of balance. To determine the cause of this an individual must search within. Unfortunately, many people deny that they could be at fault in any way. Until such people let go of this denial habit and the strong negative emotions that accompany such behavior, a balanced life can never be achieved. This eventually leads to disease and one disaster after another.

Every living human experiences a variety of emotions. Some people are more emotional than others, while others lack the finer, kinder, caring emotions. Emotions are the key difference between human and animal behavior. The finest emotions provide the power to evolve into a higher and better state. The negative emotions only bring disaster. Everything depends on the choices made. However, bad choices frequently provide the greatest and longest lasting learning experiences. Of course, these lessons are learned only when the mind is open and ready to receive the messages provided by the experiences.

It is true that every person has different attitudes, abilities, and skills. Likewise, all people are blessed with a single or many talents. Some develop their talents, while others make excuses. Some come into the world with great advantages, which they fail to use humanely, and they ruthlessly exploit others. Then, there are those who are born with few advantages and, despite this, develop miraculously. Some will create joy and happiness among the human condition, while others will create bombs, war, murder, and hate. Some always build, while others continuously destroy. This has not changed during the course of human civilization, and yet, it is a fact that every person writes his/her own history. What's more, it is possible to help others write glowing personal histories of their own. No doubt, this is absolutely the path that is most desirable.

Only a few people will be remembered and noted in the history books. Yet, the lives an individual touches and any fine energy that is activated will be noted in this realm and beyond. It is a personal obligation to do the best that is possible, to refuse to worry about the past and the future, and to build the "present" one day at a time. The present is the only time in which anyone actually lives. The past is over, and there is no rewind button on life experiences. You can only learn from life and never change what is in the past. The future is waiting to exist. Therefore, no one should worry and agitate about either the past or the future. Every day is the "present". It truly is a present—a gift, but only if the choice is to make it so.

The past, present, and future are governed by thoughts. Nothing is impossible, unless it is thought to be so. Could someone eat an elephant? Not that most people would ever want to eat an entire elephant, but if the mind set was to do

so, it could happen. It would take a long time, but it could be done—one bite at a time. This rather unlikely example merely means that little to nothing is impossible if you focus, believe with all your heart, and work at it as hard as you can with no negative thoughts of failure. Negative thoughts and worries can only impede or destroy the success that one aspires to achieve.

Thoughts are the most important tools in the human armamentarium. When life isn't going well, take the time to check for negative thoughts. Then, be brutally honest about all personal actions and thoughts. Make a list of any problems, and write out all personal thoughts that pertain to them. In other words, describe on paper what the problems are and what personal contributions may have occurred to cause the problems to exist. Then, are others always to blame for any difficulties? If so, write the reasons for this thinking. Explain in detail what is likely to solve the problems. Don't just write down comments like "lots of money" or "someone needs to help me." Spell out potential solutions that can be personally achieved. Some things may take a long time to sort out, but the above exercise is a start on the right path. It is a helpful tool to think through life experiences and, thus, make better decisions. As confidence increases more successful decisions are achieved. This further leads to being better equipped to lead a powerful life, and it supports individual ability to guide children in the family to their highest potential.

It is important to be aware of the potential and needs of each child. This helps in making better decisions concerning every child's welfare and to be prepared to lovingly guide him/her. Children are like blank sheets of paper, and they must be taught how to think most effectively and make

appropriate decisions. Most children can do anything exceedingly well that corresponds with their innate talents and desires. Yet, they can learn and do countless other skills and disciplines which they think they may not even like.

Consider what happens if individual talents are not recognized. Most adults wrongly pursue what they think will make money instead of identifying their true talents and developing them. Pure happiness comes when a person does what he/she loves. When a person follows his/her passion, it is not work. It is a labor of love, and this is when the rewards are the highest. Children will excel when they pursue this as well. “Love what you do, and do what you love.” This is life at its best.

Many people are amazed by the long hours and strenuous work that are required to find and make the natural medicines. They ask, “Why would you do that?” The answer is simple. It is due to a love of Nature. Helping others to attain higher goals and good health is a way to seek the highest path. Thus, to teach that people all must love this planet and take good care of it is only good sense. This is our human home. To destroy the earth—our home—its inhabitants and its resources with nuclear fallout, genetically engineered monstrosities, pesticides/herbicides, toxic wastes as well as garbage by the mountain load, and other noxious chemicals—is clearly insane. What the few in power do to the many has a lasting impact. Yet, power truly belongs to the many if the many will work together to make life better. That means educating people on the consequences of following the destructive trends versus seeking the rewards of building a better life, one step at a time. “The green revolution” is the common buzz all over the world. To help the world be a better place in every way can only make human life dramatically better.

Good parents must always be teachers. Yet, what is a good teacher? It means constantly learning new and better ways to live and function and then teaching this to the children. This is so much better than holding on to old ways and never changing and growing, while imposing their outdated belief systems onto the children.

