

GENERAL RECOMMENDATIONS FOR PARENTS:

MINDFUL RESTRICTIONS

Some parents, even though being open to most of the things, do put limitations and rules on some topics, which might be associated to how they were treated regarding the same or what culture and society they've been brought up in.

Sometimes restrictions on those can cause issues within the child. For ex- if the parent has not allowed the child to socialise much in childhood due to safety concerns, the child may develop social anxiety which will lead them to be uncomfortable in social situations.

APPRECIATION

Where criticism is important for better and improved working of the child, appreciation is equally important. If you are criticising your child 6 out of ten times, there should also be appreciation the remaining 4 times.

This boosts self esteem and self confidence. The child gains confidence in doing that task. Appreciating the smallest of things can make a difference, for ex- if the child has cleaned their room, they deserve appreciation so that in future , room cleaning gets associated with appreciation and the child develops that habit.

SHOWING COMMITMENT AND AFFECTION TOWARDS YOUR PARTNER IN THE PRESENCE OF THE CHILD

Being affectionate towards your child is not enough. Being affectionate towards your significant other is equally important as it surrounds the child with positivity and the feeling of being loved and cherished. Respecting your partner, appreciating them and not being verbally hostile reflects the same

behaviour on the child. The child learns to respect and appreciate when they see the same at home. In contrast, when they see their parents fighting and abusing each other, they are left in a traumatic state. The child grows up to reflect the same hostility towards their partner and acquaintances.

LISTENING

Just listening makes a big difference. Listening does not mean just sounds and voice entering our ears, it means being physically and mentally present. Not every problem needs a solution or advice. Sometimes, just being there for the child and listening to their troubles can soothe them. Often they won't be able to articulate what they're upset about, and it isn't necessary. But this helps kids learn to accept and process their emotions, so they can move past them rather than having to act on them.

STAYING CONNECTED

Spending quality time does not merely mean sitting beside your child, surfing through your phone, or reading your book. Quality time requires your presence. If you are spending an hour together, spend that one hour without any distractions. Keep your phone down or stop reading your book. Devote that one hour solely towards your kid. Do any activity of their choice, talk to them, ask them about their day and about their friends. Show them you are interested in their lives.

INCREASE SELF-INDEPENDENCE

You have given your child a task to clean the dishes after dinner. Let them do it their way. Let them think of a way they think is the easiest to do the dishes properly.

Do not panic or instruct the child if it is not the way you think is the correct way for doing the dishes. For them, your way might be harder, which will make them not like to do dishes. Let them associate doing the dishes with fun.

Decrease their dependence on you for every step of the chore. Let them understand the importance of the task on their own. Similarly, let them figure out their own ways of dealing with problems. Be there with them to support and guide them. But, let them be independent. Let them get stuck. This will decrease dependence on others for solutions and make their lives easier.

COMMUNICATE

Sometimes through the process of parenting, we might be wrong. We might scold the child for a mistake they have not committed. Do not be ashamed to apologise. Apology is not only by saying the word sorry, it can be in your way. Talk to them and make them understand why you behaved in the way that you did. Parents are humans, therefore, they cannot be expected to be sweet and gentle all the time. They might act out their frustrations and dismay on their child or their partner. But the child deserves to know why they were being yelled at, even if it wasn't their fault. This way they understand that even parents go through problems in their lives. It builds empathy and sympathy in the child by getting to know their parents' perspective.

LEARNING THROUGH MODELLING

Children form opinions and attitudes towards different topics mainly by observing their elders. Children learn to respect their elders by observing their parents doing the same and being praised for it. Be the person you want them to be. Inhibit the same positive habits and qualities that you want your child to have. Become a role model for them. Make them want to become like you.