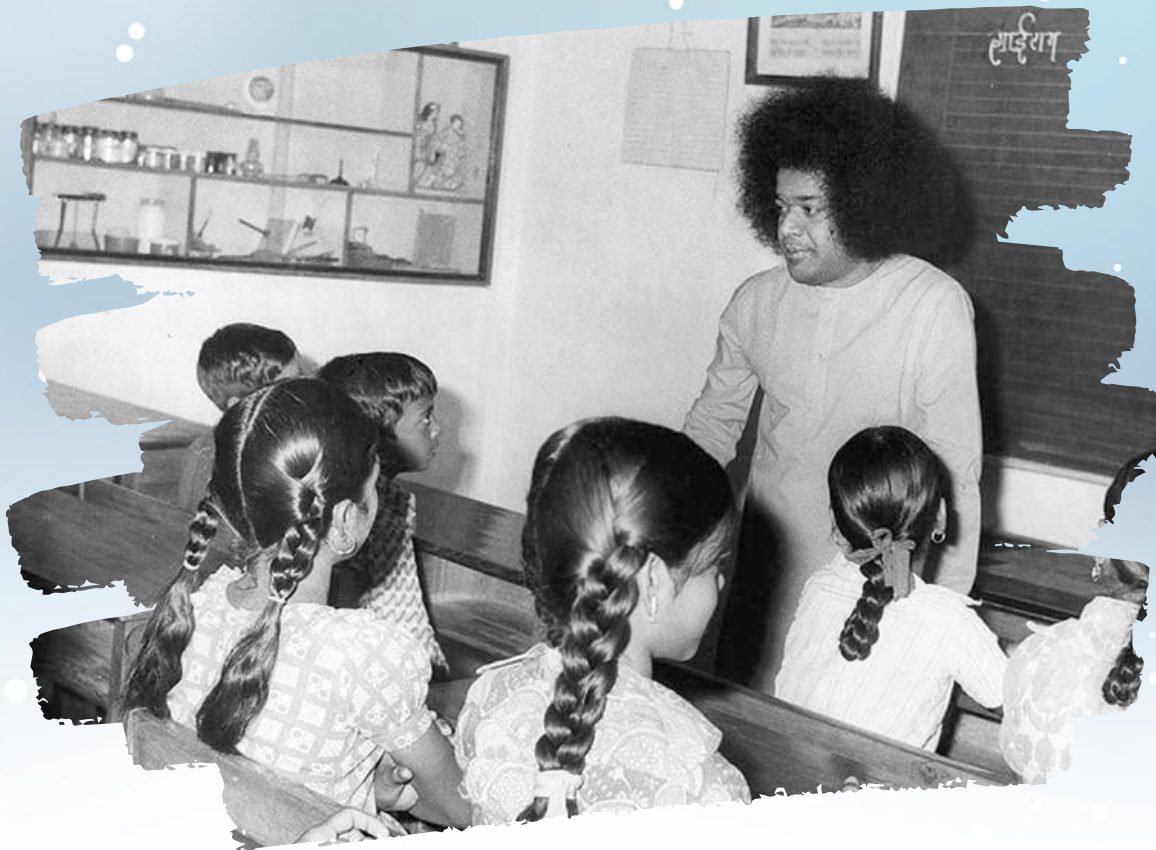




# Harmonious Homes

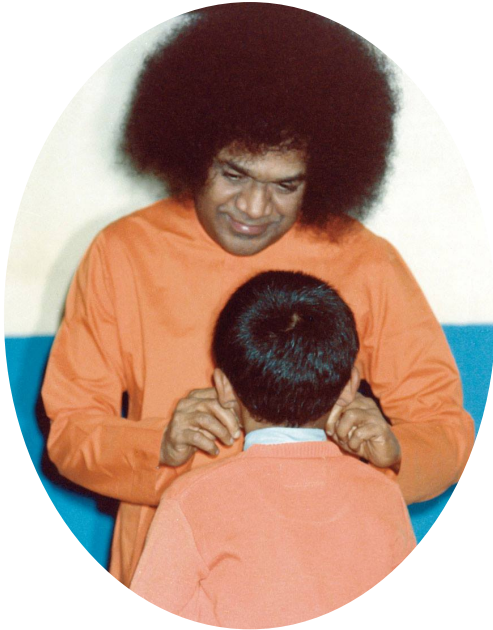
Human Values Parenting

## Overall Guide to Human Values Parenting



***Sri Sathya Sai Educare, SSSGC-USA***

## Need for This Initiative:



*"The home too must feel the change in the child's behavior. It may be advisable to gather the mothers of the children once a month, or even more frequently, and give them guidelines on child care and on the higher ideals of family and social life. You can suggest to them ways and means of following up the work of the Bal Vikas in proper upbringing of children, while allowing freedom to these children at home.*

*While allowing them due freedom, they should nevertheless hold harmful tendencies in check. They should promote respectful behavior to elders in the family. They should be careful how they themselves behave in the presence of children, for youngsters learn a lot by emulation. A spirit of understanding and sympathy has to pervade the home. This can be emphasized with the mothers at these gatherings. This would be a necessary supplement to the Baala Vikas."*

*- Sri Sathya Sai Baba,  
Bal Vikas Gurus Training Camp, 6-6-1978*

## **Vision:**

*When there is righteousness in the heart, there will be beauty in character*

*When there is beauty in character, there will be harmony in the home*

*When there is harmony in the home, there will be order in the nation*

*When there is order in the nation, there will be peace in the world.*

*- Divine Discourse, October 28th, 1969*

The Sri Sathya Sai Educare program is built on the two foundational pillars laid down by Sri Sathya Sai Himself- Man is Divine and God Exists. He says the true purpose of education is not to be confined to schools and colleges but is to make students into ideal human beings in their homes and in the country they live in. To this end, the program is offered every week to all enrolled children in Sri Sathya Sai Centers. However, just like two wheels are essential on a bicycle for the smooth ride and safety of the child, both the home and the teachers (school, SSSE, and in society) are essential for the growth and nourishment of a child. Swami says the parents are one wheel and the SSSE gurus are the other wheel. These Harmonious Homes sessions aim to empower parents and incorporate mindful parenting at home.

## **Objective of the Sessions:**

### **Ideal Model:**

- Center education coordinator picks a parent or two to run these sessions and explain to them: Every session is based on Swami's words/expectations with discussion questions rooted in practical application.

### **Who:**

- These sessions are designed for parents of children who attend the Sri Sathya Sai Educare program in the Centers.

### **Frequency:**

- Once a month is ideal if it works within center meeting times. Successful models have always met outside of center time. It can be done virtually.

### **Time:**

- 1 hour to 1.15 hours is ideal.

## Objective of the Sessions:

### Moderators:

- The moderators of these sessions have faith in the teachings of Sri Sathya Sai Baba, are regular members of the Center, and are open-minded.



### General Guidelines:

1. Acknowledge every family is unique with its own needs. Cultures and beliefs may vary. However, our common meeting point is human values.
2. In your sessions, reassure parents that this is a safe environment. Promote acceptance and avoid judgements.
3. Promote a spirit of mutual respect and responsibility.

# Objective of the Sessions:

## General Guidelines:

Continued...

4. Every session will have an objective with notes for the facilitator. Encourage discussions and cater the session to the group's needs while always remembering the objective.
5. Elicit ideas for life applications. No discussion is good enough if it does not see Swami's words in practice. There will be suggested life applications in every session. If there is one that you came up with which is more suitable, go for it. Encourage individual applications as well as reminding them that no two families are the same.
6. Enjoy these sessions and always remind parents that raising good children is the best way to serve God.