



# EMPATHIC PARENTING

Journal of the Canadian Society for the Prevention of Cruelty to Children

Volume 21

Issue 1

Winter 1998



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## ***Touch the Future -- A Unique and Important Organization***

Creating new adult models for a new generation of children is the essence of *Touch the Future* and what makes our vision so unique. Every challenge we face regarding the state of childhood, education and learning can be traced to limited and false perceptions of adults. Unless there is a profound change in adults there will be no meaningful change in childhood. That is very clear.

The tragedy is that we think we must fix the child and in so doing become blind to the real root of our crisis, which is the adult model. It is the adult who places the limitations on childhood - not the child. Increasingly, we have eliminated subtle interaction with nature and other human beings from childhood and replaced them with media and technology which are now feeding back and altering the physical foundation of learning and perception in alarming ways. We suffer from a delusion that knowledge and information are somehow related to intelligence and learning, which they are not. Our goal therefore is to awaken a deep appreciation, trust and respect for the innate capacity for children to learn and to love and by so doing allow them to discover and develop capacities far beyond the limitation most adults have accepted for themselves. The real challenge has little to do with children. Change adult perceptions and that change will ripple throughout all of childhood. Focus on the child and we stay right where we are.

Michael Mendizza, *Touch the Future*

See credit page 4 for details

### WHAT IS EMPATHIC PARENTING?

Being willing and able to put yourself in your child's shoes in order to correctly identify his/her feelings, and

Being willing and able to behave toward your child in ways which take those feelings into account.

Empathic Parenting takes an enormous amount of time and energy and fully involves both parents in a co-operative, sharing way.

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**EMPATHIC PARENTING**

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Many articles from past issues of Empathic Parenting are now available on the Internet and may be freely downloaded by anyone. There are four sites:

**Empathic Parenting:** [http://cnet.unb.ca/orgs/prevention\\_cruelty/](http://cnet.unb.ca/orgs/prevention_cruelty/)

**Crime Prevention:** [http://www.bconnex.net/~cspcc/crime\\_prevention/](http://www.bconnex.net/~cspcc/crime_prevention/)

**Daycare is for Parents Not Infants and Toddlers:** <http://www.bconnex.net/~cspcc/daycare/>

**Psychopathy and Consumerism: Two Illnesses that Need and Feed Each Other:** <http://www.bconnex.net/~cspcc/psychopathy/>

# Letters

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Your organization is a "life raft" in a sea of ignorance! I use your written materials to give to parents attempting to follow their hearts when parenting their children. We all need to be reminded of what an important **JOB** we are doing. I am so thankful that you're out there!!

Jennifer Americano  
Cambridge, Ontario

CSPCC is a light in the darkness. Parenting is our greatest legacy and these materials are so needed to promote the important belief of people before things, especially children. Thank you for being there.

Cynthia J. Hoyt  
Yokosuka, Japan

Until I discovered **Empathic Parenting**, I had no support in my technique of Mothering except of course from my husband. I had my son Zachary when I was 41, and Natasha who is 7 months when I was 44. I ended my radio career when I got pregnant four years ago and now devote my life to raising my children. I believe in the family bed, picking up my children when they cry, breastfeeding on

request and putting their needs first. I don't make a lot of friends with my way of thinking, but I will put my 2 cents in at any opportunity. I'm *always for the child* but sadly in this age of "I want a career and a family and a trip to Rome" the child loses.

Recently I was getting a manicure (a well deserved treat for myself) when a nice young woman came in with a breast feeding top on. I smiled at her and asked "How old is your baby?" to which she replied, "I have a five week old boy." I then shared about my children and she about her children. (She also has a 2 year old son) Then she asked me if I ever left my children and I said yes for one or two hours sometimes. She meant do I ever go on a vacation without them to which I replied an emphatic no.

She then explained how she and her husband were going away to Rome but only for about a week. She said she had to take care of her husband who was "a really big baby. ha ha". I had to contain my emotions. I wanted to fall down on my knees and grab her legs and say please, please don't go, don't leave them. What do you think your baby thinks when the only sure thing in his life is all of a sudden gone. He must feel terrified He doesn't know that you're coming back. Do you think he's so little that he doesn't know? He knows, lady!! I wanted to say look,

# Letters

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you and your husband have a lifetime ahead of you for romance and travel. What are three short years of your life to make a huge impact on the rest of your kids life? But I didn't. I told her that my husband and I plan to travel later when the kids have a sense of themselves and trust and know that we're coming back. She started feeling guilty (she should) and then said "yeah, maybe we'll wait a couple months."

