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# 1. INTRODUCTION

The SA Memory Institute aims to teach your child various learning and life skills. However, it is very important for you as parent to have realistic expectations of this course and to know what your child will be able to do on completion of the course.

Without the necessary encouragement and acknowledgement, your child will not benefit much from this course and will struggle to be successful academically.

**If your child does not make a pertinent attempt to practise what he has learned and you, as parent, do not provide further support and motivation, the attendance of this course will be a waste of time.**

According to Dr. A.G. Smit, it is important to take the following perspectives into consideration:

- ◆ When a child follows a new study approach, it does not guarantee immediate results, because the mastery thereof is a process of development that takes place over time.
- ◆ Accept that it can cause frustration and conflict, especially if the child does not fare well in a specific test.
- ◆ The cultivation of perseverance is an asset for effective study.

## **2. PRIMARY ROLES FULFILLED BY THE PARENT WITH REGARD TO HIS CHILD'S STUDIES**

### ***a) THE ROLE OF THE PARENT AS SUPPORTER***

This primary support role of the parent can also not be fulfilled by any other person.

A parent must display the necessary sensitivity and support to his child, since this support gives rise directly to study motivation. In this way, the child becomes eager to learn and independent by himself. Therefore, if a parent is available and approachable and is willing to listen to his child, you have a winning recipe for successful studies.

For example, a parent can expose his child to different experiences during which the child learns new things, the parent can also encourage the child to persevere which his studies and can have regular discussions with the children about issues that are important to them, what profession they wants to follow, what they would do if they were the parent.

Try and attend their sport/outdoor activities, even if only one parent can attend (please do alter then).

### ***b) AN AWARENESS OF THE NEEDS OF YOUR CHILD***

An understanding for and acceptance of the development needs of a child act as an equally

important basis for study motivation in the child. During different phases of development, a person displays different qualities and abilities. If a parent is not sufficiently aware of these qualities and abilities, he can deprive his child of learning opportunities that develop independent decision making and the exercise of choices.

**A parent therefore needs to be aware all the time of his child's primary needs with regard to his studies. These needs are the following: acknowledgement (esteem), excitement and a need for a feeling of "I am in control".**

Motivation that originates from the child himself, in other words intrinsic motivation, is cultivated if a parent continuously gives acknowledgement to honest and good attempts by the child, no matter in what field.

This acknowledgement, which should be given by the parents from the time that the child is small, gives the child positive qualities and forms a positive self-image. Without acknowledgement, any person feels inferior and worthless. A child can only become a winner if he is convinced that he is valued as a unique person.

A positive self-image makes a child feel in control of matters. Furthermore, it also gives the child a feeling of self-worth and a feeling that he or she can take responsibility, can make choices and can

exercise control over school work and other obligations. A child wants to be able to work independently.

Learners sometimes feel that their studies are not fun or easy. Parents must acknowledge this and understand it, since such acknowledgement promotes communication between the parent and child.

The **adolescent** is in a development phase that is associated with uncertainty, conflict and other emotional experiences. They often also critically question the meaning of their existence and their school work. Support, patience and acknowledgement in this field will lead to the adolescent finding meaningful solutions to his questions in a positive manner.

Accept the restlessness and discontent of the adolescent, but do not try to be too understanding. Rather try to raise your child to be independent and resist the temptation to interfere too often. The teenager regards his privacy as very important.

Parents must also be aware of the fact that the needs, responsibilities and interests of family members are divergent. It is very important to synchronise the timing of and effectively plan family activities. **Family activities** preferably should be planned in such a way that they support the child's study time and are not detrimental to this. Take the

study timetables of pupils into consideration when family activities are planned.

The individual needs of family members are satisfied in a meaningful and realistic way in balanced and happy families, because the individuality of each family member is respected and an atmosphere of confidence and understanding is characteristic of such a family.

A child can only become motivated in a home in which all his needs are met. This statement is supported by Maslow's theory. According to this well-known psychologist, a person's needs are placed in a certain order and the first needs must be met first before one can try to meet the next need.

Amongst others, a child has a need for **care**. A parent must not only tell his child that he loves him, but must also display it, particularly by means of physical contact.

A further need is for a feeling of **safety**. Discipline is extremely important and creates a safe space for the child in which he can move. Emotional safety is also very important. When a mother and father continuously fight or love their children one moment and rebuff them the next, a child feels unsafe.

### **c) INVOLVEMENT WITH THE CHILD**

It is of the utmost importance that a parent must demonstrate his involvement in his child's studies. This involvement is demonstrated by making eye contact when you talk with your child, touching him/her and making your child feel that he is important.

