

**North South University**

**Department of Public Health**

**Assignment**

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What is parenting?

* Parenting is the process of supporting the physical, emotional, social and intellectual development with providing them protection and care in order to ensure their healthy physical and mental development from infancy to adulthood.

**What is unhealthy parenting?**

* Unhealthy parenting means bad parenting with process of raising children which may harm their mental health. Sometime parents physically beat or use their hard word to make them punish and at the same time they think that they are doing all for their children’s good. But it effects on their mental health. In unhealthy parenting, parents do not use the right way to support their children in physical or mental health or both of them.

Do you think unhealthy parenting is responsible for all our problem and difficulties in our adult life?

* Yes, I think unhealthy parenting is responsible for all our problem and difficulties in not only our adult life but also in our whole life.

My father and mother get divorced when I was in class four. Since then I have no contact with my father. He and his family never try to contact with me. Before divorce they did fight everyday. I heard a lot of bad words, slung from their fighting. My father used to bitching about my mother when she was not around there. And my mother also used to do same type of work. But they never think how much it effects in my mind.

But it effects, actually effects a lot. That time I grow up with listening that my parents both are bad. After my parents divorce, somehow it was nothing serious matter to me. Hence, then I did not listen any kind of quarrel that’s why I was happy. But, when I went school or private coaching, my friend s parents asked me about my father. I never like to answer that kind of questions. But they did it repeatedly. At a time, some of my close friend stopped talking with me. You know why? Because their parents asked them not to talk and keep friendship with me. Their parents said that as I am from a bad or broken family. So, I am not a good girl. If they keep friendship with me, it will make bad effects on them. I have faced a bunch of this kind of situation in every step of my life.

I stay with my mother. She loves me a lot but also I never get support from her. She always behaves grumpy with me. But she does struggle her whole life for me, for my younger sister. Now I understand that, she behaved with me rudely because she also faced a lot of situation outside. I also didn’t get enough support from her parents. It also effects me a lot.

This all effect me a lot. Now, I don’t have enough emotion in any news. Like, any news of accident, any kind of achievement , in fact death also do not make me enough sad what a human do. It is all natural to me which is not to others. I think, for my this kind of mentality parenting is main reason.

My mother is a very special person to me. I am here for her, I am alive for her. What I am now only for her. I get encourage from her. She is the best mother in the world.

What is the main characteristics of a good parent?

To be a good parent some characteristics must need to be in a person.

* Loving children and affection is an important characteristics of a good parents.
* Ability to manage stress is also important to be a good parent. Ability to manage their stress and temper, which leads to well adjusted children. Children also handle stress my mirroring how their parents manage emotion s during stressful situation. Parents who come home and complain about their job, boss, use bad language, argue on take out their frustration on their kids, set a poor example for healthy stress. If a parent have ability to manage their stress their child will follow their lead and learn how to handle stress himself/herself.
* Being a positive roll model for appropriate behavior is most important. Children learn through observation. When parents are able to work out their conflicts and disagreement through calm discussions become healthy role models.
* Flexible parents tend to be open minded and easy going. They resolve disagreements smoothly. But being flexible doesn’t mean let your kid get away with murder. Find the balance between accommodating and dominating.
* Good parents are always quick to offer academic support and cultivate solid study habits in their kids as early as possible.
* Encourage to play game outside with other which make their mind refresh.

What kind of parents I want to be when I grow up?

* At first, when I will chose my life partner, I will keep it mind that I have no right to chose my children’s father. So, will keep it mind to chose a person to marry who will be a good father.
* I will pay enough attention to my child. So that they will not feel Neglected or unimportant to me.
* When my child will do anything wrong or bad I will not rebuke him/ her when outsider are there. Because, it seems like we are insulting him/ her to their friend and other people. It badly effects on their mind.
* I will give them encouragement and praise when they will try to do something good. If they fail I will not criticize.
* I will not do anything which is harmful for me, other people and also for our environment. Because children starts their basic learning from their parents. If we do wrong things, they will learn that wrong thing is a good thing. Like smoking, quarreling, using slung. This is silly matter to some people. But if we do this, their mind will grow up with this believe that this work is not bad. I will not do this
* We need to support our child but do not smooth them. Now, smothering is a big point for children’s mental health.
* There may happen fight between husband wife. But will not do it in front of my children. Because parents fighting makes bad effect on their mind.
* I will attend parents seminar. Because of generation change their mentality, expectations, thinking all will different from us. If I will not know it, it will tough to approach to their inner mind and understand what they want.
* I will respect their privacy when I will go room, I will knock on the door.
* I will try to talk freely with them about sex education.