



# Successful Parenting

Helpful advice to parents on how to parent their children successfully, and how to raise them into emotionally, healthy, righteous people.

BASED ON THE TEACHINGS OF THE HOLY REBBE

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AND HIS DISCIPLE THE HOLY TZADDIK


**RABBI NOSSON FROM BRESLOV**

AND ON THE TEACHINGS OF

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# Successful Parenting



.1

What are the hopes and dreams of a Jewish mother and father? What is the greatest gift on earth they can ever receive? It is - good, righteous children who will only bring them joy! When parents, work hard to raise their tiny infants into mature adults, and they're - honest, faithful to Hashem (G-d), refined, and successful, then... it's their dream come true. At this stage in life, they can sit back, and enjoy

their wonderful children, and benefit from the blessings they bring.

Good, righteous children, are for us, the greatest happiness in the world! The pride and joy they surround us with, is boundless! And we feel over the moon, and lucky to be their parents! We always gush about them, and we like to show off, their special qualities, and accomplishments, for everyone!!! Furthermore, our whole existence depends on them, because they're like our oxygen, which keeps us alive and invigorated throughout life!

On the other hand, when parents witness their own children, destroy themselves, and ruin others, then it's their worst possible nightmare, and they suffer terribly. This pain, shatters them into a million pieces, and they never become

whole again. Unfortunately, they live a life of misery.

However, we all know, that good kids aren't simply picked from the tree. In order to be blessed with good quality kids, we have to roll up our sleeves and really work hard. We have to plow, weed, and water them with care, so they grow into a beautiful, strong tree with plenty of sweet fruit.....and lastly, let's not forget to add lots of warm sunshine! But truthfully, we all know that it's not easy...but heavy tiring work! However, if we hustle into them at a young age, when they're still a tiny seedling, we'll reap the fruits of our labor, eventually in life.

We as parents, all hope and dream, to merit righteous children, and it's our main wish in life. However, it's all in our hands, to materialize this

dream! It really depends on us! If we aren't lazy, and we work hard to provide them, with a happy secure childhood, we shower them with love, and give them undivided attention, then we'll be truly blessed. Then at the very end, when all the exhausting work is done, we'll sit back, relax, and be a proud parent.

Some parents are lazy, so they pick and choose what works for them, to get the easy way out. They assume, that if they skimp on giving their kids, their full needed attention, then it won't make a dent, and they'll grow up to be just fine. But truthfully, these parents will pick up the pieces later on in life, when it'll be too late. Then they'll have raised problematic kids, full of issues that can't be helped. So they'll have to suffer the bitter consequences, of pain and despair all their lives, simply because they were

neglectful. Then, they'll never ever want to forgive themselves. Sadly, these parents will learn the hard way.

Therefore, if we seek to cut corners in parenting , then our children will be at stake! So let's do it all the way, and give it our best shot!

## .2

The nature of children is; to live life and make merry. They like to jump around, like a pack of wild horses, and turn everything upside down; where this is, a very healthy outlet for them. When kids give out their energy; they yell, tumble around, demand, and tantrum, this builds up their mind, and they develop into emotional healthy children. Then later on, when they mature, they'll have a clear and healthy mind, to succeed in life.

On the flip side, parents are way older than kids, and they don't have the patience to deal with this childish behavior. They have more than enough pressing matters on their head. They work themselves to the bone to cover their expenses, and their troubles and worries are very stressful. They have debts to pay off, and dreaded deadlines to meet, and they never know from where the money will come from. In addition to that, dealing with all sorts of people, is no picnic. So their life is one big, overwhelming mess.

Parents and children, are two separate worlds; and when they come together, they clash. Children only want, to bug their parents with annoying questions, and talk about their silly childish life; but this, is the last thing, parents find interesting! Not only that, parents



have no patience to listen to their nitty gritty issues, and deal with it. Even more so, when their children, don't have manners yet, and they come across very immaturely; like shrieking on top of their lungs, crying outrageously, wildly protesting.... this drains parents to the last drop.

