



Wisdom Parenting™

with Emotional Intelligence



DR RAYES MUSTHAFA

Wisdom Parenting with Emotional Intelligence

Why wisdom parenting?

Parenting is a natural instinct inbuilt in our human design. If so, why do we have to learn parenting? Our parents did not attend parenting courses to rear us, so why should we bother? What is there to learn? The argument is interesting, and this course will enlighten you to decide whether we need to learn parenting or just carry on following our instincts.

All children are blessed with many potentials to develop into a successful adult. Rearing a child is the most enjoyable life experience. Feeling them growing in mother's womb, having them in our lap, hugging them, carrying them on the back, playing hide and seek with them all make parents' life more meaningful and colourful.

Children are the most important treasure that one could have in this world provided we bring them up properly otherwise the same treasure could turn out to be a curse. We see many parents suffer for life with deviated and misguided children. Instead of enjoying their children they continue to suffer with them. Their assets turn out to be their nightmare and a terrible liability. If a child takes a wrong turn it is, in many cases, parents who should take responsibility.

What are the priorities of our life?

It is very important that we understand the purpose of our life and the place of human in the context of wider universe and the planet earth we live. Connecting our children and our own lives to the nature is crucial for peaceful coexistence and overall achievement of children. Parenting is indeed a great mission for a visionary parent, and we are committed to support this mission through wisdom parenting.

If we desire to build a 'knowledge based civilised decent society', we need to build knowledge based civilised decent families. Though we may have no direct control over our society, we have absolute control over our own families. We can certainly involve, interact and influence and transform our families to achieve noble objectives.

What is Wisdom Parenting?

Wisdom parenting is a course developed to coach parents on 'nurturing children with emotional intelligence'. The wisdom for the course come from contemporary medical science, child and adolescent psychology, science of emotional intelligence and revealed knowledge along with many years of personal experience in clinical practice.



The objective of the course is to witness a generation of 'empowered children and happy families' that achieve the best. More than anything it is our passion to help parents in their struggle in parenting. We are indeed committed to deliver a comprehensive discussion along with real case scenarios to make the course practical and relevant.

What you will gain from this course?

This course is designed to enlighten the participants with 10 fundamental elements related to children and parenting. The participants will learn valuable learning points under following topics.

1. Understanding a child, recognizing children and respecting childhood.

Introduction to the basic medical and psychological science of brain growth and development of children. This will be discussed contextualising it to day to day practical scenarios and parenting issues. This will transform parents' perception of their children.

2. Building 'Nuclear Family Unit' to nurture children.

The concept of 'nuclear family unit' (NFU) will be discussed along with strategies to convert NFU into a highly fertile ground for children to absorb everything they need to grow and develop. The participants will learn how to transform their house to home and make the home a pleasurable place to live and thrive for them and their children.

3. Understanding Fatherhood and Motherhood in Parenting

The basic concept of 'responsible fatherhood' and 'sharp motherhood' will be discussed in its broader perspective. Hence the parents will be encouraged to understand these fundamental concepts of parenting to nurture a generation of successful children.

4. Disastrous effects of electronic screens on growing children

'Mummy I am sacred' is a book written by an American researcher that talks about the disastrous effects of electronics screens (tv, computer, all electronic gadgets) on growing children. The impact of electronic screens on growing children is so grave that it destroys the personality of children. Many frightening serious negative effects personally witnessed by the author of wisdom parenting will be discussed in the light of medical science.

5. How should we discipline our children without abusing them?

Indiscipline among our children in our society is a serious problem. While it is absolutely important to discipline children, many parents do not know how to accomplish that. Most



of the times discipline becomes abuse and that make children more violent than getting them disciplined. Participants will learn the various techniques which could help to discipline their children.

6. Impact of Child abuse on growing children

Child abuse has caused permanent damage to all aspects of children's life. It is important to understand what child abuse is and its various types. Parents abuse children without actually knowing that they are involved in abuse. The participants will learn various forms of child abuse and its negative impact on growing children and methods to prevent permanent damage to child's life.

7. Why / How do children speak with their body and behaviour?

Children absorb everything around them good or bad, happiness or sadness all get absorbed by children. Their hearts are highly susceptible for emotions and the minds are extremely receptive and they constantly process signals in their hearts and brains. The participants will learn how an emotionally charged child reacts with various bodily symptoms and unacceptable behaviours and how we should deal with their emotions.

8. Understanding adolescents (tackling teenagers)

They are not 'terrible teens' and they are not designed to be scary. Dealing with teenagers should also be a pleasurable experience if we learn essential teen psychology and some practical steps as to how to deal with them to make life enjoyable to both teens and their parents.

9. Role of parents in academic achievement of children.

High academic achievement of children is every parent's expectation and is the need of the hour. There are many factors that influence academic achievement of children. These factors ranging from sleep, food to parents' expectations and interaction will be discussed in this module

10. Building a great personality in growing children

Children's personality develops and gets established very early in their life. There are many types of personalities once established are difficult to change. It is the personality that makes or breaks a person hence it is importance to guide children during formative years towards building a better positive mindset and a great personality. This module will help parents to make right inputs to develop a great personality.



Your Registration includes:

- a) Comprehensive self-assessment in the light of 'Wisdom Parenting'.
- b) The 'Wisdom Parenting' course manual, which will help you to follow the course attentively.
- c) Participation in 'Parenting' survey.
- d) Five Exercises will help you to review and enhance your Parenting experience to the NEXT level.
- e) Participation of both Husband and wife in the course through single registration. Any one of them can attend the course.
- f) All the registered participants will have access to Course recording.
- g) Registration in Wisdom Online College studies program.



Dr. Rayes Musthafa



The program will be delivered by Dr Rayes Musthafa. Dr. Rayes Musthafa is a board-certified consultant paediatrician with special interest in paediatric intensive care. He gained his MBBS degree from Ruhuna University in Sri Lanka. His postgraduate Diploma in Child Health (DCH - Col) and Doctor of Medicine (MD) degree were from University of Colombo. Currently he is a paediatric intensivist at the intensive care unit of the Portland Hospital in Central London. While working in the National Health Services (NHS) he gained his post graduate Diploma in Child Health (DCH-UK) and membership in the Royal College of Paediatrics and Child Health -UK.

Having seen more than two hundred thousand children and families over two decades and gaining experience in many of their medical, psychosocial, behavioural and character related problems of deviated children and difficult families, he recognises a clear pattern of vicious cycle that needs to be broken to address their issues. To untangle this complex multi-faceted issue, he has developed his own cognitive behavioural therapy in the form of parenting guidance and family coaching program and delivers his message under a structured course 'wisdom parenting with emotional intelligence'.

Already hundreds of families have followed his wisdom parenting course and changed their perception and parenting practices and family relationships to make their life a pleasurable experience. Sharing his clinical experience with general public he has written and published two books that have seen more than 14 reprints.

He has travelled widely in search of knowledge and has attended and delivered lectures in many conferences in USA, UK, Malaysia, Japan, India, Sri Lanka, Canada, Middle East and many other European countries. He received an award for his research and promoting awareness on urea cycle disorder awarded by National Urea Cycle Disorder Foundation at its national annual congress in July 2010 at the Marriott Hotel, Boston, United States of America. He is a well-known community activist promoting 'knowledge based civilized society' that contributes to nation building. His community service was recognized and on a recommendation by Sri Lankan High Commission in London, he was invited by the Queen to the garden party in July 2011 at the Buckingham Palace Garden in London.