

Afrikan Holistic Parenting

<http://www.afrikanparenting.com>

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Healing Touch

Children may have aches, anxiety, or simply feel cranky. My son is 4-years-old. There are times when he will whine and say that his leg hurts. When it is actually his abdominal area that is hurting. I will sit with him, rub and touch his whole body lightly. At times parents can feel hopeless and get stressed when they cannot soothe their child. So, what do you do? I use the tools I came to this earth with. My own chi (energy) that also flows through my son's body. Parents and children have a shared connection. This is why parents are their children's ultimate healers. We don't have to read fancy books or take classes to be in tune with our children. Especially, mother's who have shared the same physical body with a child. It is natural, healing is natural. Last night I listened for what I should do to calm my son. Spirit just said touch him. I began to touch him. Once he was relaxed sang a West African song that he likes, a song of healing. He soon fell asleep.

Charge your hands by rubbing them. Scan the child's body with your hands. Hold your hands above the child's body not actually touching the body. You should feel an energy shift if there is a place in the child's body where chi is not flowing properly. You can then focus your touch on that area.

A pendulum can also be used to find places in the body where chi is not flowing. Heal with love, heal with touch. Children need touch. Adults need touch. Love is healing. Take time to touch even when the child is feeling well.





Do You Need One More Reason To Breastfeed?

Rocket fuel has been found in infant formula, http://health.yahoo.com/news/ap/baby_formula_perchlorate.html. "The chemical has turned up in several cities' drinking water supplies. It can occur naturally, but most perchlorate contamination has been tied to defense and aerospace sites. The largest amounts of the chemical were in formulas derived from cow's milk, the study said."

I am very aware that the many readers know and understand the value of breastfeeding. However, I

know many of you have family and friends that do not. When attending baby showers buy breastfeeding friendly gifts, breast pumps, milk storage bags, breast pump accessories, breastfeeding books, etc. Share the benefits of breast feeding with others who are not sure about breast feeding. Encourage your work place to turn empty offices into serenity rooms or breastfeeding lounges. I have been fortunate to work in corporate America and have these rooms available to me. Human resources needs to know that breastfeeding

moms save money. Babies are less sick, so less personal time is used. My company shares a floor with another business. We offered a mother at another company use of one of our offices so she could breastfeed. Her office only made the bathroom available to her. Let's make breastfeeding accessible to all!

Some families have breastfeeding difficulties. Organic formulas from major health food stores such as Whole Foods may be an option.

Speak Truth

They say children are like sponges. They learn fast and retain a lot of information. As adults we hear our children speaking a lot of words they should not be saying. Begin teaching children African languages while they are young. Culture teaches our children pride and self-confidence. Pride allows them to make better decisions. Good decision making is beneficial to the

community. We all want something to call our own. Many Afrikan families do not live on the African continent. However, it is our birth right. It should be more than a place children see on a map, book, or television. Make Africa real, tangible. Allow children to go to African restaurants and eat with their hands; share a meal from the same bowl. It is important that they see,

hear, and smell Africa. Enroll children in African dance, drum, and martial arts. Learn an African language today, <http://www.abibitumikasa.com>.

Watch children teach the days of the week in the Twi language of Ghana!

<http://www.youtube.com/watch?v=emssmsgGe5Q>

*Buy the book **Holistic Parenting from the pan-Afrikan Perspective** at www.afrikanparenting.com*

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Don't forget to visit our sister site, www.soulcrafted.com!

If you are looking for African centered childcare 12mths to Kindergarten in the Philadelphia area email me at iyaraet@yahoo.com.