

# Hygienic Healing Secrets:

*From Confusion to Confidence*



Today's Children. .

OUR HURTING HERITAGE

Chapter 15

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*From Confusion to Confidence*

## Today's Children:

*Our Hurting Heritage*

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“While the children should be taught to control the appetite and to eat with reference to health; let it be made plain that they are denying themselves only that which would do them harm. They give up hurtful things for something better. Let the table be made inviting and attractive, as it is supplied with the good things which God has so bountifully bestowed. Let mealtime be a cheerful, happy time. As we enjoy the gifts of God, let us respond by grateful praise to the Giver.” Ministry of Healing 385.

My heart really goes out to children in this day and age. Each generation comes into the world with less of a chance to have a healthy, happy life than the one before. They are corrupted and damaged by parents, who were corrupted and damaged by their parents, who were corrupted and damaged by their parents ‘unto the third and fourth generation’ and beyond; and the amount of woe and misery in this world is becoming monumental. The educational, medical and even the ecclesiastical authorities, all provoke this even further, with their erroneous theories, and by using unrighteous laws to try to force them on a brainwashed and unsuspecting public.

Starting actually before birth, the helpless new human is assaulted by chemicals and the harmful habits of its parents and now seldom escapes being bombarded by ultrasound waves at least once in its delicate stages of gestation. Millions of tiny humans are killed by the selfishness of parents because they were conceived at an inconvenient moment and just do not fit into their plans. More human life has been taken by abortion in the 20<sup>th</sup> century than all the bloody wars of that same era; and so the very fact that you are alive and reading this should call forth some kind of gratitude, for sure.



In this lesson I can only touch the surface of various subjects as each one could take a chapter, nay, even a book; so I decided at the end of this chapter, to give you some lists of tips that you can research more deeply yourself; first a few thoughts and guidelines from our Heavenly Gift, the Spirit of Prophecy.

### **The Infant**

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“The best food for the infant is the food that nature provides. Of this it should not be needlessly deprived. It is a heartless thing for a mother, for the sake of convenience or social enjoyment, to seek to free herself from the tender office of nursing her little one.” CD 226.

“It ever has appeared to me to be cold, heartless business for mothers who can nurse their children to turn them from the maternal breast to the bottle.” TSDF 52

What a dark day it was when it was first decided that we could do better with the secretions of the udders of cows to feed our babies, rather than mothers to have to take all the time and bother of feeding the little one on the breast in the way God intended them to be fed. The invention of evaporated milk in tins really brought this into popularity, and advertisements showing babies just pudgy with fat, were thought as desirable. People were persuaded that surely canned cow’s milk was far superior to live mother’s milk. All too many selfish mothers, sad to tell it, were only too glad to have an excuse to avoid the precious maternal privilege she should have prized above all others.

You may protest at my statements that selfish desire for freedom and pleasure seeking were root causes of the swing over to other options than natural breastfeeding of infants, but we need to face it—selfishness is the foundation of all our characters except those transformed by the grace of Jesus Christ—that is the fact! As women’s rights movements and so on became rampant in the late 19<sup>th</sup> and early 20<sup>th</sup> century, women became more socially active; they left the queenly duties of motherhood more and more to hirelings, and in some cultures, such as higher class British, children did not see their parents except by appointment. They were raised by hired nurses and nannies, and once into childhood, grew up in boarding schools.

Remember, before you stick a baby on a bottle and shove it into a Day-Care center so you can pursue your career; that Jesus said; “The hireling fleeth, because he is an hireling, and careth not for the sheep.” John 10:13. No hireling could be expected to love your child as a mother can and should.

Cow’s milk was never designed for anything but a baby cow. It is designed to grow a fifty or sixty pound calf into a great brute of a beast in only a few months. Human babies mature ever so much more slowly, and have a brain and nervous system to develop that is as far above that

of a cow as the heavens are above the earth. Every system of a child's body is damaged and compromised by the introduction of the milk of another species into his body at such a tender age. The immune system often goes berserk, the digestive system riots and disease and misery abound.

It became part of society, and is very much the thinking of people today that 'babies have to cry a lot' and the fussing, spitting up and other miseries are thought normal. They are not at all normal, and when fed in a natural way by a gentle, patient, and healthy mother, these problems are rarely seen. While any breastfeeding at all is better than none, sadly most moms quit after a few weeks, while it is best if continued up to the second year. Studies have shown that breast-fed infants and children are not only more healthy, but actually more mentally active and intelligent than their bottle-fed counterparts.