Sounds familiar?!? Oh yes!!! This is the typical situation, that we get thrown into on a daily basis... and oh, can it be overwhelming, and tough! So how do we tackle such a kind of situation?

They are two ways how parents can react. Some parents, will get angry and annoyed; to the point where they'll lose their temper, and explode into a rage.....They'll scream, threaten, and silence their kids, with a few heavy blows. Now, their whole day's worth of grueling stress,

gets heaped on top of their poor children's head. After they've blown off all their steam, they'll put down a strong foot, and demand respect. They'll set some very strict rules about tantrums, protests and wild behavior; that it is always unacceptable. They'll also make it very clear; that endless nudging, with stupid annoying questions; is never appreciated.

What are the results, of following such an approach? What will it do for the children? Firstly, if parents wanted their kids to quite down and behave, then yelling and screaming, won't get them to a better place. When parents angrily attack their kids, and stir up a volcanic storm, their kid's behavior will escalate from bad to worse, and it'll spiral out of control. What ends up happening, is that parents and children, get into a big power struggle. The aggressive

kids, will now go on an explosive rampage; and like a blazing wildfire, they'll destroy, everything in their way. This will cause the furious parents, who are already seething inside; to violently blow up. They'll rip apart their kids with a vengeance, and terrorize them, so they shouldn't dare, act up again. But even so, these parents won't calm down, until they succeed in frightening their kids, to the extent, that they're petrified, to say a peeps out of their mouth. Unfortunately, these kids are physically, mentally, and emotionally damaged for life.

As we discussed, children are not cut out to behave like perfect soldiers. They're simply; a fiery ball of energy, and always looking for mischief. So when parents, place their kids into a straight jacket, they tie them down, and choke their energy; then what happens? They end up

killing, their kid's mind, and their innermost feelings, forever. These poor kids will retreat into a shell, and completely give up on themselves. What a crime, that they are now destined to live a life of failure.

Children are like raw diamonds. If we polish them with patience, with utmost care, then they'll turn out to be magnificent jems. They'll sparkle and shine, and be a pleasure to behold. But if we lose our patience, and break our kids apart, then they'll end up being like; raw, unfinished diamond pebbles, of no value.

If we want to experience, the pleasure and joy, of emotionally healthy, good children; then we can't expect our kids to step up to our level, and act like mature adults. Simply for the reason- that they're just kids! It has to be the

opposite way around! We have to lower ourselves to their childish level, and try to understand them. Only then will we realize, their unique set of behaviors, which is very normal for all kids their age. We also have to place ourselves in their shoes, to really get to know, their childish thoughts and feelings. Let's also remember, that it is so important; to push aside all our personal troubles, so that we can fully tune into their mind. In this way, we'll be able to get a better and clearer understanding of our children.

Every child, according to their age, has a ton to offer. They have a chock-full of stories to tell us, and have a lot to discuss. Therefore, when they come buzzing around us, with their childish anecdotes, we should patiently listen to each child, and give them, their full attention.

We should make a big deal out of every story, and pretend to be utterly mesmerized! When they ask us, all their childish questions, we have to show them how important they are, by patiently answering every child, according to their level of understanding, accompanied with a warm smile! The best way to develop a good relationship with our children is to present ourselves as kids, like them, with the same interests and needs; and interact with them on their childish level. For example, we should get down on the floor and play with them their favorite games. Or we should turn on lively music, and sing and dance with them, to the songs they love. When our children see this, they get the feeling inside their heart; that we're completely on their side, and we truly care about them, and that we feel their pain and triumphs.

When our children pick up on this, they automatically want to please us. They understand that we only want their good, and they'll be more willing to listen to us, and obey us. So almost instantly, we'll get to see the amazing results! Because, when we talk nicely to our kids on their level; with lots of patience, then they automatically become obedient. Of course, these results will carry into the future as well, because they'll grow up into, physically, and emotionally healthy people, and will never have to suffer the pain, of a dysfunctional self.

