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Translation

*Translation and Analysis of the Procedures and Methods Used to Translate
the Documents “Meditaciones en Familia” from Spanish into English and
“Solid Answers” from English into Spanish for Focus on the Family*

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Abstract

The aim of this thesis is to investigate the effect of the procedures and methods used to translate the documents “*Meditaciones en Familia*” from Spanish into English and “Solid Answers” from English into Spanish for Focus on the Family. This project is focused on the qualitative method, because it is based on the science action, which means that the objective is to identify the theories used by the authors cited in the investigation. Besides, the thesis shows the essential tools that make texts more accessible to readers, and the analysis of a text helps to find specific text aspects such as the translator's intention, grammar structures, vocabulary, and text style, which are indispensable to create a faithful and accurate translated version. In conclusion, as it is shown in the translated documents, a natural, accurate, and communicative translation facilitates that the text readers will have a document easy to read and do not think of it as a translation.

Resumen

El objetivo de esta tesis es investigar el efecto de los procedimientos y métodos utilizados para traducir los documentos "Meditaciones en familia" de español a inglés y "Solid Answers" del inglés al español para Enfoque a la Familia. Dicho estudio se centra en el método cualitativo, ya que se basa en la acción científica; lo que significa que el objetivo es identificar las teorías utilizadas por los autores en las cuales se basa la investigación. Además, la tesis muestra las herramientas esenciales que hacen que los textos sean más accesibles para los lectores; además, se indica la importancia del análisis de un texto, lo cual ayuda a encontrar aspectos específicos del texto como la intención del traductor, las estructuras gramaticales, el vocabulario y el estilo del texto, los cuales son indispensables para crear una traducción fiel y precisa. En conclusión, como se muestra en los documentos traducidos, una traducción natural, precisa y comunicativa facilita que los lectores comprendan el documento de una manera fácil y no piensen en ellos como en una mera traducción.

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Chapter I

Introductory Framework

1.1 Background of the Study

This work aims to offer a series of ideas about the importance of procedures and methods in translations studies, it will focus on the point of view of the theory which theory? It is an irrefutable fact that the practice of translation is an activity of great projection in today's world, the need for interlingual communication is not limited to a specific professional profile, quite the opposite, almost every person needs, information originally offered in a different language.

The practical aspect of the translation is essential to this investigation, due to its frequency and validity, it is also important to emphasize the improvement of the translation studies, and its theories. It is necessary to mention that collaborations have emerged to delimit, define or describe translation. It is safe to say that in the last years, theoretical studies on translation have had a greater projection thanks to specialists. Due to the diverse attempts to apply the advances in theories including the computer instruments, design of translation tools or programs to accomplish this task.

Nowadays, the training for translators requires more and more the usage of technical resources that demands an extensive and complete preparation. For this reason, translators use tools such as the internet, books and terminology glossaries based on previous research done by students. In this way translation becomes a College subject.

1.2. Research Question

The purpose of this translation work is to elaborate an English version of this parent's manual called "Meditaciones en familia," by its title in Spanish since upon translating this document for Focus on the Family, which is the institution that will use the book for tutorials and talks to spread their message on the family as the basis of society. Besides, it is important to mention that Focus on the Family is a non-profit organization that provides counseling services for children, adolescents, and people with special needs. Therefore, to accomplish this work, it is important to analyze the effects of using the main translation techniques and procedures in the document. Regarding the document "Solid Answer," the main purpose is to provide a proper Spanish translation, in order to guide people interested in self-help literature.

Therefore, the research questions in investigation is, what is the effect of procedure and methods used to translate the documents "*Meditaciones en familia*" Spanish into English and "Solid Answers" from English into Spanish for Focus on the Family?

1.3 Purpose and Significance of the Study

The main purpose of this translation project is to analyze the effect of the procedures and methods used to translate the documents "Meditaciones en familia" from Spanish into English and "Solid Answers" from English into Spanish for Focus on the Family. The outcome of this translation project including the creation of the glossary that will benefit other translators or people interested in teaching English as a second language specifically American idioms and phrases that are misinterpreted by people who do not have translation experience.

For this reason, it is important to design a glossary since both documents have questions and answers that are interpreted in different ways. The study of both translations will include explanation and usage of translation methods and procedures. Gonzales (2010) states that in different situations, a similar word can be used with different meanings depending on the context, also different definitions according to the text's theory or perspective. The purpose of the glossary is to define a precise way in which the terminology is handled in a specific document. For this reason, the book's author tried to cooperate with the reader by making a glossary so the readership can understand several American expressions used by Dr. James Dobson in his answers. Besides, all difficult phrases, words, and equivalences are going to be explained in the glossary.

Regarding translation strategies, according to Newmark (1988), the translation methods are different from the strategies because, methods are used for textual translation; by using the strategies sentences and words are translated. It is considered that the phenomenon of neologisms does not concern the translation of texts, but rather of words and expressions, it will be exclusively explored the concept of translation strategy and its typology. It should be noted that many of the strategies presented here as general que quieres decir con as general? can be used to solve the particular problem of a neologism. The author of this investigation considers that the most used translation strategies are: synonymy, through-translation, shifts or transpositions, modulation, word by word, Calque (through-translation).literal translation, recasting sentences (p. 68).

1.4 Objectives of the Investigation

1.4.1 General objective

To evaluate the effect of the procedures and methods used to translate the documents “*Meditaciones en familia*” from Spanish into English and “Solid Answers” from English into Spanish for Focus on the family.

1.4.2 Specific objectives

- To translate the documents “Meditaciones en familia” from Spanish into English and “Solid Answers” from English to Spanish for Focus on the family.
- To apply various translation procedures to the documents in order to achieve communicative, accurate, and natural target texts.
- To design a glossary with the most difficult terminology found in both texts.

Based on the documents, the researcher will analyze the translation techniques and use glossaries for colloquial vocabulary and difficult words; since glossaries are essential to guarantee the linguistic union and quality of texts. Regarding the document of Focus on Family “Meditaciones en familia” the main purpose is to apply various translation procedures to the documents in order to achieve communicative texts.

Newmark (1988) explains that the communicative method displays the exact contextual meaning of the original text in a manner where both content and language are easily acceptable and comprehensible to the readers. When this method is applied, there are? Accomplishing the accuracy and economy in the target language’s text. The communicative method is informative and it is concentrated on the message, and also its texts convey the same information and tone as source language text. Besides, in this method the texts are simple, clear, brief, natural and readers do not realize it is a translation.

According to Mizani (as cited in Hervey, 2002) communicative translation is usually adopted by cultural clichés such as idioms, proverbs, fixed expression, etc. In such cases the translator substitutes SL word with an existing concept in target culture. In cultural substitution the propositional meaning is not the same, but it has similar impact on target reader the literal translation here may sound comic (p. 80). The degree of using this strategy sometimes depends on the license which is given to the translator by commissioners and also the purpose of translation

Newmark (1981) states that in the Communicative Translation there is a not limit to correct, improve logic, replace in a functional way, syntactic structures and omit redundancies, edit and clarify the language a good management of the dialect (p.62). He explained that the communicative translation by itself is a subjective procedure because it is relative to the way people think or feel, not the object by itself. However, Communicative Translation is related to the target language receptors, usually in the context of language and cultural diversity, he also mentions that during the process of conveying the meaning, there is produced a smoother, lighter, and idiomatic texts easy to read. Newmark points out that by using the Communicative Translation, it is possible to make an exact and perfect translation from the point of view of the source text.

1.5 Limitations of the Study

The main difficulty found in the translation of the document “Meditaciones en familia” was The Bible verses, since by the Twentieth Century there were more than 250 languages bible versions, for this reason there was not an opportunity to create a different version in English. In fact The Bible has one most representative chapters in the history of translation and as it is known there are many versions of biblical translations, in most of the cases for

this specific translation project it was used the "New International Version" (NIV), this edition is directly translated from Hebrew, Arameic, and Greek. In this kind of version it was use the Exegesis, this is an interpretation of a text, particularly used in religious texts. Besides, the institution "Focus on the Family" requested the usage of the (NIV) version in most of the Bible verses because they consider that is one of the most popular and best-selling modern translations and most of the evangelical churches use this Bible version.

On the other hand, one of the most challenging parts of this translation process was the usage of colloquial expressions because this kind of language is not used in formal writing and it is usually seen in short pieces of writing, abbreviated and unsophisticated and most of the time with linguistic violations this cause the faithfulness, naturalness of the source text was difficult to convey in the target language .Also, the main idea was to preserve the text informality which made it necessary to make some stylistic and grammatical changes along with some semantic interpretations .

Another set of limitations found in the text, was religious vocabulary of different Latin-American authors because not only it was difficult to understand the original context of the Bible parables but also it was laborious to get the message across for different socio-cultural groups since their interpretation is going to be different from that of native English speakers.

Other aspects found in the original text, were the lack of paragraph divisions, this is probably made on purpose to emphasize the characteristics of short stories according to writers thoughts. Besides, some of the paragraphs are disorganized with short sentences that going off the subject and later get back on track.

On the other hand, to deal with limitations the researcher used ~~the~~ Transposition for colloquial language. Also, in order to keep the author's intention ~~the~~ Omission was used because in the Spanish text the usage of pronouns causes the text to be more formal than required to get a good translation according to the translator's opinion. Furthermore, Compensation was applied since it provided a stylistic effect in the translated text and it compensated certain elements from the original text that could not be recreated as in the source text .Finally, Calque was used to reach the same level or formality present in the the source text.

Regarding the text "Solid Answers", one the difficulties was the pre-translation process because the document has many American idioms and proverbs used by Dr.Dobson, even though the document was read several times, it was difficult to understand the meaning of those expressions. Part of the limitations about glossaries, is the scarcity of these kind works because it takes time crated and for the ones that they already exist, do not explained the origin of these words that we consider important for the translation process.

Usually, those idiomatic expressions have a rhetorical origin which means they were initially neologisms, new words that were later used in a figurative way and then were accepted and adopted in a language. For translators, it difficult to trace the origin of these phrases and idioms, because their origins are usually found in legends, events, customs, sayings, popular games already missed, and also they were found in superstitions. Another difficulty found in this text were the equivalent comparisons: They cannot be translated literally. The equivalence resides in conveying the same idea, but they cannot be translated literally different words have to be used.

For this reason, in this translation project of "Solid Answers" the translator used a dictionary of American idioms because it was necessary to classify these expressions according to the different translation procedures used in the document. Also, the strategy for equivalent words was to find that equivalent expression and to use it. Besides, this project will include all these phrases in order to readers understand the content of this book and facilitate the work of future translators.

Finally, Nida (2007) mentioned that language reflects the culture of a society, and it can be defined as the group of their beliefs and practices. On the other hand the idiomatic expressions constitute a category of lexical unit and symbol of a culture, therefore, they are an evident source of translational equivalences that cause some difficulties when they need to be transferred to the target language.

Chapter II

Theoretical Framework

According to Arrojo (1993), "translation" can be considered as, "interpretation" both the translator and the interpreter have an intermediary role to convey the meaning in different levels, because styles are collective, universal, and goes from the source language to the target language. Literary works are unique. However they have a bond to others because each of them is born and has a relationship with other languages.

2.1 Text analysis

According to (Nida, 1975), there are four types of (literary or non-literary) text:

- (1) *Narrative*: a dynamic sequence of events, where the emphasis is on the verbs or. For English, 'dummy' or 'empty' verbs plus verb-nouns or phrasal verbs ('He made a sudden appearance', he burst in).
- (2) *Description*, which is static, with emphasis on linking verbs, adjectives, adjectival nouns.
- (3) *Discussion*, a treatment of ideas, with emphasis on abstract nouns (concepts), verbs of thought, mental activity ('consider', 'argue', etc.), logical argument and connectives,
- (4) *Dialogue*, with emphasis on colloquialisms and phaticisms.

2.1.1 Text styles

2.1.2 Stylistic Scales

2.1.2.1 Scale of formality

Newmark (as cited by Joos, 1962) proposes a stylistic scale divided in generality or difficulty and the emotional tone (p. 14).

| | |
|--------------|---|
| Officialese: | The consumption of any nutriments whatsoever is categorically prohibited in this establishment. |
| Officia:l | The consumption of nutriments is prohibited. |
| Formal: | You are requested not to consume food in this establishment. |
| Neutral: | Eating is not allowed here |
| Informal: | Please don't eat here. |
| Colloquial: | You can't feed your face here |
| Slang: | Lay off the nosh |
| Taboo: | Lay off the fucking nosh |

2.1.2.2 Scale of generality or difficulty

Newmark (1988) said." As always, the distinctions are fuzzy. In not so informal Language, translate demoms en moins by "decreasingly", tout a fait by 'entirely', d'un seut coup by 'at one attempt' or 'simultaneously (p.14).Similarly, Newmark suggest the following scale of generality or difficulty (p.14).

Simple: "The floor of the sea is covered with rows of big mountains and deep pits".

Popular: "the floor of the oceans is covered with great mountain chains and deep trenches".

Neutral: (using basic vocabulary only) "A graveyard of animal and plant remains lies buried in the earth's crust".

Educated: "The latest step in vertebrate evolution was the tool-making man."

Technical: "Critical path analysis is an operational research technique used in management."

Opaquely technical (comprehensible only to an expert): "Neuraminic acid in the form of its alkali-stable methoxy derivative was first isolated by Klenk from gangliosides"(Letter to Nature November 1955, quoted in Quirk, 1984.)

2.1.2.3 Scale of emotional tone

In addition, Newmark (1988, p.14) proposes the following scale of emotional tone:

Intense (profuse use of intensifiers) ('hot')

Absolutely wonderful . . . ideally dark bass . . . enormously successful . . . superbly controlled

Warm

"Gentle, soft, heart-warming melodies"

Factual ('cool')

"Significant, exceptionally well judged, personable, presentable, considerable"

Understatement ("cold") "Not . . . undignified"

2.1.3 Text function

2.1.3.1 Informative

"The core of the informative function of language is external situation ,the facts of the topic ,reality outside language ,including reported ideas or theories"(Newmark, 1988, p.40).there is an absence on the author's status, and this embraces scientific, technological, commercial ,industrial and economic text.

2.1.3.2 Expressive

Regarding this function the writer expresses feelings, emotions, and thoughts, or any point of view that is something personal. According to (Newmark,

1988), "The core of the expressive function is the mind of the speaker, the writer, the originator of the utterance"(p.39).This means, the core of the expressive function language is the writer and the author's status that is "sacred." It is divided on tree types:

1. Serious imaginative literature: this embraces poetry, short stories, novels and plays.
2. Authoritative statements the text which derives their authority from the high status or the reliability of the authors .this text has the personal "stamp" that shows the power such text .this embraces political speeches, documents by ministers, scientific, philosophical and academic works written by acknowledge authorities.

2.1.3.3 Vocative

Newmark (1988) stated," The core of the vocative function of language is the readership, the addressee. I use the term Vocative1 in the sense of 'calling upon' the readership to act, think or feel, in fact to 'react' in the way intended by the text" (p.41).

As in the informative function, the author's status is absent .It embraces notices, instructions, propaganda, publicity, and popular fiction .all these with only one function: make people to act in a specific way.

2.1.4 Type of translation

2.1.4.1 Semantic translation

According to Newmark (1988),"Semantic translation, in which the translator attempts, within the bare syntactic and semantic constrains of the target language, to reproduce the precise contextual meaning of the author"(p. 39). Also, he states that in

reference to the semantic translation method, it takes into account the aesthetic value of the source language text. Also, it tends to be more complex and further detailed, and has a certain absence of elegance. During the translation process, it must be focused on what is going to be written and transmitting the author's message because it tends to be more specific. Translators cannot find the way of saying something as concisely as in the source language text. Generally from the pragmatist and cognitive point of view, the semantic translation is inferior to the source language text because it tends to interpret instead of transmitting the author message (Newmark, 1988, 42). Besides, the use of this method does not allow inaccuracies, and the translator does not have the opportunity to improve or correct the source language document, therefore the translator must respect the original documents.

Newmark (1988) mentions that semantic translation usually reduces the unit of translation and brings the text closer to the figurative and formal elements of the original, including its sound effect. This procedure is categorized as out of time and local space, it also attempts to preserve its author idiolect (lexicon, grammar, or pronunciation), the distinct form of expression of the author, and it is focused on preserving the essence of the source language text. It means that semantic translation attempts to render, as closely as the semantic and syntactic structures of the second language allows, the exact contextual meaning of the original. Newmark also mentioned that the ability to reproduce an original with a high degree of meaning is due to the value and importance of the semantic translation method.

2.1.4.2 Communicative translation

Usually communicative translation tries to reproduce an accurate contextual meaning that can be naturally understood for readers. Also, it is social, and it concentrates on the message and the main force of the text, tends to be simple and it can be better than the

original text. Newmark (1981) mention that theoretically, communicative translation for translator is more restrictive than semantic translation. Besides, texts are simple under this translation method since the final product is simple, clear, brief, sounds natural and readers do not realize the document has been translated.

Newmark states that in the communicative translation method there is a not limit to correction, logic improvement, replace in a functional way, syntactic structures and omission of redundancies, edition and clarification of the language. In general, a good management of the dialect (p.62). He explained that the Communicative Translation method is a subjective procedure because it is relative to the way people think or feel, not the object by itself. However, Communicative Translation is related to the target language receptors, usually in the context of language and cultural diversity, he also mentions that during the process of conveying the meaning, a smoother, lighter, and idiomatic texts are produced and they are easy to read. Newmark points out that by using the communicative translation, it is possible to make an exact and perfect translation from the point of view of the source text. Besides, it attempts to produce in its readers and effect as closely as the semantic and syntactic structures of the second language allow the exact contextual meaning of the original.

Also, Newmark (1988), explains that the communicative method displays the exact contextual meaning of the original text in a manner where both content and language are easily acceptable and comprehensible to the readers. When this method is applied, accuracy and economy in the target language text are accomplished. The communicative translation method is informative and it is concentrated on the message, and also its texts convey the same information and tone as source language text.

Mizani (as cited in Hervey, 2002) states that the Communicative Translation method is usually adopted for specific society clichés such as idioms, proverbs, fixed expression, and similar. In such cases the translator substitutes each SL word with an existing concept in target culture. In cultural substitution the propositional meaning is not the same, but it has similar impact on target reader (p.80). The Literal Translation method here may sound comic. The degree of using this strategy sometimes depends on the license which is given to the translator by commissioners and also the purpose of translation.

2.2 Translation techniques

2.2.1 Transposition

The first procedure from the oblique translation is Transposition, usually there is a separation from the syntactic goal of the source language, that means a word that was expressed from the source language of a grammatical category (part of the speech) this one will be expressed in the target language without affecting the message or content of the source text. According to Vázquez-Ayora (1977), Transposition is about replacing words from one grammatical word class with another without changing the meaning of the message. Vázquez-Ayora also states that applying this method is relatively easy and it is indispensable for the translation of a document.

Vázquez-Ayora argued that the application of this procedure is important because translation not only consists on transferring the ideas without taking a look to the result in the target language text, for that reason it is important to execute certain changes of style (p.267). Also, it is important to take into account that these changes are beyond the exclusive analysis of the lexemes or syntagms; therefore, Transposition is focused on

certain elements of the sentence. This is why Vázquez-Ayora proposes different types of transpositions which are focused on several grammatical changes in the sentences, for instance: from adverb to verb, adverb to noun, adverb to adjective, verb or past participle to noun, verb to adverb, noun to verb or past participle, among others.

In contrast, Bell (1991) pointed out that Transposition is a subdivision of free translation methods and defines transposition as “The rendering of a source language element by target language elements which are semantically, but not formally equivalent (because of, for example, word class changes)” (p. 70). Likewise, Newmark (1988, p.31) defines transposition as “The replacement of one grammatical unit by another.” Also, Newmark mentioned that this translation procedure involves a change in the grammar from source language to target language.

Vinay and Darbelnet (1958) explained that Transposition involves the replacing one word class with another without changing the meaning of the message (p.36) Therefore, this method involves some grammatical changes, so the target language text sounds natural. Catford (1965) referred to transposition as “Translation Shifts,” in which there is a proportional balance in the procedure of going to the source language to the target language. Besides, there are two types of “shifts” (1.1) the level shifts and (1.2) category shifts. When Catford refers to a shift of level it means that a source language point in the sentence at one level has a target language translation equivalent at a different level. Moreover, Catford claimed that performing a phonology and graphology translation is unworkable; additionally, another translation impossible to work is between the level of grammar and lexis. The translation of these levels requires the use of other translation

procedures or theories such as “relation to the same substance” in which is applied the translation procedure of equivalence.

2.2.2 Modulation

In Modulation, the message context is changed by semantic changes or from a point of view, so it can be replaced by an explanatory phrase. This method is based on contrastive analysis from the own perspective of the different languages and also from the point of view in which linguistic elements work on different ways according to every language (Vasquez, 1977).

Bell (1991) mentioned that Modulation means “Shifting the point of view of the speaker” (p.70). Likewise, Vinay and Darbelnet (1958) explained that “Modulation is a variation of the form of the message obtained by a change in the point of view” (p.89). These two authors point out that modulation is put into practice when there is a change in the lexical area of the target language and it represents a transformation that makes easier to achieve the natural and accuracy version of the target language text. Likewise, according to Zakhir (as cited in Hardin, 1990), “Modulation is a change that involves the lexical part of the target language; that allows us to express the same phenomenon in a different way” (p.10).

Vázquez-Ayora (1977) states that Modulation is a variation through a change of point of view, signs, and thought without changing the general meaning (p.291). He proposes different varieties of modulations.

2.2.3 The abstract for concrete or general for specific

In this type of modulation, is applied when in the source language there is a general part which is separated in different parts in the source language, so the general concept of the word of the original document is translated into a specific and more detailed word in the target language text. In the translation of this sentence “I was waiting for you at the main university gate” it is a word that specifies more what it wants to express the underlined word in the source language: “Te estaba esperando en la entrada principal de la universidad”.

2.2.4 Explicative

It can be classified such as: cause for effect, means for the result and substance for the object. For example: The authority shall also ascertain that airports are not closed for outgoing flights. It is translated as: Las autoridades se cerciorarán así mismo que los aeropuertos no estén cerrados para los aviones que salen.

2.2.5 One part for another one

It is applied when the source language text refers about something, but when it is going to give the meaning, this part of the sentence is changed for another one. For instance, when translating this sentence “eyeball to eyeball” it is changed the parts of the expression, in the case is face, since in a possible translation into Spanish the most common expression for the readers would be “cara a cara”.

2.2.6 Reversal of terms or from the point of view

It consist of changing the idea without interfering with the message. For example, in the sentence “We were pleasantly surprised at the sophisticated menu” There is a change in the subject, because in the English sentence the subject is "we" (nosotros in Spanish) while

in the translated sentence, the subject becomes the menu: “El sofisticado menú nos sorprendió gratamente”.

2.2.7 The part for the whole

It is refers to a specific aspect to general one. For instance, "Vote" would mean only one individual vote but it could translate in Spanish as "vocación", and it would no longer mean one part instead would mean the whole of it.

2.2.8 The positive to negative or vice versa

This procedure is easy to apply, but it is important to go thorough to the context part. For instance, “It is not difficult to show” translated to Spanish “es fácil de demostrar”. Therefore,) it occurs an adjective change and this makes an affirmative sentence.

2.2.9 refers to form and aspect, and use

Tt is applied when a specific word is used in a different way the source language and the target language (p.293).For example: The most accurate translation and the best way of interpret this sentence would be “another guard slept within earshot” for Spanish reader would be “otro guardia dormía a pocos pasos”, this even though the translation is not literal.

On the other hand, Newmark (1988) states that Modulation is a variation of point of view and refers about a type of modulation called active for passive or vice versa, that it must be applied when there is not passive in the target language text. Finally, it is important to mention that Vinay and Darbelnet's (1958) modulation categories are the same as Vázquez-Ayora`s modulation varieties.

2.2.3 Omission and Amplification

Vázquez-Ayora (1977) states that Omission as part of the oblique translation is ignored and employed it in an inappropriate way by inexpert translators because during the process of translation they thought that it is essential to transfer all the source language words without omitting any utterance. As result, the readers face up a target text with certain inconsistencies such as pleonasm and tautologies, which means the use of unnecessary words that effectively say the same thing (p.348). Omission belongs to the linguistic principle of naturalness; therefore, the idea of the omission as translation procedure is to not modify the target language text with the words of the source text. Vázquez claimed that the main goal of omission is to avoid the overuse of translation and incorporate meaningless elements.

According to Delisle (1993), Amplification is “To use more words in the target text in order to re-express an idea or to reinforce the sense of a source text word because his correspondence in the target language cannot be expressed as concisely” (p.53). In contrast, Nida and Taber (1982) are opposed to the use of expansion techniques because it is considered to be a serious problem found in new texts and most of time this mistake is made by people who are accustomed to write in their own language.

In regards to Amplification Vázquez-Ayora (1977) mentions that belongs to the group of complementary methods. The expansion not only affects the prepositions, but also other grammatical categories such as adverbs. In this type of amplification, the English suffix “LY” will be translated by an adverbial phrase. Also, The Spanish language does not accept the overuse of adverbs with suffix “MENTE.” Other cases of amplifications are: The verb amplification, in which there is use of a periphrasis instead of the simple verb. “Verbal

periphrasis is the union of two verbal forms that works in group as a unit” (Vázquez, 1977.p.348) Pronoun amplification: it is of exclusive use of Spanish language because other romance languages do not use of the possessive pronoun “su”.

2.2.4 Explicitation

According to Vázquez-Ayora (1977), Explicitation is about expressing in the target language what is implicit in the source language. Explicitation was described by Vinay and Darbelnet (1958) as a method that puts extra information into the target language that is included in the source language without being expressed, but this information can be taken from the context or the situation. In contrast, Nida (1982) proposes different techniques in the translation process that he calls techniques of “adjustment,” these techniques are applied in texts when new culture event takes place in the society. These techniques are: Additions, Subtraction, and Alterations.

According to Baker (as cited in Séguinot, 1982), the main use of this procedure is in situations that cannot be explained by structural, stylistic, and rhetorical inconsistencies between two languages. Baker said that “Explicitation takes place not only when something is expressed in the translation, which was not in the original, but also in cases where something which was implied or understood through presuppositions in the source text is overtly expressed in the translation, or an element in the source texts is given a greater importance in the translation through focus, emphasis, or lexical choice” (p. 87).

According to Baker (1992) there are different types of explicitation one example is the obligatory explicitation, which consists on several differences in the syntactic and semantic structure of the languages these Explicitation elements are mandatory because

without their use the target language texts would be ungrammatical. One example of mandatory Explicitation is in some languages that does not have definite articles, for example: in Russian. In this language the translator has to use this type of Explicitation in order to avoid the overuse of definite articles in the target language texts.

According to Baker (as cited in Pym, 1993) Pragmatic Explicitation is related to the cultural information basically in all the different autochthonous aspects between the nations. This is why; there are countries that lack of certain cultural information in the target language therefore the translator has to include certain explicitations in the target language text. For example, names of villages and rivers, or items of food and drinks that most of the people know in the source language country and people from target language countries lack of this information. Another type of Explicitation is proposed by Sèguinot (1985), according to Baker this Explicitation refers about a distinction between choices that can be accounted for in the language system, and choices that come about because of the nature of the translation process.

2.2.5 Literal translation

The focus of Literal Translation is the restructuration of the linguistic elements of the source language text .In this type of translation, the document is analyzed word for word, syntagma by syntagma or phrase by phrase and the morphology and syntax of the original text. The main purpose of the literal translation is to reproduce the linguistic system of the source language text (Hurtado, 2004, p.252).

On the other hand, Schökel (1977) mentions that Bible translation of has to be literary and literature and translation means to transfer a text from one linguistic structure to

another one. Also, it is translated from one work to another one: from a novel to the cinema, poetry to music, painting to poetry and vice versa. To translate, it is required to understand the text in its structured also it is necessary to convey the meaning in the target language. All formal translation implies understanding and interpreting. In a positivism sense, an objective interpretation is like a utopia because it is impossible to eliminate the interpreting subject and the point of view of how can be look and understand. In the case of the Bible, the translator raises common problems not specific ones, such as hermeneutics but if they do not analyzed them, the answer to these problems will influence the way of translating. In this Point the Bible does not have a special rule during the translation process.

2.2.6 False cognates

According to Hurtado (2004), there are words of different languages that have a morphological similarity but when they are changed in two different linguistic systems, a totally different meaning emerges. They can have the same spelling (homographs), and the same pronunciation (homophones). There are also structural, gestural and cultural false friends.

2.2.7 Compensation

Hurtado (2004) states that an element of information or stylistic effect is inserted in another place of the translated text that could not be reflected in the same place where it appears in the original text. Instead, Vázquez-Ayora (1977) mentioned that there are certain source-language-texts in which it is difficult to find the appropriate and accurate equivalence in order to make possible the translations of target texts or in some cases of Spanish texts in which is almost impossible to render the meaning of certain phrases or

words. In addition, Vázquez-Ayora affirmed that every loss of meaning in a translation unit must be compensated in another part of the text.

According to Hervey and Higgins (1992), “Compensation is the technique of making up for the translation loss of important source texts features by approximating their effects in the target texts through means other than those used in the source texts” (p. 248). Hervey and Higgins point out that the idea of compensation conveys the impression of two basic facts: First, the equivalent relationship as an ideal pursued by translators, and the second one, the supposition that Compensation can be controlled to resolve into elements the relationship between the source text and target text elements in order to establish if last part are in effect compensatory. Moreover, they propose two different types of compensations; Compensation by merging, which consist on compress or reduce the complex phrases of the source language into a relatively short single words or simple phrases of the target texts (p.248). In some cases the compensation by emerging is only way to make an adjustment of literal meaning part of the source text and make an idiomatic target text. And the other one is Compensation by splitting its use, when there is not a target language word that replaces the same meaning of the source language word (p.35). Hervey and Higgins explained that compensation as a technique must not be used in a target language text that can be translated with others techniques because the importance of this procedure is to give meaning to the cultural difference between the target language and the source language

2.2.8 Equivalence

Bell (1991) defines Equivalence as “The replacement of a stretch of source language (particularly idioms, clichés, proverbs and the like) by its functional equivalent (greeting, etc.)” (p.70). By using this procedure, the translator has to look for the most

natural and closest equivalences. Therefore, it is important to focus on the message, instead of the form because content is the most important thing.

Nida and Taber (1982) stated that “The translator must strive for equivalence rather than identity. In a sense this is just another way of emphasizing the reproduction of the message rather than the conservation of the form of the utterance, but it reinforces the need for radical alteration of a phrase such as “it came to pass” which may be quite meaningless” (p. 12). For this reason, the role of the translator is to recreate the author's intention in another culture in such a way that enables the target language reader to understand it clearly. Likewise, Baker (1992) defined different types of equivalences by concepts, for instance: Equivalence that can appear at word level and above word level, when translating from one language into another. The equivalence at word level is the first element to be taken into consideration by the translator. Grammatical equivalence, when it is referring to the diversity of grammatical categories across languages. Baker notes that grammatical rules may vary across languages and this may pose some problems in terms of finding a direct correspondence in the target language. Textual equivalence, when it is referring to the equivalence between a source language text and a target language text in terms of information and cohesion. Pragmatic equivalence, it is referring to implicatures and strategies of avoidance during the translation process. Implicature is not about what is explicitly said but what is implied (p.27).

According to Vinay and Darbelnet (1958), “The method of creating equivalences is also frequently applied to idioms” (p. 90). Also, if one or a similar situation can be translated by using completely different stylistic and structural methods, so it applied is the equivalence. According to Vázquez-Ayora (as cited in Malblanc, 1968), the equivalence as

a procedure is “a lexical modulation.” In this procedure are included: proverbs, phrases, idioms, metaphors, interjections, onomatopoeia, etc. that have the same pragmatic meaning. Newmark (1988) named equivalence as “Equivalent” which is used in three different aspects: in a cultural, functional and descriptive way. Cultural Equivalent: is an approximate translation where a source language cultural word is translated by a target cultural word. Functional Equivalent: this common procedure, applied to cultural words, requires the use of a culture free word, sometimes with a new specific term (p.83).

On the other hand, not only Newmark proposes different types, but also Catford proposes terms of formal correspondence and textual equivalence respectively to refer the categories. According to Catford (1965), a textual equivalent is defined as “Any target language which is observed to be the equivalent of a given source language form (texts or portions of texts)” (p.79). Catford states that correspondence equivalence is related to concentrate the attention on the message, specifically in the form and content. According to Baker (as cited in Pym, 1995), “Equivalence is crucial to translation because it is the unique intertextual relation that only translations, among all conceivable text types, are expected to show” (p.80.)

2.2.9 Adaptation

According to Vinay and Darbelnet (1958), “Adaptation is used in those cases where the type of situation being referred to by the source language message is unknown in the target language culture” (p. 91). Similarly, Nida and Taber (1982) use adaptation before starting the process of translation. They mentioned that this procedure is difficult to master because the translator needs a great cultural perspective. On the contrary, Bell (1991)

classifies adaptation as compensation use in the cultural differences found in two languages.

According to Vázquez-Ayora (1977) with the use of adaptation the translation reaches the true value and dynamism, besides it acquires a “cultural feasibility.” In order to avoid the cultural calque, the loss of certain extra-linguistic element necessities to understand a complete work the use of adaptation is recommended.

2.2.10 Borrowing

Vinay e Darbelnet, (1958) explained that the linguistic loan consists in the adoption of elements of different linguistic tradition in its original or assimilated form; they are often names of exotic products: vodka, mate, whisky, hascisc, and habits y traditions tango, yoga, happening, sexy. Likewise, Hurtado (2004) mention that in this technique a word or expression from another language can be included in the translation. It can be pure, (without any change), for example to use in Spanish the term English *lobby*, or naturalized, (transliteration of the foreign language), for example *goal, fútbol, leader, rally*.

