



BEHIND THE SCENES

A KIDS PARENTING BOOK

Behind the Scenes...

What Do we Kids Think?
A Kid Parenting Book

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Dedicated to our amazing parents
for supporting us every step of the way,
And to all the kids who are struggling to understand their parents.

This is for you, all.
Peace!

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Introduction

Bridging the Gap

“Have you ever thought about how lucky your daughter would be if she could count on you to be her number one fan, her mentor and her confidant?”

All of us kids know how it's like to deal with parents. You want something. Your mom says no. Your dad says that he agrees with your mom. You feel they're being unreasonable. After all, what can be wrong with that new iPhone? Or the full version of your favorite video game? What could be wrong with that?

You don't feel that bond with your parents that seems like something you would have since they are the ones you live with, and are the ones that helped you and comforted you when you were really young. That trust starts to waver all of a sudden. You have things you want to tell them, but you're not sure how they will take it. We all feel that way sometimes. Although our relationship with my parents can be strong, why do we feel this way around them?

This book is about how to refine this relationship. We all want it, but some of us aren't fortunate enough to have it at the moment.

It's not just the trust, sometimes we don't feel there's communication, or the right way to communicate. When will it come to us? How? The sooner we understand how to open up the vortex of how to communicate with our parents, the sooner we can feel their love and the sooner we'll be able to be ourselves around them. They'll become a source of comfort, our number one supporters when we get bullies, and otherwise too. Before that, we can't feel ourselves around them, can't seem to enjoy time we have with them and are always afraid of getting into trouble by them. But after opening up and listening well, we can communicate more easily around them, feel comfort in

being with them, and finally having someone to blurt out all our thoughts and feelings and not having to face all the negative parts of our lives alone.

Over the course of this book you will find out how to treat your parents, and read some firsthand experiences we kids have had. And maybe after reading this, life will be easier for you.

Chapter One

Trust

“To completely trust in Allah is to be like a child who knows deeply that even if he does not call for the mother, the mother is totally aware of his condition and is looking after him.”

Al-Ghazali



“Have a little faith in your sons. This journey will be the making of them.”

— C.J. Milbrandt, *On Your Marks: The Adventure Begins*

Trust with all your Trust

I think that one of the biggest problems nowadays is trust. With the internet, kids today have a lot more freedom than kids twenty years ago did. We can visit websites, read and watch anything without our parents knowing. This makes a lot of parents uncomfortable because they like being able to see what their child is doing.

For example, before, if you wanted to watch something, you would go to the one television set in the house where your parents can see what you're watching. Today I can open my laptop or iPad and watch whatever I want on YouTube without their knowledge. If you were reading a book your parents could see what book you're reading. Today, with e-Books your parents can't see what's going on.

So even if I didn't do anything wrong, my parents don't trust me as much because I have access to the internet. I am in middle school. So many of my classes use the internet for homework. My parents know this, but whenever I do my homework I have to sit in front of them and work because they want to make sure the only thing I'm doing is homework.

Although, your parents go to lengths to protect you on the internet that may seem unreasonable (and sometimes are), they're attempting to protect you. Nowadays, there are many dangers on the web. Some examples include identity theft, viruses and cyberbullying. You might think that will never happen to you and it hopefully won't. But remember that's what the victims thought before it happened to them.

For example, when you download a game from the internet you don't think about the dangers it may have. You just want to play that cool new game everyone is talking about at school. However, when you download it, you get a virus on your computer. Now you can't do your homework so your grades will go down. Or maybe you share your computer with an older sibling and they won't be able to work so their grades suffer. So even though sometimes your parents act unreasonable, they are trying their hardest in their own way. And sometimes they get mad at you for no reason, but you have to remember they have their own life and it can be stressful.



“Let the kids see you take on life’s stress calmly and with confidence. This is important in building trust, self-esteem, and a sense of security.”

A TRUST STORY

One day, I wanted to get a game on the iPad, really badly. I’ve seen it and it seemed fun. I asked my parents but they just said, “No”. Simply bare No. I got really upset and started yelling “Why?” I kept yelling for a while. At least it seemed that way which made them mad too. After that, I didn’t want to hear any more yelling so I just went to my room. I was really upset for sometimes. They rejected the game I wanted, and I was trying to cool off. I sat on my bed and started thinking about why my parents denied the game. When I get upset, I do not want to say sorry. It seems awkward even if they were right. I blame everything on them, even though most of the time I’m the one who’s being disrespectful. I think everyone has been angry at their parents before. If you know your parents have a reason,

then you should say sorry and have them forgive you. Like I said already, saying sorry is awkward but thinking of what happened and then thinking about different ways to apologize helps.

One of the ways I usually show I am sorry is by speaking softly and listening to my parents. I think my parents like it. It helps them trust me more. For example, when they refused my request, it made me angry. I understand they have a reason for it, so I think about how to say sorry. I go to my parents and I say "I'm sorry I got mad but why did you say no?" After that, my parents would have cooled off and when I would say sorry, they would be in a better mood.

Also, sometimes I get really mad and I struggle with the attempts to cool down. When that occurs, I would go to my room and think of what happened. When I do that I start to understand why my parents acted the way they did. Reasoning helps. But I now know myself, the angrier I am, the longer I'll take to reach that point of calmness.

I vow to have self-control next time I get mad. It helps me control my anger. Then, I leave my room and say sorry to my parents nicely.

As for the game incident, I eventually realized that the reason they said no was because they already had the game on a phone and I never played it. Whoops!

"Daughters want to know that they would always make their fathers proud so give your daughter a hug even when she has done the worst."

Trust Comes First

I draped my bag over my shoulder and tied up my hair.

"Hey before you go remember not to talk to strangers, and don't do anything you're not supposed to do," My mom said for the thousandth time.

"I know. You told me before!" I said agitated.

"Okay, just remember, always stick with the group, and eat your lunch and again do not talk to strangers," My mom repeated, even though I just told her. Before I knew it, my anger bubbled to the surface.

She continued to repeat the same thing over and over and over

and I was getting seriously frantic, “I said I know,” I shouted. My mom glared at me. Her eyes annoyed but she said nothing. She wore her jacket over her bright red shirt, and tightened her white shoes.

“You should not talk to your mom like that,” My mom said, anger very clear in her voice. Without a word, I stormed off.

Have you ever had a moment like that, where you felt annoyed because your parents continue to tell you the same thing on and on as if they don’t trust you? Or have you gotten irritated because your parents don’t trust you to go to certain places, acquire certain items, or do certain activities?

Trust is important part of a parent- child relationship. Although when your parents stop you from doing something, or repeat something several times they probably have a good reason for doing so, but it can still be really annoying. In this chapter I am going to explain how to handle parents not expressing trust.

Sometimes your parents are acting like they don’t trust you. For example maybe they keep on telling you the same instructions you already know. It is probably because your parents love you and they want to make sure nothing happens to you and they forget you are older and know what you’re doing. When this happens, even if you know the reason behind why they are doing it, it can still be hard to deal with.

Sometimes you can just go with the flow, and just let it go, but other times you can’t. At times like that, there are multiple things you could do. One way to deal with this situation is to tell your parents how you are feeling, and that you get it. It could really help, and help your parents understand. Remember, parents were once kids like us, so they might understand but they might not as well. Although this way can help in some cases, some people, possibly you too, can feel uncomfortable to tell your parents something like that, which is entirely understandable.

If you’re shy and would rather not explain to your parents, then you can use other ways to deal with parents not expressing trust. When something like that happens to me, I get overheated, and really really angry and that clouds my thoughts.

“Will they stop repeating this over and over?” Is all I can think of. Usually it ends up with me yelling at my parents and them yelling back. It’s not a pleasant experience. Anger is a powerful emotion and is hard to keep in control. In situations like that, if you can, leave the room and start doing an activity to

keep your mind off what happened. It is also nice to take your anger out on a small object like a toy or a squishy. Then once you cool down, you can go back. Or you could just wait until you're totally ready because cooling off doesn't necessarily mean you're ready.

“You have raised a strong woman when your daughter is a woman of principle that stands up for herself and for others who are too weak.”

Trust even When you're not sure why

Have you ever thought why your parents are always a bit suspicious about what you do, especially if you are a teenager? Well, you know that your parents are always scared for you, so they just might want to know that you're doing okay. That's all. But the thing is, we just get really angry when they do that, and when you want to tell them something, you just don't trust them because you think that they might not keep it a secret. Well, that is just the problem of kids in the digital age. Just some of the kids and teenagers these days don't know if they can trust their parents or not. Well, let me give you some tips on what you can do, so you know that your parents are able to trust or maybe the other way around; you learn to trust them.

You know that feeling we get that makes our hearts beat like “Ba, Bum, Ba, Bum”? The feeling that something really bad is about to happen? You want someone else to carry that secret with you. You want to tell your mom or dad or both? Now, visualize a moment when you weren't sure if you could trust them with it and you remember they too may have the same doubts about you. You get scared, what if they think you're bad? It gets harder when you're a teenager.

Some teens conclude that parents are just people who boss you around, but if you think of it the other way around, you will know that parents aren't the only ones who boss you around. It can be you, your friends, other family members, cousins, and many more people. Also, some people just think that they can do anything they want like bossing people around. Well, in a video on YouTube by Nouman Ali Khan says that when Shaytan (Satan) attacks you from the front he makes us see what is in front of us and if we can't succeed, we start being negative about ourselves and that just spreads. We start being negative about other people as well. This is just like when we or our family members don't trust each other and start being negative about everyone, even ourselves. Now, this is what Shaytan (Satan)

wants with us. So I realized that especially for kids in the year of technology that because of this kids can stop trusting their parents and start trusting someone they don't know very well and that could put them in danger and something bad might happen. It also shows that with the technology these days, kids start not trusting their parents. Including all the things I have said being a child and as one the authors of the book it is my perspective on saying to another kid it has happened to one of my family members and also me.

So I advise everyone including parents and children to spend more time with each other, which will make the relationship between children and parents much better and kids can trust their parents

"We never know the love of a parent till we become parents ourselves."

"Having somewhere to go is home. Having someone to love is family. And having both is a blessing." Unknown

Simple tips to help improve the trust between you and your teen

1. Make the initial move: When re-building trust, it is usually the job of the parent to make the first move. Some parents wait for teens to make the first move, thinking their teens have to show they are interested in change. As a parent you need to set the example first. When unsure of how to deal with the situation, teens may behave in a way that will worsen the situation.

2. Open lines of communication: Communication is an important step to many things and this includes building trust. It is difficult to enhance your trust if you are not communicating your perspectives and what is going on in each other's lives.

3. Keep your promises: Many times both parents and teens will make promises and then cancel due to lack of time, misbehavior, other more appealing social activities, etc. This is the easiest way to reduce trust in each other. Just as teens need to keep their promises to their parents, parents need to keep their promises to their teens.