A couple months?! Why can't she get this? That will be better for her son who will now be seven months old?! How absurd! Is it because we accept this kind of behaviour in our society? Is it because our parents did it? Why can't Mothers listen to their intuition and act on it? Instead they hear it, go on the trip feeling guilty for the most part as they destroy their child's ability to trust, feel secure and safe. Then they wonder why their child has ADDS at 5, or a substance abuse problem at 18.

Women easily give up 4 years of their life for a college education. Why not three more for what can make a difference for generations to come. Babies need their Mommies! We need to wake up to this fact. Try and find an inmate in any prison who was breastfed for 2 years. You won't. Try and find an inmate that isn't from a broken home or abused as a child. I doubt you will. Mothers have such an opportu-

nity to help change the face of this planet simply by making themselves available to their children **whenever they need them!** Thank you **Empathic Parenting** for your support. I will support your journal in any way I can to continue to get this message out.

With passion  
Sheila Schneider  
Santa Monica, CA

*(Those are Sheila's kids on the cover –  
ETB)*

I think I have been a member for about twenty years. My children are now 24, 21, and 18. They clearly understand the importance of parental child care (thanks to your wonderful journal) and are planning their studies and careers to enhance flexibility in the work place. Not surprisingly they are all SUPER kind and loving human beings!

Carol Judd  
Deep River, Ontario

Thanks for your caring and all the wonderful work you do for the children of the world!

Ellie Shacter  
San Diego, CA

## Take a Media Fast with Raffi

**Our high-fat media diet creates a “virtual” reality, a giant negative feedback loop expanding and feeding on itself.**

I had been a media hound for years, a keen observer of socio-political events with a need to keep up with what's happening in Canada, the US, and in the world at large. After both my parents passed into spirit in October of 1995, I gave myself a retreat that spawned new reflections on media, particularly as it relates to the ecology of children and the very notion of a sustainable society.

On an island off Canada's west coast, I tuned into the natural dynamics of my environment, that timeless reality. I felt the rhythm of the day's passing light, stoking the fire in the wood stove, watching the play of tides on the bay, hearing the fray of emotions within - I put the world on hold.

I found myself not wanting to buy the newspaper or turn on the TV, the Radio and CD player. Uninterrupted by random voices and images, I came to feel an expanding inner self. With my attention not spread so thin, the immediate world became very important. The tranquil beauty of the bay and the tree-clean island air - became dear to me. My interiors were expanding. When I returned to the city I didn't need to turn on the car

radio for company. My life felt complete without it.

I pretended that I already had all the information I needed, at least the kind I was likely to get from commercial media. I was still reading all sorts of books, but something had shifted. I felt a sense of contentment, of having enough; and that fullness, now in the forefront of my being, didn't want or need the intrusions of outside stimuli.

I wanted this new feeling to last. I noticed how much time I had gained. I noticed the absence of jarring news items, some gruesome murder, another child abduction nearby, a civil war, or other horror story - and how this absence allowed the day a clean start to unfolding possibilities. Less need to react, more time to initiate.

I was still getting “news”, of an airplane crash or the Republican party's presidential nominee, but now, by way of friends, not media. I'm not unaware of the irony that these people probably got their news from the media. It is enough to make the distinction of how different life felt now, how present I felt. I had stepped out of a steady diet of media distraction,

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and thrown light on a habit that, in retrospect, had all the signs of an addiction. The constant multimedia channel surfing – "remote" hoarding of inane imagery, the mind's constant chatter wrapped in every day's newspaper – had ceased.

This disengagement brought other changes: very few commercial messages crossed my path; the shopping impulse, already low, lessened; I was comparing myself less to others; less mental and emotional energy spent on faraway stories that had little to do with me and that I could do nothing about. People in my immediate life took center stage.

Media sells news, pushing events to the edge to get attention, to make money. The lengths that corporations and entertainment companies go to maximize profits, outdoing each other to win the greatest audience in a marketplace of expanding user options and shrinking loyalties, makes the use of sensationalism compelling if not inevitable. Contrive a crisis, stir up controversy.

"Crisis-casting" is bad news: it spins

**"Crisis-casting" is bad news: it spins everything into discord and scandal. If producers of news programs fiscally favor "disaster" over good news, outrage over comfort, and conflict over peace, their very preferences fabricate a self-fulfilling and distorted world that dances in the minds and hearts of the people they reach.**

everything into discord and scandal. If producers of news programs fiscally favor "disaster" over good news, outrage over comfort, and conflict over peace, their very preferences fabricate a self-fulfilling and

distorted world that dances in the minds and hearts of the people they reach.

