

Scribbles

Bringing colour to your lives

Volume No. 4

March - April 2013

Issue No. 2

From the Editor's desk...

Why a special on Parenting? Read on ...

During school day evenings and holidays I would spend most of my time with my brother, cousin brothers and their friends. Our parents used to specify time to play and it was expected that we would adhere to it. For all activities there were specified times and we as children had no choice. We had to follow their instruction, else, we give up that activity! Obviously, each one of us would have struggled with such control! These patterns continued when we were in college too, may be with a bit of sophistication!

Many years later, most of us became parents. One of my cousins (part of the above gang) had a daughter and I remember sharing his feelings about how protective he felt about her, at a time when the girl was just 7 years old. He said, "I now understand why mother was strict with us. I appreciate this much more, after my daughter was born". I have been seeing him with his daughter since then. The rules are laid and expected to be followed. No change from when we were young. The activities and exposure are different.

When my brother-in-law was engaged to be married to a girl living in Mumbai and used to ask her to come out with him, the girl's parents said 'no'. This was in the late eighties. He considered this so conservative and prudish. When he had a daughter a few years later, he said, "if someone were to ask my daughter out, before she was married, I will break his leg".

Since those days, I have been amazed at the sea change that I see in people when they become parents. The outlook, approach, yardsticks etc. change. As you read the articles written by many people in this issue, the change that they have undergone after becoming a parent is so evident. Becoming grandparents – that is even better! Most go through a metamorphosis. In many a case, I have wondered at the way people come alive when they are with their grandchild. What a wonderful gift from God. Read the gushing articles by some of our colleagues who are grandparents.

When I became a parent, I must admit that it has been a life changing event for me. The rub off has been manifold, including my professional life. I believe that I became a better HR professional, since parenting honed several key people skills.

Who is an ideal parent? I wish there was a definition, because, many of us will aspire to achieve that. However, it is so specific to each family, that it cannot be generalised. Is parenting a formula – can I copy from others' success? I don't think so. One can only learn from that and tweak it to your circumstances. Is parenting easy? No, over the ages, it has been a tough job. However, even in pain, I guess, there has been pleasure.

In Nageswara Rao park near my residence, many walkers are aged people – parents who live alone – either because families have become nucleus or since their children live elsewhere. As parents, they were always there for their kids when they needed them. **Where are the children, when the parents need them? Are we as children conscious about our parents needs?**

Ciao, until the next issue,

Ananda Jagann

Send your contributions / responses to scribbles@sanmargroup.com



Guess Who? ! Given at the bottom of each page are the tips that will lead on to the photo of the person on the last page.

Parenting Views Parent or Policeman? The choice is ours.

Parenting Views



'I really don't understand. The techniques my parents used on us don't seem to work on my children today.' This statement should sound familiar to many of us.

A lot of parents today are wondering what to do with their children. Even if their kids are 'goody goody' types, they fear what their coming adolescence years will bring.

Parenting today is perceived as a stressful – and rewarding – job in our lives. While we seem to think of ways to handle our kids differently from our parents, no doubt, our kids are also finding ways to tackle us differently.

Story 1

"I want an ice cream cone! I want it right now!" shouted Siddarth. He threw himself down on the ground, stomped his feet and punched his fists into the floor. His mum stood by, watching him, feeling very embarrassed by his behaviour. The screaming continued.

"Siddarth, that's enough. Get up. You're not getting an ice cream and that's final," Mum said.

Siddarth didn't get up. He stayed on the floor crying. "I want an ice cream cone, Mum. You're so mean! I don't love you anymore!" he wailed.

"This isn't any way for a four year old lad to act. Get up right now!" Mum whispered.

As people walked by, they looked at the lad and at his mum. She could hear them muttering things about her. "That lad deserves a good wallop!" one man mumbled.



Story 2



A famous research scientist who had made several very important medical breakthroughs was being interviewed by a newspaper reporter. When asked why he thought he was able to be so much more creative than the average person, he said that it all came from an experience with his mother that occurred when he was about two years old. He had been trying to remove a bottle of milk from the refrigerator when he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor—a veritable sea of milk!

When his mother came into the kitchen, instead of yelling at him, giving him a lecture, or punishing him, she said, "Robert, what a great and wonderful mess you have made! I have rarely seen such a huge puddle of milk. Well, the damage has already been done. Would you like to get down and play in the milk for a few minutes before we clean it up?"

Indeed, he did. After a few minutes, his mother said, "You know, Robert, whenever you make a mess like this, eventually you have to clean it up and restore everything to its proper order. So, how would you like to do that? We could use a sponge, a towel, or a mop. Which do you prefer?" He chose the sponge and together they cleaned up the spilled milk.

His mother then said, "You know, what we have here is a failed experiment in how to effectively carry a big milk bottle with two tiny hands. Let's go out in the backyard and fill the bottle with water and see if you can discover a way to carry it without dropping it." The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it.

This renowned scientist then remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes. Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. Even if the experiment "doesn't work," we usually learn something valuable from it.

If only parent child relationships are enhanced, family life (and by corollary work life) can become less strained. What would we want to be? A parent or a policeman? The choice is entirely ours.

Editorial team

Parenting

Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting should not be affected by person's social class, wealth,



income, caste, creed, gender etc. Parenting strategies as well as behaviours /ideals of what parents expect whether communicated verbally and/or non-verbally also play a significant role in a child's development. The best parenting style is a balanced approach.

Parenting takes a lot of skill and patience and is a continuous growth. Parenting begins with Just born and ends beyond adulthood.

Good parenting principles could be:

- Establish and set rules giving your reasoning and explanation for the decisions.
- Foster your child's independence by empowering.
- Adapt a parenting role that fits your child.
- What you do matters most, hence Admit and Listen to your child.
- Avoid Helicopter Parenting, take pride in what you are doing, stay in touch and spend quality time with your child by managing your chores effectively.

