

P A R E N T S

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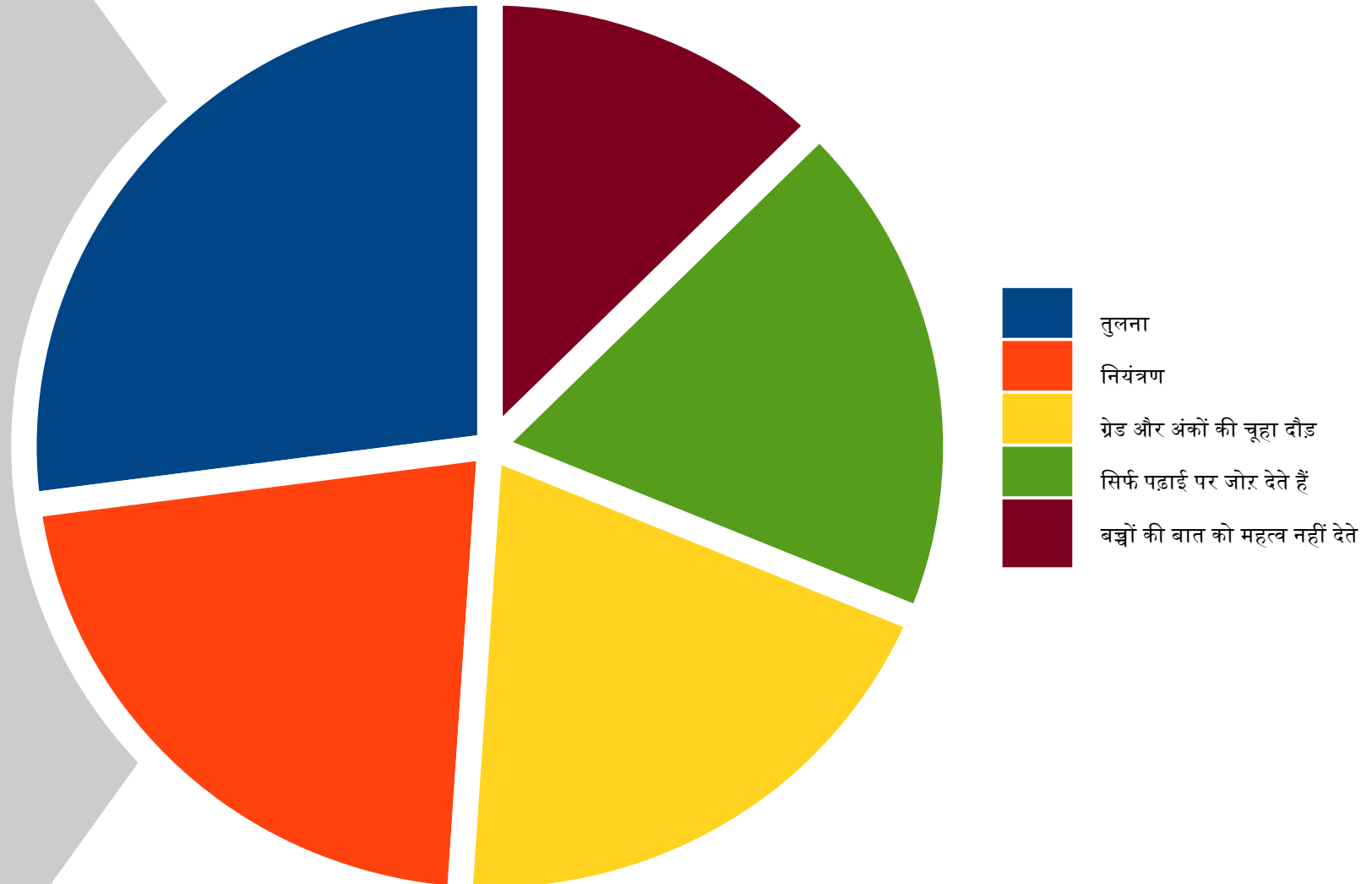


