



EMPATHIC PARENTING

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

Volume 24

Issue 1

Winter 2001



Your CD is inside!

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for the Prevention of Cruelty to Children

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The Sins of Our Fathers

It is said that the only time anyone is interested in learning about childrearing is when their first child is on the way.

Consciously and unconsciously, for better or worse, we raise our children the way we were raised. That this is true has been recognized since biblical times.

How do we alter this chicken and egg cycle? How can new parents do better than that which was done unto them?

Part of the answer lies in exposing parents-to-be to information about parenting that they might not otherwise come to know.

Schools would seem a logical place for such education. Teachers are trained to make new information interesting, and to reward students for learning it.

Does such material have a reasonable claim on teachers' and students' time?

Yes.

Information about parenting is preparation for the one job every student is most likely to have.

ETB

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

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

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EMPATHIC PARENTING

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Many articles from past issues of Empathic Parenting are available on the Internet at:

<http://www.empathicparenting.org>

There you will find links to all our sites:

Empathic Parenting
Crime Prevention
Psychopathy and Consumerism
Daycare is for Parents Not
Infants and Toddlers
The Fastest Growing Religion
Physical Punishment in the
Home
A Certificate for Parenting

Father indicted in shaking death of baby

Jury convicts mother in starved-baby trial

Baby dies in Chicago after father forgets her in car

**Woman sentenced for punishing
son in clothes dryer**

If you read the headlines of a newspaper, or watch network television -- you will hear about stories like these.

All of these titles refer to actual stories from CNN Headline News over the past year. What is going on in our world?

And it isn't just these extreme examples. If we add to cases like these the many other ways in which parents hurt their children every day that do not make the newspaper, we can see just how many children are harmed by the very people they most need to count on. There are many less brutal, but still hurtful ways that parents treat their children every day -- they are ridiculed, yelled at, ignored, blamed, threatened, punished, and criticized. In public places, parents can even be praised by strangers for these kinds of actions. Who has not seen a distraught infant or child, whose tears are ignored by angry parents and indifferent strangers? If an adult were crying in public, wouldn't everyone be concerned? Why is a crying child thought to be merely "cute"?

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



Certificate of Completion
Presented to

for successfully completing the online course
A Certificate for Parenting

Signature: *E.T. Barker M.D.*
E.T. Barker, M.D., D. Psych., FRCP(C)
President, CSPCC

<http://parenting.telecampus.com>
email: espcc@look.ca



Why on earth would parents treat their own children like this? Don't they know any better?

Can we blame them?

What *can* we do?

We can teach young adults positive parenting skills before they become parents themselves.

When a child is continually treated harshly, he or she can grow to become a fearful, angry adult - who will then treat their own child in the only way they know - the same way they were raised.

In the movie *Parenthood*, Keanu Reeves says "You need a license to fish and a license to drive, but any jerk can become a parent."

Why isn't there a parenting license? Surely it is more important than a driver's license, or fishing license! Everyone agrees that parenting is by far the most important job anyone can have, yet surprisingly little attention has been given to training new parents.

The good news is that such training is now available. It was prepared under the direction of the Canadian Society for the Prevention of Cruelty to Children with a grant of \$81,900 from the Canadian Government's Office of Learning Tech-

nology.

Entitled "A Certificate for Parenting", the course focuses on essential parenting principles and makes them available in English and French on the internet and CD-ROM.

There are nine sections to the course, a glossary of terms, well-selected resources and interesting matching and jigsaw games.

Each section has between four and nine lessons, (average 6) and each lesson has one to twenty pages, (average 6) with accompanying drawings.

There is a 10 question multiple-choice questionnaire following each section.

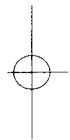
After completing the course, which takes on average about ten hours, a post-test score of 80 percent or higher allows the student to print out "A Certificate for Parenting" in their name.

The Sections:

- Birth
- Breast-feeding
- Separations
- The Family Bed
- Baby Wearing
- A Second Baby
- Ghosts in the Nursery
- The Brain

What *can* we do?

We can teach young adults positive parenting skills before they become parents themselves.