Obviously; there is no magic pill for patience. For this, we have to work exceptionally hard. We have to muster all our strength, to always be mentally present, and focused, on our children, at all times. Also very importantly, we must make sure, that our personal troubles don't

interfere and effect how we talk to our kids. However, all our grueling work, will payoff on a large scale, because the fruits of our labor will turn out to be; oh so sweet, and tasty, that it'll absolutely be worthwhile. We will be rewarded, with so much joy and blessings, from our wonderful children!

### .3

Children are more valuable to their parents, than an entire fortune. Money is something, that comes and goes, therefore it's never secure in one's pocket. Even more so, it can't make a person, happy or content. On the other hand, good righteous children, and the joy they bring; makes us perfectly happy and content, and our whole life depends on it.



In the business world, people wear themselves thin, just to make an extra penny. They invest so much of their time, energy, and money; to pull off a profitable deal. But all along, the entire investment, is a just matter of hope, because it's never assured that it'll work out successfully. But even so, they won't give up, or despair. They keep on testing the waters, with their new creative ideas; and try, again and again, until they strike it rich.

This works similarly to parenting, but with a different twist. Every ounce, of patience and energy, that we invest into our kids, turns into a profit of a hundred percent. Every minute we spare for our children, to listen and answer their questions; whether important or silly, is definitely a payoff for us. This is how children acquire, a healthy self-esteem and become

smart. They get the confidence, to face life's ups and downs. This is how they develop their life skills, necessary to live a successful life. So, every minute we give for our child- is adding more life to the child. Every question, answered with patience is- cognitive brain development. Every time we hold back, from pushing our child away- we help avoid a future crisis in his life.

It's quite interesting; that when it comes to money, people are willing to use their precious time, and energy, for an investment that possibly might go up in smoke. Even if they do hit a jackpot deal and rake it in big time; their money is never secure, because it can easily disappear into bad investments or private affairs, up until they have nothing left!

But it's even more interesting- that when it comes to parenting; when everything we invest into our kids, is strictly a profitable deal, and to our benefit, they grow up to be; smart, perceptive, good, and amazing.....then how could it be, that this is precisely what we're pushing away?!? Parents never have enough time and patience for their kids. They push them further and further away, until these children walk on "egg shells" around their parents. They are so afraid to voice their needs, petrified of getting the next blow, or "mistakenly", rubbing their parents the wrong way! Isn't this strange?!?

It gets even more baffling. People have all the time in the world to chill with friends. For hours on end, they can chatter pure nonsense, joking and laughing, and never even discussing serious

business. However, to their friend, they offer a world of patience. Even when he's an annoying pest, and shows up, smack in middle of a hectic schedule, they'll stop in their tracks, listen to his banter, giving full attention, just to make him feel comfortable and important. Yet, at the same time, we don't have the slightest patience for our children. We lose our temper, and snap at them many times. Once in a while, we'll do them a favor and listen to them half heartily, waiting for the moment to brush them off. "Go play nicely, and leave me alone", "get into bed now! I don't wanna see you around!", "I don't understand what you want, I can't help you now", "why are you bothering me?!? Can't you see I'm busy?!?"... and many more such expressions...all to shoo them away, and leave us alone.

Time keeps moving, the children get older, and suddenly, parents are rudely awakened to rebellious teens, who couldn't care less about them. They start dabbling, in careless, dangerous antics, causing the parents to be sick with worry. These parents, can preach all they want about good behavior...but they're talking to the wall! And they still wonder.....,"why am I being being rebuffed!?! " But at this point, parents have a zero influence over their teens. The only thing they can do, is wring their hands in despair, and watch how their dear children disintegrate, in front of their very eyes.

In retrospect, why should these kids bother listening to their parents, when they always felt ignored?!? As far as they can remember; when they tried to strike up a conversation with their parents, all they got, was an ice cold response,

making it unappealing to ever try again. Their parents simply didn't bat an eyelash! So why suddenly, should these kids care now?