Parenting in a nutshell should "Sow" the seeds of Good Habits, "Shape" their character and "Mould" them into worthy and respectful people. Parenting is always a balancing act of consistent unconditional love, respect and morality.

V Subramanian, Central Accounting, Corporate Division, HO.

Parenting has become life for parents !

While growing up, our parents could hardly pay attention.

Now, for us as parents, (successful) parenting is challenge. And only challenge brings out the best among all of us.

Now a days, we don't control the child, but we empower them.

As a parent, I don't enforce my ideas / thoughts on children. I allow to choose activity, hobby, food, clothing, academic project and so on !

However, as a parent, I do guide / mentor as & when needed.

I want Chelsea (our daughter), to be confident to manage her life / career independently. I want her to be successful in the competitive world out there.

She enjoys chess, dance (bharatnatyam & western), vocal (music), guitar, keyboard (piano), skating, football, swimming and not to mention studies at the age of just 12 years.

Shailesh G Sharma, Sales, Flowserve Sanmar, Surat.

Parenting at work

A baby: Very good induction programme was conducted and made familiar to all my colleagues.

A child: Clear responsibility and well defined KRAs.

An adolescent: Periodical review to understand where we are and what the organisation expects.

An employee: Empowerment and team responsibility.

P James Johnson Rajamani, Maintenance, Chemplast Sanmar, Mettur.



' DO YOU HAVE TO BRING YOUR HOMEWORK HOME WITH YOU?! '

Parenting Then & Now

In today's family atmosphere, I find major differences from the present generation versus my childhood. I have three kids, one son and two twin daughters. Aashik my son is studying in the 3rd standard and my two daughters (Priyasha and Prithika) are studying in UKG.

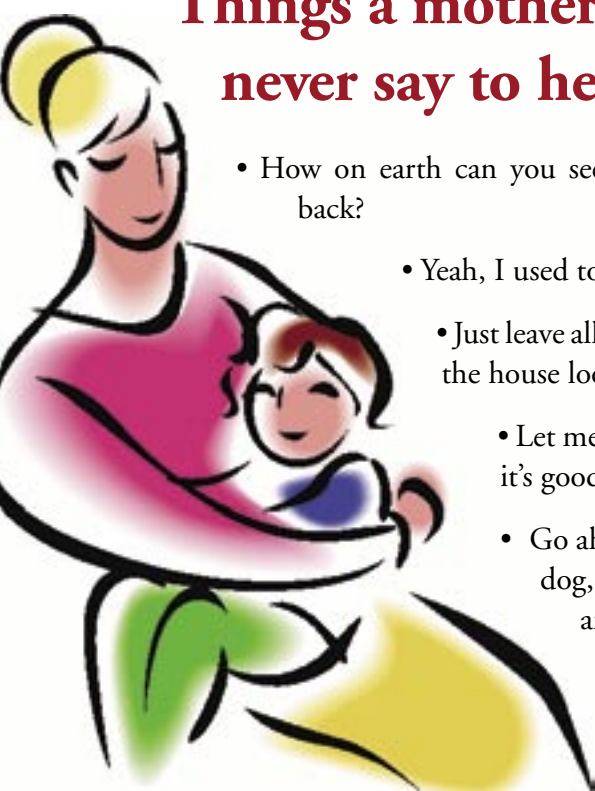
My village is located 7 km from Coonoor in Nilgiris district. I studied upto 5th standard in my Bandhimai village. I learned many good things in my school. Every day before our classes start, we cleaned the ground and the class room for atleast half an hour. Our Head Master always spoke about Gandhiji and his good deeds. He always advised us to cut our nails every Sunday. I had only one set of uniform (white shirt and khaki pant). I managed with it the whole year. I did not bother my parents, to buy me new ones. All three meals a day, my mother gave me rice. I happily had it, without complaining. I never complained to my parents about anything.

But today my kids pressurise me to buy new things for them. My mother takes good care of my kids by showering lots of love on them. During my childhood we used to visit the same temple every week, but today my kids are bored visiting the same temple and ask me to take them to a different temple every week.

I spend a lot of time with my kids, after I come from office. I assist them in their daily homework. I inculcate and encourage good discipline and family member relationship to my kids. My kids, when they saw my childhood school photos, they laugh at the school dresses, hair style, attention posture during morning assembly. In today's scenario parenting role is a huge task. We must be careful while guiding our children.

BN Radhakrishnan, *Quality Control, Sanmar Foundries, Viralimalai.*

Things a mother would never say to her son



- How on earth can you see the TV sitting so far back?
- Yeah, I used to skip school a lot, too.
- Just leave all the lights on... it makes the house look bright.
- Let me smell that shirt – Yeah, it's good for another week.
- Go ahead and keep that stray dog, dear. I'll be glad to feed and walk him every day.

Parenting - A Pleasure or Pressure?

Parenting is an experience full of pleasure and pressure. It is a journey with ever changing goals and aims. In this journey we try to transfer our valuable experiences to our children but in reality we get more experience than what we transfer. Many parents try to infuse their beliefs and expectations to their children. These beliefs and expectations are arising out of their past success and failures and what they inherited from their parents. If parenting is not handled in the right way, these expectations of the parents will not materialise.

Having only a precious girl child, I groomed her to be equivalent to a boy in taking independent decisions and in boldly facing the society. In each and every stage of parenting, I constantly reminded myself, infusing her the concepts of ethics, moral value, independent outlook, self-dependency and compassion for others. At the end of the day, I am happy to see her as an efficient medical professional and following all the footsteps through which I took her during the days of my parenting. I feel that I am a successful parent.

Now, I impart the same values and culture to my grandson. I doubt that the path may not be so easy as with my daughter. Reason... Today's children are intelligent and informed than what we assume. Hence our parenting techniques also needs to be reviewed and updated to meet the current generation requirements.