2.2.11 Calque

Hurtado (2004) mentions that it is translated literally a foreign word or phrase, it can be lexical and structural. A Calque is a borrowing by which a specialized meaning of a word or phrase in one language is transferred to another language by a literal translation of each of the individual elements (Vinay and Darbelnet 1985, p.85). Bell (1991) refers to Calque as “The loan translation” in which the language elements of the line are substituted by other elements.

Baker (1992) states that, “The use of loan words in the source language text poses a special problem in translation. Quite apart from their respective propositional meaning, loan words such as *au fait*, *chic*, and *alfresco* in English are often used prestige value, because they can add an air of sophistication to the text or subject matter” (p. 25). Moreover, according to Vinay and Darbelnet (1958), “A calque is a kind of borrowing whereby a language borrows an expression form of another, but then translates literally each of its elements. The lexical calque respects the syntactic structure of the target language, whilst introducing a new mode of expression; in the structural introduces a new construction into the language” (p. 85). Vinay and Darbelnet states that many established calques become in an integral part of the language with the passage of time.

Likewise, Newmark (1988) classifies Calque as “Through-Translation.” It mentioned case where the translator imitates in the translation the structure or manner of expression of the source text. Besides, calque and borrowing are different because in the borrowing is transferred the whole word. Calque can introduce a structure that is stranger from the target language.

2.2.12 Sentence inversion

Vinay and Darbelnet (1958) mentions that inversion is not a method, also it can be considered as syntactic rearrangement because the part of the speech are ordered inverted. Instead, Molina & Hurtado (2002, p.500) said " This is to move a word or a phrase to another place in a sentence or a para-graph so that it reads naturally in the target language".

Likewise, Ayora (1977) also considered that inversion is not a translation technique, but translators must use due to the peculiarity of source language.

2.2.13 Punctuation changes

Kalustova (2014) mentioned that the good intonation and pause in a text reading, either loudly or quietly, helps effectively to understand it. This is the function that makes punctuation an important topic in the translation studies. However, translators pay few attention to translation issues related to punctuation.

Punctuation is a graphic presentation of the intonation, effect and accentuation of the sentence and it is linked to the semantics and syntactic structure of the sentence. The strongest and most determining factor of translation transformations is the degree of divergence between the punctuation systems, from both to start until the end, between their list of signs, their philosophies and functioning (p.161).

Also, the difference may be related to the principles behind the semantic syntax, the formal syntax or intonation. The semantic principle has the relevance in the semantics of the sentence according to the syntactic structure and involves many changes and the preference usage of the punctuation marks in the contrary to formalized rules. The formal principle is the most used, on the contrary, the sentence syntactic structure and has very formalized scoring rules leaving much less space for optional uses.

Kalustova (2014) explained that the creators of the punctuation marks of European languages usually coincide, but sometimes there are some exceptions, for example, interrogative and exclamatory signs at the beginning of Spanish word. The limited number of punctuation marks makes practically all of them poly-functional in each language. The distribution of functions does not have simultaneously occur in the source language and the target language. The more functions an initial sign has, the more varied equivalents will

have in the target language. The equivalences vary between punctuation and exclamation points, through lexical and grammatical procedures, graphical or null emphasis (p.171).

Transformations should not be aimed at transmitting only the meaning of the statement but also its style. Originals text with high stylistic punctuation require special attention to the problem during translation process. Each punctuation mark has a reason for usage and must have a translation.

2.3 Glossaries

2.3.1 Relevance for the translator

Glossaries are essential in order to guarantee the linguistic union and quality of different works or researches. Gapper (2008) states that monolingual and bilingual terminology is essential in the works of translation, interpreting, and assisted translation, as well as in language education for specific purposes and institutions that require the elaboration of a glossary to meet the requirements of the International Organization for Standardization. Therefore, the use and creation of a glossary makes easy the solution of different problems related to certain words and concepts, besides to clarify the meaning of foreign words and phrases used in other languages.

Gapper (2008) states that people who do not know how to work with terminology have difficulties to find a systematic guide about the different analysis techniques in terminology and the use of resources to fulfill the different necessities in the area of translation. As a result, people tend to improvise answers or solutions when there is case of unknown terminology, so this situation not only affects the fluent communication, but also there is an inappropriate use of the specialized language, such as: the incorrect use of

words, the inappropriate elaboration of glossaries, and the inadequate use of foreign words, as in Anglicisms.

The terminology as subject matter combines concepts and strategies of different disciplines such as: lexicography, lexicology, terminology, translation and all the areas related to specialized languages and electronic process of linguistic information. Also, different concepts and procedures employed in the management of projects in general are put into practice. Cabrè (as cited in Goffin, 1985) explained that terminology is in the middle of a huge number of sub-disciplines of linguistics, such as semantics or differential lexicology. He affirmed that terminology is closely linked to an activity carried out within the field of knowledge and thus inseparable from its social context and its obvious applications.

Pavel (2002) mentions that when the specialized knowledge is transferred between language communities, the specific concepts are not always the same of a pair of given languages. In contrast, in the comparative terminology the process of term identification reveals inconsistencies between languages, for instance: the misuse of a word or phrase in the target or source language. In such cases, the terminologist's role is to describe the gaps and clarify the appropriate use of these words. She states that in order to propose a term to be acceptable and valid, it must be based on sound knowledge of the target language's rules of lexical formation, must be compatibly integrated into the existing set of terminology, also it must be clearly presented as the terminologist's proposal (p.25). On the other hand, in monolingual terminology, the birth of a new concept, whether it is borrowed from another area of specialization or created as a completely new, may lead to a creation of

synonymous terms. In such cases, the terminologist's role is to identify these terms and prepare just one concept terminology that has a single usage.

Goffin (1985) states that terminology has a close relation between languages and communication and it has a variety of purposes related to information. Therefore, terminology has different approaches in accordance to its practice and theory. Goffin proposed four different focuses of terminology in accordance to its work and application. For linguistics, terminology is part of the lexicon established by subject matter and professional communication. For specialists in a subject matter, terminology is the formal reflection of the conceptual organization of the special subject and a necessary medium of expression n and professional communication. For end users or the last person who really approaches the glossary, terminology is a set of useful, practical, communication units, which are evaluated according to criteria of economy, precision, and suitability (p11). In the case of language planners, they draw conclusions about of its usefulness and survival, and also they ensure its continuity as means of expression through modernization

Densmer (2009) mentioned that glossaries are designed to clarify translators' doubts. He points out that a good glossary has each term included only once, and all the terms that require specific definitions are there. Also, glossaries contain only terms which are specific to the final product. Glossaries do not contain terms that can be found in other industry standard glossaries or dictionaries. Glossaries may include a list of not be terms translated, for example: names of products. Densmer also mentions that glossaries should include acronyms and abbreviations including their spelled-out meaning.

Cabrè (1999) states that in the process of translation it is necessary to understand the source language texts and it is important to have certain knowledge of specific terms in the

target language, as well as in the source language. Therefore, translators have to be related with the subject matter vocabulary that they are going to translate. She mentioned that is important that a technical translation has the same meaning as the source language text, but translations must have certain naturalness in accordance to the source language text. For that reason, it is essential that translators have access to bilingual and multilingual terminologies.

Cabrè mentions that the quality of specialized translations requires the use of terminology instead of paraphrasing the original texts. The use of appropriate terminology must be focused on the specialized level of texts, besides this terminology must be genuine in accordance to effective use of the subject matter specialists. Therefore, the terminology is essential in the specialized translation practice, and also it is indispensable that a translator uses terminology in his or her texts.

On the other hand, there are some obstacles in the translating process because there are certain languages that lack the current terminology of reference or codify terminology in glossaries and data bases, so the translators are in charge to solve the terminological problems when the source language texts do not provide the required terminology. Therefore, the management of terminology facilities allow the delivery of terminological products, such as bilingual glossaries, vocabularies, monolingual or multilingual phraseological dictionaries (books that consist of a peculiar form of words), and terminology standards.

Nolet (2002) explains that there are cases in which translators do not find a technical equivalence for the texts, so there are terminologies that include contexts that provide information on how to use a term and to apply in the target language texts. Also,

she mentions that all information required to understand the concept and to use the related terminology properly (preferred terms, synonyms, spelling variants, syntactic variants, abbreviations) is organized in the form of a terminology standardization file, which includes excerpts called textual supports (p.21). A definition gives the semantic characteristics that distinguish one concept from all others; a context is a quoted text that illustrates the definition; usage samples and phraseologies show how the terms are used; notes or observations provide further information regarding usage of the terms in discourse; and references indicate the sources of the textual supports (p.22).

Likewise, Nolet (2002) states that all the collected information is analyzed, filtered, structured, and condensed into a terminology record. The main components of the record include the subject field which the concepts are supported. The main components of the records include the subject field in which the concepts are supported. The languages dealt with terms, usage labels, and their textual facilities, also the collection of terminology records into electronic files that are accessible online or offline for consultation by users or content management by authorized terminologists.

Cabrè (1999) points out that terminological equivalence is the key to multilingual terminology. Also, the authors of multilingual or bilingual technical dictionaries often start from the principle that terminologies reflect objective structures of the real world. Besides, the way the real world is reflected on the structure of a special language may not be the same across languages, especially in field that are not highly structured, as arts and sciences. This is why translation and terminology go perfectly fine because translators get in terminologies a good perception of complex terms in order to translate target texts of specific fields.

Baker (2001) mentions the different uses of terminology; one of them is the terminology compilation that consists on identifying, isolating, and describing terminological units (p.251). Baker explains that translation is a dynamic process in which it is involved the manipulation of the textual substance in one language to create textual substance in another one. Also, part of the production process in translation consists of matching units of meaning which arise in one culture with those of another culture before finding their textually and an appropriate linguistic situation of expression (p.256). Therefore, translators work with concepts and terms in context, so terminologists isolate terms from contexts and fit them into an abstract system of concepts.

Baker (2001) affirmed that terminologists are always working by different parts and describing results of their analysis in the peculiar text from of glossaries or dictionary entries. Baker mentioned some instruments for translation work, for example “Other aspects of terminology work which are of peculiar interest to translators in the form of such tools as dictionaries, glossaries and term banks; methods of documentation; methodological issues in terminological problem solving; and finally the question of object and language standardization” (p. 256).

Nolet (2002) points out that any terminology activity, from the identification of terms until the handout of the final product, can be performed by hand. Also, Technology allows the improvement of the productivity, quality, and accessibility. As a result, in the case of people who use terminology and work in a company, government agency or service translation in which they must create, update, and use large computerized terminology files, the use of tools is important in order to complete that tasks. Nolet explains that the main tools of the terminologist work are printed and scanned documents, CD-ROMs, Internet or

any other supporting information that allows identifying data, optical character readers, programs term-extraction software, data provision terminology records and; desktop publishing programs and electronic publishing (p.22). This author also recommends that terminology tools are integrated into a single platform that allows computerizing the globalization of the work and the delivery of products to users.

Cabrè (1999) explained there are certain factors in most of the current glossaries that do not satisfy the translator's necessities, for example: because glossaries are not updated, does not have enough information, some of them lack of a previous analysis of quality and reliability (p.50). She mentions that the aim of a terminology glossary is to resolve problems of complex vocabulary in specialized texts and besides the elaboration of a glossary must fulfill the translator necessities during the process of translation. Cabrè states that only a person who knows these essential necessities is able to design and carry out the appropriate terminological application of information and in a format easy to handle. Finally, Cabrè asserts that a translator does not have to make up excuses for not working in terminology. This is why, it is necessary to have wide knowledge on the field that is going to be developed, but focus on the terminology.

2.3.2 Relevance for the Translation Process

A glossary is a list of vocabulary alphabetically ordered in which is defined and explained certain words included in a document. In addition, there are bilingual glossaries created to be used by teachers, students, translators, and backup materials for different intentions. According to Deem (2009) "A glossary is a file that contains terms, their definitions, their translations, and enables the consistent use of those terms throughout all company materials. A multilingual glossary is critical to the successful translation of your

materials” (p.3). Also, Deem points out that it is important to know the meaning of complex vocabulary and new words in order to develop a translation work. Also, a general theory of glossary is based upon the first approach in which the nature of concepts, conceptual relations, the relationship between terms and concepts and assigning terms to concepts are the primary importance (Cabrè, 1999, p, 7)

According to Garper (as cited in Sager, 1990), “Terminology is a group of terms that correspond to a specific scientist, and the study and systematization of those sets of terms” (p.16). In sum, the prime goal of terminology is the creation of new words or terms. In contrast, Cabrè (1999) refers to different concepts related to terminology: The principles and conceptual bases that govern the study of terms, the guidelines used in the terminographic work, the set of terms of a particular subject (p.34). Cabrè mentioned that the first concept is related to the whole field, the second to its methodology, and the third to the set of terms on a specific topic. Another point is that terminology is related to linguistics, but does not include all the concepts of this area, so it includes particles from morphology, lexicology, and semantics; in few words, terminology is focused on the study of words in the language environment that belongs to a specific area.

Regarding terminology and translation, most of the people who do not find a word in target language texts, look up into dictionaries in order to establish a written communication, so the use of terminology is an essential tool for translators. For the purpose of designing a glossary, it is valuable to consider important linguistic aspects that are necessary to start the creation of a list of terms. Therefore, in this stage it is helpful to take into account certain aspects to make a glossary useful and accurate. In addition, Gonzales (2010) stated that in many cases, the same term can be used with different

meanings depending on the context, or different definitions according to the theory or perspective from which to address. In that way, the purpose of the glossary is to define precisely and without ambiguousness the terminology handled in a specific document. A glossary tries to explain which meaning is going to use with the specific words included in the document; also, to clarify terms or abbreviations that are presented repeatedly in the texts.

Furthermore, it important to mention that not all documents and research reports must necessarily include a glossary. This decision is up to the editor or researcher, who must determine whether or not the readers require this support to interpret properly the text. Therefore, the book author makes an effort to cooperate with the reader facilitating a glossary in order to people can be able to understand the text.

2.3.2 How to Create a Glossary?

According to Gapper (2008), the steps in the creation of an outline to design a terminological project must first include the name of the institution, recognize the main activities, and a description of the specific areas of the institution; secondly, it has to be placed the names of the personal, the position in the work place, and level of education that they have; third, to specify the purposes of the project and where is going to be applied, for instance: abroad or throughout the country; fourth, to formulate the necessities of the institution in correspondence to the terminology project, such as characteristics, descriptions, requirements (monolingual or bilingual), format, and the place where are going to be used; fifth, to recognize the achievements of the institution with the implementation of the terminology project; sixth, to mention how is going to develop the process, for instance: interviews, surveys, meetings, and the presentation and checking

personal in charge of the institution; and lastly, to relate to the final adjustments of the product and the hanging over of the final product (p.18)

Gapper (2008) explains that according to the terminology previous scheme, the project will evaluate the significant aspects of the designing, besides it is important the participation of the personnel, and to draw up a program of suitable procedures of data collection. Likewise, Cabrè (1999) explained that terminology in translation provides two possible events: the terminology that is going to be used in the translation and problem solving of specific terminology in accordance to the logic of the terminology and instead of perspective of translation. Besides, the terminology for translation in which are created collections in the form of glossaries or databases to facilitate the work of translators.

In terminology there are three levels of activity: 1. Point terminology, it is related to resolution of strict problems arising from a translation text; 2. Creating a database of specific terms and criteria interchange, it is used to solve problems and employ solutions to act in a systematically way; and 3. Systematic or sectorial terminology, which refers to the use of solved information in order to create terminological resources that can be used again (1999, p.11).

Moreover, Gapper (2008) states that when it is designed a bilingual glossary for exclusive use of the technical personnel in a company, and the investigation is focused on just one area, it is necessary just to look for the equivalence terminology, so it will required less time of investigation than if it is wanted to include definitions for each term or explanation, but it is about to design a terminological database accessible online from different countries Anglophones or Spanish. It is convenient to anticipate the necessary terminology in different departments for people of diverse professions and levels of

instruction can even take into account the dialectal differences. It is required more time not just for the stage research, but also for the development of the database.

Chapter III

Methodological Framework

This chapter contains different research methods and techniques used to establish the development of the qualitative method. Also, the usage of research methods and techniques aims to develop a learning process around the basic knowledge, attitudes, and skills to start a research that it is an important part of the professional practice of all disciplines.

Barrantes (2010) mention that the reason of investigative methods is intended for the student to carry out the first phases of an investigation, which will be the fundamental basis for the continuation of the research project that has been chosen individually. The originality, the validity of the subject, as well as the scientific expectations to obtain an explanation and a probable solution to a certain problem (reason of being of all scientific activity), are vital elements that the proponent of the project must take into account in this part of the work.

3.1 Research Method

The choice of a method in a research is not an easy task, because all of them have limitations and benefits, it should come up from the knowledge and the researcher's experience; also sometimes it is necessary to select of a pluralistic methodology in order to obtain data to make connections between the different variables, this same principle should apply to for the techniques.

As part of this research, the qualitative methods, as well as phenomenological, wants to understand social phenomena from the research's perspective; also, it focus on the understanding through techniques such as participant observation, interview and others that generate descriptive data.

One the other hand, one of the methods is the Quantitative one, Sampieri (2014) establishes that it uses secondarily the data collection based on measurement, then the is carried out data analysis and the research questions are answered, in this way is testing the previously established hypotheses, relying on numerical measurement, the counting, and the use of statistics to try to establish accurately patterns in a population. For example, a census is a quantitative approach to the demographic study of a country's population.

Also, Barrantes (2010) mentioned that quantitative approach is developed through a systematic, formal and objective process, it is supported by the numerical data to obtain all the information in the world, it is a hypothetical-deductive method, which refers to the hypothetical origin based on the empirical material collected through observation procedures and experimentation, which it allows to deduce particular approaches.

As the same time, the quantitative research is based on a conceptual framework close to mathematics and statistics; therefore, the sampling theory, the mechanisms for the formulation of hypotheses, the degrees of confidence, the standard errors, the correlations, among others, are the conceptual approach that bases its methodological proposals. For that reason, it is a research of linear type, that is sequential; that means it pursues a predetermined order. Barrantes (2010) concludes that this type of research requires the construction of a database that generally requires a lot of care and discipline when

identifying, gather and recording information; for that reason it depends of its validity and reliability.

Regarding the second approach, Barrantes (2010) mentioned the Qualitative approach, this considers other variables that exist in the research context and they are not used in the quantitative research, such as the meaning and purposes of human actors develop their activities. For that reason, qualitative research is inclusive and incorporates the context in which political, social, ethical and cultural events that are not relevant in the quantitative research take place. Qualitative data has the capacity to repair this imbalance by providing contextual information. Also, the procedures of qualitative research are not standardized, but each study is unique and constitutes in itself a research design, although similar works may be given. For that reason, the investigation is not set out in detail since the beginning and rather, it is subject to the circumstances of the environment

At the same time , Barrantes (2010) states that Qualitative research makes it possible to improve the generalizations that arise in the quantitative research, in which the emphasis is placed on quantitative data that even though they have statistical relevance, they are not relevant and do not generate possibilities of applications in individual situations. The Qualitative approach is directly related to the Experiential Introspective Paradigm, in which the studied reality is integrative and is not necessarily separated from the researcher, but these are part of the research and in that way, it is a reality built from of their interpretations.

About the third method, when the researchers seem to have been simultaneously working on similar ideas regarding the combination of methods is used the mixed method.

Creswell (2009), states that it combines the Qualitative and Quantitative methods involving philosophical assumptions as well. Measuring data and subjective interpretations are part of this method to reinforce each other and the data is normally collected through observation, interviews, and surveys among others. Throughout time, researches have called this method using names like: multimethod, convergence, integrated and combined.

The pluralistic qualitative research combines different qualitative methods within the same study is also mentioned, for example applying different methods of analysis to the same data set. Finally, Sampieri (2014) mentions that no research methodology is greater than the others. All of them are significant and valuable because at the beginning one research can get started with exploratory purposes and then it can be concluded as descriptive, correlational and even explanatory research, everything depends on the degree of development knowledge that is related to the subject to be study and the objectives and questions made by the researcher.

Furthermore, Sampieri (2014) suggests that descriptive studies seek to specify the attributes, characteristics and individuals profiles groups, communities or any other phenomenon that is subjected to analysis. That means, the only aim is to measure or collect information independent or joint on the variables to which they want to refer. It is useful to show accurately the angles or dimensions of phenomena, events, community, context or situation.

Since this study is mainly focused on the qualitative method, it is based on the science action, which means that the objective is to identify the theories used by the authors in order to guide the functioning. In addition, different research techniques and social skills

are used in accordance to the status requirements. Also, the investigation and study of translation techniques are part of the learning of this method, and the supervision of specialized professionals helps the individuals to solve their own necessities and problems. (Barrantes, 2010) mentioned that the use of this method tries to promote that a researcher can identify a problem and later he or she has to look for ways to solve the problem by using different procedures.

Regarding to recollection of data, the field researcher requires time to develop the project. Therefore, in this project it is used the qualitative method because during the translation process it is analyzed both texts in order to use the different translation procedures. It is important to remember that the use of each translation method depends on the translator point of view and the type of text.

3.2 Selection and Description of Population and Sample

The aim of this work is to translate documents “Solid Answers”, and “Meditaciones en Familia” for Enfoque a la Familia.” By translating both books, new counselors and non-English speakers’ personnel from the ministry will understand and study the Spanish and English version of these books. Likewise, dysfunctional families, newly-weds and broken families will be benefited from the tough questions of this book and the same time solve the different problems that facing today’s families. Also, the elaboration of this translation project will benefit other translators or people interested in education, science, lifestyle, society and the use glossaries

The importance of translating the documents resides in the many American phrases and the usage of colloquial language that can be misinterpreted by people who do not have

knowledge in translation studies and will help understand the content of those books. For this reason, it is important to design a glossary so the different questions and answers of this book will be interpreted in a proper way.

3.2.1 Description of the Institution

Focus on the Family is an American evangelical Christian organization founded in 1977 in Colorado Springs by psychologist James Dobson. In 1988 the radio show started in Latin America. In Costa Rica, the organization became very popular when the president of Focus on the Family in Latin America Sixto Porras appeared in the national TV programs. Focus on the family Costa Rica is a nonprofit organization committed to the strengthening of the Hispanic families. The parenting, premarital or marriage courses, these are some of the examples of preventive education programs and development in the organization. They recognize the family as the basic unit of society, so they work for their welfare. Therefore, their mission is to achieve security, stability and prosperity of people, through lectures, conferences, seminars, and events to give support to families with an education of quality's family life.

3.2.2 Description of the Sample

Regarding the process of analyzing the procedures applied in the translation of both texts and to comply with the objectives of this study, different samples will be extracted from each version. The samples consists of 15 paragraphs of around 100 to 125 words each and its corresponding translated version. The evaluation will be performed using the color coding table designed for this study.

3.3 Implemented strategies

The strategy implemented in this translation project will be done through the usage of the color coding chart. With this instrument, which will be included in the fifth chapter, the investigator will be able to understand the different procedures. As part of this research, different scopes were used, for instance the data recollection will be included the 15 paragraphs from different samples. Also, it is quantitative because the color-coding will allow to identify incidences, trends and lack of procedures; and it is explanatory because each color will explain the different translation procedures.

The chart below displays and illustrates how each procedure from both documents will be classify in the sample:

| Procedure | Example | Explanation |
|------------------|-------------------|--|
| Transposition | Transposition | Highlighted in yellow |
| Modulation | Modulation | Highlighted in green |
| Amplification | (Amplification) | Bold dark blue font within parenthesis |
| Omission | <u>Omission</u> | Is underlined in the source text with black font |
| Equivalence | Equivalence | Highlighted in red |
| Explicitation | Explicitation | Highlighted in dark blue with white font |
| Adaptation | <u>Adaptation</u> | Double green underline with black font |
| Compensation | Compensation | Highlighted in turquoise |

Table 1. Color Coding of the translation procedures found in both documents

3.4 Data Collection Instruments

At this stage it is important to have applied the appropriate instrument to be able to analyze the obtain information and thus explain it in a better way. In this research, it was used the direct and structured form for data collecting. Also, the analysis content is useful,

especially, to make comparisons and to depth study of different materials. Once it is collected the data it will be reviewed, prepared and organized for the analysis, in addition the study will confirm the validity and reliability of the research.

3.4.1 Text Analysis Chart

As part of the research, it is used the text analysis chart that consist of Newmark's elements of text analysis used during the translation process. Its importance is that it allows the translator to review the target text to ensure that the elements were considered during the translation. The following table represents the text chart to be used in the analysis.

| Text analysis element | Solid Answers | Meditaciones en Familia |
|-----------------------------------|----------------------|--------------------------------|
| Text Style | | |
| Stylistic Scale of Formality | | |
| Stylistic Scale of Generality | | |
| Stylistic Scale of Emotional tone | | |
| Text Function | | |
| Type of Translation | | |

Source: Researcher's own creation

3.4.2 Glossaries

Regarding the creation of the glossary, it is important to remember that is based on the words, difficult vocabulary, and expressions found in both documents. Also with the

use of equivalence translation technique, it will be created a glossary of complicated American phrases used by Dr. James Dobson in his answers. Therefore all the difficult phrases, words, and idioms are going to be explained in the glossary. In addition, the document “Meditaciones en Familia” the main purpose is to create an English version of the document; and, the Institution requires a glossary that includes the different colloquial words included in the text

To start with the creation of this glossary, it was important first to look up information in the primary sources because they include updated information, for instance: in books, articles or monograph related to the glossary. Later, when all the information was consulted with experts and in primary sources, it started a process of classifying the data, for instance: genre, number, plural, colloquial language, verb, adverb and noun.

Finally, since there will be two target languages in the forthcoming translations, two glossaries will also be used. One of them will contain terms from English to Spanish and the other terms from Spanish into English. The design of this glossary for both texts will consist of four columns in which are included the grammatical category (to specify if it is used as a verb, noun, etc. in the texts) also this terminology will contain definitions, idiomatic expressions and colloquial words. The table to be used is this:

| English term | Spanish term | Grammatical Category | Definition |
|---------------------|---------------------|-----------------------------|-------------------|
| | | | |
| | | | |
| | | | |

Source: Researcher’s own creation

Chapter IV

Translated Versions

4.1 Translation from English into Spanish "Solid Answers"

La crianza efectiva de hoy en día

Pregunta 76

¿Cuál ha sido el mayor reto como padre? y ¿Qué aprendió de ello?

Creo que el reto más grande en la vida es criar niños saludables, bien educados y disciplinados que amen a Dios y a sus semejantes. Ni siquiera la física cuántica puede abordar este tema debido a lo complejo e impredecible que es. Así mismo, es aún más difícil en estos tiempos, ya que la cultura debilita y contradicen todo lo que los padres cristianos tratan de lograr en casa. Afortunadamente, no tenemos que ser perfectos como padres; dado que nuestros hijos usualmente consiguen aprender de nuestros errores, desaciertos y logran superarlos mejor de lo que presumimos.

Sin lugar a duda, he cometido muchos errores como padre. Tal como muchos otros hombres de mi época, siempre he tenido la dificultad para equilibrar mi trabajo con las necesidades de mi familia. Esto no quiere decir que soy un “padre ausente”, pero algunas veces tuve dificultad en estar disponible para ellos como debía ser. En mi primer libro, *Dare to Disciple*, el cual fue publicado la mismo día cuando mi segundo hijo Ryan nació. Como ustedes sabrán, el nacimiento de un niño siempre pone de cabeza un hogar, pero la publicación de mi libro generó más dificultades pues era profesor de medicina a tiempo

completo en la universidad y al mismo tiempo estaba inundado de miles de cartas y peticiones de varios tipos. No tenía un mecanismo para sobrellevar tal repentino éxito. Recuerdo que un jueves por la noche volaba hacia Nueva York, y me presentaba en diecisiete programas de televisión, entrevistas de prensa en tres días para luego regresar al trabajo el lunes por la mañana .Esto era completamente abrumador.

Mi padre quien siempre fue una luz de esperanza en medio de la oscuridad, se dio cuenta de lo que estaba ocurriendo y me escribió una carta que cambio mi vida. Primero me felicitó por mis logros, y luego me aconsejó y me advirtió sobre el hecho de que todo el éxito del mundo no podría compensar si fallaba en la casa. Él me hizo recordar que el bienestar espiritual de nuestros niños era mi responsabilidad más importante y que la única manera de construir nuestra fe era haciéndolo de una manera personal y orar de rodillas. Sin embargo, eso no sucedería si solo me enfocaba en mi carrera .Nunca he olvidado ese consejo tan sabio.

Esto, eventualmente hizo que renunciara de la universidad y me ayudó a desarrollar un ministerio que me permitió estar en casa .Deje de dar charlas, empecé un programa de radio el cual no requería viajar y me opuse a hacer “giras de libros” u otro tipo de responsabilidades que me mantuvieran alejado de mi familia. Hoy, viendo hacia atrás, estoy agradecido por mantener mi relación con mis niños, ya que la unión que actualmente disfrutamos fue posible gracias a esa decisión, la cual me permitió tener tiempo para ellos cuando más me necesitaban. De lo contrario, pude haber cometido el error más grande de mi vida.

Estoy seguro que muchos padres van a leer esta respuesta y están pasando lo que me sucedía en aquel momento. Si usted es uno de ellos, los insto a darle prioridad a su familia.

Esos pequeñitos van a crecer y se van de casa antes de que se dé cuenta; no deje que la oportunidad se le escape de entre las manos, ya que ningún logro profesional o éxito lo vale. Cuando usted está donde estoy ahora, la relación con aquellos que usted ama va a superar cualquier otra cosa buena en su vida.

Pregunta 77

Me preocupo mucho por mis hijos y me pregunto si los estoy criando sabiamente. En ocasiones mi esposo y yo nos hemos enfrentado y tenemos un problema que no sabemos cómo manejarlo ¿Es común para los padres sentirse de esta manera?

Así es, no es fácil criar niños saludables y productivos. Después de todo, los bebés vienen al mundo sin un manual, y por eso debemos averiguar cómo criarlos nosotros mismos. También son complejos de manera exasperante y no hay una fórmula garantizada que funcione en cada ocasión. Además, las técnicas pueden tener éxito de una manera sorprendente con unos, pero pueden fallar completamente con otros.

La dificultad de criar hijos es un tema recurrente en las cartas que recibimos en Enfoque a la Familia. De hecho, escuchamos tanto al respecto que decidimos hacer encuestas para determinar las frustraciones más comunes a la hora de educar a los hijos. Las respuestas de más de mil padres son bastante reveladoras. Algunos responden con humor, especialmente aquellos que tienen hijos entre uno y dos años. Ellos cuentan historias encantadoras sobre teléfonos pegajosos, asientos de baño mojados y cordones amarrados. Sus experiencias me recuerdan cuando Shirley y yo perseguíamos hijos pequeños.

Explíqueme ¿por qué los niños pequeños nunca vomitan en el baño? ¡Nunca lo hacen! Al hacer eso violarían alguna ley del universo no establecida .Incluso es más difícil aún entender el por qué los niños se vomitarían abruptamente en un desayuno maravilloso con avena, huevos, tocineta y jugo de naranja y luego van a jugar al baño. No tengo idea por qué los niños hacen eso; lo único cierto es que esto vuelve loca a una madre.

Desafortunadamente, la mayoría de padres que respondieron nuestro cuestionario no compartieron las historias graciosas sobre sus niños encantadores. En lugar de ser analíticos con sus hijos, la mayoría se queja de su incompetencia como padres y madres. En sus respuestas, en donde incluyen las siguientes, se demuestra la desconfianza que prevalece entre los padres:

- “No sé cómo enfrentar los problemas de mis hijos ”
- “No sé cómo hacer que mis hijos se sientan seguros y amados ”
- “He perdido la confianza en mí habilidad para educar a mis hijos”
- “Les he fallado a mis hijos ”
- “No soy el ejemplo que debería ser para mis hijos”
- “Veo mis malos hábitos y rasgos de carácter en mis hijos ”
- “Tengo dificultad para relacionarme con mis hijos ”
- “La culpa que siento cuando parece que le he fallado a mis hijas ”
- “Mi incompetencia para enfrentar las cosas ”
- “Saber que es muy tarde para volver atrás y hacer bien las cosas ”
- “Me siento abrumada por la responsabilidad” Sin duda es increíble pensar cuan inseguros somos en relación a nuestros hijos. La paternidad de una nueva tecnología .Desde los tiempos de Adam y Eva en el Jardín del Edén, quizás 15 mil

millones de personas han vivido en esta tierra, pero cada día nos angustiamos más en lo que respecta educar a un niño. Esta es una señal de los tiempos.

Pregunta 78

¿Por qué los padres se apresuran a criticarse a sí mismos? ¿Cuál es la fuente de desconfianza en sí mismos?

Este un es fenómeno cultural. Principalmente, se culpa a las madres se les ha culpado por todo lo que pueda salir mal con sus hijos. Pese a que su amor y compromiso es incalculable, los expertos las acusan de cometer graves errores cuando los niños aprenden ir al baño, al momento de educarlos, cuando les dan de comer o al darle las medicinas. Se les culpan por ser posesivas o poco protectoras, ya que su enfoque es severo o permisivo. Inclusive un psiquiatra escribió un libro entero sobre los peligros de la educación religiosa, donde culpa a los padres de asustar a los niños con relatos sobre otro mundo. Por lo tanto, no importa cuánto una madre se esmere en sus responsabilidades porque se le acusa de tergiversar y deformar la educación de sus hijos.

Quizás esto explica por qué las mujeres son más críticas consigo mismas que los hombres. Ochenta por ciento de las personas que respondieron nuestra encuesta eran mujeres y uno de los comentarios más frecuentes era “¡Soy un fracaso como mamá! “¡Esto no tiene sentido! Las mujeres fueron educadas para pensar de esta forma y es hora de aclarar la situación.

