



## A Warm Hello from One Parent to Another: Embracing Positive Parenting in Our Shared Culture

As a mum to my lively 4.5 year-old girl, who's just starting to shine at our kindergarten, I often feel that mix of joy and exhaustion that comes with these early years. Raising her within our rich cultural tapestry—full of family stories, festivals, and simple traditions—has taught me so much about positive parenting. It's not about being perfect; it's about guiding with love, patience

and a touch of our cultural warmth. I wrote this to share what works for us hoping it sparks conversations among us parents. Let's swap stories over coffee or in our group chat—what's one win you've had lately?

### Weaving Our Cultural Roots into Everyday Joy: Starting Small at Home

Our culture is like a cosy blanket, full of lessons from grandparents' tales and holiday rituals that make parenting feel connected. For me, it began when I noticed my daughter mimicking the



kindness she saw during Diwali preparations—sharing sweets with neighbours without being asked. It's those little moments that build a sense of belonging.

Try this: Turn bedtime into a "story circle" with folktales from our heritage, such as the clever fox who learns honesty.

It calms her down and plants seeds of good values without lectures—we both giggle over the twists!

My tip: If tantrums hit (and oh, they do), pause and breathe like in our yoga roots. Say, 'Let's hug it out like family

does,' turning frustration into a teachable, loving reset. What's your go-to calm-down trick?

Nurturing Kind Hearts:  
Teaching Moral Values  
Through Play and Example

We all want our children to grow with strong morals, right? In our culture, respect and sharing aren't just rules—they're rhythms of life, from temple visits to family meals. Watching my girl share her toys after I modeled it during a playdate reminded me: kids learn by seeing.



A simple win: Use puppet shows with cultural heroes (think brave queens from our epics) to chat about fairness. She loves acting it out, and it sticks better than words alone.

Personal nudge: When she fibs about a mess, I share a gentle story from my childhood mishaps. It shows we're human too, encouraging honesty without shame. Parents, how do you handle those "oops" moments? Let's learn from each other.

Building Little Helpers: Fun Ways to Boost Self-Care Skills  
Self-care can feel big for tiny hands, but in our culture, it's woven into chores such as helping set the table for poojas—making children feel capable and proud. My daughter now brushes her teeth with a song we made up, turning it into a game that fits our busy days.

Easy start: Create a "morning magic chart" with stickers for tasks like dressing or tidying toys, inspired by our colourful rangoli patterns. It motivates without pressure.



From my heart: Praise the effort, not just the win— 'You tried so hard, just like a little warrior!' It builds confidence and cuts down on battles. If mornings are chaotic for you too, what's one self-care habit you're trying?

Deepening Our Bond:  
Cherishing Parent-Child Moments Amid the Hustle  
In the whirlwind of work and kindergarten runs, nurturing that heart-to-heart connection keeps us grounded. Our culture celebrates it through songs

and dances passed down generations—my girl and I sway to lullabies that make her feel safe and seen.

Heartfelt idea: Dedicate "no-phone evenings" to a cultural craft, like making paper lanterns, where we talk about our day. It's messy, but those laughs? Pure gold.

My gentle suggestion: When tiredness creeps in (we've all been there), whisper affirmations from our proverbs, such as "You're my shining star." It mends the day and strengthens our



tie. Share your favorite bonding ritual—I'm all ears!

Together We're Stronger:  
Let's Keep the Conversation  
Going

Positive parenting in our culture isn't a solo journey; it's a village effort, just like our festivals where everyone pitches in. Sharing these bits from my world has lightened my load—imagine what our collective wisdom could do for our children's bright futures.

Let's connect: Reply in the group with your thoughts, or

suggest a park meetup to swap tips on moral stories or self-care hacks. Your experiences could be the spark another parent needs. Final whisper: You're doing an amazing job, even on tough days. Here's to raising kind and capable kids wrapped in our beautiful traditions—cheers to us!

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Au Cheuk Ning Artemis (Lower B) (2025-2026)