Breast milk is the natural food for infants until 2 years of age, and should be the only food for the first several months, to avoid food allergies and disorders triggered by the introduction of other foods too quickly to the infant's immature digestion. The first foods introduced should be mashed soft fruits—no grains until much later. Prepared baby-foods are a rip off, and the best of them a poor substitute for fresh food. Babies from 1-2 can be given carefully mashed foods as would be served on a healthy table to the rest of the family.

Later in the Twentieth Century, the industries came along with the idea of 'formulas'. Really, I do believe that the Dionne Quintuplets had a lot of influence in these developments because at that time, the media promoted the story before the world and lo and behold, a doctor became the authority on infant care, instead of a mother—and a male doctor at that—one who actually had no training whatever to qualify him for the position he had usurped.

### ***A New Industry***

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"Large quantities of milk and sugar eaten together are injurious. They impart impurities to the system. . . . Sugar clogs the system. It hinders the working of the living machine."  
Counsels on Health 149.

Formulas; the very word conveys the superiority of science; surely formulas had to be ever so much better than just sticking the baby onto the breast? After all, these wonderful doctors and all this research and so on, why that had to be the finest way to raise a baby! When all that **actually** was happening was that the industries were trying to invent some sort of solution of cow's milk that would properly nourish and agree with a human infant and that is impossible! Their aim was to make a big profit on something God had supplied free to new moms. They succeeded at the money grabbing part, but not in making anything that could approximate mother's milk in value to the infant; his own mother's milk is best for an infant. The only reason

this industry came about was to try and make the impossible, possible and it never has succeeded. The highest science man can come up with, cannot even now, fathom all the wonders of a mother's breast and human breast milk.

But hype and advertising can do a lot; after all, had not woman finally gained enough freedom and status that they could now SMOKE in public? What a triumph for the spin-doctors!

This soon came to be the social norm, and as the industry profited, the infants suffered and remaining breastfeeding moms began to feel they were some kind of perverts. The overly fat cows' milk babies became the norm and doctors would tell breastfeeding moms that their babies were underweight; but are we raising humans or beef cattle? Also, formulas are laced with sugar, so that children are sugar-addicted even in infancy and once on high intake of refined sugar, one's brain will never be as good as what it could have been. All dairy based formulas contain the deadly milk-sugar combination the Lord sought to warn us about!

### ***Sugar***

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Another nemesis of healthy childhood is sugar in its many forms. Somewhere after the invention of this most addictive of refined substances, people got the idea that sugar and candy eating was normal for children and being given all these sweets was desirable and healthy for them because of the high energy levels of children. Certainly children need energy, but they need the nutrition that nature packaged with it, nobody needs empty calories that actually pirate the nutrients from the body instead of adding them. Fresh fruit is a great blessing to little ones; not sugar with its immune system and brain clogging propensities.

It is interesting that if you go back in history to the time when refined sugar was unknown except as a rare substance at times used as a drug, you find a much lower incidence of insanity; it was almost unheard of. Honey was available, but has always been in limited supply due to the effort of producing it being dependent on the bees. I recommend the book "Sugar Blues" by Mr. Dufty for a real eye opener on the history of refined sugar; also a look at the documentary, "Big Sugar: Sweet, White and Deadly".

It is documented history in that book that as each nation or area began to be users of refined sugar in any amount, mental problems increased dramatically and insanity became rampant where it was almost unknown prior to the coming of the sweet addiction.

### ***Running the Gauntlet***

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Now to return to our hapless child who has managed to come into this world alive and is now stuck on a bottle of secretions from a bovine laced with sugar, now he has to get through what has become an absolute barrage of vaccinations containing filthy germs mixed with deadly

neurotoxins such as mercury and aluminum which no one in their right mind, who did not stand to make a profit from it, would inject into the bloodstream of anyone, let alone a tiny baby with its immature immune system.

