

# PARENTING

Raising children is one of the toughest and most fulfilling jobs in the world - and the one for which you may feel the least prepared. And as children grow older you feel that they're becoming more sensible and that they will understand but that's when you realize that the tough just got tougher. And you feel like nothing but a wall lies ahead of you. Relax, it's not that difficult! There is always a light at the end of the tunnel!

## Dos for parents:

### **1. Encourage your child to feel and talk and then respond through good listening**

Encourage your child to feel, express and be authentic about how they feel. Let them know it is okay to feel and that feelings are healthy. It helps them know who they are and to develop positive character traits in life. Be the role model you would want if you were a child. Remember good parenting also means good listening.

### **2. Be ideal role models**

Model the traits you wish to cultivate in your child: respect, friendliness, honesty, kindness, tolerance, unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your children the way you expect other people to treat you.

### **3. Give your child unconditional love**

Unconditional love is a powerful healer. It is essential in raising an emotionally healthy child. Unconditional love does not include obligation, expectation, manipulation or conditions. It just is. Love and fear will never align. Love just is. Love is inclusive, not exclusive. It is all your child truly wants--to feel loved, wanted, and accepted- unconditionally.

### **4. Make communication a priority**

You can't expect children to do everything simply because you, as a parent, "say so." Children want and deserve explanations as much as adults do. Parents who reason with their children allow them to understand and learn in a nonjudgmental way.

### **5. Make time for your children**

With so many demands on your time, it's often difficult for parents and children to get together for a family meal, let alone spend some quality time together. But there is probably nothing your child would like more. Children who are not getting the attention they want from their parents often act out or misbehave because they are assured of being noticed that way.

### **6. Set limits and be consistent with your discipline**

Start by creating a structure. It is important for children to have structure and rules so they know what is expected of them. There are five important benefits of discipline.

## What to Structure...

- Bedtime routines
- After school time
- Dinner time
- Weekend outings
- Amount of time the child is allowed to watch TV / play station or be on the computer

## 7. Build Your Child's Self-Esteem

- a. Don't call your child names (even ones you think aren't harmful)
- b. Focus on your child's strengths and tell them about it
- c. Use hugs and kisses to show how much you care
- d. When things go wrong, focus on the behavior and not the child
- e. Remember that kids are watching you to be an example for them
- f. Avoid comparisons, whether it's with siblings or friends.

## Should not's for parents

1. **Don't expect perfection: You're human you make mistakes then why children can't.**
2. **Don't trade quantity time for the myth of quality time:** Being in the same room as your child for 2 hours while he does colouring and you watch a movie is not quality time!
3. **Don't forget to keep telling your kids they're special** even if they come back with a C on their report card
4. **Don't label a child as stupid or timid, etc.** Remember you may say it and then forget about it but the child doesn't. To the child your opinion matters the most and if you label him that's what he's going to go on believing in maybe even for the rest of his life.
5. **Don't impose your ambitions.** What the parents couldn't be they want the child to be. And it starts early, he's allowed to have as friends or which subjects have to be taken later on in life. Remember your ambitions may not be your child's potential! It's all right if a boy wants to do Arts and pursue it! Don't judge him!
6. **Don't fight/argue in front of your child.** They're very impressionable! They might think that that's the way husbands and wives are meant to behave and that's what they'll do when they grow up! More than that imagine how embarrassing it will become for you when the child innocently relates your fight at a family get together!
7. **Don't cuddle immediately after scolding let punishment settle down**
8. **Don't say you would give a punishment which you would not. The child realizes the hollowness of threat**
9. **Don't be partial**
10. **Don't compare, a child can learn with love and encouragement and not by comparing**

**A child's mind is the fertile soil  
In which the seeds will grow.  
But how he'll blossom,  
What he'll be  
Depends on what we sow.**

**For any further queries, please feel free to mail in to  
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