4. Respect: Treating each other and speaking to each other (and about each other) with respect is important to building trust. It is

difficult to develop a trusting relationship if you're spoken to disrespectfully or if you overhear your parent (or your child) badmouthing you.

5. Patience: Building a trusting relationship happens over time. It is easy for wrong action to cancel out the last 7 good actions. At times you may feel like your relationship is progressing and at other times you may feel it is disintegrating. During these times, it is important you keep your positive and hopeful mentality and continue with your plan of building a trusting relationship. Your effort overtime will bring good results.

6. Consistency: For a trusting relationship to develop there must be consistency (or reliability) in the relationship. The more often each of you demonstrates that you can be trusted, the more likely you will be trusted. Consistency strengthens every relationship.

“Ivana Pejakovic, Life Coach in Toronto”

Chapter Two

LOVE

“Love is mutual between children and parents even when we're busy, angry, tired or sad. Love is the foundation, while anything else is a distraction that shouldn't be allowed to leave a permanent mark.” Marwa Sabry

It's Stronger when Expressed

Everybody knows their parents love them a lot, but sometimes you don't feel it. Like for example, when your mom starts shouting and she makes you cry and you may think, *“Does my mom love me?”*

One time, I tried to help my mom carry her belongings, all of a sudden she started shouting at me. I didn't know why. I tried to say sorry but she continued on shouting. I didn't know what to do. My mind was working fast but still couldn't decide what to do. Then...She's started to cry. OH, no. I started to panic. I tried to say sorry again. It worked, but not fully. She was still mad at me so I gave her a hug and said, “I'm really sorry.” She replied,

“It’s ok, I didn’t mean to shout at you.”

I was relieved after that. I had a warm feeling in my heart. “I love you” I said to my mom. “I love you too”, my mother replied. After all of that the rest of the day was awesome I was happy and my mom was happy as well. Out of all the things parents would do to you, parents will do anything to save your life from the moment when you’re born until the day you end college. This shows how much my parents love me. Forgiveness is a powerful thing, it gives me happiness for the whole day. Your parents may not be perfect but they’re the most precious gift God has ever given to you.

“Love your parent. We are so busy growing up we often forget they are also growing up.” – Unknown

A LOVE STORY

Age 10

Parents can sometimes be tough, but past the hardships, you need to understand how much your parents love you.

Last summer, I went on a vacation to Montenegro, a small country in Europe, where my dad was born. We have a small house there. Before the trip, it would be the same thing every day. In the morning, I would wake up, eat breakfast by myself, get dressed, and go to school. I would say “bye” to my dad, but it wouldn’t mean much. My mom would go to work so I didn’t have much time to spend with her either. I had soccer practice, so when I got home from school I went straight to training. I really didn’t have much time to spend with my parents. Everything changed after I went on the trip. My “byes” felt so much more and I really felt like being away from my parents seemed like an eternity.

During this trip, I had my ups and downs with my parents, although I am happy to admit, I had more ups than downs. Since I was the youngest in the family, my mom was more worried about my oldest sister than she was about me. My sister always wanted to stay up with my cousins and go on walks past midnight. My mom would say no, but my sister wouldn’t take no for an answer. I understood that my sister would want to spend time with our cousins, but I believed there was no point if you could just go the next day during daylight where you could actually see.

Other than that, we would go to the beach. I enjoyed playing

soccer with my cousins. Since somehow there was a hose at the beach, my dad would add water to the hot sand while my cousins and I played. We all played volleyball together but Most of the time I sat on the side and just watched as my mom, dad, and cousins jumped to win to the ball because I don't enjoy volleyball as much as soccer. When my mom's team would get out, she came and sat by my side and we would talk and draw things in the soft sand. I felt so happy that she could take that time to sit by me.

Additionally, we would have lunch or dinner all together, including my cousins. I remember that it was a great time where my family and cousins would socialize and enjoy. It was really fun, and oh man, that pasta with the creamy sauce was so delicious and mmm... OK I'm getting off topic. In conclusion: I really saw my dad shift by being back to where he was born. My mom also looked much happier that she was able to get her kids out of the house and into the beautiful country.

“Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life.” –Lisa Weed

Love and be Loved...Love is Mutual

Do you feel loved by your parents? Yes or no? Maybe you feel loved when you know that there is a new MacBook pro and the day after it comes out, the very next day, you receive it as a “Birthday Present” even though your birthday is 6 months away. But what about when your parents don't let you get it after weeks and weeks of asking, and they still don't buy it for you, or let you buy it. You've been asking for so long that the new one has already come out. So you ask again, but the whole process repeats and you get tired of asking for it.

But is getting a “birthday present” true love? Or is true love the feeling we get when our moms and dads, who could be working on their taxes or doing something to please themselves, like baking, or painting, or playing sports, leave all of this and play a board game or a game of cards with you.

Or is it when we have a nightmare and wake up in the middle of the night to our parents' comforting voices, comforting you, making you feel so much better. I used to have this one nightmare over and over again, though now I don't get why it

was a nightmare, and my parents would be there to comfort me when I woke up in the middle of the night.

The answer is that all of these are true. But most people, including me, like the last one the best. I would not want to wake up to a nightmare all alone in my bed with the horrible fantasy fresh in my mind.

Not saying that I would say no to a MacBook Pro. But what do you do in the case of not getting that, not getting that thing you've been asking for, for what seemed like an eternity. I know because I've been asking for a kitty for a while.

Begging and pleading probably wouldn't change anything, but we would still do it. Kids can't resist. Honestly, I would keep begging and pleading more, driving my parents mad while I'm at it. But then would I get it? No, probably not. But if I do, will I love my parents? Or is that not the love most of us treasure.

The first type of love, receiving something you really want is the type of love anyone can give to you. Parents have a different kind of love, and no one else can give it. This type of love is when we kids aren't feeling comfortable about something and they take care of it. At times, like when I jam my finger while playing basketball and need someone to take care of me, one of my parents would be there. That is parental love.

When I was having that nightmare at around five or six years of age, my parents were there for me, restoring my comfort and making me feel better. That is the type of love only parents can give. Which is what every kid desires.

And when it's not there, when a kid doesn't have those times before sleeping to spill out all their fears, that's sad because the comfort you feel at those moments is what we all want. It's something I wouldn't be able to live without, and kids who have sampled it wouldn't be able to either. Neither would they want to.

"وليعفوا وليصفحوا ألا تحبون أن يغفر الله لكم والله غفور رحيم" النور 22
Pardon and overlook. Would you not like that Allah should
forgive you? And Allah is Forgiving and Merciful
Forgiveness is Power in the Hand of the Forgiver

Everybody knows their parents love them a lot, but sometimes you don't feel it. Like for example, when your mom starts shouting and she makes you cry and you may think, "Does my mom love me?" When I tried to help my mom carry her

belongings, all of a sudden she started to shout at me. I didn't know why she started to shout, but I tried to say sorry but she would still shout. "I don't know what to do", I say in my mind "What should I do? She's started to cry. Oh, no. Should I say sorry? I don't know what to do." I start to panic, I really don't know what to do. I tried to say sorry again, it worked, but not fully. She was still mad at me so I gave her a hug and said, "I'm really sorry." She replied, "It's ok, I didn't mean to shout at you." I was relieved after that. I had a warm feeling in my heart. "I love you," I said to my mom. "I love you too", my mother replied. After all of that the rest of the day was awesome I was happy and my mom was happy as well. Out of all the things parents would do to you, parents will do anything to save your life from the moment when you're born until the day you end college. This shows how much my parents love me. Forgiveness is a powerful thing, it gives me happiness for an entire day. "Your parents may not be perfect but they are the most precious gift God has ever given to you."

"It didn't matter how big our house was; it mattered that there was love in it" –Peter Buffett

Love in My Words

Love in my words means happiness, caring, hugging, kindness, respect and so on. I was loved for the first time when I was born. It feels magical to know that someone loved me from the first day of my life. I have felt loved growing up ever since unless it was because of my younger brother. He always gets so much attention because my mom thinks he is the cutest of us all. But on my birthdays, I feel special because it's my day to shine. It's all about me for that one day. My connection with my mom is really, really good because I feel like I'm connected to her somehow and I just love the way she gives me kisses and hugs when I am feeling down or not doing well. And I think she is my best friend! My connection with my dad is good. I am close to him because he loves me. He gives me kisses and says "you are my dolphin or Ladoo or CNN". He calls me CNN because I listen and hear anything that comes to my ears, but we don't have the same level of connection I share with my mom.

My connection with my younger brother is good because he is sweet, nice, and generous; if you need money, he'll give it to you. But my relationship with my older brother is horrible

because he's really mean and always blames me for everything; she did this, she did that and it drives me crazy! Also he hits me really hard and slaps me, elbows me.

"Love is what turns a cold house into a warm home."

Marwa Sabry

Fruits of Love

Everyone knows their parents love them. They just do not always feel it. If your parents get mad at you, you may not feel their love at that moment. When your parents make you happy, you instantly feel lots of love. One time that I felt much loved was at my house. I was getting ready for school when I looked at the clock and realized that I was late. I had no time to eat breakfast. My stomach was starting to growl. While I was getting ready in a hurry my dad cut fruits in a bowl. When I went to the car and waited for my dad to take me to school. For my surprise, my dad came with the fruits! I hugged him and said "I love you." I wrote this story to show that your parents can love you in so many ways. Some of these small ways are tucking you into bed, cooking your favorite food, taking you to your favorite movie theater or asking you "what's wrong?" If you think about it, it makes sense that your parents love you. After all, they went through hardships to get you born, especially your mother. I remember how my mother went through many complications to get my sister born. She struggled through pregnancy, having to go to the doctor many times, getting her born, and she was very tired after that. I still remember the bright smile on her face when we went to the hospital to see my sister. When my sister started growing up, my mom still took care of her. She always fed her, gave her milk, and was always beside her. Your parents were always beside you and they will, until their last breath, take care of you. As they say, *a parent will only ever be in one of three places: In front of you to cheer you on, behind you to have your back, or next to you so you aren't walking alone.*

One time I felt that my parents were cheering me on was when I was making a cheer for our school. I found it very hard but my parents cheered me on saying "you can do it!" I was able to work harder when they said that. Honestly, the only reason your mother and father get mad is for your benefit. If they never get mad you will think everything is right and nothing is wrong.

If you think that, then you will always think you never make mistakes. Also if you lied and your mother did not get mad, you will think lying isn't bad and you will keep on doing it.

Your parents are human beings. They make mistakes. It was a mistake that they chose to scream and yell. All humans make mistakes. Your parents love you and want you to learn from your slip-ups. That's why your parents get mad. Although yelling is not the correct way to guide us, This is the best way they know at that moment. After all, they're humans just like us.