Change is mandatory. There are now over 6.6 billion people on this planet. If every person merely picked up a piece of trash every day and properly disposed of it, such as recycling it, would it make a big difference? Certainly. For instance, it could save countless trees, which are the main source for purifying the air and providing oxygen. If \$1.00 per person was spent every day on good, organic, nourishing food instead of junk food, would it make an impact? Absolutely. That's over \$6.6 billion dollars a day. Now, that is power. The message would be loud and clear to manufacturers that we the people want what makes us strong, healthy, and intelligent.

If everyone walks or rides a bicycle whenever possible to each destination, every person will be more physically fit. This will save money on gasoline. Also, global warming and continuous destruction will be reduced. Interestingly, in the United States the price of gasoline rose during the Bush administration from \$1.22 per gallon when George W. Bush, Jr. first came into office to as high as \$5.00 per gallon in some places. The impact on the family budget was so great that people began driving less and less. This decrease in driving caused enough pressure on profit-taking to drop the price of fuel dramatically. In addition, it must be remembered that the decrease in driving also helped reduce pollution. It is still mandatory that better and more efficient means of transportation is achieved.

Every time another person is helped by learning better ways to live and thrive and the consequences of heedless destruction are finally revealed as well as understood, this is a big leap forward on the right path. The negative impossibilities of it all cannot be the focus. Of course, every single person on the earth will not cooperate. However, every individual who learns to think constructively and purposefully, while making an effort to stop indifferent consumption and destruction of resources, can make a difference.

It cannot be allowed that people who have no interest in individual welfare manage the day-to-day existence of every person, because then life is merely existence. When people succumb to mindlessly doing what they are told to do, whether it is through mandates or mass advertisements, no one benefits—not even those who are the controllers. Free thought allows for creation, our God-given right. Even what may seem like small decisions, such as letting children walk to school if it is close enough or growing a garden, even if it must be in containers, will help youngsters to be more responsible. They can better understand how even a small contribution *makes a difference* for the whole planet and adds to personal growth as well. This is the power of one. Kids need care, and they need to learn to care about themselves and others. We all do. Change for the better can happen, but everyone must work together to make it so.

Chapter One

Why Kids Need Care

The birth and rearing of a child is the most wonderful experience a couple can share. However, so many people bring children into the world without considering the major responsibility that child-bearing and then appropriate child care really are. This book is designed to help make this process easier, since planning for a child should begin well before conception. All children, including the developing embryo, need care. It's a common statement that babies don't come with an instruction book, but this information will help fill the void for those who seek guidance and answers.

Let's consider what it means that *Kids Need Care*. Both the father's and the mother's health are important to provide a strong beginning for an infant. This means that both parents need to be aware of the healthiest possible lifestyle and be willing to utilize healthy practices in their daily lives. Ideally, this begins with the quality and quantity of food that is consumed. It also includes practicing a daily exercise program as well as using truly clean water for drinking, cooking, and bathing and deeply breathing fresh air. It also means avoiding chemical contamination from such things as food dyes, smoking, alcohol, pesticides/herbicides, household and other chemicals, drugs—legal and illegal—

vaccinations, and any other potentially destructive intoxication. Remember, what is done to the body is passed on to the child. Radiation, including the overuse of ultrasound, should also be avoided, since it has been proven to be damaging to human tissue, especially a developing fetus. Souvenir sonograms of the developing infant have been the “in thing” for some time. Although lucrative, this is an irresponsible action of the caregiver. All the healthy practices are common sense, good habits to develop and maintain for a better quality life. This will ensure that the health and well-being of every family member is the best it potentially can be. Pregnancy and birth can be a dangerous time for the mother-to-be and the infant, so, certainly, a future father must actively pursue healthy life habits which will help limit his contribution to birth defects and abnormalities. It is important to adhere to the healthy practices and avoid the unhealthy ones such as smoking and the consumption of alcohol as well as drugs. This lessens the possibility for stress, strain, and serious health problems or abnormalities for the baby and difficult, even heartbreaking challenges for the parents.

There are many more challenges today for the family than ever before. Frequently, both parents are employed, and it is difficult to come home from work and be nurturing parents. Young executives, truck drivers, traveling salespeople, shift workers, hospital staff, military personnel, and many others in all sorts of professions may require long or varied working hours. Thus, today the effort required to maintain a reasonable income for a home and family are monumental. A stay-at-home mom or dad may feel left out of the employed spouse's life. Criticism and anger from either partner causes nothing but trouble for any relationship. Building understanding and a family lifestyle

plan can help everyone to be more organized, to have more time to share for family activities, and to develop the desire and ability in each and every person in the family to be productive, happy, worry-free, and most of all—loving.

Without a plan time can slip away, and nothing is accomplished. The divine One says, “*It is not the number of your days, but the content of them that matters.*” These are wise words that would be beneficial for everyone to remember. A ship never sails from a port without a destination and a log book. An airplane never leaves the ground without a flight plan. A country—and even an entire planet—falters when its leaders fail to lead with a viable road map for the future. Yet, so many people go through life without a clue regarding what paths their lives are following. There is no rule that every person must believe the same way and do the same things. Most assuredly, each person and every family is unique. It takes time and patience to learn about yourself and your family’s needs, but it is worth it to build a guideline for each member of the family to follow.