A loud "ambient noise" obscures and impairs mature understanding of the signs of our times, the ones deemed "not sexy", like the loss of global biodiversity, and ecosystems at risk. Our high-fat media diet creates a "virtual" reality, a giant negative feedback loop

expanding and feeding on itself. Life as performance, relationship as marketing, a techno-babble melodrama where time and complexity are compressed into a numbing tedium of pseudo-crises and shopping solutions.

Against this backdrop, consider the ecology of the child. Consider the magical child turned TV-junkie at an early age, and the wanton theft of imagination from this young child's life. Add junk food, trash

## I had stepped out of a steady diet of media distraction, and thrown light on a habit that, in retrospect, had all the signs of an addiction.

music, and parents who are not home all week; throw in a gaudy Christmas season, and watch a vacancy grow – into a grounded, caring, exemplary citizen? By which means? You've got an obsessive neurotic with much to undo, lost in a sea of trivia – miles from the shore, restless, homeless. And all the schools and jails in the world won't put this broken seed back together again.

Before my media fast, I suspected something that I now see is true: our economy fuels this "toxic media". And they both exploit children.

Society's problems are systemic. They cannot be addressed without looking at the ecology of the child. Ungrounded children grow socioeconomic problems that are not addressable in isolation. The contrived media world-view presented to children, the one we call normal, is a scarcity view contrary to Earth's abundance, a fraudulent ad. The budding worldwide movement of socially responsible businesses is a genuine search for responsible, ecological commerce and I am proud to be part of it. Unlike the amoral shifting of global capital and labor, community based *commerce as communion* can bring us together in a spirit of service, and reverence for the Earth and for future generations.

Increasingly we realize the intercon-

nected "systems" that nurture life: everything affects everything. And for humanity, everything starts with the child. In planting the seeds of behavioral change towards a humane society, we would do well to remember that the psyche of the child is a container for life and it drives most of adult activity. Molding young children into lifelong consumers is a violation of their free-spirit, an inexcusable waste of human potential and planetary energy – a sacrilege.

Money will not fix "soul erosion". The ecological citizen-child needs to grow in environments of care and support expressed at every level of human endeavor, rooted in the matrix of parental love and a conservative bond with mother Earth and father Sky. Above all else, shaping a restorative and sustainable society requires children who feel wanted and loved.

The village it takes to raise a child needs redesign: our economic foundation does not protect or inspire the magical child. That child is looking to us for help. It's hard to access the timeless reality whose reflection we are. It takes effort to find the silence that heals. A media fast of any length – for one day, a weekend, or a week – can provide a mind-cleansing time to put the world in perspective, and polish the lens of the heart. ☺

## People in my immediate life took center stage.



Consider the ecology of the child. Consider the magical child turned TV-junkie at an early age, and the wanton theft of imagination from this young child's life. Add junk food, trash music, and parents who are not home all week; throw in a gaudy Christmas season, and watch a vacancy grow – into a grounded, caring, exemplary citizen? By which means? You've got an obsessive neurotic with much to undo, lost in a sea of trivia – miles from the shore, restless, homeless. And all the schools and jails in the world won't put this broken seed back together again.

## Raffi

is a singer, songwriter, and internationally acclaimed children's entertainer. His unprecedented success in 20 years of family entertainment resulted in numerous "gold" and "platinum" sales awards in both audio and video and over 1.5 million books sold. Avoiding commerciality and consistently championing the child, Raffi has been honoured by Parents' Choice Awards, and The Order of Canada. Raffi's work on ecology advocacy earned him the UN's Earth Achievement and Global 500 Awards. He lives off-line in Vancouver, B.C., and is currently writing his autobiography.

*"The budding world-wide movement of socially responsible businesses is a genuine search for responsible, ecological commerce and I am proud to be part of it."*

## Henry David Thoreau – 1854

If you chance to live and move and have your being in that thin stratum in which the events that make the news transpire – thinner than the paper on which it is printed – then these things will fill the world for you; but if you soar above or dive below that plane, you cannot remember nor be reminded of them. Really to see the sun rise or go down every day, so to relate ourselves to a universal fact, would preserve us sane forever...

