

FINAL THOUGHTS

WHO WE ARE AND WHAT WE DO as parents, grandparents, teachers and mentors, people will be reflected the most in the adult life of our children, of the future generation. What impact do we have on others? What valuable and authentic legacy do we leave behind for children? It depends on what we choose to be and to do when we are seen, but also not seen by those surrounding us. Choose to be a parent, a grandparent, a teacher and a mentor, an authentic person for the children in your life, for yourself, but also for God. Be an involved parent or a grandparent and make a difference in the life of your children and grandchildren! Do not try to be perfect because this is not possible, but try to be good, involved, faithful and authentic; this will make the difference both in your life, as well as in the life of the younger generation because of your influence.

We are strongly influenced by our families and by those who chose to invest in us and guide us. The impact is profound and authentic.

Joseph Chilton Pearce said that: *“What we are teaches the child far more than what we say, so we must be what we want our children to become.”*

Authenticity shapes who we are and afterwards what we do, shapes the children and what they will do.

Authenticity is first of all about “to be” and afterwards about “to do”.

You are a model for your child. Whether you want this or not! But the question that needs to be asked is: *What kind of a model will you choose to be in order to help your child live his life fully and in an authentic way?*

Put your child’s interests and needs before your priorities and wishes! Make your child a priority for as long as you are an active parent and he is still living in your house. Be a good and authentic model for your child or nephew, this is how you will be able to influence him in a positive manner and you will help him live life to the fullest and in an authentic way.

Your child already represents a value, there is no need for someone to demonstrate this value! Believe in your child, throughout all the moments of his life, regardless of the circumstances!

Treat your child with dignity, respect, and love without comparing him to others. He is unique and valuable because that is how God created him in order to bring an added value into this world and to fulfill his calling here. Do not crush your child's personality with burdening and humiliating comparisons. Help him develop his personality, his character and to differentiate from others. Help your child to be himself or herself, in all the splendor of the creation's uniqueness. God's creation is always one of a kind and He is never wrong! Do not minimize your child to become an ordinary *copy*.

Help your child develop and reach his potential in order to live life to the fullest, with purpose and meaning!

Remember that the only authentic competition that allows us to discover ourselves, to grow and to reach our potential is with ourselves, not with others! So, teach your child that he has his own *path* and that it is not necessary to wander on other *paths*. This will help him to gain trust, to be relaxed in the relationships with other people, and at the same time, to become a good and reliable friend, developing correct and healthy relationships. Potential is a wonderful gift that God gave to your child. Help your child discover his potential and make the most of it with trust. Do not miss or bury his potential, even though in the beginning it can be latent.

Encourage your child to be authentic! To be real, original, true, and honest!

He must not become your *copy*, as a parent, no matter how valuable you are, or you consider yourself to be as a parent. Remember that he is one of a kind, even though he inherited many things from you. It is necessary to encourage him to be himself, to discover and get to know himself, to become the best version of himself, just like God designed him from the very beginning. This work implies construction, vision, and faith!

Encourage your child to dream *big*!

Do not limit his dreams, encourage him to believe in himself, in God, and then help him take specific steps, through work, action and perseverance in order to make their dreams come true. Hope is necessary and extremely valuable, but it is not a strategy, therefore you must teach your child how to act in order to build a strategy. At the same time do not burden your child with the dreams you have for him, instead let him discover and live his own.

Raise your child with serenity, joy of life, hope and not with discontentment, being *upset* with life all the time!

Children need smiles and bright eyes, joy and hope, not grumpy faces, forever upset and discontent. Your child will have a richer soul if you choose to smile. He really needs to see in your eyes that special light, that glimpse of hope and glow, that few people still possess. All these will be reflected inside him and in the quality of his adult life of tomorrow.

Your eyes, your face must reflect what is in your heart. But for this to happen, you must take care of your heart, to keep it good and full of *freshwater springs*. I really love this verse from the Bible that says the following: “*Above all else, guard your heart, for it is the wellspring of life.*” (Proverbs 4:23). What do your eyes, your heart transmit to your children?! Take care of your eyes and heart.