If your parents didn't love you, they would never give you anything that you like. Everyone gets at least one thing they like. Nobody likes their parents getting mad at them. When my parents get mad at me I feel sweaty, scared and feel like I am going to get in lots of trouble. Lots of people feel different ways when their parents get mad. But, as I mentioned earlier, it's for your own benefit. When your parents get mad you cannot just say "I hate you" and slam the door in their face. You have to calm yourself down and know that your parents are doing this for you to learn from your mistakes. But, sometimes they do not say no to help you learn like if you ask them for a toy and they say no. This has nothing to do with learning. They might say no either because it costs too much money or they know it's not good for you. An iPad for example, is not good for your brain. When your parents love you, it can also mean that they care for you. Out of love and care, they would do anything to save your life. This shows how much your parents love you.

Chapter Three

Communication

*“Children begin to form ideas and beliefs about themselves based on how their parents communicate with them. When parents communicate effectively with their children, they are showing them respect. Children then begin to feel that they are heard and understood by their parents, which is a boost to self-esteem.” Kristin Zolten, M.A. & Nicholas Long, Ph.D.,
Department of Pediatrics, University of Arkansas for Medical Sciences*



-Did your mother agree to the sleepover?

-No. She said in shaa Allah.

-But in our house, in shaa

Allah is a promise.

The Communication of Why

Age: 10

Do you kids have a problem with communicating with your parents? Maybe because your parents say something like, “Why do you do this?” or “Why do you do that?” and while they’re asking, you’re scared to reply. When you’re trying to say something they say something that hurts you and makes you angry. This will give you an idea of what I mean.

Imagine yourself in a situation where your parents need a few perspectives but as you try to tell your perspective they just tell you to be quiet. When they say that, it really hurts because all you’re trying to do is to help them. Now you’re really furious, and once they stop shouting, you start shouting back. Then you also stop, go to your room, and slam the door. Well, if you have had that experience, then you’re just like me. Let me tell you how I deal with the situation whenever I have miscommunication problems with my parents.

It all started like this. On a pleasant day while coming back from school, my mother was driving and my brother started to scream and cry about something. Since he was crying I was

getting annoyed and told him to be quiet. He started to get mad at me because when he wanted something he wouldn't stop until he got, so we got into a fight. When my mom noticed we were fighting with each other, she started to scream and say, "Can't we go home peacefully for once?" Since my mom was still screaming, I stopped but my brother didn't, so we got home with my mom screaming at my brother. After we had stepped into the house, the argument re-started again. I got so furious that I also started screaming, which made my brother and my mom quiet. As I heard the silence, I quickly went to my desk, pulled out my homework, and started working furiously. When my dad got home, he noticed the silence and my brother told him what happened. He asked me to apologize to my mother. I did just that, so my mother forgave me and told me that she too was sorry and knew it wasn't my fault. As this was over, we ate dinner with laughter and joy. Afterward, we played a game which made me realize that there is always a solution even if you have communication problems with any of your family members.

I still have problems with my family members. Sometimes, it's just best to be quiet, then reply in a way that keeps your anger in control. I advise everyone to realize that if we were in our parent's positions, it would be the same with us.

"There is no friendship, no love, like that of the parent for the child."

Communicating with Parents

Age: 10

Do you ever feel that your parents don't get the way you're thinking about a certain event? Do you think your parents wouldn't understand you correctly? Sometimes, it's hard for you to tell your parents something, like a problem in school. We children don't think that our parents would understand what we're saying. I don't like telling my parents all my secrets either. Therefore, they don't usually know exactly what you're thinking since you don't communicate with them. They might not understand the way things are in your life. No one has parents that always understand them. It's okay for you to tell them something they wouldn't understand correctly. This would let them get to know you more and it'll help you build a stronger

relationship with them.

One reason they may not understand you is because your parents are used to the way people communicated when they were growing up. It gets annoying when you have to keep explaining to them something. Don't think that you're the only one with parents like this because almost every kid experienced moments like this. Nonetheless, I always remind myself that my parents are the reason I am what I am.

Why you should Take “NO” as an Answer?

Miscommunication is a serious problem between parents and children. While it may sound like a tiny thing, it's not as harmless as it sounds. If you don't communicate the right way with your children, it can do damage between your relationship and that won't be an easy fix if it continues. Children need to know that they can feel free to talk with their parents whenever they need to. If they are having trouble in school, they need to be comforted and to know that their parents are always there for them. But if the parents didn't talk to their child, she may take it as something else and it could cause problems. What sort of problems? Hang on and I'll tell you.

If a mother or father ask you to do something, like a chore for example, you may think you were asked to do something else so you do it instead. Why is that bad? Well it's bad because your parent may get angry that you didn't do what you were asked and it can cause problems. That's an effect of miscommunication.

If children are dealing with trouble in school and they keep it a secret, especially from their parents, the situation can get a whole lot worse. Or if they're being bullied in school and they keep it aside. The children could be hurt emotionally and even physically. You should always try to make the time to have parent to child talks. The children may not open up right away. I should know, I'm one myself, so I'm saying this from experience. But truly, having a good relationship with your mom and dad is very important.

My parents and I, often have different opinions too. Well, the main reason is that parents and children often have different mindsets. We're from a different generation. Your mom could also be busy and has no time to listen to you. She may be on the phone talking to someone or doesn't have time to even do that. In this case, you can try non-verbal communication; just text

your mom even if she is upstairs or if she's mad at you.

There are things that upset us as kids like when your parents tell you they were going to come see your performance but then they don't come although they promised you. You feel so sad and want to cry because you know your parents know everything about you and how important this was to you. Another example; parents thinking that their child can't do anything right or at least they sound like that. Some are having a problem with talking to their child. No matter what, try not to talk back to your parents because they lived longer than you and they have experience.

“Here are some tips to communicate better with parents”

- Try to take no as an answer because your parents know what they're doing

- Learn the basics of nonverbal communication

You have to over-communicate just to communicate.

- Avoid relying on visual aids.

- Ask for honest feedback.

- Engage your parents in discussion to solve problems.

It has been proven that you talk with your friends more than your parents even if you have a good relationship with your parents. I know they're older but you will go your own path in the future so find a time and talk to them today.

- Listening is more than just hearing words. If you're not, you may not be communicating as well as you'd like.

- Start a new habit by repeating the question you're asked before responding

- Stay positive! Everybody likes positivity. Don't only react to the bad stuff and make sure to thank your family when they take the time to truly listen.

- Stop complaining. When you have someone at home who actually listens to you, you might be doing more complaining and groaning than you realize. Sometimes it's easy to take a person in your life for granted who's available to listen to all your daily gripes. Try to recognize how much time is spent complaining. Every time you hear yourself complaining, mention two things about the day that went your way or that you're happy about.

Living with a sick grandparent is a test for the whole family that no one can pass without patience, clear communication and forgiveness.

Marwa Sabry

ia and Me

Age- 10

It was Friday after school and I was relieved because dismissal was early. When I arrived at home, I decided to watch my favorite show for a little while, only to see that my grandmother was occupying the T.V. I wasn't angry, but I was a little disappointed. I sat with my grandmother anyway. The thing is, she has a disease called Dementia, and so she forgets things within the first minute or less. She asks the same questions over ten times. Sometimes, they get hard to answer over and over. If I don't answer one of her questions, my father would get mad at me. I know he is being reasonable, but I guess I just don't feel it. I've been answering her questions the whole day, so it just doesn't seem fair. I feel like we've been with her the whole day and I am tired. Then my father comes home and greets my grandma. I'm sure it's wrong, but I feel like I'm invisible to him when I do something right. But when I do something wrong or don't give my grandma enough attention that is when I become visible again. She also can't tell when I am talking with someone else. Her bad hearing doesn't allow her to and she has bad eyesight, so she cannot see our mouths moving. Then she interrupts and whoever was talking to me leaves and talks to her. It makes me feel left out and frustrated. But what makes me feel even worse is when my father gets mad at me for anything related to her. For example, if I am answering one of her repeated questions and I don't smile, my dad gets very mad. I don't always understand why. I mean when I talk to him, I don't always smile and it's fine by him. I don't see why my grandma's any different. I will smile sometimes, but I can't be expected to smile all the time. It doesn't make any sense. But what helps me calm down is when I remember that it's probably harder on my grandma. I love her, it's just that sometimes, it's a little difficult to keep up.

“The In-Between time can make all the difference with the right words to the right people.”

Marwa Sabry

A Communication Miscommunication

Miscommunication is a serious problem between parents and children. While it may sound like a tiny thing, it's not as harmless as it sounds. If you don't communicate the right way with us kids, it can damage a part of our relationship and there won't be an easy fix if it continues. Children need to know that they can feel free to talk with their parents whenever they need to. If they are having trouble in school, they need to be comforted and to know that their parents are always there for them. But if the parents and children do not talk, they won't be able to help each other. If the parent talks to their child, they may take it as something else and it could cause problems. What sort of problems? Hang on and I'll tell you.

If a mother or father ask you to do something, like a chore for example, you may think you were asked to do something else so you do it instead. Why is that bad? Well it's bad because your parent may get angry that you didn't do what you were asked and it can cause trouble. That is an effect of miscommunication. If children are dealing with trouble in school and they keep it a secret, especially from their parents, the situation can get a whole lot worse. Or if they're being bullied in school and they keep it aside. The children could be hurt emotionally and even physically. You should try to make the time to always have parent to child talks .The children may not open up right away. I should know, I'm one myself, so I am saying this from experience. But truly, having a good relationship with your mom and dad is very important. They are always there for you. Miscommunication is kind of like a game of telephone. By the time the word goes through the whole round, it gets changed. So if the word was something like "butterflies," it could have been heard as "boogaloo." or maybe even worse; who knows? Playing telephone is fun, but not in life. Because then it is not called telephone, it's called miscommunication. That's not a very enjoyable game. But I hope it will never happen to any of you.

Just know that your parents are always there to support you if you need someone to talk to. Finding time in-between tasks is important. Again, you may not be open to share straightaway with your parents. Other children will think of excuses or ways to get out of talking to their parents. The most common story is

when your mother or father pick you up from school and ask you how your day went, do you ever actually say how it went in details? If you do, then that's amazing. It will bring you closer to your parents and they will know what you are going through so they can help with any problem. If your parents are the types who don't ask how your day was, that is no reason not to talk to them. You can find times to be able to talk to them clearly where neither of you are in a rush. Maybe a reasonable time for both of you would be during car rides or before you go to sleep. Keep miscommunication out of the way, and live clear, bright, and happy days.

Communication

Many children around the world have trouble communicating with their parents, whether you're scared, mad, or even in trouble, I have some tips.

When you're scared, it's best to take something you love the most or something that makes you feel better. Examples: a pet, stuffed animal, etc. After that, you could go up to your parents and tell them what's on your mind. If you still feel scared, you could bring something or someone to make you feel better. When you tell your parents what's happening on your side, they should understand. When you hear their side of the story, the pieces of the puzzle will start to come together. That part of the story has always happened to me; I never heard my parents' side of the story which caused me to misunderstand.