This brain-burp of Pasteur and Jenner, which in spite of what you are commonly taught, has never actually been demonstrated to improve the immune system but rather the opposite. However it has resulted in a multi-billion dollar industry, making piles of profit for the chemical barons, as well as the sprawling medical industry, it has so much purchase power behind it that it has become a menace to anyone trying to maintain a pure bloodstream in themselves or their offspring. The authorities, acting on the best interest of the pharmaceutical industries, actually are trying perennially to pass legislation to force all to be contaminated with these substances before they are granted the basic rights of our culture's social system. It is the biggest money-making racket ever invented, and sadly one of the cruelest and destructive as well.

Parents; become knowledgeable and keep your children from vaccines, even if you have to move and home-school to do so. God only knows the misery, suffering and death that, if truth could be known and told, have resulted from these practices.

### ***Coming up Instead of Training up***

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“There is a work for women that is even more important and elevating than the duties of the king upon his throne. They may mold the minds of their children and shape their characters so that they may be useful in this world and that they may become sons and daughters of God. Their time should be considered too valuable to be passed in the ballroom or in needless labor. There is enough necessary and important labor in this world of need and suffering without wasting precious moments for ornamentation or display.” 3 Testimonies 483

There have been a lot of changes brought into to the raising of children in so-called civilized nations, coming largely from feminism's influence, bringing about the cultural change of focus, which tends to highlight the self-seeking values of parents, especially mothers. Fathers are culpable also, but it was to women that God primarily gave the privilege of nourishing and raising the small children; men are not as well equipped for the job, and although a father's care is invaluable indeed, nothing really fills the place of a tender, loving mother to a wee child. Indeed the psychological benefits that come to a child nursed at the breast and tenderly raised are enormous.

It is interesting that in cultures that we westerners seem to feel are less highly developed; we often see an interest and care for the children far surpassing that found in first world and western countries. Some of the most ancient and successful cultures put great emphasis on

respect for parents; while the parents put great stress on raising, educating and equipping the children for success in life. See this site: <http://www.africanbabiesdontcry.com/>  
<http://theeruditemom.com/>

### ***The Main Educator***

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“Better sacrifice any and every worldly consideration than to imperil the precious souls committed to your care. They will be assailed by temptations and should be taught to meet them; but it is your duty to cut off every influence, to break up every habit, to sunder every tie, that keeps you from the most free, open, and hearty committal of yourselves and your family to God.” Adventist Home 138

There is a little box with a bright-shiny eye that all too often is the main educator of our children, both at home and in the Day-Care centers where too often we shove them. Although this reference was given regarding the dangers of raising our children in the cities; it also would certainly refer to bringing the evils and distractions of the wicked world right into our living rooms! The average child has more one-to-one involvement with the television set than he has with his parents, teachers, or anyone else!

The average preschooler in America watches 27 hours of television a week. What do you think they are viewing? Most of it is not educational films about animals and birds. Whether in cartoons or motion pictures, they frequently see violence more often than anything else. According to educational research, that is what they have been trained to prefer. What else is as emotionally stimulating? They get more of a kick out of it than anything else. For the conditioned child, it is more fun. Their very ideas of what is right and proper in moral values are laid down more by this source than any other.

The Journal of the American Medical Association concluded its report on the baleful influence of TV on violence, with this comment:

“The introduction of television in the 1950s caused a subsequent doubling of the homicide rate, i.e., long-term childhood exposure to television is a causal factor behind approximately one half of the homicides committed in the United States, or approximately 10,000 homicides annually. If, hypothetically, television technology had never been developed, there would today be 10,000 fewer homicides each year in the United States, 70,000 fewer rapes, and 700,000 fewer injurious assaults.”—JAMA, June 10, 1992.

Salvage your mind as well as your children’s mind; act quickly, throw the garbage box out of the house! Cart it off to the dump. Unplugging the television and junking it will make yours a far

better home. Unfortunately, there will still be someone down the street who did not turn off theirs, so their child will soon be out looking for someone to shoot at. This is one of many reasons why it is a blessing to situate the home in the country or a remote area.

