



DISCIPLINE-BALANCE

Context: This material dwells into how a family navigates everyday stress and sibling conflict, showing how calm, compassionate discipline can build a more respectful and cooperative home.

Objectives: In this session, parents will explore questions like:

1. How can parents handle arguments between siblings in a way that helps them stay calm and respect each other?
2. How can parents teach responsibility without using blame or harsh words—and why does tone matter?
3. How can families make daily routines that work for everyone, without letting one child's stress affect the whole house?

Scenario:

Anita (mother), Meera (elder daughter), Tara & Leela (younger daughters)

[The clock on the wall blinked at 5:30 PM].

[Anita stepped into the apartment, her keys clinking as she tossed them into the bowl by the door. Her feet ached, her head buzzed from back-to-back meetings, and her mind was already juggling dinner, homework, and tonight's schedule. Before she could even set down her bag, a voice came flying toward her].

Meera: Can we PLEASE hurry up?! It's 5:30! Rehearsal is at six! We're going to be late again!

[Meera was practically vibrating with frustration, violin case strapped to her back. Anita looked toward the hallway, where Tara and Leela, still in their school and sports uniforms, were rummaging through their backpacks].

Meera: You guys aren't even dressed yet! What have you been doing?

Leela: We were doing our homework! Not wasting time like you think!

Tara: We weren't just sitting around, Meera. You always act like you're the only one who has something important.

Meera (spun toward her mom): This happens every week! You never tell them to get ready on time, and I'm the one who ends up stressed out!



[Anita took a deep breath, the familiar throbbing beginning just above her right eye. She closed her eyes for a moment and silently repeated in her mind]:

Sairam... Sairam... Sairam...

[She breathed deeply, slowly, grounding herself. Then, calmly, she walked toward Meera].

Anita: Sweetheart, I know you care about being on time. That's a good thing. But yelling won't make anyone move faster. It just makes the whole house feel tense.
[Meera crossed her arms and looked away, lips tight].

Anita [turning towards the younger girls]: I believe you were doing your homework. That's good too. But it's 5:30 now, and rehearsal is in half an hour. You all know the routine. And you both know how important this is to your sister.

Anita [looking back at Meera]: I do want everyone to be disciplined. But more importantly, I want our home to feel calm, to be a place where we respect each other's time not because we're afraid of being scolded, but because we genuinely care for one another.

Anita [rubbing her temples]: I don't want a home full of nervous, anxious kids. I want a loving family and responsible kids. That's the balance we're working on.
[Meera's expression softened, and she looked away, guilt flickering in her eyes].

Anita: Alright, let's get moving. Leela, Tara—change quickly. Meera, grab your water bottle. I'll pack snacks in the car. We can still make it if we leave in the next ten minutes.
[And with that, the house finally began to shift from chaos to motion, not perfectly, but together].

Questions:

1. How can parents use calm discipline to manage sibling conflicts without raising tension?
2. What are effective ways to hold children accountable while keeping communication respectful and kind?
3. How can families create routines that support everyone's needs and reduce last-minute stress?
4. In what ways can parents' model emotional control to help children handle frustration and pressure?

SWAMI SAYS ...



The home is filled with love, with the sacrifice that love involves, the joy that love radiates, and the peace that love imparts. The brick and mortar structure where parents and children spend their lives is not a home; children do not yearn for it, parents do not find peace therein

- Sri Sathya Sai Speaks, Vol.9, Discourse 13, July 1969.

WRAPPING UP ...

- Facilitator to summarize the highlights from discussions as well as individual reflections [Brief takeaway by facilitator.]
- Reflections- request attendees to share anything that was interesting or intriguing or inspiring. Reflective prompt: *Let's go around and quickly hear from everyone in one or two words, your takeaway from today's Parenting session.*
- Commitment- Let us, as parents, commit to recognizing the difference between wants and needs, and to guiding our children with empathy and wisdom—fostering contentment, cooperation, and shared values over material excess.