El procrear nunca tuvo el propósito de ser una molestia; aunque, por supuesto es demandante, ya que los niños son un reto. No obstante, la culpabilidad y desconfianza en sí mismos los cuales dificultan la paternidad, no es parte del plan divino. En las Santas

Escrituras, la crianza es una bendición divina de Dios, una bienvenida y experiencia alegre. Inclusive en estos días, la dicha de traer a un niño al mundo para amarlo y quererlo, es considerada un privilegio.

Que maravillosa oportunidad es educar a los pequeños para honrar a Dios con todo nuestro corazón y servir a otros durante sus vidas. ¡No existe mayor llamado que este!

Pregunta 79

No creo que mis padres experimentaron este tipo de preocupación cuando mis hermanas y yo éramos jóvenes. Todos éramos felices y ninguno desobedecía ¿Estoy en lo correcto al asumir que era fácil vivir en un buen ambiente en aquellos días?

Estoy seguro que su recuerdo es ciertamente correcto, a pesar de las excepciones que podemos recordar. Años atrás, la mayoría de los padres primerizos no se preocupaban tanto por sus hijos ya que tenían otras cosas en que pensar. Recuerdo haber tenido una conversación con mi padre sobre este asunto unos años antes de que muriera. Para ese entonces mis hijos estaban pequeños y, tal como ustedes, sentía una gran responsabilidad de criarlos adecuadamente.

Luego, le pregunté a mi papá “¿Te preocupabas por mí cuando era pequeño? ¿Pensabas en todas las cosas que pudieron salir mal durante los años mi adolescencia? ¿Cómo te sentías con las presiones de ser padre? ”

En lugar de incomodarse con mi pregunta, sonrió de una manera tímida y dijo “Honestamente Bo” (como él me llamaba), sin embargo nunca pensé en ello. ¿Cómo se explica su abundante serenidad? ¿Acaso fue porque no me quería o no estaba comprometido como padre? Por supuesto que no, él oró por mí hasta el día en que falleció.

Tal como he mencionado en varias ocasiones, él fue un maravilloso padre. En su lugar, esta respuesta refleja cómo era mi padre cuando yo estaba creciendo. La gente se preocupa sobre la gran depresión que estaba terminando, la guerra contra Alemania y Japón, luego de la guerra fría con Rusia. Los padres no se preocupaban tanto por sus hijos, al menos sino hasta, que surgiera algún tipo de problema.

Y ¿por qué no? Porque los niños tenían menos problemas en esa época .Iba al colegio durante los “días maravillosos” en los años 50 y nunca vi o escuché alguien hablando sobre drogas ilegales. Supongo que esto ocurría, pero en realidad nunca me sentí amenazado. Recuerdo que a algunos estudiantes les gustaba; sin embargo, el alcohol no era un gran problema en mi entorno social. Otros jugaban con el sexo, pero las chicas que lo hacían eran consideradas como “fáciles” y no eran respetadas .La virginidad estaba de moda para los jóvenes. De vez en cuando, una chica quedaba embarazada y con rapidez la enviaban donde un familiar y nadie la volvía a ver. Con respecto a los homosexuales y lesbianas, escuché que había unos pocos por ahí, pero nunca los conocí personalmente. Así mismo, no había carteles anunciando del mes del orgullo gay o la semana del preservativo. La mayoría de mis amigos respetaban a sus padres, iban a la iglesia los domingos, estudiaban bastante para pasar los exámenes y tenían una vida bastante ordenada. Claro había excepciones, pero esta era la norma.

Sin embargo, ¡los niños de hoy caminan en valle de la sombra! Las drogas, el sexo, el alcohol, la rebeldía y los comportamientos desviados, están a su alrededor. Estos peligros no eran tan evidentes como ahora y, lo peor falta por venir.

Pregunta 80

¿Qué nos dicen las investigaciones conductuales sobre la mejor manera de educar a los hijos? ¿Son claros los estudios científicos sobre lo que funciona o no en lo que se refiere a educar correctamente a los hijos?

Mi respuesta puede sonar como sacrilegio viniendo de un hombre que ha pasado diez años de su vida como profesor de pediatría, responsable de estudios médicos e investigaciones conductuales, pero no creo que la comunidad científica sea capaz de determinar cuál es la mejor técnica para educar a los hijos. Sin lugar a dudas se han realizado algunos estudios muy valiosos, pero el tema de la disciplina pueda que desafíe la investigación definitiva.

¿Por qué? Porque la única manera de estudiar este tema científicamente sería al ubicar a los recién nacidos aleatoriamente en dos grupos de familias “permisivos” vs “disciplinados”, y luego mantenerlos bajo una observación minuciosa durante diez o quince años. Debido a que es imposible hacer eso, los investigadores han tratado de desenredar la información que pudieran recopilar. No obstante, las relaciones familiares son tan polifacéticas y complicadas que casi desafían el riguroso escrutinio. Ciertamente, muchos de los estudios citados en la literatura, son científicamente inútiles. Por ejemplo, el Dr. David Larson, psiquiatra y antiguo investigador en el Instituto Nacional de Salud, analizó 132 artículos en revistas profesionales, los cuales pretendían investigar las consecuencias del castigo físico a largo plazo. El doctor encontró que la mayoría de ellos tenían varios puntos débiles en su finalidad. Noventa por ciento de los estudios fallaron en distinguir los buenos hogares, donde las nalgadas provenían de padres amorosos y los que casi provocaban violencia infantil. Esta distinción es fundamental por razones obvias. El Dr.

Larson concluyó que los descubrimientos no eran válidos por esta falla, al considerar la salud en general de las relaciones familiares.

Para reiterar, las consecuencias de las diferentes estrategias para disciplinar a los hijos parecen estar más allá del alcance de las ciencias sociales. Simplemente es imposible estudiar esta compleja materia de una manera científica sin distorsionar a las familias para crear un diseño de la investigación. Aunque tales estudios fueran realizados, los investigadores debían estudiar familias artificiales y no familias típicas con relaciones entre padres e hijos.

Pregunta 81

Mi esposa y yo estamos bastantes conscientes de cuán difícil es ser buenos padres y, en ocasiones, nos sentimos incompetentes para cumplir con este trabajo ¿Cómo un padre o una madre sabe diariamente qué es lo mejor para un hijo?

Los padres más dedicados atraviesan tiempos donde sienten que no ayudan en forma adecuada a sus hijos. Ellos se preguntan si exageran o si carecen de entusiasmo, o si tal vez son muy estrictos o poco severos. Sospechan que están cometiendo grandes errores que recordarán en el futuro. Afortunadamente, los padres no tienen que hacer todo en forma perfecta. Todos cometemos muchos errores pequeños y unos cuantos grandes, los cuales desearíamos revertir; pero de alguna manera, la mayoría de los niños tienen que aceptar las equivocaciones y superarlas de alguna manera.

Déjeme decirles lo que considero la clave para una buena paternidad. Esta es aprender a ver a través de los ojos de nuestros hijos y sentir lo que ellos sienten. Cuando conocen a sus hijos, la respuesta es obvia. Por ejemplo, si su hijo está solo, él necesita su

compañía; cuando es insolente, necesita de su ayuda para controlar sus impulsos; cuando tiene miedo, necesita la seguridad de un abrazo; cuando está contento, necesita compartir su risa y alegría con aquellos que ama. Entonces criar niños saludables, no es una ciencia, sino un arte altamente desarrollado y la mayoría tenemos las facultades intuitivas naturales para aprenderlo.

Tómese el tiempo para observar a los niños que viven en su casa. Si usted pone atención lo que dicen y hacen, los sentimientos detrás de su comportamiento pronto serán evidentes. Entonces su reacción a lo que has visto lo guiará a una paternidad más confiada.

Pregunta 82

Los padres de mi esposo son personas maravillosas y los queremos mucho; siempre evitaron interferir con nuestra familia, hasta que nuestra hija nació. Ahora ellos discuten con nosotros acerca de la forma que la estamos criando y desacreditan las cosas que le enseñamos. Queremos que la crianza de Amy se base en los principios bíblicos, pero como mis suegros no son cristianos no entienden esto. ¿Cómo podemos lidiar con esta situación sin ofenderlos?

Es tiempo de tener una conversación tierna y sincera con sus suegros sobre cómo debería ser educada su hija. Yo sugiero que los invite a cenar alguna noche y que dialoguen sobre el tema. Cuando sea el momento correcto, expréseles sus preocupaciones, y asegúreles que los aman y desean que disfruten a su nieta, que la responsabilidad de su crianza recae sobre usted y su esposo. Recuérdeles que ellos hicieron lo mismo, cuando las decisiones sobre la crianza de sus hijos eran sólo de ellos. Explíquele con lujos de detalle los temas más significativos para usted, incluyendo su deseo de criar a su hija de acuerdo a

los principios cristianos. Ayúdelos a entender sus razones, pero tiene que reconocer que su forma de ver la vida podría hacer imposible que se pongan de acuerdo. Si este es el caso, tendrán que respetar sus deseos de todos modos.

Es muy posible que durante la conversación se generen fricciones. Si es así, trate de mantener la calma y mantenga su posición. Si lo peor ocurre y la cena termina abruptamente por las emociones, le sugiero que les dé espacio a sus suegros mientras se calman. Al momento en que continúe la conversación, deje que el amor y el respeto sean sus guías, pero no dé el brazo a torcer. Usted tiene el derecho de hacer lo que está haciendo; sus suegros son los errados. Pero recuerde que Amy necesita a sus abuelos y su meta debe ser tener una gran relación, lo cual en la mayoría de los casos sucede.

Pregunta 83

¿Deben los estudiantes vestirse con ropa que a ellos no les gusta?

Generalmente no. Los niños se preocupan mucho que sus amigos se reían de ellos y, a veces hacen todo lo posible para evitar eso. La conformidad es alimentada por el temor de sentirse ridiculizado. Particularmente, los adolescentes, sienten que, *el grupo no puede reírse de mí si soy idéntico a ellos*. Desde esta perspectiva, no es prudente hacer que un niño aguante una humillación social. A los niños se les debe permitir seleccionar su propia ropa, dentro de ciertos límites de presupuesto y buen gusto.

Pregunta 84

¿Cree usted que a los niños entre cinco y diez años se les debe permitir escuchar música rock en la radio, televisión, cd?

No, si se puede evitar. Actualmente, la música contemporánea es una expresión desagradable de la creciente la cultura adolescente. Las letras siempre tratan sobre el uso de drogas, sexo y violencia. Esto es justo, lo que usted no quiere que su niño de siete años tenga en su mente. En su lugar, su entretenimiento debe consistir en libros de aventura, producciones de niños, historias de la biblia y otra literatura cristiana; además de actividades familiares como acampar, pescar, eventos deportivos, juegos, etc.

Por otro lado, es insensato verse autoritario y opresivo en tales asuntos. Yo sugeriría que mantenga su preadolescente involucrado en actividades sanas, que no necesite soñar con los días venideros.

Pregunta 85

Me parece que los niños de hoy son demasiado informales con respecto al trato para con los adultos. Cuando yo era un niño, siempre nos dirigimos a nuestros mayores como “señor” o “la señora”, o si eran parte de la familia, los llamábamos “tío” o “tía” o “abuelo” o abuela”. Nunca nos dirigíamos a un adulto solo por su primer nombre Sam o Alicia .Actualmente, los padres no le enseñan normas de cortesía a sus hijos; incluso algunos de ellos le presentan a sus hijos de cuatro años a otros adultos por su primer nombre. ¿Acaso soy el único que se preocupa por esto? ¿Qué puedo hacer para contrarrestar esta tendencia con mis propios hijos?

A mí también me molesta mucho esta situación, la cual es una consecuencia del cambio cultural dentro de la misma sociedad. Actualmente, somos menos respetuosos entre sí en muchos aspectos. Por ejemplo, hace cincuenta años los hombres no maldecían cuando había mujeres alrededor y las mujeres refinadas nunca maldecían. ¡Cómo ha cambiado

esto! Las mujeres y los hombres se dirigían entre ellos con títulos formales (señor, señora, señorita, etc.) a no ser que en muy buenos amigos. Hoy, una mesera a quien uno conoce se acerca a su mesa dice “Hola, soy Stephanie y hoy los voy a atender”.

No creo que la informalidad sea perjudicial; aunque sí estoy de acuerdo en que los niños deben ser más respetuosos a la hora de hablar con sus mayores. Todavía me gusta escuchar a los niños responder “Si, señora” y “No, señor” en lugar de “sí”, “sip”, y “no”. Cuando sus modales son respetuosos, la totalidad de su comportamiento está en un plano superior.

En cuanto a cómo se puede inculcar estas y otras normas de cortesía en su hijo, usted sencillamente decide cómo hacerlo. Usted puede explicarle que existen muchas cosas que su familia hace diferente a las demás; por ejemplo “No usamos malas palabras, no vemos ciertas películas y nosotros no... (Imagínese el resto) ¿Por qué? Porque hemos establecido estándares más altos para con nosotros mismos. Esto es lo que nos hace únicos como familia y que creemos que es lo que Dios quiere que hagamos. Algún día también lo vas a entender”.

Pregunta 86

Por razones económicas no podemos ir de paseo en carro a lugares que están lejos o tener pasatiempos caros, como ir a esquiar. ¿Me podría sugerir algunas tradiciones sencillas que pueden atraer a los niños pequeños?

Uno no debe de gastar enormes cantidades de dinero para tener una vida en familia significativa. Los niños adoran las actividades simples y repetitivas. Ellos quieren que les lean las mismas historias varias veces y escuchar las mismas bromas aun después de haber

escuchado el mismo chiste. Esta interacción con los padres es a menudo más divertida que los juguetes caros o los eventos especiales.

Una vez un amigo mío le preguntó a sus hijos mayores qué es lo recordaban de su niñez con más cariño; ¿si fueron las vacaciones a Disneylandia o los paseos al zoológico? Ellos respondieron que no fue ninguna de las dos. El recuerdo que tenían fue cuando luchaban los cuatro y lo derribaron al suelo, ya que pudieron taclear “al viejo” y *reírse hasta que les doliera la panza*. Esta es la forma en que los niños piensan, debido a que, a menudo las actividades más significativas dentro de las familias son las que se centran en lo que es espontáneo y personal.

Por lo tanto, no se puede comprar las responsabilidades de la paternidad, aunque muchos lo han intentado. Las madres y padres exhaustos, especialmente aquellos que tienen mucho dinero, a veces tratan de “compensar” las carencias de sus niños con juguetes, coches, y experiencias costosas; sin embargo, esto raramente funciona. En su lugar, lo que los niños y niñas más quieren es pasar tiempo con sus padres, construir cosas en el garaje o cantar en el coche o ir de excursión a un viejo estanque para pescar.

También recomiendo que al menos en una noche a la semana como familia lean un libro en voz alta. Esto puede ser difícil de lograr cuando hay niños de diferentes edades. Si sus hijos tienen edades similares, creo que sería una gran actividad. Pueden leer Tom Sawyer, la casita de la pradera, Stuart Little y otros libros populares a través de los años. La idea es leer juntos como una familia.

En pocas palabras, muchas familias han olvidado cómo divertirse con experiencias cotidianas. Los juegos que hagan juntos pueden convertirse en grandes recuerdos por

mucho tiempo. No hay juguete con el cual se juegue solo, sino aquel que pueda permitir la dicha de compartir tales momentos. Además serán recordados por mucho tiempo.

Pregunta 87

Adoptamos a una niña que vino a vivir con nosotros cuando tenía cuatro años. Ella es muy difícil de manejar y hace todo lo que le plazca. Creemos que hacer que nos obedezca sería muy desagradable para ella, y francamente, sentimos que no tenemos el derecho de hacer eso. En su corta vida, ha pasado por mucho. ¿Usted cree que va a estar bien si le damos mucho amor y atención?

Me temo que más adelante pueda tener muchos problemas para lidiar con ella. El peligro está en que se ven a sí mismos como padres sustitutos, y que no tienen derecho de criarla. Eso es un error. Desde que ustedes adoptaron legalmente a esta niña, son sus “verdaderos” padres y su fracaso de verla de esa manera establece el comportamiento insolente que mencionaba. Este es un error común, cometido por los padres que adoptan niños grandes, ya que compadecen a los niños a la hora de enfrentarlos, dado que sienten que la vida ya ha sido demasiado dura con ellos y que no deben hacer las cosas peores para corregirlos y castigarlos de vez en cuando. Como resultado, son indecisos y condescendientes con un niño que está pidiendo a gritos, ser educado.

Los niños que son acogidos por otras familias tienen las mismas necesidades de orientación y disciplina, tal como los que permanecen con sus padres biológicos. Algo que se pueda para que los niños se sientan inseguros es tratarlos como si fueran diferentes, raros, o frágiles. Si los padres piensan que el niño es meritorio de compasión, él se va sentir de la misma manera.

Los padres de niños enfermos y discapacitados cometen el mismo error, ya que les es difícil disciplinar a sus hijos debido al cariño que sienten. Así, un niño o niña con un padecimiento cardiaco o alguna enfermedad terminal puede llegar a ser un diablillo, simplemente porque los límites de comportamiento habituales no están establecidos. Debemos recordar que la necesidad de liderar y regir es casi universal en la infancia y no debe ser opacada por otros problemas y dificultades en la vida. En algunos casos, el deseo por los límites, es aumentado por otros problemas, ya que a través del amor controlado los padres construyen la seguridad y el patrimonio personal en un niño.

Volviendo a la pregunta, le recomiendo que ame a esa pequeña niña con todo su amor y trate que ella conserve las mismas normas de comportamiento que a usted le gustaría que lo hicieran carne y sangre. Recuerde, ¡ustedes son sus padres!

Pregunta 88

¿Son los hijos adoptados más rebeldes que los niños criados por sus padres biológicos? Si es así, ¿hay alguna medida que pueda tomar para prevenir o controlar el conflicto? Mi marido y yo estamos pensando en adoptar a un niño pequeño y la pregunta nos ha preocupado.

Cada niño es diferente y los niños adoptados no son la excepción. Algunos niños y niñas que fueron abusados o rechazados antes de la adopción, van a reaccionar a esas experiencias dolorosas de alguna manera...; por lo general en forma negativa. Incluso aquellos que no fueron maltratados, tendrán que luchar con problemas de identidad y se preguntan por qué sus “verdaderos” madres y padres no los quisieron. Ellos pueden

incluso querer encontrar a sus padres biológicos durante o después de la adolescencia para aprender más sobre su herencia y el origen de su familia.

Sin embargo, debo destacar, que muchos niños adoptados no sufren ninguna de estas crisis .Ellos están cómodos donde están y nunca piensan en las preguntas que dificultan algunos de sus compañeros. Como otros tantos problemas de comportamiento, los factores críticos son el temperamento particular del niño y cómo él o ella son guiados por sus padres.

Espero que no tituben en adoptar a ese niño porque algunos problemas pueden presentarse, aunque o probablemente no lo harán .Cada niño es un reto, por lo que requieren de toda la energía creativa y el talento que un padre pueda tener. Cada niño vale el esfuerzo, y no hay mayor vocación que hacer ese trabajo en forma excelente.

Permítanme añadir un comentario más .Conocí a un hombre y una mujer que habían esperado años para poder adoptar un bebé. Cuando la bebé estaba lista para ser adoptada, ellos estaban ansiosos por saber si la niña estaba sana y si tenía buenos genes. Preguntaron si sus padres biológicos consumían drogas, su estatura, si tenían estudios secundarios, etc. Luego, el padre dijo que se dio cuenta lo que él y su esposa estaban haciendo; ya que estaban manejando la adopción como si fueran a comprar un carro usado, estaban “verificando las llantas” y “probando el motor”. Luego pensaron, *¿Qué es lo que estamos haciendo? Esta niña es un ser humano con un alma eterna. No han dado la oportunidad de moldearla y formarla como una hija de Dios, y aquí estamos exigiendo que ella sea un producto de alta calidad* .Se arrepintieron de sus actitudes inapropiadas y acogieron a esa niña con mucho amor.

Los niños adoptados, como todos los niños, son una bendición de Dios, y de hecho tenemos el privilegio de criar a un hijo precioso de Dios.

Pregunta 89

¿Cómo puede decirsele a un niño que es adoptado y cuándo es el momento adecuado para decirsele?

Primero, lo mejor es empezar a hablarles a sus niños acerca de la adopción antes de que puedan entender el significado de dichas palabras. De esta manera, nunca habrá un momento en que esta aclaración sea necesaria. El aprender sobre la adopción de un vecino u otro miembro de la familia puede ser un gran impacto emocional para una persona; por lo que es mejor decirsele usted mismo y no provocar un doloroso problema para su hijo después.

En segundo lugar, es bueno celebrar dos cumpleaños con igual entusiasmo cada año, el aniversario de su nacimiento y el aniversario del día en que se convirtió en su hijo. Este es un mecanismo práctico, por el cual el tema de la adopción puede darse a conocer. También proporciona una manera de igualar la situación de los hermanos. Los hijos biológicos tienen una ventaja psicológica a, la cual muchas veces repercute sobre su hermano adoptado. Ese sentimiento es neutralizado de alguna manera cuando al niño adoptado se le celebra un segundo cumpleaños.

Tercero, celebre la adopción como una gran bendición (como se menciona arriba) la cual le trajo alegría a la familia. Explique que oró por tener un niño y cómo esperó pacientemente por la respuesta de Dios. Luego, describa cómo el Señor contestó dichas

oraciones y cómo toda la familia le dio las gracias por su regalo de amor. Hágale saber a su hijo lo feliz que estaba la primera vez que lo vio en la cuna y lo lindo que se veía con su manta azul, etc. Dígale que cuando fue adoptado fue uno de los días más felices de su vida, y corrió hacia el teléfono para llamar a todos sus amigos y familiares para compartir la fantástica noticia. (De nuevo, estoy asumiendo que estos datos son ciertos).

Cuéntele la historia de Moisés quien fue adoptado por la hija del Faraón y cómo Dios lo eligió para realizar un gran trabajo con los niños de Israel. Busque situaciones similares que transmitan respeto y dignidad hacia las personas adoptadas. Es decir, la interpretación del niño con respecto a la adopción depende casi totalmente de la manera en que se transmite durante los primeros años. La mayoría no quiere abordar el tema, en forma triste y admiten que el secreto tiene que confesarse.

En cuarto lugar, en cuanto los cimientos se han establecido y el asunto se aclara, es mejor evitar hablar mucho sobre la situación. No le estén recordando al niño a cada momento su singularidad al punto de hacerlo sentir incómodo, háblele del tema cuando sea apropiado, pero no demuestre angustia o tensión al decir que es adoptado. Los chicos son sorprendentemente perceptivos para percibir esas actitudes.

Creo que es posible seguir estas sugerencias y así criar a un niño adoptado sin traumas psicológicos.

Pregunta 90

¿Qué debe decirle a un niño adoptado sobre sus padres biológicos en situaciones de adopción “cerrada”? ¿Cómo puedo responder a estas preguntas difíciles sobre el por qué no podía quedarse con sus padres biológicos?

Le voy a dar la respuesta que Dr. Milton Levine dio en su libro clásico sobre la crianza llamado *Your Child from Two to Five*, luego les voy a comentar lo que él recomienda. Años atrás, el Dr Levine era Profesor Asociado de Pediatría en el hospital de Nueva York; mencionó y enumeró las siguientes tres posibles maneras de contarle a un niño sobre su adopción:

1. Dígale al niño que sus padres biológicos fallecieron.
2. Explíquele de una forma clara menciónale que sus padres biológicos eran incapaces de cuidar de su bebé por sí mismos.
3. Dígale al niño que no se sabe nada acerca de los padres biológicos, pero una agencia dedicada a encontrar buenos hogares para bebés, le encontró nuevos padres.

El Dr. Levine prefiere el primer enfoque, porque “al niño que le dicen que los padres biológicos fallecieron, se sienten libres de amar a sus nuevos padres. Además, cuando esté grande no debe preocuparse por buscar desesperadamente a sus padres biológicos”.

Así mismo, él explica que “uno de los grandes temores de la infancia es la posibilidad de perder uno de los padres, y bien es cierto que cuando a los niños se les dice que sus padres biológicos fallecieron, ellos pueden sentir que todos los padres, incluyendo el segundo par, pueden fallecer también. Sin embargo, creo que a largo plazo el niño puede acostumbrarse más fácilmente a la muerte que al abandono. El decirle a un niño que sus padres lo entregaron porque eran incapaces de cuidarlo, puede hacerle sentir un sentimiento de rechazo; ya que el niño no puede comprender las circunstancias que podrían conducir a un acto semejante. Sin embargo, el hacerlo sentir como un objeto no deseado, por el cual no vale la pena luchar, es un pensamiento que se puede desarrollar en el niño”.

Difiero con el Dr. Levine en este punto. Soy incapaz de mentirle a mi hijo y nunca le diría que sus padres naturales fallecieron y esto no fuera cierto. Tarde o temprano, él va entender que fue engañado, lo cual podría debilitar nuestra relación y poner bajo sospecha toda la historia de su adopción.

En su lugar, yo le diría al niño que se sabe muy poco sobre sus padres biológicos; por ejemplo, se le pueden dar varias posibilidades inofensivas e imprecisas tal como, “Sólo podemos suponer las razones por lo que este hombre y mujer no pudieron criarte. Puede que ellos sean muy pobres y por lo tanto no fueron capaces de darle cuidados que necesitabas, o posiblemente la madre estaba enferma o tal vez no tenía un hogar. Simplemente no sabemos. Sin embargo, si hay una cosa de que estamos seguros, ella de seguro te quería mucho, lo suficiente como para darle la vida y asegurarse de que fueras educado en hogar amoroso donde podían cuidar de ti .nosotros estamos muy agradecidos con Dios que le dio la oportunidad para poder tenerte”.

Pregunta 91

¿Existen momentos en los que padres amorosos y buenos quieren menos a sus hijos bilógicos?

De hecho, existen momentos en los cuales matrimonios buenos no se llevan bien entre sí. Lo que pueden hacer en esta situación es mantenerse firmes y buscar alguna manera de mejorar la relación, pero nunca renuncie a su compromiso el uno con el otro. Esto sucede especialmente durante la adolescencia, cuando a la persona que vemos va a cambiar rápidamente .Espere a que crezcan y estará complacido por haberlo hecho.

Pregunta 92

¿Cree usted que la mayoría de las diferencias entre los géneros se debe a los condicionamientos culturales? ¿Si criáramos a las mujeres y a los hombres de la misma manera, desaparecerían estas diferencias?

No podría estar más en desacuerdo. Dios creo dos sexos, no uno .El creo características genéticas en hombres y en mujeres que ningún entrenamiento durante la niñez puede eliminar. Christina Hoff Sommers en su libro *Who Stole the Feminism?* , explica que:

La lucha feminista contra los hechos de la vida es incesante. El año pasado, Hasbro Toys quería lanzar al mercado muñecas para niños y niñas. Los investigadores de Hasbro descubrieron que los niños y las niñas no interactuaban con el juguete de la misma manera. Las niñas vestían a las muñecas y jugaban de casita; en cambio los niños lanzaban el carrito del bebé desde el techo .El gerente general de Hasbro, Sharon Hartley, explica que en tiempos anteriores esto se hubiera considerado obvio: “niños y niñas tienen patrones diferentes de juego”.

A pesar de la evidencia existente sobre el hecho de que el cerebro de los hombres y las mujeres está conectado en forma diferente, las feministas todavía se aferran erróneamente a la creencia que las influencias culturales son las que las dividen .Esto es incorrecto. No obstante, Gloria Steinem sigue creyendo que “Necesitamos urgentemente educar más a los niños como niñas”.

Existe un viejo proverbio que dice que “los niños siempre serán niños”. Adivinen que, es cierto. Y las niñas siempre serán niñas .Esta es la forma en que las cosas están hechas.

Pregunta 94

¿Cuándo los niños comienzan a desarrollar una naturaleza sexual? ¿Ocurre esto de repente durante la pubertad?

No, esto ocurre mucho antes de la pubertad, Quizás el concepto más importante sugerido por Freud, fue su observación de que los niños no son asexuales.

Él expresa que la satisfacción sexual empieza cuando el niño nace y en primera instancia está asociado con la lactancia. La conducta durante la niñez se ve considerablemente influenciada por la curiosidad y el interés sexual; aunque las hormonas felices no se cargan, sino hasta comienzos de la adolescencia. Por consiguiente, no es común para un niño de cuatro años estar interesado en la desnudez y en órganos sexuales del sexo opuesto.

La edad escolar es un tiempo muy importante en la formación de las actitudes sexuales. Los padres deben ser muy cuidadosos en no expresar conmoción y disgusto sobre este tipo de curiosidad; no obstante, no deben aprobar la conducta exploratoria. Se cree que muchos problemas sexuales comienzan como resultado de un entrenamiento inadecuado durante la niñez.

Pregunta 95

Recientemente mi hijo de cuatro años “descubrió” su pene y no para de tocarse

¿Piensa usted que es inusual o pecaminoso para el tocarse demasiado?

¡La respuesta a estas dos preguntas en un rotundo no! Sin intención o intencionalmente, la autoexcitación en los niños pequeños en especial, en los varones, no es inusual y menos pecaminoso. Para un hombrecito solo muestra un comportamiento normal y común. No

hay consecuencias a largo plazo para este tipo de comportamiento inocente, y pronto se va terminar por sí solo.

El único significado para la auto estimulación temprana, es como nosotros como padres, lidiamos con ello .He recibido muchas cartas de madres donde me dicen que le pegan a sus niños de edad preescolar porque se tocan sus partes íntimas. Algunas, incluso han presentado una gran preocupación sobre este comportamiento, y lo ven como un acto de naturaleza inmoral, el cual debe cesar. No, obstante, esta es una actitud muy peligrosa por lo que yo sugiero .Le sugiero no darle mucha importancia.

Pregunta 96

Para usted esto es fácil de decir. Mi hija de cuatro años no solamente se toca en casa, donde lo dejamos pasar, sino que también lo hace cuando estamos en público, por ejemplo en la iglesia o en un restaurante. ¿Cómo puedo manejar esto?

Usted debe actuar como una maestra y no como una disciplinaria. Hable con su hija en privado, háblele de su preocupación. Explíquele que hay cosas que no hacemos en público, no porque sea malo sino porque es de mala educación, y que al igual que usted no orinamos en frente de otras personas, uno no se debe tocar en frente de otras personas. Si ella continua tocándose, la gente pensará que es rara y van a reírse de ella, algo que a ella no le gustaría. El propósito de que usted hable con ella de esta manera, es concientizarla sobre las implicaciones sociales sobre lo que está haciendo. Demuestre firmeza y seguridad, y no la haga sentir mal o avergonzada.

La clave para enfrentar esta situación es evitar comentarios como que su cuerpo es sucio, malo o perverso. Estas implicaciones pueden crear una serie de problemas para su hija, los cuales puede arrastrar durante la adolescencia e inclusive su adultez.

Pregunta 97

Estoy preocupado sobre el impacto de la televisión en nuestro hogar ¿Cómo puedo controlar esta situación sin recurrir a normas dictatoriales o regulaciones?

Como padres tenemos tres objetivos. Primero, queremos supervisar la calidad de los programas que ven nuestros hijos. Segundo, queremos regular la cantidad de televisión que ellos ven, incluso, los buenos programas pueden tener una influencia negativa en el resto de las actividades que nuestros niños hacen si pasan mucho tiempo viendo televisión. Tercero, debemos incluir a toda la familia en la creación una política televisiva.

Recientemente, leí sobre un sistema muy efectivo, en el cual se cumplen estos tres propósitos. Primero, se sugiere que los padres se sienten con sus hijos y acuerden una lista de programas aprobados, según la edad. Después, se debe escribir una lista y cubrirla con plástico para así consultarla durante toda la semana.

Segundo, compre o fabrique un rollo de tiquetes. Entréguele a cada niño un máximo de diez tiquetes por semana y permítales usarlos para "comprar " el privilegio de ver programas de televisión que estén en la lista .Cuando los tiquetes se terminen, ya no podrán ver televisión por esa semana. Esto le enseña al niño a conocer qué debe ver. Para empezar, es apropiado un máximo de diez horas por semana, comparado con el promedio nacional de cuarenta y cuatro por semana, lo cual es demasiado para un niño que está en la escuela.

Este sistema puede modificarse para satisfacer necesidades propias del hogar. Si hay un programa especial que todos los niños quieren ver tal como un programa el día de navidad o de acción de gracia, pueden entregar más tiquetes. Asimismo, les pueden dar más tiquetes como recompensa por logros o algún comportamiento merezca obtenerlos.

La prueba real ocurrirá cuando los padres demuestren si tienen el coraje o no de poner este sistema en práctica. En ocasiones, necesitamos las mismas regulaciones en nuestros hábitos cuando vemos televisión.

Pregunta 98

Estoy preocupado por todo el sexo y la violencia que se presenta noche tras noche en la televisión .Las películas son bastante dañinas, pero ahora las series son de perjudiciales ¿Existe alguna manera en que podamos influenciar a las cadenas de televisión para que sean más responsables en su programación?

Tenemos más poder para influir en la programación de televisión de lo que pensamos. Me han dicho que se estima que cada carta recibida representa cuarenta mil espectadores que no tienen tiempo para escribir al respecto, sin embargo, es importante conocer, dónde se deben enviar dichas cartas. Años atrás, les escribí a directores, productores y otros ejecutivos de las cadenas de televisión. Mis quejas recibían respuestas groseras o eran ignoradas. Desde entonces aprendí que es más productivo escribirle a los patrocinadores que pagan las cuentas. Ellos entienden mejor lo que pienso.