While stresses and challenges in life can never be eliminated, how people handle them makes the difference. In other words, those inevitable bad events can be experienced as life-enhancing lessons or as major worries which threaten health and happiness. How “crisis” is handled is truly a personal choice. A person can choose to feel bad or be positive. As well, building a road map for life helps to get a perspective on where the journey is headed and what will happen on the way there. Massive changes in life may be required to obtain what an individual is capable of achieving. If destructive family practices were common in the past, change those negative patterns and avoid repeating them. It is important to learn to grow and change

both for personal development as well as for the children's sake. It is important to never overreact because of negative life experiences. Often, when life has been a severe struggle for a person as a child and, then, wealth and ease are achieved as an adult, this individual swears that his/her children will never have to suffer as he/she did. The children are then so pampered that they become hopelessly spoiled. This is not beneficial for anyone.

Today, stress is a major factor for everyone. Life is fast-paced and complex. People are overwhelmed by the number of choices, decisions, and actions that are required in everyday living. By developing a flexible lifestyle plan which is suitable for all the personalities within the family unit, much of the stress of family interaction is relieved. This is particularly true with diet and nutrition. In the family unit, especially, a solid routine is invaluable. Children need reliable and responsible parents. This greatly relieves their stress burden and helps them to become, ultimately, reliable and responsible adults. When life gets out of balance, and there is no strong support system in place, a stressful environment is created. The problem is life is sort of like the teeter-totter. There are ups and downs, and it takes effort to maintain a balance. Likewise, it takes constant effort and caring to maintain an enduring family relationship.

The current trend of asking the children for guidance and decisions which they are incapable of making has caused great stress and agitation among the young. It also gives them power and control, which they are not prepared to handle. For example, while walking through the city aquarium souvenir store in Hawaii, I overheard a woman in a loud voice discussing where she and a companion would go for dinner. Then, she asked what would be best to eat and what

time should they go. There seemed to be no reply to her questions. As I walked around the counter display, I rather expected to see a lady talking on a cell phone to another adult. Instead, she was talking to a small boy around three years old who was busy tearing the place apart. Regardless, he was far too young to be making the decisions for both of them. When a child is old enough to concentrate and reason, designated available choices can be explained, and then, he/she can help select from those choices. That is a learning experience. Yet, the power position as the parent/ leader and final decision maker has not been relinquished.

Because every person in a family is unique and no two humans or families are exactly alike, there are no concrete answers for every situation except to be considerate of the needs and feelings of each family member. Furthermore, each person reacts differently to the same situation. For example, the Taylors (not their real names) are a family of four: Lizbeth—Mom, Jeffrey—Dad, Jamie—number one son, and Darren—number two son. On a Thursday night as they were preparing for bed the phone rang. The call was from Mr. Taylor's father and mother—Gordon and Gloria Taylor. They would be flying in for the weekend, and they would be arriving around 7:00 p.m. on Friday (tomorrow) and leaving at 4:00 p.m. on Sunday. Lizbeth was stunned. Jeffrey was an only child, and his well-to-do parents lived a very elegant and organized life. As she glanced around the room she was ready to panic. The house was a mess, and dirty laundry was seemingly reproducing itself in the laundry room. She was scheduled to be a teacher's assistant tomorrow, and a healthy snack was yet to be made. There was no fresh food, clean sheets or towels, and simply no time to make it all happen.

Jeffrey was baffled by the call and last minute announcement of a visit from his father. His parents always planned everything months in advance. He was a bit concerned, because of the mysterious circumstances of the surprise visit. He even felt a little irritated, because he had a full schedule planned on Saturday with clients and an outing with the boys on Sunday. Still, Jeffrey was delighted to know that they would be seeing his parents so soon. It had been over a year since he had last seen them.

Being the first grandson Jamie was Gordon's favorite. Jamie was so excited to show his grandfather how much he had grown, how fast he could run, and how his basketball skills had improved. Also, Grandpa Gordon always brought cool presents and slipped him a stash of spending money. Yet, it was kind of sad that the Sunday hike with his dad and Darren would be cancelled. They had planned it for a month, and the three of them had so little time together.

Darren knew "Nanna Gloria" would have something special for him. She always remembered to bring him a big surprise. He loved her stories and her attentive ear for his questions and comments. No one else ever had time to listen to him. "Oh—the Sunday hike. Who cares. I didn't want to go anyway, and Nanna Gloria will love my personal web page I designed," Darren thought to himself.

Gordon and Gloria knew that the short notice could cause some problems, so they made their plans convenient for everyone. They stayed in a lovely hotel, and all parties agreed that meals would be eaten there. Lizbeth was very relieved and, finally, was able to relax. They didn't even ask to come over to the house.