When you are stressed, or mad, take a pillow, and scream in it. I know it sounds weird, but trust me, it helps. You can even sneak a few tears when you're done screaming. After you're done screaming and sobbing, you can go and wash your face with cold water, feel any better? After that, go up to your parents and discuss your differences. I've always been a quiet girl, but when my perspective is not understood, I would always speak up and told them what I think, then I would hear my parents' opinions.

Any time you are in trouble, like you got a bad grade or you got bullied, this might help. Tell yourself that you can stand up for yourself and that you can do it. It's never a good idea to hide your test score or your grade, because your parents would find out anyway, and I'm telling you this from my experience. Tell your parents the truth, and don't lie, because lying will only lead to bigger problems. Say everything that's on your mind,

then that way you will become cleaner and honest to your parents. I used to hide some things when I told my parents about my problems, but I would just get angry and stressed that I couldn't tell my secrets to anyone. Later, my parents realized, and I told them everything. That's when I noticed that I should never hide anything from my parents.

"Yes, should be the default answer for any parent unless they have a reason to say no."

The Cursed Word

Have you ever found yourself asking your parents to do something? And on any of those times, have you been disappointed with their answer? Have you ever been faced with the horrible word...NO?

The word that us kids have nightmares about. It's what parents like to use in response to most of the things we request. Sometimes, you may think that they just want to make your life annoying. But the truth is, they most likely don't want to make life terrible for you.

"Parents will not try to make your life suck, unless you are some sort of hybrid dinosaur monkey that enjoys eating peanut butter jelly salad, in which case you should take them to the vet immediately as they probably have some sort of mental illness and need immediate medical attention, especially because brain injuries should be treated as soon as possible, none of which has anything to do with parents." quote by Aasiya Memon

Fundamentals of Communication from Sunnah:

1-Keeping a Smiling Face

The Apostle (PBUH) of the Almighty always expressed cheery facial expressions while meeting or passing by people, apart from when He saw someone committing wrongdoing. Abdullah Ibn Haarith (R.A) said:

"I never came across a person who smiled as much as Prophet Muhammad (PBUH)." (At-Tirmidhi).

It shows that keeping a smiling face is an open invitation to others for dialogue and giving an indication of friendliness as

Prophet Muhammad (PBUH) always had a welcoming conduct. This behavior of openness to all serves as a great source of being able to spread one's message anywhere anytime. Consider an example of a person who is new to a given city, and wants to know about a particular address. If that person meets an individual who is already agonized due to any reason, there are maximum chances that first person would be rejected even a chance to talk with the latter one. But through jovial gestures, one cannot only get someone's attention to converse with but also serve as relieving that person's grief. The Messenger (PBUH) of God is reported to have said:

"Your smiling in the face of your brother is charity." (At-Tirmidhi)

Since aid is given for purpose of helping out others, so happy face also serves the same purpose and facilitates others with a good feeling. In other context, it also means that giving positive expressions is a deed of earning Allah's blessings as does charity.

2-Wishing Peace by Saying Salam

It is compulsory for every one of us to say '*Assalaamu alaykum wa rahmatullahi wa barakatuh*' (peace be upon you and so may the mercy of Allah and blessings) to show a desire of having sympathy for others. It has a greater implication in a sense that one does not know when or where someone is struck with a misery, so it is emphasized in our religion to hope for the best for fellow Muslims. Hazrat Muhammad (PBUH) showed the importance of this matter in the following way:

"A man came to the Prophet (PBUH) and said: Peace be upon you! He responded to his salutation. He then sat down. The Prophet (PBUH) said: Ten [rewards]. Another man came and said: Peace and Allah's mercy be upon you! He responded to his salutation when he sat down. He said: Twenty. Another man came and said: Peace and Allah's mercy and blessings be upon you! He responded to him and said when he sat down: and blessings be upon you! He responded to him and said when he sat down: Thirty." (Abi Dawud)

It means that through demonstrating consideration for someone else (no matter one knows that person or not), one does not only enhances belongingness with others, but also results in earning of a number of Ajar (good tidings) from the Almighty Lord.

3-Shaking of Hands

It is advisable to shake hands with persons of same gender. This

act is useful in achieving trust of others and giving them indication of association with each other.

“There are no two Muslims who meet and shake hands, but they will be forgiven before they part.” (Ibn Majah)

So, it highly regarded as a means gaining mercy of God by having positive and productive relationship among Muslims.

4-Balancing Voice and Tone

It is one's moral duty to in the best possible way, having pleasant tone and lower volume of voice. As Islam greatly emphasizes on decency of behavior, so Allah SWT says in the Holy Quran:

وَأَقْصِدْ فِي مَشْيِكَ وَاعْضُضْ مِنْ صَوْتِكَ إِنَّ أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ



And be moderate in your pace and lower your voice; indeed, the most disagreeable of sounds is the voice of donkeys.” [Quran, 31: 19]

It is common sense that the one who speaks in a disagreeable pitch and raises its voice over others, conveys a message of detestation to them and also hurts their feelings, so we are directed to keep the most favorable and delightful way of speech in Islam.

5-Avoiding using Tongue for ill Purposes

One should abstain from using its speech for talking malevolence such as falsehood and backbiting etc. First, speaking lies is strictly prohibited in Islam, and the Holy Prophet (PBUH) always preached about being truthful in every matter. It is common observation that when we come into conversation, we tend to use fabrication of words just for sake of making jokes and fun, but that is not the way of our religious instructions.

Chapter Four

It was the Best of Times

It was the Worst of Times

Parent/Child relationship may go through four seasons in one day. Make sure to host the ones that bring you closer together.



Below are the best and bad moments of the authors of the book:

My best moments with my parents:

I had several great moments with my parents. Some when I was little, and some more recently. These moments filled me with a good feeling inside.

One of these moments occurred several times, when I was about three. My bedtime routine used to include the typical stuff; brush my teeth, change into my pajamas, and all that. But after that, I used to do what I thought as the *funnest* thing ever! My brother and I used to take all the pillows and prop them against the sofa making a "slide," and putting more pillows down to jump on. Our parents used to let us do that practically every night. We would jump on them, throw them around, and play with them almost every night.

Then, sometimes, they would lay a bed sheet on the floor for my brother and I to take turns lying down, and then they would each pick up 2 sides and swing us back and forth, which was

super fun. I wish I could repeat those times, lying down on the bed sheet, being swung back and forth, back and forth. It felt so snug, comfy. I can't imagine anything better, it was the best. I would feel amazing if I could live like that forever.

Another one of these moments occurred more recently. It happened a couple of times. My brother and I were begging and pleading for a subway sandwich for lunch. We were going home from *Jummuah prayer*, hoping for something yummy to eat. Our parents said no in a very convincing way, but then my dad, who was driving the car, made the turn to go to subway. And we got a subway sandwich for lunch, making us feel a very happy, satisfying feeling inside.

One more moment actually happens quite often times. My brother and I love to play basketball. My dad used to play for college, and was really good at it. So he took time in the evenings, although he had just come home from work, to teach us about different ways to improve our game. My heart was jumping as it was filled with happiness, because there were several things aside from helping two kids play basketball that he could have done. He could have been working or doing something he was passionate about, but he chose to help us improve our skills in basketball. The feeling of having someone to care for!!

Best Mother Moment Story:

“And she stormed off, and didn't talk to Olivia for the rest of the day!” I said, laughing in my seat. My mom laughed with me, both of us bonding over the funny stories. My mom seemed to enjoy hearing about the constantly occurring drama in my grade, and it was something for me to tell my mom about on the long drive home from school.

We stood in heavy traffic, barely moving, inching along the highway like snails. I commute with my mom every day through the morning and evening traffic to get from San Jose to Palo Alto. My mom picks me up every day, tired from running around to meeting after meeting at work.

In the car, I find myself texting people for my mom while she's driving, whether it be one of her coworkers or a hairdresser, my sister's friend's mom or my dermatologist.

She's always busy arranging things for my sister and I, like coordinating playdates or accepting birthday invites, or fixing program bugs with the people from her work to meet a deadline. Through all of that madness, she still manages to take me to birthdays, go to parties, order groceries, get my sister clothes, schedule doctor appointments, go to Ikea, find my lost textbook, order new pencils, go to Target, cook some food, plan an LA trip, buy new pillow cases, and the list goes on and on. Sometimes I wonder how she manages it all.

Beep, beeeep. A car honks at us from behind. We move the ten feet or so forward. The carpool lane doesn't really help at six o'clock on a weekday evening.

I put on songs, something done almost every time we go on this forty minute car drive. We have a playlist made by my whole family that consists of our favorite songs. The playlist has modern pop songs as well as Pakistani songs. When we get into the car, it's the first thing that gets done: putting on songs. Or turning on the seat heaters...

Whatever the case, I know that when I am away from home or at another school, I will always cherish the memories I have of my commute with my mom, and will probably long for those days to come back.

Some hard moments:

My trip didn't have many hard times. We didn't really have the time to argue. That's one of the problems. I felt like my parents were too busy talking to our cousins and friends that they didn't have time to go play in the water with me, or eat pizza with me. I usually did all of this with my cousins. Now, I'm not saying that I didn't enjoy it, I really did, but I just wished my parents would spend more time with me during this trip. I knew they loved me. I just wished they would show it a bit more. At the end though, we all had a really good time and we were really sad to leave.

My happiest moment:

I remember that there was a day in our trip that I enjoyed more than others. We would go on hikes while we were on our trip. There was a trail by our house. On the day we went on this hike, it was pretty cloudy outside. The forecast said it was going

to rain, but my dad didn't think much of it. My three cousins, my dad, my mom, my siblings, and I all went together and walked down the sidewalk to the start of the trail, which, at first, was all up hill. Ugh! It was so tiring. When we finally made it up the uphill part, my dad started talking about how he used to do this all the time with his friends. We went up hills and down hills. It was really fun. We finally made to a stop point. We took pictures and talked, until there was a DRIP and then a DROP. Then it got harder and harder that it eventually went to a hard DRIP DROP, DRIP DROP, DRIP DROP. It was really hard. We went under a tree as it kept pouring. Then it stopped. We decided to keep walking down the path to where the same drip drop started again, so we took cover under a thicker tree, but it didn't help much. It started to pour extremely hard. Everyone got soaked. BOOM, thunder. CRACK, lightning. Everyone huddled close together. A few minutes later, my dad decided to be a savior and run back to our house, get the car, and come pick us up. Time passed and my dad wasn't there yet. We enjoyed listening to the beautiful sound of the water dropping on the leaves. The thunder and lightning was beautiful as well, although at some parts my heart would beat really fast and loud. Finally, in the distance was a vroom, vroom... My dad! We all rushed into the car, making the seats soggy and wet from our soaking clothes. We safely made it home, changed our clothes and put them outside to dry. We opened the window to the delightful sound of rain and thunder. My mom had finished making a delicious peach and plum pie, so we dug into it. We also took our some cards to play some card games altogether. My mom and I sat close together to stay warm. After this day everyone looked so tired, but in a good way.

