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## Children are People, Not Machines

By **Jeffrey D. Murrah, LPC**

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When growing up, my father frequently reminded me to "pay attention to the details." That saying became very real to me in the area of parenting. While raising children, the details make great differences in development.

Being that children are people and not machines, the kind of detailing needed is different. Focusing on the externals of name brand clothing, perfect hair and having the most extensive collection of expensive toys are not the kind of attention needed. Such efforts will result in the child feeling rejected and learning to substitute material objects and appearances for love.

Children need the attention of their parents. The areas of their lives and abilities given attention will develop most. If the majority of parental attention is given to not standing correctly or not finishing tasks, these areas will develop further. In situations where habitual fault-finding occurs, the child eventually takes all that criticism inside and turns it on themselves. Such methods often lead to unmotivated children with low-self-esteem.

Many adult parents still carry emotional scars from harsh fault-finding from parents. A good common sense rule is, "If you would not let anyone talk to you like you talk to your child, you need to make some changes." Sadly, many children suffer in quiet desperation as victims of harsh treatment, that the parent justifies by telling themselves "it's for their own good," or "I only do it because I love them so much." Such displays are not experienced by the children as "love."

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Children need attention given to the details of their lives. The attention they need the most is from their parents. They need encouragement in specific and tangible terms. Statements like, "It puts a smile in my heart, when you show teamwork by playing nicely with your brother" make a child beam. Find them doing good things and bring that to their attention. Identify the specific talent, how it is used and your reaction to it. Train their young minds to search for their talents with the same kind of attention to detail that may have previously been devoted to fault-finding. It also helps to identify internal or character qualities to praise rather than external appearances.

By developing these qualities, the child will always carry those qualities with them, regardless of age. Children do want to please their parents. The challenge many children face is that they often do not know what does please their parents.

Focusing on the details when children do good is important. Such an approach is detailed enough for children to understand what they did good and how it made you feel. Parents often devote too much detail to fault-finding. When the attention to detail is directed to finding good, it results in motivated children with strong self-esteem. If the devil is in the details, perhaps the saints are also.

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### **Bread machines and bread makers for every Kitchen!**

**By Curtis Miller**

#### **Bread machines and bread makers for every Kitchen! by Curtis Miller**

Bread machines or bread makers are fast becoming a small appliance used almost as much as the microwave oven. And why not? The smell and taste of freshly baked bread is hard to resist, let alone very nutritious for you. These machines can be considered another of the few miracle kitchen appliances to make our cooking and baking lives more enjoyable. Finding bread machines online has never been more easier, except maybe which one to choose for your families needs. Here are some basic tips in finding the right one for you.

Most store bought bread these days comes in one and a half to two pound loafs, so the first tip is look for a bread machine with a two pound capacity. There really isn't a good reason to make bread size less than a two pound loaf. Also it is nice to have a bread maker with at least 8 different settings. Some of your best choices for settings are: Basic, Whole Wheat, French, Sweet and Express bake.

Bread machines with a view window allows one to monitor the bread baking without raising the lid, saving energy and time. Make sure the loaf pan is non-stick coated for easy cleaning. Most bread makers today come with non-stick loaf pans but there are a few that still don't. Another great feature to have is the additional ingredients beeper, which comes in handy for adding fruit and more thru out the bread cycle.

Whether for once a week bread making to everyday use the bread machine has become a part of the modern kitchen. Make sure you compare different models online to find the perfect one for your family.

Curtis Miller is a successful author and publisher of [www.kitchens-4u.com](http://www.kitchens-4u.com) Your source for quality items for your kitchen.

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