



DISCIPLINE- TIME MANAGEMENT

Context: The objective of this discussion is to emphasize the importance of setting healthy limits on parental expectations to foster emotional well-being, balance, and mutual respect within the family.

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

1. What does calm guidance look like in stressful time-related situations?
2. How can siblings be encouraged to model positive time management without pressure?
3. Which time management strategies are developmentally appropriate and realistic for their families?

Scenario: Hari (father), Rita (mother), Neil (son), Mira (daughter)

Setting: It is early evening. The dining table is half-covered in books and worksheets. Mira is finishing homework at one end. Neil is on the couch, watching YouTube on a tablet. Hari enters with a glass of water and sits beside Rita, who looks concerned.

Rita (quietly, to her son): Neil, I have some free time now. Can I help you with your homework? Maybe we can come up with a plan so that you don't get behind.

Neil (continues to play the video, without looking up): I think I don't need any help Mom.

(An hour passed, and Neil is still on YouTube)

Rita (quietly, to her husband): He's behind again. I reminded him an hour ago.

Hari (nodding, glancing at Neil): He's not avoiding it. He just loses track of time.

Rita (sighs): That's what worries me. He'll start something, but then it's like everything else disappears.

Hari (thoughtful): Let's not push. Let's help him see it more clearly.

(Hari walks over to Neil and gently taps the tablet)

Hari: Neil, can we pause that for a second?

Neil (pauses the video, without looking up): I was going to get to homework right after this.

Hari (sits beside him): You said that earlier too. The issue isn't that you don't care—it's that time gets away from you.

Rita (joins them, calm): You're responsible in your own way. You do your work. But you're often late. It's starting to affect your school—and us.



Neil; (frowning, quietly): I know. I just don't notice time passing. I think I have plenty of it... until I don't.

Mira (glancing up from her work): That used to happen to me too. I started setting alarms—like, for everything. One to start, one to stop, and sometimes one halfway through.

Rita (to Mira, smiling): You've really figured out what works for you.

Hari (to Neil): What do you think? Could a system like that help?

Neil (shrugs, then nods): Maybe. I'm not trying to be late. It just... keeps happening.

Mira (closing her notebook): Want to try my routine tonight? I break things into blocks—20 or 30 minutes. Then I check the time before I move to the next.

Neil (hesitant): I guess I could try that.

Rita (encouragingly): You don't have to change everything at once. Just notice when you're starting to drift and use tools to bring yourself back. I can show you how, come.

Hari (firm but kind): It's not about being like Mira. It's about building habits that work for you. This is something you can learn.

Neil (quietly, nodding): Okay. I'll try using a timer tonight. And maybe Mira's checklist thing.

Mira (teasing gently): It's not a "thing," it's called planning.

Neil (smiling): Fine. Planning.

(Neil grabs a notebook from his backpack. Mira scoots over to help him sketch out a timeline. Rita and Hari sit back, watching them work together.)

Rita (softly to Hari): That felt like a step in the right direction.

Hari (watching them): Sometimes all they need is a nudge—and a little patience.

DISCUSSION QUESTIONS:

1. How did Rita and Hari balance empathy with firmness?
2. What tools or routines, and time management skills could help a child like Neil with time awareness?
3. How can families recognize when a behavior is not defiance but a skill gap?
4. What are some gentle ways to help kids reflect on their own patterns?

**SWAMI SAYS ...**

Every moment must be used properly; that is the true duty of every human being; that is the true human value. By wasting time, one's actions become null and void. The day man values time, man will be valued. Therefore, one must strive to become one who is valued by time.

- Sri Sathya Sai Speaks, Ugadi discourse, April 8, 1997 (only audio available)

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- As parents, let us commit to creating a family plan where each member takes responsibility for our routines and commitments, leads by example, communicates openly, and supports one another in maintaining discipline and balancing work and personal life.