The Best Moment in my Life:

As my day had begun, my dad had just awoken and so had my mom. On that day, when the daylight had started, it was my birthday. I was so happy because on this day it was when I saw my first streak of sunlight. On this day I felt special and I had decided that no one would spoil this moment for me. When I was awake and saw all my presents laid out for me, I also saw an additional gift and didn't know who it was from. Then I knew I had to solve a mystery on my birthday. For the whole time at school, I was thinking about the unknown person who gave me that gift. When it was recess, my friends and I were playing and

I was shocked because right then my friend, her name was Amitha, gave me a present. I was surprised because I had never gotten a present from a schoolmate before. I thanked her and told her to say thanks to her mom as well. When I had gotten home, there was a delicious smell. I asked my mom what that smell was, and she said, "It's just your favorite meal that you ask for every day, so I made it for you."

I was still thinking about that anonymous present I had gotten on that day. As my dad came home, I told him about that present and he looked at my mom as if saying that "She figured it out, so tell her." Right after I ate the cake my mom baked for me, my mom started to say something about that present. When I heard that she had gotten it for me, I was shocked. Then, I erupted to thanking her, giving her so many hugs and kisses and when she was pulling me off, I finally stopped and gave her just one more hug. I then knew that I would never forget this moment, even though I had a better day in my life. Although I had a lot of best days in my life, this was the very best.

My Worst Moment:

Right when my day had begun, I knew that it was off to a bad start. After I had gotten ready for school and my mom was dropping me off, we arrived two minutes late right after the bell had rung. We had to run. I made it before my class went in, but my brother got a tardy slip. When we had reading class, I learned that we would be working in groups for a project, and it was due next month. My group only had three weeks and we had to present it in front of the class. I knew I couldn't do it because every time I got up on stage my legs would shake and a few people would giggle. After we had recess, we had to go to math class. Now, math class was where my worst moment had begun. I had forgotten my math homework and workbook. When I told my teacher, she said I had to fill out a note to give to my parents. When I heard this, I was a bit gloomy because this has never happened to me. It was like my imagination going blank and I couldn't think about anything for a moment. As my day had gone by my friends tried to cheer me up, but it didn't work. When I had gotten home, I decided that I would tell my mom later. After dinner, when we had to go to bed, I told my mom and she was really mad. She told me that if I did that again, she would never forgive me for the things I have done bad. I understood, told her that I was sorry, and she forgave me. Now that I had told my mom I could still feel she was mad at me

which meant I wasn't trying hard enough to make her happy.

My Happiest Moment:

Mom: The happiest moment that happened to me and my mom was once when I was on the couch with my mom and we were watching T.V. It was just me and my mom at the house. There was a really gruesome Halloween ad. I was really scared. I hid behind my mom's back. She hugged me so tightly until I felt so warm and secure. A warm wind breeze from the balcony went on my face. I was really happy and my heart felt pleased. I asked my mom "Is it done?" "Yes. It's done." my mom said, "It's all done."

Dad: The happiest moment that happened with my dad was when one of my brothers hurt me really bad. My dad asked me "What happened." My dad really doesn't ask this, so I was surprised in my mind. I told him the story and after I told him he hugged me. I was so astonished about what happened. My dad doesn't really hug me that much. In my heart, I was amazingly pleased. This blew my heart, I was so happy. After that my older brother said, "I can't believe he did that." "I know right!?" I whispered. "I also can't believe it."

My Worst Moment:

Mom: The worst moment that happened to me and my mom was when my mom and I were talking about family business and then my mom insulted me. I felt really sad and it hurt my feelings a lot and it made me cry. I know my mom didn't mean to hurt my feelings but, I didn't feel that at the time. I went back downstairs, and my mom opened her hands. I ran to her and she gave a nice, warm hug. I was surprised and joyful. I was still a little sad, but I felt better.

Dad: The worst moment that happened to me and my dad was when my dad was really mad at me that he screamed and hurt me. He told me to go upstairs and stay. My mom and my brother were there. My mom gave me a hug and checked me if I was ok. I felt way better, but I was still sad that he shouted at me. I told my mom what he did and she said it's fine.

Happiest Moments:

A good time with my parents was when my parents and I

played a fun board game called Scattergories. We all had quality time together and we really enjoyed it. My dad won but since we had fun in it, I was not really upset. We were all in a good mood and we all enjoyed the board game and we had a lot of fun together.

Worst Moments:

The worst moment I ever had was when they had me do a lot of work. I had to do some workbooks from my dad and then my mom had me go to three classes. The workbooks and the classes were reading, Singapore math, piano, kumon, and Arabic. I know that they had me do the workbooks and classes to get better at piano, math, reading, and Arabic but I felt that they could spread out the work on separate days or not even do some. Only one or two of them were okay for me, but it was Saturday and I wanted to relax. I asked my parents to give me free time but they said that they already put me in the class and bought the books for a reason. The whole day I was really mad at them because I wanted to have no work on one day because also on Sunday it was Sunday school and on the weekdays I had school.

This guy is mad!!!!
He should go and take a breather.
Or he will probably explode.
With anger.
That would not be fun.
For me.
Or the guy exploding.
Like, who likes to explode anyway?
No one that's who.
Exploding is not fun.
Trust me, I know.
It happened to me.
Several times.
Sometimes it is hard.
To not get mad.
When you have all the right to get mad.
Well get mad.
It is fine.
Just don't take it out on your parents.
Even if they are the cause of it.

Because, Exploding is
Not pretty.
You definitely don't want to see
Someone explodes
Or explode yourself
Go take it out on the poor bear stuffed toy
You can see him below
Honestly, he deserves it
Just look at those eyes.
Anyways, it's
Better then exploding.
Trust me, I know

: want to

Happiest moments:

The wind whirled around bringing the special scent always coming of a beach. A mixture of sand, water and breeze. I took a deep breath letting in the ocean air.

“Let's go,” I shouted, running toward the water, the wind seemingly propelling me to my destination. I jumped into the water and was immediately hit by a gentle wave with warm soothing water. My dad and sister appeared at my side. I grabbed their hands and we ran into the water. Waves completely submerged me then disappeared in a second. My dad still held my hand. I smiled heart filled with joy. We ran forward and were submerged by yet another wave. The water crashed against the shore.

“Let's go further,” My sister yelled. Me and my dad nodded and we ran farther and farther into the sea. The waves grew taller and taller, and splashed us continuously.

“Guys look ahead,” I said pointing forward. A big wave was forming almost as tall as my dad. And let me tell you my dad was very tall.

“Get ready,” My dad said. I nodded and dug my feet into the ground. I sensed my sister doing the same. The water right now was up to my waist, so I was in a good position. I felt the waters gentle splashing on my legs getting rougher as the huge wave got bigger and bigger, coming closer and closer.

SPLASH! The giant wave crashed down on us, through it was not to cold. I was almost pulled back but held my ground. Once the wave had passed, my sister called,

“Let's go back, we can eat now,” She called. I nodded as did my

dad as we ran back the water splashing at our feet. We ran on to the beach, sand and stones digging into my feet. The wind whipped around me as I ran. When I reached my mom, she dried me off with a towel, and we sat and ate the best pizza in the world. It was crispy and crunchy. As we did, we talked and laughed and shared many joyful concepts and words with each other. My heart bubbled with joy and happiness as we talked and laughed some more. The air seemed to be full of energy and light as the day whirled on. Soon enough the sparkling sun started to set, and the sky awoke with colors that swirled and sparked. We gathered our things, threw away our trash, then set off in our car, back to our home sweet home, the joy and happiness of the day still lingering in the air. Good for us. We had the time of our lives. Except for the poor child who fell into the ocean. Man overboard! Oh actually, child overboard!

Best Moment:

I think my best moment with my parents was the 2nd day in Amsterdam. I say that because that was a day that everyone was chill, we weren't stressing about any sort of classes, and that everyone was in a good mood. Also, on that day, I remember thinking that my parents almost understood what I was feeling on that day. It was like there was some sort of connection that I could easily tell my parents what I was feeling. I will always cherish that moment.

-Zahra Rohaninejad

Worst Moment:

My worst moment, by far, was the day I ran away. Technically, I didn't exactly run away, since I am currently writing this in my parent's home. I can still vividly remember that day. That day was a Thursday, and I was in a middle of a mood swing. As a way to calm myself down, I thought I could ask my mom to drive me to the library to get a book. But, unfortunate for me, my mom was in pretty bad shape herself. After a day of running from one patient to the next, treating them, she comes home to her heck of a daughter complaining she needs a book. So my mom did what most mothers do; she snapped. She started yelling at me and the house was in havoc. I have a streak for getting revenge, and I was currently very angry at my mom. SO

I did what kids should never do; I grabbed my bike and started to bike towards the Saratoga Library. I did tell my mom I was leaving, but obviously, no sane mother would think that her child would leave their safe house and go into a gated neighborhood. But I should tell you I am NOT a sane person. So when I almost got to the library my mom finally noticed I wasn't home and came flying down the road and got me. She put me in my room, locked it, and put on the alarm so if I try to go through the window, which I had done before, my mom would know immediately. But I still went through the window and ripped my favorite pair of jeans. I ran to the closest, tallest tree and sat there for three legit hours. Horrible experience, never try it. After my parents threatening me several times, I reluctantly came down. That day did not end the best.

-Zahra

The Happiest Moments:

The happiest moment with my dad is on Saturday when we would walk around the neighborhood, get bagels for breakfast, borrow books from the library, and sometimes we could even get ice cream from cold stone. The happiest moment with my mom is on Fridays before my sister comes home from school. My mom would be at the door and we could watch scarier movies that we couldn't watch when my younger sister comes home.

The Worst Times:

The worst moment with my mom is when she doesn't allow me to watch YouTube even when I finish my homework on weekdays. I would be very frustrated. Why can't I watch YouTube? I finished my homework and did my chores. This is so unfair. No matter how quickly I finish my work, my mom won't let me watch anything. I think she might not allow me to watch on weekdays because of the negative side effects of the social media. The worst moment with both parents is when they tell me to do something I don't want to do. They told me that I had to go on a field trip for horseback riding. I was always afraid of horseback riding and my parents knew it. They said that I have to conquer my fears, but I just can't. I'm afraid of heights and scared of falling. We're not in the time when we have to ride a horse since cars are now invented, so I don't really see the

point of horseback riding other than doing it for fun. I don't understand why my parents are still making me do it. I don't know their reason to make me go horseback riding.

