



P.O. Box 22910  
Gayridge  
Margate 4275  
KwaZulu-Natal  
Tel: + 27 39 317 2761  
Fax: + 27 39 317 2945  
E-mail: [admin@gcf.org.za](mailto:admin@gcf.org.za)  
Website: [www.gcf.org.za](http://www.gcf.org.za)  
REG NO: IT 5570/1992/PMB  
NPO NO:004-524

**12 March 2015**

### **From the mouths of Babes**

No one said being a parent was going to be easy as you raise your children from babies and toddlers to school going age and teenagers. And at each stage your children will communicate differently with you. A baby will cry when they need something and smile in response to kindness. You will live through the two year stage as your toddler will get frustrated and possibly throw tantrums, as they figure how to speak, and when they do, you will be bombarded with a flood of why? What? When? Where? As they grow and start school their arsenal of communication tool increases dramatically as they talk to you, show you drawings they have made and are able to express their feelings more cohesively. They will start asking you all sorts of questions, and the key is to be as honest as possible, but keep it simple and age

appropriate, so they understand and process the answer to their satisfaction.

Children also learn about the world around them, through five types of play-learning: Physical – jumping, running, kicking or throwing a ball, skipping. Intellectual- puzzles, shapes, books, music. Social Adaptability- team games, dancing, greeting people, ball games. Emotional Life-playing and spending time with your child doing something they enjoy, and lastly Spiritual- praying, reading the bible, attending church activities, youth groups and gospel songs. All of these things will reveal a child's inner feelings, will help them think to solve problems on their own and satisfy their need to learn and know the world around them

Finally you will reach the teenage years with them, and here you could find yourself in a bit of a hormonal mine-field. Teenagers can withdraw

and are prone to mood swings. They will express themselves through body language, loud music, their dress and personal style, plus they also seem to grow a new appendage in the form of a cell-phone/tablet. They will challenge you and your best line of communication is to be there for them, remain encouraging but ensure they understand and adhere to the rules and boundaries you have set for them. All children and teenagers need lots of love and firm discipline and reasonable boundaries. It is important to have a good relationship with our children so that we positively influence their development and behaviour. These are the key ingredients to having a happy home.

In our next column we will discuss how to build a healthy relationship with your children.

And in case you miss out, you can always read more at [www.gcf.org.za](http://www.gcf.org.za) or [www.southcoastfever.co.za](http://www.southcoastfever.co.za)