Jeffrey was so excited to show his parents his growing business, and he even introduced them to one of the

scheduled clients. It turned out that the others were easily rescheduled. What at first appeared to be major challenges for Jeffrey were actually easily reconciled.

On Friday evening Jamie stayed with his grandparents at the hotel. After a beautiful meal and visit with the entire family, Gordon and Jamie headed for the workout room in the hotel. There, Jamie aptly demonstrated his physical prowess for his admiring grandfather. Of course, he couldn't wait to try out all the new games and other gifts that his grandparents brought.

Darren spent Saturday night with his grandparents at the hotel, and he and Nanna Gloria had a leisurely breakfast buffet on Sunday morning. He showed her his web page which she found to be fascinating, and as always, she was full of stories and surprises. Darren was so happy to be the center of attention and to actually be admired and rewarded for being the "geek" in the family.

Jeffrey, Gordon, and Jamie went for an early morning hike on Sunday, and they watched the sun rise together. This was a first, and they each experienced feelings that they didn't know existed. A rare bonding experience resulted between the three Taylor males.

Lizbeth even had a rare day to herself until they all went to the airport to send the happy twosome home. She needed some time to rest and organize her own thoughts and responsibilities. In the quiet and peace of the day she realized that anger and frustration were overwhelming her ability to cope. Changes were definitely needed, but she had been too busy to even realize they were necessary.

Why did the elder Taylors surprise the young family? Gordon's best friend died suddenly, and his own mortality loomed in his mind along with the pain of loss and sorrow.

During such times family ties become more important than ever—love *is* the answer. Emotionally, each of the younger Taylors reacted differently to the news of the visit according to their own personal interests. Emotions play a major role in how people act, what they say, and what they achieve in what seems important at the time. Yet, when love and consideration reign, all ends well.

What is the moral of this story? Family members can end up happy and fulfilled when everyone cooperates and considers the feelings of each other. In every situation consideration and caring are key factors. No one should carry the entire load in the family. No one individual is the slave or the servant, and the only Lord and Master is our creator. Ideally, everyone works together, including the children. All children, boys included, need to learn to be independent, self-sufficient, and, thus, self-confident with the daily tasks of life.

Some parents think they are honoring their children by giving them everything they could possibly want. They believe that to make children clean up after themselves, to learn to cook—even just simple things, to look after their clothes and personal belongings, and to perform household chores are merely forced actions that rob them of their childhood. This is a dire mistake. There are seriously rich people that cannot function, cannot so much as make a cup of instant soup without help. This is creating helplessness and cheating children out of learning necessary life skills. Plus, needless aggravation is inflicted on the caregiver, if children are not required to have family and household responsibilities. No doubt, it does take time to teach them. Additionally, they may never do the tasks with great proficiency. However, patiently and lovingly working with

them and recognizing a job well done gives them confidence and skills upon which to build. Parents must especially agree to support each other in the practice of discipline, even if it requires counseling to establish a consistent and agreeable routine. When children detect dissention in the ranks, discipline is challenged. Then, chaos is inevitable.

This is apparently a major problem today, because some of the most popular television shows are about child-rearing. English nannies first observe and then help families turn little terrors into little lambs. However, remember in every case the parents have to reform too. Children learn from those around them. The “Do as I say, not do as I do” philosophy is catastrophic. The “My children are always right. They can do no wrong” or “I love them too much to discipline them” philosophies are also destructive to children. This interferes with their personal development and creates an unhappy home. Remember, it takes work to make anything worthwhile and special, but anything special is worth the effort. Parents who expect their children to merely follow their example without any verbal guidance—without open communication—are in for a major disappointment. Why? How do you know what their interpretations and perceptions of your actions really are? Kids need loving care, and they need parental counsel. They also need thoughtful, *consistent* discipline. Their problems and questions may seem like little silly stuff, but parental input creates the foundation for the rest of their lives.

Some parents may not have had much guidance as children. Others may have been abused or were raised in a dysfunctional atmosphere. All of these parents, no doubt, need guidance. The solution may be self-imposed research and reading. Guidance from experts, such as the English

nannies, who have helped so many, may prove invaluable. Yet, like so many families on the television shows, the old habits frequently resume as soon as the nanny leaves or the books are put back on the shelves. It requires personal responsibility to take action and make the appropriate choices to learn and grow mentally, emotionally, and spiritually. At best this includes both parents working together. However, at the least they must not work against each other in a continuous battle for control of the hearts and minds of the children. This also applies to parents who are divorced. Remember that there was once enough love to bring the child/children into this world. The child/children is/are the creation(s) of both parents. The point is to always seek the best for the child/children and to focus on the highest good. They are not pawns to be used to punish or manipulate the ex-spouse. What is done or left undone will have an impact on the child/children both spiritually and emotionally for the rest of their lives.