My best Moments:

I've had great moments with my parents but I'm just going to say my favorite moments that I've had. When I was first learning how to ride my bike, something happened that really made my day. It was the first week of fall, leaves were everywhere. There was a crisp feeling in the air. My heart was thumping, my palms were sweating... My father was holding my seat, air in my face, I was peddling like there was no tomorrow. But then there came a tree... I hadn't realized because I was looking at my dad; he had a huge smile on his face, but then he was pointing ahead of me, his face pale. TREEEEEE! I thought. I quickly turn my bike... Out of control, I crashed into a bush. After a minute of processing what had just happened a second ago, I started to smile... then chuckle... then I started to laugh. After a minute of cracking up, I was starting to cry. I hugged my dad then we both started laughing. One of my best moments I had with my mom was when she was practicing for something, I don't remember for what, but she was trying to memorize something for a test. I remember staying up late to help her, I was nine at the time. When my mom told me I needed to sleep, she thanked me. I told her, "I'm just doing this because it's fun." Then we laughed. It was a short moment... but it meant a lot.

My Worst Moments:

I've had many bad moments in my life, sometimes because things just don't go the best way. From second until fourth grade, I was given homework that was due by the end of the month. I would never actually do any homework in the middle of the month, I was procrastinating. So, the day before homework was due, I would stay up to about midnight to finish all of it. My parents would tell me to sleep, but I needed to tell them that I couldn't sleep because I had just started to do my homework. My dad said that we would talk about it the next day. When they went upstairs, I was stressed. Why did you make this choice!? Why don't you think!? I thought. I had to write an

essay... It was cold in the room. Even my cat was sleeping, since he still doesn't commit in being nocturnal. My head was starting to hurt, I wanted to yell. Then I remembered that it's not my parents' fault, it's mine.

My Best Moments:

I've had a lot of happy moments with my family. Going on vacations, eating out, sometimes just a regular Saturday night when all of us are relaxed and sit down to watch a movie together. Nowadays, these special family moments and bonding are becoming more and more infrequent. Both of my siblings are in college and busy, my mom has more and more reports to do, and my dad has a bigger workload, not to mention me starting seventh grade, the most important grade in middle school. Although it's been a while since I've had some quality one-on-one time with my parents, there have been some recent moments where I have really felt connected with them.

One of my happiest moments with my mom was about a month or two ago. I had to go to the Santa Clara County building for a Girl Scouts event. California was making August the official Muslim Appreciation and Awareness Month, and my Muslim troop and I were going to recite the Pledge of Allegiance. I could barely hold in my excitement. I felt like a balloon that just kept getting fed helium that was about to pop.

Apparently, there was a miscommunication, and I was the only one that showed up from our troop. It turned out that I had to recite the pledge myself in front of a whole room of people, and in front of the Santa Clara County Board. I was so nervous but excited at the same time. My only comfort was my mom encouraging me.

"It's your chance to develop confidence," my mom passionately said.

It was like all her enthusiasm was contagious, and that motivated me to stand next to the podium and recite the pledge. After it was over, I felt almost comforted, a little excited, but proud of myself at the same time. It even then couldn't compare to how proud my mother was. Every word she spoke to me was filled with satisfaction, and it made me so happy inside, I can't even describe it. That feeling makes me want to do even more, to make my parents prouder, to see their smiles and the shine in their eyes.

My dad is a hard person to please, or at least, he doesn't show it. Whenever I show him work I did or tell him about something I accomplished, he smiles, says 'good job', and returns to whatever he was doing. I always thought that my dad was just a person who didn't really get excited easily, so it never really bothered me. Unlike my mom, my dad was never super excited to take me to basketball games or an event, mostly because my team would almost always lose, or the event would be at a friend's house far from home and for girls only. Basketball games would be by far the worse. Almost all the time, I would be put into a team where all of us had about the same skill level, and we lost almost every single game except for maybe one or two. But I remember one game where I think really made my dad proud and he really showed it. It was a game where my team played against another team that hadn't won a game that season. My team and I were determined to win. We couldn't lose this one, even though we still had some skepticism. My parents, on the other hand, were totally expecting a loss.

"Your team has lost every single one of your games," my dad remarked on the drive to the gym.

"I know," I replied. "But this team is new too. They haven't won any of their games, and our team has gotten better."

"Just because they're new and don't know each other well doesn't mean they can't be good."

"I know, I know. But I've got a feeling about this game. I think we're going to win," I said with enthusiasm and determination.

"Okay...."

I could sense the uncertainty in his voice. More the reason to win this one! I thought to myself.

When I got to the gym, I was nervous. Really nervous. I was pressured to win by myself, by my team, by my coach, by my dad. As the game started, I noticed that both of our teams had the same skill level, but they were a lot taller than us. As a short girl, you can imagine the disconcerting feeling I was experiencing

I can't really describe the rest of the game, except that we did try really hard, but still ended up losing in a really close game. I was upset, mostly because I made a goal for myself that I couldn't achieve, and of course, I had to listen to my dad tell me that he was right and that my team had lost again. But something about my dad's reprimand this time was different. He

seemed almost pleased.

“You lost again.”

“Hmmm, I still tried, right?”

“Yes, you tried. And you did well this game.”

“Yeah, I guess I did....”

In conclusion, I think that my best moments with my parents are when they are proud of me. Even though it's the little things that make me happy, they still really do count.

My Worst Moments:

My worst moments are usually when I don't do what is expected of me. Sometimes I don't have a reason for not doing something, and it's just because I don't want to. That almost always gets me in trouble. One of my worst moments was actually really recent, and it was because I didn't get what I was expected to.

“Ugh, I did terrible on that exponents quiz.” I ranted to my friend.

“I feel the exact same way,” she agreed.

“I practiced a lot, but I still don't think I did well.”

“Yes, exactly! I can never study enough for these math tests.”

After going home and checking, I realized I had gotten a terrible grade.

“20.5 out of 37? There's no way I got that bad of a grade!”

After that quiz, my grade dropped down to an F. An F! I had never gotten Fs before. At the worst a C but I always managed to find a way to get it back up.

I can't explain all the feelings I had felt right that moment. I felt ashamed, embarrassed in front of my teacher, I felt so dumb and scared of how my parents would react to this.

Oh my lord. I can't show anyone my face ever again.

Of course, my parents found out. About a week later, my teacher decided to email my parents about my poor performance. And of course, they were upset. Really upset. All the emotions inside me were choking me. I felt like yelling and crying at the same time. I felt like I didn't deserve to have this happen to me but I also did. I wanted to just leave. Not really go anywhere, but just leave. I felt like getting sucked into darkness by a black hole, where I didn't have to worry about school or grades or others thought ever again.

Of course, I couldn't do that, so I had to live with the

disapproval from my family and the stares from my math teacher. As of now, my grade has thankfully gotten better, but I'm still awaiting the next test.

In conclusion, the best and worst moments in my life have so far been about my parents. My parents play a big role in my life, and I feel like thanking them by trying my best is the only way for me to thank them for staying by side. Although my worst moments are of me not being as responsible as I could have, I love my parents, and they love me regardless of what I do. And don't forget your parents love you too. ☺ **The Happiest Moment:**

I had a moment where I felt very happy. This is how it went. I had nothing to do so I decided I would clean the house a bit. I thought I would be done very quickly but it took longer than I thought. I started sweating but finally finished. After I finished making the house shine I went to bed. When I woke up my mom was waiting for me. "Thank you for cleaning the house without being asked," she said. Then she told me that I was going to breakfast with her alone! I felt so happy! My heart was jumping up and down, I wanted to scream! I loved going out with my mom alone. My mom let me choose the restaurant. I chose my favorite restaurant, Panera Bread. When we got there my mom let me choose what I wanted to eat and she let me order chocolate milk and a rainbow M&M cookie. When we sat down and waited for our food we talked together. I told her how surprised I was when she woke me up and told me that we were going alone because I never went with my mom to a restaurant alone. I also told her how hungry I was. "It's okay the food will be here soon," she said. Suddenly, I heard footsteps behind me. I turned around and I saw a waiter bringing our food! "Finally!" I thought as the waiter left. My mom and I were happy with the food. The food I enjoyed the most was my cookie. After we finished my mom bought a cookie for my sister then we left. When we were in the car my mom played my favorite song and we sang together all the way home. When we got home there was no one in the house because my sister was at school and my dad was at work. My mom told me to get my favorite game from the closet and put my sister's cookie in the refrigerator. I brought the toy and my mom let me play it with her many times. After that my mom taught me my favorite subject, Quran. After she finished teaching me we told jokes and we started laughing a lot that we forgot to get my sister from school. After my mom

checked the time we jumped in the car to get my sister. When we got home my mom taught my sister Quran while I read my favorite book. After my sister was done we all told jokes and we played games until we heard the doorbell ring. We knew it was my father. Me and my sister ran, opened the door and hugged my father. We were surprised that my father brought us sweets from his work. We ate dinner together until we were full. When we finished eating dinner we ate the sweets my dad bought us. We sat in the living room and told jokes together until it was time for us to sleep. I happily went to bed. I really enjoyed my day.

My Worst Moment:

It all started like this. I was studying on my iPad for a test. I was watching a video to learn. When suddenly my dad called me. I went to my dad. He was next to his computer. On the computer there was a video paused. "I want to show you a video" he said. But first let's pray. I had no problem. I did wudu' the prayed with my dad and after we finished I asked him if I could see the video. My dad said no. I was confused. I thought my dad was going to let me watch. Then I asked him why. I did not like what happened next. My father screamed and said "because I said so!" I felt like a meteorite was headed toward me and I was going to die. I ran to my room with tears in my eyes. I could not believe what had happened. I wanted to run away and never come back again. I stayed in my room for a couple of minutes. Then I looked at the clock, 9:00 PM, it was my bedtime. I was just about to sleep when I saw something at my door. I looked up. It was my father. I went under my covers hoping my dad would leave. Then my dad lifted my covers and hugged me and said he was sorry. Then he left. I felt happy that my dad apologized to me. I drifted of smiling.

The Happiest Times:

The happiest moment with my dad is when we go around the neighborhood and walk to the library on Saturday. We would walk in the neighborhood where an ice cream shop, a library, and a smoothie place are. We would get bagels then borrow

books from the library. Sometimes we could get ice cream from Cold Stone. They mix two flavors together with a piece of a brownie, and it tastes delicious. The happiest moment with my mom is when I come home from school on Fridays before my sister comes home from school. She would hug me when I arrived and we could sometimes watch a movie together. I like it more since I could watch scarier movies while my younger sister is away at school.