Therefore, smart parents, who plan ahead, give mega doses of patience, as they parent their children from a very young age. Don't wait around, until it's too late. The ripe time to parent our children, is when they're still young and immature. At that time, we have to be very attentive to their needs. We must show, an interest in every aspect of lives, and make them feel mighty important. Answering their silly questions, is not silly and unimportant! It means their whole life. In this way, our kids will subconsciously, and consciously know; "my parents, are right at my side...", "they'll always be there for me....". This empowers them to

grow up, into an emotional healthy, accomplished adult.

Our sages tell us- 'children grow up stupid, when they have an angry father'. "Why are my kids so stupid and immature?", "why can't they deal with life, normally?", a bitter father might ask. Do you know why? Because, when your kids were young and immature, you were snappy, impatient, and didn't bother to answer their annoying, stupid questions.

We can't shape our kids the way we want them to be! Children, are handed to us from G-d. Sometimes, we have an ideal child, that's a pleasure to be around. And sometimes, a child can be a rough bundle of nerves. However, if we really work hard on our character, and master the steel- like patience, to handle each and every

child with love no matter who and what they are; then G-d willing we'll see only positive results. They'll grow up to be personable, charming, and well liked by all. So, the one and only thing they need, is ATTENTION!

Therefore, from today and on, let's make it our duty, to rightfully invest in the investment, that brings us wonderful profits. Even though, it can be tough, when we're so stressed out, and all we think of is our worries, it's important to put everything aside for our dear kids! So, when we come home, let's paste a big smile on our face, and listen to their stories. Let's create a lively, upbeat atmosphere at home, where we can spend the time together, with laughter and fun. In this way, our kids will feel calm, happy and secure around us, and they'll enjoy being in our presence. Never do we want the opposite



results, that they should feel distant and uncomfortable around us.

So dear parents, it's definitely a tough investment. But it's a payoff, because the profit is there!

.4

Children have a unique way of communicating, and expressing their feelings. When we meet a person, who speaks a foreign language, it gets quite difficult to communicate. We first need to learn his language, to fully understand him. In parenting, it works exactly the same way. In order to raise our kids successfully, we first need to learn their language, to understand them correctly.

The typical childish behavior is; nagging, and plenty of us, are all too familiar with it! It happens sometimes, that nagging will escalate to crying, screaming, and then in to a full blown tantrum. "Phew, what a nerve!! These kids, are driving me up a wall!!!" , "how do I figure out what they want???"

Here we have a prime example of: 'child-language'. This type of language means: "mommy and daddy, I simply need attention..." Yes! Nothing more than that! All they want, is to be noticed. They want to feel, that mommy and daddy care about their life, and they also want to feel special and important in their eyes.

Parents who pick up on those cues, understand right away that their kids are simply lacking attention and will fill in the void, by

giving them all the attention they crave. In this way, the issue gets solved quickly, in a smooth manner. What happens, when parents fail to pick up on child- language? They'll get upset and annoyed at their kids, for "bothering" mommy and daddy. They'll even take it personally, that that their kids are purposely looking for trouble. So they'll lose their temper, and push them away by shouting, hitting, or punishing. Of course, they'll blame their poor children for being disrespectful.

How do children respond to such an approach? They'll right away figure out their parent's weaknesses, and exploit it. They'll learn, when to push their buttons to set them off in a rage. And they'll keep doing it, over and over again, simply because it's interesting entertainment for them to watch. When they're

still not getting the attention they crave, and on top of that; get stamped with a bad label, they will feel, sad and unwanted. Their self-esteem will plummet to the ground, and this is the first step inward, towards the road of failure!

Kids will at first, test their home turf. When their criteria wasn't met, they'll go- next level, and test the school system. These poor heartbroken kids, aren't capable of concentrating during class, so they'll seek alternative ways to fill their empty time, using their creativity to stir up trouble. You will find them disrupting the class, and breaking the rules, making the teachers lives miserable. What ends up happening? They're constantly punished and reprimanded, and they get filed away in the records, as problematic kids. Unfortunately, these kids never get a second

chance. The only thing they do get, is a big confirmation in their mind, that they're incompetent, and this breaks them further apart.