### ***Inspired Child Guidance***

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We cannot recommend too highly the various counsels on infant and child care that are a vital part of the writings of Ellen White. Here are a few jewels from the mine of truth:

### ***Beautiful Houses or Beautiful Characters***

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“I have seen a mother whose critical eye could discern anything imperfect in the matching of the woodwork of her house, and who was very particular to have her house cleaning thoroughly done at the precise time she had set, and would carry it through frequently at the expense of physical and spiritual health, while her children were left to run in the street and obtain a street education. These children were growing up coarse, selfish, rude, and disobedient. The mother, although she had hired help, was so much engaged in household cares that she could not afford time to properly train her children. She let them come up with deformity of character, undisciplined, and untrained. We could but feel that the fine taste of the mother was not exercised in the right direction, or she would have seen the necessity of molding the minds and manners of her children and educating them to have symmetrical characters and lovely tempers. “If the mother had let these things which she had allowed to claim her first attention come in secondarily, she would have regarded the physical, mental, and moral training of her children of almost infinite importance. Those who take upon themselves the responsibility of mothers should feel under the most solemn obligation to God and to their children to so educate them that they will have amiable and affectionate dispositions, and that they will be pure in morals, refined in taste, and lovely in character.” Child Guidance 171.

### ***Teach them to Work***

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“Those who are not compelled to labor, frequently do not have sufficient active exercise for physical health. Young men, for want of having their minds and hands employed in active labor, acquire habits of indolence and frequently obtain what is most to be dreaded, a street education, lounging about stores, smoking, drinking, and playing cards.... Counsels on Health 186.

“Poverty, in many cases, is a blessing; for it prevents youth and children from being ruined by inaction. The physical as well as the mental powers should be cultivated and properly developed. The first and constant care of parents should be to see that their children have firm constitutions, that they may be sound men and women. It is



impossible to attain this object without physical exercise. For their own physical health and moral good, children should be taught to work, even if there is no necessity so far as want is concerned. If they would have pure and virtuous characters, they must have the discipline of well-regulated labor, which will bring into exercise all the muscles. The satisfaction that children will have in being useful, and in denying themselves to help others, will be the most healthful pleasure they ever enjoyed. Why should the wealthy rob themselves and their dear children of this great blessing?" Counsels on Health 187.

### ***Learn to be Useful and Avoid Novel Reading***

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"Parents, inaction is the greatest curse that ever came upon youth. Your daughters should not be allowed to lie in bed late in the morning, sleeping away the precious hours lent them of God to be used for the best purpose, and for which they will have to give an account to Him. The mother does her daughters great injury by bearing the burdens that they should share with her for their own present and future good. The course that many parents pursue in allowing their children to be indolent and to gratify their desire for reading romance, is unfitting them for real life. Novel and storybook reading are the greatest evils in which youth can indulge. Novel and love-story readers always fail to make good, practical mothers. They are air-castle builders, living in an unreal, an imaginary world. They become sentimental and have sick fancies. Their artificial life spoils them for anything useful. They are dwarfed in intellect, although they may flatter themselves that they are superior in mind and manners. Exercise in household labor is of the greatest advantage to young girls." Counsels on Health 187.

### ***Outdoor Life***

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"True, you would not be entirely free from annoyances and perplexing cares in the country; but you would there avoid many evils and close the door against a flood of temptations which threaten to overpower the minds of your children. They need employment and variety. The sameness of their home makes them uneasy and restless, and they have fallen into the habit of mingling with the vicious lads of the town, thus obtaining a street education.

"To live in the country would be very beneficial to them; an active, out-of-door life would develop health of both mind and body. They should have a garden to cultivate, where they might find both amusement and useful employment. The training of plants and flowers tends to the improvement of taste and judgment, while an acquaintance with God's useful and beautiful creations has a refining and ennobling influence upon the mind, referring it to the Maker and Master of all." Testimonies, vol. 4, p. 136. (1876)

### ***Making Home Pleasant***

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“Never should parents cause their children pain by harshness or unreasonable exactions. Harshness drives souls into Satan's net. Administer the rules of the home in wisdom and love, not with a rod of iron. Children will respond with willing obedience to the rule of love. Commend your children whenever you can. Make their lives as happy as possible. Provide them with innocent amusements. Make the home a Bethel, a holy, consecrated place. Keep the soil of the heart mellow by the manifestation of love and affection, thus preparing it for the seed of truth. Remember that the Lord gives the earth not only clouds and rain, but the beautiful, smiling sunshine, causing the seed to germinate and the blossom to appear. Remember that children need not only reproof and correction, but encouragement and commendation, the pleasant sunshine of kind words.