- Our Culture

The course is available on the internet at <http://parenting.telecampus.com>, but a student will need Microsoft Internet Explorer (version 4.0 or higher) or Netscape (version 3.0 or higher) and at least a 486 computer to access it.

As the introduction to the course states: "Every person, whether they are a parent or not has pretty strong opinions about how a child should be raised. What is more, all of us think we are "right"! Each of us believes he or she has the correct answer, the best way, for bringing up a healthy happy baby. Not only that, most of us are only too quick to tell other people how they should raise their children. One mother got so much advice from so many people she said she learned that the best answer to all these advice givers was to just smile and say uh huh! So why take a course in parenting?"

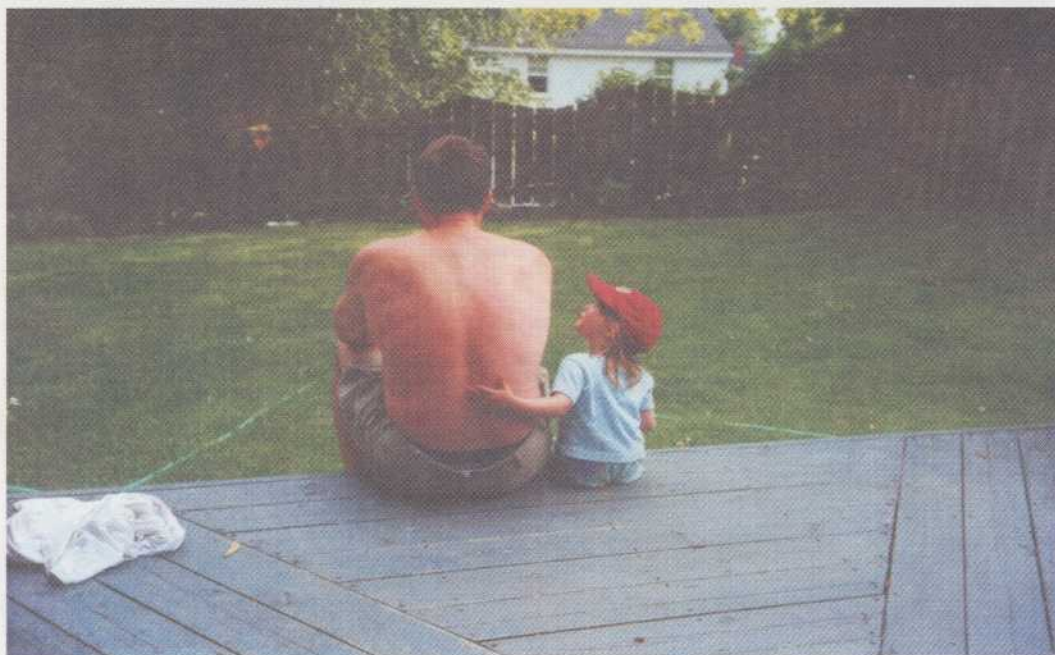
"There's only one reason: to increase

the number of options new parents might consider before having a baby. Why? Because it's very hard to decide about something you've never heard of! So this course is not about the best way to discipline your child or the best method of toilet training. In fact, it's not about a lot of things you might expect a course on parenting would be about. We tried hard to deal only with those things you've never heard about! The hippocampus, cortisol, doulas, baby wearing and ghosts!

By the time you've finished this course we hope you'll understand just three things:

- * What a human baby has evolved over millions of years to expect and need
- * How our culture often clashes with those expectations
- * Important new information about a baby's brain development after it is born

And, of course, the importance of ghosts!"



Section One, "Birth"

Nine Lessons

1. **Childbirth** in the Past
2. **Childbirth** in Today's World
3. The Importance of the Birthing Process
4. Who will Help you have your Baby?
5. Where will you have your **Baby**?
6. Modern Hospital Childbirth
7. Ten Things to Ask About
8. Circumcision
9. Childbirth in Holland — A Model for the Rest of the World.

Beginning with a look at childbirth in the past and in the present, the student will then learn about the importance of the birth process, and will learn such things as:

- Why the pain of **childbirth** can be different from other types of pain
- Where knowledge of how to give

What is the most important decision for a pregnant woman to make?