P Manoharan, *Safety, Corporate Division, HO.*

Second childhood

A child reaches the stage called Maturity. This is the stage that can be called 'a complete man'. This is the stage when their needs are satisfied without parental help. It is in this situation that our parents reach their old age - the time, when parents are in need of their children, when children help them in their regular activities. This can be called 'second childhood', a time when our parents become our children.

K Vasudevan, *Central Accounts, Sanmar Foundries, Viralimalai.*



Parenting, a self-appraisal

Many times, I have wondered what is so great in becoming a father when people used to distribute sweets on a new arrival in their family. The day my daughter came into my life, she made me a fool and believe me, holding her in my hands, besides the fact that I could not believe the fortune God showered on me, I was overwhelmed with joy.

When my daughter was a kid, I used to run behind her all the time cheerfully, fixing the mess created by her enroute and ensuring that she does not get into any danger area and go crashing spread-eagled. Today, I do the same thing, guiding her with the same amount of enthusiasm and energy into driving down the path of her life, help her choose the right road at the right time and avoid dangerous curves & courses and precarious stretches.

Compared to the city ambience of my daughter's childhood, considerable phase of my childhood hovered around in a small town near Trichy district. The family consisting of my parents and four of us was always invisible or lost in a crowd of relatives from all sides throughout the year descending down on us without prior intimation. Snuggling together under a small umbrella called HOME, every moment used to be memorable filled with abundant joy and more importantly, a learning process with lots of values for our taking. The composure of my mother taught me interpersonal skills and perseverance during tough times and my father's ever smiling face while coming back from work taught me to accommodate extra items in the task list even during rough weather and devise alternate financial plans to negotiate rough bends unscathed.

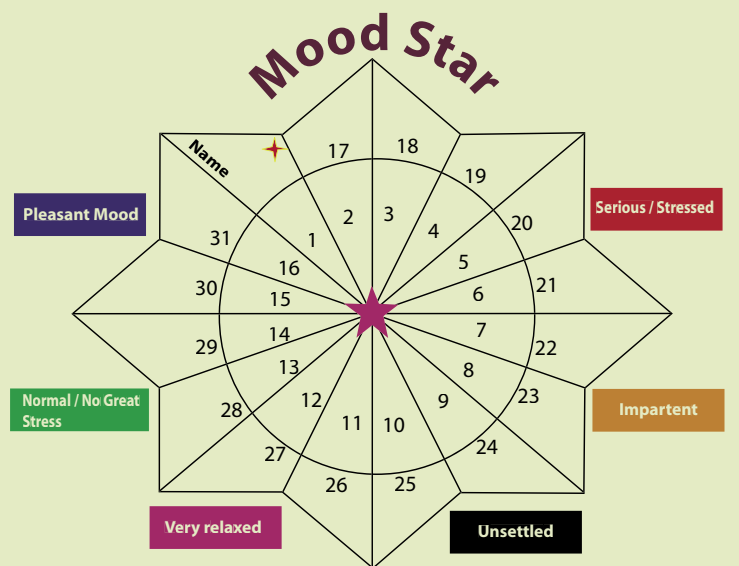
People management has always been a dynamic concept and today, I happily continue to be a learner as my daughter comes back from work and shares with me at the dinner table the day's happenings in her workplace.

N Srinivasaraghavan, Support Services, Chemplast Sanmar, HO.

Parental relationship mood swing

Love should be an unconditional one in parental relationship with the kids, child or an adolescent. Problems in the relationship should not be bottled up inside. A hug or talk or accepting the mistake will certainly resolve any type of misunderstanding (or) a problem. A home is truly a building constructed with due care, love, affection and positive relationship. To avoid any misunderstanding (or) problem in the family and to ease out the situation, the following Moodstar may be displayed at home to make it a happy home. As pointed out in Moodstar, the same may be coloured according to the mood of a parent (or) child and the same may also be hanged in the common room in a house for everyone to see visibly so as to understand the other person's mood so as to interact with that person accordingly.

"Unconditional love of parents with a baby, a child, an adult & as employee will make a Happy Home".



P Govindaraj, Group Controller's Office, Corporate Division, HO.

Straight Forward

Black Christmas

Ten year old Mitul is our neighbour Mr. & Mrs. Sharma's daughter.

While checking her homework Mrs. Sharma found a letter in her school bag which is addressed to Santa.

Dear Santa,

Next Christmas I want an I-Pod and Ranbeer Kapur's personal presence in my house. No, I won't take any other gift and mind it, if I don't get all these I shall not hesitate to remove you from this world.

My hands won't be shaken to do it.

Take love,

Mitul

No, her parents didn't scold her; they went to the nearest shop to buy an I-Pod for her and sent a mail to Ranbeer Kapur, enclosing their daughter's letter.

Mr. and Mrs. Sharma know it very well that their daughter is aware of the fact that in this real world, Santa is only a myth.

Gautam Das, Sales, Flowserve Sanmar, Delhi.



Things dad will never say to his son

- I noticed that all your friends have a certain "up yours" attitude... I like that.
- Here's a credit card and the keys to my new car – GO CRAZY.
- Your Mother and I are going away for the weekend... you might want to consider throwing a party.
- Well, I don't know what's wrong with your car. Just have it towed to a mechanic and pay whatever he asks.
- What for should you get a job? I make plenty of money for you to spend.



Interview With My “cub”

Position Details – Mom (& Dad)

Venue – My sweet home

Date – 17 Feb 13, Sun

Panel – Mom & Dad

Name of the Candidate – Cub @ Sher ka Bacha @ Lavi (Ideal Candidate)

Qualification – Class X

I have been interviewing candidates for the past 8 years, but this one will be cherished lifelong. I do not remember reckoning any rule-book to bring up my CUB. Sharing her perspective for you to read n relish



- Mom & Dad spend a lot of their time helping me in my studies. They say that there is **no shortcut to success in life**.
- My mom & dad never coerce me into anything, instead give me suggestions and **make me take a decision**.
- I have been blessed with a **good upbringing – mix of harsh and soft advices**.
- My mom is a serious person. She has a good heart and **always helps others**. No matter what.
- My mom & dad are very **affectionate to their parents** (Mom doesn't so much express her affection).

