



FAMIPED

Familias, Pediatras y Adolescentes en la Red. Mejores padres, mejores hijos.

Educating our children: when less is more

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When we think of childhood, we tend to think of children in our well-being society but due to the world in which we live, more and more images children from Asian countries appear in the media, from poor countries next to us in Europe, from very poor African countries...

We all relieve that we know the differences between these children from rich and poor countries. We know that after a few seconds, a child dies because in the third world because of poverty or war. And that many more are born and remain ill, disabled, orphan, blind or deaf in regions where this could be worse than death. An excessive percentage can't learn to read and write and being women there is a big handicap...

But it is really unfair to refer to these children with pessimism and, from FAMIPED, without being manicheist, we want go five another view of that childhood and remember who have values to begrudge and perhaps imitate.

These societies are generally based on a solid and big family, being a monoparental nucleus or not, and on their children's love. When one of the parents is ill or absent, the rest of the family looks after children and avoid that they feel lonely or they lack affection. Furthermore, children respect older people with worship because they know that knowledge comes from their experience.

Since they lack economic resources, they develop their imagination for games, plays, mimicry, Pictures or novels and they appreciate objects a lot, even small material presents. They have no problem to share just because, when having very little, sharing is easier or, might be, because they appreciate being given something when they have nothing.

They live their life naturally, even in disgrace. They accept it as it comes, with blaming anyone or themselves. They are naive and they don't think of everything they do.

And parents, due to the fact that their children won't be able to play the guitar, learn to draw or go to private, chinese or karate lessons do not get stressed; they have fun (or resign) with calmness, enjoying the hours that, for us, sometimes become a torture.

But he most important thing is that children smile a lot and burst out laughing easily. They are still conscious of the problems, they seem happy.

As we have pointed out, paediatricians do not believe that parents in those societies are better. At all. Human beings are similar everywhere, nor better or worse, but they adapt to their circumstances. What we see is that we have "developed" materially too quickly, with disadvantageous consequences for our children and we might stop and think again of these educational ideas that until recently prevailed in our medium, a bulwark of education in values.

It does not seem normal that our three-year-children receive Father Christmas presents from their grandparents and parents. Or that, from early age, they have to wear a brand jumper, go to the cinema every week (with pop

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corn) or change their phone every 2 years..

Growing up a baby cannot be a load from which we cannot have fun, instead of using our instinct and common sense, we want others to be responsible, receive instructions for every movement, blame others if everything does not go well and have perfect siblings, with the characteristics and qualities which are idealized for a sibling.

It would be interesting to copy some aspects from these countries: accepting more naturally our siblings' deficits or differences, promote their emotional stability over academic one, their creativity development and their spirituality and, above all, enjoy with them, laugh and take care of them even if we have "pending matters", share TIME if we did not and enjoy the non-material things.

It is very likely, when they are older, that they remember swings, walks or games with them better than the last generation Playstation or the piano lessons that were their father's illusion, ignoring their abilities and preferences.