Not without a slight shudder at the danger, I often perceive how near I had come to admitting into my mind the details of some trivial affair – the news of the street; and I am astonished to observe how willing men are to lumber their minds with such rubbish – to permit idle rumours and incidents of the most insignificant kind to intrude on ground which should be sacred to thought. Shall the mind be a public arena, where the affairs of the street and the gossip of the tea-table chiefly are discussed? Or shall it be a quarter<sup>1</sup> of heaven itself – an hypethral<sup>2</sup> temple, consecrated to the service of the gods? I find it so difficult to dispose of the few facts which to me are significant, that I hesitate to burden my attention with those which are insignificant, which only a divine mind could illustrate. Such is, for the most part, the news in newspapers and conversation. It is important to preserve the mind's chastity in this respect. Think of admitting the details of a single case of the criminal court into our thoughts, to stalk profanely through their very *sanctum sanctorum*<sup>3</sup> for an hour, ay, for many hours! to make a very barroom of the mind's inmost apartment, as if for so long the dust of the street had occupied us – the very street itself, with all its travel, its bustle, and filth, had passed through our thoughts' shrine! Would it not be an intellectual and moral suicide? When I have been compelled to sit spectator and auditor in a courtroom for some hours, and have seen my neighbours who were not compelled, stealing in from time to time, and tiptoeing about

1. A part, a section
2. Roofless, open to the sky
3. An inviolably private place

with washed hands and faces, it has appeared to my mind's eye, that, when they took off their hats, their ears suddenly expanded into vast hoppers for sound, between which even their narrow heads were crowded. Like the vanes of windmills, they caught the broad but shallow stream of sound, which, after a few titillating gyrations in their coggy brains, passed out the other side. I wondered if, when they got home, they were as careful to wash their ears as before their hands and faces...

By all kinds of traps and signboards, threatening the extreme penalty of the divine law, exclude such trespassers from the only ground which can be sacred to you. It is so hard to forget what it is worse than useless to remember! If I am to be a thoroughfare, I prefer that it be of the mountain brooks, the Parnassian streams,<sup>1</sup> and not the town sewers. There is inspiration, that gossip which comes to the ear of the attentive mind from the courts of heaven. There is the profane and stale revelation of the barroom and the police court. The same ear is fitted to receive both communications. Only the character of the hearer determines to which it shall be open, and to which closed. I believe that the mind can be permanently profaned by the habit of attending to trivial things, so that all our thoughts shall be tinged with triviality. Our very intellect shall be macadamized,<sup>2</sup> as it were, its foundation broken into fragments for the wheels of travel to roll over; and if you would know what will make the most durable pavement, surpassing rolled stones, spruce blocks, and asphaltum, you have only to look into some of our minds which have been subjected to this treatment so long.

If we have thus desecrated ourselves – as who has not? – the remedy will be by wariness and devotion to reconsecrate ourselves, and make once more a fane<sup>3</sup> of the mind. We should treat our minds, that is, ourselves as innocent and ingenuous<sup>4</sup> children, whose guardians we are, and be careful what objects and what subjects we thrust on their attention. Read not the Times<sup>5</sup>. Read the Eternities... ☺

1. Mountain in southern Greece which was a centre of inspiration for poets and artists.

2. A pavement of layers of compacted small stones, in more recent times bound with tar or asphalt.

3. Sanctuary, temple [pro-fane = before the temple, hence not sacred, profane, common]

4. Without sophistication, open, honest, candid

5. The New York Times newspaper.

# Subversive Parenting

*Marnie Ko, CJAM Radio, Windsor, Ontario*

**Host:** Good morning, this is Monica Reid and welcome to Subversive Parenting. Today on our show we are talking by telephone from Calgary with Marnie Ko, who is the editor and publisher of Canada's newest alternative parenting magazine, and one of the best in my humble opinion, *Nurturing*. She is also the author of the book *Priority Parenting*, due to be released early next year and she's the author of countless articles on parenting issues far too numerous to mention at this time, and a frequent speaker on the public media and at live workshops and events across Canada. She is one of the most outspoken, and I think well-informed, advocates of parenting alternatives in the country and she's also the mother of two. Welcome to the show.

**Marnie Ko:** Thank you.

**Host:** Your book is called *Priority Parenting*. What is Priority Parenting?

**Marnie Ko:** Priority Parenting is parenting in ways that put your children and their needs first, above all other things in your life, which is what we as parents have to do if we're going to raise our children to be people who can meaningfully contribute to society in the future.

**Host:** But I suppose most parents would say that they put their children first. How is priority parenting different from parenting as we would usually see it practiced

in this part of the world? What's special about your recommendations for parenting. How's it different from what we usually see?

**Marnie Ko:** Well, I think a lot of people say they put their kids first, but we're not seeing people really doing it, really making the sacrifices to put their kids first. The first way you priority parent is you be there.