- Even when I am angry, they remain **calm and composed** (Most of the time).
 - They take very **good care** of me.
 - Dad is a very **fun loving person** and **makes everyone smile**. Spends a lot of time playing with me.
 - Mom & Dad are my **best friends**.
 - Mom & Dad **comfort** when I am tensed and panicking (during exam or any situations). They are always there for me.
 - Mom & Dad get into **silly and funny fights always** – never a **serious fight though**. It is fun to watch them fight.
 - Mom encourages me to stay fit (introduced me to gym very early) by **eating right**. She lectures me on basic hygiene.
 - Mom (too sweet to my classmates) & Dad are **affectionate to my enemies** also (bullying classmates). I don't understand this and don't like this behaviour at all.
 - They are **short-tempered** and I don't like that in them. They should be soft towards me always (Mom - should be always soft to me, no excuse). Office related issues should be trashed at office itself.
 - My mom always says that we should **never lie** even if it means losing everything (A lie is a lie – however big or small).
- Straight from a MOTHER'S HEART – I do not miss a single opportunity to tell her as to how much we love her and how precious she is to us.
- A Nageshwari, SRS Training Institute, Corporate Division, HO.**

You as a child and you as a parent

Affection without sentiment, authority without cruelty, discipline without aggression, humour without ridicule, sacrifice without obligation, companionship without possessiveness. These are the golden rules of good parenting.

There is drastic change in the perspectives of parenting in present day scenario as compared to the olden days. The basics of parenting remain same. But the pattern of parenting is changed. We were living and still are living in a child-centered culture. All our activities are based on our children. Our culture is so child-centered.

Earlier parents were not so aware about the skills of parenting. Families were joint. Many members were there in the family with different relations. Children of all brothers were living together, learning many good things, grandfather was the head of the house and who treated all the children alike and sowed the seeds of humanity, honesty, hospitality and so on....The grandfather also took the responsibility of the basics of the studies of the grandchildren. The responsibility of parenting was shared between the grandparents and the parents of the family. The joint family itself was the school for the child where they learn the lessons of togetherness, unity, faith, love, honesty and sharing.

The children in olden days were more responsible and sensible. I, as a child was so pampered and so protected in the family, and I had the freedom to select the curriculum for higher studies. But no one was there to guide to select a better, prospective and professional course. Parenting in joint family makes very strong bonding between the brothers and sisters and that is very much needed in present era.

Nowadays the joint families are fragmented into unit families and the families are with one or two children; the diameter of the family has shortened. It becomes a challenge in the present scenario and in the world of ever changing technologies and competition in every walk of life, all the responsibilities of parenting are on the unit parent. And the job of parenting becomes more challenging when both are working. The smart parents find ways for children in day schools, day care centres and many other activities to keep the child busy as we have done.

If your life totally revolves around your kids, you may believe the cultural myth that this is what you have to do to be the good parent. You may think that in this competitive world, you have to be overly involved to make sure your child doesn't fall behind. Then there's the cultural epidemic of playing the parent one-upmanship game with other parents. Everything you do in life gives you ammunition in the parent brag war and more “my child is so cute-smart-perfect-aren't-you-jealous” posts on social media sites.

But truly speaking, parenting has become a challenge for the modern parents in today's world. Earlier it was enjoyment for the parents.

Dr Darshika Shah, W/o Nayan Shah, Sales, Flowserve Sanmar, Vadodara.

Doctor's tips on parenting

Parent / Child Relationship

Children do what their parents say primarily because they care what their parents think of them or how they feel about them. And the corollary is that if you have not established a solid attachment between you and your child, you do not have the foundation necessary from which to successfully manage behaviour.

Spending Time

You must spend time with your child on a regular basis that is not centered around behavioural problems. The time should be used for play, conversation, and relationship-building activities.

Developmental Knowledge

Be sure that you know what your child is actually capable of doing depending on his or her age. Very often parents personalise their children's misbehaviour as something they are "doing on purpose." More often the behaviour is quite natural for the developmental age.

Positive Reinforcement

This is most helpful when a child successfully behaves in the way you have prescribed. Be careful, however, not to use material inducements for good behaviour (such as buying new toys, etc.).

Providing Consequences

For rules that don't seem to be followed using positive reinforcement, the parent must establish consequences for failure to comply. Start with small, time-limited consequences, and then slowly increase the time or intensity of the consequence for repeating the same infractions.

Repetition

Repetition is an integral part of all learning and mastery. "If at first you don't succeed, try again." Decide how many times you will repeat a command before acting on it.

Parental Accord

If both parents are involved, they must be in accord with what the rules are, what the consequences are, and what the procedures are for carrying out these consequences. Never let a child restate what the other parent has said without first checking to be sure of the accuracy of the statements, and be sure that you and your partner are in complete agreement with rules before trying to enforce them.

What you do matters

Whether it's your own health behaviour or the way you treat other people, your children are learning from what you do.

You cannot be too loving

"It is simply not possible to spoil a child with love," It is usually the consequence of giving a child things in place of love -- things like leniency, lowered expectations, or material possessions."

Be involved in your child's life

"Being an involved parent takes time and is hard work, and

it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do."

Adapt your parenting to fit your child

"Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behaviour."

Establish and set rules

"If you don't manage your child's behaviour when he is young, he will have a hard time learning how to manage himself when he is older when you aren't around. The rules your child has learned from you are going to shape the rules he applies to himself / herself."

Foster your child's independence

"Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction. To be successful in life, he or she is going to need both."

Be consistent

"Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it."

Avoid harsh discipline

Parents should never beat a child, under any circumstances. "Children who are spanked, hit, or slapped are more prone to fighting with other children." "They are more likely to be bullies and use aggression to solve disputes with others."