**HOW ARE  
YOU  
FEELING?**



# What are the things that parents do that negatively affect children?

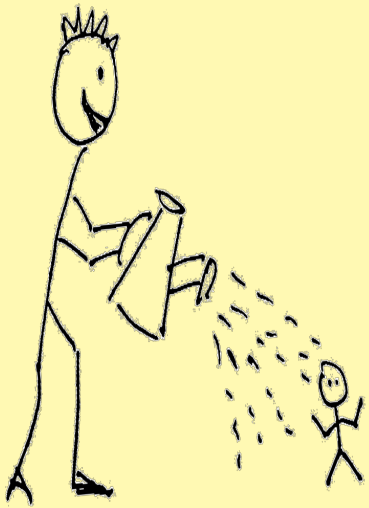
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Source : Udaya Public School “One-on-one interactive session feedback report”



# UNDERSTANDING PARENTING?



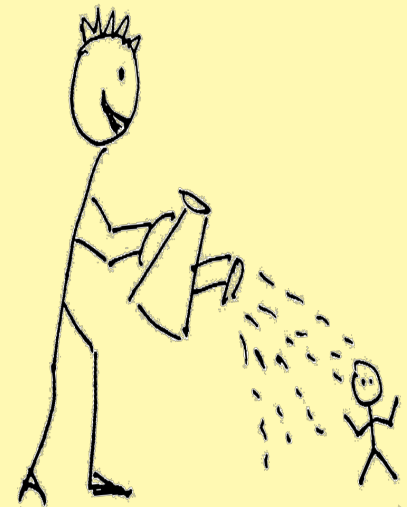
# What is Parenting?

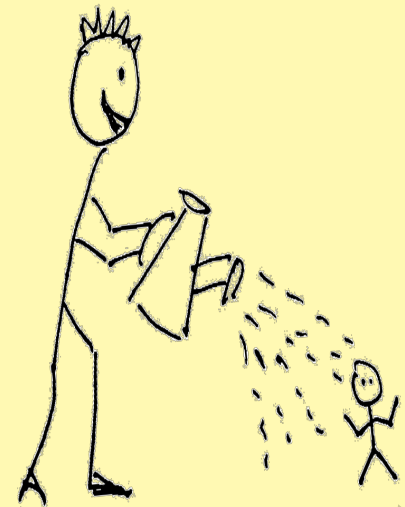
Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood

Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship

Good parenting helps foster empathy, honesty, self-reliance, self-control, kindness, cooperation, and cheerfulness

Social class, wealth, culture and income have a very strong impact on what methods of child rearing parents use