**Host:** Why do you think this is important?

**Marnie Ko:** Because children have very definite needs that we know about and we know that the first four years of their life are the most important. And how we parent them in the first four years lays the groundwork for who they become as adults. Once any damage is done within those first four years it's almost impossible to reverse it later. Not only that, but the way we parent now is going to affect everybody's future. Our children are going to be the people running our world later.

**Host:** Good point. What are a child's needs in this case, and are those needs not met by ordinary garden variety parenting such as is being done by most people in Canada?

**Marnie Ko:** I think that the first, most important need of a child is for his par-

Marnie Ko is a full-time homeschooling mother and the Editor and Publisher of *Nurturing Magazine*. She is an outspoken international parenting speaker, writer and columnist. Reach her by email - publisher@nurturing.ca, or visit *Nurturing* on the web at <http://www.nurturing.ca>. Subscriptions \$16 in Canada, \$20US in the USA. Write *Nurturing*, #373, 918 - 16th Avenue N.W. Calgary, Alberta Canada T2M 0K3 *Subversive Parenting* is a weekly radio program now in its third year.

ents to be there. The second most important need for a child and a baby is to be carried on his mother. We know that this is absolutely essential for proper brain development, proper stimulation and proper development of the child's totally immature nervous system. The third most important thing is responding to your children, treating them as people with feelings and being there to comfort them when they cry. Treating them in ways that we ourselves would want to be treated. Ways in which they want to be treated, with respect for them as people with feelings. I think that those are the three most important things parents can give their children growing up.

**Host:** Let's go into one of the needs you mentioned. You said that very young children need to be carried -- that they need this physical contact. Why is that and how much of that do they need?

**Marnie Ko:** Well, we know that if you carry your baby on your body for three hours a day you'll reduce crying by 40%. So that's one benefit right there. You're automatically soothing your baby. The reason babies need to be carried is because they spend nine months constantly carried in the womb in their mother's body. A baby's brain is only 25% developed at birth and carrying them on your body provides the exact level of stimulation and the exact kind of stimulation a baby needs. And if we take a look at more primitive cultures, mothers work all day long and carry their babies on their back. And they also have very low incidence of colic, very low, if any, incidence of SIDS, and also very few problems that we in the modern world seem to have with our children growing up. Which is mainly that they're uncontrollable as far as their crying -- that

they can't be soothed, and that they're cranky, tired and wound up, and they have problems sleeping -- their parents have problems getting them to sleep. Just generally they're not content children.

**Host:** And therefore, their parents are not content either I suppose.

**Marnie Ko:** The plus side of putting this effort into parenting and making parenting the priority is that you have happy children. All anyone has to do is take a look at the kids, and they can see firsthand that the children have been nurtured.

**Host:** Umm. Hmm. Do a lot of parents say, well look I just don't have the time to spend three hours a day carrying a baby around. I have things to do.

**Marnie Ko:** A lot of parents may say that, but then they're not putting their kids as the priority. Anybody can put their baby in a sling and do the dishes or cook, or go out and do yard work, or vacuum, dust or do almost anything that they could do without the baby being carried. Once you get used to it and adjust to it, you forget you're wearing the baby. The baby's so calm, and you're getting everything done, and you adjust to the weight as time goes by. You start off only carrying a 6 to 10 pound baby. I think that the lack of time is an excuse.

**Host:** So a baby sling or a baby carrier would be the first baby item you'd want to buy? That would be a high priority for you I suppose?

**Marnie Ko:** I recommend parents invest in three things. A king sized bed, because their child is likely going to be happiest

sleeping with them, a baby sling, because almost all babies will spend every minute that they can in that sling for the first two years of life, and cloth diapers.

**Host:** Oh! Why's that so important?

**Marnie Ko:** Cloth diapers? Mothers who are staying home, and taking care of their children and being there to priority parent, are usually on a very limited budget, and cloth diapers are very inexpensive. They're also very good on the environment and great on baby's bums with low amounts of bacteria.

**Host:** Okay. Fair enough. Where does good parenting begin? Does the way the pregnancy goes or the way the birth goes have an effect on how parents relate to their children?

**Marnie Ko:** We already know that babies remember life in the womb and they are very aware living, feeling beings. They can hear noise, they can feel pain in the womb, they can sense their mother's distress. Mothers who are night owls during pregnancy will find that their babies, after birth, are night owls, whereas mothers who are up early in the morning will find their babies are up early in the morning. Just as mothers report being tense and overexcited during pregnancy, they may find that their babies reflect that when they're born. So I think that we're starting to see people really realizing just how important life in the womb is because you do bond with your baby when it is in the womb, and your feelings as a mother deeply affect your pregnancy. We're only beginning to realize now what kind of profound effect it can have on children's personalities, how their birth and pregnancy experience are.