There is a vast amount of research and information about what affects a person's personality. Every human being is different, not to mention that every other living creature on the earth is also unique. This alone is a miracle. Regarding this uniqueness there are books on birth order and personality in relation to facial features, body shape, and size. There are also books on the role of gender, spiritual, and moral influences, nurture versus nature as well as the power of attitude in molding a person. Most parents are concerned about physical growth and well-being, but it is the spiritual growth that is the true reason for our existence. It is vital that everyone seeks to continue to improve the intellect and understanding and develop as much wisdom as possible throughout the duration of a lifetime on this earth.

Incorporating the golden rule into everything that is done is the ultimate achievement—by serving others as one wishes to be served. Children learn by imitation. It is especially important that the child or children see Mom and Dad interacting with others in respectful, caring, kind, friendly, thoughtful, understanding ways. In other words, parents are teaching their young, while they are acting as they desire others to likewise perform. Then, emotionally and physically healthy youngsters are inclined to do the same. This is especially true if their observations are reinforced by the parents explaining to them that this is a wonderful and appropriate way to live. Love and the golden rule are so important that no other human behavior can compare.

As mentioned previously many factors play a major role in the way the child acts and responds and the development of that individual. Are there any other messages you can derive from the Taylor family? Absolutely, there are. Birth order, for example, plays a significant role in the way people act throughout their lives. The birth order of Jeffrey's parents is unknown, but the fact that Jeffrey is an only child is known. The only child is accustomed to being acknowledged. He/she is the center of attention throughout childhood. This is great during the good times but not so great during the bad. While the only child is generally doted upon and receives more attention and material goods during childhood than others, he/she is also held responsible for his/her actions. This is merely because there are no other children around to spread the blame. The single child in a family is sometimes called the "lonely only," since there is no companionship with other siblings. Likewise, the only child does not experience the fighting and squabbling among siblings, so he/she doesn't learn negotiating skills as

early. The only child has trouble doing things alone, even as an adult. For example, when asked to hang a picture, this particular person will need someone to find the nails, the hammer, and a ladder. Then, someone must mark the wall, put the hanger or wire on the back of the picture, and hold the nail and the ladder. Only then he/she will hammer in the nail. Even if this is quite an exaggeration, the minimum he/she will require is for someone to watch what he/she is doing and then require whatever help is perceived as needed. The point is this individual needs to be noticed and desires to be praised. When he/she doesn't get this attention, there may be payback with dirty tricks or emotional outbursts or even withdrawal. Jeffrey needed his parents' approval and was delighted that they could see his burgeoning business. Between fathers and sons there is frequently a certain amount of competition. Jeffrey's father, being highly successful, was an extra challenge for him, and he really needed his father's blessings. This is especially so, since Mr. Taylor had been critical of Jeffrey in the past.

Lizbeth, Jeffrey's wife, was a middle child, and this is always a good match for oldest or only children, who are always more demanding and like to maintain control. Middle children are generally the pacifists depending on where they fall in the family lineup. As children they do not have the power base, the freedoms, or the responsibilities of the oldest child. Nor do they have the last "chick in the nest" allowances that the youngest always gets. They are either too young to do what the eldest does or too old to do what the youngest does. They usually try to negotiate peace, and they do whatever it takes to do so. Lizbeth was a pleaser, so she tried to do it all. In trying to please everyone, she failed even to please herself. Lizbeth didn't even know she had the

right to feel overwhelmed. Also, she was frequently angry and frustrated, when her “three boys” dumped everything on her. Jeffrey, being an only male child from a wealthy family, was no help in the household and had no manual skills whatsoever. Although successful his business was still developing, so household help was not yet feasible. Therefore, he left everything about the home to her. Yet, she was responsible for their inconsiderate actions. Being a middle child, it was difficult for her to establish household rules for the family. Thus, they expected her to be the family slave. This was not only unfair to Lizbeth, but it was unfair to the other family members as well. The males in the family were totally helpless in accomplishing mere simple tasks such as fixing even a quick meal or a snack, washing a load of clothes without destroying them, and maintaining an orderly environment. Frequently, the slave or victim personality is fearful of training and guiding others to be self-sufficient. This is because such action also relinquishes a certain amount of personal control and the dependency of others. The time by herself gave her an opportunity to reflect on her own life and emotions. However, she realized that she needed help to sort out all the feelings and then to start building a better understanding of herself and her family.

Jamie, the firstborn son, was a new and exciting experience for his parents and grandparents. From the beginning they couldn't take their eyes off of this new heir, and they noticed every smile and responded to his every cry. Here, it is important to note that even babies learn quickly how to control and manipulate their environment if parents aren't aware and prepared with loving discipline. That means disciplining themselves as well in order not to spoil the child. You may think absolutely everything the child does is cute

and brilliant, but it is guaranteed that others will not. It is only fair that a child should be aware of socially acceptable behavior and his/her place in the world. Otherwise, the child will carry inappropriate behavior into adulthood and will suffer the consequences. One young man who was always allowed to do as he pleased as a child now claims, "If I didn't have bad luck, I wouldn't have any luck at all." It is virtually impossible to convince him that he is responsible for the consequences of his own inappropriate actions.