- a. what medicine to take for pain
- b. how much weight to gain
- c. who will be your birth attendant
- d. what vitamins to take

Besides drugs, what things help relieve the pain of labour

- a. changing position, relaxing in a warm bath, having a massage, or listening to music
- b. a doula
- c. having encouragement and support from those who are with you
- d. all of the above

birth comes from

- Why a positive birthing experience is so important
- Why falling in love with your baby is important
- The most important decision to be made
- The different types of places where you can have your baby
 - The meaning of "Mother-Friendly" birthing care
- Who can be with you during **labour and birth**?
- **What country has the fewest birthing problems**

How long is breast feeding recommended by the American Academy of Paediatrics?

- a. three months
- b. six months
- c. nine months
- d. twelve months

The World Health Organisation says formula feeding is the:

- a. **f.rst best** choice for babies
- b. second best choice for babies
- c. third best choice for babies
- d. fourth **best** choice for babies

Section Two, "Breasts, Bottles and Money"

Eight Lessaits

- 1. Some History
- 2. Breasts, Bottles and Money
- 3. Why Breast Feeding Matters
- 4. Learning to Breast Feed
- 5. The Sad Facts about Breast Milk Substitutes
- 6. The Advantages of Breast Feeding
- 7. Twenty Breast Feeding Myths or Facts
- 8. Twelve Reasons Why a Mother May Not Want to Nurse **and** the Reasons Why She. Should

This section helps the student learn:

- Why breast feeding is particularly important for a baby that has had **3** difficult birth
- What two types of things a baby gets from breast feeding
- Why formula companies make formula
- Two types of breast feeding mammals
- Two ways of picturing how short a time babies have been fed artificially

Section Three, "Separation"

Four Lessons

1. Growing Together
2. The Biggest Need of Parents OTHERS,
3. Early Learning
4. Infants' Reactions to Major Separations

This section covers such topics as:

