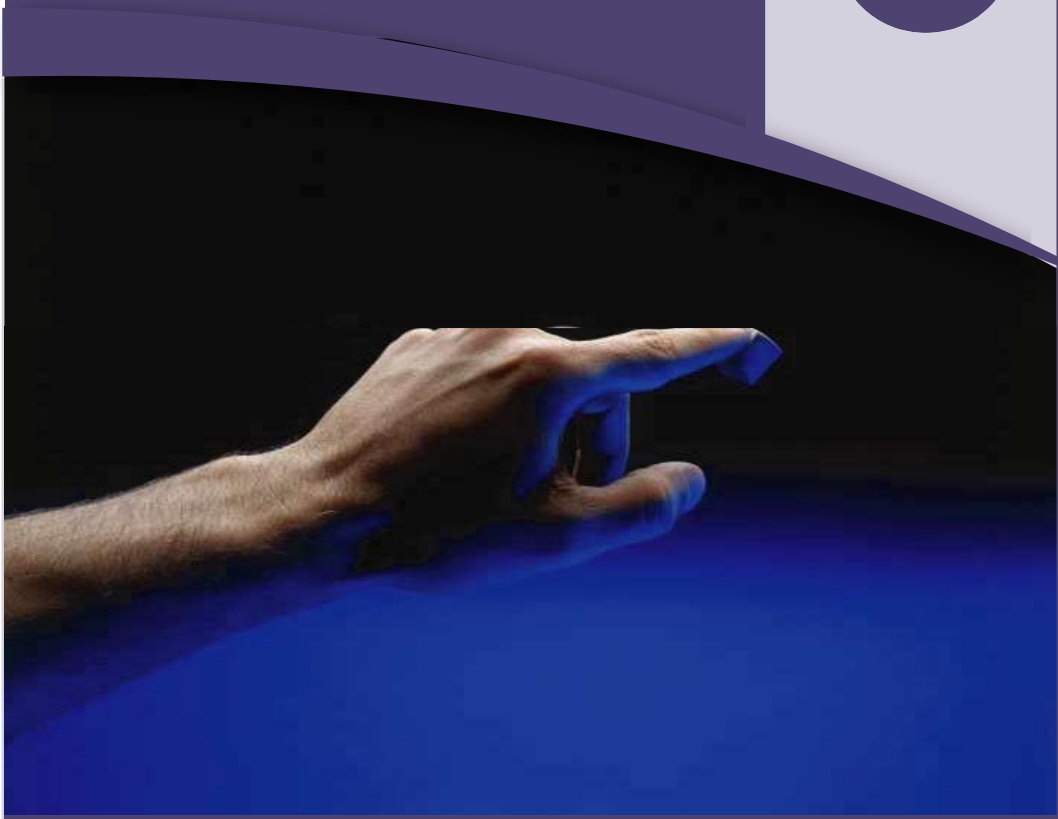


# Series of Color Your Life With Your Choices

1



**A Student Who is Preparing to  
Enter a School Competition**

**Parent's Guide**

## Be-Free Center

For Safe Childhood...

Conscious Adolescence...

Cohesive Family...

Humanistic Community...



With many thanks to  
Esterad Investment Company

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## Be a Role Model for Your Child

We instill in our children what we do as opposed to what we tell them to do as they learn by observing far more than they learn by listening. The best way to teach a child successful life skills is by carrying out before him acts that we want him to learn. Examine areas of competition that you are engaged in, and implement in them the fine principles that you want your child to learn, as this is the most efficient way to teach a child.

### How Can You Provide Assistance to Your Child?

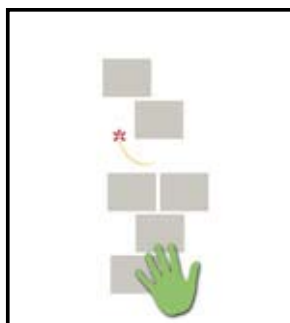
Understand the meaning and the purpose of “fair competition”, help your child understand it too, the following points will help you in this process:



🍃 The objective of any competition is to highlight capabilities and potentials of the individuals participating in it; it is not about defeating ones opponent.