Parents must make a point of spending enough time with their children. The circumstances in which we live and the demands made by schools today expect that parents must be involved with their children. The child must feel that his parent is available and understands him/her. In this way, discussions about the school and studies will take place more often and spontaneously.

Parents must try to show their children in practice that they can apply what they have learned at school in their lives. This predisposition reaps more fruit than looking at the child's performance or trying to determine how much time he is spending on his studies.

Where is the balance with regard to the parent's involvement in his child's school work? Parents must ensure that their children study, especially at primary school level. The important thing, however, is that the child must first study by himself before the parent gives advice, checks and helps where necessary. In this way, the parent cultivates an acceptance of responsibility.

The child therefore learns to first wrestle with a problem by himself, before asking the parent's advice.

An important need of a child is to be part of a group, also of the family as a **group**. This need is satisfied by good communication. The child must feel that he is "part of" the parent and the family and that the parent wants to be involved with him. The child must also at all times be sure that he is accepted as he is, even if he makes mistakes.

- Mom & Dad, I need you to be there in my early years – it is critical for my development
- Mom & Dad, I need a balance of discipline, instruction and love
- Mom & Dad, I need you to know my personality and to honour it
- Mom & Dad, I need you to know when too much is too much
- Mom & Dad, I need you to show me what to believe by living it
- Mom & Dad, I need you to know how you can wound me for a life time
- Mom & Dad, I need you to adjust your parenting as I grow
- Mom & Dad, I need us to make some great memories together
- Mom & Dad, I need you to love God and to share Him with me



### **3. Family games to enhance self-confidence, which will have a direct impact on your child's school work.**

What is self-image? Your opinion about yourself.

4 Factors that will influence your self-image:

- your appearance
- intelligence (how clever you think you are)
- skilled (how good you think you are)
- status (how important you think you are)

**You decide ahead of time if you can or can't.**

Parents, educators and friends play a big role in the shaping of your children's self-image.

Use the Self-Image exercise on the CD as a family exercise; print a copy for each family member.

**For a positive self-image – fill your child with positive thoughts and give positive feedback. Set attainable goals.**

**For a negative self-image – belittle your child, demerit him and find fault with what he is doing and that it's not good enough. Set to high goals.**

## **Another family game to practise your mind to be interesting is:**

Write different words on pieces of paper and put them in a bag. Without looking draw a single paper out of the bag and find something interesting to say about the item. The idea is to keep the rest of the group as long as possible interested in what you are saying.

### **4. Mom, I'm hungry**

#### **Healthy eating habits**

By teaching your children [healthy eating](#) habits, and modeling these behaviors in yourself, you can help your children maintain a [healthy weight](#) and normal growth. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

Your child's health care provider can evaluate your child's weight and growth and let you know if your child needs to lose or gain weight or if any dietary changes need to be made.

Some of the most important aspects of healthy eating are portion control and cutting down on how much fat your child eats. Simple ways to reduce fat intake in your child's diet and promote a healthy weight include serving:

- Low-fat or non-fat dairy products
- Poultry without skin

- Lean cuts of meats
- Whole grain breads and cereals
- Healthy snacks such as fruit and veggies

Also, reduce the amount of sugar sweetened drinks and salt in your child's diet.

If you are unsure about how to select and prepare a variety of foods for your family, consult a registered dietician for nutrition counselling.

It is important that you *do not* place your overweight child(ren) on a restrictive diet. Children should never be placed on a restrictive diet to lose weight unless a doctor supervises one for medical reasons.

Other approaches parents can take to develop healthy eating habits in their children include:

- **Guide your family's choices rather than dictate foods.** Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices. Leave the unhealthy choices like chips, soda, and juice at the grocery store. Serve water with meals.
- **Encourage your children to eat slowly.** A child can detect **hunger** and fullness better when they eat slowly. Before offering a second helping or serving, ask your child to wait at least 15 minutes to see if they are truly still hungry. This will give the brain time to register fullness. Also, that second helping should be much smaller than the first.

- **Eat meals together as a family as often as possible.** Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with **stress**.
- **Involve your children in food shopping and preparing meals.** These activities will give you hints about your children's food preferences, an opportunity to teach your children about **nutrition**, and provide your kids with a feeling of accomplishment. In addition, children may be more willing to eat or try foods that they help prepare.
- **Plan for snacks.** Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.
- **Discourage eating meals or snacks while watching TV.** Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the TV may make it difficult to pay attention to feelings of fullness, and may lead to overeating.
- **Encourage your children to drink more water.** Over consumption of sweetened drinks and sodas has been linked to increased rates of **obesity in children**.