Por ejemplo, tome en cuenta el éxito del Dr. Richard Neil de Forth Worth, que se molestó con el tipo de programación sucia emitido regularmente en el show de *Phil Donahue*, el cual se transmitía durante horas que los niños podían verlo. Él escribió a los

patrocinadores comerciales y les informó sobre lo que su dinero estaba apoyando. Uno a uno más de cien de estos patrocinadores empezaron a dejar el programa. Para el año 1996, el programa de Donahue salió del aire. Casi sin ayuda, el Dr. Neill domó al gigante de los medios, un ícono, y le puso fin a la basura que estaba produciendo. Este tipo de esfuerzo puede repetirse por todo el país. Ya que es la única manera en que podemos limpiar la programación televisiva.

Los anunciantes son bastantes receptivos a la opinión de los televidentes, ya que ellos gastan millones de dólares para promover sus productos. Por lo tanto hacer algo de presión y hacerles saber cómo nos sentimos positiva y negativamente, y ciertamente, es nuestro deber.

Pregunta 99

Los niños que juegan con mis hijos en el vecindario ven programas de televisión y de cable terribles. No puedo creer que sus padres los dejan ver programas con contenido violento y sexual. ¿Cuáles son las consecuencias a largo plazo para los niños que ven estos programas?

Es triste y difícil de entender por qué muchos padres no supervisan lo que sus hijos ven. Aquellos padres que dejan ver lo que quieren, les hago esta propuesta: Supongan que un completo extraño llega a su casa y dice "Se ve cansado" "¿Por qué no me dejan cuidar de sus hijos por uno o dos días? Dudo que muchos digan "Que buena idea, pasen".

Esta es una historia que a Peggy Charren, Presidenta de Actions for Children's Television, le gusta contar de una forma clara. Cuando ponemos a nuestros hijos a ver televisión, les damos el control de su educación a completos extraños, lo cual es riesgoso. Un número

creciente de estudios han encontrado que la violencia en la televisión conlleva a un comportamiento violento tanto en niños y como en adolescentes.

Uno de los estudios más evidentes fue llevado a cabo por el Dr. Leonard D.aron, quien examinó a un grupo de niños cuando tenían ocho años , luego a los diecinueve y finalmente a los treinta años .Para realizar esta investigación se estudiaron niños en los Estados Unidos, Australia, Finlandia, Israel y Polonia. El resultado fue el mismo; entre más vieron programas violentos los participantes de ocho años de edad, eran más probable que fueran condenados por delitos a los treinta años, su comportamiento era más agresivo cuando ingerían bebidas alcohólicas.

Es tiempo para que los padres controlen la cantidad y el contenido de televisión que sus hijos ven. Las consecuencias de no tomar acciones con respecto a este comportamiento pueden ser catastróficas.

Pregunta 100

¿Cuál es su opinión sobre el Nintendo y otros videojuegos? Esto juegos han demandado una gran cantidad del tiempo de nuestro hijo durante los meses anteriores, y esto no me gusta.

Dependiendo de los juegos en cuestión, usted puede tener una causa válida para estar preocupado. El Dr. Vince Hammond, jefe de La *Coalición Nacional sobre Violencia en TV*, describió la naturaleza potencialmente dañina de los videojuegos. Algunos investigadores han llegado a la conclusión que los videojuegos pueden convertirse en una adicción y que pueden estimular un comportamiento agresivo. Existe evidencia que sugiere que los niños

entre los ocho y los diez años tienen 80 por ciento más de probabilidades de pelear con otros niños después de jugar con ellos.

Les recomiendo poner un límite claro en relación a la cantidad de tiempo permitido para que su hijo juegue con los videojuegos o navegue en el internet, para que de esta no se vuelva adicto a ellos. Insista en que él se abstenga completamente de jugar los que son violentos. Con una guía realista, pienso que es posible mantener esta actividad bajo control, en lugar de que los juegos controlen a su hijo y a su familia.

Pregunta 101

¿Cuál es el encanto, que le encuentran las personas al sufrimiento y la violencia en la televisión y las películas? ¿Por qué la gente quiere más de lo mismo?

Creo que está relacionado con este deseo por la adrenalina y nuestra necesidad de escapar de la cotidianidad que muchas personas experimentan. Pero tengo que admitir que realmente no lo entiendo, ya es difícil comprender por qué a las personas les gusta observar los eventos sangrientos. Hace varios años, el programa número uno visto durante todo un año, por más personas que un evento deportivo u otro programa durante un periodo de doce meses, fue *Helter Skelter*, la cual era la historia de la familia de Charles Mason. En este especial de televisión, se presentaba el asesinato de una mujer con ocho meses de embarazo, la cual fue brutalmente apuñalada en su abdomen. ¿Por qué a la gente le gustaría ver tal tipo de brutalidad? La popularidad de ese programa y otros señala dramáticamente la depravación de los estadounidenses y el deseo por la violencia.

Pregunta 102

¿Qué cree que usted que pueda suceder con nosotros, si seguimos viendo violencia extrema la televisión noche tras noche?

Walter Lipman una vez escribió que la saturación de este tipo de sensacionalismo puede destruir un pueblo y una cultura entera. Conuerdo completamente con él, ya hemos ido al grano donde la gente decente tiene miedo de salir de noche, debido a que vivimos con temor. Nadie está seguro, ni siquiera la gente mayor que no tiene nada y los criminales les quieren hacer daño. La televisión tiene el poder de destruirnos como nación. Me temo que es posible que ya nos han dañado sin posibilidad de reparación.

Pregunta 103

Tengo un amigo que vigila a sus niños como si estuvieran en peligro mortal. Siento que debo dejar a mis hijas abrir un poco sus alas aunque ellas tengan solamente nueve y once años de edad ¿Qué piensa usted que está en lo correcto?

Hace dos décadas, le hubiera sugerido que les diera espacio, ya que la sobreprotección conlleva a problemas particulares. Sin embargo, en estos días, concuerdo con su amigo. En los últimos años, el medio ambiente en el cual nuestros niños están siendo educados ha cambiado dramáticamente. Innombrables peligros, los cuales eran casi inauditos una generación atrás, están presentes en nuestras escuelas y calles. Antes las familias no se preocupaban mucho por balaceras desde carros en movimiento, drogas ilícitas, pederastas sexuales y secuestradores. A principios de los años cincuenta cuando era un niño, mis amigos estaban más preocupados por enfermedades como el polio, que por todas las fuentes de violencia combinadas. Cuando tenía diez años, me movía libremente

por mi ciudad. Si me retrasaba para llegar a cenar, mis padres no entraban en pánico. En cambio, ahora nos preocupamos por los niños aunque estén jugando enfrente de la casa. De hecho en 1993, la pequeña Polly Klaas fue secuestrada de su cuarto, donde estaba rodeada por amigos y luego fue brutalmente asesinada por el perverso placer de su asesino. Cuando esa terrible noticia se dio a conocer, todos los primorosos padres de la nación sintieron escalofríos. Tres años después, en la navidad de 1996, la hermosa JoanBenet Ramsey de seis años fue sexualmente atacada y asesinada a golpes en el sótano de su casa. Entre estas dos tragedias y desde ese momento, decenas de miles de niños han sido asesinados y secuestrados. Durante mi tiempo de servicio en La junta de la Procuraría General de Niños Perdidos y Abusados, quedé consternado por lo que estaba ocurriendo a niños y niñas inocentes.

Hace algún tiempo, las personas intercedían en nombre de los niños para protegerlos de cualquier daño o inmoralidad. Las películas eran censuradas, la música era monitoreada y las parejas jóvenes eran supervisadas. Sin embargo, esta generación está expuesta a diferentes tipos de violencia. Algunos jóvenes viven en una zona de combate. De hecho, en que uno que vive al norte de Irlanda. Más niños americanos son heridos de bala en un año que oficiales de policía. Algunos padres que viven en barrios pobres, prefieren a sus niños en bañeras, para así protegerlos de las balas, las cuales pueden atravesar las paredes. Algunas madres prefieren utilizar correas especiales para sus hijos cuando van a los centros comerciales para protegerlos de potenciales pederastas. Además, se les da instrucciones claras a los escolares sobre cómo gritar cuando un extraño se les aproxima y cómo denunciar toqueteos inapropiados. Después de la escuela, muchos niños pasan horas detrás de puertas con cerrojos y ventanas con barrotes. Este es el estilo de vida de la mayoría de los

países del oeste, especialmente en los Estados Unidos. ¿Cómo podemos los padres proteger a nuestros niños preciosos? ¡Bueno a cada momento! Nunca dejarlos al cuidado de personas que no conoce y que no son de confianza. *No deje que los hombres adolescentes cuiden a sus hijas.* Sé que esta es una recomendación controversial, pero he visto muchos casos trágicos de abuso debido a la adolescencia masculina y a la curiosidad sexual típica a esas edades. Lleve a sus hijos a la escuela o acompañelos a tomar el autobús, y recójalos a tiempo. Esté alerta de cualquier comportamiento inusual que pueda indicar abuso o acoso sexual de los vecinos o encargados de niños. Protéjalos en cada momento.

¿Acaso suena demasiado cauteloso? Solo recuerde esto: El pedófilo promedio abusa de 150 niños en el transcurso de su vida. Normalmente, cada explotación sexual tarda siete años, típicamente antes que la verdad salga a luz. Los niños siempre son intimidados para que no pidan ayuda. No le dé una oportunidad a un abusador sexual.

En cuanto a sus propias ansiedades, le sugiero ponerlos en oración con el Señor. Él ama a sus hijas más que usted, y confío en que Él va ayudarle a cuidar de ellas. Ponga el nombre de ellas ante Dios cada día en oración. Comprométase a interceder no solamente por su seguridad física, sino por su bienestar espiritual. Después de hacer todo lo posible para ser buen padre, ponga a sus hijos en las manos de Dios y deje que Él le ayude a llevar la carga.

¿Cómo educar a los niños en preescolar?

Pregunta 104

Filosóficamente, reconozco la necesidad de hacerme cargo de mis hijos pero necesito más detalles. Por favor, deme una guía para disciplinar a mis hijos en forma correcta.

Está bien, déjeme resumir pautas generales, los cuales puede aplicar. Estos principios representan la esencia de mi filosofía de disciplina.

Primero: Defina los límites antes de aplicarlo. El paso más importante en cualquier proceso disciplinario es primero expectativas y límites razonables. El niño debe saber que es un comportamiento aceptable e inaceptable antes de que él sea responsable por esas reglas. Este requisito previo pueda eliminar la sensación de injusticia que un joven siente cuando es castigado por sus accidentes, errores y metidas de pata. Si usted no ha definido las reglas, no las ponga en uso.

Segundo: Cuando uno de los hijos los desafíe, responda con seguridad y confianza. Una vez el niño entienda lo que se espera de él, entonces podrá sentirse responsable de comportarse como corresponde. Esto suena fácil, pero como hemos visto, la mayoría de los niños van a irrespetar la autoridad de sus mayores y retar su derecho a mandar. En un momento de rebelión, un niño pequeño puede considerar las reglas de sus padres y elegirá desobedecerlas. Tal como un general militar antes de una batalla, él calculará los riesgos potenciales, alinearé sus fuerzas y atacará al enemigo con fuego implacable. Cuando esa confrontación frente a frente ocurra entre generaciones, es bastante importante para el adulto ganar con decisión y confianza. ¡El niño ha dejado claro que lo que desea es pelear y que sus padres no van a defraudarlo! Nada es más destructivo para el liderazgo de los padres que la madre o el padre se desplome durante la batalla. Cuando los padres constantemente pierden las batallas, y recurren a las lágrimas y gritos o alguna otra evidencia de frustración, algunos cambios dramáticos en la manera en que son percibidos por sus hijos toman lugar. En vez de ser líderes seguros y con confianza, se convierten en medusas sin espinas, las cuales no merecen respeto ni lealtad.

Tercero: Distinga entre un desafío intencional y la irresponsabilidad infantil .No puede castigarse un niño por un comportamiento que no sea un desafío intencional. Cuando olvide alimentar el perro, tender la cama o sacar la basura cuando deje la raqueta de tenis afuera de la casa bajo la lluvia o pierda su bicicleta recuerde que ese tipo de comportamientos son típicos durante la niñez. Este es mecanismo por el cual una mente inmadura es protegida de las preocupaciones y presiones de la adultez. Sea amable mientras le enseña hacer las cosas mejor. Si su hijo no acata las instrucciones, entonces es apropiado aplicar algunas y bien merecidas consecuencias (quizá trabajar para pagar el artículo que arruinó, etc.)Solo recuerde que la irresponsabilidad infantil es muy diferente a un desafío intencional y debe manejarse con más paciencia.

Cuarto: Reafirme y enseñe una vez que la confrontación termine.Después de un conflicto, en el cual el padre demostró su derecho a mandar (particularmente si esto casusa que el niño llore), el niño entre los dos y los siete años o incluso mayor puede querer una muestra de cariño y que sus padres lo tranquilicen .Por supuesto; ¡abra sus brazos y abráselo fuerte y dígame que lo ama! Abráselo fuertemente y dígame, otra vez, porqué lo castigó y como puede evitar el problema la próxima vez.

Este momento de comunicación fomenta el amor, la fidelidad y la unión familiar. Además, para la familia cristiana es muy importante orar con el niño en ese momento y reconocer ante Dios que todos somos pecadores y que nadie es perfecto. El perdón divino es una experiencia maravillosa, inclusive para un niño joven.

Quinto: Evite demandas imposibles. Esté completamente seguro de que su hijo es capaz de dar lo que usted exige. Nunca le castigue por orinarse en la cama en forma

involuntaria, por no saber utilizar la bacinica al año de edad o por salir mal en los exámenes y ser incapaz de tener éxito académico. Estas exigencias imposibles ponen al niño en un conflicto que no tiene solución: No hay salida. Esta condición trae un daño imposible al aparato humano emocional.

Sexto: ¡deje que el amor sea su guía! Una relación que se caracteriza por el amor genuino y el afecto es más probable que sea sana, a pesar de que los padres se puedan equivocar y cometer errores los cuales son inevitables.

Pregunta 105

Quiero guiar correctamente a mi hijo desobediente, pero tengo miedo de romper su espíritu y dañarlo de alguna manera. ¿Cómo puedo lidiar con su mala conducta sin herir su concepto de sí mismo?

Siento que usted no tiene claro la diferencia de romper el espíritu y moldear la voluntad de un niño. El espíritu humano, tal como lo definí, se relaciona con la autoestima o el valor personal que los niños sienten. Por definición, es extremadamente frágil en todas las edades y se debe tratar con cuidado. Como padre puede asumir que puede dañar el espíritu de su niño fácilmente ridiculizándolo, irrespetándolo, diciéndole que no lo quiere y rechazándolo verbalmente. Cualquier cosa que deprecie su autoestima, puede ser dañino para su espíritu.

Sin embargo, pese a que el espíritu es frágil y se debe tratar con delicadeza, la voluntad está hecha de acero. Este es uno de los pocos componentes intelectuales que llegan llenos de fuerza al nacer. En la edición anterior de *Psychology Today*, un artículo explicaba los resultados de un estudio sobre la infancia: “Un bebé sabe quién es antes de

que desarrolle el habla para decírnoslos. Él trata de controlar su ambiente, especialmente sus padres. “Esta divulgación científica no debe sorprender a los padres de niños desobedientes. Ellos saben lo que es andar en la madrugada de un lugar a otro, escuchando claramente como este pequeño dictador pide lo que él quiere y desea.

Luego, los infantes desafiantes pueden enfadarse tanto que son capaces de retener la respiración hasta perder el conocimiento. Cualquiera que haya presenciado este desafío deliberado plenamente, pueden quedar impactado por su poder. Un niño testarudo de tres años se negó a obedecer las órdenes de su madre diciendo “¡Usted sabe, que usted solo es mi mama!” Otra joven madre me escribió para decirme que experimentó una confrontación similar con su hijo de tres años por algo que el niño no quería comer. Él estaba tan enfurecido con ella, que se resistió a no comer o beber por dos días enteros. Él se puso delgado y débil, aletargado, pero persistió. La madre estaba preocupada y se sentía culpable como se podría esperar. Finalmente, en desesperación, el padre miró su hijo a los ojos y le dijo que iba a recibir nalgadas si no cenaba. De esta manera la disputa terminó. El niño empezó a comer todo que podía tomar con sus manos y prácticamente vació el refrigerador.

Ahora, por favor dígame ¿Por qué tan pocas autoridades en el desarrollo infantil reconocen esta desobediencia deliberada? ¿Por qué han escrito tan poco al respecto? Supongo que el reconocer la existencia de esto no se ajustaría a la noción humanística, por la cual los niños pequeños están llenos de luz y bondad y, simplemente luego aprenden el significado del egoísmo y la desobediencia. A los que tienen este punto de vista optimista, solamente les puedo decir “¡Cambien de opinión!”

Volviendo a la pregunta, su objetivo como padre es formar la voluntad de su niño, mientras deja su espíritu intacto.

Pregunta 106

¿A qué edad un niño es capaz de tomar una posición como esa?

Depende del temperamento del individuo, ya que una conducta desafiante puede presentarse en niños muy jóvenes. Un padre una vez me contó que llevó a su hija de tres años a un juego de basquetbol. Naturalmente, la niña estaba interesada en todo lo que estaba en el gimnasio, excepto en el partido.

El padre le permitió andar libremente por el gimnasio y subir las graderías; sin embargo, el padre puso un límite de qué tanto podía alejarse. Él la tomó de la mano y la llevó hasta una franja pintada en el piso del gimnasio, y le dijo: "Janie puedes jugar alrededor del edificio, pero no pases de esta línea".

Tan pronto como el padre regresó a su asiento, la niña se fue en dirección a área prohibida. Ella se detuvo por un momento, le sonrió a su padre y deliberadamente pisó la línea como si dijera, "Vea lo que voy hacer". Prácticamente cada padre en el mundo ha hecho la misma pregunta en un momento u otro. Muchos niños son así.

Pregunta 107

¿Somos todos un poco como esa niña, o la inclinación hacia la desobediencia es algo que las personas desarrollan cuando crecen?

Toda la raza humana está afectada por la misma naturaleza rebelde; aunque, toma diferentes formas cuando envejecemos. ¡Piénselo! El comportamiento de esa niña en el gimnasio no es diferente que al de la primera familia, Adán y Eva. El creador les dijo que podían comer cualquier cosa del Jardín del Edén excepto por el fruto prohibido, (por ejemplo “no pase de esta línea”). Incluso, de una manera estúpida desobedecieron a Dios y de este modo introdujeron este defecto de carácter en la raza humana. Quizás nuestro comportamiento equivocado es la esencia del pecado original, el cual ha afectado nuestra especie. Por supuesto esto explica la razón por la cual el hecho de contrarrestar la desobediencia durante la niñez. La rebeldía es peligrosa, sin importar si responde al liderazgo de los padres o a la autoridad de Dios mismo.

Pregunta 108

Mi pequeño siempre quiere saber qué tan permisivo soy. Una vez puso a prueba y descubrió que soy tan permisivo como él creía, por lo que en general en ese punto coopera ¿Qué es lo que pasa por su mente?

Su hijo como otros niños, tiene la gran necesidad de conocer los límites de conducta y quién tiene el valor de cumplirlos. Permítame mostrarle cómo funciona. Tiempo atrás, durante los primeros años del movimiento progresivo educacional, un teórico entusiasta decidió quitar el alambrado metálico que rodeaba el patio de la escuela de enfermería. Él pensó que los niños se sentirían más libres sin la barrera visible que los rodeaba. Sin embargo, cuando el alambrado fue removido, los chicos y chicas se reunían cerca del centro del patio de juegos. Ellos no sólo no se alejaban; ni siquiera se aventuran al borde del

terreno. Claro está que existe seguridad en los límites establecidos. Es por esto que un niño presiona en los padres en algunas ocasiones, hasta el punto de la desesperación.

Ellos ponen a prueba la determinación de sus padres y exploran los límites de su mundo. ¿Quiere más evidencia de esta motivación? Por ejemplo, piense en la relación en una familia donde el padre es firme, pero disciplina con amor, la madre es indecisa y débil, y el niño tiene carácter fuerte y es desobediente. Note como la madre es presionada, desafiada, le faltan el respeto, le desobedecen y la insultan, pero a al padre le obedecen con una o dos palabras que él diga. ¿Qué es lo que está pasando aquí? El niño simplemente entiende y acepta la dureza de su padre. Los límites son claros.

No hay razón para ponerlo a prueba de nuevo. En su lugar, la madre no ha establecido reglas y es vulnerable a una confrontación todo el día si es necesario. El hecho que su niño acepte los límites que usted estableció indica que él o ella lo respetan. Ese joven aún pondrá a prueba los límites exteriores de vez en cuando para ver si la "valla" sigue ahí.

Pregunta 109

Creo que está en lo correcto en cuanto a la motivación de un niño de carácter fuerte. Mi hijo que tiene cinco años es uno de esos niños inquietos que nos da guerra. A veces pienso que él está tratando de tomar control de toda la familia. En realidad nunca lo he entendido, pero supongo que no quiere que nadie le diga qué tiene que hacer.

Así precisamente como él se siente. Es sorprendente como este impulso básico en los niños es ignorado. De hecho, creo que los niños de carácter difícil entienden la lucha por el control mejor que sus padres, quienes están enredados con las responsabilidades y preocupaciones que tienen los adultos. Los niños dedican su esfuerzo total al juego del

poder, mientras que los adultos juegan sólo cuando tienen que hacerlo. En algún momento, pregúntele a un grupo de niños sobre los adultos que los guían. Al instante, ellos le dirán, cuáles adultos son expertos en educarlos y cuáles no lo son. Cada niño en etapa escolar puede nombrar a los maestros que tienen el control y cuáles son intimidados por los niños.

Un padre escuchó a su hija Laura de cinco años, decirle a su hermana pequeña, quien estaba haciendo algo mal, “Mmmm, te voy a acusar con mamá. ¡No! Mejor se lo diré a papá. Él es peor! Laura había evaluado la autoridad de dos sus padres y concluyó que uno era más eficaz que el otro.

Este padre mantuvo a su hija bajo observación, ya que se había vuelto especialmente desobediente y desafiante. Ella molestaba a otros miembros de la familia y buscaba maneras para evitar que sus padres se dieran cuenta. Su padre decidió no confrontarla directamente, pero sí castigarla por cada ofensa hasta que se calmara. De este modo, por tres o cuatro días, castigo a Laura y no le permitió nada. Le pegaron unas nalgadas, la pusieron en una esquina y la mandaron a su cuarto. Casi al final del cuarto día, Laura estaba sentada en la cama con su padre y su hermana menor y sin ninguna provocación Laura le jaló el cabello a su hermana quien veía un libro. Inmediatamente, su padre le pegó en la cabeza con su mano. Laura no lloró, pero se sentó en silencio por un momento y luego dijo “¡Hey, ninguno de mis trucos está funcionando!”.

Esta es la conclusión que usted desea que su hijo malcriado llegue: “Es muy riesgoso enfrentarse con mamá o papá, mejor me comporto ”.

Pregunta 110

¿Son los niños calculadores en cuanto su mal comportamiento? Si es así, no lo he entendido por completo.

Algunos si otros no .Estamos hablando del niño que es motivado a ser su propio jefe y que no quiere obedecerle a nadie más. Ese niño sabe bien cuál es su propósitos .Cuando era niño, tenía un amigo que ejemplificaba bien el espíritu calculador. Earl era como un general del ejército que descifraba el código del enemigo, lo cual le permitía controlar al enemigo y tomar ventaja. El parecía conocer cada movimiento de sus padres lo que iban a hacer. Una vez pasé la noche en su casa y después de que nos fuéramos a la casa, él medio una descripción sorprendente del temperamento de su padre.

Earl dijo, “cuando me papá se pone muy enojado, él dice muy malas palabras las cuales te pueden sorprender ". El me dio tres o cuatro ejemplos de las cosas que su padre decía. Le respondí “¡No puedo creerlo!”

El señor Walker era muy alto, reservado, y parecía que todo lo tenía bajo control. No podía creer lo que él podía decir, eran las mismas palabras que Earl había dicho. “¿Quiere que te lo pruebe? " Dijo Earl con malicia. “Todo lo que tenemos que hacer es seguir riéndonos y hablar en vez de dormir .Mi papá vendrá y nos dirá una y otra vez que hagamos silencio, cada vez que lo haga se enojará más y más .Luego lo vas a escuchar decir malas palabras. Espera y verás”.

No creí que su plan funcionara, pero quería ver al respetuoso señor Walker maldecir su máximo esplendor. Por lo tanto, Earl y yo hicimos que su pobre padre fuera y viniera como un yoyo por una hora. Tal como predije, su padre se puso más intenso y bravo cada

vez que iba a nuestro cuarto .Yo estaba muy nervioso y hubiera cancelado el proyecto, pero Earl ya había pasado por esto antes. Él no dejaba de decirme, “No pasará mucho tiempo”.

Finalmente, cerca de la media noche, sucedió. Al señor Walker se le acabó la paciencia. Desde el pasillo hacia nuestro cuarto venía haciendo un estruendo, y movía toda la casa con sus pisadas. Él entró al cuarto y brincó a la cama de Earl, y sacudió al chico que estaba seguramente escondido entre tres o cuatro sábanas. Luego, de su boca salieron una sarta de palabras que muy pocas veces mis tiernos oídos veces habían escuchado. Yo estaba muy asustado, pero Earl estaba fascinado.

Incluso, mientras su padre golpeaba las sábanas con la mano y gritaba improperios, Earl gritaba desde abajo de sus sábanas “¿Lo escuchaste?, ¿ahh? ¿Te lo dije verdad? ¿Te dije que él iba a decir malas palabras!” ¡Es un milagro que el señor Walker no matara a su hijo esa noche!

Mientras estuve acostado despierto en la oscuridad, pensé sobre lo que había ocurrido y juré que nunca dejaría que un niño me manipulara de esa manera cuando fuera grande. ¿Ven lo importante que son las técnicas de disciplina para los niños y así evitar que le falte el respeto a sus padres? Cuando un niño problemático puede hacer deliberadamente que sus padres poderosos tiemblen y se conviertan en un cúmulo de frustraciones, algo cambia en su relación; algo valioso se pierde. El niño desarrolla una actitud de desprecio, lo cual puede comenzar durante los difíciles años venideros de la adolescencia. Sinceramente, deseo que cada adulto pueda entender esta simple característica de la naturaleza humana.

Pregunta 111

Entiendo la importancia de que a los niños se les eduque para respetar la autoridad de sus padres. ¿Pero no es un arma de doble filo? ¿No tienen los padres que ser responsables demostrar respeto por sus hijos también?

¡Ciertamente tienen que hacerlo! Este concepto de un niño de sí mismo es extremadamente frágil y tiene que manejarse con cuidado. Un joven debería estar seguro de estar en su hogar, nunca debe menospreciarse o avergonzarse a propósito, y nunca debe castigarse enfrente de sus amigos ni ridiculizarse de una manera hiriente. Sus sentimientos y peticiones incluso las que no tienen sentido, deben respetarse y atenderse con respeto. Él tiene que sentir que sus padres “realmente cuidan de mí”. Mi punto es que el respeto es un ingrediente fundamental y que como padres deberíamos insistir en recibirlo de nuestros niños y ellos están obligados a devolverlo.

Pregunta 112

Algunas veces mi esposo y yo no estamos de acuerdo en la forma de disciplinar y discutimos en frente de nuestros hijos ¿Cree usted que esto es dañino?

Claro que sí. Usted y su esposo deben ser como un frente unido, especialmente cuando los niños están mirando. Si ustedes tienen un desacuerdo, deben discutirse luego en privado. Al menos que no puedan llegar a un consenso, sus niños van a empezar a percibir que las normas de lo que está bien y mal son arbitrarias. Ellos evitarán al padre más estricto para obtener las respuestas que quieren. Incluso, existen más consecuencias para los chicos y chicas cuando los padres son radicalmente diferentes en su forma de disciplinar.

Hay un punto de peligro: He visto que algunos de los adolescentes más hostiles y agresivos, vienen de una constelación familiar donde los padres se inclinan en direcciones en cuanto a la disciplina. Supongamos que el padre no es amoroso y desinteresado por el bienestar de sus hijos y su estrategia es ser duro y físico. Cuando llega a la casa cansado y puede golpear a los niños si ellos se ponen en su camino. Por otro lado, la madre es permisiva por naturaleza y se preocupa todo el tiempo por la falta de amor en la relación padre-hijo. Con el tiempo, ella intentará compensar esa falta. Cuando el padre mande a su hijo a dormir sin cenar, la mamá le llevará a escondidas leche y galletas. Cuando él diga no a una orden en específico, ella va a encontrar la manera de decir sí. Ella va a dejar que sus niños se salgan con la suya, porque no tiene el ánimo de confrontarlos.

Bajo estas circunstancias, la autoridad del padre y la madre es contradictoria, porque anula la autoridad de ambos. Por lo consiguiente, el niño queda atrapado en el medio y por lo general odiando a los dos. No siempre funciona de esta manera, pero la posibilidad de tener problemas es alta. El punto medio entre el amor y el control debe buscarse, si queremos criar niños saludables y responsables.

Pregunta 113

¿No es verdad que nuestra meta es crear niños con disciplina y autoconfianza? De ser así ¿Cómo su enfoque a la disciplina *externa* impuesta por los padres, se manifiesta el control interno?

Existen muchos expertos que sugieren que los padres tomen un enfoque pasivo con sus niños, por las razones estipuladas en su pregunta: Ellos quieren que sus hijos se eduquen así mismos, pero debido a que la gente joven le falta madurez para crear

autocontrol, ellos tropiezan durante la niñez sin experimentar la disciplina interna o externa. De este modo, ellos entran en la vida adulta sin haber completado una tarea desagradable, aceptar una orden no les gustaba o ceder ante la autoridad de sus mayores. ¿Podemos esperar que esta persona ponga en práctica la disciplina durante la adultez joven? Creo que no. Este individuo ni siquiera se sabe el significado de la palabra.

Considero que los padres deberían introducir a sus niños en la disciplina y el autocontrol por cualquier medio que esté disponible, incluyendo el uso de influencias externas cuando son jóvenes. Al estar obligado a comportarse de manera responsable, el niño gana una valiosa experiencia en controlar sus propios impulsos y recursos. Luego, conforme vaya creciendo en la adolescencia, la responsabilidad se transmite año a año del padre directamente a su hijo. Este ya no está obligado a hacer lo que aprendió en su niñez con la esperanza de que él quiera hacer las cosas por iniciativa propia.

Por ejemplo, el niño debe obligarse a mantener el cuarto relativamente ordenado, luego en algún momento durante la adolescencia, la disciplina debe hacerlo tomar el control y la motivación para continuar con esta tarea. Sí no fuera así, los padres deberían cerrar la puerta y dejarlo vivir en un basurero, si esa es su decisión. En resumen, la disciplina no viene automáticamente para aquellos que nunca la han experimentado. El autocontrol debe aprenderse y enseñarse.

Pregunta 114

Usted ha descrito la naturaleza del comportamiento desafiante y cómo los padres deberían manejarlo, ¿pero acaso todos los comportamientos desagradables son resultado de la rebeldía y desobediencia?

No, ya que la provocación puede ser muy diferente de la respuesta “desafiante” que he estado describiendo .La frustración, la desilusión, fatiga, enfermedad, o el rechazo puede causar el negativismo en un niño; y ,por lo tanto, debe ser interpretado como una señal de advertencia a la cual hay que prestar atención. Quizás la tarea más difícil de la paternidad es reconocer la diferencia entre estos mensajes sobre el comportamiento. El comportamiento rebelde de un niño siempre tiene un mensaje para sus padres, el cual deben descodificar antes de responder.

Por ejemplo, un chico desobediente puede decir, “no me siento querido ahora que tengo a mi hermanito llorón .Mami solía cuidar de mí, ahora nadie me quiere. Los odio a todos “.Cuando este tipo de mensaje es base de provocación, los padres deben tranquilizar su causa lo antes posible. El arte de una buena crianza, gira alrededor de la interpretación del comportamiento.

Pregunta 115

Mi niña de seis años de repente se volvió insolente e irrespetuosa en la casa. Incluso me dijo “lárguese”, cuando le pedí que sacara la basura y me dice insultos cuando se molesta. Siento que es importante permitir esta forma de liberar las emociones, por lo que he tratado eliminar este comportamiento. ¿Está de acuerdo?

Me temo que no lo estoy porque su hija está consciente de su repentino cambio, y está tratando de ver qué tan lejos la deja llegar .Si usted no elimina ese mal comportamiento ahora, puede esperar algunas experiencias salvajes durante la adolescencia.

Con respecto a su preocupación sobre la ventilación emocional, usted está en lo correcto al decir que su hija necesita expresar su enojo. Ella debe tener la libertad de decirle cualquier cosa de una manera respetuosa. Es aceptable decir, “Creo que quieres a mi hermano más que a mí” o “Mami, no fuiste justa conmigo”. Existe una línea delgada entre un comportamiento aceptable y no inaceptable. Las expresiones de frustración de los niños, incluyendo el resentimiento y el enojo deben animarse si se presentan. Ciertamente, uno no quiere que los reprima. Por otra parte, no debe permitir que la hija recurra a los insultos y a una rebelión abierta. “Mami, heriste mis sentimientos en frente de mis amigos” es una afirmación válida; Sin embargo” ¡Usted es una idiota estúpida, porque no se calló cuando mis amigos estaban aquí!”, obviamente esto es inaceptable.

Si se aborda racionalmente, tal como se mencionó en la explicación inicial, es mejor que la madre se siente y trate de entender el punto de vista de la niña con quien debe disculparse si estuviera equivocada. Si ella aun siente que estaba en lo correcto, debería explicarle tranquilamente la razón por la que reaccionó de esa manera y decirle a la niña como puede evitar una confrontación la próxima vez. Es posible expresar los sentimientos sin sacrificar el respeto de los padres, y al niño debería educársele para hacerlo. Esta herramienta comunicativa será de gran utilidad en la vida, especialmente en un futuro matrimonio.