1. How much human babies need others

2. How mothers and their babies have been inseparable after birth for millions of years

3. How our society views mothers

and babies as completely separate after-birth

4. When to plan who will be available to provide support for you and your baby

5. How impossible a job it is to care for a new baby without a lot of help from others

6. Why one person cannot sensitively meet the needs of more than one baby at once

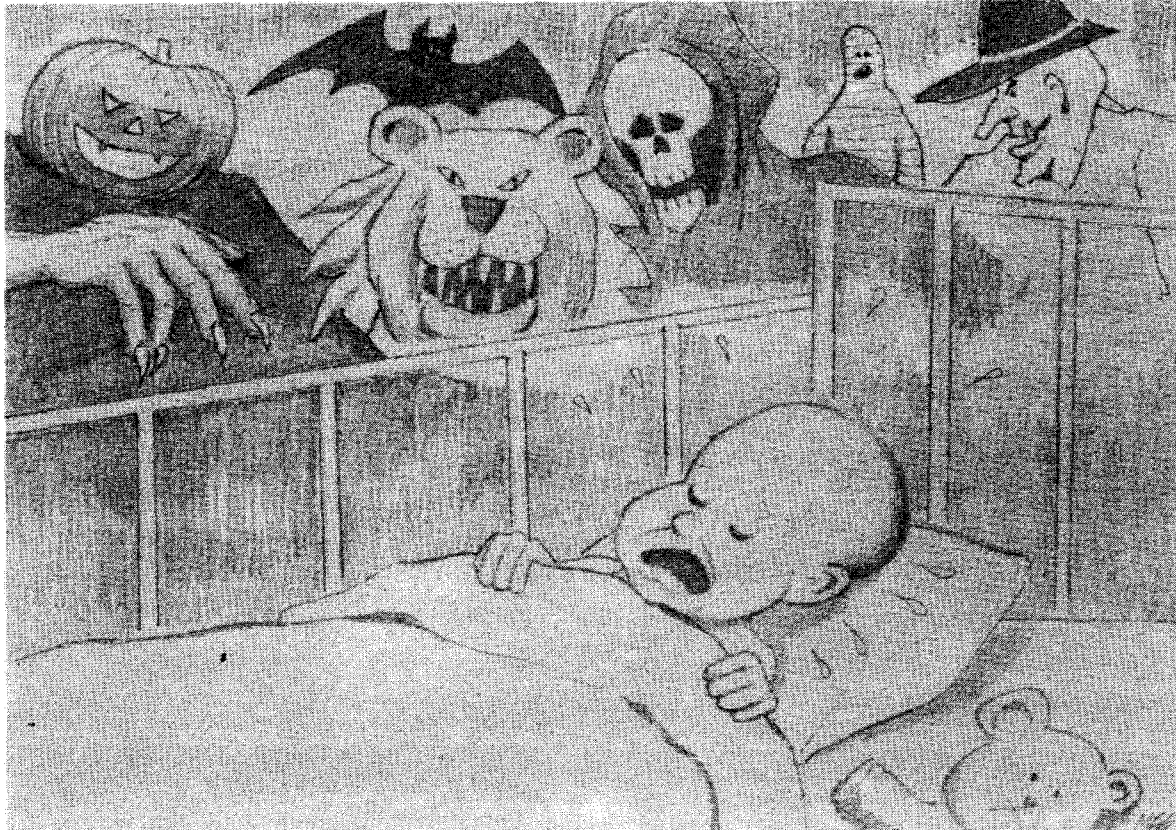
7. The lifetime importance of a baby

What does the African proverb "It takes a village to raise a child" mean?

- a. the same familiar people are always around to help with the care of the baby
- b. the people in a village all know each other and value the nurturing of a new baby
- c. the mother feels supported and valued by everyone
- d. all the above

When is it best for a couple to plan who will be there for their baby?

- a. when the baby is born
- b. when the baby begins to walk
- c. when the mother gets depressed because she feels trapped and alone looking after the baby
- d. before the baby is conceived



Section 4, "The Family Bed"

Four Lessons

1. A Recent Change from an Age Old Practice
2. Recent Research
3. There are some Dangers
4. Why Co-Sleeping is Safer for Your Child

This section explains:

1. How much our culture stresses the importance of independence
2. How difficult this is for species that has evolved to be together with others
3. How excess cortisol, a stress hormone, can lead to mental health problems
4. Some situations that can make sleeping with your baby dangerous
5. The reasons why there is less risk of your child being sexually abused
6. Other dangers that are reduced by having an adult close by
7. Why the whole family is likely to get more sleep if the baby sleeps with at least one parent

Section Five, "Baby Wearing"

Four Lessons

1. A Growing Trend
2. Research
3. The Good Things about Baby Wearing
4. Some Personal Research

This section explains:

1. The different ways and places babies can be carried
2. The history of baby carrying



3. The advantages of baby carrying for **both baby and parents**

4. The important effects of touch and movement on the developing brain

5. The effects of baby wearing on **bonding**, crying, mother, father, and intimacy

6. How baby wearing can make caring for a baby easier and more enjoyable

Why is it that baby wearing parents report that their babies do not cry much?

a. baby wearers find that they learn very early to tell by the movements of the baby what the baby wants so they deal with it earlier.

b. wearing a sling can damage your ears so you can't hear as well

c. babies in a sling get so shook up they can't remember how to cry

d. babies in a sling are so close that they know they'll get spanked right away if they cry

Section 6, "A Second Baby"

Five Lessons

1. A Similar **Situation**
2. **The Facts about Spacing**
3. The Reasons
4. The Only Child
5. Helen the Cat **and** Amanda the **Baby**
This section explores:

1. How a baby less than three years

of age feels about a new baby

2. The troubles caused by close spacing of siblings
3. **The effects on the parents**
4. **Popular myths about only children**
5. **Results of research**

Section 7, " Ghosts in the Nursery"

Five Lessons

1. The Lasting Influence of Parental Care
2. Are **You** the **Child of Toxic Parents?**
3. Defence Mechanisms
4. Some Types of Defence Mechanisms
5. The Advantages of Recognising our Defence Mechanisms

These lessons explore:

1. Why children blame themselves for abuse by a parent
2. The origins of low self-esteem

3. What the expression "ghosts in the nursery " means
4. Your relationship with your parents when you were a child
5. Your relationship with your parents now
6. Eleven different types of defence mechanisms
7. The trouble caused by defence mechanisms

What is meant by the term "ghosts in the nursery"?

