

NEWSLETTER FOR JANUARY, 2017

“The times, they are a changin.”.....”Change is the only constant in life”..... Two sayings that we have known forever, but probably never felt so much before. The world and all that we were once familiar with, and took for granted seems to be changing at a rapid pace. The old order giving way to the new has always been the norm, but continuous and rapid changes, can be disturbing and stressful. Whether it is the Syrian crisis with its gory pictures of mutilated children strewn all over the media, or the natural disasters wreaking havoc in picture perfect metropolises of the world; the unprecedented political moves in UK and USA or closer home - the environmental havoc seen in the form of smog engulfing Delhi NCR and forcing schools to shut down. Last but not the least, something that has become part of every conversation, outing, monetary transaction and daily life style – demonetization.

However much we think that we provide a cocooned, carefree existence to our children, the fact remains that they are aware of and do get affected by whatever is happening inside the home and outside it. In such a rapidly changing world, how can we equip our children to ensure that they grow up to be strong enough to deal with unforeseen personal and universal changes and challenges?

It is seen that children who are enabled to develop strong roots or anchors in childhood are able to soar high in their lives and remain healthy and happy, whatever the circumstances may be. So who can be these anchors?

The first and closest bond that the child forms is with the mother. A mother can be a pillar of support, the guiding light and that person about whom the child is confident that he can fall back on in hours of distress and doubt; someone who will not let him down. Of course the mother need not be a superwoman or a super mom to do that. Just a little empathy, giving time and communicating regularly, and speaking to the child with respect and a non-judgmental attitude, goes a long way in building such a bond.

Gradually as the child grows up he needs to find this same anchoring within him. An optimal level of self – esteem, a sense of self-assurance, the ability to rise every time he falls, and a positive outlook towards life can make a child immune to the ups and downs of life.

Emotionally healthy children can tolerate the vagaries of life without getting disillusioned or wallowing in self-pity or without getting carried away by outside influences. They are anchored in themselves.

Another important anchor is work – Academic or Professional. People who are passionately involved with their work, those for whom work is meditation, seldom get swayed by other forces or need other devices or people to keep them going. Hence to inculcate in our children the ability to love their work, irrespective of the results and social reinforcements they receive for it and gradually finding their passion for the future, will go a long way in giving them another anchor in life.

A belief in, and a connect with a Higher Power or Supreme Power which rules and governs the functioning of the Universe and its people also gives a strong sense of support and anchoring to children in hours of distress and despair – especially when parents are not around any longer, or any other form of support is also missing from the child's lives. Hence, ensuring that the child gets some quiet time regularly and a practice in connecting and communicating with the Supreme, whatever one may conceive it to be, is essential.

In the words of prominent psychologist Wayne Dyer “Most of us are raised to believe we are ordinary. The anchor of the universe is present in every child. A parent only needs to guide and step aside and let them fulfill their dharma. Help children remember that they can do or be anything”.

Wishing all of you a very Merry Christmas and a Joyful and Peaceful New Year ahead.
The School Counselors at La Martiniere, Kolkata

For appointments, interactions and discussions with the school counselors, kindly contact the following numbers:

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