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THE ART OF PARENTING



Parenting promotes and supports the physical, emotional, social, spiritual and intellectual development of a child from infancy to adulthood. It refers to raising a child not exclusively for a biological relationship.

Parenting has become the most talked about matter of fact in the present situation. Parents are those who nurture a child in a rightful manner and guide him to lead a proper life.

There was time when there was joint family system in our country. In that set-up the responsibilities of parents were not so much prominent as it is today because now social system is changing with the emergence of nuclear family system. Consequently, parents become solely responsible for the brought up of a child. However, due to busy life style, parents hardly find spare time for upbringing of their child

It has created crises in our developing society, and people are trying to find out the ways of successful parenting.

It has always been a concept that family is the first school for a child. A child begins to learn everything from his mother, father and the people who surround him. Parents make all their efforts to provide their child the best of learning in this period.

The child imitates his parents. The values, morals, beliefs, manner, behaviour that a child learns from his parents prove to be the real way of his life. Wordsworth has rightly said, 'child is the father of man'. It means the habits, traits, virtues, nature-whatever the child adopts during his childhood is never missed in his grown-up life. Hence the making of a complete man begins under the close contact of a successful parenting.

The first step for a successful parenting depends upon their contact with a child. Parents should always watch over activities of the child. They should try to create healthy atmosphere in the family so that the child can learn to be compassionate and confident.

Confidence is the first trait of a successful life. Confidence building depends upon the way how a child is being brought up. A child should be taught in the beginning through mythological instances and the success stories of our great saints and warriors because lives of great men remind us that we can make our lives sublime and we can prove to be a guide for the coming generation.

The fast growing TV culture and westernized exposure of our life has affected all our values. We have forgotten our past. Parents have no time for their child. They think that money can solve the entire problems. It can bring all happiness to their life. If a child loses contact with his parents, he will be distracted and will try to find comfort in TV, clubs, films, markets, etc. The child will have stress in life and sometimes would prefer finishing his life through illegal means.

Parenting Skills :

- **Praise - be Encouraging**

Being a parent comes with its share of challenges and woes. This parenting skill can be implemented to keep the household in a pride like condition. Pride stands for praise, reflection, imitation, description and enjoyment. Optimistic parenting, coupled with support, encourages a child to believe in themselves and their future.

- **Reflection – be Responsive**

This parenting focuses on good behavior being nurtured and not on bad behavior. Children behave in healthy ways when they feel appreciated and encouraged.

- **Imitation – Set the Example**

A parent imitating a child can be flattering and send a message saying that your child is important and interesting, that you want to be like them. When adults imitate a child, the child is likely to imitate the adult. This skill is characterized by teaching, encouragement and affection. This increase compliance, more positive social and cognitive development, willingness to try new things, less negativity and less anti social behavior.

- **Description – Set Boundaries.. But Positively**

Parents should find ways to make expectations clear without being pushy. Descriptions help kids to know that you have their attention. Specific lines and consequences ahead of time show a child the importance of following rules.

- **Enjoyment – Be Interactive**

Enjoyment means radiating positivity and warmth with actions and words while with your child. Enjoyment via body language is like making eye contacts, smiling, hugs and kisses. Parents that provide interventions show that enjoyment can have many positive parenting outcomes. It improves attachment, security and school adjustment. It leads to many adjustments in problematic behaviors and increases competency. It improves family communication, organization, and increases optimistic developments.

Parenting Responsibilities :



Some important responsibilities that affect health and happiness of parents and children include the following:

- child guidance
- legal and moral responsibilities
- financial responsibilities
- health and safety responsibilities
- social and emotional development
- cognitive development

❖ Child Guidance



The guidance parents use should be appropriate for the child's

- age
- abilities
- situation

❖ Legal and Moral Responsibilities



- Economic security
- Education
- Respect of others
- Understanding rules
- Decision-making skills

❖ Social and Emotional Development



- Affection
- Nurturing
- Positive self-esteem
- Self-concept
- Self-image

❖ Health and Safety Responsibilities



- Food
- Water
- Clothing
- Shelter
- Safety
- Protection
- Medical checkups

❖ Cognitive Development



- Intelligence and mental ability
- Provide educational opportunities
- Thinking skills
- Learning activities

Parenting Styles :

Diana Baumrind identified three main parenting styles – Authoritative, Authoritarian and Permissive. These parenting styles were later expanded to four to include an Uninvolved Style. These four styles involve combinations of acceptance, responsiveness, demand and control.

- **Authoritative Parenting**

In this style, parents are more aware of a child's feelings and capabilities. They support the development of a child's autonomy within reasonable limits. These children score higher in terms of competence, mental health and social development.

- **Authoritarian Parenting**

Authoritarian parents are very rigid and strict. High demands are placed on the child, but there is little responsiveness to them. Parents have a non-negotiable set of rules and expectations strictly enforced on a child. Children raised in this style were less cheerful, moodier and more vulnerable to stress.

- **Permissive Parenting**

In this setting, a child's freedom and autonomy are highly valued and parents rely primarily on reasoning and explanation. Parents are undemanding and thus there tends to be little punishment or explicit rules in this parenting style. These children are generally happy but sometimes show low levels of self control and self reliance as they lack structure at home.

- **Uninvolved Parenting**

An uninvolved or neglectful parenting style is when parents are often emotionally or physically absent. They have little expectations from the child and regularly have no communication. Children with little or no communication with their own parents tend to be victimised by other children and exhibit deviant behaviour. They suffer in social competence, academic performance and psychosocial development.

Thus, how parents raise their children is an important part of the child's development. Parents are a key part of their child's growth intellectually, emotionally, physically and socially. The manner or style of the parenting will have everlasting effects on their kids, that will likely be passed on to their children. The theme of parenting is a key part to the development of the main character. The poor parenting directly affects the personality of a child.

Hence, parents need to regenerate themselves and once again they will have to learn the art of successful parenting. They will have to spare their valuable time for their child. They will have to be friendly with their child. Otherwise they are bound to suffer at the loss of the future of their child as well as the society.

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