Many painful years can pass, and these kids are still hurting. The deep scars they carry from their youth, are still smarting, and they walk around battered, feeling like a total failure. Plenty of these poor kids, will turn to drugs, to numb their pain. And plenty of them, will confine themselves in their room, to shut out the world, and refuse to be part of normal society. Or, they may turn into aggressive, dangerous people, looking for crime and shady business. These parents too, will only want to bury themselves alive, and never want to face the world again. Out of frustration, they'll bang their head against the wall, trying to figure out what went wrong. They'll drag their kids, to

psychiatrists and therapists, to try to make a mentch out of them, but sadly, it'll be too late. The only thing that's left to do, is to rewind the past to their youth, when these kids were good and purely innocent, to get clear answers to what went wrong.

It is obvious, however, that the past is hard to repair. Therefore, parents need to be in the right mind set, at the right time, and be proactive! Parenting starts, from when children, are still very young. In that crucial time, parents have to master their parenting skills, perfectly! How? They need to bend down to their children's level, and tap into their childish world. In this way, they'll truly get to know their kids better, and they'll get to understand, their childish questions, and fears. Furthermore, when parents provide their kids, with a stable loving home,

where they warmly get indulged ,with all the attention they want, then it has a positive effect on them, and they grow up, feeling very special and admired!

Honestly speaking, some kids are a tough nut to crack, and can make us into a miserable nervous wreck. Nothing though, is comparable to a parent's raw pain, when they struggle with their emotionally unstable, grown up-child. At that point, being a miserable nervous wreck, is the worst experience ever. Because then, parents feel like the world has come to an end, and they suffer unimaginable pain.

Therefore, if we want to parent our children properly, then we have to prep ourselves with an endless supply, of mighty strong patience! The most important skill for us to do, is to drop

down to their childish level, and connect with them. We should play with them the games they enjoy, or even act silly together. Kids will always be ready and delighted, with story time. Therefore, let's sit down with them calmly, and keep them captivated with their favorite stories. The secret on how to become our kid's trustful buddy, is to chat with them about their daily childish life, and to show a real interest in whatever they're doing! If we follow on this path, then our children will develop a close connection to us, and we'll be their supportive backbone in life. This will shape them, into emotionally healthy, righteous people, who will eventually go far in life.



## .5

One of the of the main distractions, in today's fast paced society; is the smartphone. Parents can chill on their smartphone, completely oblivious to their kids. For hours on end, they can be glued to the screen, totally in a different world. Reality only hits them, when a child starts nagging, nagging and nagging....but the kid keeps getting ignored, because... "hey, don't you see I'm busy?!?". How sad! Instead of spending the time wisely together, by playing laughing and having fun, parents waste it on their phone, harming their kids forever. These poor children, are crying inwardly, because they feel, so unwanted and ignored. They grow up with a battered self- esteem, all because, the PHONE was always more important....

There are people, who use their phones, for constructive purposes, and help out others with kindness. They raise money for an important cause, guiding people, or helping out an organization. These are all special acts of kindness; and it's amazing when people truly care about one another. Now here comes the big "BUT"...never ever, should we do it, at our kids expense!! We have to weigh our priorities in life, and decide for ourselves, what's more important to us.

Generally speaking, people have this nature, to be unappreciative. We can bend over backwards, to help out a friend in need, whether it's financially, arranging proper aid, or even providing a listening ear. We'll even give up our precious time, energy, and offer lots of patience, to truly help out. Afterwards, though, when this

friend crawls out of the rut, and is already walking with a straight back, he will slowly forget, who sweated for him, and who saved him. To top it all off, he'll even find a reason to spite you, and pay you back with hate.

How different it is, though, when it comes to our dear children, our own flesh and blood. They'll always appreciate us parents. They'll never forget, how they were raised with warmth and love, and they'll always remember the harmonious times spend together . Every small deed that we ever did for them, will be cherished in their heart forever. This will follow them through adulthood, and help them succeed in life.

Therefore it's vitally important, to focus on our children. Let's not get sidetracked!! Let's

make our children our number one priority in life!!

.6

My kids are way too young, to know what they want. " I still have plenty of time, to teach them about life", "when they grow up, then I'll give them undivided attention."

