

Holistic Parenting and Education: Encouraging All-round Development in Your Child

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A. Understanding WHAT holistic education is?

What is a holistic approach to child development?

Contrasting Approaches to Child Development

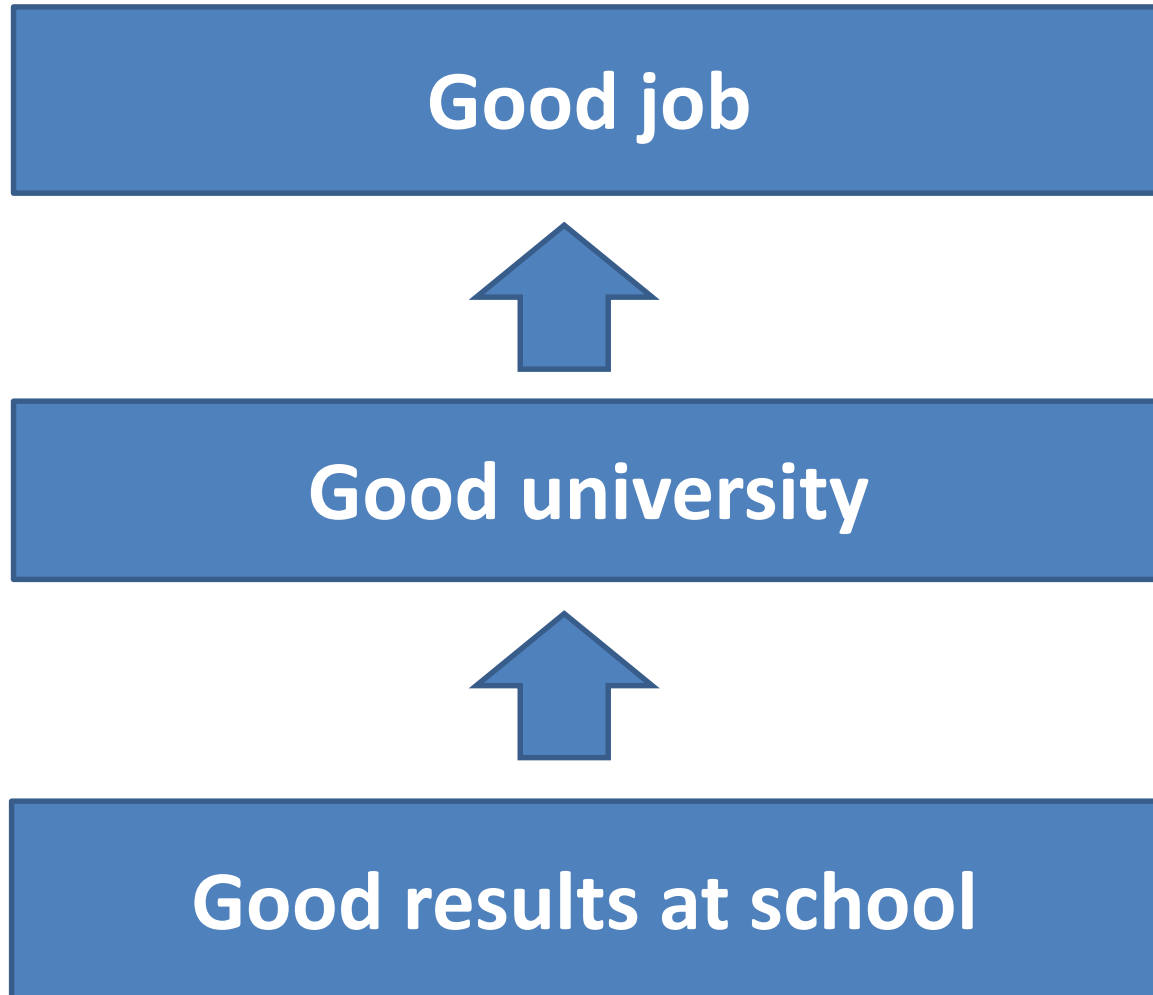
Narrow Approach

- Focus on one aspect of growth
 - Academic results

Holistic Approach

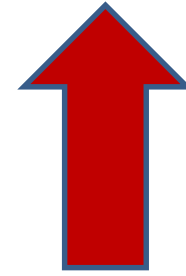
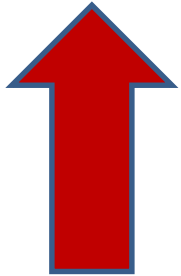
- Focus on multiple aspects of growth
 - Intellectual
 - Emotional
 - Social
 - Physical
 - Creative/artistic
 - Moral/Spiritual
 - Leadership

Is this the complete picture?

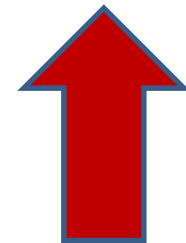
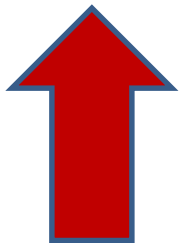


- All round growth needed for success in today's world
- Actually existed in the 1900 century approach to education: eg Oxford and Cambridge models

Happiness and Fulfillment



A full life



Holistic Education

teaching children to celebrate
“Life in all its fullness”

Happiness and Fulfillment



Career/
Vocation

Spirituality

Family Life



Health

Relationship
with Self

Friendships



Holistic Education

**c. Identifying and Understanding
the main elements of Holistic
Education**

A Holistic Educational Model



Intellectual Mastery

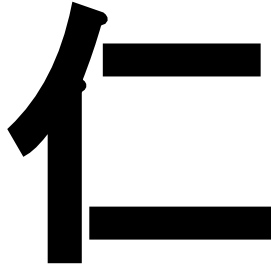
- Knowledge versus the skills and desire to obtain knowledge
 - giving fish versus teaching them how to fish
- The concept of intellectual curiosity
 - Child initiated learning
- Able to think independently and articulate ideas with confidence

Emotional Mastery

- Emotional intelligence (EQ)
- Teaching children EQ skills:
 - Recognizing emotions
 - Understanding emotions
 - Managing emotions
- Able to apply stress and anger management models

Spiritual and Moral Mastery

- Moral values
 - Respect
 - Compassion and kindness
 - Honesty
- Making moral decisions
- Other centeredness
 - reaching out to needy and marginalized communities every year
- Relationship with God



Benevolence

Perfect virtue

Goodness

The Complete Person

Leadership Mastery

- Being able to work together in teams
- Followership before leadership
- Empowering self and others
- Developing visions and making them a reality

Physical Mastery

- Respect for their own bodies
- Personal health and exercise plan
- Active in sports
 - Motor coordination

Social Mastery

- We are social beings
- Social and communication skills
- Learning to develop friendships and relationships
 - Learning social rules
- Learning to be assertive: learning to say “no”

Artistic and Creative Mastery

- We are creative beings
- Developing the artistic and creative abilities of children
 - Music
 - Art
 - Drama
- Encouraging creativity means creating an environment that allows differences

A Holistic Educational Model