🍃 The most important element of any competition is its ability to induce growth and offer a constructive experience to those who engage in it.

🍃 Success is always fused with the presence of values as there is no success without values. Any success that comes about with no values is a false success. Learn and teach your child to learn to grow to the extent of implanting values in any competitive field and not being content only with refraining from breaching ethical codes.



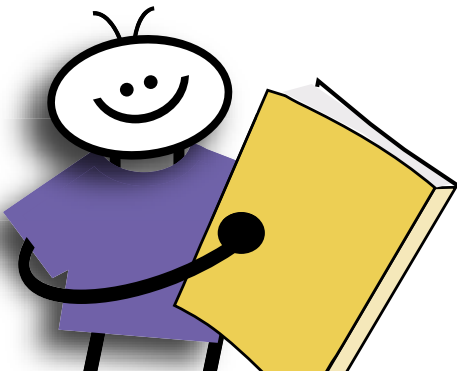
## Help him identify competition fields that suit him the most:



Remember that our role as parents is to teach our children about life and not to live it for them. School contests are a miniature example of what they will face in life as adults; help them learn to handle it in a healthy way.



Think with your child and not on his behalf. Help him identify his strengths without imposing your opinions regarding the competitive field that he should enter. To help your child realize the best competitive field for him, pose open-ended questions and allow him space to freely answer them, try to help him know himself better, understand his goals and motives. Empower your child to realize which areas suit him best.



🍃 When discussing this topic, avoid passing judgments or placing blame. Bear in mind that this is not about holding him accountable to his choices nor is it an evaluation process, rather it is about facilitating the process of obtaining answers that he needs and making him closer to you and knowing that you are “always there for him”.

🍃 If you feel the presence of tension in the air, it is best to end the conversation on a positive note and postpone it to another time.



**Do not expect him to know what he can not achieve, rather expect him to know what he can achieve with reasonable effort:**

When children choose to ignore an advice given by a parent and for any reason not succeed in their endeavor, parents are often tempted to recurrently make statements suggesting that their children failed because they did not listen to their advice. This approach is very destructive, it adversely effects the children's future involvement in contests that could take part in building their personalities, and it also causes the child to develop stiffness in accepting unsuccessful results. Keep in mind that your role as a parent is to encourage your children to realize their capabilities and potentials and prompt them to adopt self development as a way of life. The following are points that will help you achieve that:



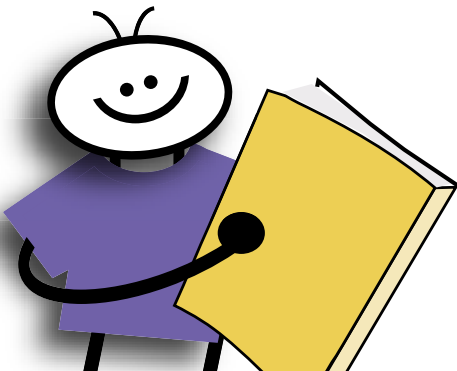




- 🍃 Focus on the strengths of your child and help him build on them.
- 🍃 If you are unsure of your child's ability to successfully complete a specific contest, help him identify different aspects that he can effectively achieve regardless of the final result. Encourage him to undertake the challenge and complete the competition vigorously if he expressed his desire to.
- 🍃 Remind your child of situations in which he turned his weak points to sources of power and strength and was able to embark on new dimensions, he did not think possible at the time, such recollections can be from his childhood or recent years. Further, remained him of times where you, him or a person he knows have entered a field of competition and as a result developed their personalities and even though they did not realize it then ,they did with time.



Measure your child against his own successes and not his failures, even if we were trying to convey a message that entering a specific contest would not be successful. For instance, a child wishes to enter a public speaking contest which he was not successful in before due to lack of practice. Rather than saying “You failed previously because of lack of practice, so do not repeat the same mistake again and fail” you can opt for the following phrasing “You have all the components of success but you are short of practice. The previous time you denied yourself the practice you needed to show your capabilities, how about, you prove to yourself that you are indeed capable of doing this” the meaning of both statements may appear to be similar, however your child will respond differently to each phrasing.