Explain your rules and decisions

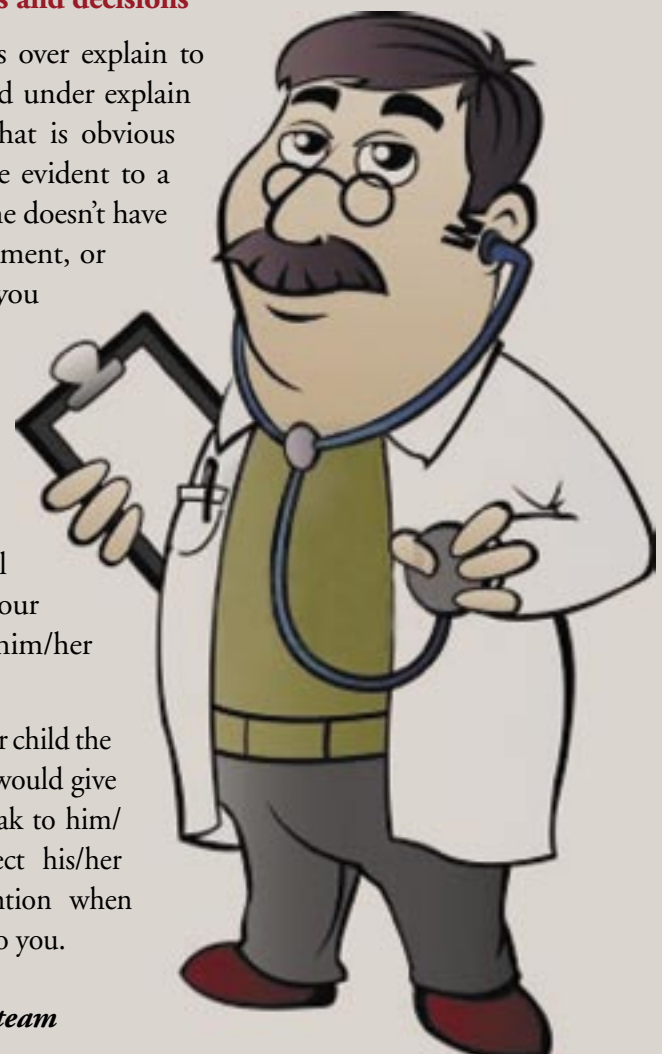
"Generally, parents over explain to young children and under explain to adolescents. What is obvious to you may not be evident to a 12-year old. He/She doesn't have the priorities, judgment, or experience that you have."

Treat your child with respect

"The best way to get respectful treatment from your child is to treat him/her respectfully."

You should give your child the same courtesy you would give to anyone else. Speak to him/her politely. Respect his/her opinion. Pay attention when he/she is speaking to you.

Sanmar Medical team



Grandparenting = parenting minus the odd jobs



Life is great, but life is even better once you have been blessed to become a mom. Being a working mother has always had its challenges and I still wonder how I have coped with my children's demands and my work pressure those days. Motherhood is knowing joy, even while experiencing the

hardest trials of life. I have learned to rise to any occasion and found myself lifted to new heights while stretching myself beyond any and all limits I once put upon myself. With rarely a dull moment.

When my daughter got married I was so happy with a sense of achievement and bliss—thanked GOD—happier when she told me she was going to be a mother. It is such a big responsibility. I wasn't as nervous when I delivered too, but when I held the little one in my hands, it was just so overwhelming, so much happiness surrounded me. I thought being a mom was great but being a grand mom was even better. Now my grand daughter, Sadhana is 2 years old and when she calls me Pappi, I become a child again when I play with her. In fact hardly a day goes by without my listening to her sweet voice. Being a grandmother is happiness personified. Now if you ask me which is better being a mother or a grandmother— I would say both are equally challenging—except that when you are a grandmother one is more relaxed—has more time to enjoy—it is parenting minus the odd jobs of diaper changing—spending sleepless nights etc (all these are taken care off by my daughter).

By Sadhana's patti-

Vanaja Srinivasagopalan, Administration, Corporate Division, HO.

Parent, Grandparent

The bonding between a grandchild and grandparent is something special.

Last time when my three year old granddaughter was at Mettur, she had fever. On the second day, she started breathing heavily. The local doctor advised us to take her to a pediatrician at Salem, as this type of fever and fast breathing may develop into pneumonia. It was a horrible evening for us (Myself, my wife and my daughter). By 6.45 pm we had arranged a taxi to go to Salem and it was raining heavily. We took my granddaughter to Salem for showing her to a well known pediatrician. My daughter started weeping and I tried to console her and I suddenly gathered strength and prayed to Gunaseelam temple deity that I shall perform Angapradakshinam if the child recovered from the illness. We also tied a one rupee coin in yellow cloth for Tirupati. During the one hour journey, my granddaughter rested her head on my shoulders. The doctor after taking an X-Ray, told us that it is not pneumonia and

A Grand event in my life...

Becoming a Grand Parent...

January 25, 2010... An auspicious Monday.

A group of 20 of us were hanging around the maternity ward to hear a shrill cry.

To herald the arrival of the Bundle of Joy we were all eagerly waiting for.

The suspense and expectations kept on increasing every minute.

When the moment actually arrived, it was sheer joy and ecstasy all around.

I cannot describe in words the proud feeling I felt deep inside my heart..

The shrill cry was the sweetest music I ever heard in my life.

May be I was not that mature or that grown up, when a similar event happened, when my wife gave birth to my daughter 25 years ago, but at this moment, I was really floating in Heaven. Fully soaking in the joy of having become a Grandpa. The new master, Abhinav, reached our home few days later. For the initial few months, he gave quite a lot of 'homework' to all of us, but this was one 'homework' we were always looking forward to, and we never got tired.

For the next few months proved to be one of the sweetest periods in our life; we never got tired watching him grow and bloom, cry and jiggle, crawl and dash, and then taking baby steps, balancing himself to stand, falling down, then gently walking. From then on the acceleration was so fast that we were often found breathless in chasing him all around the home, grounds, fields and on top of trees and bushes.