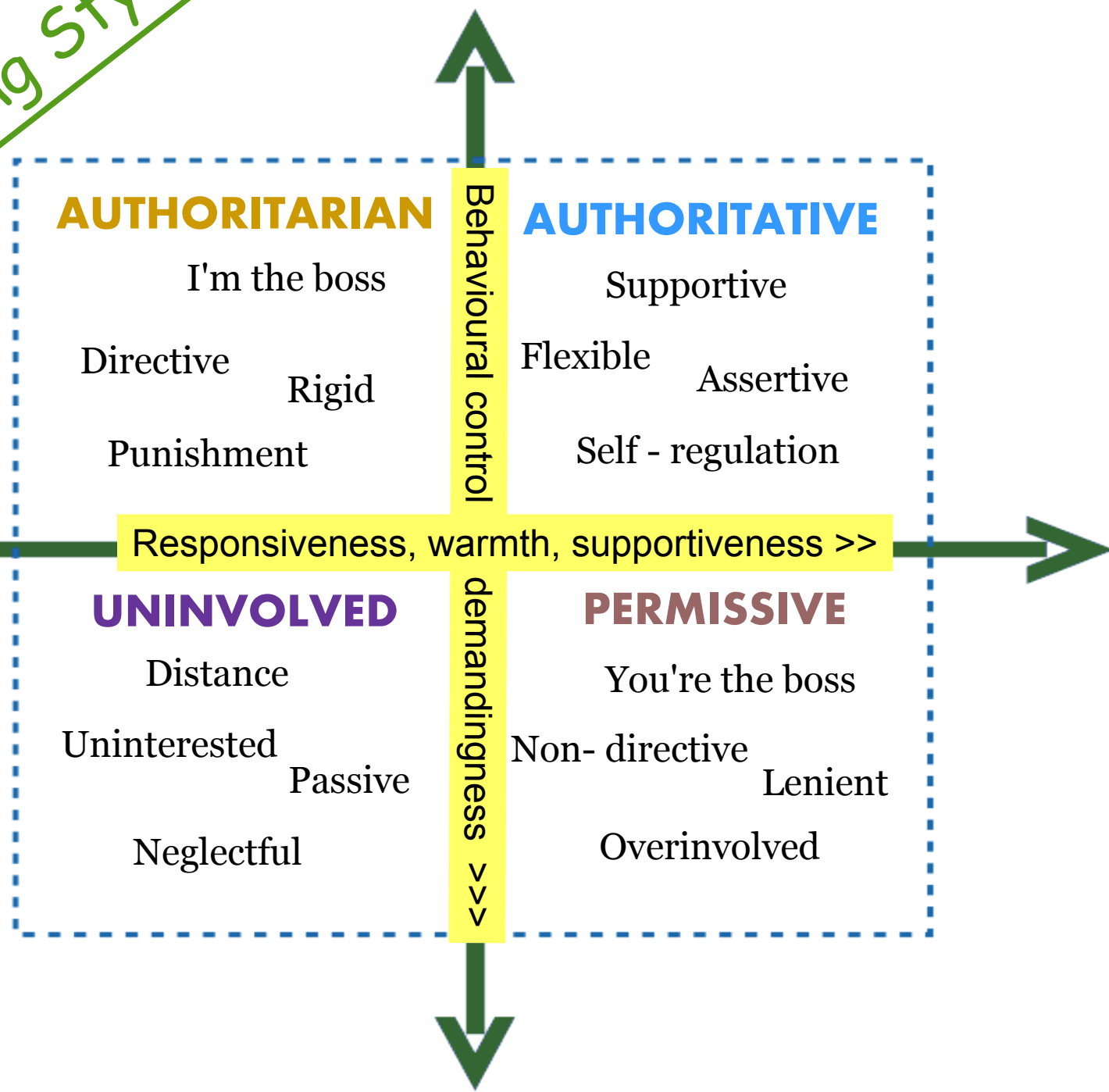
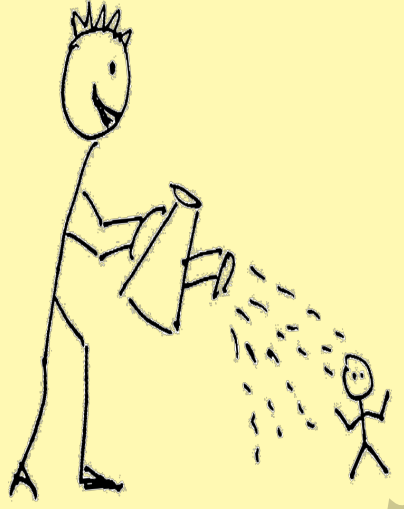
**Ensuring  
children's  
health and  
safety**

**Parenting  
practices around  
the world share  
three major  
goals**

**Transmitting  
cultural  
values**

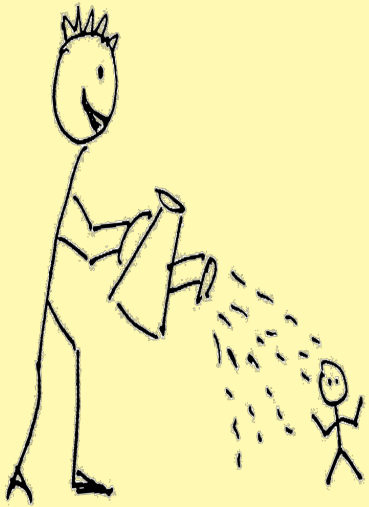
**Preparing  
children for  
life as  
productive  
adults**

# The Four Parenting Styles





# The Problem With Indian Parenting?






Indians

& 'मार

पड़ेगी'



Parents seek  
pride in the fact  
that their  
children are  
subservient

- ✓ Parents who refuse to change with the times not only hold back their own growth but also the growth of their children.
- ✓ Every desire becomes a rebellion and every dream an enemy of “customs and society”



A threat or  
even a slap can  
scar a  
teenager's  
childhood  
memories

- ✓ A single slap can destroy the self-confidence of a child and build hate in them

Indians

& 'मार

पड़ेगी'

Maar padegi is not just a threat but an easy way out for parents who don't know the power of discussion

- ✓ A threat to their choices and ideas leaves them questioning themselves.
- ✓ Every time they are shot down by their parents they are pushed further away from them.

