



WELCOME

**Vidya Prasarak Mandal's
K. G. Joshi College of Arts and
N. G. Bedekar College of Commerce,
Thane.**

Re-Accredited 'A' Grade by NAAC in 2011 and 2016

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Community College of University of Mumbai - 2012

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‘Parenting: Challenges and Opportunities’



By

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We – ‘Working For Better Today & Tomorrow.’ (Counseling)



PARENTING FOR EVERYBODY

- *Those who deal with the younger generation
- *Those who feel responsibility towards future generations.
- *Those who want to participate & rejoice in the process of life-giving.

Overall process of
upbringing children
is called parenting.

Parents have a complex task
to groom and bring up their
child.

Parenting:

Transmitting culture and values

(teaching children character, self-control, moral values.)

Socialization:

(teaching children effective ways of dealing with their social environment, and teaching them to enjoy the socio-cultural milieu)

Discipline: (teaching children Do's & Don'ts of the society)

Parent Counselling is like
holding a mirror before
parents.





“Mirror, mirror on the wall tell me
who is the best parent of all”

The ideal child

- 1) Who always speaks the truth
- 2) who never copies
- 3) who never forges parents signature
- 4) who never steals
- 5) who always obeys his parents & elders
- 6) who is always studying

Then please consult a psychiatrist and a counselor.

Teenagers

- Idealism and critical attitude.
- Being argumentative.
- Self consciousness-imaginary audience.
- Confusion & indecisiveness.
- Hypocrisy.
- Inter personal attraction.



Anxiety stricken parenting what if... factor?

You know I am worried because	What if...
1) Because he/she is the only child	Goes out of my hand
2) Because he/she is very intelligent	Sits on my head
3) Because he/she is very ordinary	His/Her potential is not realised or becomes a vagabond
4) Because his/ her father is abroad	
5) Because we don't have a family support	

The list is unending...

Kill the unbeliever in you!!

In search of labels

My child is hyper...

My child is a slow learner...

My child is a monster...

Normal **Abnormal**

**Try to understand the child
never put the tags.**

**Tags are meant for goods and not for human
beings.**

The parenting pattern which we have
internalized

*** you know my mother never
allowed us to mingle with boys**

*** you know in our times - - -**

*** Be fair, clear and consistent.**

Your and mine

How much did your child score?

What is your child's height?

Corollaries

why my child is not scoring that much?

Why my child is not growing in height?

**Never compare,
every child is unique and therefore special**

Imparting values through parenting styles

- 1. Authoritarian.**
- 2. Authoritative.**
- 3. Permissive.**

1. Authoritarian.

- *Parents value control & unquestioning obedience.

 - *Constantly imposing discipline.

 - *Children cannot make independent choices because their parents strictly control them

2. Authoritative.

- * Parents are rational & democratic they stress on social values and respect individual identity.
- * Children are encouraged to be independent.
- * Children are secure, self controlled, reliant and assertive.

3. Permissive.

- * Parents give unlimited freedom to their children.
- * Parents are non-controlling and relatively warm.
- * Children receive very little guidance from their parents and this makes them uncertain and anxious about their activities.

Information + Intuition

- * Information about age appropriate behavior blend
 - * With intuition leads to effective parenting

what we need to know?

Developmental milestones and
developmental issues.

Parenting deeply rooted in social context;
can never take place in isolation.

*Generating a support group.

*Constant reassuring discussions.

Disciplined teaching

DO's & Don'ts

REWARDS & PUNISHMENTS

Teaching DO's & DON'Ts

- | | |
|------------------------------|---------------------------------|
| 1. Do reading | 1. Don't back-answer. |
| 2. Do regular studies | 2. Don't come home late. |
| 3. Do study | 3. Don't watch T.V. |

Children essentially learn through imitations.

TIPS FOR USING PUNISHMENT EFFECTIVELY

- a. Timing
- b. Appropriate explanation
- c. Consistency
- d. The person who punishes

EFFECTIVE WAYS OF PUNISHMENT

1. Power Assertion-withdrawal of privileges
physical forms of punishment (only in an emergency).
2. Induction- setting limits showing logical cause and effect, explaining & reasoning.
3. Withdrawal of love- ignoring, isolating or showing dislike for the child.

So what is parenting ?

Patience.

Acceptance.

Regulation (expectations).

Enrichment & enjoyment.

Need based parenting, Nurturing.

Temporal perspective.

Innovative.

No to negativity.

Genuine & goal directed.

Carl Rogers

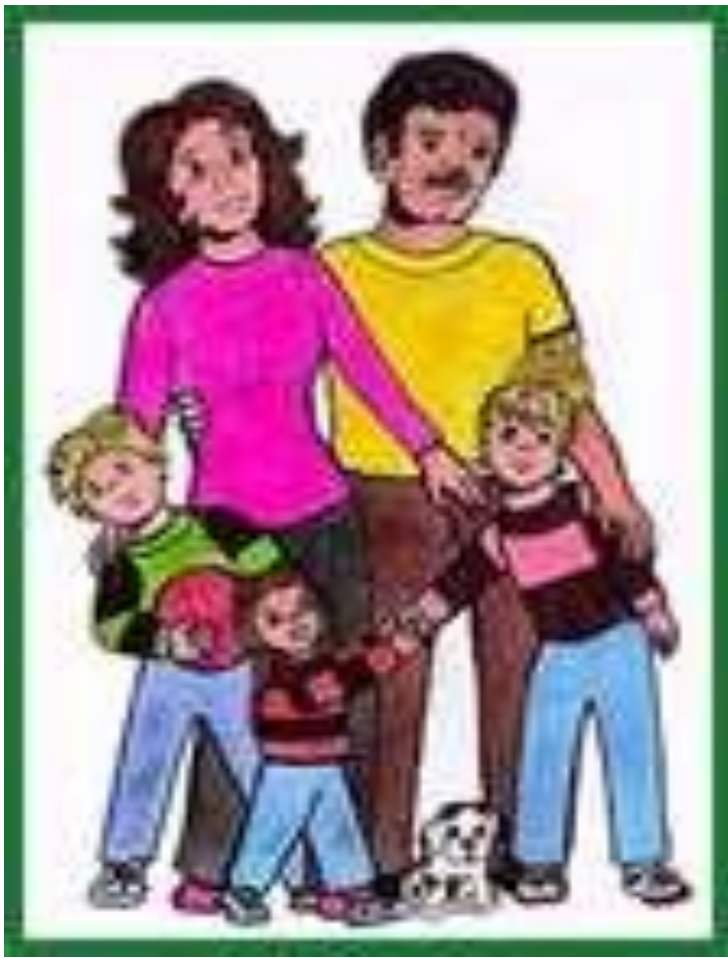
- Parenting is like gardening.
- A good gardener is one who takes out the weeds, gives just enough water and enough sunlight which is required by every plant to grow.
- Enjoy their growth & the shadow of these grown-up tree.

Love them

- Conditional positive regard
- Conditional negative regard
- Unconditional positive regard
- Unconditional negative regard

Love them unconditionally





My happy family

Bhagwad Gita

Sanskrit: [Chapter: 2 - Shaloka 47]

Karmany eva dhi karas te
Ma phaleshu kadachana
Ma karma phala hetur bhur
Ma te sango stva karmani

Let's Learn More...