Pregunta 116

¿Cuál es el error más común que cometen los padres cuando educan a sus hijos?

Yo diría que es el uso inapropiado de la ira cuando se trata de corregir a sus hijos. Este es uno de los métodos más ineficaces para influenciar a los seres humanos (de todas

las edades). Desafortunadamente, la mayoría de los adultos de primero confían en su propia reacción emocional para así asegurar la colaboración de sus hijos. En un programa de televisión nacional, un maestro dijo: “Me encanta ser un educador profesional, pero odio la labor cotidiana de educar. Mis alumnos son tan rebeldes que tengo que estar enojado con ellos todo el tiempo para controlar la clase”. Es muy frustrante estar obligado a ser rudo y estar enojado para realizar un trabajar año tras año. Inclusive muchos profesores (y padres) no conocen otra manera de controlar a los niños. ¡Créanme, esto es agotador y no funciona!

Tome en cuenta su propio sistema emocional y su propia respuesta a la ira de otros. Supongamos que una tarde, usted está manejando hacia su casa y usted excedió el límite de velocidad por unas cuarenta millas por hora. En una esquina está un policía que no tiene los medios para arrestarlo, ya no tiene patrulla policial o motocicleta, no tiene una identificación o una pistola, y no puede hacer infracciones. Todo lo que puede hacer es estar en su lugar y gritarle insultos a los que sobrepasen la velocidad permitida. ¿Disminuiría usted la velocidad solo porque el oficial está enojado y protesta con su mano? ¡Por supuesto que no! Seguramente, lo que hará es saludarlo con la mano cuando pase frente a él. Su ira no logrará hacer nada, excepto hacerlo ver cómico y tonto.

Por otro lado, nada puede influenciar la manera en que usted conduzca, más que ver el retrovisor una patrulla que lo persigue diecinueve luces rojas y azules brillando por el espejo retrovisor. Cuando usted se detiene en la curva, un oficial serio y cortés se acerca a su ventana. El mide 1.80 centímetros, tiene una voz fuerte como el Llanero solitario y carga una pistola.

Él dirá firme y cortésmente, “Señor, nuestro radar indica que usted conducía a más de 104 kilómetros por hora en una zona de 40 kilómetros. ¿Me permite ver su licencia de conducir?” El abre su libreta de cuero donde tiene las citaciones y se inclina hacia usted. El policía no muestra ningún comportamiento hostil y no dice nada, pero inmediatamente usted siente que se desmorona. Con nervios, empieza a buscar su licencia, en cuya foto usted salió terrible ¿Por qué sus manos se le ponen húmedas y su voz seca? ¿Por qué siente que su corazón en la garganta? Esto es debido, a que el rumbo que este oficial tomará es claramente incómodo. Esta *acción* afectara dramáticamente sus futuros hábitos para conducir. Por desgracia, los niños piensan y responden casi del mismo modo en que usted lo hace.

Las *acciones* disciplinarias influyen el comportamiento, pero no lo hace. En cuanto se trata de niños y niñas, estoy convencido que la ira en los adultos incita a un tipo de irrespeto maligno en sus mentes. Ellos perciben que nuestra frustración es resultado nuestra incapacidad de controlar la situación. Nosotros representamos la justicia para ellos; sin embargo, estamos al borde del llanto cuando sacudimos las manos en el aire y les gritamos amenazas y advertencias inútiles. Permítame hacerle una pregunta: ¿Respetaría usted a un juez de la Suprema Corte, si este se comporta de dicha manera cuando imparte la justicia legal? Ciertamente no. Esta es la razón por la cual el sistema judicial está diseñado cuidadosamente para ser objetivo, racional y solemne.

No estoy recomendando que los padres y maestros le oculten sus emociones genuinas a los niños. Tampoco estoy sugiriendo que seamos robots insulsos e insensibles robots que no expresan sus emociones. Hay ocasiones en las cuales nuestros niños se vuelven insolentes o desobedientes y nuestro enojo es enteramente justificado. De hecho,

debemos mostrar nuestras emociones, ya que de lo contrario podemos parecer artificiales y pocos sinceros. Simplemente, mi punto se enfoca en el hecho de que la ira siempre se utiliza como una herramienta para influenciar el comportamiento; no obstante, no es efectiva y puede dañar la relación entre las generaciones. En su lugar, tome medidas que sus hijos puedan seguir y luego póngalas en práctica de forma tranquila

Pregunta 117

Ahora entiendo que he cometido muchas errores con mis hijos ¿Puedo reparar el daño cometido?

Dudo que sea muy tarde para enmendar las cosas; sin embargo, su habilidad para influenciar a sus niños se limita con el pasar del tiempo. Afortunadamente, se nos permite cometer muchos errores cuando criamos a nuestros hijos. Ellos son fuertes y, por lo general, sobreviven la mayoría de nuestros errores. Esto es algo bueno, ya que ninguno de nosotros es un padre perfecto. Además, no son los errores ocasionales los que hieren al niño, sino la constante presencia de condiciones destructivas durante la niñez.

Pregunta 118

¿Qué lugar debe ocupar el miedo en la actitud del niño hacia su madre o su padre?

Existe una delgada línea entre el respeto aceptable y saludable y temor destructivo. El niño puede tenerle temor a las consecuencias por desafiar a los padres. Pero él o ella no deben preocuparse por la extraña dureza o amenazas de castigo de sus padres. El siguiente es un crudo ejemplo que podría explicar las diferencias entre estos aspectos del temor. Es sumamente peligroso caminar por una autopista transitada. De hecho, caminar por la

autopista a las 6:00 pm de un viernes, puede verse como un suicidio. Yo no sería tan tonto como hacer ejercicio de esa manera, ya que le tengo temor a los autos que andan a alta velocidad.

Sin embargo, mientras no me comporte de una manera tonta, no debo alarmarme. No me siento amenazado por esta causa de peligro, ya que solo reaccione a un acto intencional de rebeldía .Sin estirar la analogía demasiado, quiero que mi hijo me vea con respeto. Mientras que ella no decida abierta e intencionalmente, ella va vivir en total seguridad .Mientras que ella no me rete, ella debe estar segura; tiene que estarlo porque si me rasco la cabeza no va a estarlo a menos que me desafíe, ya que tendrá que enfrentar las consecuencias. Este concepto de temor, denominado como “admiración” o “respeto”, se modela con base en la relación con Dios con el hombre. A nosotros se nos enseña que el temor de Dios no conduce a la sabiduría; ya que Él es un Dios de justicia y de infinito amor y respeto. Estas características son complementarias y deben estar representadas en nuestras casas.

Pregunta 119

Descubrí que estoy más dispuesto a decirle no a mis hijos, inclusive cuando no creo firmemente en el permiso que ellos buscan. Me pregunto por qué tiendo a responder de forma tan negativa.

Es fácil caer en la costumbre de decirle no a nuestros chicos.

“No puede salir”

“No puede comer galletas”

“No puede usar el teléfono”

“No puede quedarse a dormir en la casa de un amigo”

Uno podría contestar en forma afirmativa a todas esas solicitudes, pero respondemos casi automáticamente con un no ¿Por qué? Debido a que no nos tomamos el tiempo para pensar sobre las consecuencias, ya que nos puede causar más trabajo o presión y, puede haber un peligro en la solicitud, esto porque nuestros niños piden cientos de favores por día y encontramos conveniente contestarle de forma negativa a todos ellos.

Pese a que todos los niños necesitan escuchar un no a algunos de sus deseos más extravagantes, también existe la necesidad de los padres de considerar cada solicitud. Hay muchos "nos" necesarios en la vida que deberíamos decir "sí" cada vez que podamos.

Pregunta 120

Los niños en mi vecindario son malcriados e irrespetuosos con los adultos. Esto me molesta, pero no sé qué debo hacer ya que no tengo el derecho de disciplinarlos, por lo que se salen con la suya ¿Cómo puedo lidiar con esto?

Los padres en un vecindario necesitan aprender a hablar sobre sus hijos, aunque esto sea difícil de hacer. No hay nada que haga enojarse rápido a una madre con otra mujer que le critiquen a su precioso niño. De hecho, este es un tema delicado .Por esto, los barrios tradicionales son como el suyo, dele un pequeño consejo a los padres con respecto al comportamiento de sus niños. Los niños saben que no hay comunicación entre los adultos y ellos toman ventaja de esto. Lo que cada barrio necesita es una madre que tenga el coraje de decirles a sus vecinos, “Quiero que me digan lo que mi hijo hace cuando está jugando.

Si ella es grosera con los otros niños, me gustaría saberlo. Si ella es irrespetuosa con los adultos, por favor háganmelo saber. No lo considere inapropiado y no me voy a resentir por ello. Espero que también pueda hablar con usted sobre las cosas que hacen sus niños. Ninguno de nuestros hijos es perfecto, y de esta forma vamos a conocer cuál es la mejor manera de cómo educarlos si hablamos francamente entre adultos”. Hasta que esa sinceridad exista entre los padres que viven cerca, los niños van a continuar creando y viviendo bajo sus propias reglas en el vecindario.

Pregunta 121

Mi esposo y yo estamos divorciados, por lo que yo estoy a cargo de la educación de mis niños ¿Cómo cambia esto a las recomendaciones que usted hizo con respecto de la disciplina en casa?

De ninguna forma. Los principios de una buena disciplina permanecen igual es, a pesar del entorno familiar. Los procedimientos son más complicados de implementar para uno de los padres, ya que no tienen quién los apoye cuando los niños se vuelven irritables. Los padres solteros tienen que jugar ambos roles y esto no es fácil de hacer. Sin embargo, los niños deben consentirse en las circunstancias difíciles. Los padres deben ganarse el respeto o no lo van a recibir.

Pregunta 122

Tara mi hija pequeña, en algunas ocasiones es muy dulce, pero otras veces es insoportablemente irritante ¿Cómo puedo hacer para quitarle el mal humor cuando ella no ha hecho nada como para merecer un castigo?

Yo le sugiero tomarla entre sus brazos y hablarle de esta manera: "Tara, no sé si te has dado cuenta de esto o no, pero usted tiene dos *personalidades*". Una personalidad" es la manera en que uno actúa, habla y se comporta. Una de tus personalidades es dulce y amorosa. Nadie podría ser más amable y encantador cuando esta personalidad está en control. Le gusta trabajar y buscar la manera de hacer feliz al resto de la familia. Pero todo lo que tienes que hacer es presionar un botón rojo, y sale otra personalidad, la cual es irritable, ruidosa y tonta. Ella quiere pelear con su hermano y desobedecerle a su madre. Se levanta de mal humor por la mañana y se queja todo el día.

"Ahora, Tara, sé que puedes presionar el botón de la personalidad amoroso o puedes llamarla que es antipática. Algunas veces necesitas ayuda para presionar el botón correcto .Ahí es donde entro yo. Si continúas presionando el botón equivocado, como lo estás haciendo hoy, entonces voy a tenerte que pasar un momento incómodo de un modo u otro. Estoy cansado del personaje malhumorado, y quiero ver el amoroso. ¿Podemos llegar a un acuerdo? ”.

Cuando la disciplina se convierte en un juego, como en esta conversación, entonces usted ha logrado su propósito sin conflictos y rencores.

Pregunta 123

Nuestro hijo de seis años es muy negativo y odioso .Él hace que toda la familia se sienta triste, nuestra forma de castigarlo ha sido efectiva. Él siempre está de mal humor ¿Cómo podemos lidiar con esto?

El objetivo con un niño como este es definir los cambios necesarios y luego reforzar los avances cuando se produzcan. Desafortunadamente, las actitudes son contemplaciones que un niño de seis años no puede entender completamente y usted necesita un sistema que defina el “objetivo” en su mente.

Para lograr esto, he desarrollado un Plan de Actitud (vea la ilustración), la cual traduce estas peculiaridades en términos matemáticos concretos. Tenga en cuenta que: El sistema a continuación no puede ser apropiado para un niño que simplemente ha tenido un mal día, o que su enojo está asociado con la fatiga, la enfermedad o las circunstancias del entorno. Por el contrario, es una herramienta correctiva que ayuda a cambiar las actitudes negativas e irrespetuosas, y hacer que el niño esté consciente del problema. El Plan de Actitud debe prepararse y luego fotocopiar, ya que se va utilizar una hoja diferente cada día.

Mi plan de actitud

| | | | | | |
|---|------------------|--------------|-------------|-------------|-----------------|
| Mi actitud hacia mi Madre | | | | | |
| Mi actitud hacia mi Padre | | | | | |
| Mi actitud mi Hermana | 1 | 2 | 3 | 4 | 5 |
| Mi actitud mis Amigos | excelente | bueno | bien | malo | terrible |
| Mi actitud el Trabajo | | | | | |
| Mi actitud a la hora de dormir | | | | | |
| Total de puntos..... | | | | | |
| Consecuencias | | | | | |
| 6-9 puntos La familia va hacer algo divertido junto | | | | | |
| 10-18 puntos Nada pasa, bueno o malo | | | | | |
| 19-20 puntos Tengo que estar en mi cuarto por una hora | | | | | |
| 21-22 puntos Un golpe con una paleta | | | | | |
| 23+ puntos Dos golpes con una paleta | | | | | |

Coloque una X en cuadro correcto para cada categoría y luego sume el total de puntos ganados a la hora de acostarse. Aunque, este proceso nocturno de evaluación puede parecer objetivo para un niño, es obvio que el padre puede influenciar el resultado (esto es hacer trampa). Mamá o papá quieren que su hijo reciba dieciocho puntos en la primera noche y

que el niño se salve del castigo, pero hay que estar consciente de que tendrá que adaptarse el día siguiente. Sin embargo, tengo que recalcar que el sistema puede fallar completamente si el niño no recibe el castigo que merece, o hace trampa para mejorar, o no obtiene la diversión en familia que el prometió. Este enfoque no es nada más que un método de aplicar un premio y castigo a las actitudes de una manera que el niño entienda y recuerde.

Para el niño que no comprende el concepto de números, le puede ser de ayuda representar el total diario obtenido en gráficos acumulativos como los que se presentan a continuación. No espero que todos aprecien el sistema o que lo apliquen en casa. De hecho, los padres de los niños tranquilos y bien portados pueden preguntarse si esto es necesario. Sin embargo, los padres de niños con mal genio, lo entenderán más rápido. Tómelo o déjelo, según la situación lo justifique.

Pregunta 124

Sé que el sistema de recompensa y el castigo con niños funcionan mejor si se aplica pronto. Los resultados tardíos no tienen el mismo impacto. Si esto es cierto ¿Por qué Dios y usted cree que la recompensa y castigo de forma inmediata? Algunas personas parecen salirse con la suya portándose mal por años y la recompensa para aquellos que viven una vida cristiana viene después de la muerte. Seguramente el Señor conoce la importancia de la reafirmación inmediata.

Definitivamente Él lo hace. Él creó las características que sólo nosotros observamos y tratamos de entender ¿Entonces por qué Él no refuerza el comportamiento que desea en forma inmediata? No lo sé, sin embargo el principio de reafirmación inmediata está establecido en las Santas Escrituras: Salomón uno de los hombres más sabios que ha

existido, escribió: “Como la sentencia contra una mala obra no se ejecuta enseguida, por eso el corazón de los hijos de los hombres está en ellos entregado enteramente a hacer el mal. Aunque el pecador haga el mal cien veces y alargue su vida, con todo, yo sé que les irá bien a los que temen a Dios, a los que temen ante su presencia” (Eclesiastés 8:11-12).

El salmo treinta y siete también habla sobre las personas malas que parecen prosperar a pesar de su pecado. Aunque parezca que ellos tienen éxito, el salmista nos asegura que con el tiempo la justicia prevalecerá. Está escrito, “No te alteres con motivo del que prospera en su camino, Por el hombre que hace maldades”. (Salmos 37:7). “Dentro de poco no habrá malvados; podrás buscar y rebuscar, pero no encontrarás uno solo. En cambio, la gente humilde recibirá la tierra prometida y disfrutará de mucha paz” (Salmos 37:10-11). Si las consecuencias del mal llegan a tiempo o no, las advertencias y promesas en las Escrituras son más confiables que cualquier otra cosa en el universo. El tendrá la última palabra.

Pregunta 125

Puede darme algunos consejos para un pequeño problema que tenemos. A mi hijo Tim de seis años, le encanta usar apodos tontos cuando habla con mi esposo y conmigo. La semana pasada me dijo “perro caliente grande”. Antes me decía “Estúpida”. Luego, “Alce” cuando aprendió en la escuela la letra A de Alce. Sé que esto es tonto y no es un gran problema pero después de un tiempo largo se vuelve cansado. Él lo ha estado haciendo esto por todo un año. ¿Cómo puedo hacer para que nos hable con más respeto llamándonos papá y mamá en lugar de perro caliente y alce?

Generalmente, no es un gran problema usar nombres de broma para los papás, pero tal parece que este no es el caso de Tim. Esto me suena como el clásico juego de poder; pero contrario a lo que he dicho, esto no es importante. Continuamente, su hijo está haciendo algo que los molesta y usted incapaz de pararlo. Este es el problema; por un año completo él ha usado el humor como una táctica de desafío.

Es tiempo que ustedes se sienten y tengan una pequeña charla con el pequeño Timoteo. Díganle que él ha sido irrespetuoso y que la próxima vez que le diga un sobrenombre a usted o al papá lo va a castigar. Luego usted debe estar preparada para castigarlo como lo prometió, ya que él va a continuar retándola hasta que se acabe la diversión. Esta es la forma en que se hace. Si la respuesta nunca llega, probablemente sus insultos serán mayores. Apaciguar a un niño malcriado con una provocación para la guerra. Es momento de hacerle frente.

Pregunta 126

¿Cómo puedo hacer para que mi hijo de doce años vea la necesidad de ser responsable en la vida? Él necesita inmediatamente esta capacidad.

Este es un objetivo muy importante durante el periodo de la pre-adolescencia, ya que se le debe enseñar que las acciones tienen consecuencias inevitables. Una de las casualidades más serias en una sociedad permisiva es la falla para relacionar estos dos factores: comportamiento y consecuencias. Un niño de tres años le grita insultos a su madre, pero la mamá solo parpadea los ojos confundida. En primer grado de escuela, el niño desafía la profesora pero la escuela le permite esto por su edad y no toma ninguna acción. Un niño de diez años es sorprendido robando confites en una tienda, pero lo

sueltan porque sus padres pagan una fianza .Un chica de quince años se roba las llaves del carro de la familia pero su padre paga la multa cuando la arrestan. Uno joven de diecisiete años maneja su Chevy como loco y sus padres pagan la reparación cuando se estrella en un poste de teléfono. A través de la infancia, los padres amorosos parecen decididos a intervenir en el comportamiento de sus hijos y las consecuencias, por lo que interrumpen la conexión y no dejan que aprendan lo que podría y debería ocurrir.

De este modo, es posible que cuando los jóvenes entren a la edad adulta realmente sepan que la vida da enseñanzas y que, cada paso que damos afecta en forma directa nuestro futuro y eventualmente nuestro comportamiento irresponsable y puede producir pesar y angustia. Esta persona consigue su primer trabajo y llega tarde tres veces tarde durante su primera semana. Luego, cuando sea despedido en el frenesí de dimes y diretes, se volverá amargado y frustrado. Esta era la primera vez que mamá y papá no venían corriendo a recatarlo de las consecuencias incómodas. Desafortunadamente, muchos padres americanos tratan de sacar de apuros a sus hijos grandes, inclusive después de tener veinte años y viven lejos de casa. ¿Cuál será el resultado? Esta sobreprotección produce una parálisis emocional que desarrolla características duraderas de dependencia y un tipo de adolescencia perpetua.

¿Cómo se conecta el comportamiento con las consecuencias?

Al estar dispuesto a dejar que el niño experimente una cantidad razonable de dolor o molestia cuando se comporta de una forma irresponsable. Cuando Jack pierde el autobús de la escuela de media mañana porque estaba perdiendo el tiempo, déjelo que camine una milla o dos y que entre a la escuela a medio día (a menos que factores de seguridad lo

impidan). Si Janee, por descuido, pierde el dinero para el almuerzo deje que no coma. Obviamente, es posible llevar esta regla muy lejos y ser severo e inflexible con un niño inmaduro, pero el mejor enfoque es esperar que los chicos y chicas sean responsables de acuerdo a su edad y ocasionalmente prueben el sabor amargo del fruto que tiene la irresponsabilidad. Al hacer esto, el comportamiento estará unido a las consecuencias, como en la vida real.

4.2 Translation from Spanish into English "Meditaciones en Familia"

Blessings give the Power to Prosper

Bible reading: Genesis 27:27-30

May God give you of heaven's dew and of earth's richness-- an abundance of grain and new wine Gen (27:28)?

Previous conversation: Discuss the blessings that you have received during the last months.

¿Did you know that the word blessing comes from a Hebrew word that means "To give power to prosper"?

To bless is more than saying nice words, it makes that we declare on our loved ones a good future, full of positive things, and this open the way to the blessed person to be able to achieve his goals.

In the bible, we can find several passages where parents blessed their children. In this case, the words of Isaac over Jacob were because he wished his son to do well: "May nations serve you and peoples bow down to you."

With this blessing, Isaac was sure that his offspring will go well. For his part, with his blessings, Jacob was ready to accomplish the great purpose that God had on his life..

God wants everyone to go well; for that reason, it is necessary that we declarer blessings upon the life of all the people around us.

In our daily life we have the chance to bless our family, classmates, teachers, church friends, and coworkers. Let´s make it real!

Prayer: "Lord, I want to be a blessing for others."

Being blessed is to renounce to what we want and give way to what God wants

Bible reading: Matthew 16:21-25

For whoever wants to save their life a will lose it, but whoever loses their life for me will find it. Matthew (16:25).

Previous conversation: Paraphrase the phrase: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

Being blessed is to renounce to live for our own benefit and act with love, it is to live satisfying the human needs at my own expenses. Even Jesus had to live that difficult experience of living in the benefit of it. He knew that he was destined to give his life in a painful way. In spite of knowing the truth, He continued his path to the cross of the Calvary.

When Pedro said Jesus to have mercy of him, the Lord answered firmly "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."

Jesus was firm with Peter, even after those words He added one of the most known verses that summarize the meaning of the Christian life "Whoever wants to be my disciple must deny themselves and take up their cross and follow me."

Undoubtedly, there is one way to be prepared for being blessed, and this to give our personal desires. This is difficult to accomplish because our human nature always requests us to satisfy ourselves, in every moment! However the reward will be great forever. That's for sure!

Prayer: "Lord, I want to give up to what I want, and let your will to be done."

We were blessed since we were given a name

Bible reading: Genesis 35 17-18

A good name is more desirable than great riches to be esteemed is better than silver or gold.

(Proverbs 22:1).

Previous conversation: Make a list with the name of your family members and search for the meaning of each of one of them.

When we are named, our parents give us a great blessing, since if your name means, for instance, "light in the path," everybody who calls you by your name will declare that you are the light in the path of others. For that reason, it is important to think twice before naming our children. The name should carry it self the personality of the person.

In this verse we found that Rachel, Jacob's wife, she was giving birth to her second and last son. It was a very difficult birth that, finally cost her life. During such difficult experience, the person who was assisting the birth of her child said to Rachel: "Do not despair, for you have another son to be a baby boy"! Rachel was about to die, but in her last breath she named her son "Benoni," which means "son of my sorrow." She was talking about that difficult moment which mean such mortal birth. However, Jacob, the child father changed his name, and named him "Benjamin," that means "son of the right hand.

Jacob decided to turn his son away from the word "affliction" and gave him a positive name that reflected the Lord is kindness. He knew that his son's name will demine his future! Do you know what your name means?

Prayer: "Lord, you know me, let it me be blessed as my name is."

We all need to be blessed by God

Bible reading: Matthew 3:13-16

And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased" Matthew 3:17

Previous conversation: Together create a blessing that can be declared each day of this month to each one of the members of your family.

Blessing in our lives is so important that even Jesus, the Messiah, did not make miracles nor started preaching until God, his Father, blessed him.

At that point, Jesus had not done anything extraordinary until his Eternal Father decided to bless him; however, God, in His sovereignty, gave a majestic sign through the open skies. The Bible says: "After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending like a dove and settling on him."

Can you imagine seeing the heavens opened? Can you imagine the beauty of the Holy Spirit when descending from heaven as a dove? Added to this, it was heard the voice of God that said "This is my Son, whom I love; with him I am well pleased." This blessing from his Father gave Jesus the faith to walk in his true identity as the Son of God and to accomplish his destiny in earth. By living this wonderful moment, Jesus was sure about his purpose in earth.

Everybody needs to be blessed. For that reason, all of you need to start declaring all the members of your family under the blessing you created, at the beginning of the meditation.

Prayer: " Lord, I need to be blessed, for that I open the doors of my heart."

Blessings define our identity

Bible reading: 1 Kings 2:1-4

"If your descendants watch how they live, and if they walk faithfully before me with all their heart and soul, you will never fail to have a successor on the throne of Israel."

1 Kings 2:1-4b

Previous conversation: Discuss what is the best way to help the children to identify their identity as Christians. What should be the best method to teach children about the Christian Values?

During his last breath, David tried to establish an identity in the life of Solomon. David knew very well that it will be really difficult to his son to behave as a real man, but he knew that this was necessary if he wanted to succeed.

It is fascinating what David said to Solomon in a straightforward and clear way: "Walk in obedience to him, and keep his decrees and commands, his laws and regulations, as written in the Law of Moses. Do this so that you may prosper in all you do and wherever you go"...

These words of blessing ensured Salomon prosperity; however, he had to fulfill one requirement: to fulfill God's will. In the same way, God establishes our identity in Christ and assures us prosperity in all that we do, but there is a path of obedience that we have to follow.

In regard to parents, God gives us the wonderful duty of defining the future of our children, we need to start working in the words to come out of our mouth and what we declare upon them. In regard to children, God gives them the privilege to be taught by their parents with the direct guidance of God and He provides the joy of following the path of prosperity. Prayer: " Lord, I'm grateful for giving me an identity."

God designates the identity of His people

Bible reading: Deuteronomy 26:1-10

Observe what the Lord your God requires... Do this so that you may prosper in all you do and wherever you go 1 Kings 2:3

Previous conversation: List of five activities that you can do during the next week that reflect the principles that you have as the children of God regarding the importance of taking care of the Earth.

In order to obtain an identity in God, first we need to know where we come from, and second, who we are, to determine where we go. It may sound complicated, but is not. The people of Israel was very familiarized with this situation. For that reason, in this passage of Deuteronomy, the Lord tells his people what to do first of this new land. The God's instructions are very accurate, and we can see how God marks the identity of each of us, and also the identity of his chosen people.

We come from holy people, guided and instructed by God. For that reason, we know who we are: People chosen by God. And where do we go? Well, to the path that God has chosen and designed for the big country that in which we live. Your country has a great future

ahead, it has assured the God is blessings; however, as it is the case with each one or us, it must be a country that obeys and follows His principles; in that way, God will bless us a thousand times.

Prayer: " Lord, may my country follow your path."

Our family code of conduct behaviour

Bible reading: Galatians 5:19-26

Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:25

Previous conversation: Give a sheet of paper to each family member. Write in the paper what we called "The fruit of Spirit" (love, joy, peace, etc.).

It is very important that we establish at home a model that allows us to fix or anchor the identity of the family. The Bible is the most beautiful book of instructions for life and there we can find all we need to define the identity of the family.

When Paul wrote to the people from the Galatia region (Galatians), he provided very specific instructions about what we should not do. Just to mention two prohibitions related to our daily life, Paul admonishes us to avoid outbursts of rage and rivalries.

Are not frequent those attitudes present are in our life? Indeed, they are, but what it is important is that Paul left fruits that we need to grow in our life. If we read carefully each of the characteristics that form part of the Fruit of the Spirit and if we are able to make them come true in our daily life, there is no doubt that we and our family will be blessed by God!

The Fruit of the Spirit must be our family code of conduct. Therefore, it must be the cornerstone of our house and we have to promise that we will accomplish it. Is not it a good idea?

Prayer:" Lord, help me to live according to the fruit of the Spirit."

We can bless others with the human touch

Bible reading: Galatians 5:19-26

Jesus reached out his hand and touched the man and said... "Be clean!" Luke 5:13.

Previous conversation: Brainstorm the answer to this question: How can we bless a person that is suffering the death of a loved one?

The moment in which the leper was healed by Jesus, undoubtedly, a great act of love and generosity. However, this passage holds a treasure in just one word: The verse 13 states "Jesus reached out his hand and touched the man."

Was human touch important to heal the leper? Yes, it was. It is clear that Jesus did not need this kind of contact, because due to his omnipotence He could and can do anything; however, the leper was the one who needed kind of contact, because through the human touch we receive life!

The generosity with which we hug, caress or give a pat in the back can heal hearts. When was the last time that you gave a strong, peaceful, and lovely hug to a family member? Do you need an especial date to bless others with a hug?

We cannot miss the opportunity to express our feelings through a big hug full of peace and love to our family. This passage of the Bible tells us that Jesus healed the leper with his hand; therefore, in this way a display of affection works, as it heals, restores and releases what is wrong.

. Prayer: " Lord, I need you to tell me how to display affection to others."

The power of our words

Bible reading: James 3:9-12

Doth a fountain send forth at the same place sweet water and bitter? (James 3:11).

Previous conversation: In a free environment, encourage someone to mention a word or phrase said by his parents hurt him or caused him sadness.

“Out of the same mouth come praise and cursing.” With those words, the apostle James. Demonstrates a daily fact of life. Our mouth is an essential tool for blessing, as with it to declare a great future upon others and proclaim the good things that we wish for them.

Unfortunately, our mouth is also a tool for insulting. How can this be possible? This is simple, when negative words come out from our mouth, the negative takes control.

For instance, phrases such as "you're stupid! You are wrong!" are phrases that we say without thinking it can create bigger problems; nevertheless the fact is that negative statements can be an obstacle in our spiritual life. By contrast, words of blessing cheer up, fortify, warn, prepare and give strength for good things to come true. Be positive! James says

that from the same water source cannot sprout sweet and bitter water, this is a great example if wonderful! As we think of this fact as impossible, we should consider impossible that blessings and courings come out from our mouth.

Before opening our mouth, we should take a look inside of our hearth, because life flows from there! Prayer: "Lord, put your words in my mouth every single day."

The commitment of our words

Bible reading: James 2:15, 16

In the same way, faith by itself, if it is not accompanied by action, is dead James 2:17.

Previous conversation: Discuss the importance of always accompanying an action to simple words that stand out before we need of a person.

Sometimes when our real desires of blessing the people around us must be connected with a specific action that reinforces and makes come true our wish to bless others.

James uses a very easy example to explain when he says that, "Suppose a brother or a sister is without clothes and daily food. If one of you says to them, Go in peace; keep warm and well fed, but does nothing about their physical needs, what good is it?"

Can you imagine what would happen in this case? Can you imagine if you go to a friend's house and you were thirsty your friend says: "Don't worry, your thirst will be quenched" and he does not offer you a glass of water? It obvious that you will disappointed of your friend. You hoped he offered you a glass of water to still thirst.

Our deeds show if our wish of blessing arise from our heart and if our faith is genuine. Can you imagine our society people committed to make wishes make them come true? Do you think that everything could be different?

If you believe in this, start working on it. One person at a time, you will soon see that your surroundings have change more that you cannot imagine.

Prayer: “Lord, make that people know me by good actions.”

Blessing go beyond generations

Bible reading: James 5:22, 23

And it was fulfilled the Scripture was fulfilled that says, “Abraham believed God, and it was credited to him as righteousness,” and he was called God’s friend (James 2:23)

Previous conversation: Everybody most create testament. Include in it, what you would like to be inhered.

Everybody knows the story of Joseph: How he was sold as a slave, unjustly imprisoned, how God took him out of Egypt and the mysterious way in which he was raised. However, few people know how Joseph lived his last days. In the final chapter of the book of Genesis, it is told Makir’s were sons born, the son Manasseh, Joseph bowed to welcome them. Probably, it is difficult for you to think that one day when you will become a grandparent or great-grandparent, only God knows how long we are going to live. But if the time comes to a grandparent or (great-grandparent) as Joseph, with a big legacy of integrity, personality, and love for God.

Have you ever thought about, the legacy that you will leave to your descendants, the one that you build since your childhood? Indeed! Your childhood will determine your youth; in the same way your youth will determine adulthood, and finally and finally in your elderly days you will see your children grow up, what you are in that moment would be your legacy. Everything is a matter of generations! If you are passionate about God, do the right thing and you will have the same for your next generations.

Prayer: "Lord, I want to have a legacy that goes beyond generations. Help me to inherit my family many spiritual values".

Only if we follow the voice of God, we will be blessed

Bible reading: Jonah 1:1-4

The word of the Lord came to Jonah son of Amittai. Jonah 1:1

Previous conversation: One of the family members give testimony of the time he "heard" the voice of God about a petition he made to the Lord.

Learning to listen the voice of God must be a deep yearning in our heart. Many times we have had the feeling of do something because there is an inner voice saying that we have to do it. That could be the voice of God! If it is true, it would be always good for us to fulfill God's Will.

Jonah had the blessing of listening the voice of god; the first verse of the book says: "The word of the Lord came to Jonah." If it was audible or spiritual, we do not know. What

it is true is the Jonah did exactly the opposite, and instead of going to Nineveh, the place where God had sent him, he sailed to Tarshish to "flee from the Lord."

The word of God says that the Lord has a welfare plan for us, instead of misfortune; however, this can only be fulfilled if we follow the path of God that he has designed for us with obedience and faith. Learn for recognizing the voice of God in your life. Only God will take you to the places you need to go! Fortunately, Jonah had the opportunity to mend his way. What is the path that you are taking?

