

Roadmap for Modern Educated Parents

(guide for novice parents)

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DOI: 10.5281/zenodo.5576148

Updated at October 24th, 2021.

Edition: 6.

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Disclaimer

THE AUTHOR OF THIS DOCUMENT IS NEITHER PROFESSIONAL MEDICAL WORKER, NOR PROFESSIONAL PSYCHOLOGIST, NOR PROFESSIONAL ANTHROPOLOGIST, NOR PROFESSIONAL PEDAGOGUE, NOR PROFESSIONAL LAWYER, NOR PRACTICING PARENT.

ALL PUBLISHED MATERIAL IS BASED ON AUTHOR’S MEMORIES FROM HIS OWN CHILDHOOD, READING 20+ BOOKS AND SEVERAL HUNDREDS ARTICLES ON THE TOPIC OF PARENTING (IN THE RANGE FROM POPULAR LITERATURE UP TO SCIENTIFIC RESEARCH), AND OBSERVATIONS MADE IN TRAVELS OVER 30+ COUNTRIES AROUND THE WORLD.

THE PERSONAL LIFE OF THE AUTHOR IS RIDICULOUS DUE TO MANY CIRCUMSTANCES. SO, YOU SHOULD NOT READ THIS DOCUMENT TOO SERIOUSLY.

Introduction

This document is partially based on the guide for building parenting and family models written several years ago and self-published at <https://doi.org/10.5281/zenodo.3576245>. The main problem of that guide is that it may be still “too scientific” for the most part of population and provides answers in the format of descriptions, but not in the format of *actions*. To resolve this issue I decided to try another approach for describing parenting process in the modern world. It is supposed that simplest *actions* listed here may resolve almost all situations arising in the process of parenting.

The current version of text is preliminary one, minor extensions should be expected.

Roadmap

What is the minimum you should do?

Practicing sports and healthy life-style by yourself: just read about

https://en.wikipedia.org/wiki/Transgenerational_epigenetic_inheritance#In_humans.

Medical self-learning in gynecology and pediatrics: mainly, it is needed for the period of pregnancy and several first years of child's life; you may find a lot of literature like Mayo clinic guides and "What to Expect" series guides in online or local book stores; reading newsfeeds at <https://www.sciencedaily.com/newsfeeds.htm> and similar resources may be also useful.

Arranging "work parties" with family and friends: the idea is taken from books of David F. Lancy; in according to his researches, helper stage in child development lasts since the second (!) year of life till the beginning of teenage years, and it is *the most natural* way (or one of the most natural ways?) to provide basic education and social integration to child in home environment; the term *work* is used by me in figurative meaning, it may include group reading, group play and other similar activities too; the sense of my interpretation of the idea is that *all* learning performed by child since 2 till about 12 years old should turn around "work parties".

Practicing sportive microtraining as daily norm: by microtraining I mean here the sets of physical exercises that do not require sports equipment, may be practiced in limited space (about 2-3 square meters), involve training of all groups of muscles, do not last more than 30 minutes, may be performed multiple times per day easily almost anywhere (as morning warm-up, evening relaxation, and break in work/studies); here is the video with good example of "550 reps" program https://www.youtube.com/watch?v=Pw_ZR86hNQI; you may find other similar videos by yourself.

Private microschoooling: recent news from Russia and China demonstrate that wave of school terrorism, simplification of public educational programs, and limitations on self-studies has reached the second world too; probably, public education cannot be considered as reasonable option anymore; in such environment the only practical solution may be involvement of child into private microschoooling that may last since kindergarten age till the end of teenage years; microschoooling may vary in its format from informal playmate group practicing basic homeschooling up to large private school with several hundreds students operating under franchising label; for those who (like me) grew up in regions/periods where mass private education was absent reading books of James Tooley may be useful to understand how private low-cost microschoooling for the poor worked in developing world just 10-20 years ago; *it is supposed by me* that in the modern social environment private microschoooling may resolve not only educational problems but also the problems of smooth comfortable start of sexual life, problems of teenage crime, and all problems arising from usage of Internet (just by locking necessity of all alternate ways offered online).

