

PARENTING IN OUR DAY TO DAY

PAMELA NABWIRE

27th January 2024



WHAT IS PARENTING

- Parenting is a responsibility of stewardship given by God.
- In this presentation we are going to discuss the how to? of parenting because we know it does not come with a manual.
- As parents, guardians, caregivers and teachers it is our responsibility to work towards causing the desired transformation and impact in the lives of our children.
- We acknowledge that the parenting game has changed and continues to do so in an era of constant technological advancement.



QUESTIONS TO THINK ABOUT

- Are we modelling the right behaviour around our children?
- Are we willing to fix ourselves as adults so that we present the best versions of ourselves to them?
- Are you aware of what kind of world you are creating or have created around your children? How are you preparing them for Life?



SUB TOPICS

1. Table manners
2. Personal Presentation
3. Children and technology



TABLE MANNERS

- Mode of serving and respecting food
- Being mindful of your setting (home and out)

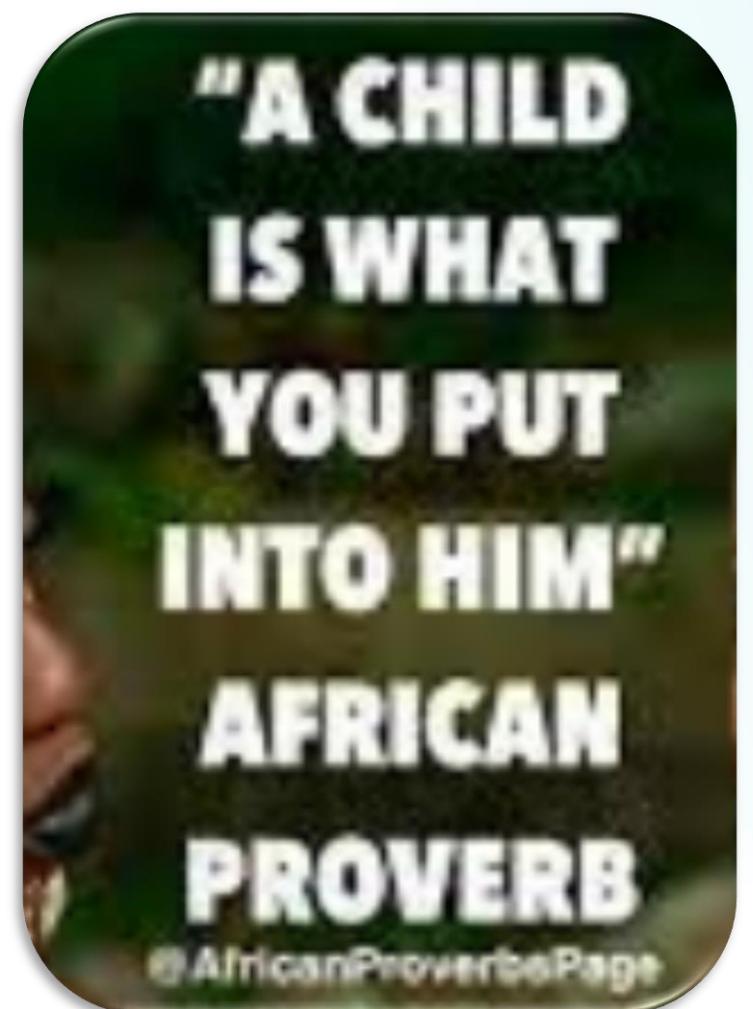


TABLE MANNERS CONT

- Chewing with mouth closed
- Using cutlery vs using your hands
- Eating and drinking



Using polite language



Personal Presentation

- Personal grooming – body hygiene
- Body discipline (at home and in public)



Oral Hygiene



Bathing Ritual



Hair Care



Foot Hygiene



Coughing and



Hygiene



1
Knees Straight



2
Knees Apart



3
Crossed Legs



4
Ankles Crossed



5
Figure Four Lock

Communication

- Greeting



- positive language



- self confidence (humility),



- Language



Dressing according to context, color coding



Dressing according to context, color coding



Children and technology

what is technology?

We all know that technology is disruptive and dynamic. The global village is drawing in on us day by day in the different spheres of life for example education, socially, economically, communication and entertainment, fashion, health, hospitality industry, politics and others areas. We can only find ways of adopting and coping. We can agree that technology has made life easy.



Our attention is now turned to education, communication.

Today's children have gadgets at their disposal like smart phones, ipads, laptops. Having a gadget today is becoming a necessity. For example;

Communication

Education

- **Education** – research and study, teaching aid for teachers (google, AI), creativity and exploring interests

Communication – staying connected (WhatsApp, snapchat, google meet, tiktok, YouTube), news, a lot entertainment ranging from movies, reals, bloggers, online games and promoting online businesses.



How is technology affecting us as parents, guardians, teachers and caregivers?