Prayer: "Lord, I wish to follow the path you want for me to ".

We are blessing to others when we shine our light

Bible reading: Matthew 5:14-16

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:16)

Previous conversation: Answer this question: What talents can we use to bless other people?

If you were a rich person with a lot of money in the bank, nobody would know if you never withdraw your money. By contrast, if you decide to pull out a big portion of money in your bank, the next thing to do is to spend your money in something. In that way, there would be evidence that you are a rich person.

The same happens when you are a blessed person; Jesus said " Neither do people light a lamp nor put it under a bowl." That does not make sense, does it? Well, in the same way it is absurd that we have the love of God in our heart, and we never make the effort to give it to someone else.

The verse 16 is clear: " let your light shine", this means that every talent that we have, must be put it in practice so we can a blessing others.

If you are an artist, tell funny jokes or are a good writer, would not be great if this talent make others get closer to Christ ?Of course!

There are many people waiting that for a word of encouragement and comfort, and you can be answer to theirs prayer or the balm that people that really need. Prayer: "Lord, I want everyone to see your light shine on me."

The spiritual side of blessing

Bible reading: Matthew 14: -13-19

They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over (Matthew 14:20)

Previous conversation: Make planes to prepare a food pantry needy family. Then, set up a date to deliver it. When you do it ask the family to thanks God for the loving supply.

When we hear the story that Jesus multiplied the loaves of bread and fish, and fed more than five thousand people, we realize that nothing is impossible for God. However, there is one aspect that shows how the spiritual provision works in the kingdom of God: According to the gospel of Matthew, "And he directed the people to sit down on the grass.

Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people."

In this month we have realized how the blessing from the Father must be present in our life, we learned that "Blessing gives power to prosper". This is what Jesus exactly does: He blesses the provisions and places an extraordinary power that allowed Him more than five thousand people."

Beyond the miracle, we must see when we bless others, the doors of heaven open so God can pour out His grace on the blessed person. To bless is an act of generosity, and Jesus decided to exemplify it in a beautiful way when he fed to five thousand people.

What do think if we bless our food every day?

Prayer: "Lord, I want you to bless my food every day."

We are called to bless others

Finally, all of you, be like-minded, be sympathetic, love one another, and be compassionate and humble (1 Peter 3:8.)

Previous conversation: Give your opinion about this question: How should I treat a person who always treats me bad?

In this verse, when the apostle Peter talk to us, he is giving us a great challenge: "Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing..."

Only someone like Peter, who was ready to die for the Gospel, the aplomb to speak on behalf of God and tell us that we have to bless every person who treats us badly.

Have you ever had issues with someone in your daily? Can you remember what your reaction was?

Yet, there is no doubt that Pedro knew that this was very difficult for us to comprehend this situation, he was a rowdy fisherman, that many times had to fight with himself so God could grow in him. Of course he got it!

The way we react to things we do not like, is what shapes our character before others. That picture can be a landscape masterfully painted or just a canvas where we only see dark spots. How do you think others see your life?

The final portion of this word tells us that we are called to give blessings and this must be than good news, it must be a total joy for us.

Prayer: " Lord, help me to bless everyone no matter what they do."

The father's blessing is a promise

Bible reading: Genesis 12:2-3

“I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing.” (Genesis 12:2)

Previous conversation: How do you feel when someone does not fulfill a promise?

When the Lord gave this promise to Abram (remember that God had not change Abraham's name yet), he was seventy five years old and a great future that in that moment he could not imagine what the promise that he received implied.

The Bible does not say what was Abraham's the reaction when God said such words to him. It is not difficult to imagine the responsibility that rested on his shoulders, but it is hard to also imagine the level of confidence that Abraham had on God. Abraham does not know how but he was sure that God would use his sovereignty to prepare Abraham to start "a great nation."

God has plan for each one of us and we can find them in his word through innumerable promises. As Abraham firmly trusted thoroughly on God, we must also trust on the fact that his promises will make come true.

We should never forget that we are his children, and in this world we have the opportunity to inherit something from our earthly parents, why are not we going to have the right to inherit the promises of blessing of our Father God!

A good activity would be to list in a sheet of paper the promises that we can find in the Bible, then to make a list of the promises that have been fulfilled in your life. Prayer:" Lord, I believe in the promises that you have for me."

To be blessed is the cry of an entire generation

Bible reading: Genesis 27:30-38

May anyone who curses you be cursed; and may anyone who blesses you be blessed
(Genesis 27:29 b)

Previous conversation: Organize a group dynamics, in which each member of the family blesses the person on their right side.

The time had come for Isaac to bless his firstborn, Esau. The father's blessing was so powerful that her wife, Rachel, carefully planned so that her beloved son, Jacob could receive the blessing that belonged to his brother.

When Isaac was blind, he blessed Jacob without knowing it. Esau cried out of sorrow: "Oh my Father, I beg you that also bless me"!

The same cry of sorrow that begs for the blessing of the father, is the one that today's youth generation in the claims for. In this time, we live in a hurry, and work, study and personal commitments, activities that are taking the time that we need to be our with family and bless each other.

Basically, what families need that parents continue to bless their children and continue to declare upon them a bright future. No one but parents are responsible for the task of blessing their children.

Parents: Always pursue blessing your children.

Children: Do not forget to look for the blessing of your parents.

Prayer: "Lord, help me to bless my family every single day."

God's blessing is spreading

Bible reading: Genesis 39:1-38

And the blessing of the LORD was on all that he had, in house and field. (Genesis 39:1-38)

Previous conversation: List three blessings that you would like to receive from God. Then, place this list in a visible place where you usually meditate and use it as an inspiration when praying, the Bible says that when Joseph came to Egypt as a slave, things started to go well for him. This situation caused that his Egyptian master, Potiphar, gave him his confidence and designated butler of his entire house and entrusted the management of all his possessions.

Joseph had a strong faith in God despite working in the house of an Egyptian, who believed in many gods .But take a look at what God say:" From the time he put him in charge of his household and of all that he owned, the Lord blessed the household of the Egyptian because of Joseph. The blessing of the Lord was on everything Potiphar had, both in the house and in the field."

God's generosity has no limits! For that reason, we can be sure that if we are at the service of God and we do what he asks us, we will have prosperity, as well as everyone.

Do you wish your family, to have a life of blessings? Well to work on and settle down! God will take of the rest when you least expect it.

Prayer: "Lord, thank you since I know you will make that my family to live in blessing."

Defeat can be transformed into victory

Bible reading: 2 Samuel 16:5-13It may be that the Lord will look upon my misery and restore to me his covenant blessing instead of his curse today". (2 Samuel 16:12)

Previous conversation: Has the Lord ever transformed an apparent defeat into a victory?

Discuss the answer, King David fled from his own son, Absalom, who had conspired against him. When he was escaping, a man of the family of the house of Saul, whose name was Shimei, came into his way. He started to curse and threw stones at David, and at all his servants.

Immediately, one of the David's servants offered to punish him and eliminate Shimei. However, David refused to do so and said: "It may be that the Lord will look upon my misery and restore to me his covenant blessing instead of his curse today."

Is this the attitude that we take when everything seems to be against us? Do we have the permanent security that God is turning such the curse that we are receiving into blessings?

Christian life is not easy and often we will be tempted to act according to our own sense of justice. But even if everything seems to indicate that it is only fair that we take the law into our hands, we must follow the God's instructions.

David could let his servant behead Shimei but good sense told him it was not right and his faith assured him that curses would be turning into blessings.

Prayer: "Lord, I am grateful because you have the power of transforming an apparent defeat into a victory."

We are blessed since in our mother's womb.

Bible reading: Luke 1:39-45

"Blessed is she who has believed that the Lord would fulfill his promises to her!"
(Luke 1:39-45).

Previous conversation: Set up a visit to a family where there is a baby or a pregnant woman. The purpose of this is to bless the baby with a prayer.

When Mary realized that she would be conceive the Saviour, she went to a village located in the mountainous region of Judea; later she went to Zechariah's house and immediately, Elizabeth who saw that she was, filled with the Holy Ghost said:

"Blessed are you among women, and blessed is the child you will bear! Elizabeth knew how important the birth of this child was for humanity; for that reason she did not doubt it, and blessed him from the womb.

Nowadays, we see that during pregnancy there is a common tool that is used, "Early stimulation". Through the usage of this system, it is intended to provide stimulus to the baby, son when he is born he can have some mental and physical "additional benefits."

Elizabeth, inspired by Holy Spirit, blessed Jesus when he was in the womb and gave us the guidelines to follow in regards to what we have to do with babies about to be born: Bless them, so they can have future full of success, health, and wisdom. If this is important for unborn babies to be born, this even more influential for babies that they already born and older children! The responsibility of the whole family, especially from fathers, is to bless their children.

Prayer: "Lord, please allowed words of blessing reach all those families who are waiting doe child to be born."

Legacy of Blessing

Bible reading: Job 1:1-5

And it was so, when the days of their feasting were gone about, that Job sent and sanctified them. (Job 1:5)

Previous conversation: Discuss this question: How much responsibility do parents have for their children's behavior?

Job served God; however, in his life did not allow him to transmit that faithfulness to the next generation.

Job's sons used to celebrate feasts in each of one their houses and invited their three sisters to eat and drink. Everybody celebrated without control and did not show their father's personality at any moment.

Once completed the feast cycle, Job very early in the morning offered a holocaust for each one of his sons because he said "perhaps my sons have sinned, and have blessed God in their hearts."

Job was the one who offered the sacrifices to make amends for his sons; however we have to understand that God does not have grandsons, He only has sons!

God walks with each one of us, and therefore each of us would be responsible for our own sins. The main contribution from parents is the legacy of blessing and

their children must follow it. That means, a model of integrity and respect to God that can be transmitted from heart to heart. This is truly fair and really need in family life.

Prayer: “Lord, I pray that in every family that I know there is a true legacy of blessing.”

A fake blessing

Bible reading: Luke 19:1-10

Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount. (Luke 19:4)

Previous conversation: Make a comment about this topic: Today, who are considered Zacchaeus?

When Jesus came to Jericho, he met a man name Zacchaeus, he was the tax - collector’s chief. This man was very rich and it seems that he was a successful at that time.

Jesus decided to stay in Zacchaeus house, and immediately the people began to murmur: “He has gone to be the guest of a sinner.” Finally, Zacchaeus understood the purpose of his visit.

When we analyze this character, we cannot avoid thinking how many "Zacchaeus" there are in our in the present society, pursuing professional success and therefore material possessions.

One of the most common fake blessings is the desperate search for success. Many young people, we are not able to find the approval they need at home, pretend to obtain it by being successful at school or at work.

Nowadays, this is a very great danger, because during the excessive desire to succeed, we forget something really important, that is keep your *eyes on Jesus*.

Parents and children should discuss and share this topic, and do not allow the pursuit of success become in a fake blessing that many disrupt the family life.

Prayer: “I want my family learn to recognize what is the most important in this life.”

The great model of Abraham and Isaac

Bible reading: Genesis 22:1-6

Abraham said to his servants:

Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you. (Genesis 22:5)

Previous conversation: Use a current calendar and list the events that your children attend in the coming weeks and make concrete plans to support them.

Abraham place on the top of Isaac the wood for the holocaust as a symbol, so parents learn how children carry their own burdens and take responsible for their actions.

Abraham goes along all the way with Isaac and he did not give up on being part of this moment in the history of his son. In the same way, it is absolutely necessary that all parents are present in the most important moments in their children's life.

We live very fast and our schedule is overloaded, both for parents and children, and many times we lose sight and forget to stay together in “those important moments”. God wants our family be united and this to be the priority for all its members.

How can we do this, if we do not have the ability to recognize the needs of others?

First, we can listen to each other. This is one of the simplest tasks, yet, at the same time, very complicated for nowadays families. The model of Abraham and Isaac must be a so the relationship between parents and children be a good one to achieve the excellence.

Prayer: “Father, I wish that our model of family life be guided only by you.

The true source of the gospel

Bible reading: Matthew 19:13, 14

Jesus said, Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these. (Matthew 19:13)

Previous conversation: Discuss the role of the father as a priest in the family. This about this question: Is the church responsible for the children’s religious education?

When Jesus said, “Let the little children come to me,” He clearly states that no one can stop the spiritual approach of children to him, on the contrary, the family efforts must be guided towards a progressive understanding of the life of Jesus.

Many parents have give up this significant task of priesthood at home. For that reason, it is good to remember that one of the most important responsibilities, particularly for dads, is being the main source of teaching the gospel to children.

To be an agent of blessing, parents should not make the mistake of expecting the church to be the one who establishes in children a genuine love and obedience to God. The church greatly strengthens love and obedience to God, but this is a task that has to be done by parents. Finally, the church is a complementary entity for children's religious education. Also, children serve God when their parents serve him, they will love the God that their parents love, and they will kneel before the God their parents kneel before to.

Prayer: "Dear God, let the children in each home that we know are get closer to you."

We are blessed when we respect our authorities

Bible reading: Romans 13:1-5

Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. (Romans 13:1)

Previous conversation: Discuss this question: What is the criterion for submitting to the authority?

The letter to the Romans has been always one of the pillars of our Christian faith, and not in vain Paul highlights a topic that we can experience in our daily life: The respect to the authority.

“Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God.” (New Living Translation).

We found the authorities in all areas of our life: we start by obeying our first authority that is God, then when we were kids we have our parents and teachers until we grow up and as adults there are many authorities to whom we owe respect and obedience.

For example, a public authority that we always run to, is the people in charge of guarding the entrance of a building .Due to the a hurry we live in, we want to "skip" this level of authority and do not continue with the same routine of presenting a personal identification, and sometimes wait for our information to be written down in a notebook.

From now on, keep this thought in mind and recognize the authority delegated by God where is appropriate.

Prayer: “Dear Father, I bless the authorities and I subject myself to them because they came from you.”

There is blessing in sowing

Bible reading: Galatians 6:7-10

Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. Galatians 6:10

Previous conversation: Make a list of the seeds of blessing that you can sow this week.

Sowing and harvesting is a topic that lives inside us. When we can reap blessing, but do not forget that we could reap a curse as well.

Paul encourages us to do good with a powerful phrase: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Sow good things permanently is not an easy task. Paul knew it and therefore he added: "do not give up... Did he think that people get tired of doing good?"

Our human nature always seeks to please ourselves at the expense of others. It is natural that we feel desire of do not do good. This is usual because this is our nature but is not good.

Nobody sowing orange seeds to grow pears, or expect to get lemons from a mango seeds, however, we expect everything go well when we sow good!

Like any seed, good will bring fruits to our life and "at the proper time we will reap a harvest if we do not give up."

Sow good is a patient waiting, it is a plant that does not always grow rapidly, but when the fruit is there, you will have abundant blessings on your life!

Prayer: "Dear God I want to learn to reap blessings, help me to sow them!"

Esau and the momentarily satisfaction

Bible reading: Genesis 25:27-34

Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So Esau despised his birthright. (Genesis 25:34)

Previous conversation: Make a plan to determine what activities or priorities already set up as part of your lifestyle are just matters without apparent meaning. Previously, we saw how Jacob deprive Esau from blessing, and how this caused a big sorrow to Esau .However, before this happened, Esau did not have a problem to sale to Jacob his birthright for a lentil stew!

What did it mean the birthright at that point? It meant the family tendency and a double participation in the inheritance.

We can see in the passage that Jacob behaved in an impropriate way by offering an unfair trade, but we must pay attention to Esau's attitude ,for what it represented his satisfaction at the time, despising as the Bible says, of being the eldest son.

This same search of satisfaction without a measure is what governs our world today. Children, youth, and adults are seduced by the advertising of hundreds of products that do not need, but are shown in a way that it seems that we do!

The momentary satisfaction puts spiritual life in danger, and we head in the opposite way to the blessed. By blessing, it is understood to serve others.

Prayer: "Dear father, let us look for the true, the durable, and that we seek for you."

Blessings close and open stages

Bible reading: Genesis 21:8

The child grew and was weaned, and on the day Isaac was weaned Abraham held a great feast (Genesis 21:8)

Previous conversation: List the birthday date of one of your family members' birthday .Plan a special celebration for the person whose birthday is close.

This meditation revolves around a single, short, yet powerful verse. The Bible says that Isaac grew up and was weaned. It was a unique event and, for that reason, Abraham created a big feast.

What can we find here? Transition ceremonies have always been understood by the Jewish people. In this case, we see that Abraham celebrated a great feast in honor to his son Isaac because he was no longer baby as he stopped breast feeding and started to eat solid food.

The Bar Mitzvah ceremony is one of the most important Jewish celebrations, as it celebrates the ending of adolescence and the beginning of adulthood.

We those we believe in Christ, can use the Father's blessing to close and conclude our children's adolescence stage and welcome them to the life of responsibilities: adulthood.

In the Abraham's style, we must give importance to this transition ceremony. Research in our local church about what we can do so that in our family there is the culture of blessing, the culture of closing stages and opening new and good doors.

Prayer: "Lord, I want my family to live this blessing culture of closing and opening stages."

God set the identity of his children

Bible reading: Matthew 17:1-5

"This is my Son, whom I love; with him I am well pleased. Listen to him!"

(Matthew 17:5 b)

Previous conversation: Talk about the importance of expressing words of confirmation from each and every one of the family members.

We learned earlier that even Jesus needed the blessing from his Father begging his ministerial life. At the time of baptism, God Father made it clear how pleased He was of his when He said: "This is my Son, whom I love; with him I am well pleased. Listen to him!"

But in the Bible, there is more about expressions of satisfaction from God Father to His son .In this episode of the transfiguration the word of God says: a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!"

Again, the Lord affirms the identity of His by declaring that "He is well pleased" and finish by saying to everybody: "Listen to him!"

The children, whatever their age will always need the blessing of their father, words that reassure them as beloved ,and expressions of love to give them the necessary security. God does not skimp on tell his children how much he loves them ;with this example, none of us

should be stingy with words of blessing the whole family, from father to son, from son to father, among, siblings and in general for all.

Prayer: "Lord, I want to follow your example and fill with blessings my home."

Honor our parents

Bible reading: Deuteronomy 5:16

Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you. (Deuteronomy 5:16)

Previous conversation: Talk about the difference among the children today and long ago in regards to the respect they owe to their parents. Together, decide if it is necessary to make a change in the way how children relate their parents, nowadays.

The acknowledge commandment to honor your father and your mother has been undermined by an increasing trend of rebellion and disobedience as part of children. When Moses brought the commandments of the law of God, the mandate brings a promise: Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you.

The commandments are exactly that: commands. God does not make a suggestion asking us "please", something that we suddenly want to do or not. He is telling us: Honor your father and your mother even if they do not behave as you expect. Nevertheless, God is so generous that behind that obedience, He gives us an extraordinary promise of a long life and welfare in everything that we do. The honor will always bring blessings, not only those who receives them, but also the ones who gives! Within the culture of blessing that we must

set in our home, the honor to our parents is one of the most important tasks that we have as children.

Prayer: "Lord, let me always be honor to my patents."

Get rid of the root of bitterness

Bible reading: Hebrews 12:14-17

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many (Hebrews 12:15)

Previous conversation: Discuss the importance of forgiveness when a family member has been made a mistake. Especially, focus on the fact that person who does not forgive, may carry a great burden on his shoulders.

Paul tells us something very important: That we may ensure that "bitter root grows up to cause difficulties and that corrupts many." A root of bitterness is one of the main obstacles to give and receive a blessing.

Parents, and mainly children, wounded by the words that they have received, refuse to accept the unconditional love that Jesus gives to us. When this happens, as it described by Paul that corrupts many.

Later, this portion of the Word tells us that "we ensure that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son."

When Paul talks about the concept of the roots of bitterness with the warning of not to being like Esau, we can see in a clear way how this situation does not allow that blessings come into our lives. The roots of bitterness grow easily in the family through words, gestures, and attitudes of dishonor. Therefore, it is our duty to root out those behaviors, so the blessing

culture reigns in our family and the principles of God's Word can be established from its roots, in our hearts.

Prayer: "Lord, help me to get rid of every root of bitterness."

Lack of integrity

Bible reading: Joshua 7

Neither will I be with you anymore, unless you destroy the accursed from among you (Joshua 7:12b)

Previous conversation: Integrity is an earthly effort to and holiness is a godsend.

We live in a society of concessions, the underlying philosophy is to achieve our goals regardless the means. This egocentric perspective has as a motto "if it works for you, just do it". Inevitably, this notion compromises the conscience and beliefs.

What is integrity? It is related to righteousness, strength, and consistency. It is the description of someone who has a firm adherence to a moral or ethical code. What was the Achan's sin? He did not know how to follow God's rules, and he decided to keep something that must be destroyed. Achan thought that his decisions were better than God's.

He decided to live in hiddenness. According to Proverbs 28:13, "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy." But Achan preferred to hide the loot that he found and continuing with his life as if nothing had happened.

Achan's lack of integrity of brought defeat and self-destruction. Integrity is vital a component that makes us change what is worthy for temporary things. Integrity is a factor that we acquire as of our relationship with Christ. Our salvation begins with Him, our sanctification grows with Him and our glorification end with Him. He is reason of our being for that reason is the worthiest.

Prayer: "Lord, help me to thrive in my integrity."

Haman, the intriguing

Bible reading: Esther 3

When Haman saw that Mordecai would not kneel down or pay him honor, he was enraged. Esther 3:5.

Previous conversation: Intriguing people ended up embroiled in their own mess.

Intrigue is defined as something that is handled with confidentiality, something that is prepared with cleverness to achieve something specific. Intrigue breaks relationships, wrecks families, divides churches, and develops wicked plans and thoughts, dissolves friendships, and destroys dreams.

Haman was a man that the intrigue led him to desire the extermination of the Jewish people. He was the right-hand of King Ahasuerus and uses his position to carry out his evil plans. Intrigue leads to taste and yearn fame, power, and wealth in an unhealthy. It is clear that Haman's intrigue made him despise life and the dignity of others. In our journey, we have to follow the path of honesty and integrity, despite of the injustice that prevails in the world. It is interesting how the unfairness of life can lead us to doubt God's sovereignty, but it is key to never confuse God's silence with God's inactivity. The Jewish Mordecai, who in

this was destined to die, became prominent among his people and second in command after the king Ahasuerus. He reached great admiration among his people, because seek the well-being of his people and promoted their welfare. Never forget that in the end, God will impose His plan, which will succeed and exalt the ones who follow him.

Prayer: "Lord, do not allow me to achieve my goals with legitimate methods."

Aquila and Priscilla: A Model of a Married Couple

Bible reading: Acts 18

When Priscilla and Aquila heard him, they took him aside and explained to him the way of God more accurately (Acts 18:26b)

Previous conversation: The strength of a marriage couple is huge when serving God.

In Acts 18, we find a model of a couple, Aquila and Priscilla whose marriage was used by God in a very powerful way. Let us look some features.

They work as a team. Their names were mentioned six times, and they were always together. In this way, they enjoyed and faced better the triumphs, challenges, and difficulties.

Fellowship during the struggle. Both had a tough job, they manufactured leather tends. In addition, both had a very active ministry. In their hearts both harts they had a common denominator: extend the kingdom of God.

Capable of providing correction and restoration. In Acts 18:26, we see young Apollo hungry for truth. Aquila and Priscila decided with respect, prudence and wisdom to help him grow. They were a factor of positive change. What kind of impact do we have in the people we interact with?

They knew how to show sacrificing love. Both left a deep mark on those who were had the privilege to knowing them. They decided to stay with their friends in tough times. Paul makes reference to them saying that they saved his life.

Prayer: "Lord, let us understand that two are better than one, because they have great achievements for their efforts."

Guile, the Gibeonites

Bible reading: Joshua 9

This is what he did for them: he saved them from the Israelites; and they did not kill them (Joshua 9:26)

Previous conversation: The lack of guile leads to disappointment, frustration and anger.

Clever is someone who is sharp and able to deceive or avoid deceive, or to skillfully achieve any purpose. We cannot confuse kindness with naivety. Christian piety does not prohibit using a positive and necessary portion of guile. Matthew 10:16 says: "I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves." The Gibeonites create a plan to deceive the Israelites, and thus made a pact to protect them from destruction.

The people of Israel committed several mistakes that are necessary to point out.

They forgot what their weakness were. It is necessary to know oneself and understand what areas of my life can be used against me. They relied heavily on their judgment and this stopped them from seeing the real reason of the visit, which it to deceive them.

They believed to they were the exception to the rule. They never thought they could be misled, so they lowered their guard .An anticipated victory speech makes people believe they are exceptions to the rule, as if the sun and rain were not for everyone.

It is important not to judge a book by its cover. That is why I need tough questions until getting the right answer. Our kindness never should be confused with naivety.

Prayer: "Lord, give the ability to discern."

Barnabas, Christians for the first time

Bible reading: Acts 11:22-26

So for a whole year Barnabas and Saul met with the church and taught great numbers of people. The disciples were called Christians first at Antioch (Acts 11:26)

Previous conversation: Barnabas not only talked about Christ, but he also followed him, so due to people like him, the first believers were called Christians.

The Bible describes Barnabas as a good man, full of the Holy Spirit and faith. When he was sent to Antioch, Barnabas could see the grace of God upon the people in that place. Antioch was the place where the disciples were called Christians for the first time. What could be the reason? During that time, there were not temples "religious last names," nor let

a Bible. When I read the story, I realized that Barnabas had a strong impact on the people around him because he decided to emulate Christ with his life.

However, how did Barnabas emulate Christ?

Barnabas was a friend to unaccepted people. He approached the people that no one had the courage to do approach.

Barnabas had faith in God. His actions reflected a man who left the impact of God in people like Paul or Mark and many other.

He had a big commitment to Christ and his kingdom. This was reflected on his attitude and willingness to attend God's call.

He was a visionary who knew how God saw him. We can see this evidence reflected in their reaction upon seeing the grace of God on Antioch.

Prayer: “Lord, help me to emulate Jesus in my life.”

Cain, Bad decisions

Bible reading: Genesis 4

Now Cain said to his brother Abel, “Let’s go out to the field.” While they were in the field, Cain attacked his brother Abel and killed him: (Genesis 4:8)

Previous conversation: Life forces us to make decisions; it is important to understand that their quality will determine the path to follow in the life. God does not hide sad stories because all these stories are valuable lessons for our life. God let .Cain that he could take good decisions .However, Cain decided to choose evil.

He chose the irreverence. It was reflected in his distance, hypocrisy, and disrespect; also he chose to stay away from God and did not listen his advice.

He chose mediocrity. His envious mediocrity was the product of the inability to value other people. He did not take in consideration that God's priority is look into the heart before any other thing.

He chose violence. His envy led him to kill his brother. His actions reflected a frustrated and arrogant heart.

He chose to be deaf. God asked him questions so he could evaluate himself, but decided not to pay attention. Definitely, there is none as deaf as he who will not hear.

Cain's real enemy was not Abel or God, it was sin. God warns us to listen to His will. Let choose the path of reverence, excellence, peace, and obedience. So we can avoid the tragic price of bad decisions, as Cain, the negative stigma, alienation, and sterility.

Prayer: "Lord, open my ears because I want to hear your voice."

Caleb, the tenacious

Bible reading: Joshua 14

So Hebron has belonged to Caleb son of Jephunneh the Kenizzite ever since, because he followed the LORD, the God of Israel (Joshua 14:14)

Previous conversation: It is common to meet talented people who fail and genius people without recognition. Tenancy and determination are powerful weapons to succeed.

Nothing can replace tenacity, not even talent. It is impossible to succeed without this virtue. Being tenacious means to be constant in a strong attitude to achieve goals. How Caleb does reflect his tenancy?

He was tenacious with himself. He saw how others loss their faith in others, but he decided to be faithful to God. Caleb could feel anger, impatience, and fear when he realized that forty-five years had passed since God promised him through Moses such desire. However, he processed his frustration in the right way, and he did not allow his heart filled with bitterness.

He was tenacious before his generation. He perceived fear and frustration from his companions, but he decided not to fall into the peer pressure. In despite of the circumstances, he was spiritually, emotionally, and physically strong.

He was tenacious before God. He knew how to believe in the promise that came from God, and this gives vitality to his life.

God's promises must be conquered. They are just in front of us as the Lord has offered them; so we must be prepared to take them and make them come true.

Prayer: "Lord, give me the ability to fulfill what you have entrusted me."

The Good Samaritan, compassion

Bible reading: Luke 10:25-37

He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him (Luke 10:34)

Previous conversation: Compassion is the result of the personal experience of God's love that changes our egocentrism in compassionate mercy.

In the world we live in, we overlook human pain and ignore the need of fear, hurry, inconvenience, or status. Compassion is the miracle of feeling how God feels, it is to know what need is and react as God would do it.

The question of such man could be the same today: "who is my fellow men?" Jesus' answer is the same today. A man who was robbed, injured, and abused and the reactions of those who went by his side were:

For the expert in law, it was a theological topic.

For the thief, it was someone to be robbed.

For the religious person, a topic to avoid.

For the waiter, a customer to serve.

For a Samaritan, a human being to assist.

The Samaritan had compassion. He showed mercy and this led him to take action. Our fellow man is anyone who needs us and cannot stand on his own.

Prayer: "Lord, help me be the answer of someone's pray."

Korah, the rebel

Bible reading: Numbers 16:1-4

When Moses heard this, he fell facedown. Then he said to Korah and all his followers: In the morning the Lord will show who belongs to him and who is holy (Numbers 16:4,5a.)

Previous conversation: Jesus commands us to learn from Him two things: gentleness and humility; this implies that rebellion can be forgotten and that those virtues can be incorporated.

A rebel is someone who is headstrong, disobedient, tenaciously opposed, a person who is irrational and difficult to educate. Korah's sin is consisted in rebelling against legitimate authority. One of the elements to identify in rebel people is their lack of empathy and harmony. Rebelliousness is a lifestyle that separates us from God. As time passes by, this bad habit of our soul interrupted the development of the faculties that God had given to Korah.

Korah had a "troublemaker" attitude, since his disagreement did not come from a genuine concern, but from his rebel heart. His disagreement to a leader was not reached through an objective analysis, nor for a criterion that led him to be concerned. Rebelliousness can lead us to have a permanent dispute against authority.

Evidently, Korah did not have the wisdom to understand that his authority was provided by God. People with a rebellious attitude are flooded with pride, self-sufficiency, selfishness, and blindness before the reality. Let make a difference in our area of influence with a healthy respect towards authority.

Prayer: "Lord, allow me honor the authority that you have me."

Jovita, trapped up in pain

Bible reading: Job 2:9-10

Then his wife said to him, "Do you still hold fast your integrity? Curse God and die!" Job 2:9.

Previous conversation: Shakespeare said "Sweet are the fruits of adversity." Discuss about this quote.

Life can knock you down and nobody can escape. The difference relies on the people who choose to get trapped in pain and the ones who decide to go on despite adversities.

In Job 2:9, we find a frustrated wife who reproached her husband's integrity to God in the midst of difficult circumstances. The Job's family was blessed by God, but from one moment to another everything collapsed. Some tragedies come together, and neither comes in a good time.

Jovita's life was difficult, she suffered many material losses, death of her children also the illness of her husband and the pain caused by loneliness.

Her real problem was that she decided to stay trapped in such pain and bitterness. There are people when having difficult times decide getting closer to God, while others carry on a resentment against Him.

Job decided to have the correct attitude and keep his faith in God. He was a man of integrity that adored and trusted God when he was tempted to be overcome by his condition. Although, pain deforms certain people, it can also transform them for the better.

Prayer: "Lord, I always want to please you during my difficult times."

Mr. Money, finances of wise person

Bible reading: 1 Timothy 6:10

For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. (1 Timothy 6:10)

Previous conversation: The most important question about our finances is: Do they honor God? My money management points out my priorities and the place where my heart is.

I read a quote that said: "Money can buy a bed but not sleep, books but not a brain. food but not appetite, make up and jewels but not beauty, a house but not a home, religion but not a savior, a ticket to anywhere but not heaven. "Do I love money? How can I know? There are certain attitudes that we can find in a people who is moved by money: Do you give priority to your career above your family?

Are you obsessed with having the best things?

Are you greedy and envious about what others have that you do not?

Do your financial issues affect your daily mood?

If you have noticed that any of the attitudes mentioned above, it is possible that money is dominating your life. How can you deal with money? Earn money with hard work and honesty. Do not allow money to give value to your life. Pay your bills and save money. Remember the poor.

Prayer: "Lord, help me to be a faithful administrator of goods you have entrusted to me."

John the Baptist, when the heaven says great

Bible reading: Luke 3

For I say unto you, among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he (Luke 7:28.)

Previous conversation: According to God, the greatness has nothing to do with size, wealth, significance, miracles, or elegance.

For you, who is great? The Hindus would say Gandhi, Muslims would say that Muhammad, some might say Mother Teresa, evangelicals will say Billy Graham, and that if you are football fan you would say Pele, Maradona, or Messi. In Luke 7:28 makes clear for Jesus John the Baptist was the greatness. Why?

He broke the God's silence in people. John's greatness was that his life, message, and ministry prepared the hearts of the nation to receive Jesus Christ.

The word of God filled and guided his life. John had a dynamic and meaningful relationship with God's word.

He requested for true repentance. John states in Luke 3:8 "Produce fruit in keeping with repentance."

His identity and personality was defined on God. His greatness lay in his conscious of meanness and smallness that he had.

His speech was always about Jesus. John introduced Jesus to the world, but never for himself the glory that is only from God.

John the Baptist was called the greatest by the heaven because he prepared the path for The Lamb of God do His work. Prayer: "Lord, use me to break the silence of God in the life of others."

The adulterous, the power of grace

Bible reading: John 8:1-11

Jesus said to her: "Then neither do I condemn you," (Go now and leave your life of sin John 8:11b)

Previous conversation: The grace awakens the consciousness of a woman affected by shame and pain.

