

## **HANDLE WITH CARE YOUR DELICATE LITTLE ANGELS “You can make them or break them”**

The most precious and prestigious designation or the role given by god to us, the right to be called as Parents, we so conveniently take for granted and feel as if we were born with the traits. We don't need any suggestions or advises from any one, forget from any one, we don't even feel like giving a thought to the way, we are doing our duty or have been doing. Parenting is the only job that parents undertake without any formal training because there are no schools or universities providing the course in parenting which would give the license saying that ... 'you have graduated and are now qualified to be a parent.'

Parenting is not just fulfilling the desires and expectations of your child without analyzing whether it is right or wrong. It is also not hiding the mistakes of your child, affording everything for the child but not your time and imposing excessive discipline on your child.

Then! What is parenting? Parenting is teaching your child the art of living, giving quality time to your child, giving Unconditional love to your child and motivating your child to move towards attainable goals.

First and foremost we have to understand that if a child is behaving in a certain way which is not considered as normal or is not acceptable, there is some problem, and every problem has a solution. Never ever label a child as a problem child, rather try to understand that-‘he is a child with a problem!’ And be ready to accept that, may be, you are the problem! Instead of trying to change him, you should find out ways or reasons to change yourself.

Let us briefly understand some of the common behavioral problems in children and reasons for those problems:-

Common behavioral problems in children:

- Temper tantrums
- Speech defects
- Lack of attention
- Introvert behavior
- Frequent fights with siblings and friends

Reasons for these problems:

- Sibling rivalry
- Over expectation by parents
- over disciplined atmosphere at home
- Lack of attention from parents.
- Frequent comparisons with other

When we speak about children we know that there are different stages in a child's life till he becomes an adult, with different challenges and different ways of handling those challenges.

Three different stages of child's life according to parents would be infancy, childhood and adolescence. Though different stages require different treatment from parents' side but we have often seen parents behaving the same way in all the stages. They are not ready to accept the fact that their babies have grown up, and to a certain extent can take care of themselves. Parents should not be always acting like an umbrella for them, children should be rather given their own space and should be allowed to experiment and learn from their own mistakes. Parents should make certain rules for themselves which they should follow. These rules should have the list of do's and don'ts for them. Some such rules could be –

What as a parent you should not be doing-

Don't take advantage of their helplessness. Don't adhere to the traditional method of disciplining a child "spare a rod and spoil the child". Don't ever over expect from your children, understand their talents and capabilities. Don't compare them with other children. Don't pressurize your children to take part in too many activities. Do not pressurize them to accept what

you say is true because you are older and experienced. “You may strive to be like them, but seek not to make them like you, for life goes forward not backward.”

What as a parent you should be doing-

Instill confidence in them- Children should feel confident in coming to you with their problems. Convey the positive message ‘If ever you get into any serious trouble I want to hear from you and not from others and you know that I will understand you and help you out.’ Treat your children as the important members of the family. Involve them to participate in important decisions, recognize their efforts and not the results.

Appreciate your children- Always make your children feel that you believe in them and frequently entrust them with some responsibilities according to their capabilities and appreciate their efforts. Praise their smallest efforts that will motivate them to achieve further. Let children dream their dreams. You should reinforce their every effort which will motivate them to grow.

Love and affection- Give unconditional love to your children; tell them “I am quite happy with you, just as you are. As long as

you do what you can, I will be satisfied.” Love needs expressions through words and gestures- to carry, to lift, to hug are gestures that tell them that they are loved. Love never says conditions apply, that means you have to give unconditional love to your child, it should not be performance oriented. Accept your children with their limitations. Acceptance from parents helps to develop self-esteem in them. Once you accept them society also accepts them.

Give quality time- Children need attention, they need to be stroked a lot, and good parents are friends to their children, try to understand their problems and requirements. Specially in the adolescence stage try to know their group of friends, be friendly with them and also educate them or train them how to evaluate or understand the quality of friend circle they have .Find time to play with them, take them for outings, eat with them, share your experiences with them and also learn with them and from them, remember that they are the new generation, with much more exposure to technology than what we had, and at times can perform better than us. It is wise to recognize, if time is not spent in working with children, an unnecessary large amount of

time will be spent in correcting them or providing remedial work.

Developing self-discipline- Do not misunderstand disciplining with beating or shouting. Disciplining is the act of love not hatred. Discipline has to be their desire not yours. Harness their energy for a better performance tomorrow. You yourself should not become unruly or rude and lose your discipline while disciplining your child. Your action should speak louder than your words and children do follow or practice what they see, so teach them right actions and you should practice what you preach.

Being Empathetic- Children specially in the adolescence stage i.e. teenagers have to be treated or looked after like an adult, you cannot get into any nagging with them which you used to do when they were little babies, they need their space and privacy .They are at such a vulnerable stage of life, going through lot of physical and hormonal changes, that at times they themselves are caught unaware with those changes. Parents need to empathize with them instead of sympathizing or being critical.

They should be counseled about the changes and should be taught how to accept those changes and to deal with them. Children should be also provided with adequate sex education, so that they don't get the wrong information or knowledge from the sources which are uninformed like them i.e. their peer group. They should be taught about pros and cons of indulging into wrong activities and should also be educated about the right and the wrong touch. Girls need to be specially trained by their mothers and should be taught to react and not to accept any abuse out of fear.

Trust your child- You should develop certain amount of trust in your children. Though they do get influenced by their peer group and might get into wrong habits, but you need to rear them in such a way and teach those values which would never ever allow them to adhere to wrong behavior or habits. You as a parent have to be less possessive and less judgmental towards them.

Becoming a role model- Children always love to follow their parents, be a role model for them. Set examples for them which



they would feel proud to follow. If you set right examples for your children during their formative years your children will grow into adults whom you can be proud of.

**Nature and Nurture go hand in hand-** One may be born outgoing or shy, talkative or quiet, friendly or aloof, introvert or extrovert, yet the way these inborn traits are developed depends to a great extent on the way parents interact with the child. We have to make their roots strong enough to face the challenges of life, we have to give them wings and teach them to fly. “Inspiration changes thinking, motivation changes action “Give them their own space to grow and come out with their talents.

Parenting is a privilege, let us accept this with pleasure and enjoy the journey with our little angels, and see them growing into great adults who would feel proud of their parents, as we feel proud of them. Happy Parenting!!

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