

Parenting is a continuous process that usually does not produce immediate results. This implies that parents have to be actively involved in child rearing to ensure positive development and nurture desired norms and values.

Parenting is termed as a gift and a privilege since parents are given the opportunity to positively impact a person's life.

Competent parenting is achieved through a gradual process of acquiring skills and adapting to different environments (which a child and a parent are often exposed to).

Competent parenting entails several features which parents should strive to cultivate: perceptiveness, flexibility, responsiveness and persistence

Perceptiveness calls for the need to be aware and observant of a child's emotional and behavioral changes. This facilitates identification and regulation of child behavior. Observance requires parents to be attentive to small details that often go unnoticed.

Flexibility refers to the ability to adapt to different situations appropriately. This implies that parents should be armed with a wide range of problem solving skills, usually acquired from experience and previous learning. This facilitates the possibility of effectively responding to different demands and situations, as and when need arises.

Responsiveness is aimed at fostering adjustment based on changing needs of a child. Parents should be aware of what their children are going through and, in the process, understand that a parents' warmth is vital for child development.

Different situations present themselves (ranging from academics, social and personal issues) during child development. It is the responsibility of the parent to ensure that they are armed with adequate problem-solving skills to deal with these situations adequately.

Affection should be expressed in all situations including rebuke. Gradual persistence builds on optimism which arises from positive attitudes. Children often learn from parents' behavior through observation and this affects impartation of skills.

Challenges to Successful Parenting

Cultivating positive parenting is arguably vital for growth in children. However, various aspects act as drawbacks to successful parenting. One major drawback arises from lack of cohesion between two parents. This usually occurs when one of the parents upholds certain values, often relating to discipline, that the other considers irrelevant.

In this case, the child is aware of the conflict transpiring between parents and may be torn between whom to follow and who not to. Children should be oblivious of any conflict between parents.

Parents should display consistency in matters relating to discipline and decisions that have a great effect on a child. Failure to do this may lead to emergence of rifts and favouritism arising from a child preferring one parent over the other because of the values they uphold.

Issues pertaining to depression and lack of good family standings contribute to setbacks in child development. The common scenario is where parents concentrate on other things (like drugs, gambling and excessive drinking) at the expense of their children. They forget their parental responsibilities meaning that they are not in a position to execute responsibilities. This amounts to negligence.

Negative media also influences parenting. The media is filled with all sorts of negative messages that children are exposed to. As a result, children believe what they see and acquire a perception of 'I want a mommy or daddy' like that. This is evident from many reality shows where parental values and acceptable norms are often ignored.

Parenting has been termed as a demanding task despite being a natural process. A parent needs to invest time in ensuring proper upbringing of a child. Becoming a better parent calls for acquisition of certain skills to foster good health, success and development of a child. The most important is love.

Parents should be affectionate to their children and create time to bond with them. This in turn creates a feeling of appreciation.

The child should be encouraged to understand their sense of purpose in life and reminded that they are self-sufficient. Other skills that are vital in parenting include stress management, behavior management, safety and support of spiritual development.

Our children don't come hardwired with the ability to manage their big emotions.

(We didn't either! And most of us are still learning how!)

A child needs support to develop the skills to navigate strong emotions, particularly the unpleasant ones such as frustration, anger, sadness, jealousy, and anxiety.

When our child lacks these skills, the best method to develop them is to personally model, coach and guide them through each emotionally charged moment - NOT to punish them for having these emotions.

There is now a huge movement around becoming emotionally intelligent parents.

It's too hard to do it alone.

Let's do this together.

Workshop Highlights

- Parenting challenges post- pandemic
- Choosing an appropriate Parenting Style
- Managing Difficult Children
- Re-parenting Tools & Techniques
- Technology & children
- Career Planning
- Healing the Inner child



Workshop Package includes

- Training Handy Manual Activities Question & answer session
- Lunch Kit Free Goodies (worth Rs 2000)

Registration Couple Rs. 5000/- Single Rs. 3000/-

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