Jesus did not come to this world for the "healthy" ones, instead, he came for the sinners without hope. The motivation of the Pharisees was not a yearn for holiness, but envy. They wanted to set a trap to Jesus. The answer of Jesus is amazing: "Let any one of you who is without sin be the first to throw a stone at her."

We are not free from sin; therefore, we are destined, like the adulteress, to live away from the presence of God.

Jesus asked: "Has no one condemned you? No one, sir, she said. Then neither do I condemn you, Go now and leave your life of sin." We are the result of the grace of God in our life. Do not forget that there is nothing in us that makes us worthy of salvation, but his sacrifice on the cross that he has been given to us.

Never forget that grace...

It is more determined than your wickedness.

It discovers human dignity.

It is more effective than legalism.

It is more attractive than licentiousness.

It provides the greatest power to live according to God. Prayer: "Lord, use me to bring good news to the people who do not know you."

Men who make a difference

Bible reading: Ephesians 5:25

Husbands, love your wives, just as Christ also loved the church and gave Himself for her (Ephesians 5:25)

Previous conversation: God expects from a man a holy masculinity, humble conviction of equality, the fruit of the Holy Spirit as personality and permanent service.

How can one man make a difference? Society has imposed stereotypes to the men of today. For that reason we have "Rambos" and don Juanes." If you want to be a man that makes the difference, I suggest you to put your eyes on Christ. The man who makes a difference followings God's way continues the footsteps of Jesus.

Decide to communicate as Christ did .He knew how to express his emotions and feelings in an appropriate ways. We need recognize the importance of being accounted for and asking for help in times of crisis.

Decide to serve as Christ.Service is not an impulsive obedience, it is having the willingness to serve humbly to another person by placing your interests ahead of one's own. To serve is a privilege and as men we must do it with pleasure and joy like Christ.

Decide to respect as Christ. Some men speak about masculinity as a feature of superiority, and as a consequence of that, women talk about men as if they were their enemies.

Decide to be pure as Christ was. Immorality and violence have distorted manhood model that God designed. A man who makes the difference, accompanies his, family and thus he allows God to lead his life and his steps.

Prayer: "Lord, let me be a blessing for my wife and my family."

Israel –The mediocrity

Bible reading: Malachi 1:6-7

How have we despised your name? By presenting defiled food on my altar. You ask: How have we defiled you? When you say: The Lord's Table is contemptible (Malachi 1:6 a -7b)

Previous conversation: The God from the Bible is excellent. His creation, incarnation and resurrection were excellent. How can we explain our mediocre answer under these circumstances? Mediocrity can be described as doing only half of what it was and this to me assigned to me with half of effort required.

The people of Israel had a mediocre liturgy: They lacked the ability to appreciate who God was, and this situation led them to a mediocre adoration. *The people of Israel had a mediocre family:* their values of the betrayal and violence. They intended to start a new chapter in their lives, without even finishing the previous one in a correct way. *Israel had a mediocre commitment with God:* To give an offering to God reflected their ignorance of whom they addressed. "It prevailed it to the alms attitude."

Charles Swindoll said: "Excellence is a difficult concept to communicate, but it is easy to misinterpret, from the neurotic perfection, to the presumed sophistication. It is neither of these things; on the contrary, it is the material with which greatness is made of, it is the difference between walking and flying, "it is what differentiates the significant from the superficial, the long lasting from the temporal". God expects and deserves the best of us, so we have to choose to live with excellence. By doing what we have to do, the best we can, with what we have and we know. Prayer: "Lord, I always want to give you the best of me."

Jesus, The service

Bible reading: John 13:1-7

After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him (John 13:5)

Previous conversation: Axiom of Christ, the more I serve, the more I grow. And the more I grow, the more I serve. Now that you know these things, you will be blessed if you do them.

Serving others is a way of life. Jesus insisted that we must imitate his servant heart. His words were clear "Now that you know these things, you will be blessed if you do them.

“Jesus did not decide to wash the feet of his favorites, but he also served to the one denied and betrayed him. Serving is an action and Jesus did not preach about longing or desire of serving others, instead he began to serve with humility. What an incredible life-lesson that He gave us. The hands that created the universe washed the calloused feet of his disciples. As someone said "who wants to serve will always find the opportunity to do so, but the one does not want to do it will always find an excuse."

To serve will allow me to create a vital relationships in my life. Peter could not imagine seeing his teacher cleaning his dirty feet, he did not understand that the service was the bond that would get them closer. Without a culture of service, it is impossible for a person, family or church to develop and make an impact on society that we live. People that serve with the correct attitude and at the right place, are enthusiastic, effective, and have a deep feeling of realization. Prayer: “Lord, give me the opportunity to serve with a grateful heart.”

Jezebel-Depressant factors

Bible reading: 1 Kings 19

I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors (1 Kings 19:4b)

Previous conversation: There are experts in damaging the lives of others and I must learn to handle wisely that reality.

Jezebel is an interestingly character who does not appear much in the Bible, but it is important to emphasize that this woman was characterized as a person capable of withering

lives. We might think that a person with a strong spiritual life is not likely to suffer an emotional disorder such as depression, but that was not the case of Elijah. It is impressive to realize that is this famous prophet had features of depression.

He had an incredibly weak response before Jezebel threats of taking his life .The threatening personality of this woman made Elijah flee and become isolated. Depression took the control of Elijah's life.God expects that we know how to handle the ups and downs in our life. It is necessary to overcome it and get ahead.

Let's learn to rest in God, because in His presence he is capable of reducing our anxieties and reactions. Never forget your value and the achievements that you fulfilled thanks to God's hand because it is very easy to forget them in hard times and only focus on the negative aspects in our lives. Elijah retook the control of his life and he knew how to refocus it and understood that God continued to have a perfect plan for his life.

Prayer: "Lord help me to know how to control my emotions in difficult times."

Joseph, the True Prosperity

Bible reading: Genesis 39

He was in the house of his master the Egyptian, his master saw that the Lord was with him and that the Lord made all he did to prosper in his hand (Gen 39:2 b, 3)

Previous conversation: True prosperity is rather than attitude of the soul that makes me keep fighting to achieve what God has for me, as a destiny of glory.

Some people define prosperity as the abundance of material assets, but that definition is too poor. Joseph's story is fascinating .He was sold to an Egyptian official, who found something different in Joseph and understood that God was the factor that made Joseph a different person.

Potiphar decided to put Joseph in charge of his house and assets. After a time, Joseph's character and personality made Potiphar's wife to try seducing Joseph

Joseph decided do not to sin against God and preferred to get away from temptation .Potiphar's wife could not contain her anger before such rejection and accused him of rapping her. Obviously, Potiphar decided to send him to jail.

In that difficult time, God was still with him. In prison, it was gave him a place and he was put in charge of all the prisoners.

Joseph became the administrator of Egypt and made people around prosper, due to "the Lord was with him and that the Lord made all he did to prosper."

If we decided to be faithful and follow his ways, we see the god's faithfulness in our lives.

Prayer: "Lord help us to depend and trust in you, even in the midst of betrayal and injury."

Transitions: Joshua

Bible reading: Joshua 1:1, 2

Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them to the Israelites (Jos 1 :2)

Previous conversation: When Moses died, God commanded Joshua to have a transition in his life. A Josue had the responsibility to go along with his people to the land that God had for them.

There are realities about transitions that we have to understand.

Transitions tend to be traumatic. For instance, Joshua had to face the death of Moses, who was his mentor. However when he passed away, Joshua's role changed, he went from being an assistant to a leader. Do not forget that even though transitions can be traumatic but they are necessary for our growth.

Transitions tend to cause resignation and acceptance. They force a new beginnings and we must decide to live in the right chapter of our life.

Transitions demand learning and experience. God was clear to tell Joshua that he and his people needed be prepared for what it was to come. Every goal involves going to a new starting line.

Transitions demand a vital alliance with God. He is the only determining factor in life. Even though Moses died, the God's purposes remained in place. It is crucial to commit and accept transitions, because without this fundamental value there cannot success in your life.

Prayer:" Lord, I want to recognize the end of one chapter and the beginning of a new one."

Chapter V

Data Analysis

This section includes the results of the study that was performed. The main goal is to objectively describe the information obtained according to the methodology explained and designed for this purpose. It is important to mention that it follows a logical order based on the same sequence, in which variables were presented according to the specific objectives. For a better understanding, it is important to demonstrate the effects of applying technical translation techniques in the documents “Solid Answers” and “Meditaciones en familia” for Focus on the Family.

5.1 Analysis and Interpretation of the Results

As part of this translation project, it is included the color coding the shows different translations procedures, the text analysis propose by Peter Newmark and the glossaries created for both texts.

5.1.1 Text Analysis

| Text Analysis | Solid Answers | Meditaciones en familia |
|----------------------|----------------------|--------------------------------|
| Text Style | Discussion | Descriptive |
| Type of text | Narrative | Discussion |
| Type of translation | Communicative | Communicative |
| Scale of formality | Formal | Formal |

| Text Analysis | Solid Answers | Meditaciones en familia |
|------------------------------------|----------------------------|--------------------------------|
| Scale of generality and difficulty | Educated | popular |
| Scale of emotional tone | Warm | Factual |
| Function of the text | Expressive and informative | Informative |

5.1.2 Color-coding

| Procedure | Example | Explanation |
|------------------|------------------------|--|
| Transposition | Transposition | Highlighted in yellow |
| Modulation | Modulation | Highlighted in green |
| Amplification | (Amplification) | Bold dark blue font within parenthesis |
| Omission | <u>Omission</u> | Is underlined in the source text with black font |
| Equivalence | Equivalence | Highlighted in red |
| Explicitation | Explicitation | Highlighted in dark blue with white font |
| Adaptation | <u>Adaptation</u> | Double green underline with black font |
| Compensation | Compensation | Highlighted in turquoise |

5.1.2.1 Color Coding Solid Answers

Paragraph 1

Raising healthy, well-educated children who love God and their fellow human beings is, I believe one of the most challenging responsibilities in life. Not even rocket science can get close to parenting because of its complexity and unpredictability. And of course, the job is even more difficult today when the culture undermines and contradicts everything Christian parents are trying to accomplish at home. Fortunately, we are not asked to do everything perfectly as moms and dads. Our kids (kid es una palabra muy colloquial, significa “baby goat” es mejor decir children) usually manage to survive our mistakes and failures and turn out better than we have any right to boast about. I certainly made my share of mistakes as a father. Like millions of other men of my era, I often had a tough time balancing the pressure of my profession with the needs of my family.

Translated Version

Creo que el reto más grande en la vida es criar niños saludables, bien educados y disciplinados que amen a Dios y a sus semejantes. Ni siquiera la física cuántica puede abordar este tema debido a lo complejo e impredecible que es. Así mismo, es aún más difícil en estos tiempos, ya que la cultura debilita y contradice todo lo que los padres cristianos tratan de lograr en casa. Afortunadamente, no tenemos que ser perfectos como padres; dado que nuestros hijos usualmente consiguen aprender de nuestros errores y desaciertos y logran superarlo mejor de que lo que presumimos. Sin lugar a duda, he cometido muchos errores como padre. Tal como muchos otros hombres de mi época, siempre he tenido la dificultad para equilibrar mi trabajo con las necesidades de mi familia.

Paragraph 2

A baby turns a house upside down, but the reaction to my book added to the turmoil. I was full-time professor at the Medical School, and yet I was inundated by thousands of letters and requests of every sort. There was no mechanism to handle this sudden notoriety. I remember flying to New York one Thursday night, doing seventeen television shows and press interviews in three days, and returning to work on Monday morning. It was nothing short of overwhelming. My father, who always served as a deacon in dark times, saw what was happening to me and wrote a letter that was to change my life. First he congratulated me on my success, but then he warned that all the success in the world would not compensate if failed at home.

Translated Version

(Como ustedes sabrán el nacimiento de un niño siempre) pone de cabeza un hogar, pero la publicación de mi libro género más dificultades aún. Era profesor de medicina a tiempo completo en la universidad y al mismo tiempo estaba inundado de miles de cartas y peticiones de varios tipos. No tenía un mecanismo para sobrellevar tal repentino éxito. Recuerdo que un jueves por la noche volaba hacia Nueva York y me presentaba en diecisiete shows de televisión y entrevistas de prensa en tres días, para luego regresar al trabajo el lunes por la mañana. Esto era completamente abrumador.

Mi padre quien siempre fue una luz de esperanza en medio de la oscuridad, se dio cuenta de lo que estaba ocurriendo y me escribió una carta que cambio mi vida. Primero me felicitó por mis logros, y (luego me aconsejo) y luego me advirtió sobre el hecho de que todo el éxito del mundo no podría compensar si fallaba en la casa.

Paragraph 3

That could not be done if I invested every resource in my profession. I have never forgotten that profound advice. It eventually led to my resignation from the university and to the development of ministry that permitted me to stay at home. I quit accepting speaking requests, started a radio program that required no travel, and refused to do "book tours" or accept other lengthy responsibilities that would take away from my family. As I look back on that era today. I am so grateful that I chose to preserve my relationship with my children. The closeness that we enjoy today can be traced to that decision to make time for them when they needed me most. I could easily have made the greatest mistake of my life at that time.

I am sure many fathers will read this response and find themselves today where I was back then. If you are one of them, I urge you to give priority to your family. Those kids around your feet will be grown and gone before you know it.

Translated Version

(Sin embargo), eso no sucedería si solo me enfocaba en mi carrera. Nunca he olvidado ese consejo tan sabio. Esto eventualmente hizo que renunciara a la universidad y me ayudó a desarrollar un ministerio que me permitió estar en casa. Dejé de dar charlas, empecé un programa de radio, el cual no requería viajar, y me opuse hacer "giras de libros" u otro tipo de responsabilidades que me mantuvieran alejado de mi familia. Hoy, viendo hacia atrás, estoy agradecido por mantener mi relación con mis niños, (ya que) la unión que hoy disfrutamos fue posible gracias a esa decisión, la cual me permitió tener tiempo para ellos cuando más me necesitaban. (De lo contrario), pude haber cometido el error más grande de mi vida.

Estoy seguro que muchos padres van a leer esta respuesta y están pasando lo que me sucedía en aquel momento. Si usted es uno de ellos, los insto a darle prioridad a su familia. Esos **pequeñitos** van a crecer y se van de **(casa)** antes de que se dé cuenta.

Paragraph 4

Yes, it has never been easy to raise healthy and productive children. After all, babies come into the world with no instructions, and you pretty much have to assemble them on your own. They are also maddeningly complex, and there are no guaranteed formulas that work in every instance. And finally, the techniques that succeed magnificently with one child can fail bewilderingly with another.

This difficulty in raising children is a recurring theme in the letters we received at Focus on the Family. We have heard it so often, in fact that we decided to conduct a poll to ascertain the common frustrations of parenting. The answers received from more than a thousand mothers and fathers were very revealing. Some respond with humor, especially those who were raising toddlers. They told the most delightful stories about sticky telephones, wet toilet seats and knotted shoestrings. Their experience reminded of the days when Shirley and I were chasing ambitious preschoolers.

Translated Version

Así es, **no es fácil criar niños saludables** y productivos. Después de todo, los bebés vienen al mundo **sin un manual**, por lo que debemos **averiguar como criarlos** nosotros mismos. También son complejos de **(manera) exasperante** y no hay una fórmula garantizada que funcione en cada ocasión. Además, las técnicas pueden **tener éxito** de una **(manera) sorprendente** con unos, pero pueden fallar completamente con otros.

La dificultad de criar hijos es un **tema recurrente** en las cartas que recibimos en Enfoque a la Familia. **(De hecho)**, escuchamos tanto al respecto que decidimos hacer

encuestas para determinar las frustraciones más comunes (**a la hora de educar (a los hijos)**). Las respuestas de más de mil **padres** son bastante reveladoras. Algunos responden con humor, especialmente aquellos que tienen **hijos entre uno y dos años**. Ellos cuentan historias encantadoras sobre teléfonos pegajosos, **asientos de baño mojados** y **cordones amarados**. Sus experiencias me recuerdan cuando Shirley y yo perseguíamos **hijos pequeños**.

Paragraph 5

Tell me why it is that a toddler never throws up in the bathroom? Never! To do so would violate some great unwritten law of the universe. It is even more difficult to understand why he or she will gag violently at the sight of a perfectly wonderful breakfast of oatmeal, eggs, bacon, and orange juice and then go play in the toilet. I have no idea what makes a kid do that .I only know that it drives a mother crazy! Unfortunately, the majority of those who responded to our questionnaire did not share funny stories about cute kids. Many of them were experience about cute kids. Many of them were experiencing considerable frustration in their parenting responsibilities. Rather than being critical of their children, however, most said they were troubled by their own inadequacies as mothers and fathers!

Translated Version

Explíqueme, ¿por qué los **niños pequeños** nunca **vomitán** en el baño? ¡Nunca (**lo hacen**)! Al hacer eso violarían alguna **ley del universo no establecida**. Incluso es más difícil aun entender por qué los niños **se vomitarían abruptamente** en un **desayuno maravilloso** con **avena**, huevos, tocineta y jugo de naranja y luego van a jugar al baño. No tengo idea porque lo niños hacen eso; lo único que si cierto es que esto vuelve **loca a una madre**. Desafortunadamente, la mayoría de **padres** que respondieron nuestro cuestionario no

compartieron las historias graciosas sobre sus niños encantadores. En lugar de ser analíticos con sus hijos, la mayoría se queja de su incompetencia como padres y madres.

Paragraph 6

It is a cultural phenomenon. Mothers, especially, have been blamed for everything that can conceivably go wrong with children. Even when their love and commitment are incalculable, the experts accuse them of making grievous errors in toilet training, disciplining, feeding, medicating, and educating their youngsters. They are either over possessive or under nurturing. Their approach is either harsh or permissive. One psychiatrist even wrote an entire book on the dangers of religious training, blaming parents for scaring kids with talk of the next world. Thus, no matter how diligently Mom approaches her parenting responsibilities, she is likely to be accused of twisting and warping her children.

Translated Version

Este un es fenómeno cultural. Principalmente, se culpa a las madres por todo lo que pueda salir mal con sus hijos. Pese a que su amor y compromiso es incalculable, los expertos las acusan de cometer graves errores cuando los niños aprenden ir al baño, al momento de educarlos, cuando les dan de comer o al darle las medicinas. (Se les culpa) por ser posesivas o poco protectoras, (por que su) enfoque es severo o permisivo. Inclusive un psiquiatra escribió un libro entero sobre los peligros de la educación religiosa, (donde) culpa a los padres de asustar a los niños con relatos sobre otro mundo. Por lo tanto, no importa cuánto una madre se esmere en sus responsabilidades por que se le acusa de tergiversar y deformar la educación de sus hijos.

Paragraph 7

Perhaps this explains why women are more critical themselves than men. Eighty percent of the respondents to our poll were women, and their most frequent comment was "I am a failure mother!" What nonsense! Women have been taught to think themselves in this way, and it is time to set the record straight.

The task of procreation was never intended to be so burdensome. Of course, it is demanding. And children are challenging, to be sure.

But the guilt and self-doubt that often encumber the parenting responsibility are not part of the divine plan. Through the Scriptures, the raising of children is presented as a wonderful blessing from God a welcome, joyful experience. And today, it remains one of the greatest privileges in living to bring a baby into the world to love and care for.

Translated Version

Quizás esto explica porque las mujeres son más críticas consigo mismas que los hombres. Ochenta por ciento de **las personas que respondieron** nuestra encuesta eran mujeres y uno de los comentarios más frecuentes era "¡Soy un **fracaso como mamá!**" "¡Esto no tiene sentido!" Las mujeres fueron educadas para pensar de esta forma y **es hora de aclarar la situación**.

El procrear nunca tuvo el propósito de ser una molestia; (**aunque**), por supuesto es demandante, ya que los niños son un reto. No obstante, la culpabilidad y desconfianza (**en sí mismos**), los cuales dificultan la paternidad, no son parte **del plan divino**. En las (**Santas**) Escrituras, la crianza es una **bendición divina** de Dios, una bienvenida y experiencia alegre. Inclusive en estos días, **la dicha de traer a un niño al mundo para amarlo y quererlo, es considerada un privilegio**.

Paragraph 8

I am sure your memory is generally correct despite the exceptions we can all recall. The majority of parents in earlier years spent less energy worrying about their children. They had other things on their minds. I remember talking to my dad about this subject a few years before his death. Our children were young at the time, and I, like you, was feeling the heavy responsibility of raising them properly.

I turned to my father and asked, “Do you remember worrying about me when I was a kid? Did you think about all the things that could go wrong as I came through the adolescent years? How did you feel about these pressures associated with being father?” “Dad was rather embarrassed by my question. He smiled sheepishly and said, “Honestly, Bo,” (his pet name for me) “I never really gave that a thought. “How do we explain his lack of concern? Was it because he did not love me or because he was uninvolved parent?”

Translated Version

Estoy seguro que **su recuerdo** es ciertamente correcto, a pesar de las excepciones que podemos recordar. (**Años atrás**), la mayoría de los padres **primerizos** **no se preocupaban tanto** por sus hijos, ya que **tenían otras cosas en que pensar**. Recuerdo (**haber tenido**) una **conversación** con mi padre sobre este asunto unos años antes **de que muriera**. **Para ese entonces mis hijos estaban pequeños**, y tal como ustedes, sentía la **gran responsabilidad** de criarlos adecuadamente.

(**Luego**), le pregunté a mi papá “**¿Te preocupabas por mí cuando era pequeño?** ¿Pensabas en todas las cosas que pudieron salir mal durante **los años mi adolescencia?** ¿Cómo te sentías con las presiones de ser padre?”

En lugar de incomodarse con mi pregunta, sonrió de una **manera tímida** y dijo “Honestamente Bo” (**como él me llamaba**), **nunca pensé en ello**. ¿Cómo se explica su

abundante serenidad? ¿Acaso fue porque no me quería o no estaba comprometido (como) padre?

Paragraph 9

No. He prayed for me until the day he died. And as I have said on many occasions, he was a wonderful father for me. Instead, his answer reflected the time in which I grew up. People worried about depression that was just ending, and the war with Germany and Japan, and later the cold war with Russia. They did not invest much effort in hand wringing over their children...at least not until some kind of problem developed. Trouble was not anticipated. And why not? Because there were fewer land mines for kids in that era. I attended high school during the "happy days" of the 1950s, and I never saw or even heard of anyone talking an illegal drug. It happened, I suppose, but it was certainly no threat to me. Some students liked to get drunk, but alcohol was not a big deal in my social environment.

Translated Version

(Por supuesto que) no, él oró por mi hasta el día que falleció. Tal como lo he mencionado en varias ocasiones, él fue un maravilloso padre. En su lugar, esta respuesta refleja (cómo era mi padre) cuando yo estaba creciendo. La gente se preocupa sobre (la gran) depresión que estaba terminando, la guerra contra Alemania y Japón, y luego de la guerra fría con Rusia. Los padres no se preocupaban tanto por sus hijos, al menos sino hasta, que surgiera algún tipo de problema. Los problemas no se anticipaban.

Y ¿por qué no? Porque los niños tenían menos problemas en esa época. Yo asistía al colegio durante los "días maravillosos" en los (años) 50 y nunca vi o escuche alguien hablando sobre drogas ilegales. Supongo que esto ocurría, pero en realidad nunca me sentí

amenazado. (Recuerdo que a algunos) estudiantes les gustaba emborracharse; sin embargo, el alcohol no era un gran problema en mi entorno social.

Paragraph 10

Others played around with sex, but the girls who did were considered "loose" and were not respected. Virginity was still in style for males and females. Occasionally a girl came up pregnant, but she was packed in a hurry, and I never knew where she went. As for homosexuals and lesbians, I heard there were a few around, but I did not know personally. There were certainly no posters on our bulletin boards advertising Gay Pride Month or Condom Week. Most of my friends respected their parents, went to the church on Sundays, studied hard enough to get by, and lived fairly clean lives. There were exceptions of course, but this was the norm. Today's kids, by contrast, are walking through the valley of shadow! Drugs, sex, alcohol, rebellion, and deviant lifestyles are everywhere.

Translated Version

Otros jugaban con el sexo, pero las chicas que lo hacían eran consideraban como "fáciles" y no eran respetadas. (La) virginidad estaba de moda para los jóvenes. De vez en cuando, una chica quedaba embarazada y con rapidez la enviaban donde un familiar y nadie la volvió a ver. Con respecto a los homosexuales y lesbianas, escuche que había unos pocos por ahí, pero nunca los conocí personalmente. Así mismo, no había carteles anunciando del mes del orgullo gay o la semana del preservativo. La mayoría de mis amigos respetaban a sus padres, iban la iglesia los domingos, estudiaban bastante para pasar los exámenes y tenían una vida bastante ordenada. Claro había excepciones, pero esta era la

norma. Sin embargo, ¡los niños de hoy caminan en el valle de la sombra! Las drogas, el sexo, el alcohol, la rebeldía y los comportamientos desviados, están a su alrededor.

Paragraph 11

My answer may sound like heresy coming from a man who spent ten years of his life as a professor of pediatrics, responsible for medical and behavioral research, but I do not believe the scientific community is capable of determining the best parenting techniques. There have been some worthwhile studies, to be sure, but the subject of discipline almost defies definitive investigation. Why? Because the only way to study this topic scientifically would be to place newborns randomly in "permissive" vs. "disciplined" families and then keep them under close observation for ten or fifteen years. Since it is impossible to do that, researchers have tried to tease out information where they could find it. But family relationships are so multifunctional and complicated that they almost defy rigorous scrutiny.

Translated Version

Mi respuesta puede sonar como sacrilegio viniendo de un hombre que ha pasado diez años de su vida como profesor de pediatría, responsable de estudios médicos e investigaciones conductuales pero no creo que la comunidad científica sea capaz de determinar cuál es la mejor técnica para educar a los hijos. Sin lugar a dudas se han realizado algunos estudios muy valiosos, pero el tema de la disciplina pueda (que) desafíe la investigación definitiva.

¿Por qué? Porque la única manera de estudiar este tema científicamente sería al ubicar a los recién nacidos aleatoriamente en (dos) grupos de familias: "permisivos" y "disciplinados", y luego mantenerlos bajo una observación minuciosa durante diez o quince años. Debido a que es imposible hacer eso, (los) investigadores han tratado de desenredar la

información **que puedan recopilar**. No obstante, las **relaciones familiares** son tan polifacéticas y complicadas que casi desafían el riguroso escrutinio.

Paragraph 12

But family relationships are so multidimensional and complicated that they almost defy rigorous scrutiny. Indeed, most of the studies reported in the literature are scientifically useless. For example, Dr. David Larson, psychiatrist and formerly researcher at the National Institutes of Health, reviewed 132 articles in professional journals that purported to investigate the long-term consequences of corporal punishment. He found most of them flawed in design. Ninety percent of the studies failed to distinguished between good homes where spanking was administered by loving parents, and those bordering on (or actually inflicting) child abuse. This distinction is critical for obvious reasons. Dr. Larson concluded that the findings were invalidated by this failure to consider the overall health of family relationships. To repeat, the consequences of various approaches to parental discipline appear to be beyond the reach of social research.

Translated Version

No obstante, **(las) relaciones familiares** son tan polifacéticas y complicadas que casi desafían **(el)** riguroso escrutinio. Ciertamente, muchos de los **estudios citados** en la literatura, son científicamente inútiles. Por ejemplo, **(el)** Dr. David Larson, psiquiatra y **antiguo** investigador en el Instituto Nacional de la Salud, analizó 132 artículos en **revistas profesionales**, **(los cuales)** pretendían investigar las consecuencias **del castigo físico** a largo plazo. El **(doctor)** **encontró que la mayoría de ellos tenían varios puntos débiles en su finalidad**. Noventa por ciento de los estudios fallaron en **distinguir** los hogares buenos, donde las **nalgadas** **provenían** de padres amorosos y los que casi **provocaban** **violencia infantil**. Esta distinción es fundamental por razones obvias. **(El)** Dr. Larson concluyó que

los descubrimientos **no eran válidos** por esta falla, al considerar la salud en general de las **relaciones familiares**. Para reiterar, las consecuencias de las **diferentes estrategias** para **disciplinar** (**a los hijos**) parecen estar más allá del alcance de las **ciencias sociales**.

Paragraph 13

It is simply not possible to study this complex subject scientifically without warping families to set up the research design. Even if such studies were conducted, the researchers would be studying contrived families –not typical parent-child relationships. The most dedicated parents go through times when they fear they are not responding properly to their children. They wonder if they are overreacting or underreacting, being too strict or too lenient. They suspect that they are making major mistakes that will haunt them later on. Fortunately, parents do not have to do everything right. We all make thousands of little mistakes –and few big ones-that we wish we could reverse. But somehow, most kids roll with these blunders and come out just fine anyway.

Translated Version

Simplemente es imposible estudiar esta compleja materia de una **(manera)** **científica** **sin** **distorsionar a las familias para crear** un **diseño de la investigación**. Aunque tales estudios fueran realizados, los investigadores debían estudiar **familias artificiales** y no familias típicas con relaciones **(entre)** padres e hijos. Los padres más **dedicados** **atravesian tiempos** **donde sienten que no ayudan en forma adecuada a sus hijos**. Ellos se preguntan si exageran o si **(carecen de entusiasmo)**, o si tal vez son muy estrictos o **poco severos**. Sospechan que están cometiendo grandes errores **que recordaran** en el futuro. Afortunadamente, los padres no tienen que hacer todo en **(forma)** perfecta. Todos **cometemos muchos errores** **pequeños**, y unos **(cuantos)** grandes, **(los cuales)** desearíamos revertir; pero de alguna

manera, la mayoría de los niños tienen que aceptar las equivocaciones y superarlas de algun modo.

Paragraph 14

Let me give you what I consider to be the key to good parenting. It is to learn how to get behind the eyes of your child, seeing what he sees and feeling what he feels. When you know his frame of mind, your response becomes obvious. For example, when he is lonely, he needs your company. When he is defiant, he needs your help in controlling impulses. When he is afraid, needs the security of your embrace. When he is happy, he needs to share his laughter and joy with those he loves. Raising healthy children, then, is not so much a science as it is a highly developed art, and most of us have the natural intuitive faculties to learn it. Take the time to observe those kids who live in your house if you tune closely to what they say and do, the feelings behind those behaviors will soon become apparent.

Translated Version

Déjeme decirles lo que considero la clave para una buena paternidad. Esta es aprender a ver atréves de los ojos de nuestros hijos y sentir lo que ellos sienten. Cuando conocen a sus hijos, la respuesta es obvia. Por ejemplo, si su hijo está solo, el necesita su compañía; cuando es insolente, necesita de su ayuda para controlar sus impulsos; cuando tiene miedo, necesita la seguridad de un abrazo; cuando está contento, necesita compartir su risa y alegría con aquellos que ama. Entonces criar niños saludables, no es una ciencia, sino un arte altamente desarrollado y la mayoría tenemos las facultades intuitivas naturales para aprenderlo. Tómese el tiempo para observar a los niños que viven en su casa. Si usted pone atención a lo que dicen y hacen, los sentimientos detrás de su comportamiento pronto serán evidentes.

Paragraph 15

It is time to have loving but candid conversation with your in laws about how your child will be raised. I would suggest that you take them to dinner some evening, during which this topic will be addressed. When the moment is right, tell them of your concerns. Make it clear that you love them and want them to enjoy their granddaughter. But the responsibility for how she is being managed must rest entirely with you and your husband. Remind them that they had their day when the decisions about child rearing were their alone. Spell out the issues that mean the most to you, including your desire to raise your daughter according to Christian principles. Try to help them understand your reasons, but recognize that their world of view might make it impossible for them to agree. If that is the case, they will need to honor your wishes away.

Translated Version

Es tiempo de tener una **conversación tierna y sincera** con sus **suegros** sobre cómo debería ser **educada** su hija. Yo sugiero que **los invite a cenar** alguna noche y **que dialoguen sobre el tema**. Cuando (**sea**) el momento correcto, expréseles sus preocupaciones, y **asegúreles** que los aman y desean que disfruten a su nieta, pero que la responsabilidad de su **crianza recae** sobre usted y su esposo. Recuérdeles que **ellos hicieron lo mismo**, cuando las decisiones sobre la **crianza** de sus hijos **eran sólo de ellos**. Explíquele (con lujos de detalle) los temas más significativos para usted, incluyendo su deseo de criar a su hija de acuerdo a los **principios cristianos**. Ayúdelos a entender sus razones, pero tiene que hacerles reconocer que su forma **de ver la vida** **podría hacer imposible que se pongan de** acuerdo. Si este es el caso, tendrán que respetar sus deseos de **(todos modos)**.

5.1.2.2 Color-Coding Meditaciones en Familia

Paragraph 1

¿Sabías que bendecir viene de una palabra hebrea que significa "dar poder para prosperar"? Bendecir es más que decir palabras bonitas. Bendecir hace que declaremos sobre nuestros seres queridos un futuro bueno, lleno de cosas positivas, y eso abre camino para que la persona bendecida se sienta capaz de lograr lo que se propone. En la biblia encontramos muchos pasajes donde los padres bendicen a sus hijos. En este caso las palabras de Issac sobre Jacob fueron porque Issac deseaba que a su hijo le fuera muy bien: "Qué te sirvan los pueblos; que ante ti se inclinen las naciones". Con esta bendición, Issac se estaba asegurando de que a su descendencia le iba ir bien. Jacob, por su lado, con esta bendición estuvo listo para cumplir el gran propósito que Dios tenía en su vida.

Translated Version

(**Did you**) know that the word **blessing** comes from a **Hebrew word** that means, "(**To**) give power to prosper"? (**To**) bless is more than **saying nice words** , it makes that we declare on our **loved ones a good future** , full of **positive things** , and this opens the way to a blessed person to be able **to achieve his goals** .