- a. some parents used to tell ghost stories to children when they went to bed
- b. most children pretend they see ghosts in their room at night so that their parents will come back into their room several times
- c. most of the time ghosts appear in a nursery
- d. it refers to the thoughts and feelings that are buried deep in our minds since childhood which affect how we deal with others

Section 8, "The Brain"

Eight Lessons

1. Babies at Birth
 2. Growth in a Harsh Environment
 3. How Do We Know So Much about the Brain?
 4. How the Growing Brain Can Be Damaged
 5. How the Brain Works
 6. Emotional Memory
 7. Cortisol and Stress
 8. New Research
3. The effect that the quality of bonding has on the baby's brain
 4. Connections between brain cells
 5. Memories that can be remembered clearly (conscious memories) and memories that can only be remembered as fear (unconscious memories)
 6. Why continuous stress is harmful

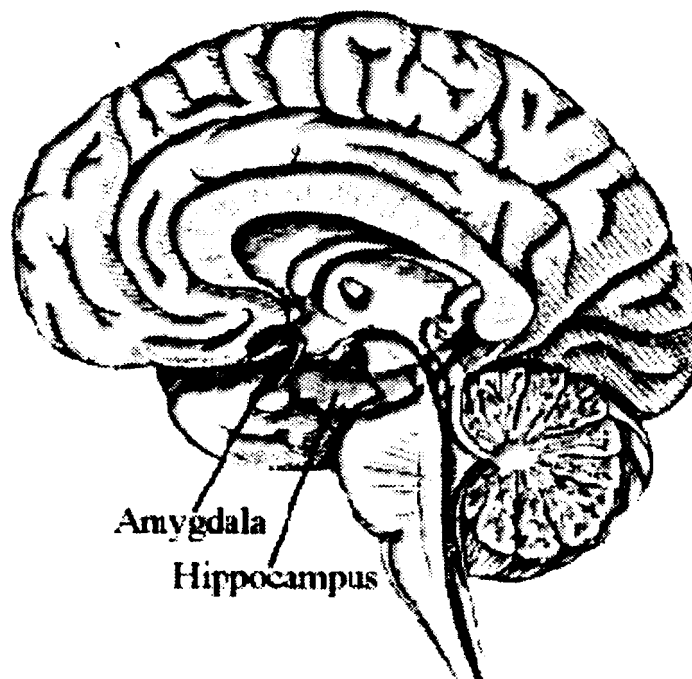
These lessons discuss:

Why human babies are so help-less

2. What human babies do to get "attached"

7. Why early frightening experiences can produce fear responses later in life even though we can't remember where they came from

