

BREAKING YOUR FAMILY'S CHAIN OF "MISFORTUNE"

(How to ensure a better future for your children,
than what you as young adult may have been experiencing)



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Part of the **FREE** series aimed at **positively** impacting children and the future

ALMOST 50% OF CHILDREN IN SOUTH AFRICA GROW UP IN FATHERLESS HOUSEHOLDS!!!

BOYS ARE THEN MORE LIKELY TO DISPLAY HYPER MASCULINE AGGRESSION, GET INVOLVED IN UNHEALTHY RELATIONSHIPS, GANGS, CRIME AND ADDICTION.

GIRLS ARE THEN MORE LIKELY TO GROW UP WITH LOW-SELF-ESTEEM, WITH HIGH RISK SEXUAL BEHAVIOR, TEENAGE PREGNANCY OR UNHEALTHY RELATIONSHIPS.

63% OF YOUTH SUICIDES ARE FROM FATHERLESS HOMES

The above is based on true studies and statistics gathered.

THE ABOVE PROBLEMS
~~CAN~~ WILL BE LIMITED IF
WE ALL READ AND
FOLLOW THE ARTICLE
BELOW!

1. OBJECTIVE

The **main objective** of this article is to provide young or expecting parents and those with small children who have experienced a difficult past themselves, with some hope in breaking their family's chain of "misfortune" and ensure a brighter future for their children. Many parents who experienced childhood abuse or the absence of one or more parents, tend to follow in their parents' footsteps by doing the same thing to their children... This article is aimed at identifying the **ROOT** Cause of the problems instead of only addressing the **SYMPTOMS**.



What is the real reason/problem!

My **secondary objective** is to continue in my efforts to make an overall difference to humanity.

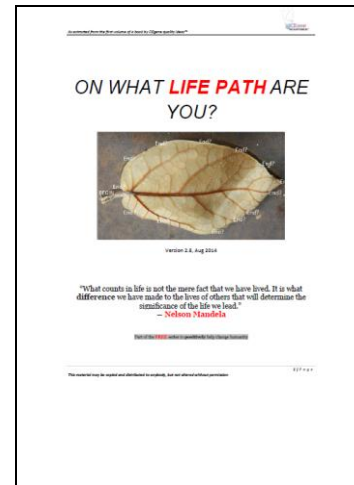
Addressing the possible Root causes of problems instead of addressing the symptoms, will make a huge difference and will limit problems before they escalates beyond control (e.g. identifying why a child is committing an offence and addressing it at the root as opposed to just keeping on disciplining him/her).

2. POSSIBLE PREREQUISITE READING

It is not essential, but for you to adequately understand what is meant by "Life Path", you should ideally read the (free) article entitled "*On what Life Path are you?*".

This Breaking-the-chain article covers mostly people on Life Path **-2** and **-1**.

In short, someone on Life Path **-2** has a life filled with crime, corruption and/or abuse while someone on Life Path **-1** is "ducking and diving" through life due to shady deals, substance abuse, or other unethical behaviours. There are other Life Paths namely **0, 1, 2** and **3** in the article to the right.



3. INTRODUCTION:

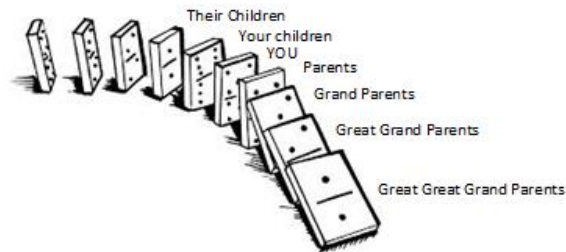
I want to help people move away from Life Path **-2** and **-1** onto Life Path **1, 2** or ideally, Life Path **3** and this article hopes to contribute in achieving this to some extent. Even if it is perhaps too late to change your life path, this article aims to help you ensure that your children at least follow a better Life Path.

4. THE PROBLEM:

Many parents "automatically" landed up on Life Path **-2** or **-1** due to their childhood experiences and because their parents were perhaps on these same Life Paths. Let me "paint" the following picture why I state this: *One or both parents were not involved in their children's lives, never there to support them and give them the love and attention they require and deserve or their parents turned out to be criminals or drug addicts, alcoholics or abusers, possibly due to their own dysfunctional childhood. The reason their parents may have landed up on a weak Life Path was because they themselves had a difficult childhood due to their parents also having a difficult past, because their parents had a difficult past as a result of their parents having a bad past...* So a chain reaction of (negative) events throughout the entire family tree!