- **Try not to use food to punish or reward your children.** Withholding food as a punishment may lead children to worry that they will not get enough food. For example, sending children to bed without any dinner may cause them to worry that they will go hungry. As a result, children may try to eat whenever they get a chance. Similarly, when foods, such as sweets, are used as a reward, children may assume that these foods are better or more valuable than other foods. For example, telling children that they will get dessert if they eat all of their vegetables sends the wrong message about vegetables.
- **Make sure your children's meals outside the home are balanced.** Find out more about their school lunch program, or pack their lunch to include a variety of foods. Also, select healthier items when dining at restaurants.
- **Pay attention to portion size and ingredients.** Read food labels and limit foods with trans-fat. Also, make sure you serve the appropriate portion as indicated on the label.

# WHEN A CHILD GOES MISSING

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**MCSA CREATES AWARENESS OF MISSING CHILDREN IN SOUTH AFRICA AND AIMS TO SUPPORT THE SAPS AS EFFECTIVELY AS POSSIBLE WHEN A CHILD GOES MISSING.**

## WHEN A CHILD GOES MISSING:

- 1. Don't wait 24 hours!**
- 2. Complete a SAPD 55 form at your nearest police station!**
- 3. Contact MCSA on **072 647 7464****

### 4. Send the following information:

- Name of missing child
- Age of the missing child
- Situation surrounding the missing child
- Case number
- SAPD details (including the name of the officer that assisted you)
- Most recent photo of missing child

**via email:**

**[info@missingchildren.org.za](mailto:info@missingchildren.org.za) or fax:**

**0860 580 3310**

**MCSA will distribute case-related information to the province and even nationally, if necessary. MCSA will keep both the family of the missing child and the SAPS up to date on any relevant information and leads.**

- 5. Keep MCSA updated on progress.**

## EMERGENCY NUMBERS:

POLISIE: **10111**

MISSING CHILDREN SA: **072 MISSING**

**(072 647 7464)**

CELL PHONE HELP: **112**

SAPD "CRIMESTOP": **08600 10111**

CHILDLINE: **08000 55 555**

**[www.missingchildren.org.za](http://www.missingchildren.org.za)**



# TIPS FOR CHILDREN!

**1**

Never go anywhere alone – always be with people you know and trust.

**2**

Always tell your parents where you are going, even if your plans change. Make sure your parents have your friends' phone numbers as well.

**3**

Know your parents names and telephone numbers off by heart – also know another family member's details in case you can't get hold of your parents.

**4**

If you get lost in a shopping mall, don't go looking for your parents by yourself.

**5**

Don't go with people you don't know or don't trust. Go to public toilets accompanied by your friends or parents.

**6**

Don't take any gifts from strangers, even if it's that chocolate you really like.

Never accept lifts from strangers.

**7**

Make a scene when you think someone is following you – rather be safe than sorry.

**8**

Write your name and parent's phone numbers on the inside of your clothes and schoolbag. This way strangers can't see it.

**9**

Don't play in the streets alone – it's dangerous!

**10**

Remember the BUDDY SYSTEM: always take a friend with you – don't go anywhere alone. This way, you can help each other when you are in trouble.



**MISSING**  
**CHILDREN**  
SOUTH AFRICA ©

## TIPS FOR PARENTS!

**1 - DO NOT WAIT 24 HOURS BEFORE REPORTING YOUR CHILD MISSING!**

**2 - Know where your child is at all times, whom they're with and what they're wearing!**

**3 - Know where your child is at all times, whom they're with and what they're wearing!**

**4 - Make an effort to know your child's friends – know their names, addresses and numbers. Be involved in your child's life, but don't force it. Build a trusting relationship and create a home environment where they want to be and bring their friends to.**

**5 - Teach your children their own names and addresses, as well as your name and telephone number!**

**6 - Keep your children close to home and teach them the importance of the BUDDY SYSTEM: never go anywhere alone!**

**7 - Take your children to the nearest police station, hospital and clinic to show them how to find it easily: point out landmarks to prevent them from getting lost.**

**8 - Teach your children to take the same route to and from places. If your child goes missing, you can start looking on the discussed route. Teach your child to make loud noises to attract attention.**

**9 - Teach your child that they should never trust strangers: they should not accept gifts from strangers or go anywhere with them.**

**11 - Be one step ahead. If your child has Mxit or Facebook, familiarize yourself with the technology and find a way to monitor it!**

**10 - Create a family exclusive password – teach your children that when you send a person to pick them up, the person should know the password, otherwise your children should not go with the person.**



**MISSING**  
**CHILDREN**  
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