



Pointers for Parents

1. **Screen Time:** We are extremely particular about the information a child is exposed to, as it shapes their personality. Given the harmful effects of screen time, we urge you to avoid exposing your child to screens—or at the very least, ensure that the content aligns with the values of the school. Instead, engage your child in reading or hands-on activities, such as gardening and farming, as we do at school.
2. **Eating Habits:** Packaged foods have an adverse impact on your child's body, brain and mind. Instead of opting for the convenience of packaged foods, joyfully prepare meals at home and offer them to God before partaking. As cooking is integrated into the school curriculum, we encourage you to involve your child in this process.
3. **Quality Time:** No gift is more precious to your child than your quality time. Spend at least a few moments each day being fully present with them. As we do at school, encourage them to ask questions, tell them sacred stories and play Bharatiya games with them, such as chess and cards. Most importantly, involve them in your daily tasks. They will enjoy your company, learn something valuable and you will gain a helper.
4. **Positive Discipline:** Negative discipline (physical or verbal) is strictly prohibited at school. Rather than resorting to negative discipline, which breeds resentment and revenge, we urge you also to use methods of positive discipline (corrective, supportive and preventive) to manage your child. Positive discipline helps children cultivate self-discipline from within, rather than merely obeying under pressure.
5. **Ethical Values:** Today, when Western pop values are often mindlessly adopted, the school ensures that children stay rooted in ethical values by teaching Sanskrit and sanskriti—especially through visiting temples and celebrating our festivals in a traditional manner. We encourage you to do the same and pass down ethical values, such as non-violence, honesty, simplicity, cleanliness and modesty in dressing.
6. **Nature Time:** Our bodies are composed of the five elements of nature. For your child's well-being, it is crucial that they explore their natural surroundings. The school provides holistic education in the lap of nature; we encourage you also to let your child breathe fresh air, get dirty in the mud, play with pets and visit Gomata in goshalas.
7. **Joint Families:** At the school campus, children interact with and learn from people of all ages. It is important for children to stay connected with elders and extended family members at home also, as this helps them remain rooted in our family values.
8. **Physical Activities:** Sitting is now considered “the new smoking.” Yoga and physical activities are an integral part of the school day. Encourage your child to continue to practice yoga, play sports and engage in other physical activities at home as well.
9. **Sleep Quality:** Ensure that your child goes to bed no later than 9:30 pm and gets sufficient restful sleep. Creating a quiet environment at home—similar to that of the school—and encouraging the practice of yoga nidra taught at school will support restful sleep, which is essential for healing the body and calming the mind.
10. **Modern Medicines:** Rather than relying on modern medicines, which may have harmful side effects, focus on cultivating a healthy lifestyle for your child. When needed, you may also seek guidance at the Ayurvedic clinic on the school campus.

Note: For more details on each of these pointers, we encourage you to watch videos of Parenting Workshops and Parenting Seminars on the Sharada Prabha YouTube channel. You can also schedule an appointment to meet with the class teacher or the principal for personalized guidance.