"I don't react to a tragic happening anymore. I took so many bad things as a kid and some people think I don't care about anything. It's just too hard for me to get emotional. I can't cry no more" - Mike Tyson

If you thus experienced a difficult past, guess what could happen to your children and their children and their children and... Yes, also a **chain** reaction of bad/difficult events continuing forever throughout your entire family tree!? ("*the Apple never falls far from the tree...*"). A "**Domino effect**" of bad things happening to your entire family as illustrated below.



The entire family experiences a domino effect of bad things

5. WHAT IF?

What if you could break that ugly chain or "spell" on your family and **positively** change the future of your children and their children, and their children, and...? **What if YOU could manage to change the future of your family tree and contribute to positively changing the entire world?** Interested? If so, read on!

What if YOU could manage to change the future of your family tree and contribute to positively changing the entire world?

*"Some friends don't understand this. They don't understand how desperate I am to have someone say, **I love you and I support you** just the way you are because you're wonderful **just the way you are**. They don't understand that I can't remember anyone ever saying that to me. I am so demanding and difficult for my friends because I want to crumble and fall apart before them so that they will love me even though I am no fun, lying in bed, crying all the time, not moving. Depression is all about If you loved me you would."*

— Elizabeth Wurtzel, Prozac Nation

6. A SOLUTION

I think this heading should actually read "**THE** solution". So what do I mean with "solution"? The next few paragraphs provide a way (solution) to breaking that "chain" of bad events on your family. This solution will not result in a trouble free future for your children, but **will** positively impact at least the following:

- Their brain function/power;



- Subsequent Social interaction and Emotional Intelligence (which include their values system and ethics);and
- Their ability to love and “pay it forward” to their family and friends.

There are probably more, but the above is already enough to make a huge impact.

Does the above sound too good to be true?

*Well, most **“too good to be true”** stuff are indeed just too good to be true and there is usually a catch somewhere, but NOT in this case...*

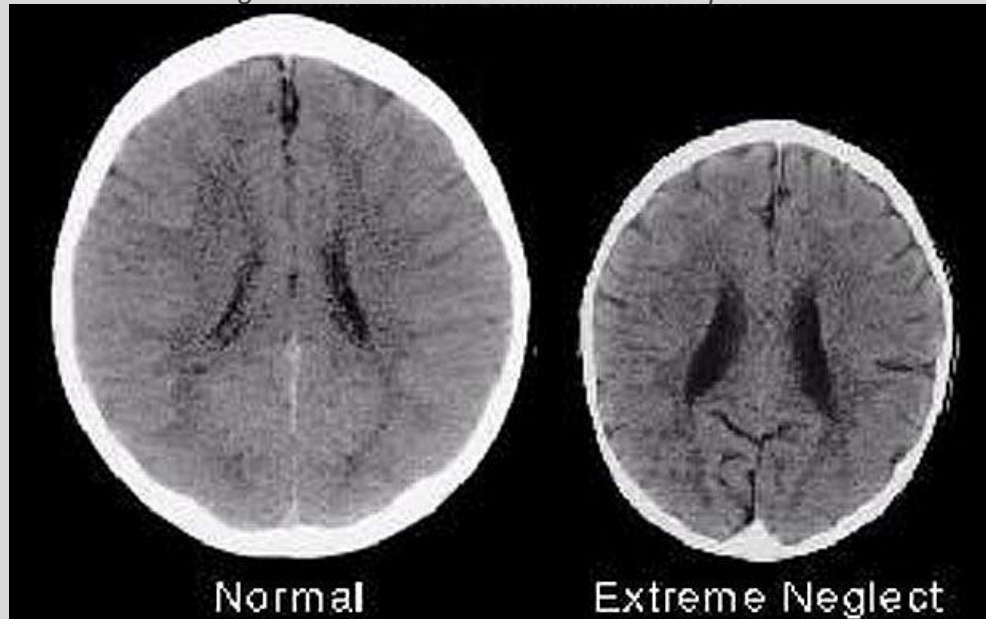
Ok, so what is this “secret solution”?

I believe the article below gives clarity on why many families may have been suffering all this time and provides a solution at the same time. This article was found on the Internet courtesy of “**The Telegraph**”, and below (in *italics*) are extracts of the message and areas I have highlighted in *Red* that I believe are the key messages coming through. Also note that where there is reference to “Mother”, I have added “Father”, as I believe he is **just as important**.