**Host:** If the birth does affect how you

raise your children, what can you do to make sure it has as positive an effect as possible?

**Marnie Ko:** To bring children as naturally and gently into the world as possible will provide the least trauma to them starting off their life. I think it's very important that babies are born in a quiet calm environment where the mother is calm, relaxed, focused, concentrating, not subjected to stress, or strangers, or a lack of control over her birth experience or who is involved in it. It's very important that we realize that babies are born living feeling beings, bright lights hurt their eyes, loud yells hurt their ears, the traditional slapping them on the back or the bum to start them breathing is not a good entry into this world. It's a shock to their system and they've already been through enough with their birth just coming out the birth canal.

**Host:** Uh-huh. Now, your magazine *Nurturing* seems to speak very strongly in favor of not just breastfeeding, because everyone seems to favor breastfeeding to some extent, but exclusive, on demand, round the clock breastfeeding.

**Marnie Ko:** Yes.

**Host:** Okay, you take a slightly more hard-nosed stand on that. Why do you think this is so important?

**Marnie Ko:** Breastfeeding around the clock? That's back to putting your kids as the priority. Babies we know, are evolutionarily designed to breastfeed around the clock. That's the kind of species we are. We're not a species like rabbits that leave our children for four hours to go and forage for food. We're a carrier

species like monkeys and the apes and therefore, mother's breastmilk is much different in content than species who don't feed frequently. We know that human mothers can feed 45 to 60 times in 24 hours with a newborn and that it would be quite normal. Breastfeeding every 20 minutes is usual for our species. It's only when we're bringing these prehistoric babies who have been breastfed on demand since the stone age into our modern world and expecting them to fit into our schedule that we're seeing a real problem. It's always very difficult when you take something that's been designed by nature for hundreds of thousands of years -- and we're descended from a 100,000 years of hunter gatherers who have always carried their babies and fed on demand -- and when we have our babies and we try and fit them into this new world, which has for the last 100 years been a creation of 3 bedrooms and money and cars and things and not enough time to carry and nurture our children and breastfeed our babies.

**Host:** A couple of weeks ago we had an interview with someone regarding breastfeeding. She said the biggest problem was the idea of bottling the breast, as she put it. Turning the breast into an alternate form of bottle-feeding so that you can introduce scheduling and measurements and things like that.

**Marnie Ko:** We know that that's not possible. We know that mothers can't make enough milk feeding their babies on any kind of schedule at all. Milk is a supply and demand driven system and mother needs to nurse on demand so she makes enough milk for the baby. Consequently, babies when they need more milk will nurse more, and mother will make more milk, unless she rigidly adheres to a sched-

ule, and says, "No baby, I'm only going to feed you every two hours. Then she's not going to make enough milk that her baby needs at that time. The joy of breastmilk and the reason breastmilk will never, ever be duplicated in any form no matter how hard people try is that breastmilk constantly changes to meet your baby's specific needs. At some point in time, it's higher in fat for your baby's needs. At some point in time it may be higher in protein. It's a constantly evolving nutrition that is constantly changing specifically for your baby and to meet your baby's needs.

**Host:** What advice do you give regarding breastfeeding that parents might not hear from other sources.

**Marnie Ko:** Don't wear a watch.

**Host:** Don't wear a watch??!

**Marnie Ko:** Don't wear a watch. Don't look at the clock.

**Host:** Oh!

**Marnie Ko:** Don't look at the clock when you get up in the night. Just relax, get a good book, sit down, put your feet up, rest and enjoy your baby. The dishes will wait, the vacuuming will wait, people coming over to see your baby will wait. Just sit down and enjoy this. It's one of the few things that women can do that men can never do. It's one of the few things that almost all women in the world can do, and they should do it and enjoy it and take great pride and comfort in the fact that they are providing the ultimate bonding experience for their baby... ☺

*to be continued*

**AUDITOR'S REPORT**

To the Directors of Canadian Society for the Prevention of Cruelty to Children

We have audited the balance sheet of Canadian Society for the Prevention of Cruelty to Children as at April 30, 1997, and the statement of financial activities and statement of changes in financial position for the year then ended. These financial statements are the responsibility of the company's management. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with generally accepted auditing standards. Those standards require that we plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In our opinion, these financial statements present fairly, in all material respects, the financial position of the company as at April 30, 1997 and the results of operations and the changes in financial position for the year then ended, in accordance with generally accepted accounting principles.