Staying connected to nature: nothing to say much here, reading Jennifer Aist's book "Babes in the Woods" (see it at <https://www.amazon.com/dp/1594853436/>), <https://wwwnc.cdc.gov/travel/>, and other similar materials about hiking with children will not take much time; connection to nature may be needed since pregnancy till the end of teenage years.

Balancing between traditional communities and global modern society: it is supposed that all modern state policies are targeted to limiting fertility and making life for families with children too costly and too difficult; so, staying connected to traditional communities may resolve part of the problems (but it may have its own cost, as you can understand).

Arranging home environment for work and professional studies: basing on my experience of self-studies in teenage years and current social/educational limits for children (including risks of college terrorism that have reached the second world too), it is supposed that you should provide at least some of the following at your home – professional library (I had one that covered topics of engineering, literature history, arts history, foreign languages), professional gym (I had basic sports equipment only), professional computer (I had basic one only), professional artistic workshop/studio (I had encyclopedia of arts history only), professional lab (I had several parakeets and canary birds only, the lab may be zoological too, as you can understand); providing such environment at home in teenage years may resolve future financial problems and socialization problems, as I guess; it should be noted that for some children (as I remember by my experience) such home environment may need to be arranged since about getting 7 years old already! Detailed instructions on building professional home library for teenagers may be found in guide self-published by me here: <https://doi.org/10.5281/zenodo.5593268> Instructions on building other professional environments may be obtained from the appropriate specialists.

What else you may need to do?

It is supposed that list given above is enough for any healthy child that grows up in country where society is not criminalized, natural areas are accessible, and the state is not penetrating children's lives too deeply. But in some situations you may need to try one or several of the following actions.

Medical tourism: in many countries you may get higher quality services for equal or lower cost with minimal medical marketing/politics pressure.

Relocating to nature far from civilization: current trend towards remote employment may make remote job from natural locations the new social norm.

Long-distance long-term hiking/biking: this activity may be considered as rather risky and may require from you professional self-studies of sports, medicine, zoology, anthropology etc; but it is rather popular already, although may be far from being mainstream hobby (see good example of such activity at <https://gingertea.ru/>).

Long-distance long-term travels: all listed in the previous item is applicable to this item too.

Searching future sexual partner(s) since early childhood: even if you are not traditional person it may need to be done; see the previous sections about “work parties” and microschooing to understand how it could be done in the best and easiest way.

Homeschooling: you may consider it as ultimate form of microschooing in fact.

Searching first job(s): as I have read in a citation in one of books of aforementioned David F. Lancy, possibilities of employment for teenagers are going down in the first world; as I have read in

public news much time ago, in some countries double higher education until getting 26 years old may be a new standard; and in some criminalized societies, entering job market without family support may be too risky; so, parents' assistance may be really needed, but you should know that your understanding of age of maturity and real age of maturity of your child may vary significantly.

Paying for relocation to very remote region upon the end of teenage years: in some rare circumstances when professional opportunities in local job market are limited, your child has too exotic life interests, or society is too criminalized, such relocation may be the only option, although for some parents it may be too extreme solution.

What should you be afraid of?

Total surveillance: explain to your child that he/she is responsible for every step since getting 10 years old or so, because every step is tracked somewhere; do not consider it as something extreme or as tragedy, in traditional communities such responsibility may be norm for everybody; from some point of view, all we are just going "back to village".

Local ruling circles: if you are immigrant, you should check age of sexual consent in local laws to know exactly when your child may get the first legal blow from adults, although you should understand that in some societies sexual harassment may start much earlier.

Low quality of publicly available nutrition: nothing to say much.

Medical business, medical politics, and medical fashion: nothing to say much.

Firearm and fight dogs at your home and in homes of neighbors: nothing to say much.

Standard natural and urban dangers: nothing to say much.