*“I cannot think of any need in childhood as strong as the need for a father's protection”-
Sigmund Freud (if you do not know this man, go “Google” him).*

What's the difference between these two brains?

They both belong to three-year-olds, so why is one so much bigger? Because one was loved by its parents and the other neglected – a fact that has dramatic implications



Images of the brains of two three-year-old children clearly showing the effects of neglect

By Alasdair Palmer

7:00AM GMT 28 Oct 2012

*Those deficits make it impossible for that child to develop capacities that the child on the left will have: the child on the right will grow into an adult who is less intelligent, **less able to empathize** with others, more likely to become **addicted to drugs** and **involved in violent crime** than the child on the left. The child on the right is much more likely **to be unemployed** and to be **dependent on welfare**, and to **develop mental** and **other serious health problems**.*

*The primary cause of the extraordinary difference between the brains of these two three-year-old children is the way **they were treated by their mothers** (and fathers – I added “father” all over, as I believe that the father is just as important). *The child with the much more fully developed brain was cherished by its mother/father, who was constantly and fully responsive to her/his baby. The child with the shriveled brain was neglected and abused. That difference in treatment explains why one child’s brain develops fully, and the other’s does not.**

*The damage caused by neglect and other forms of abuse comes by degrees: the more severe the neglect, the greater the damage. **Eighty per cent of brain cells that a person will ever have are manufactured during the first two years after birth.** If the process of building brain cells and connections between them goes wrong, **the deficits are permanent.***

*This discovery has enormous implications for social policy. It explains two very persistent features of our society. **One is the way that chronic disadvantage reproduces itself across generations of the same families.** There is a cycle of deprivation – lack of educational attainment, persistent unemployment, poverty, addiction, crime – which, once a family is in it, has proved almost impossible to break.*

*The way that the development of a child's brain is dependent on the way that the child is treated by its mother (father) explains why this depressing cycle happens. **Parents who, because their parents neglected them, do not have fully developed brains, neglect their own children in a similar way: their own children's brains suffer from the same lack of development that blighted their own lives. They, too, are likely to fail at school, to be liable to get addicted to drugs, to be unable to hold down a job, and to have a propensity to violence.***

The second persistent feature is the dismal failure of rehabilitation programmes that aim to diminish the rate at which persistent young offenders commit crimes. Many different approaches have been tried, from intensive supervision to taking young offenders on safaris, but none has worked reliably or effectively. Recent research indicates that a large majority – perhaps more than three quarters – of persistent young offenders have brains that have not developed properly. They have, that is, suffered from neglect in the first two years of life, which prevented their brains from growing. As a consequence, they may be incapable of responding to the same incentives and punishments that will steer those with more fully developed brains, away from crime.

*That result may lead you to conclude that nothing can be done about the social problems that result from childhood neglect. But that would be wrong. **There is a way to break the cycle, and it is not terribly difficult to achieve. It consists in intervening early and showing mothers (fathers) who neglect their children how to treat them in a way which will lead their babies' brains to develop fully.***

"Early intervention", as the policy is called, has been tried in parts of the US for more than 15 years. It consists in ensuring that mothers/fathers identified as "at risk" of neglecting their

babies, are given regular visits (at least once every week) by a nurse who instructs them on how to care for the newborn child. Data from the city of Elmira in New York State, where such programmes have been in place longest, **show that children whose mothers (fathers) had received those visits did much better** than children from a comparable background whose mothers/fathers were not part of the programme: they had, for instance, 50 per cent fewer arrests, 80 per cent fewer convictions, and a significantly lower rate of drug abuse. Read more at:

http://www.telegraph.co.uk/health/children_shealth/9637682/Whats-the-difference-between-these-two-brains.html

From the above, you can see that there is a way to “**break the ugly spell**” on your family! So if your family has always been thieves (including you) and it feels as if it is just “In your blood” (or in your DNA) to do crime, do not despair. If **YOU** decide now to give your children (baby) as much **love and attention** as possible (even if just in the first few years), you could help them develop bigger better brains.

Apart from bigger brains that will contribute to their intelligence, Spindle Cells (a type of Neuron/Brain Cell) apparently also develop better and these are key in guiding people with their social interactions (including **what is right and what is wrong**) which in turn may result in them having an improved ability to realise the consequences of their actions. If this happens, this will limit the trend towards unethical activities (so breaking the “**ugly spell on the family**”).

