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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make Role Modeling a Hobby

By Michael G. Rayel, MD

Make Role Modeling a Hobby by Michael G. Rayel, MD

Like in most families, children are around you everyday. Whatever you show to your children is what you teach and impart to them regardless of your intentions. In the eyes of your children, you are a teacher. Everyday you are teaching "live" — whether you like it or not. You're like a walking lecture in your child's life.

What are you willing to show to your child? What are you going to teach your child through you? Do you want to be credible?

The Best Way to Teach is to Model What You Preach

Parenting articles and books tell us that we should be role models for our kids. However, finding a reliable source on how we can become one is a challenge. Being a role model is not an easy task. It requires determination, self-control, self-reflection, and discipline.

One of the best ways to become a role model is to simply practice what you preach. Obviously, you can't tell your child not to smoke or drink when you smoke a pack a day or you have several drinks before going to bed. Likewise, you appear phoney to your kids if you advise not to use foul language when you criticize or verbally abuse your spouse at the dinner table.

Your Teachings Should be Followed by Action

"Talk is cheap," as the saying goes. Your advice is of most value to your children if you back your pronouncements with action. I know a father who preaches to his children not to punch back if they are hurt by a playmate but the same father never hesitates to grab his kitchen knife every time his neighbour in the same apartment building makes a noise.

Show your children the behaviour that you want them to show to others. Talk the way you want them to talk to others.

Make Role Modeling a Hobby

If you want your child to practice self-control, then you have to show self-control yourself. If you expect household rules to be followed, then don't violate these rules yourself.

Don't Preach Anything that You are Willing to Violate

Don't make a household rule that you can't follow. Never make a rule that you intend to break if no one is watching. A rule is only effective if it is consistent and properly implemented.

A rule is designed to establish order and harmony in the household. If you constantly break household rules, you are probably better off not having them. Try to be realistic. Make a rule that is reasonable and that everyone, including yourself, can easily follow.

Don't Create Rules that You Intend to Break If They are Inconvenient

Don't make a rule that you plan to violate regularly at your convenience. A rule is created to serve as a guideline regardless of whether it's convenient or not. However, don't be totally inflexible. As you now, there are exceptions to the rules.

Occasionally, you have to be flexible to accommodate these exceptions. For instance, I have a rule that food should not be brought into the bedroom. However, when one of my children is sick, then this rule does not apply. I'm not saying that we should be flexible all the time. In essence, there should be a compelling reason to break a rule.

Make Role Modeling as Your Passion

Make role modeling as your interest and passion. Enjoy doing it. Practice and master it. Observe how you speak and behave in front of your family. Make sure that the behaviour you show is the same behaviour you want your kids to learn and that your speech should reflect what you want to hear from them.

You can't preach that they should be happy and enjoy life when you're grouchy all the time. You can't teach your children good moral values if you're making a plan on how to cheat your neighbour -- in front of your children's watchful eyes.

In the eyes of your children, you are a hero. They love to hear you and watch you. They love to be around you. They even love to be like you.

So watch out. Your speech and behaviour becomes your child. Commend yourself if your children turn out to be good people. But don't blame anyone if they show inappropriate behaviour. Remember -- they are just trying to imitate you.

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Do You Have What It Takes To Become A Model?

By Lynn Walls

When you think of the word "model", images of men and women with perfect complexions, incredible bodies and wonderful wardrobes are probably the first things to come to mind. But modeling is much more than that and the need for "non-traditional" models is probably more prevalent than you imagine. If you consider advertising, media and books that use photos of real people and places, you can see that you don't have to be a perfectly-proportioned person with a flawless look to find modeling opportunities. That gives rise to the question, "Do you have what it takes to be a model?"

If you're interested in modeling but you need experience, you should likely begin your search locally. Every city that has an advertising company probably needs models. In the larger cities where magazines and other media are produced and printed, you'll also find a need for people willing to model. Almost every catalog, flyer and circular that arrives in your mailbox includes photos of at least a few people who were willing to model for that publication. The opportunities are out there but you have to be willing to go after them.

Consider the local advertising agency. Especially if you're talking about an agency in a smaller city with limited financial resources, the search for quality models is continuous. They need people willing to model with and be spokesperson for area businesses that are intent on producing commercials with local faces.

Magazines are also a good source of modeling opportunities. For example, a magazine accepts a story from a freelance writer about mothers to be printed in the Mother's Day edition. Stories are always more appealing if there is art to catch the reader's eye and the magazine begins its search for appropriate models for this story. They don't need a cover girl – they need a mother (or at least a woman who can look like one).

Think you don't have the figure for modeling? Catalogs are another good source of modeling opportunities. Apparel companies don't just sell clothing for the men and women with perfect bodies. The fact that not every woman is a "perfect size six" means that not all clothing offered will be a size six. What better way to entice the smaller than normal woman (or those larger than normal) to choose a particular product than by showing how it looks on other small or large women? This creates an excellent opportunity for those who will never fit into a size six dress to give modeling a try.

If you are fortunate enough to have the perfect body, complexion and look for traditional modeling, you still might need to start with the less-traditional modeling jobs. No matter what kind of modeling you want to do, remember that it boils down to hard work in sometimes less-than-ideal conditions. Catalogs, magazines and advertisers will do photo shoots well ahead of the season. That means that you could find yourself modeling swimsuits on the beach while it's still too cold to be on the beach, or wrapped up in ski gear in front of a crackling fire in mid-summer. But if modeling truly appeals to you, you might just find that you do have what it takes to become a model.

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Looking for information about modeling? Go to

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Fashion Modeling Information Directory and Resource Site which provides a consolidated listing of the best Modeling and Fashion sites in one easy to navigate location.



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