Totally incorrect!! When our children are fully grown- up, then we have missed the boat in parenting. We have to parent them when their mind is still young and innocent! Only then, can we accomplish whatever we want from them. Because children can be easily formed, when they're in their youthful stage. So with a little bit of effort on our part, and a lot of devotion, then we'll go far.

So let's spend the time wisely, by being focused on our kids. For example- by going on leisure walks with them, including them in our daily activities, or creating a happy, lively atmosphere at home, where they can simply have the time of their lives! Then we'll see, that every little act we do for them, has unbelievable results! Our children will be easily forthcoming, in every aspect, and we'll get to see, the great changes in them! On the other hand, let's always keep in mind, that dealing with teenagers, to change their bad habits, is like pulling teeth...!!! Let's be smart and reach out to our children when they're still very young, and G-d-willing, we'll reap the benefits later on in life.

## Successful Parenting! Chapter 7

Hashem (G-d) created the world for the one and only purpose; for us to marry and to raise children. To nurture them, so that they grow up, into healthy, successful people, and also that they be, a proper jewish role model, for everyone. We as parents, strongly desire, that our children, follow in our path, so that they raise their own offspring with our values, that we painstakingly instilled in them.

However, let's not forget about the spiritual dangers, that are lurking on the streets. The world today has gone mad with no moral values, and our kids are in big danger of getting pulled away spiritually, G-d forbid. Therefore it's extremely important, that every parent, should invest whatever they can, into their parenting,

and never try to cut corners! Parenting today, can many times be tough, but we must persevere. If a parent is fortunate, to righteous children in this generation, then they absolutely deserve maximum credit! They are, very much admired!

Generally, every person in the world needs patience to overcome any hurdle in life, whether big or small. But let's always remember- that our dear children, require the most amount of patience in the world! All they need from us, is patience, patience, and again patience!

Sometimes, parents can make a grave mistake, by putting pressure on their children, and forcing them into a specific mold, thinking, that this is the right way to raise them well. Absolutely not! This approach will only

backfire, and harm them! Of course this doesn't mean, that we shouldn't teach our children, proper behavior. No, exactly the opposite! It is the duty of every parent, to guide and teach their children what's right and wrong. Obviously, we can't expect our kids to know on their own. But the key factor here is,- do it with a smile! Talk their language! Raise them in a warm friendly manner so that they feel loved by their father and mother. We can't stress enough, how important it is, to spend quality time with our kids. We have to keep talking to them about Hashem (G-d), and about the beauty of being a yid (Jew), full of enjoyable mitzvos (commandments). Let's also become our kids favorite storyteller, by telling them amazing stories of our past holy tzaddikim (sages). They'll be spellbound, and will only keep asking



for more! So if we set up our home in this fashion, then we'll create positive vibes, which our children will then take along, into adulthood. This, will form them into G-d-fearing, righteous people who will succeed in life!

Every person must have a strong faith (emunah) to achieve patience. How? By understanding that Hashem runs the world, and that nothing happens on its own. Patience and emunah are very much interconnected, and they work hand in hand. When we have a solid-rock emunah, only then can we achieve patience. When we believe that we're not in control, and we surrender to Hashem's will, only then can we handle whatever challenges come our way.

So if we think to ourselves, "na, I'm just a simple ordinary person....how will I ever reach this level of pure emunah?", "how will I ever have the right patience to raise my children properly?..."how can I be secure that my kids won't fall prey to bad influences?" The one and only solution is tefillah (prayer)! Dear parents, the power of tefillah can surpass anything! It's the most powerful tool! So let's pour out our heart to Hashem and beg him for good righteous children. Let's not spare any tears! Just keep crying to hashem daily, because our tefillos (prayers) have a tremendous power up in heaven. Never give up! Let's do it for our kids, because they're the most precious thing to us in life!

When we will keep strong with these two points- tefillah and patience; only then, can we

be calm and sure, that the home we set up, will be an amazing home, with good quality, special children, who will be bring us, with Hashem's help, all the joy there is in the world!!! Amen!

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