We were suddenly left with no other option but to bid a fond send off to the Bundle of Joy, as he travelled to Australia with his parents.

But the climax of the joy was when my little bundle of Joy spoke with authority this morning over Skype, "Thatha, don't disturb me, I am reading. I have to become a doctor, then only I can heal your knee pain! Once the pain is healed you can come to Australia to stay with me". Needless to say, that we are so eagerly waiting for the month of May, when we get to spend a few weeks with him, when he visits India. We are all set to have some great time with the fabulous mischief monger...

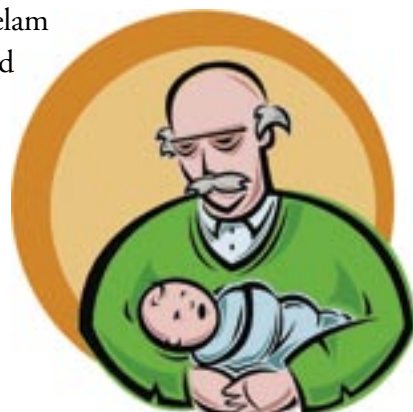
R Jayaraj, IR, Chemplast Sanmar, Mettur.

it is only lung infection, due to fever and nothing to worry. After keeping her under treatment for 24 hours, the doctor discharged her and we came back to Mettur safely by God's grace.

Last week I had been to Gunaseelam temple (near Trichy) and performed the Angapradhakshinam and fulfilled my prarthana.

Definitely the bonding between the grandchild and grandparent is very special indeed.

R Shreeram, HR, Chemplast Sanmar, Mettur.



My role as a parent and now as grandparent

As a parent, I had the complete responsibility for taking care of education and social togetherness.

I was a mentor and my only quote was “**You should achieve something special in your education**”. I ensured they had necessary facilities / amenities required for their studies. It has resulted in my elder daughter scoring a rank in her 12th Exam. She is an insurance professional today working for a Multinational, Axa Insurance, which has presence all over the world. My second daughter is a **gold medalist** in her postgraduation in Oceanography.

My role as a parent was very challenging with two daughters and a son. We faced several challenges including financial constraints. I am very thankful to God that all my children are settled in life. My daughters are staying abroad and my son also has a job.

My granddaughter was born when I was forty eight years old. My friends used to call me a young grandpa. When my granddaughter visited us during Dussera she would be prompted to break all the dolls in each shelf till she was around 3 years old. I cherish this memory as this was a golden period for us. Whenever my friends visited us for some chat, my granddaughter assumed the place of a teacher and conducted the class based on what she learnt that day.

Grandparents’ role is an enjoyable phase in every human being’s life. It is delightful to see the little ones smile, crawl and walk. I am waiting for my granddaughter to join me in a few years to pursue her college education in India. Currently she is studying in Delhi Private School, Sharjah.

K Kumar, *Accounts, Flowserve, Karapakkam.*

Special bonding...

It is a very special feeling to be a grandparent because grandchildren teach us many things, they are so energetic and enthusiastic, when we are with them we also feel that energy and enthusiasm forgetting our age.

As a parent we were more strict but now as a grand parent we are not as strict with our grand son. But, as far as love and affection are concerned, we feel it is one and the same. My grandson studies in EuroKids, Perungudi in Standard Euro Junior. I remember, once when my wife and my grandson went to our friend’s house and they gave some snacks to him, but he did not eat it first and when asked about it, he told that he wanted to share and eat with us. Such a lovely, affectionate grandson...

R Dharmarajan, *Process Engineering, Flowserve Sanmar, Karapakkam.*

Good Parenting

I think good parenting does not stop with educating the children, getting them married etc., but it is more than that, which continues throughout the lifetime of the parents. To me good parenting depends on mutual faith. We should repose faith in our children to gain their confidence, thereby making them approach us freely in times of crisis.

One important criteria for good parenting is not to compare our children with that of others. We should make them understand that each individual is a unique gift of God and every human being will have his or her own strengths and weaknesses, which would mould their future. We should help our children in identifying such strengths to shape their future. Of course, now parenting has become a complex one with the change in social set up.

Whatever may be my position officially or in the society, to my daughter I am the hero and she looks to me for anything. At least till schooling level all her activities were made known to me by her voluntarily, thus making my job simpler in guiding her choosing the right type of education and career. Even after her marriage she consults me and my wife for any important decision.

S Govindaraj, *Support Services, Corporate Division, HO.*

Affection is the same; Expression is different!

An inch needle like metallic piece pierced my tongue, when I started chewing food outside at Trichy, a month back. It was very painful to forcefully pull it to get removed. I was bleeding. Since it was my tongue, it got cured very fast and there was no suffering. I narrated this lucky escape over phone to my wife who was in Chennai and in turn she was talking about this to my daughter. They were not aware that my grandson who is 2 years old was watching this discussion.

After a gap of 10 days, I visited Chennai. When I reached home in the night, my grandson was sleeping. In the morning, I was eagerly waiting for him to get up from the bed. When I saw him move, I stood before him with an excitement to see his reaction when he opened his eyes. He smiled at me the moment he saw me, within no second, he asked me to show my tongue and I was touched by the expressions he made (as he was unable to express his feelings by words) to express his concern for me. I will never forget that moment in my life. My wife, daughter and myself had even forgotten about that incident.

I have nothing else to explain the bonding between us. He never calls me as ‘Thatha’. He calls me only as ‘Trichy’ which I enjoy very much.

Seeing a helicopter, if my grandson says, ‘helika pattar’ I forget everything and enjoy which I didn’t do when my daughter said ‘Zia thop’ seeing a plane (Zia Ul Huq died in a plane crash in 1987) when she was hardly a year old. Affection is the same; expression is different !

