



EXPECTATIONS- BRIDGING

Context: This scenario dwells into the challenges of passing cultural rituals to the next generation amidst modern-day pressures, communication gaps, and shifting priorities within a family.

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

1. How can we effectively pass on cultural rituals to our children while respecting their individual schedules, interests, and pressures?
2. What strategies can help families communicate expectations clearly during high-stress or time-sensitive situations?
3. How can we create a supportive environment where children feel ownership and understanding of cultural responsibilities, rather than burdens or confusion?

Scenario: Prerna (Mother), Ramesh (Father), Sravya (daughter) & Kavya (daughter)

Sravya and Kavya are twins, born in a family that prides itself in holding up the traditions handed down by our great grandfathers, believing that they have a responsibility in spreading them.

Dussehra is one such tradition, where all members of the family have participated in puja since the girl's infancy. Prerna played the central role of making all the arrangements for many years and in arranging the traditional *Navratri golu**. This year Dasara is celebrated with more fanfare in the household as the girls are in their junior year of high school and will be heading to college soon. Prerna was visiting another *golu* and not at home, when Mrs. Priya paid a visit.

Sravya, unsure, called mom in panic mode. Prerna is only ten minutes away, but Mrs. Priya is in a rush to go, with a long list of invitations to honor. Prerna, while rushing and speeding to reach home as fast as she could, tried hurrying Sravya through the process of giving a return gift -seemingly simple in her mind. Sravya should have known these simple skills, as she has seen it since her childhood, year after year.

Sravya, as she is in the middle of a zoom call with her debate team, absolutely is not in sync with mom. With a raised voice, all upset, she started questioning what she has to do, and why she has to do this, it will take too much time, she is busy with the zoom call, rushing to finish her tasks for the afterschool club, and is worried she won't make it to the leadership role.

She also didn't understand why mom isn't at home prepared, when she pretty well knows Mrs. Priya is visiting, and why the mathematical model of invitations and counter invitations are super complex.



Not noticing Mrs. Priya waiting in the living room to leave in a rush, Kavya started questioning Ramesh in a confrontational tone. She doesn't understand why he wouldn't give the return gift to Mrs. Priya and why Mrs. Priya is in such a rush etc.

Caught off guard, Ramesh did not know what and how to say. Mrs. Priya, hearing all this, is shocked and embarrassed, to say the least.

**Golu* -A sacred tradition during Dasara where idols of Goddess and Gods are arranged in an artistic manner for worship.

QUESTIONS:

1. Is the festive mood experienced in this household?
2. What was lacking, that the girls couldn't connect, even though they were part of the celebrations their whole life? What can be done to minimize this lack of experience?
3. What example is mom setting, when she goes visiting another golu, while she expects someone, and all the lack of preparation?
4. Is her expectation from the children to know and entertain a golu visitor as well as the return gift reasonable?

SWAMI SAYS ...

Today parents all over the country are worried about the conduct of their children and are not at all happy. They lament about the behaviour of their children, but do not realise that they are themselves to be blamed.

- Sathya Sai Speaks, Vol 24, discourse 11, May 1992

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.