The Best Moment in my Life:

As my day had begun, my dad had just awoken and so had my mom. On that day, when the daylight had started, it was my birthday. I was so happy because on this day it was when I saw my first streak of sunlight. On this day I felt special and I had decided that no one would spoil this moment for me. When I was awake and saw all my presents laid out for me, I also saw an additional gift and didn't know who it was from. Then I knew I had to solve a mystery on my birthday. For the whole time at school I was thinking about the unknown person who gave me that gift. When it was recess, my friends and I were playing and I was shocked because right then my friend, her name was Amitha, gave me a present. I was surprised because I had never gotten a present from a schoolmate before. I thanked her and told her to say thanks to her mom as well. When I had gotten home, there was a delicious smell. I asked my mom what that smell was, and she said, "It's just your favorite meal that you ask for every day, so I made it for you."

I was still thinking about that anonymous present I had gotten on that day. As my dad came home, I told him about that present and he looked at my mom as if saying that "She figured it out, so tell her." Right after I ate the cake my mom baked for me, my mom started to say something about that present. When I heard that she had gotten it for me, I was shocked. Then, I erupted to thanking her, giving her so many hugs and kisses and when she was pulling me off, I finally stopped and gave her just one more hug. I then knew that I would never forget this moment, even though I had a better day in my life. Although I had a lot of best days in my life, this was the best.

Happiest Moments:

A good time with my parents was when my parents and we did a board game called Scattergories together and we had quality time together. My dad won but since we had jokes in it was really fun. My parents were in a good mood and I was in a good mood. We all enjoyed the board game and we had a lot of fun together.

Words of Wisdom:

Even if you want something really bad, don't beg and plead to much, because you probably won't get that thing that way, but instead beg a little every now and then, enough to annoy them, but not to drive them mad.

WHY YOU SHOULD ACCEPT NO AS AN ANSWER?

Introduction

Have you ever found yourself asking your parents to do something? And on any of those times, have you been disappointed with your answer? Have you been faced with the word that kids have nightmares about...

NO

The word that us kids have nightmares about. It's what parents like to respond to most things you ask. Sometimes you may think that they just want to make your life annoying. But the truth is, they most likely don't want to make life terrible for you.

"Parents will not try to make your life suck, unless you are some sort of hybrid dinosaur monkey that enjoys eating peanut butter jelly salad, in which case you should take them to the vet immediately as they probably have some sort of mental illness and need immediate medical attention, especially because brain injuries should be treated as soon as possible, none of which has anything to do with parents." quote by Aasiya Memon

How to Convince Your Parents to Say YES!

What You Need:

- Pencil
- Pens

• Notebook/Binder Paper

Here is a step by step process:

1. **Write a list of your argument's main points.** If you find a point that pops into your mind that you don't want to forget, write it in your journal. Make sure you use these, and not use insignificant arguments like "But I want it!" Try to use more convincing points like "If I have a cell phone that will benefit the both of us with a mean of communication".
2. **Prepare for questions like "Is your room clean?"** Sometimes parents are going to ask you if you have done your chores or not to see exactly how responsible you are. Make sure before you bring up what you want, you have done everything your parents expect you to do.
3. **Pick the right time to approach the subject.** When you want for something, try to choose a situation where your parents are not under pressure, like about to leave for a party. You want to make sure the family are having a nice, relaxed time, like over dinner, so they won't immediately say no for being stressed. After all, do you want your parents annoying you to do something when you're doing homework?
4. **Maintain a calm tone during the talk.** When you are talking, make sure you are sounding mature, and not acting like a little kid. Believe me, parents don't like that. If you start acting like a two year old, they will shut off the conversation and tell you to go calm down, which is not a good sign.
5. **Let them know how it benefits them.** Many times, parents say no because it's somehow an inconvenience for them. Either it costs them money or time or both. So remember, your parents are financing whatever you asked for, they want to know what they get out of the situation as well.
6. **Give them time to think about it.** If you force your parents to give an answer that moment, the most probable answer is no, since they most likely have to talk with one another about what you're asking for.
7. **Compromise with them.** Work out an agreement that makes both you and your parents happy. Offer to pay for part of the phone bill or do extra chores around the

house in exchange. Make sure they are getting something out of this as well. After all, it's likely they're going to end up taking care of part of it, regardless of what it is.

8. **Ask them why they're saying no.** There is nothing wrong with asking your parents why they vetoed your idea. Most of the time, if you ask nicely, parents are willing to open up. You can always try to rebuttal whatever they are saying, but make sure it is after they finish talking. Parents or guardians hate it when children interrupt. Make sure you stay mature through the whole discussion.
9. **Clean up your act.** Parents also want to know that you are being a responsible kid in consideration of getting you whatever that you asked for. So, I recommend that about a few weeks before asking, get your grades up as much as you can and stay out of trouble. This shows that you are a responsible kid.
10. **Be respectful to them even though they said no.** Don't make it obvious that you're upset. Be kind to them and act as you normally would. Parents may act as if they didn't notice that you were kind, but in the inside, they are actually impressed with your actions. Let it be. Sometimes you have to simply let a decision be for the moment. Simply say, "Okay, thanks for discussing it with me" and walk away. You can try again at another time. Keep showing that you are responsible, and your parents might change their minds. After all, you get older and more mature every day..
11. **Write a letter.** Writing a letter shows them you are doing something for what you want responsibly. Make sure your letter is convincing and reasonable. Sometimes, parents respond better to having an argument written out. Use the info that you wrote before to write this letter professionally.
12. **Switch up your strategy.** If your parents don't listen to one of your methods, try to make a plan B; it won't work if you use the same material again and again, they'll be annoyed. You don't want them annoyed when you want something. This will also show them you have lots of reasons why they should listen to you.

We all have that feeling when you have no idea what you want to talk to your parents about. You really want to bond with them but have no clue how. Here are a few ideas on ways to hang out with your parents.

1. Ask them for ideas for a school project:
 - Asking for help is a great way to get help and talk with themSee if they want to play a game
- If you guys play a game you end up talking about different things, which allows you to bond together
 2. You might want to go to get Starbucks
 - Even better try to go somewhere they like more than you because then they will think that you want to talk not just get a drink
 3. Cook with them
 - You can talk to them about cooking while bonding easily
4. Talk in the car
 - Because you are in there anyway, so you might as well
5. Run errands with them
 - If you go shopping with them they can get what they need and you can talk with them and maybe get something too. While shopping you can talk about things you see in the store.

A Teacher's Lounge

A mindful look at the child-parent relationship:

Since this book mainly speaks to kids who want to improve their love, communication and respect between them and their parents, this section sheds the light on some of the strategies that can help kids *mindfully* deal with their parents especially at times when kids “seem” to have less power or control over the situation of struggle than the parents.

Our feelings are usually a response to what we think. If we immerse in happy positive thoughts, for example, we feel happy.

On the other hand, if we get trapped in negative thoughts, we may feel anxious, sad and in a bad mood. As a matter of fact, our minds are prone to negativity as a way to protect us from fears of shame, embarrassment and failure. Therefore, it's very crucial to always have a conscious management of our negative thoughts so as to shift them to more positive ones.

No matter what the problem or misunderstanding between the child and her parents is, the ability of the child to be aware of all her thoughts can greatly help the child (and the parents as well) clearly think about the problem from new perspectives and can also greatly help the child get past her struggle.

Example:

Lana came back home from school with a "C" grade on her Math test. Her parents were expecting her to share the grade with them. Lana and her father had the following dialogue:

Lana: Dad, we just got our math test grades back today.

Dad: Cool, what's your grade?

Lana: hmm, it is not as I was expecting

Dad (changing his position, while still maintaining a voice of understanding): it must had been a hard test?

Lana: yeah.

Dad: so, what's your grade, tell me

Lana: a "C"

Dad: a "C"!!!!

Lana: yes☹

Dad (Yelling): Oh, no. A "C" grade again? You must have been slacking all last week. When will you be mature enough to start taking your responsibilities seriously? Why can't you learn from your older brother who gets straight A's almost all the time?

The father continued: You are grounded for this weekend. You better spend this weekend figuring out a plan to make up for all your shortcomings. And, oh yeah, No TV for 1 month. You waste a long time every day in front of T.V.

Obviously, Lana's dad holds so much love in his heart for his daughter. All his anger that was poured on his daughter came out of fear. This fear was probably what made the father hard on his daughter. He might have had the fear that this "C" grade could indicate that Lana would not do well this year. That, if she keeps getting low grades, she would fail academically. That she might not be able to make it to a good collage. That she might,

therefore, not be successful or happy in her future (in such a competitive culture that highly values academic achievements). He might then have thought that this was not how competent he wanted to raise his daughter to be, and this might be his fault because he was not a good enough parent. The father seemed to have been swept away by a train of thoughts that quickly rushed into his head in no time, before he lashed out on Lana. He also didn't mean to insult Lana by comparing her to her older brother. Probably it was what he could think of best in that moment as a way to express all that pain and fear that he felt inside of him. Comparison and punishment were the father's best tools to act in this case.

Was that a tough situation that all parents would go through in one way or another (in this exact form or another)? Yes. All parents get worried about their kids. And almost no parent doesn't.

Could this have changed drastically, if that parent paused for a few seconds and decided to react to this situation from a place of pure love and trust and not from a place of fear, worries and distracted love? Definitely! Big time!

Now let's visit what goes on in Lana's head after she had an emotionally-charged conversation with her dad.

Lana goes back to her room soaked up in probably so many mixed feelings. She now feels sad that she had to go through all this with her dad. She is disappointed with just happened and thinking:

"I should have worked harder to get a better grade, so I would please my parents"

"But Math is really hard. I don't like math. I just feel bad"

"Will I ever be able to do better in math?"

"I'm dumb"

"Will I ever be able to please my parents?"

"My parents always compare me to my brother. They must love him more. I'm not good enough"

"Oh, now I can't go out anywhere this weekend, and I'm even not allowed to watch TV. What a miserable life I have"

"I hate my parents. I can't wait until I get older and leave this house forever"

“No, I can’t handle all that. Where is that piece of chocolate that I bought yesterday?”

Notice how every thought that occurred in Lana’s mind creates a new wave of emotions and feelings like: anxiety, blame, unhappiness, frustration, disappointment, jealousy and resentment. Each negative thought leads to an upsetting emotion, which in turn leads to more negative thoughts and a new pattern of overwhelming emotions.

But, does Lana really have to believe all these thoughts? Or was it her brain’s way to protect her against her overwhelming emotions that she started to feel? Was it also her brain’s defensive way to protect her from the tough situation that she just went through with her dad? Yes!

Does she also have to believe each thought as an absolutely true one? If these thoughts are about anything in the future (ex. whether she can do better in Math or not) then she can’t take them for granted. No one can ever anticipate what’s going to happen in the future.

Moreover, If these thoughts are created based on conclusions that she came up with based on some old incidents or evidence from the past (ex. My parents don’t love me or I have a miserable life), Lana also needs not to consider them, because these thoughts are based on limited factors and they are probably not the whole truth.