Midland, Ontario

June 10, 1997

*McReady & White*

CHARTERED ACCOUNTANTS

**CANADIAN SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN**

(Incorporated under the laws of Canada)

**BALANCE SHEET AS AT APRIL 30, 1997**

	1997	1996
<b>ASSETS</b>		
<b>CURRENT</b>		
Bank	\$ 445	\$ 2,956
Accounts receivable	802	726
Prepaid expenses	<u>250</u>	<u>520</u>
	<u>1,497</u>	<u>4,202</u>
<b>CAPITAL ASSETS, at cost (Note 2(b))</b>		
Less - accumulated amortization	<u>(28,565)</u>	<u>(27,803)</u>
	<u>3,048</u>	<u>3,810</u>
	<u>\$ 4,545</u>	<u>\$ 8,012</u>
<b>LIABILITIES AND EQUITY</b>		
<b>OPERATING SECTION</b>		
Accounts payable and accrued liabilities	\$ 3,567	\$ 1,561
Surplus (Deficit), operating section	<u>(2,070)</u>	<u>2,641</u>
	<u>1,497</u>	<u>4,202</u>
<b>EQUITY IN CAPITAL ASSETS (Note 2(b))</b>		
Balance, beginning of year	3,810	4,762
Less - amortization	<u>(762)</u>	<u>(952)</u>
	<u>3,048</u>	<u>3,810</u>
	<u>\$ 4,545</u>	<u>\$ 8,012</u>

APPROVED ON BEHALF OF THE BOARD:

*Jane Jenkinson* Director

*E. T. Barkness* Director



**STATEMENT OF FINANCIAL ACTIVITIES  
OPERATING SECTION  
FOR THE YEAR ENDED APRIL 30, 1997**

	1997	1996
<b>SUPPORT</b>		
Membership fees and donations	\$ 24,516	\$ 32,122
Sale of publications and tapes	1,711	1,656
Interest and foreign exchange income	<u>671</u>	<u>467</u>
	<u>26,898</u>	<u>34,245</u>
<b>EXPENSES</b>		
Equipment operating costs	838	965
Conference	471	-
GST expense	605	728
Legal and audit	1,350	1,350
Office rent	5,970	6,240
Office and genera	12,214	1,552
Postage	1,607	1,759
Public information - brochures and tapes	1,453	924
Publication costs - journal	10,258	12,092
Publication costs - internet	680	1,160
Salaries	4,321	4,275
Telephone	<u>1,842</u>	<u>1,690</u>
	<u>31,609</u>	<u>32,735</u>
<b>NET REVENUE (LOSS)</b>	(4,711)	1,510
<b>SURPLUS, beginning of year</b>	<u>2,641</u>	<u>1,131</u>
<b>SURPLUS (DEFICIT), end of year</b>	\$ <u>(2,070)</u>	\$ <u>2,641</u>

**STATEMENT OF CHANGES IN FINANCIAL POSITION  
FOR THE YEAR ENDED APRIL 30, 1997**

	1997	1996
<b>OPERATING ACTIVITIES</b>		
Cash provided by (used for)		
Net income (loss)	\$ (4,711)	\$ 1,510
Changes in non-cash working capital components		
Accounts receivable	(76)	(65)
Inventory		
Prepaid expenses	270	-
Increase (decrease) in current liabilities	<u>2,006</u>	<u>(569)</u>
<b>INCREASE (DECREASE) IN CASH</b>	(2,511)	876
<b>CASH, beginning of year</b>	<u>2,956</u>	<u>2,080</u>
<b>CASH, end of year</b>	\$ <u>445</u>	\$ <u>2,956</u>

**NOTES TO THE FINANCIAL STATEMENTS  
AS AT APRIL 30, 1997**

**1. PURPOSE OF THE ORGANIZATION**

CSPCC is a national organization whose primary purpose is to increase public awareness of the long term consequences of child abuse and neglect (emotional abuse and neglect) and encourage primary prevention programs. It was incorporated under the Canada Corporations Act as a not-for-profit organization and is a registered charity under the Income Tax Act.