Usually, oldest children are said to be the most successful, but this is not an absolute rule. All children in the family realm have hidden talents, which are like blossoms waiting to open. Some children cope or even thrive on their own, and others always need more encouragement. The oldest child, like Jamie, desires the approval of his/her elders. Grandfathers and grandsons usually relate even better than fathers and sons. However, control is the issue here. It is the human pecking order, and the oldest of every generation wants the power. This will play out throughout the rest of their lives. That is why the oldest will need a middle child or a baby of the family as a spouse. Two oldest children together spell certain disaster, because there will always be a battle for control and acknowledgement. This is true unless they are aware of these birth order idiosyncrasies and continuously work to make allowances for them in their relationship.

Generally, the oldest are accustomed to responsibility, and they either work hard or are directing others. However, watch out for retaliation, when they don't get their way or if they can't have the controlling influence at work or play. Most won't even recognize these traits in themselves and will be angry if this is mentioned to them. Most will heartily

deny that such nonsense could be true. Introspection and self analysis are so necessary for everyone, because it is always most difficult to know and understand oneself.

Now, it is important to recognize the role son number two plays in the Taylor family. A second son will nearly always be the total opposite of the first born. If the first born is meticulous and responsible, the second born will be the opposite. If the first son is an athlete and is very stoical, the second son will be the geek and quite likely will be a whiner. In other words, if you know what son number one is like, son number two will be uniquely different. The oldest son will most likely taunt and tease the younger boy.

The following is a true example of two brothers, who were less than a year apart in age. The oldest boy and his friends made the younger boy absolutely miserable whenever possible. They warned the younger boy to keep his mouth shut, or he would be treated even worse. The younger boy was afraid to tell his parents of the maltreatment. However, son number one was quite meticulous and loved to make model planes. He would carefully work for hours until they were perfect. One day the older boy and his friends inflicted a particularly intense abusive harassment session upon the younger boy. While the younger boy was always the peacemaker, he finally had had enough. He took his brother's perfect model planes to the garage, poured glue all over them, and set them on fire. Since the garage almost caught fire too, the parents finally became aware that there was a problem.

While both boys are now successful men, the older son still tries to demean and defeat the younger. This behavior is extreme, especially since the younger man is far more important and prosperous in his chosen field than his jealous

brother. For peace of mind and emotional survival the younger son must keep many miles between himself and his brother. The younger brother is learning to no longer be his brother's or anyone else's victim. Still, the older brother continues to resist growth and change. Even after long separations the older brother will inflict torment whenever there is an opportunity.

If the second child in the Taylor family had been a sister, a different reaction from number one son would have occurred. He would have been her protector. He might have still been somewhat abusive at times, but he most likely would be her defender and advocate for life. Yet, unfortunately, this birth order pattern can become an incestuous relationship, so do not let this happen for the welfare of both children. Never ignore signs of tension and fear between the two, even though this is not easy for a parent to even consider. When there is deep abiding pure love and caring in the family structure, it will not. Pure love is sincere, unconditional, and free of motive.

There are many books that reveal far more information about the various actions and reactions of people within a family unit. It is important to know and understand everything you possibly can. Family relations extend into every part of a person's life. Such knowledge can make another person's behavior almost predictable whether at work, at home, or at play.

Raising a family is the best of life experiences, and yet, it is the most difficult of life experiences. Every person must learn lessons, and people were put together for a reason. It is not an accident. Everything that happens in life is an opportunity to know and understand more, even when the lessons are bitter ones. When an open mind is maintained,

the bad experiences can actually help individuals make better choices. It is important to make this life a positive experience. Like the young man who says he only has bad luck, whatever the mind's focus is, that is the result, good or bad. It is most difficult to recognize personal thoughts and actions that cause self defeat. It is always easier to see what the other fellow has done, right or wrong.

Personally, it is important to feel good about all things done well, and yet be forgiving of any mistakes. When a scene is shot for a film or movie, the director yells action and then calls it a "take," when it is finally good enough to use. Rarely is the first scene acceptable, and the final take may require dozens of repeated performances. So a mistake is merely an action that did not work out as desired—a "mis" take. In life it is called learning, when the next time that same action in some form is done correctly. Thus, it becomes a "take" instead of a mistake.

Building the family bond

Sharing time together is the best way of bonding for a lifetime. Jennifer, the oldest child in the Patterson family and a bit of a tomboy, loves to go to the big amusement parks and always chooses the wildest rides. Shannon, her younger sister, is a petite little lady and loves nothing wilder than the merry-go-round. Sean, the baby of the family, is all boy, and he likes to play the games and win the prizes.

The children are all young enough that adult supervision is still necessary. Without a prearranged agreement this family outing could turn into total chaos. Mom loves the wild rides too, so she and Jennifer plan their agenda. Dad agreed to stay with the two younger children, and they spilt

the time equally between the gentler rides and the games. Dad had to help out with the games, because Sean needed assistance to win those prizes he wanted so much. Since Shannon is always so patient, she won the big pink fuzzy bunny award. At a designated time and place they all rejoined and had a lovely homemade picnic in the park. The kids already knew that the sugary junk food was off limits, and there were no complaints.