# Upgrading Indian way of parenting

## Disregard for old / values & Traditions

- \* Most of the values and morals we're instilling are influenced by the society, its high time to move on from "log kya sochenge" to do what is right despite whatever people/society thinks

## Academics

- \* Publicly reminding children for not getting good enough marks. Number game is the centre of comparison
- \* It's time we realise there's a difference between "well filled" & "well-formed mind"

## Alternate religious / cultural views

- \* Looking at the current situation and standing strong by the word secularism we as parents need to instil a more liberal outlook towards society

# Upgrading Indian way of parenting

## Alternate career choices

- \* As per WHO 1 in every 4 children in the age group of 13- 15 is depressed in India because they're scared to confess their dreams

## Lifestyle choices

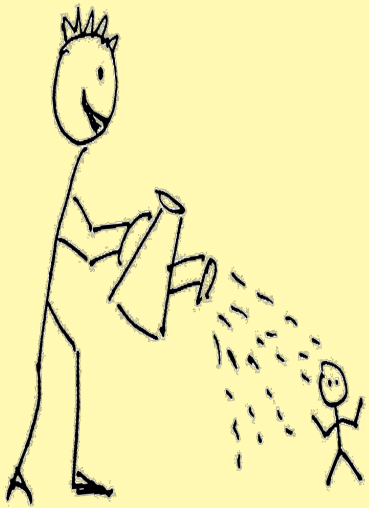
- \* Being parents doesn't give the right to make decisions on your child's behalf, rather be a parent who your child wants to discuss before making any decision
- \* Let's say yes to falling and failing, normalising it, and starting over

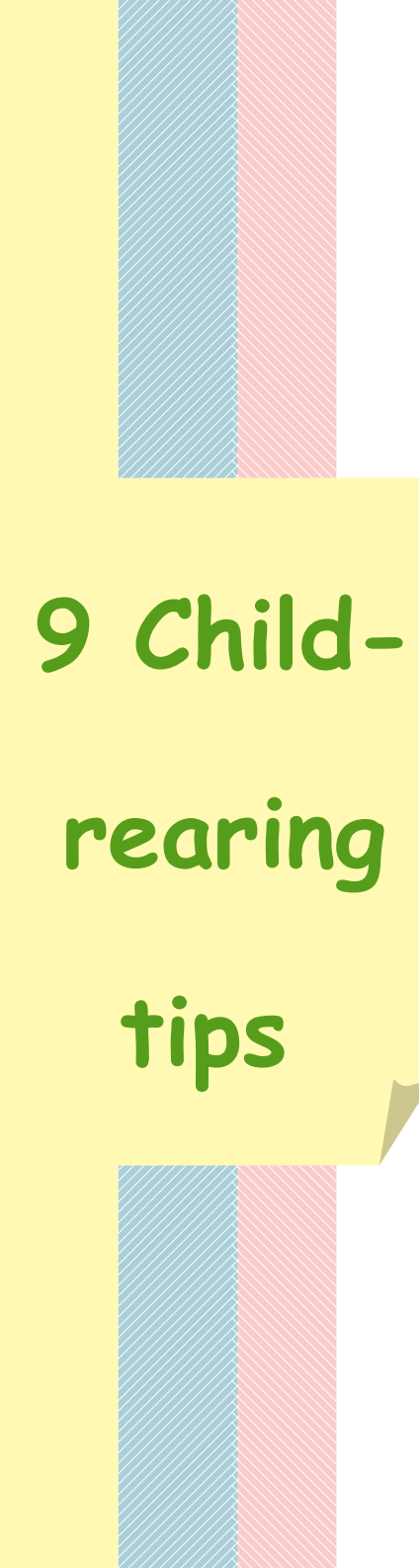
## Instilling Moral values

- \* We've been told over years that if we do good, good happens to us. But should, this is the criteria for a moral act. NO, do good because it's morally and ethically right.