8. Animal and human research



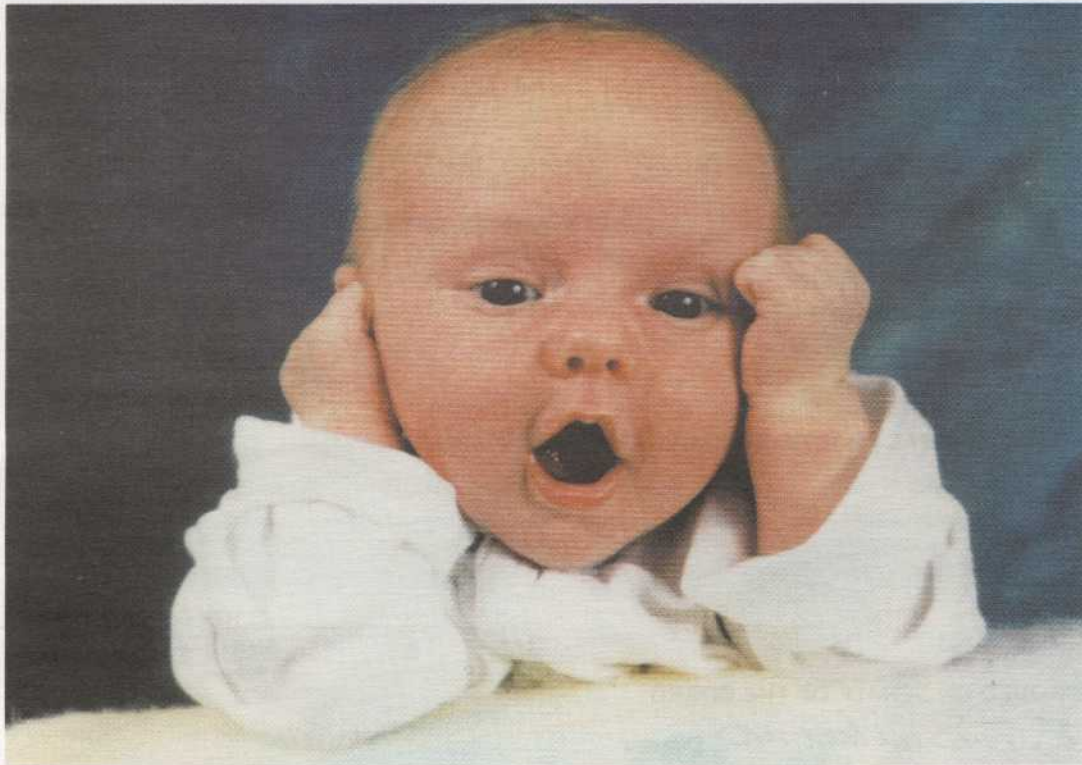
Section 9, "Our Culture"

Six Lessons

1. From the Beginning of our Species
 2. Consumerism
 3. The Power of Large Corporations
 4. Corporate Power and Children
 5. Advertising
 6. The Effects of our Consumer Culture
4. The struggle between corporations and parents for the minds and hearts of children
 5. Advertising disguised as something else

This section covers explores:

1. How successfully human mothers have evolved for giving birth
 2. How earlier cultures provided support for mothers and babies
 3. How powerfully children are being programmed to be consumers
6. Advertising as the Ministry of Propaganda for the consumer culture
 7. How today's way of caring for babies is compared to the long evolution of humans
 8. What babies are born to expect, and what they get



AUDITORS' 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, 1999, 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, 2000 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

July 17, 2000

CHARTERED ACCOUNTANTS

CANADIAN SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN

(Incorporated under the laws of Canada)

BALANCE SHEET AS AT APRIL 30, 2000

		2000	1999
ASSETS			
CURRENT			
Bank	\$	33,411	\$ 17,713
Accounts receivable		658	1,069
Prepaid expenses		350	18,120
		34,419	36,902
CAPITAL ASSETS, at cost (Note 2(b))		33,744	33,474
Less - accumulated amortization		(30,644)	(29,903)
		3,100	3,571
	\$	37,519	\$ 40,473
LIABILITIES AND EQUITY			
OPERATING SECTION			
Accounts payable and accrued liabilities	\$	1,943	\$ 2,439
Surplus, operating section		32,476	34,463
		34,419	36,902
EQUITY IN CAPITAL ASSETS (Note 2(b))			
Balance, beginning of year		3,571	2,638
Plus - addition		270	1,623
Less - amortization		(741)	(690)
		3,100	3,571
	\$	37,519	\$ 40,473

APPROVED ON BEHALF OF THE BOARD:

E: ~1' ~_e.i 14e ~ Director

Director

**STATEMENT OF FINANCIAL ACTIVITIES
OPERATING SECTION
FOR THE YEAR ENDED APRIL 30, 2000**

	2000	1999
SUPPORT		
Membership fees and donations	\$ 33,867	\$ 31,520
Sale of publications and tapes	4,427	5,068
Internet project grant		40,600
Interest and foreign exchange income	1,584	2,448
	<u>39,878</u>	<u>79,636</u>
EXPENSES		
Equipment operating costs	1,165	810
Conference		1,254
GST expense	559	385
Internet project costs	15,929	24,156
Legal and audit	1,777	1,350
Office rent	3,200	3,000
Office and general	2,547	2,304
Postage	1,335	1,200
Public information - brochures and tapes	3,972	1,008
Publication costs - journal	5,148	3,339
Publication costs - Internet	619	462
Salaries	4,372	4,386
Telephone	1,242	1,954
	<u>41,865</u>	<u>46,608</u>
NET REVENUE (DEFICIENCY)	(1,987)	34,028
SURPLUS, beginning of year	34,463	435
	<u>32,476</u>	<u>435</u>
SURPLUS, end of year	\$ 32,476	\$ 34,463