“The home should be to the children the most attractive place in the world, and the mother's presence should be its greatest charm. Children have sensitive, loving natures. They are easily pleased and easily made unhappy. By gentle discipline, in loving words and acts, mothers may bind their children to their hearts.

“Above all things, parents should surround their children with an atmosphere of cheerfulness, courtesy, and love. A home where love dwells and where it finds expression in looks, in words, in acts, is a place where angels delight to dwell. Parents, let the sunshine of love, cheer, and happy content enter your own hearts, and let its sweet influence pervade the home. Manifest a kindly, forbearing spirit, and encourage the same in your children, cultivating all those graces that will brighten the home life. The atmosphere thus created will be to the children what air and sunshine are to the vegetable world, promoting health and vigor of mind and body. Never should parents cause their children pain by harshness or unreasonable exactions. Harshness drives souls into Satan's net.” *Counsels to Parents, Teachers and Students*, 114.

### ***Missionaries in the Highest Sense***

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“There are some who think that unless they are directly connected with active religious work, they are not doing the will of God; but this is a mistake. Everyone has a work to do for the Master; it is a wonderful work to make home pleasant and all that it ought to be. The humblest talents, if the heart of the recipient is given to God, will make the home life all that God would have it. A bright light will shine forth as the result of wholehearted service to God. Men and women can just as surely serve God by giving earnest heed to the things which they have heard, by educating their children to live and fear to offend God, as can the minister in the pulpit.

“These women who are doing with ready willingness what their hands find to do, with cheerfulness of spirit aiding their husbands to bear their burdens and training their children for God, are missionaries in the highest sense. “ Adventist Home 245

### ***Let Children feel they are an Important Part of the Family Firm***

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“In the home training of the youth the principle of co-operation is invaluable. From their earliest years children should be led to feel that they are a part of the home firm. Even the little ones should be trained to share in the daily work and should be made to feel that their help is needed and is appreciated. The older ones should be their parents' assistants, entering into their plans and sharing their responsibilities and burdens. Let fathers and mothers take time to teach their children, let them show that they value their help, desire their confidence, and enjoy their companionship, and the children will not be slow to respond. Not only will the parents' burden be lightened, and the children receive a practical training of inestimable worth, but there will be a strengthening of the home ties and a deepening of the very foundations of character.” Education 285.

## **Tips to Consider**

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### ***Ten Tips for the Wanna-Baby Class***

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1. Persons seeking to become parents should look well to the health of both partners before conceiving a child. Dispense with harmful indulgences and seek to optimize their physical and mental condition by good natural nutrition and the 8 Laws of health.
2. Plan ahead of time for the mother to be able at home to nurse the infant and educate the child at least through the first 7 or 8 years. If she is all caught up in a career, it is probably best not to have children.
3. Seek a home in the country or rural areas before deciding to have children, if at all possible.
4. Wean yourselves from tobacco, alcohol, drugs, sugar, sodas, refined foods and fast foods before planning a conception.
5. Avoid contact with smoke, strong chemicals or any harmful environmental pollutants
6. Get processed and refined foods, aspartame, MSG, and other chemical additives out of your lives completely.
7. Switch over and get adjusted to a Whole-food Plant-based diet, making sure to have it nourishing and varied. Leave off the use of dairy products and especially avoid fish, like Tuna which are known to be highly contaminated with mercury etc.



8. If either potential parent smokes, drinks alcohol, or uses recreational drugs or substances, you are well advised not to try and conceive until the person has been free of these things at least a year.
9. Make a thorough study of the inspired guidance regarding children and parenthood.
10. If you are having fertility problems, these practices have a good chance of success, but it is best to avoid medical intervention in these situations.

### ***Ten Tips for Parents in Waiting***

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1. See the above items, as once conception has taken place, they are extremely important.
2. Get a large variety of fresh and raw fruits and vegetables, as well as whole grains, nuts and seeds.
3. It is probably a good choice to avoid most synthetic supplements except possibly Iodine, folic acid, and Vitamin B 12.
4. Drink plenty of water during pregnancy; remember you are peeing for two!
5. Avoid being around people that are smoking; or where herbicides and pesticides are being used.
6. Get extra rest and sleep.
7. Cultivate a cheerful frame of mind and frequently get out in the sun and fresh air for exercise.
8. Have your baby born at home if in any way possible. Become knowledgeable on home birthing and line up with a good midwife.
9. Learn breast feeding techniques from a successful breastfeeding mom or an agency like Le Leche League, not as a rule, from medical professionals.
10. Inspired Guidance recommends that you do not have a male doctor for obstetrics or gynecology.