Please note that some people who came from a difficult past (e.g. Opera Winfrey) have however managed to break the spell by working hard and being committed towards a better future, but this is difficult and not always possible, especially if your brain development (due to a lack of love and attention or abuse) was stifled.

Here is **your chance** to change your future generation via a simple thing called “**love**” (and attention) and it actually does not cost money, so no matter how poor you are, anybody and everybody can apply it with positive results to limit:

- Future drug abuse,
- Possible depression,
- Alcoholism,
- Violence,
- Corruption,

Shocking statistics:

An article I found indicated that “as many as **80%** of young adults who had been abused met the diagnostic criteria for at least one psychiatric disorder at **age 21**”

Another shocking statistics found that around **47%** of families do **NOT** have a Father figure in the house!

- Crime and
- Other negative tendencies.

You still do not believe the above?! Do you need a 2nd opinion?

Below is an article I found in the November 2014 edition of Popular Mechanics (South Africa) and without saying more, read it:

Thanks, mum

By carefully watching nearly a hundred hours of video showing mother rats protecting, warming and feeding their young pups, and then matching up what they saw to real-time electrical readings from the pups' brains, researchers at NYU Langone Medical Centre in the US have found that the mother's presence and social interactions – that is, her nurturing role – directly moulds the early neural activity and growth of her offsprings' brains.

Reporting in the journal *Current Biology*, the researchers showed that the

mother's presence in the nest regulated and controlled electrical signalling in the infant pup's brain.

Although scientists have known for decades that maternal-infant bonding affects neural development, the NYU Langone team's latest findings are believed to be the first to show – as it is happening – how such natural, early maternal attachment behaviours, including nesting, nursing and grooming of pups, impact key stages in postnatal brain development.

Source: NYU Langone Medical Centre
NOVEMBER 2014 • www.popularmechanics.co.za

And there are many other related articles out there!

So there you have it, the answer/solution! No "rocket science", No catches, just a simple thing called "**love**" (and attention) in the early stages of a child's development that can make all the difference. We all want affection, to be loved and to belong. So what happens if children do not get it @Home? They tend to go looking for it elsewhere (e.g. a possible unsuitable boyfriend/girlfriend or a **Gang where they get the attention they need and are made to believe that they belong**). Instead of treating the **Symptoms** by trying to discipline/jail people who are in the wrong path, rather treat one of the **Root causes** (lack of love and attention) and solve many problems automatically going forward **in future**.

Since writing this article in 2016, I have actually come across a number of more articles that highlight the importance of nurturing, love and attention of a baby....

Let us look at parts of the quote and highlight key words:

*"Some friends **don't understand this**. They don't understand how **desperate I am** to have someone say, **I love you and I support you** just the way you are because you're wonderful just the way you are. They don't understand that **I can't remember anyone ever saying that to me**. I am so **demanding and difficult** for my friends because I want to **crumble and fall apart** before them so that they will love me even though I am no fun, **lying in bed, crying all the time, not moving**. Depression is all about **If you loved me you would.**"*

— Elizabeth Wurtzel, Prozac Nation

She is frustrated, depressed and worst still, people do not understand why she is like that? (maybe she herself does not understand). Now let us look at a small portion of her history:

*Brought up Jewish, Wurtzel's **parents divorced when she was young**. As described in Prozac Nation, Wurtzel's **depression began at the ages of ten to twelve**.*

She grew up in a broken home! Did she get Love and Attention **from both parents?**, probably NOT

There are so many others with similar stories that a person could write a book just on this, but this article is getting too long, so I need to finish off...

Now go out and give your children the love and attention they **require and deserve (or if you still young, always remember that when you have children one day BOTH YOU PARENTS MUST give your children as much love and attention as possible)**. Even if you have been negatively impacted by your own childhood, at least you can change your children's future and impact humanity to some degree going forward. **Break that chain**, break the mould your entire family has fallen into and make sure your children follow the right Life Path (either life path 1, 2 or 3) and not the path your family has been on.