**2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

The Society follows generally accepted accounting principles as applied to non-profit organizations which include the following:

- a) Membership fees and donations are taken into revenue in the fiscal year received.
- b) Capital assets are charged to operations in the year acquired. However, to recognize the value of equipment on hand, the equipment is capitalized and amortized on a 20% diminishing balance basis with an offset to "Equity in capital assets".
- c) Volunteers contribute services during the year to assist the CSPCC in carrying out its service delivery activities. Because of the difficulty in determining their fair value, contributed services are not recognized in the financial statements.

**President's Report, 1997**

In a world of darkness, continuously fuelled by inadequately nurtured children, I see two reasons for hope.

In a general way, as things get worse, the possibilities for change improve – and with enough effort it can be change for the better. (Who was it that said something like "Evil is sustained only when enough good people do nothing.") An example of such change, precipitated by things getting worse, is the report of the National Crime Prevention Council recommending more and better early nurturing. Another example: as meaningful communities continue to disintegrate further, there is a growing awareness of the human need for community.

I also see the Internet as a new reason for hope. In our area of concern, appropriate early nurturing, (incredibly now able to be called "subversive parenting" (page 10)), mainstream media have in the past and still effectively censor our information – for the reasons so neatly expressed by Jim Kimmel in the last issue. On the Internet, where every twisted kook can have his say, so too can the growing number of hitherto relatively isolated individuals concerned with empathic parenting – worldwide – gain strength and courage from connection with each other on the large and growing number of Websites and listserves dealing with attachment parenting issues.

As always, donations have been the most significant factor in the financial survival of the CSPCC.

So, again, our special thanks to the donors who have helped us so much. In the past year these have been:

Bank of Nova Scotia  
Cara Holdings  
Castrol Canada  
deHavilland Inc.  
Fundy Gypsum  
Freed & Freed of Canada  
Gendis Inc.  
Hollinger  
Imasco Limited  
James Kemp Construction  
John Deere Foundation  
Leons Furniture  
Metroland Publishing  
Moss, Lawson & Co. Ltd.  
McNeil Consumer Products

National Silicates  
Novopharm  
Power Corporation  
Red Star Bio Products  
Royal Bank of Canada  
Royal Canadian Legion, Bancroft ON  
Royal Canadian Legion, Aldergrove BC  
Royal Canadian Legion, Blind River ON  
Sandvik Canada  
Swing for Kids  
The Equitable Life Insurance Co.  
Toronto Hydro Employees  
United Farmers of Alberta  
Union Gas  
Western Publishing  
Many Individuals

## **The Canadian Society for the Prevention of Cruelty to Children**

The CSPCC is working to change those things in Canadian society that are making it difficult for parents to give their children the care they need to grow into healthy, confident, non-violent, loving adults.

### **In general we are working for:**

- ◆ a shift from arbitrary male dominance to no-one's arbitrary dominance
- ◆ a shift from the essential beliefs of our society's consumer religion -- envy, selfishness and greed -- to trust, empathy and affection in a community-centred, sustainable society
- ◆ a shift from violence and sexism as the warp and woof of entertainment
- ◆ a shift from treating children as sinful or stupid to empathizing with them and fulfilling their expanding and particular needs

### **In particular we are working to:**

- ◆ raise the status of parenting
- ◆ implement universal parenting education from kindergarten to grade eight
- ◆ encourage parents to make their children's emotional needs their highest priority during the critical first three years
- ◆ facilitate a positive birthing experience for every father, mother and baby
- ◆ promote extended breastfeeding with child-led weaning
- ◆ make it easier for parents to meet the emotional needs of each child by encouraging a minimum three year spacing between siblings
- ◆ increase awareness of the potential long term hazards of separations between children under three and their principal caregivers



Recognizing that the capacity to give and receive trust, affection and empathy is fundamental to being human.

Knowing that all of us suffer the consequences when children are raised in a way that makes them affectionless and violent, and;

Realizing that for the first time in History we have definite knowledge that these qualities are determined by the way a child is cared for in the very early years.

# CREDO



## WE BELIEVE THAT:

- The necessity that every new human being develop the capacity for trust, affection and empathy dictates that potential parents re-order their priorities with this in mind.
- Most parents are willing and able to provide their children with the necessary loving empathic care, given support from others, appropriate understanding of the task and the conviction of its absolute importance.
- It is unutterably cruel to permanently maim a human being by failing to provide this quality of care during the first three years of life.

## THERE IS AN URGENCY THEREFORE TO:

- Re-evaluate all our institutions, traditions and beliefs from this perspective.
- Oppose and weaken all forces which undermine the desire or ability of parents to successfully carry out a task which ultimately affects us all.
- Support and strengthen all aspects of family and community life which assist parents to meet their obligation to each new member of the human race.