### ***Ten Tips for Parents of Infants***

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1. Breastfeed your baby, preferably to the second year; if there are any problems get help from an experienced breastfeeding mom or granny, or contact Le Leche League for help. It is too important to your child to bypass this best start in life.
2. To have enough milk for baby, Mom needs to drink plenty of pure soft water. Raw juices and green smoothies are helpful also, but without that extra water, the body is not efficient at producing milk.

3. Keep Baby close at least for the first 6 months or so. The western idea of a baby 'having its own room' and being left there alone, is abominable to cultures that nurture their babies more naturally.
4. Use a baby-sling or front baby carrier a lot for the first few months; closeness is important for all infant animals.
5. A look at nature's animal moms shows the importance of the new baby being kept close to its parents. Leaving a baby to cry alone is not a good start in life. Would a mother cat or dog ever do that?
6. If a breast-fed baby has colic or a lot of spitting up; it is best for mom to watch her diet as foods like onions and sometimes cabbage or spicy foods can affect the milk. Again experienced breastfeeding moms or a granny that breastfed are good resource persons.
7. Refuse to give any vaccines to the infant. A Breastfed baby has immunity from the mother's milk.
8. Include Dad in the care of the baby; he can't feed, but he can cuddle and comfort, change and do a lot to lighten Mom's load and in so doing, bond to his child.
9. Mom needs extra rest for the first while especially if this is a first baby; there is a lot to get used to.
10. Make sure baby and mom get plenty of fresh air and sunshine.

### ***Ten Tips for Parents of School Agers***

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1. If at all possible raise your children in a rural setting and home school them. From earliest years interest them in learning about real things rather than any sort of fiction.
  2. It goes without saying that the parent's prayers for God's blessing and guidance are vitally important in all stages, and as the child grows, teach him or her to pray also.
  3. Make meals attractive, but nutritious, and mealtime a happy time. Have the rule that all partake of the food placed on the table and are not allowed to demand something else.
  4. Have them work along with you in home duties according to their ability, and teach them as many practical skills as you can. If it is a task that they can't take part in yet, let them watch while you engage them in conversation about what you are doing and why.
5. Make it some of the first lessons of childhood to understand the body's needs and the laws of good health. Teach them to avoid unhealthy habits and foods and why.
6. If you as parents make mistakes, do not hesitate to confess to each other and your children that you have erred, and if you have hurt them, ask for their forgiveness.



7. Avoid fiction and cartoons and teach real things, engaging your children in nature study and practical activities.
8. Require obedience, but also teach the whys and wherefores of your rules on the level of their understanding, and don't ask them to do what you don't do yourself.
9. Seek to be consistent and honest with your family. Encourage them to be burden bearers according to their ability.
10. What you want your children to be and learn, practice it yourself. To have polite children, always be polite to them.

### ***Ten Tips for Parents of Teens***

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1. Always greet the teen and other members of the family with a smile and an honest kind word. Don't be afraid to say, "I love you"; "I appreciate what you did"; and, "I am sorry".
2. Never joke, jab, ridicule or use sarcasm to or about any family member at any time, in any way that in the least detracts from their dignity as a person.
3. Speak to him or her with respect, as if they were someone important, especially to you.
4. Always begin correction with honest praise. Watch for opportunities to offer a compliment rather than watching for everything you can criticize. Even small encouraging statements create a loving atmosphere.
5. Smile; a pleasant countenance says so much to your family about their value to you and as human beings.
6. Give them responsibilities and help them feel they are an important part of the family firm. Teach them in precept and example that the greatest joy on earth is the sense of a job well done.
7. Do whatever can be done by your efforts, words and attitudes to make your home a little heaven on earth and encourage the young people to do likewise.
8. Teach all to be helpful, and that as you help and lift others, you are lifted also into a realm of joy and peace that the world cannot touch; and then practice what you preach.
9. Remember that you are teaching at all times; and your actions and example are what will be remembered far longer than your words.
10. Live your religion as a radiant joy; refuse to allow gloominess into your mind, words, or attitudes.