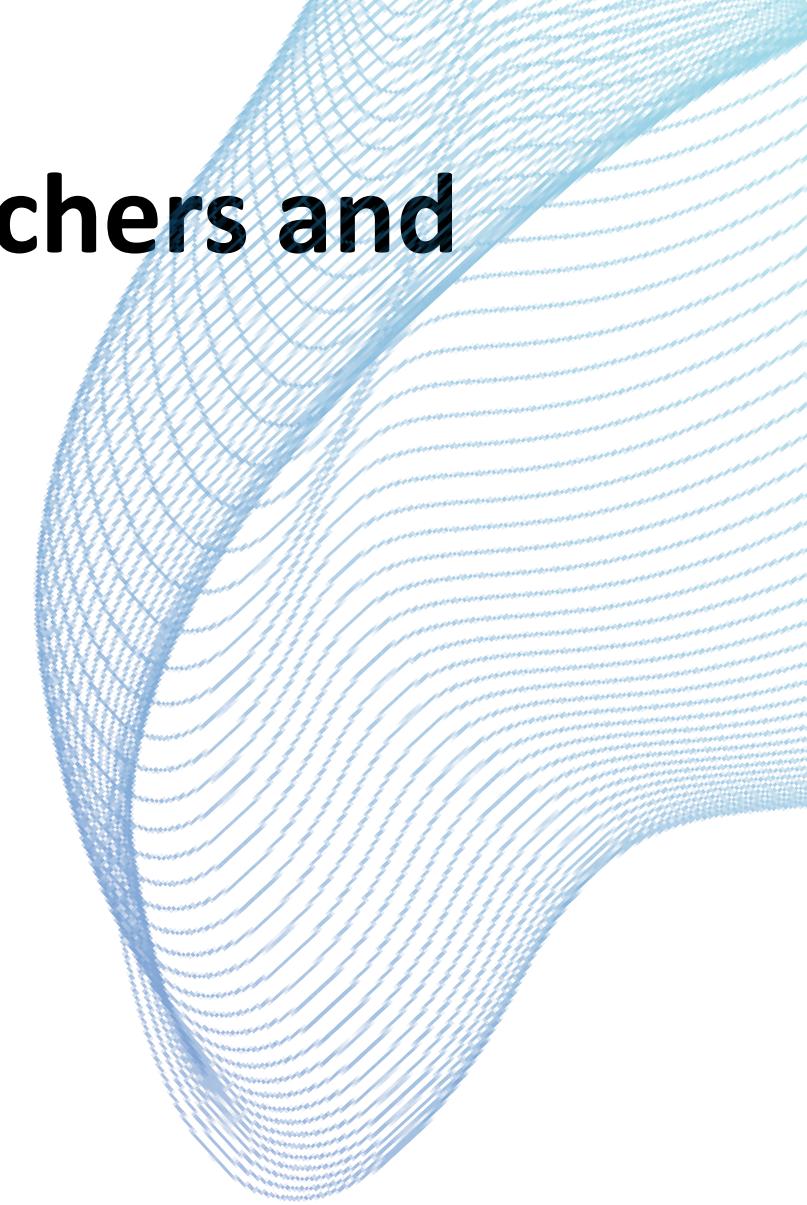
How much time do you spend on your gadget?

Does it affect your productivity?

- Our children between 5 – 20yrs make up a very vulnerable percentage of internet users.
- Why does that pose a danger?

Because majority of our children do not have any guidance on cyber security (UCC report states that 7 in every 10 children have never been engaged by their parents about internet use nor encouraged by them to explore and learn new things). As a result the technology is managing them rather than them managing it.

- They are addicted to cartoons, video games, social media, funny sites and they are being indoctrinated through movie series. They are going by what is “cool”, ‘likes’ ‘followers’ – ‘You don’t understand’



The effects of technology on our children are beginning to bite hard:

- Violent and aggressive behaviour
- Addictions
- Low concentration in class
- Under developed speech at in the younger children
- Poor communication and social skills – professionally
- Obesity
- Sleep disturbances
- Depression (likes, followers)



- **Way forward?**

Proverbs 22: 6 – ‘**Train up** a child in the way he should go. **Even when he is old, he will not depart from it.**’

Ephesians 6:4 – ‘ Fathers, do not provoke your children to anger, but bring them up in the **discipline and instruction** of the Lord.’

Suggestions:

- Begin to have candid discussion with your children and come up with some resolutions/ rules.
- Remove screens from bedrooms
- Control gadget time
- Install parental controls
- Teach children to be content
- Be the example you want to see in your children



Conversely, as parents, we need to go back to instilling the ‘good’ cultural and strong religious value systems to protect them from a corrupted society.

Good manners coupled with a good dose of self control will set your child apart wherever they go.

Good manners will open doors that the best education can not, and, they will teach your child gratitude instead of entitlement.

In conclusion, I applaud every individual that is doing their part to nurture our children, at whatever station you might be – home, school or organization. Do not get weary of doing the good works. Remember, **no man is an island, seek help!** Don't suffer silently. **'It takes a village to raise a child'**

You have a mandate to prepare that child(ren) for the world, you are grooming someone's wife or husband. The parents who are putting in the work are praying for good husbands and wives for their children too.

Let's parent the children we have ,not the children we were.

The change begins with you.

God bless you.

I appreciate the privilege of your time.

