

## Dynamic Value Parenting – FAQ

### *What is "Dynamic Value parenting"?*

Dynamic Value Parenting is an interactive programme developed by Dr. Pal Dhall and his wife Dr Tehseen Dhall of Australia. Swami blessed the programme in 1998.

Swami reiterates that children are His most important assets. Swami wants children to be spiritual, confident, and self-reliant individuals.

The Dynamic Value Parenting programme is done in 15 modules, which are based on the 5 Human Values. This allows parents to turn 'bookish knowledge' into 'practical knowledge' by asking "that parents become aware of their own and their child's developmental needs and that they make a commitment to implement the 5 Human values (Truth, Right Conduct, Peace, Love, and Non-Violence) in their daily life". It entails understanding Sai Baba's teachings and putting them into practice in the context of the family life.

### *Why do we need "Dynamic Value parenting"?*

The programme is essentially Bal-Vikas for parents and soon-to-be parents. There are 15 interactive modules conducted by trained facilitators. Through open discussion, brainstorming, and role-plays, parents explore their role as parents in their child's development as it relates to Sai Baba's teachings. The workshops are interactive and practical. At the end of each workshop, participants apply the shared knowledge and experiences to their own family circumstances and set personal goals for improvement or change / transformation. This takes the form of an Action Plan, which the parents try to practice daily.

This will help in identifying the potentials within and enhance parenting styles and spousal bond. The result will be a stronger family nucleus, where there will be more love.

### *How will the participants benefit from the Workshop?*

Participants will gain a greater awareness of their parenting styles and their relationships with their spouse and children. They will also learn practical skills to enhance these relationships while improving their parenting skills. They will learn means to make the home a training ground for spirituality. The training manuals developed by the Dhalls outline three main aims of the Program:

- Parental Aims - Personal
  - Creating greater self-awareness in the parents of their inner processes e.g. motivation for their behaviour and actions, thoughts, feelings, values and beliefs and how they determine their parenting practices. This is the foundation of all relationships. It links parents with their own core.
  - Giving the parents practical skills to make the home the training ground of spirituality. This enables the parents to use opportunities that arise in the family for personal transformation and for advancing towards their goal in life.

- Parental Aims for their Children
  - The program supports and strengthens the practices that will create an atmosphere in the home for maximizing:
    - Child's capacity to lead a life of peace, joy, love, harmony and at the same time of discipline, reverence devotion and striving.
    - Creating an awareness in the children of their goal in life.
- Parental Aims for the Society
  - Home is the training ground for addressing the ills of our society. Home is the fundamental political economic and social unit of the society. A society's economic well-being and stability rests on the foundation of practice of good values at home. This program supports the establishment of a stable social system based on tolerance, love, equality, respect, compassion and justice."

***Does this program involve marriage or family counselling?***

The facilitators of these workshops are trained volunteers, but are not professional counsellors. As such, they cannot provide marriage or family counselling.