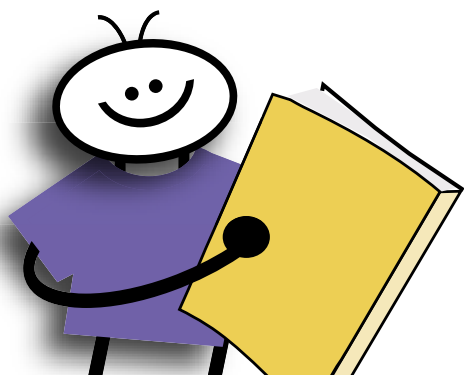
## Support him to obtain necessary skills and resources:

- Help your child in his way not your way. Allow him to tell you what you can do to help and assess whether or not it is appropriate. You can offer assistance but do not impose. Always remember that your child will be more responsible and appreciative towards help he gets if he asked for it.
- Keep the purpose of helping your child in mind; it should be to help him learn new, constructive information and skills in addition to his general development and not to showcase a “good job”.



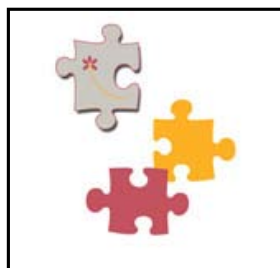
🍃 Make sure that you do not facilitate or carry on a job that your child should be doing. Such conduct might give him momentarily happiness, but it will not help him to grow.

🍃 Help your child by proposing relevant books and informed people that he could communicate with. Efforts can be done from your side too by suggesting any books, courses or people to your child that can contribute to his knowledge on the area of the competition. Make a point of not imposing; rather let your child ask for it to make sure that he will be responsible towards it, appreciative and accountable.



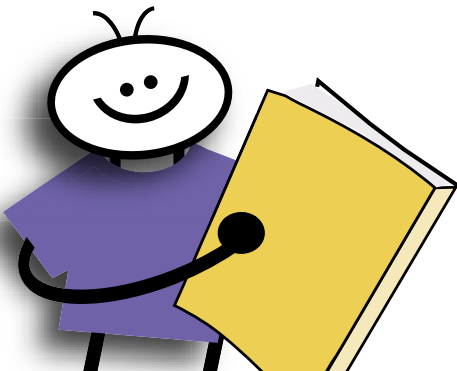
## After announcement of results

- It is of importance to let your child understand that you do not care about results but rather the personal growth and development that your child achieved through the course of the contest. Help him understand that if he is a better person because of the competition today than he was the day before, then in many aspects he is a winner.
- Do not show much satisfaction over good outcome if your child did not arrive at it through hard work, conversely, show some satisfaction over a not so good result achieved through hard work.





If your child informed you that the results obtained were not satisfactory, do not blame him or remind him where he went wrong. At such critical time, your child needs your support more than anything, as disappointing you may be far more taxing than not succeeding. Further, this is a moment of self evaluation for your child, he observes your comments and statements, thus calm and balanced reactions are advised. Balanced reactions are crucial to preserve your relationship with your child and keep the roads to dialogue open between you. Adversely, emotional and explosive reactions can be very devastating, a word or a gesture can discourage your child from entering contests in the future, and he might develop a habit of finding excuses not to engage in contests or blame others for not succeeding.





Choose a time when both you and your child are calm, discuss with him “How can I arrive at better results the next time” rather than “What did I do wrong this time”.

## Publications of Be-Free Center

“Naser Bravery” A story for children

“Because You Are God’s Gift” A book for Parents

“I am a Smart, Strong, and Safe Child” Essential Protection Skills for Children

Trainer’s Guide on the Protection over the Internet

Trainer’s Guide on Teaching Children Child Rights

A series of training guides for trainers working with children with disabilities:

-Training Guide on the Essential Protection Skills for Children with Mild Mental Disability

-Training Guide on the Essential Protection Skills for Children with Visual Impairment

-Training Guide on the Essential Protection Skills for Children with Motor Disability

-Training Guide on the Essential Protection Skills for Children with Speech Impairment

“I’m Smart Strong, and Child” In Brail

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