Bottom line: All these thoughts are nothing but baseless ones that limit us and don’t serve us at all. Instead, they keep us trapped in our darkness and get us to act out of fear and therefore out of our lower self. If we instead start to practice acknowledging them and refuse to believe them, only then can we approach any problem that occurs in our life from a place of calmness, clarity and peace. Think of your negative thoughts as bubbles moving around in your head. You thank them for notifying you of the problem at hand (and that is the only job these thoughts have, indeed), and all you need to do now is to just poke each and every one of these bubbles, and you are done!

Let’s see how we can apply this **mindful approach** to Lana’s situation:

Noticing negative thoughts:

Lana goes back to her room after the unpleasant conversation she's just had with her dad. As she is sitting alone in her room, she notices all these upsetting and stressful thoughts and feelings flowing into her head. Just the fact that these thoughts may be true freaks her out and puts her down. Nevertheless, Lana has the awareness and the courage to not allow her brain to continue to generate more of these frustrating thoughts.

She now takes a few deep breaths, and as she is sitting in her silence breathing in and out, she is able to observe her negative thoughts and feelings. She keeps breathing through her upsetting feelings, acknowledging them in her mind but without reacting on them or attaching any newer negative scenarios or thoughts. She keeps witnessing her thoughts, and then letting them out of her body. She also has the awareness that despite all these painful feelings, she needs to keep at it and needs not to escape her anxieties by stuffing them down inside of her or numbing them by some of the common actions like eating, or sleeping (or watching TV if that's allowed)

Becoming aware of these thoughts is the first step toward changing them. Once Lana noticed her thoughts, she was able to stop automatically believing and acting on them. She literally had all the choice!

Lana decided to have the courage to own the problem and act out of her higher self instead of her lower self. Yes, she is still a child. Yes, her parents seem to have a higher authority.

Nevertheless, she knows that if she has no power to control or change other's reactions, including her parents (and no one can indeed), she has all the power to control herself and change her perspective of all the things going on in her life.

Reframing the mind:

Reframing the mind is all about creating a different way of looking at any situation at hand from a different perspective.

When we shift the state of our mind to a state of more positivity, hope and gratitude, we find happiness and calm even in the darkest situations. Even if what we think of "seems" to be true, there is always a much more empowering flip side to that thought that is a least as true, if not more true:

"This all shall come to an end. It is not a real emergency"

"My C grade is just a letter grade that has nothing to do with

my self-worth. It could indicate that math is not my passion (which is absolutely fine), or simply it could indicate that I just have to work harder.”

“My dad yelled at me because he was under so much fear and stress” (A place for empathy)

“There are always so many ways to please my parents”

“I can handle all that”

“No, my parents won’t stop loving me now or at any other time of my life.”

“I’m not perfect. Neither are my parents. Let’s focus on what we have, instead of what we don’t have”

Staying optimistic by imagining happy ending:

Let’s always stay optimistic and always *believe* that no matter what happens to us, things will turn out to be O.k. This would tremendously help you get better insight into the problem as it would positively re-program the subconscious brain for happy ending:

“I should find another time to talk to my parents about this problem after everyone calms down. We should be able to reach a common ground and find a win/win solution”

“I’m picturing myself soon sitting with my parents and having the best time ever”

An opportunity for growth?

Thinking of any hardship or struggle as something happening for us (not “to” us) in order for us to grow and learn can greatly help us grow out of our struggles much stronger and resilient. When we believe that any problem wouldn’t have been imposed on us unless we could successfully handle it, then only we could create an *abundant and resourceful mindset* that would allow our creativity to unleash when tackling any problem we face. So the next time you are hit by negative thoughts, stay patient and refuse to act on these negative thoughts or attach more negative thoughts to them in your brain. This is not easy and takes a lot of self-awareness, practice and patience, but you will be amazed at how relieving this process is. This leaves an opening for problem solving. Embody the abundance mindset and ask yourself: *How can I make things better? What would I do differently the next time I go through a similar situation? What communication skills or other skills can I learn to help me better deal with my parents in specific and other people in general?....*

Conclusion

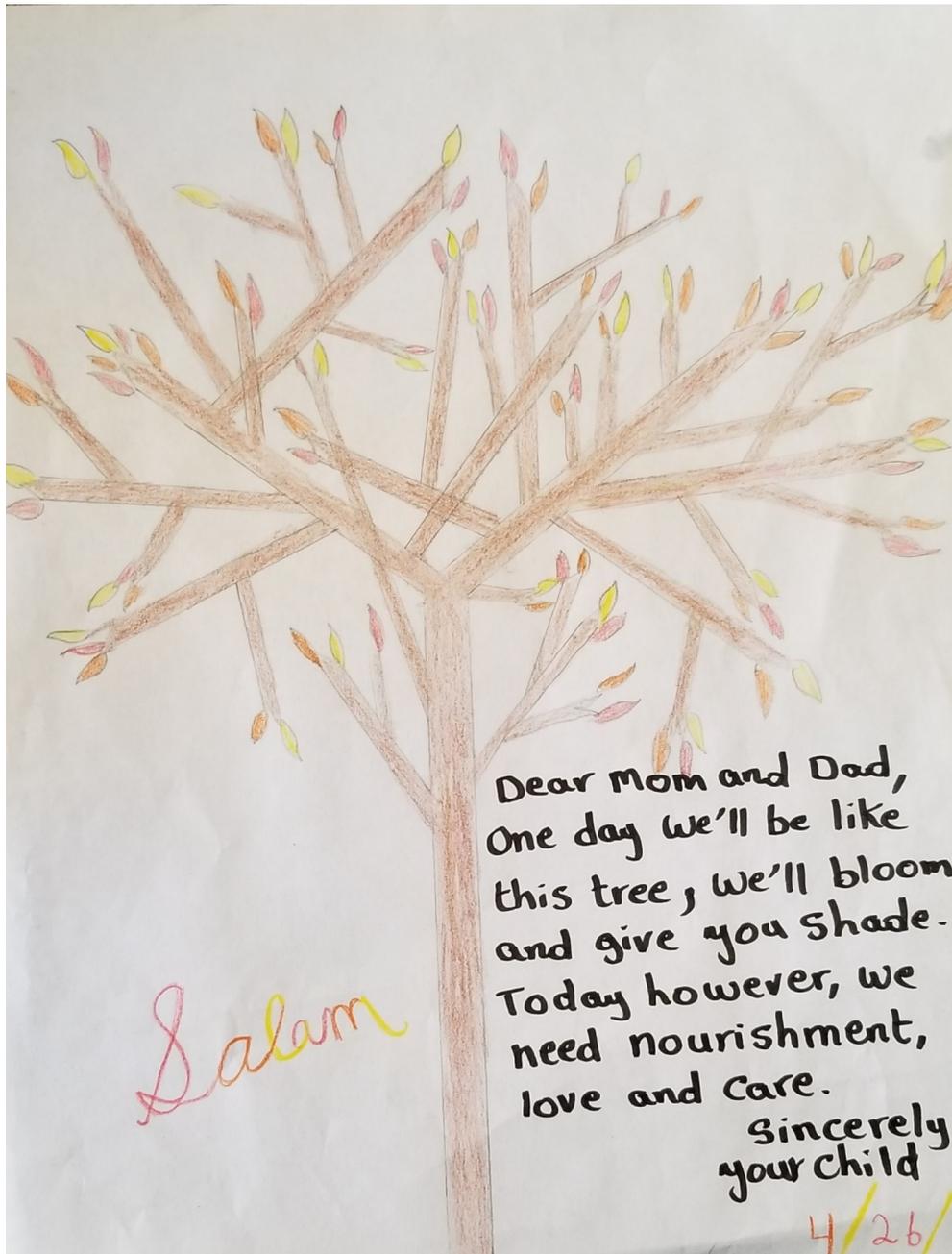
Your parents love you. You love them to. You want your best moments to get repeated and you want your worst moment to never happen again. One way I avoid getting yelled at is that I try to listen to every word they say. If I forget one time I will go and say sorry for what I did. If I had a moment where I felt very happy I would ask my parents to do it again for me. For example, if my best moment was going with my mom shopping, I would ask my mom to go again. All in all, your parents love you.

“There is an expiry date on blaming your parents for steering you in the wrong direction. The moment you are old enough to take the wheel, the responsibility lies with you.”

- J.K. Rowling

“You never know how much your parents loved you until you have a child to love”

- Jennifer Hudson



About the Authors

Zahra

Hello, I am an 11 year old girl who is currently in a stage where I tend to fight a lot with my parents. Writing this book in a way guided me to understand WHY parents do some things. We may find some things unreasonable, but we have to respect their ideas. I love my parents, but you can sometimes feel the gap between parent and child. But after talking with friends and reading some parenting books, which some people find atrocious, I understood that what I was going through was **normal**. I hope after reading this book, you understand that too.

Amnah

I enjoy doing lots of things. I like to listen to music while studying, playing basketball, and spending time with my family. I enjoyed the experience of writing this book and being able to help parents understand how we as kids feel and provide a feeling for other kids that they are not alone.

Jana M.

Hi, I'm just a regular 11 year old girl, whose favorite thing to do is spend time with her family. In my opinion, I think that having experience of writing a book at the age of 11 is pretty cool. I feel like having this experience is important for our future. While writing this book, I began to understand that having some trouble with your parents is normal, whether you don't have a good communication with them, or that you feel like they don't have trust in you.

Sana

Hi, my name is Sana and I am 11 years old. I like reading, biking and eating ice cream. I have two brothers. This book helped understand my parent's views on things.

Safa

Hello, I am currently 10 years old and my name is Safa. I like to do many things such as play sports and read books. My favorite thing to do was to write and invent a way to help people on this planet and then this happened. This book was really helpful for me because I sometimes don't get along with my mom. I hope this book helps the kids out in the world who struggle to get along with their parents.

Jannah H

Hello, I am currently an 11 year old and my name is Jannah. I have quite a few hobbies such as playing basketball, reading, and writing stories. This book is helpful to me because it helped me understand more about how our parents understand us. I hope this helps kids and parents everywhere, specifically kids that have trouble with their parents.

Salam

Hello, my name is Salam and I am 11 years old. I love to read, and I am very adventurous and inquisitive. I am very fond of

animals and I love to help and take care of them. The reason I wanted to help in writing this book was because there are many children who need guidance on how to keep their bond with their parents strong. Know that you are not alone, and we hope that this book helps you understand your parents' point of view.

Sara

I am currently 10 years old and I love my parents. I know they did so much for me so I decided to write a part of this book. This is not my first time writing a book because I wrote a book before. I love sports such as swimming and gymnastics. I love animals like horses, dolphins, and rabbits. I do not like running especially on a hot or warm day. My favorite subject in school is science because I think it is interesting. (Sometimes). I like going outside in rain or walking around outside. I also love reading and spend most of my time reading. I hope you will enjoy your time reading this book.

Rabab:

I'm one of the teaching staff of Room26. I'm a mother of two daughters (4 years old & 2 years old.) It was my pleasure to add a small contribution to this book.

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