**STATEMENT OF CASH FLOW
FOR THE YEAR ENDED APRIL 30, 2000**

	2000	1999
CASH FLOWS FROM OPERATING ACTIVITIES		
Net revenue (deficiency)	\$ (1,987)	\$ 34,028
Changes in non-cash working capital components		
Accounts receivable	411	165
Prepaid expenses	17,770	(17,870)
Increase in current liabilities	(496)	708
	<u>15,898</u>	<u>17,031</u>
INCREASE IN CASH	15,898	17,031
CASH, beginning of year	17,713	682
CASH, end of year	<u>\$ 33,411</u>	<u>\$ 17,713</u>

**NOTES TO THE FINANCIAL STATEMENTS
AS AT APRIL 30, 2000**

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 and encourage primary prevention programs. It was incorporated under the Canada Corporations Act in 1975 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 to the Directors, 2000

It's done! What a job. After editing Empathic Parenting for over 20 years I never thought preparation of a parenting education course would be such a time consuming task. It couldn't have been done without unstinting voluntary contributions from a great many people. Thanks!

Now our job is to make the course available to as many prospective parents as funds permit. This issue of our journal is designed to package the CD for safe mailing, while giving potential users an easy outline of the program's content. It is on its way to 3,500 secondary schools in Canada.

It is important to recognize the singular significance to the CSPCC of the money donated by Swing for Kids, an annual golf tournament organized to provide funds to children's charities doing preventive work. Spearheaded by a very small group of businessmen, and supported by a great many others, Swing for Kids has been extraordinarily supportive of our work for many many years.

As always we continue to exist and do our work thanks to voluntary contributions of much time, individual memberships and donations including, in the past year, the following corporations and organizations:

Avon Canada Inc.	Power Corporation of Canada
Bata Retail	Royal Bank of Canada
Border Paving Ltd.	Royal Canadian Legion - Bancroft
Cara Operations	Sandvik Canada Inc.
Castrol Canada	Sayers & Associates Limited
Gendis Inc.	Sobey's West
Jervis B. Webb Company of Canada	Swing For Kids
John Deere Foundation of Canada	Toronto Hydro Employees' Charity Fund
McCormick Canada	The Equitable Life Insurance Company
McDonalds Restaurants of Canada	United Way of Greater Toronto Universal
Metroland Printing	Flavors Canada Inc. Volvo Cars of
National Silicates Ltd.	Canada Ltd.

CHANGE THE WORLD



NURTURE A CHILD

Snug Like Alcoholics in a Brewery

Physical violence against little children is easy. A small skull crushes like a cardboard box.

Psychological violence, the perversion of small minds, is easier still and much safer for the criminal. The damage is not seen until years later, when the victim cannot remember what hit him, even if he knew in the first place.

A perverted mind, either in a child or an adult, does not mean a peculiar mind. Perverted means what most of us become. Perverted means lacking in trust, empathy and affection.

We daily suffer and inflict commonplace inhumanities, most importantly upon our children.

For the first time in history, we have certain knowledge of the means whereby the capacity for trust, empathy and affection can be shattered in the first three years of life.

This knowledge is timely because the means to destroy each other is at hand as never before. Quite apart from the question of whether or not trust, empathy and affection are better than mistrust, indifference and hate, the world will not survive many more generations of suspicious, hardened, affectionless individuals. If we are not to die, we are to change. Our survival depends upon the care of our children. They will drop the bombs, release the germs, use the poisons or not.

Nothing can be more urgent. It cannot be postponed.

Even if this means abandoning most of the institutions, habits and beliefs we now cherish, snug like alcoholics in a brewery.

Michael Mason
Founding Member of the CSPCC
April 1975

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 mothers.



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.