"It is easier to build up a child than it is to repair an adult... Choose your word's wisely!" – Frederick Douglass

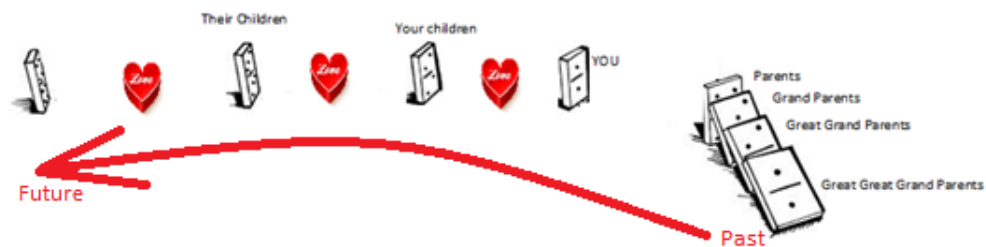
The above articles might also assist you in finding a possible reason why you may feel aggressive or heartless towards others or are abusing your family or abusing drugs or alcohol. So if you believe you have turned out a bad person because of neglect by your parents and you have children one day, **please** give them all the love and attention you can, even if you do not feel like it, because at least you will help them turn out "better" adults.

If you believe that you are a loser and cannot contribute to society, know that if you love your children with all your heart and give them attention and affection, **you will indeed make a contribution and a difference to society going forward**. You will **NOT** be a loser! (**YOU** will contribute to more intelligent

children, more loving children, less future crime, less future abuse, etc...).

Just imagine if everybody gets this message and apply it!

All future children **will then turn out better adults** and less people will probably land up on the wrong life path (life path **-2** or **-1**) going forward. Just by giving your children love and attention for the first few years of their life could make such a difference and change the whole future of this Planet (powerful stuff!). Each one of you, no matter how good or bad, can therefore **leave a positive legacy** by just this one simple action which is to **love** your child (stop the dominos from falling on your descendants).



I know that many fathers in South Africa (e.g. those working at the mines) are not always @home to spend time with their children, so this puts extra pressure on mothers to take up both roles. When these fathers are however at home, they should spend quality time with their families, especially CHILDREN, as the **Zulu proverb** goes: *"the most important people in your life are those that live in your house"*. If the (real) Father is not there, sometimes a sibling needs to step up and take on this role, but they are often a child themselves with negative consequences such as :

- They do not get an opportunity to remain a child and play and do child stuff which impacts them later in life;
- They are put under huge pressure and stress, that will negatively impact them later in life;
- They are not mature enough for this role and often fail which may make them believe that they are a failure;
- Other siblings may resist this and see them as their equal which could bring out aggression and lots of conflict in the household. The "leader" usually impose a form of "marcel law" in the household, causing further stress and pressure.



*“The best way to make children good is to make them happy” –
Oscar Wilde*

Even see what Mother Theresa said:

*“If you want to change the world go home and love your family” –
Mother Theresa*

It basically says that if you give your family love and attention, it will change them positively as we have seen above and they will in turn, turn out better adults and this will made a positive impact on the future and slowly turn around the world into a better place for the future.

A CHALLENGE

A challenge to all dads and moms

Dads

Your aim is to ensure that:

- You give your children as much Love and (time) attention as possible
- You become your son's **Hero**; and/or
- Your Daughter's **first "love"**.

Moms

Your aim is to ensure that:

- You give your children as much Love and (time) attention as possible
- You become your son's **first "love"**; and/or
- Your Daughter's **role model**.

When you get the above right, you would have succeeded in what this article is trying to achieve and YOU would have managed to leave a **POSITIVE Legacy, NO MATTER** what your current circumstances!

Bottom line:

- You can still **possibly** turn your own life around, as many has done; and
- You can **definitely** make a positive impact on the future of your child by following the guidelines in this article

NOW GO MAKE A DIFFERENCE TO YOUR FAMILY, TO SOCIETY, TO THE WORLD

Just a last quick important point to make:

Not all people who grew up in a household of abusive parents end up being abusive as well. Many have turned out well and managed to make a success with their lives, but many have not and some of their brain development may have been stifled due to possible abuse.

Bottom line:

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- You can **definitely** make a positive impact on the future of your child by following the guidelines in this article

Go make a difference

AND a 3rd OPINION?

Curtesy: <https://en.newsner.com/family/latest-research-reveals-the-more-you-hug-your-kids-the-smarter-they-get>

Are you the kind of parent that's always hugging your kids? If the answer is yes then don't stop doing what you're doing.

According to new research, physical affection during a baby's development period is even more important than we thought.

The more you hug a baby, the more their brains grow, according to a [recent survey](#) from the Nationwide Children's Hospital in Ohio.

125 babies, both premature and full-term, were included in the study, which looked at how well they responded to being physically touched.

The results indicated that premature babies responded to affection less than babies who were not born premature. What was also revealed however, was that babies that were subjected to more affection by parents or hospital staff showed stronger brain response.