SP Nagharajun, *Purchase, Sanmar Foundries, Viralimalai.*

My Dad-my best friend

My dad has played an important role since my childhood –a source of love and security, as teacher and as role model –especially at the important juncture during my higher secondary course as well as during the process of applying for the professional course, entrance examination and the admission.

My dad is aware of my feelings, capabilities and supports the development of my autonomy within reasonable limit. A classical example of this was evidenced about two years ago, when our home computer system failed because of my extensive indiscriminate usage of external drives / discs, which my dad had objected to from the beginning. After all my efforts of reviving the system I requested him to buy a new system. As he was well aware of the reason for the failure, he made an interesting proposal to me that I have to identify the

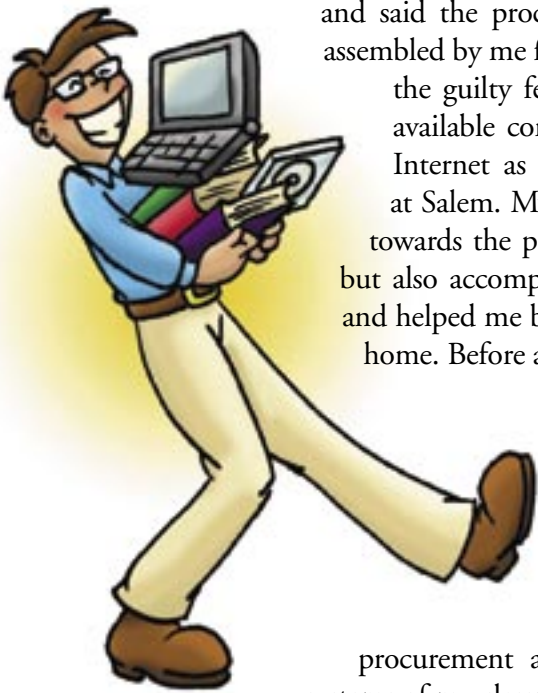
modules required for the new home computer and said the procured components shall be assembled by me for the new computer. With

the guilty feeling, I listed out the best available components with the help of Internet as well as component dealers at Salem. My dad not only gave money towards the procurement of components but also accompanied me for the purchase and helped me bring the components safely home. Before assembling the computer he

appreciated my effort and passion towards this task. Within the next few hours, I had completed the task.

After this episode, I have so far helped in the procurement and installation of 4 such systems of my classmates.

P Prasath Raj, S/o Dr R Palaniappan, SHE, Chemplast Sanmar, Mettur.



Parenting in Modern Society

With three-quarter million adults around the world experiencing the joy of becoming new parents everyday, parenting remains a mystifying subject to almost everyone. It is the principal and continuing task of parents in each generation to prepare children of the next generation for the physical, economic, and psychosocial situations in which they must survive and thrive.

In the contemporary modern society, parenting has gained a new definition altogether. Besides the conventional way, parenting now involves providing adequate assistance and support to develop emotional intelligence and stability. Everywhere we look today, there is temptation and misinformation: junk food, drugs and alcohol, TV promoting disrespect and poor morals, movies and music idols espousing mistreatment of women, violence and use of foul language. Parents, need to arm kids with the skills they need to navigate this society well so that they don't fall foul of the many temptations that will cross their paths. The most important demeanour which every parent should exhibit is that "show your children you love them" amidst stressful worklife. Always maintain a balance between giving autonomy to children and drawing boundaries. Every parent is child's best friend who must exemplify a typical role model for their children by supporting them in every aspect of life.

"Appreciate for who they are and bring the best out of every child!"













S Padmavathy, D/o S. Sankaran, Quality Control, Xomox Sanmar, Viralimalai.



Did you Know ?!

All the young ones of animals are called differently.. did you know?!

Bringing up baby in the animal kingdom takes many forms - a good mother watches over her little ones while dad bravely defends the nest and tracks down the family's dinner.

Kangaroo		Joey	Deer		Fawn	Turkey		Poult
Fish		Fry	Penguin		Chick	Goat		Kid/ Billy
Donkey		Colt	Zebra		Foal	Pigeon		Squab
Rabbit		Kit/ Bunny	Shark		Pup	Grass-hopper		Nymph

The Boy & Apple Tree



A long time ago, there was a huge apple tree. A little boy loved it very much, the boy loved to come and play around it everyday. He used to climb the treetop, ate apples and take a nap under its shade. He loved the tree and the tree was so happy.

Time went by... One day the boy came back to the tree. The tree said, "Come and play with me". The boy said, "I am no longer a kid and I do not like playing around the tree anymore. I want toys and for which I need money."

The tree said, "Sorry little boy, I do not have money but you can pick up all my apples and sell them to earn money." The boy jumped out of our excitement and grabbed all the apples from the tree and left happily.

Days passed and the tree was sad that the boy did not return back.

One day the boy who now turned into a man came to the tree. The tree was so happy and asked him to play with him. The man replied, "I have no time to play. I have to work for my family. We need a house for shelter. Can you help me?"

The tree said, "I do not have any house but you can chop off my branches to build your house". So the man cut all the branches of the tree and left happily. The tree was also glad but the man never came back since then.

One hot summer, the man returned and the tree was delighted and said, "Come and play with me". "I am getting old and want to go sailing to relax myself. Can you give me boat?" said the man. The tree said, "Use my trunk to build your boat to sail far away". So the man cut the trunk of the tree and went sailing and never showed up for a long time.

Finally the man returned after many years. The tree said "Sorry my boy. I do not have anything to give you. No apples, no branches, no trunk... just left with my dying roots."

The man replied, "I do not need anything much now and I am tired after all these years. I just need a best place to lean and rest."

The man sat down and the tree was glad and smiled with tears....