Raising and educating a child involves discipline! If you care about your child and you love him, it will be necessary to discipline him with love and firmness! This formula leads to balance.

We all need order in life to avoid chaos. It is necessary to have clear and adequate rules and limits for the child, that will help and protect him during all the growth stages, from his birth until late adolescence. Limits and rules provide safety, protection and guidance for the child and teenager.

Discipline your child according to his age, with firmness and tenderness at the same time! These two elements will ensure the necessary balance in his education, helping the child understand the importance and the purpose of disciplining, and at the same time he will develop a self-discipline in his adult life. Self-discipline is difficult but extremely precious because it will help him very much to preform and work in a sustained and constant manner in order to make his dreams come true.

Do not exaggerate with the discipline and do not humiliate your child! Give him one punishment for a mistake, not more. The punishment must be proportioned with the mistake, otherwise the child will no longer feel safe with you as a parent. Do not discipline him when you are angry! Discipline him whenever this is needed, but with calm, firmness, and love.

Aim to raise brave children, not perfect ones!

Encourage your child to have opinions, to express them openly, in a well-mannered and respectful way; encourage him not to hide his thoughts, beliefs and values. Encourage your child to dare and risk in life and at the same time teach him not to be afraid of failure. Help him understand that failure is common and temporary. Failure is not permanent, and neither is success. Teach him how to deal with failure, not just with success. Prepare your child both for failure, as well as for success. It is important for him not to be overwhelmed by them and to know how to deal with them, without being afraid of managing a failure or a success.

Help him, through your way of being, to be brave and do not ask him to be perfect! This attitude will give him wings and will help him experiment more situations because he will not be afraid of failing or that he will not be perfect. Educate your child with a lot of courage and hope. To be authentic does not mean to be perfect!

Make your child aware of the fact that he is loved, both through words, but also through deeds!

Your child needs throughout all his growth and development periods to know that he is loved by you as a parent or grandparent and that he is also loved by God.

We need to know that we are truly and authentically loved by someone to function at our highest level. Remember that love will balance your child, it will make him flourish, and at the same time it will teach him how to become a better person, who will also love others. Do not conditionate the love for your child! Heart and love cannot be conditioned!

The most important and valuable legacy that you can leave for your child or nephew is the faith in God! You must pass on authentic values, that will resist throughout time.

Help your child discover and know God in a personal, profound, and authentic way for him to have a significant relationship with Him and live an authentic Christian life.

This is the most important legacy that you can leave for your child, that will accompany him throughout his *life's journey* on this earth, but also in eternity.

Pass on authentic values to your child that will help him live his life beautifully and will also help him interact with his peers, to have correct, healthy, but also significant relationships with a few special people.

Values such as love, faith, hope, simplicity, honesty, forgiveness, warmth, balance, care, respect, dignity, and excellency are a precious legacy. Make sure that faith stands at the base of your child's values. This way, the foundation of his life will be intact and solid.

This system of values will form your child's structure, which will represent the *backbone* of the future adult. How straight or curved will your child's *backbone* be? It represents the base, the content, and the meaning for the entire *journey of life*.

If you did not receive a healthy and valuable legacy from your parents, then choose to be *the golden link* between the generations: break the *curse* and bring the *blessing*! Choose to be and

to leave behind a healthy and authentic legacy for your children and for the future generations. Be the golden link! It is possible!

Love and follow your intuition as a parent!

Your soul is and will be a good detector that will properly guide you in the relationship with your child. Listen to your soul! And in order to understand, it is necessary for your soul to stay close to your child's soul regardless of the times and circumstances. Stay close to his soul!

Live your authenticity in simplicity or richness, in the important and complex details and aspects of *life's journey* with trust, heart, serenity, joy, and hope.

In our everyday reality there is a constant struggle to be authentic and upstanding people, for us and for the younger generation. This is truly possible only with God next to us! And the reward is huge; it remains in the soul and it is transmitted, naturally and authentically, to another soul, from one generation to another.

Martin Buber wrote: "*When two people relate to each other authentically and humanly, God is the electricity that surges between them.*"

Timișoara, December 21st, 2020

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