



There Is No Exercise Better For Your Heart Than Reaching Down And Helping Someone Up.

When we see a child in trouble we instinctively go to their aid.

We do that as we would react to the distress of our own child.

But acting like a parent may not always be the right answer.

What is wrong with acting like a parent?
Ask any teenager.

They never listen to me, I can't do anything right, they never give me any responsibility.

And what is wrong with acting like a child.
Ask any parent.

They spend the whole time whingeing, they never do anything I ask and the minute they are given any responsibility they get all their friends round and wreck the house.

The parent behaves the way they behave because they don't realise that their offspring has grown up.
The child behaves in that way as a reaction to the parents behaviour.

Watch two teenagers together, they interact like mature human beings who have rational conversations with

logical outcomes. Watch the same teenager with a parent and it is entirely different.

At work a supervisor told me What is the point treating them like adults when they act like children.
I asked him, what came first, the chicken or the egg.

People do not want to be treated like children and react like children when they are. They become petulant moody and destructive.

If they are treated as adults they respond to the responsibility with pride.

Bosses don't have to act like parents but first they have to understand that their workers are not children.

There is no better exercise for the heart than reaching down to help someone up, having the right tools to know how to give that help makes sure that the exercise is beneficial to both parties.

Peter A Hunter
Author – Breaking the Mould