


RAISING CONFIDENT SIKH KIDS

-  Listen to them and be aware of their emotions
-  Give your children a happy home environment
-  Give them a hug regularly
-  Surround them with healthy relationships
-  Keep them safe and protected from trauma
-  Set clear boundaries with clear choices
-  Keep screen time to a minimum
-  Ask them questions that help them develop

QUALITY TIME

 Pray Together	 Eat Together
 Relax Together	 Holiday Together

 When giving praise to children, try to avoid praising them as an individual. Rather, praise the approach, effort or strategy that they used.

- You worked hard. Well done!
- Your problem solving approach was good.
- You are the best!
- You are really good at problem solving!

Sikhi In The Home



GURBANI

Teach them love for Gurbani and Naam



FAITH

Remember Vaheguru in good times and bad.



IDENTITY

Be proud of who you are and your appearance



VIRTUES

Teach them the virtues of Guru Nanak



HISTORY

Give them knowledge of their history and Sikh sacrifices

Before you speak around children, THINK!






MODEL GOOD

BEHAVIOUR

- T - is it true?
- H - is it helpful?
- I - is it inspirational?
- N - is it necessary?
- K - is it kind?

"Setting a good example is the best parhaar you can do!"

Believe in Yourself

 HONESTY	 FORGIVENESS	 GENEROSITY	 PATIENCE	 CALMNESS
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