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Art of Parenting

Introductions of topic - Children need loving, secure and stimulating environment for their optimum growth and development. For this to happen, their physical and emotional development and their psychological needs have to be met.

Positive relationships with parents, caregivers and other family members as well as stimulating home environments shape the child's brain and influence development across all physical, social/emotional, language and cognitive.

Fundamental Concept of the topic - When it comes to family life, everyone strives to figure out how the relationship between parents and children can become ideal. Positive parenting techniques work well for raising children with discipline and good moral values, and are every parent's dream. It is important to know that the parents child relationship is a two-way process, in other words, it is actually a partnership between a parent and their child.

Relevance with individual/organization - An individual is as good as their children and their family are. An individual is as effective in their organization until his family life is good.

Practical ways to fulfill the Art of Parenting:-

1. **Clean all corners of life**- Be attentive to health, wealth and moral upbringing of children. All the corners of life have to be cleaned up. You should sit down with your children every night and explain things to them.
2. **Sharing responsibilities between mother and father** - Discuss and divide the responsibilities of children among the parents ideally, until the age of fourteen, a child needs more of mothers' love and attention. Let her take care and take the decision of daily routines. Fathers generally need to get involved in life impacting decision like which school to get your child admission into, what are to pursue etc. after the age of fifteen, let the father take a lead role in child development. This is a critical role of father in child development.

3. ***The All-round parenting approach*** - comprehensive roles of responsible parenthood; No Excessive attention- This is a critical role of parents in child development. Give the child some household chores or ask them to help in your business work from a very young age, so they value what they have and have a sense of ownership.
4. ***Teach the child to face life courageously***- The struggle of a butterfly emerging from cocoon makes it strong to face the world; else it will be crippled. Remember that taking too much care of even a child may make him crippled. A bit of resistance, struggle, turns out to be a blessing for a child's talent to develop. Teach the child to face life and failure courageously. Always motivate the child before facing any challenge, and never criticize.

Communication with teenagers: A Few Practical Suggestions

Parallel Communication:

One way to put teenagers at ease while discussing important issues relating to their everyday life is to communicate while engaging in a parallel activity. This could be cooking together or playing game. An activity allows a parent to move between conversations regarding the activity as well as the problem she or he might want to raise with the child. It keeps the conversation from developing into an argument and eases the tensions that might surface when there is disagreement between the two.

Focusing on the right thing, not on being right

Focusing in the right thing at any given moment may be as simple as listening to one's teen child and moving away from the temptation of feeling righteous or wanting to win an argument.

Listening

The most important aspect of communicating and having a dialogue with teenagers involves listening. Parent can try a 60-Second challenge by timing themselves to see if they can listen to their child for 60 seconds without interrupting them. Listening requires parents to value the perceptions and Experiences of the teenager and not try to talk them out of it.

Teaching Life skills

Since much of the anger of being a teen originates from wanting to please peers and parents while retaining a positive self-image, parents can teach their children how to negotiate these multiple demands on their lives. This involves learning to figure out what works in a particular context and perhaps modeling and making transparent to teenagers the process of such decision making in one's own life.

Conclusion

Parenting requires a motivational and dynamic stance. It requires a non-routine, attentive response to children's needs. Parenting is an opportunity for personal growth. What parents do matters-in talk, behavior and actions. Their day to day interactions impact their children-their attention, expressed pleasure, listening and interest, as well as limit-setting-all nourish a children's growing sense of self just as food nourishes a growing body. "If you want to understand a child, you must love and not condemn him. For understanding, there must be complete unity of mind and heart in action."