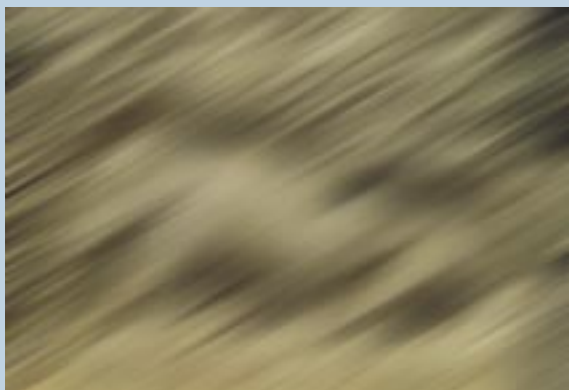
The tree is like a parent. Parents will always be there and give you everything they can to make you happy.

Sourced by Vanaja Srinivasagopalan, Administration, Corporate Division, HO.



Drawing by **S Shruti**, V Std, D/o **C Sankaranarayanan**, Customer Support, Sanmar Foundries, Viralmalai.

Guess What? Where?



Where is this well-known monument depicting a family of pachyderms in South India ?

Write in to
scribbles@sanmargroup.com

A child's best friend

Becoming a parent is, indeed, the most rewarding experience one can ask for during one's lifetime. Needless to say that child inculcates self-discipline and good culture only through parents, who are the first teachers in their life. Parenting, the most important aspect which influences a child right from the time of birth till they become parents. No child is born with the skills of protecting and nurturing himself. It is only the parenting skills through which children inherits good and bad habits which later become a habitat in their life. Being a parent in the 21st century is one of the most challenging tasks one can take on. Long gone, are the days of innocent childhoods. There is little room for innocence when surrounded by war, violence and sexuality everywhere your child looks. While there is little that parents can do to eliminate the external factors, there are ways to help control them.

A friend is always one of the most admired person. So being a friend is what every child expects from their parents in this modern society. It includes a support and encouragement from them at all times in their child's life.

R Akshya, D/o **V Rajagopalan**, Central Payroll, Corporate Division, HO.





Eureka!

Sudoku

	9	4	8					5
					3	1		4
	1			6				3
	6			3				7
		3	9		4	5		
4				5				8
2				8				6
1		6	7					
					1	4	3	

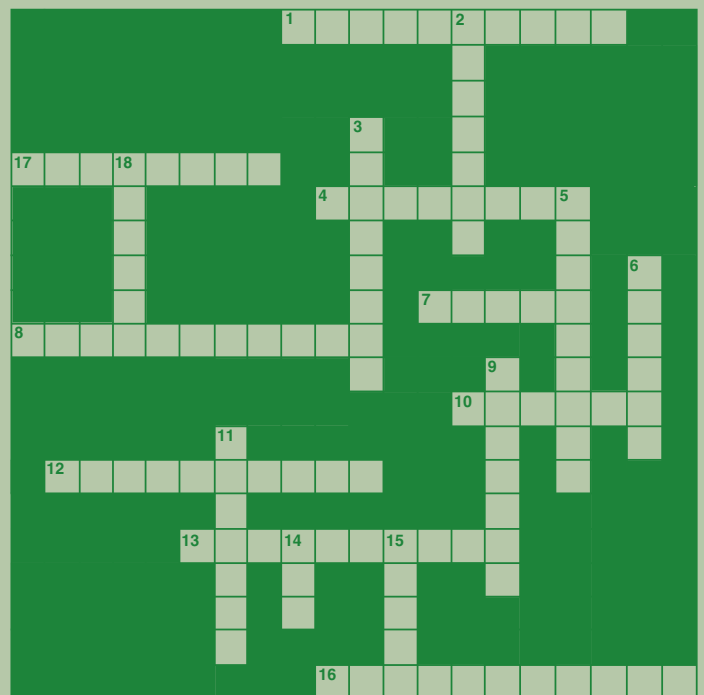
Did U Know...

- On an average, a 4-year old child asks 437 questions a day.
- If a baby's body grew at the same rapid pace as the brains, it would weigh 170 pounds by one month of age.
- Reading aloud to children helps stimulate brain development, yet only 50% of infants and toddlers routinely listen to what is being read by the parents.
- Fathers tend to determine the height of their child, mothers their weight.
- Each time the child uses one of the senses (see, feel, touch, smell, hear) a neural connection is made in the child's brain.
- Watching television can act as a natural painkiller for children.
- Children learn how to behave both socially and emotionally by imitating the behaviour of those closest to them.
- Children whose reactions are laughed at, punished or ignored may grow up shy.
- A child's brain develops rapidly during the first five years of life, learns many words starting at around 15-18 months.
- Water, sand, cardboard boxes, wooden building blocks, and pots and lids are just as good for facilitating a child's play and learning as toys bought from a shop.

Courtesy : Internet

Answers to the Crossword & Sudoku

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100



Crossword

Across

- Part of parental care in helping the children with what they need
- A child saying the first words is this area of development
- Away from the parent and the young child is supposed to be in this kind of state
- An authoritative direction often meant to be obeyed
- Refers to interactions with others and often that young children face difficulties
- Chart that represents the family relationships in a conventional way
- Systematic instruction to teach children right from wrong
- A stage of transition from childhood to adulthood
- First sign of human language and generally does not contain meaningful words

Down

- Is an emotional outburst, usually associated with children in emotional distress
- Telling someone that they did a good job
- Formal way of teaching that helps in physiological development
- A hug is a form of this type of touch
- A term used to refer to a child aged between 1- 3 years of age
- Habits usually taught to children to practice on keeping the body clean
- The young ones of a lion, tiger, bear are called
- A difficult stage of parenting, allowing children to be on their own
- Manifest to the mind, shedding or having much light

Guess Who? !

Amasa Leland Stanford and Jane Lathrop Stanford, both parents founded the Stanford University in honour of their only son Leland Stanford Jr. The actual name of the university was Leland Stanford Junior University. It is situated in the northwestern Silicon Valley. The university is considered to be one of the most advanced private research universities in the United States and the world.



Designed by Kalamkriya Limited, 9, Cathedral Road,
Chennai 600 086. Ph: + 91 44 2812 8051/ 52
For Internal Circulation Only.