There are lots of clues and hidden information in this little family adventure. As mentioned earlier a simple plan for the day helped the little outing to be fun and enjoyable for all. When chaos reigns, no one knows what to expect or what to do next. Simple ground rules that are established early on make life easier for parents and children. However, parents' attitudes change as more children join the family. The older children tend to believe that the baby of the family gets by with "murder" compared to what they were allowed to do. Frequently, they develop an endless jealousy over this. Then, the baby of the family is jealous of the fact that the older children get to do so much more than he/she does. Again the middle child tends to be the peace maker/moderator of all the siblings. Birth order plays a huge role in how everyone acts and reacts to every situation in life. Learn it, know it, use it to understand everyone around, and make life more interesting and enjoyable.

The more understanding and clear the communication between parents and children, the easier it is to cope with day to day events. It's the little things that accumulate and cause the conflicts. Knowledge is bliss. Ignorance is not. When family guidelines are established from infancy, children know the boundaries and consequences. This is critical to maintain peace and happiness within the family

unit. It is also necessary to help parents maintain their wisdom and their sanity. Children are always testing their limits. Yet, with rules and guidelines established with love, children feel secure and are less likely to be demanding and uncontrollable. Giving the power to them will create only nightmares and a multitude of unmanageable moments. Children look to parents for strength and guidance. They want to be led, not to lead. That is why it is important to establish the following three steps early on:

1. Write out a book of house rules, and make sure the children know them and understand them.
2. Always be consistent—don't change the rules around on a whim or be firm one time and slipshod another.
3. Let them know there are consequences to inappropriate behavior. Explain those consequences. Make it clear and easy to understand. Follow up with those consequences when necessary. This includes time out, the naughty stool or mat for the little ones, or curfews and loss of privileges and money for older children. Children don't need or want to be treated mean. When they are certain that you love them, but not their bad behavior, you have achieved a balance in the family unit. There are exceptions to rules, but any exception should be given careful deliberation, thoroughly discussed, and seldom allowed. Rules also change as children grow older and as their wants and needs increase and acceptance of responsibility develops.

Rage and anger are major disruptors within an individual. Fear is another, and actually, rage and anger are forms of fear. No matter which family member experiences

these negative feelings, they are powerful emotions and must be dealt with immediately and thoroughly. The pain that these emotions bring into the lives of all involved is too great if left unchecked. Drinking, drugs, all types of addictions and inappropriate behavior will result if these negative emotions are not addressed. Family love or family trouble can be passed on from generation to generation. If you came from a troubled family, seek help now.

The following true story is an example of how misery is passed on through the generations. A very unhappy woman came from a deeply troubled family. She was worked like a farm animal and beaten frequently. Thus, she continued doing what she knew best. Her form of discipline included screaming, beating, berating, and demeaning. Yet, among all the crude, violent discipline that she inflicted, there was only one thing her daughter remembered actually doing wrong. Ironically, it was her words that modified her daughter's behavior for the better—not the beatings.

When the girl was around seven years old, she ate some junk food in the living room. Upon finishing the snack, she wiped her hands on the arm of the couch. The mother merely said in a calm and low voice, "Some day you will have a home of your own, and you won't like it when people wipe their dirty hands on your furniture." The girl never forgot that one instance, and, yet, she could not tell you what precipitated all the beatings and screaming fits.

What is the lesson? Make the punishment fit the "crime." Try to stay calm, and never lash out in anger. Make sure the child understands what behaviors are unacceptable and why. Most importantly, make sure that the child knows you love him/her but not what he/she is doing. It is also necessary that it is clearly understood that you mean business.

Oprah Winfrey expressed her admiration for her friend Gayle who established that she was the parent in charge early on with her family. Her daughter spouted off one day, and Gayle said, “Who do you think you are talking to like that?” The little one looked down and sheepishly said, “my shoes.” Mom was definitely in charge, but what a fast thinking creative answer. Children can be so funny, but it is important to maintain composure as well as a sense of humor. They need to know you are serious about correcting behavioral actions before those actions become problems.

Do not succumb to a battle of arguments. It is tough to stand firm. It is much easier to give in, but ultimately all parties will be thankful for maintaining a just and firm stand. Just think of it as another lesson for everyone. Time passes so fast, and children grow up so quickly. It is critical that they are prepared for life’s lessons as best as possible.

Children are the treasures of God, but there will be some days and nights that this tender thought may seem doubtful. Remember that life is a continuous learning experience for all family members. Unfortunately, there are many families that have significant difficulties. Moreover, many may not even be aware that there are problems. Some are aware of their problems but are unable to solve them. It is very difficult to find the answers and make the changes that are so critical, when emotional/spiritual problems are deeply rooted. This is especially so, if there is no apparent help. Our great creator is always ready to comfort and lift up hearts and souls, when they are offered in prayer or meditation. Truly, no one is ever alone, and this only needs to be accepted with the firmest of faith. Such blessings are readily available for the asking. Remember to pray/meditate and ask for guidance. This is a time of learning for everyone. Be

patient, forgiving, caring, fair, and, most of all, loving. When gratitude fills the heart, negativity will never overpower the joy from within. Nothing can overwhelm the blessings from the light.