In the bible, (**we**) can find several passages where parents blessed their children. In this case, the words of Isaac over **Jacob were because he wished his son to do well** : "May nations serve you and peoples **bow down to you** ."

With this blessing, Isaac was sure that **his offspring** will go well. For his part, with his blessings, Jacob was ready to accomplish the great purpose that God had on his life.

Paragraph 2

Ser de bendición es renunciar a vivir en beneficio del YO y actuar con amor, es vivir satisfaciendo las necesidades de los demás a expensas de las mías .Hasta Jesús tuvo que vivir esa difícil experiencia de vivir en beneficio del YO. Él sabía que estaba destinado a entregar su vida de una manera muy dolorosa. Aun a sabiendas de esa realidad, él continuó su camino hacia la cruz del calvario. Cuando Pedro le dijo a Jesús que tuviera compasión del él mismo, El Señor le respondió con dureza y llegó a decir: “¡Aléjate de mí, Satanás! Quieres hacerme tropezar; no piensas en las cosas de Dios sino en las cosas de los hombres”. Jesús tuvo que ser firme con Pedro incluso después de decirle eso añadió a todos los que estaban con él una de las más conocidas frases que resume lo que significa la vida cristiana: “sí alguien quiere ser mi discípulo, tiene que negarse a sí mismo, tomar su cruz y seguirme”.

Translated Version

Being blessed is to renounce to live by our own benefit and act with love; it is to live satisfying the human needs at my own expenses. Even Jesus had to live that difficult experience of living in the benefit of I. He knew that he was destined to give his life in a painful way. In spite of knowing the truth, He continued his path to the cross of the Calvary.

When Pedro said Jesus to have mercy of him, the Lord answered firmly “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.”

Jesus was firm with Peter, even after those words He added one of the most known verses that summarize the meaning of the Christian life “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.”

Paragraph 3

Cuando nos ponen un nombre, nuestros padres nos dan una gran bendición ya que si tu nombre significara, por ejemplo, “Luz en el camino”, todo el que te llame por tu nombre estaría declarando que tú eres la luz en el camino de los demás. De allí la importancia de pensar bien antes de poner un nombre a los hijos. El nombre debería de llevar en sí mismo el carácter de la persona. En este pasaje encontramos a Raquel, esposa de Jacob, dando a luz quien sería su segundo y último hijo. Fue un parto muy difícil que al final le costó la vida. En esos difíciles momentos la persona que le estaba ayudando a que naciera su hijo le dijo: “¡No temas, estas por tener otro varón!”. Raquel estaba a punto de morir, pero con su último suspiro puso por nombre a su hijo "Benoni", que significa "hijo de mi tristeza".

Translated Version

When we are named, our parents give us a great blessing, since if your name means, for instance, “light in the path,” everybody who calls you by your name will declare that you are the light in the path of others. For that reason, it is important to think twice before naming our children. The name should carry itself the personality of the person.

In this verse, we found that Rachel, Jacob’s wife, she was giving birth to her second and last son. It was a very difficult birth that finally cost her life. During such difficult experience, the person who was assisting the birth of her child said to Rachel: “Do not despair, for you have another son to be a (baby) boy”! Rachel was about to die, but in her last breath she named her son “Benoni," which means "son of my sorrow."

Paragraph 4

La bendición es tan importante que incluso Jesús, el Mesías, no empezó a hacer milagros y predicó algún mensaje hasta que Dios, su Padre lo bendijo.

Hasta ese momento, Jesús no había hecho nada extraordinario por lo que el Padre Eterno se decidiera a bendecirlo, pero Dios, en su soberanía, quiso dar una señal majestuosa a través de los cielos abiertos. Dice la Biblia: "Tan pronto como Jesús fue bautizado, subió del agua. En ese momento se abrió el cielo, y él vio al Espíritu Santo al bajar como paloma y posarse sobre él".

¿Puedes imaginarte lo que sería ver que se abran los cielos? ¿Puedes imaginar la belleza que tendría el Espíritu Santo al bajar en forma de paloma? sumando a esto se escuchó la voz de Dios y dijo: "Este es mi Hijo amado, en quien tengo complacencia".

Translated Version

Blessing (**in our lives**) is so important that even Jesus, the **Messiah**, did not make miracles nor started preaching until God, his Father, blessed him.

At that point, Jesus had not done anything extraordinary until his Eternal Father decided to bless him; however, God, in His sovereignty, gave a **majestic sign** **through the open skies**.

The Bible says: "After his baptism, as Jesus came up out of the water, the heavens were opened and he saw the Spirit of God descending **like** a dove and **settling on him**."

Can you imagine **seeing** the heavens opened? Can you imagine the beauty of the Holy Spirit when **descending** from heaven as a dove? Added to this, **it was heard the voice of** God that said "This is my Son, whom I **love**; with him I am well **pleased**."

Paragraph 5

Con sus últimos alientos de vida, David procuró establecer una identidad en la vida de Salomón. David sabía muy bien que a sus hijos les iba a demandar esfuerzo comportarse como hombre, pero también sabía que eso era necesario si quería que le fuera bien. Es

fascinante lo que David le dice s Salomón de una manera directa y clara: “cumple los mandatos del SEÑOR tu Dios; sigue sus sendas y obedece sus decretos, mandamientos, leyes y preceptos, los cuales están escritos en la ley de Moisés .Así prosperarás en todo lo que hagas y por dondequiera que vayas...". Estas palabras llenas de bendición le aseguraban a Salomón prosperidad, pero cumpliendo un requisito: Cumplir los mandatos de Dios. De la misma manera Dios define nuestra identidad en Cristo y nos asegura prosperidad en todo lo que hagamos, pero hay un paso de obediencia que debemos dar.

Translated Version

During his **last breath**, David tried to establish an identity in the life of Solomon. David knew very well that it will be **really difficult** to his son to behave as a **(real)** man, but he knew that this was necessary if he wanted to **succeed**.

It is fascinating what David said to Solomon in a **straightforward and clear way**: "**Walk in obedience to him**, and keep his decrees and commands, his laws and regulations, **as written in the Law** of **Moses**. **(Do this so that you may prosper)** in all you do and wherever you go"...

These words of blessing ensured Salomon prosperity; however, he had to fulfill one requirement: to fulfill **God's will**. In the same way, God establishes our identity in Christ and assures us prosperity in all that we do, but there is a path of obedience **that we have to follow**.

Paragraph 6

Para obtener una identidad en Dios necesitamos primero saber de dónde venimos para luego saber de dónde vamos. ¿Suenan complicados? No lo es. El pueblo de Israel sabía muy bien esto. Por eso en este pasaje de Deuteronomio El Señor le indica a su pueblo lo que debe hacer con respecto a las primicias de esta nueva tierra. Las instrucciones de Dios son muy puntuales, en ellas podemos ver la manera como Dios marca la identidad no solo de cada uno de nosotros, sino también de su pueblo escogido. Venimos de un pueblo santo, dirigido e instruido por Dios. Por eso sabemos quiénes somos: Un pueblo escogido por Dios. ¿Y a dónde vamos? Pues hacia ese mismo Dios que no ha escogido, a través de una ruta que él mismo ha diseñado para el gran país en que vivimos.

Translated Version

In order to obtain an identity in God, first we need to know where we come from and second, who we are, to **determine** where we go. It may sound complicated, but is not. The **people of Israel** **was very familiarized with this situation**. For that reason, in this passage of Deuteronomy, the **Lord** tells his people what **to do first** in this new land. **God's instructions** are **very accurate**, and we can see how God **marks the identity of each of us**, and also the identity of his **chosen people**.

We come from **holy people**, guided and instructed by God. For that reason, we know who we are: **People chosen** by God. And where do we go? Well, to the **path** that God has chosen and designed for the big country that in which we live.

Paragraph 7

Es muy necesario que establezcamos en casa un modelo ancla que nos permita fijar o anclar la identidad de la familia. La Biblia es el más hermoso libro de instrucciones para la vida y allí encontraremos lo que necesitamos para definir esta identidad familiar. Cuando Pablo les escribió a los habitantes de la región De Galacia (Galatas) nos dio indicaciones muy puntuales acerca en nuestra vida. El fruto del Espíritu debe ser nuestro código de conducta familiar. Debemos tenerlo como si fuera un cuadro en nuestra casa y mirarlo cada día con la promesa que así seremos. De lo que no deberíamos hacer. Solo para mencionar dos de las prohibiciones que tienen que ver con nuestra vida cotidiana, Pablo nos amonesta para que no tengamos arrebatos de ira y rivalidades. ¿No es acaso frecuente que esas actitudes estén presentes en nuestra vida? Seguro que sí, pero lo importante es que también Pablo nos dejó fruto que debemos cultivar¿No sería una buena idea?

Translated Version

It is very important that (we) establish at home a model that allows us to fix or anchor the identity of the family. The Bible is the most beautiful book of instructions for life and there we can find all we need to define the identity of the family. When Paul wrote to the people from the Galatia region (Galatians), he provided very specific instructions about what we should not do. Just to mention two prohibitions related to our daily life, Paul admonishes us to avoid outbursts of rage and rivalries. Are not frequent those attitudes in our life? Indeed, they are, but what it is important is that Paul left us fruit that we need to grow in our life. The Fruit of the Spirit must be our family code of conduct. Therefore, it must be the cornerstone of our house and we have to promise that we will accomplish it. Is not it a good idea?

Paragraph 8

El momento en que sanado el leproso fue, indudablemente, un gran acto de amor y generosidad de parte de Jesús. Sin embargo, este pasaje guarda un tesoro en una sola palabra: Dice el versículo 13 "Jesús extendió la mano y toco al hombre" ¿Era importante el contacto físico para transmitir la sanidad? Sí lo fue. Es claro que Jesús no necesitó de este contacto porque en su condición de omnipotencia, él podía y lo puede todo; pero quien si necesito de este contacto fue el leproso ¡porque atreves del contacto físico recibimos vida! La generosidad con que abrazamos damos una caricia o damos una pequeña palmadita de aliento en la espalda también sana corazones. ¿Cuándo ha sido la última vez que en tu familia se han dado un buen abrazo de paz y amor?

Translated Version 8

The moment in which the leper was healed by Jesus, was undoubtedly a great act of love and generosity. However, this passage holds a treasure in just one word: The verse 13 states "Jesus reached out his hand and touched the man." Was human touch important to heal the leper? Yes, it was. It is clear that Jesus did not need this kind of contact, because due to his omnipotence He could and can do anything; however, the leper was (the one) who needed that kind of contact, because through the human touch we receive life! The generosity with which we hug, caress or give a pat in the back can heal hearts. When was the last time that you gave a strong, peaceful, and lovely hug to a family (member)?

Paragraph 9

"De una misma boca salen bendición y maldición". El apóstol Santiago con esta frase nos presenta una realidad en nuestra vida diaria. La boca es una herramienta indispensable para bendecir, con ella declaramos un gran futuro sobre los nuestros y proclamamos las cosa

buenas que deseamos para ellos. Lamentablemente, la boca es también una herramienta para maldecir ¿Cómo hacemos esto? Simplemente cuando confesamos con nuestra boca cosas negativas, ya que de esta manera ponemos estas cosas en movimiento.

"¡Qué tonto eres! ¡Eso no se hace así...!". Estas son frases que quizás decimos sin pensar que van ocasionar mayores problemas, pero la realidad es que nuestra constante confesión negativa puede ir construyendo en lo espiritual algo que no deseamos. En cambio, las palabras de bendición son las que animan, fortalecen, preparan y dan fuerzas para que lo bueno se haga realidad. ¡Confiesa positivo!

Translated Version

“Out of the same mouth come praise and cursing.” With those words, the apostle James demonstrates a daily fact of life. Our mouth is an essential tool for blessing, as with it we declare a great future upon others and proclaim the good things that we wish for them. Unfortunately, our mouth is also a tool for insulting. How can this be possible? This is simple, when negative words come out from our mouth, the negative takes control.

For instance, phrases such as "you're stupid! You are wrong!" are phrases that we say without thinking and can create bigger problems; nevertheless the fact is that negative statements can be an obstacle in our spiritual life. By contrast, words of blessing cheer up, fortify, warn, prepare and give strength for good things to come true. Be positive!

Paragraph 10

Hay ocasiones en que nuestros deseos genuinos de bendecir a las personas que nos rodean tienen que verse acompañados de una acción específica que refuerce y haga realidad nuestro anhelo de bendecir. Santiago emplea un ejemplo muy sencillo para graficarlo cunado dice que si "un hermano o una hermana no tienen con qué vestirse y carecen del

alimento diario, y uno de ustedes les dice: “Que les vaya bien; abríguense y coman hasta saciarse”, pero no les da lo necesario para el cuerpo. ¿De que servirá eso?

¿Puedes imaginarte que pasaría en este caso? ¿Puedes imaginarte que pasaría si llegas sediento y acalorado a la casa de un amigo, y este te dice: “no te preocupes, tú sed pasara” y no de te da un vaso con agua? Es obvio que lo que tú esperabas de tu amigo te causaría una gran desilusión.

Translated Version #10

Sometimes when our **real desires** of **blessing** the people around us must be **connected** with a specific action that reinforces and makes **come true** our wish to bless (**others**).

James uses a very **easy example** to explain when he says that, “**(Suppose)** a brother or a sister **is without clothes** and **daily food**. If one of you says to them, **Go in peace; keep warm** and **well fed**, but does nothing about their **physical needs**, **what good is it?**”

Can you imagine what would happen in this case? Can you imagine if you go to a friend’s house and you **were thirsty** your friend says:” **Don’t worry, your thirst will be quenched**” and he does not offer you a glass of water? It obvious that you will **disappointed of your friend**.

Paragraph 11

Todos conocemos la historia de José: Cómo fue vendido como esclavo, su injusto encierro, la forma en que Dios lo sacó de allí y la manera sobrenatural en que fue levantado. Sin embargo, se habla poco de la forma en que José termino sus días. En el capítulo final del libro de Génesis se narra que cuando nacieron los hijos de Maquir, hijo de Manasés, José los recibió sobre sus rodillas. Posiblemente ahora te cueste pensar que algún día serás

abuelo o bisabuelo, solo Dios sabe cuan larga será nuestra vida. Pero si llega el momento tenemos que ser ese abuelo o bisabuelo como lo fue José, con un legado de integridad, de amor por Dios y de carácter: ¿Has pensado en que legado que dejaras a tus siguientes generaciones lo empieza a construir desde tu niñez? ¡Así es! Tu niñez determinara como entras a la juventud, así mismo tu juventud determinara como entras en la adultez; y finalmente en tu adultez verás crecer a tus descendientes, y lo que eres en ese momento, será tu principal herencia.

Translated Version

Everybody knows the story of **Joseph**: How he was sold as a slave, **unjustly imprisoned**, how God **took him out** of **Egypt** and the **mysterious way** in which he was raised. However, **few people know** how Joseph lived his **last days**. In the final chapter of the book of Genesis, it is told that **Makir**'s sons were born, the son **Manasseh**, **Joseph bowed to** welcome them. Probably, it is **difficult for you to think** that one day when you will become a grandparent or great-grandparent, only God knows **how long we are going to live**. But if the time comes we have to be a grandparent or (great-grandparent) as **Joseph**, with a **(big)** legacy of integrity, personality, and love for God.

Have you ever thought about the legacy that you will leave your **descendants**, the one that you build since your childhood? Indeed! **Your childhood will determine your youth**; in the same way your youth will determine adulthood, and finally in your **elderly** days you will see your children grow up, what you are in that moment would be your legacy.

Paragraph 12

Aprender a escuchar la voz de Dios debe ser un anhelo profundo en nuestro corazón.

Innumerables veces hemos pasado por la situación de querer hacer algo porque hay una cosa en nuestro interior que nos dice que debemos hacerlo. ¡Eso podría ser la voz de Dios!

Y si es así, siempre será bueno para nosotros cumplir con su voluntad. Jonás tuvo la bendición de escuchar la voz de Dios; el primer versículo del libro dice: “La palabra del SEÑOR vino a Jonás”. Sí fue audible o si fue de forma espiritual, no lo sabemos .Lo que sí es cierto es que Jonás hizo exactamente lo contrario y en vez de ir a Nínive, que es donde Dios lo había enviado, optó por irse a Tarsis "para huir del Señor".

La palabra de Dios dice que el Señor tiene para nosotros planes de bienestar y no de calamidad, pero eso se dará solo si nuestra obediencia nos lleva a tomar, con fe, la ruta de Dios ha diseñado para nosotros.

Translated Version

Learning to listen the voice of God must be a **deep yearning** in our heart. **Many times we have had the feeling** of do something because there is **an inner voice** saying that we have to do it. That could be the voice of God! **If it is true**, it would be always good for us to fulfill **God's Will**.

Jonah had the blessing of listening to the voice of God; the first verse of the book says “The word of the **Lord** came to **Jonah**.” If it was audible or spiritual, we do not know. What it is true is the **Jonah** did exactly the opposite, and instead of going to **Nineveh**, **(the place)** where God had sent him, **he sailed** to **Tarshish** to "flee from the Lord." The word of God says that the Lord has a **welfare plan** for us, instead of **misfortune**; however, **this can only be fulfilled** if we follow the path of God that he has designed for us with obedience and faith.

Paragraph 13

Si fueras una persona millonaria y con muchísimo dinero en el banco, nadie lo sabría si es que nunca haces un retiro de tu dinero. En cambio, sí decides sacar el del banco una buena porción de tu dinero, lo siguientes qué harías seria usarlo en algo. Allí quedaría en evidencia que eres una persona millonaria. Lo mismo pasa con el hecho de ser alguien de bendición; Jesús decía "no se enciende una lámpara para cubrirla con un cajón". Eso sería absurdo ¿no es así? Pues así es de ilógico, que tengamos el amor de Dios en nuestro corazón, pero nunca hagamos el menor esfuerzo de entregárselo a alguien. El versículo 16 es claro: "Hagan brillar la luz"; y eso quiere decir que todo talento que tengamos lo pongamos al servicio de los demás para ser de bendición.

Si pintas bien muy bien, sabes contar chistes o escribes muy bonito ¿no sería ideal que ese talento haga que otros puedan llegar a los pies de Cristo? ¡Claro que sí!

Translated Version

If you were a **rich person** with a lot of money in the bank, nobody would know if you never **withdraw your money**. By contrast, if you decide to **pull out** a big portion of money in your bank, the next thing to do is to spend your money in something. **(In that way)**, there would be evidence that you are a **rich person**.

The same happens when you are a **blessed person**; Jesus said "Neither do **(people)** light a lamp nor **put it under a bowl**." **That does not make sense, does it?** Well, in the same way it is absurd that we have the love of God in our heart and we never make the effort to give it to someone else.

The verse 16 is clear: "**let your light shine**", this means that every talent that we have **must be put it in practice** so we can a **bless others**.

If you are an artist, tell **(funny)** jokes or are a good writer, would not be great if this talent make others **get closer to Christ?** **Of course!**

Paragraph 14

Cuando escuchamos que Jesús multiplicó los panes y los peces alimentando a más de cinco mil personas, nos damos cuenta de ni hay nada imposible para Dios. Sin embargo hay un detalle que nos hace ver cómo opera en el reino Dios la provisión sobrenatural: Dice el Evangelio de Mateo: "Tomó los cinco panes y los dos pescados y mirando al cielo, los bendijo. Luego partió los panes y se los dio a los discípulos, quienes lo repartieron a la gente".

En este mes que estamos viendo cómo debe estar presente en nuestra vida la bendición del padre, aprendimos que bendecir es "dar poder para prosperar". Y Jesús hace exactamente eso: Bendice la provisión y desata sobre ella un extraordinario poder que hizo que alcanzara para alimentar a más de cinco mil personas.

Translated Version

When we hear the **(story)** that Jesus multiplied the **(loaves)** of bread and **fish**, and fed more than five thousand people, we realize that nothing is impossible for God. However, there is one **aspect** that shows how the **spiritual provision** works in the kingdom of God: According to the gospel of **Matthew**, "**Taking** the five **(loaves)** and the two fish and looking up to heaven, he **gave thanks** and broke the loaves. Then **(he)** gave them to the disciples, and the disciples gave them to the people."

In this month, **we have realized** how the blessing from the Father must be present in our life; we learned that "**(blessing)** **gives power to prosper.**" This is what Jesus exactly does:

(He) blesses the provisions and **places** an extraordinary power that allowed (Him) to feed more than five thousand people."

Paragraph 15

Cuando el apóstol Pedro nos habla en estas líneas nos pone uno de los retos más grandes:

"No devuelvan mal por mal ni insulto por insulto; más bien bendigan..."

Solo alguien como Pedro, que estuvo dispuesto a morir por causa del evangelio, tiene el aplomo para hablarnos de parte de Dios y decirnos que a toda persona que nos trate mal, nosotros la bendigamos.

¿Te has enfrentado a conflictos con alguna persona con la que te relacionas en tu vida diaria? ¿Puedes recordar cuál ha sido tu reacción? No hay duda de que aun Pedro sabía que esto no iba a costar mucho. Él fue rudo pescador que innumerables veces tuvo que luchar consigo mismo para que el carácter de Cristo aflorara en él.

"Y claro que lo consiguió"

Translated Version

(In this verse), when the apostle **Peter** talks to us, he is **giving us** a great challenge: "Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing..." Only someone like **Peter**, who was **ready to die for the Gospel**, has the aplomb to speak on behalf of God and tells us that we have to bless every person who treats us **badly**. **Have you ever had issues** with someone in your daily life? Can you remember what your reaction was? Yet, there is no doubt that Pedro knew **that it was very difficult** **for us to comprehend this situation**. He was a rowdy fisherman that many times had to fight with himself, **so God could grow in him**. Of course, **he got it!**

5.1.3 Glossary

In order to translate the documents, it was required to gather information from different sources, such as monolingual dictionaries and bilingual dictionaries, as well as internet resources. According to Newmark (1995), "Understand a text requires two readings, one general and the other one detailed and deep. The first one will help to understand the source text. In this one, it must check encyclopedias, research manuals or articles in order to understand the topic and ideas, and always considering that for the translator it comes first the function and then the description" (p. 27).

Regarding the glossaries created for this translation project, there is a version created for both texts and it is divided in four different columns that include the target and source language terms and the grammatical category and in the last column, the definition of different expressions that have small annotations, this is made to explain the meaning or context in which a word is used within the texts.

5.1.3.1 Glossary from English into Spanish

| English term | Spanish term | Grammatical category | Definition |
|---------------|---------------------|----------------------|---|
| ADHD | TDAH | Acrónimo | Trastorno de déficit de atención con hiperactividad |
| Bewilderingly | Desconcertantemente | Adverbio | de modo desconcertante |

| | | | |
|-------------------|-----------------------|--------------------|--|
| Boast | Jactarse | Verbo intransitivo | Alabarse excesiva y presuntuosamente. |
| Childish | Infantil | Adjetivo | De la infancia o relativo a ella |
| Gang-tackle | Tacleada de grupo | Verbo transitivo | Derribar al que lleva la bola (fútbol Americano) |
| Flinching | Amedrentarse | Verbo intransitivo | Encogerse de miedo |
| Frazzled | Rendido , exhausto | Adjetivo | Agotado, muy cansado |
| Hand-wringing | Nerviosismo, angustia | Sustantivo | Estado pasajero de excitación nerviosa. |
| Hodgkin's disease | Enfermedad de Hodgkin | Sustantivo | Es un tipo de linfoma, cáncer que empieza afectando a los ganglios linfáticos. |
| Lenient | Indulgente | Adjetivo | Tolerante, inclinado a perdonar |
| Liftoff | Despegar | Sustantivo | Inicio de una fase de crecimiento, desarrollo o expansión |
| Inadequacies | ineptitud | Sustantivo | Falta de aptitud, inhabilidad |

| | | | |
|---------------|--------------------|------------------|---|
| Maddeningly | Irritantemente | Adverbio | Que irrita constantemente |
| Mischievously | Travieso ,juguetón | Adverbio | Inquieto, revoltoso; |
| Outweigh | Sopesar | Verbo transitivo | Calcular el peso de algo |
| Pity | Compasión | Sustantivo | Sentimiento de conmiseración |
| Sassiness | Descaradamente | Adverbio | Que habla o actúa con descaro, sin vergüenza o recato |
| Tantamount | Equivalente | Adjetivo | Que equivale a otra cosa |
| Turmoil | Confusión | Sustantivo | Desorden, falta de concierto y de claridad |
| Whimsical | Extravagante | Adjetivo | Fuera de lo común o rareza por ser excesivamente original |

5.1.3.2 Glossary from Spanish to English

| Spanish term | English term | Grammatical Category | Definition |
|----------------|-----------------|----------------------|--|
| Anhelar | yearn | verb | To have an earnest or strong desire; long. |
| Bienestar | Well-being | noun | A state characterized by health, happiness, and prosperity. |
| Bienaventurado | blessed | adjective | Sacred; holy, worthy of worship. |
| Brote | Spring up | phrasal verb | To come or be forced out suddenly. |
| Defraudar | Let down | Phrasal verb | To disappoint or betray. |
| Desilusión | disillusionment | noun | To change an illusion or false belief; disenchant. |
| Enmendar | rectify | Verb | To make, put, or set right; correct |
| Escrituras | Scriptures | Noun | The sacred writings of the Old, New Testaments or both together. |
| Fraternal | Brotherly | adjective | Of or like a brother; affectionate and loyal. |
| Honrar | Respect | Verb | To keep from interfering with; to have regard for: |

| | | | |
|-------------|------------|-------------------|---|
| Mansedumbre | meekness | noun | Humbly patient or docile, as under provocation from others |
| nulificar | nullify | Transitive verb | To deprive (something) of value or effectiveness |
| Ofender | Offend | Transitive verb | To irritate, annoy, or anger |
| profetizar | foretell | Transitive verb | To tell of beforehand; predict; |
| Reprochar | reproach | Transitive verb | To criticize severely; blame. |
| Saeta | Arrow | Noun | Anything resembling an arrow in form, function, or character. |
| Señor | Lord | Noun | The Supreme Being; God. |
| Semejantes | Fellowman | noun | Another member of the human race, a kindred human being |
| Subyacente | Underlying | adjective | Basic, an underlying cause. |
| Torpeza | blunder | Intransitive verb | To move or act clumsily |
| Versículo | Verse | Noun | One of the sentences into which a chapter of the Bible is conventionally divided. |
| Zaqueo | Zacchaeus | Noun | It was a chief tax-collector at Jericho |

Chapter VI

Conclusions and Recommendations

To conclude this research paper, the following chapter will focus on the conclusions and recommendations obtained throughout the work developed on this project.

Consequently, it will be display the results obtained in the project and show the findings gathered on the previous chapters.

6.1 Conclusions

6.2.1 To translate the documents “Meditaciones en familia” from Spanish into English and “Solid Answers” from English to Spanish for Focus on the family.

One of the main purposes of this research project is the translation of both documents translated along with their analysis, since the investigator had to identify with the color coding examples of translation techniques such as omission and amplification, modulation, explicitation, and omission. Before carrying out the analysis of the text, it is important to read and analyze the documents, given that a general understanding of the author`s point of view increases the accuracy and clarity, and at the same time avoids possible translation mistakes.

Likewise, the analysis of a text is important in the translation process because by reading and analyzing the whole document the translator can find specific text aspects such as the translator's intention, grammar structures, vocabulary, and text style, which are indispensable to create a faithful and accurate translated version. The translator can keep or modify them, but there three aspects that a translator cannot change: grammar, faithfulness, and transparency. In order to have a better understanding of the text it is essential to

perform a general and close reading to get the essential information of the document or to understand difficult vocabulary or terms and their context; in other words, the close reading helps to get a general picture of the texts.

6.2.2 To apply various translation procedures to the documents in order to achieve communicative, accurate, and natural target texts

Regarding the translation procedures used help us to give the text a natural tone, since in translation not everything has to be translated, for example in the document “Meditaciones en familia” there is an over use of redundancies and prepositions, so if translated every word it would not sound natural. The aim of the omission is to take unnecessary words and meaningless elements in sentences out of the text. Therefore, it has to be taken into account that when someone compares a source language document and a translation, it is not a secret that a translated document is longer than the original because the English language tends to be more concise and clear. Also, it is important to emphasize that the purpose of this procedure is to fulfill the principle of economy of the language.

It can be inferred from the main findings in the color coding is that Amplification was used with more incidence in the document “Meditaciones en familia.” The use of this procedure not only consists on adding new words to the target text ,for the reason that in some cases it is necessary to use adverbs and morphemes to give meaning to a word and in that way the translation does not lack style or naturalness.

On the other hand, Modulation was one of the most used translation procedures in the document “Meditaciones en familia” because this text had many grammar, word order, redundancy, and syntax errors, so modulation was used as tool to repair and reproduce the

ideas of the text with the purpose to make it sounds more natural, as otherwise it would not be properly understood by the target readers.

The color coding from Spanish to English document had a higher usage of transposition than “Solid Answers,” due to the grammar structures of each document are different because of the position of some parts of the speech, such as nouns, verbs, and adverbs, adjectives, and others.

The use of Explicitation depends on the type of document that is going to be translated because the book “Solid Answers” had colloquial words and idiomatic expressions, so this procedure was not applied in this document, instead other procedures were used such as Equivalence, Compensation, Adaptation, and Calque. In contrast, in the document “Meditaciones en familia” Explicitation was used to explain the lack of expressiveness of the text due to the complexity of words. However, it was used only once. When using Explicitation, the translator has to put extra information in the target document to solve ambiguities in the correlation of word and object in a sentence. The explicitation was used to recuperate the word`s meaning in the translations and it is also used in cultural differences of language that affect the target language text.

Regarding Literal Translation, this technique was used when the source document and target document have similar grammatical structures and concepts. In the paper “Solid Answers ”, this procedure had a low incidence because it has many American expressions and uses colloquial words; therefore, it was difficult to use literal translation, as a result, it was necessary the help of a professional in translation to find its meaning. Even though ,the literal translation was not include in the color coding chart the text “Meditaciones en

familia” was used several times because the vocabulary was easier than the “Solid Answer” document and the translator was comfortable translating a document to his native language due to most of the vocabulary was familiar to the translator. The purpose of this procedure is to reorganize the linguistic elements of the source language text; therefore, in order to apply this procedure different parts of speech of the source and target must have certain agreement.

When it comes to Equivalence, this procedure consists in transmitting the same meaning through different stylistic and structural means, that is, through a different expression. In general the application of this method for both documents was for proper names, idioms, proverbs, typical expressions of a language, for instance, in all the Bible verses this method was used because the author’s names were translated using the equivalence name in the target language

On the other hand, it is important to mention that the analysis of the techniques applied in a document depends on how each translation procedure was employed because there are some techniques that are very similar in their application. For example, modulation works in certain grammatical categories in which the translator has to replace or add words, so this situation can create confusions.

6.2.4 To design a glossary with the most difficult terminology found in both texts

In the case of glossaries, they are an indispensable tool to have at the moment of translating because they give accurate and exact definitions. Also, this instrument will act not just as a time saving, but it will also provide the translator with the possibility of having

his or her own database for future translation or research projects of different subject matters.

Furthermore, to create glossary it is necessary to search the terms on dictionaries and reliable electronic encyclopedias or consult definitions with the specialized personnel of different institutions. For instance, in order to carry out the glossary for the document “Solid Answers,” it was essential to look several words in a dictionary of American idioms and phrasal verbs to understand and find the correct meaning of the complex words. Glossaries are helpful because translators can find the most appropriate and suitable words for a given context, as well as the opportunity to clarify the meaning of foreign words and phrases, and enrich his/her personal vocabulary.

6.3 Restatement of the Research Question

The research question proposed by the investigator at the beginning of the investigation was, what are the effects of procedures and methods used to translate the documents “*Meditaciones en familia*” from Spanish into English and “Solid Answers” from English into Spanish for Focus on the family? Therefore, it can be stated that the main effect of translation procedures usage is that they are essential tools that make texts more accessible to readers because when they are applied to the documents, the target audience can perceive texts with more naturalness, coherence, and accuracy.

In addition, as it is shown in the translated documents, a natural translation facilitates that the text readers will have a document easy to read and do not think of it a translation. Likewise, coherence is necessary to maintain a successful communication between the text and readers, since it gives the text a logical and precise order.

One the other hand, accuracy is another important factor in translation, in view of the fact that authors write texts with different purposes and intentions; so accuracy helps people to grasp instantly the meaning of such texts. Finally, faithfulness must be a priority because it is better to communicate the message with an average quality of grammar than failing the communication with a high standard text that lacks the main goal of any translation that is to be faithful to the intention of the text.

6.4 Recommendations

The purpose of this segment is to explain the recommendations for each specific purpose of this work. The idea is to provide of some suggestions to researchers of future translation projects. These are some general recommendations about translation methods and glossaries:

First, it is necessary to know how to use the main translation techniques proposed by scholars and translators in books because there are translation techniques that are really similar in their application and function; therefore, it is important to differentiate them. Then, during the translation process it is important to identify and take note of each procedure because when the researcher has to carry out the analysis of the text, it would save time and not necessary to read or translate the document again.

Regarding applying the translation techniques in a proper way, is important to identify the different parts of the speech of English and Spanish because when dealing with transposition, the different grammatical categories are changed by other ones. Also, it is necessary to know the verb tenses because there are transpositions in which the translator has to distinguish the past participle from one part of the speech. On the other part, to

facilitate the translation process and save time, is helpful to translate and analyze the procedures simultaneously because in this way it will not be necessary to translate the document, again.

In terms of idiomatic expression, phrases and difficult vocabulary, to provide an accurate translation and create a useful glossary it is necessary to consult with professional translators or specialized people in the subject about the correct equivalent of complex words or seek the opinion of the representatives of the institution about the correct meaning of this vocabulary; thus, it is going to be easier to give the correct explanation in the glossary. Finally, the most important recommendation is to practice and study the translation techniques to acquire experience and self-improve in this field.

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