# Steps to More Effective Parenting





# 9 Child-rearing tips



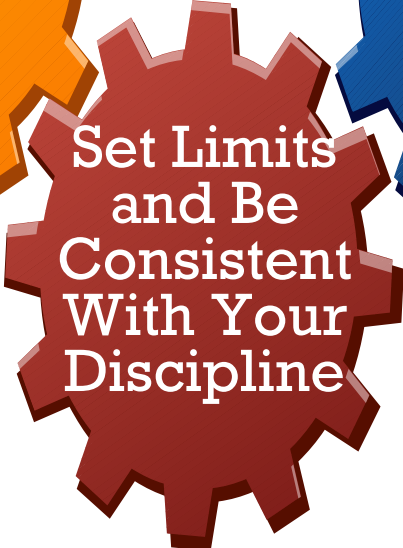
Boosting  
Your  
Child's  
Self-  
Esteem



Catch Kids  
Being  
Good



Make  
Time for  
Your Kids



Set Limits  
and Be  
Consistent  
With Your  
Discipline



Be a Good  
Role  
Model

9 Child-rearing tips

Make Communication a Priority

Know Your Own Needs and Limitations as a Parent

Be Flexible and Willing to Adjust Your Parenting Style

Show That Your Love Is Unconditional

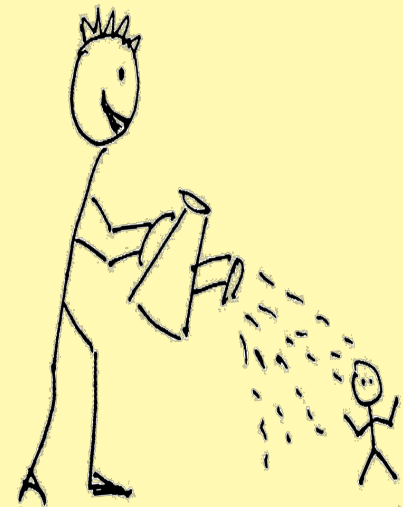


# POSITIVE PARENTING CHECKLIST

As parents, we often have the best intentions, but pressured by stress and our busy schedules we might find it challenging to always parent in a positive way. When the daily duties get the best of us and we lose patience and focus, our interactions with our children might become reactive and can lead to conflict.

Being more conscious of positive parenting actions and using this checklist as a gentle reminder can drastically benefit the quality of your interactions with your kids.

- Encourage healthy sleep, exercise, and eating habits.
- Show interest by asking for updates on school activities.
- Compliment your kids. Celebrate their efforts and accomplishments, no matter how big or small they seem.
- Encourage involvement in extracurricular activities.
- Show affection with kind words.
- Spend quality time together. Do things everyone can enjoy.
- Help your children learn ways to problem-solve and teach them how to make positive decisions.
- Be available for advice and support.
- Encourage positive choices about the way free time is spent.
- Show kindness and compassion when your kids face difficult situations.
- Avoid teasing, yelling, or threatening your children.
- Show physical affection. Hug and kiss your kids.
- Give your children the responsibility and freedom they earned.
- Be aware of your own behavior and the examples you're setting.
- Continuously develop your skills and knowledge about positive parenting.







**Support group for  
parents of 12th grade  
Students**





# What Is a Support Group?

A support group is a meeting of members who provide help and companionship to one another

Due to the nature of these groups, people feel more comfortable sharing their experiences and getting their feelings out in the open

Support groups are comprised of others who have been through the issue at hand



# Setting up a Support Group



Partnering

Purpose and  
Participants

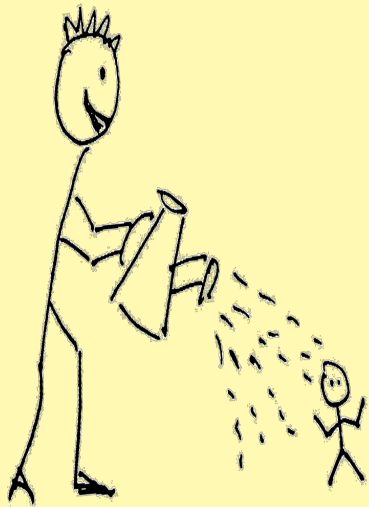
Facilitator

Structure of  
Meetings

Location and  
Organization



- ★ Parenting | <https://en.wikipedia.org/>
- ★ Raising Successful Children | <https://www.nytimes.com/>
- ★ Facts you should know about healthy parenting | <https://www.medicinenet.com/>
- ★ Upgrading Indian way of parenting | <https://timesofindia.indiatimes.com/>
- ★ Nine Steps to More Effective Parenting | <https://kidshealth.org/>
- ★ Starting a Support Group | <https://www.thewellproject.org/>



# R E F E R E N C E S

ANY

QUESTIONS?



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**Thank** you