There are no perfect mortal beings, so “mis-takes” will be made. Forgiveness and laughter are two important healing ingredients. Being able to readily forgive and laugh at personal foibles and mistakes makes life easier. The most important point is to know that the best efforts have been made according to the abilities and skills that are available. However, remember that with a little effort, better ways to accomplish most anything can usually be found. Also, the most important habit is “do not worry.” Save that huge amount of energy that worry requires for productive, positive thinking. Keep the peace within. Know that the eternal spirit is learning and growing. Life is what each person decides it will be. Life *is* what a person *thinks*.

Finally, keep in mind that it is the parent who gets to be in charge. If a child is allowed to constantly eat any kind of junk, watch endless hours of television or play computer games, and be totally sedentary and unproductive, a futile pattern is set. Parents are astonished and wonder what went wrong when this child acts out, and indulges in alcohol, drugs, and other misadventures. They consider themselves good and caring parents, who have provided everything the child ever wanted. Yet, this child has not learned to focus and be disciplined in thought and deed. Sometimes the poor parents are working endlessly to provide a better life for their children so that the children do not have any hardships. Yet, those hardships were the necessary fire that tempered the steel of their own personal resolve and strength of character.

Sometimes what seems like a nightmare will cause a person to become an extraordinary being. There is a young lady who has lived and worked through a debilitating experience. She has fought to survive, and she is extraordinary. As a youngster because of her illness she must consistently eat and drink only that which is nourishing. She regularly takes nutritional supplements as well as exercises daily. This has tremendously increased her performance. Her focus is so consistent that she is voted the best student year after year. This delicate little flower has already achieved more than many adults. In spite of the hardship she has learned to focus, to grow and develop, and to use her skills productively at a very young age.

Many people think that children should not be pressed to do anything but play and have so-called fun and a good time. Anything otherwise they consider tyranny for their children. However, there are consequences. These same children need to be entertained continuously. They are constantly bored. They want a good time and somebody to provide it. Meanwhile, this delicate little lady knew at an early age how fleeting life is, and she is using her time on this planet in hugely productive ways.

What do you think the pampered, good-time Charlie type does for himself or anyone else? He does nothing, because he is looking for others to dote over him. He'll yammer for donuts and sodas, while his body is faltering under the sugar-chemical load. Then he'll expect everyone to drop everything and run to the hospital to console him with chocolates, flowers, and lots of pity while the doctors test and prod to try to find some physical abnormality/disease to explain his many adverse symptoms. Some people never find the answers, the peace, the love that they so sorely need.

Children require discipline and guidance. Discipline doesn't mean beatings and screaming at the top of the lungs and ordering them around every minute of their lives. It means establishing set rules and fundamental guidelines, which begin at infancy. There will be changes as the child matures and is able to accept more responsibility. This system includes established times to sleep and to awaken, a family eating schedule, responsibilities for the care of self, awareness of the rights of each family member, and respect for the home. This planet operates according to a clock. There are set times for most activities such as work, school, vacations, and holidays. The happy and healthy child has an easier time functioning within the flow of life patterns.

The most successful and happy people have enough energy to fulfill all that they need to accomplish, and they do it in some kind of a formatted way. Fun, laughter, and joy must be a part of life, but they must also be part of the growth process of the mind, heart, and soul. A mindless shoveling down of addictive commercial junk not even fit to be called food does not nourish the body. The feeding of the brain of the same type of mindless drivel that is commonly accepted as entertainment does not increase the intellect. Finally, the total lack of focus on the enlightenment that makes the spirit soar will not help any person reach his or her highest potential. Just as it takes work to make a garden grow and provide beautiful produce, children must be guided and directed and taught with love. In addition, the child must be allowed to use his/her creative genius and be the person that the soul reveals. Then, this child will be the amazing being he/she is meant to be.

In their thoughts and actions children are free spirits. Typically, parents undermine this free nature with endless

restrictions, control, and demands. With all this loss of personal freedom the results are a stifling of creativity and curiosity, which is a loss beyond comprehension. There must be guidance and discipline, but every child must be allowed to strive in his/her own way and, thus, thrive as an individual.

Every action has its consequences. This can be beneficial or harmful. Be honorable and good towards children, and it will create more of the same. In contrast, just as decency and human kindness elevate society, greed and unlimited power ultimately bring its destruction.

Every child is unique. One child may be more compatible with the parent(s) than another. However, this does not mean that something is wrong with the child who is not favored. He/she is just different. Everyone has talents, abilities, and excellence of some kind. Look for it, and help each child to develop his/her own individual magic.