According to researcher Dr. Nathalie Maitre, this last revelation tells us that something as simple as body contact or rocking your baby in your arms will make a big difference in how their brains develop.

"Making sure that preterm babies receive positive, supportive touch such as skin-to-skin care by parents is essential to help their brains respond to gentle touch in ways similar to those of

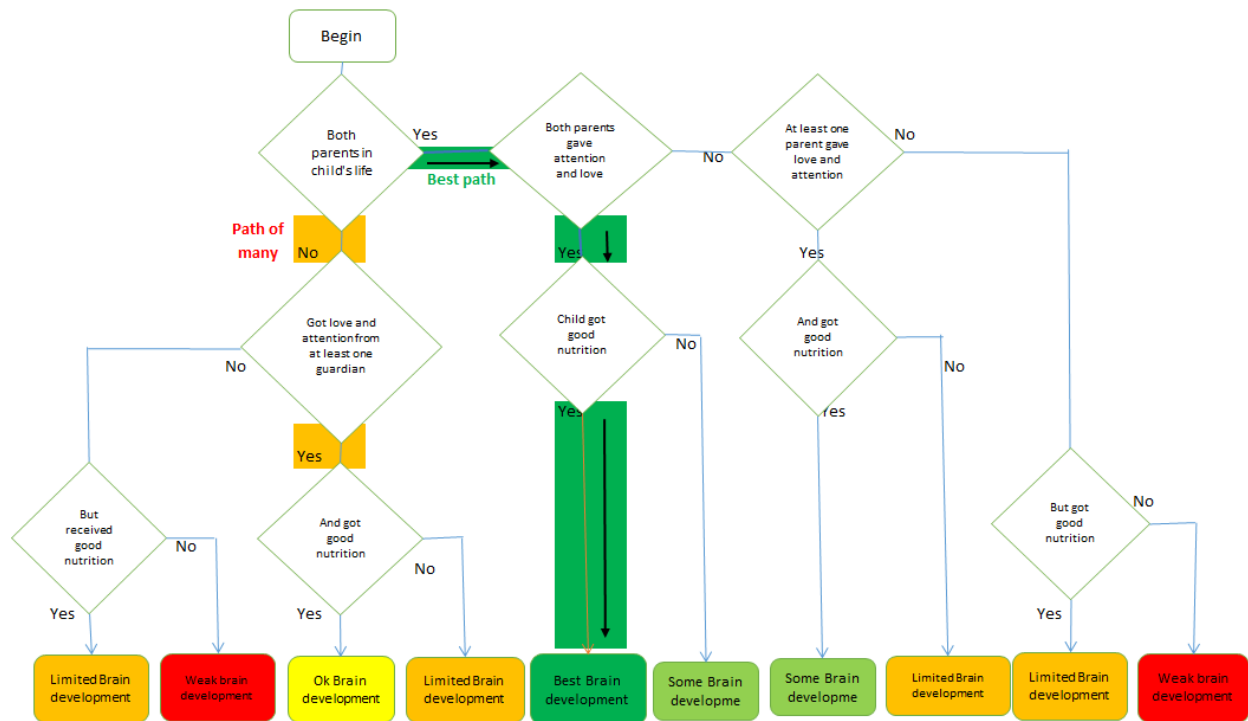
babies who experienced an entire pregnancy inside their mother's womb," Maitre tells *Science Daily*.

Basically, affection is vital for the development of the brain. So, cuddle and hug your babies as much as you can – and don't forget to share this research to show everyone out there how important it is to be loving to our children!

Published by Newsner

Take note that if you had a bad past with and inadequate (abusive) personality and you do not apply what is covered above, your children will probably follow in your footsteps... If you however still have small children and follow the guidance above, you may not necessary change your life if the damage has already been done, but at least you will positively impact your child!

A PROCESS FLOW FOR AN EASIER UNDERSTANDING:





**WHAT A COINCIDENCE THAT GOD
CONSIDERS (UNCONDITIONAL) "LOVE"
AS THE MOST IMPORTANT
REQUIREMENT/COMMANDMENT...**



RECAP QUESTIONS:

NO	QUESTION	YOUR ANSWER
1	Children receiving appropriate attention showed from studies that there were how much % fewer arrests?	___%
2	True or False, the earlier you give children attention and love, the better	
3	True or False, if you turned out a "failure" due to neglect from your parents, your child will automatically also turn out a failure?	

RELATED ARTICLES:

NO	RELATED ARTICLES	COMMENTS
	To be completed later, as many articles are being developed	