

CONCERNS &  
CHALLENGES OF  
PARENTING

THERE ARE THOUSANDS  
OF VOICES IN THE EARS  
OF OUR CHILDREN AND  
OUR CHALLENGE, AS  
PARENTS, IS TO MAKE  
SURE THAT OURS IS THE  
LOUDEST.

– DR. PHIL

# TOP PARENTING CHALLENGES

1. Education-Honoring the value
2. Frequent Tantrums
3. Establishing positive discipline
4. Decreased parent-child communication
5. Increased use of social media
6. Developing social skills
7. Shy and lack of confidence
8. Aggression/Abusive language
9. Defying rules and arguing (Back-talk)
10. Resistance during studies
11. Dealing with sibling rivalry
12. Poor eating habits
13. Hygiene



# SHOW YOUR CHILD THAT YOU VALUE EDUCATION

**Value**= importance or worth

**Education** = life long learning



**“Education  
is not a **problem**.  
Education  
is an **opportunity**”.**

# WHY EDUCATION ???

- **Strengthen Confidence**

An educated person is a confident person. Education develops a positive outlook and allows us to believe in ourselves.

- **Develops social skills**

The way we interact with teachers and peers is guided by our education.

- **Helps in decision-making**

Education enable us to take the right decision.

- **Wide range of awareness**

Education spreads awareness and teaches us to differentiate between right and wrong.

# WHAT WE CAN DO AS PARENTS

- Become actively involved in the processes that affect your child's education.
- Show your child that you value education.
- Check the almanac/portal regularly.
- Ensure regularity at school.
- Take time every day to talk with your child about the day at his/her school.
- Read with your child and encourage him to be a reader.

## 2. FREQUENT TANTRUMS





# WHAT WE CAN DO

- Don't lose your cool. It is best not to react instantly.
- **Talk to your kid**-your kid is at an age where he is able to understand, what you tell him to do. Therefore, the first and foremost thing to solve any kind of behavior issue with your kid is to talk to him about the same.
- It is important to show your kids that you are not unnerved by their tantrums.
- **Be Positive**-always adopt a positive approach in dealing with your kid; if you want respect, make sure you also give respect to your kid and his choices. Refrain from shouting at your kid. Explain the problem.

- **Make Use of Quite-Time**-ask your kid to sit quietly and think about his mistakes and behavior, instead of you telling him what mistakes he has committed.
- **Use Logical Explanation**-try and give valid explanations for your decisions and actions. Refrain from giving any illogical explanation.
- **Be on Your Kid's Side**-help your kid in understanding his fault and mistakes and then solve various problems together. Be on his side and work on the problems as a team.

# 3. ESTABLISHING POSITIVE DISCIPLINE



# WHAT KIND OF PERSON DO WE WANT OUR CHILDREN TO BECOME

- Respectable and has empathy for others
- Confident with sound self-esteem
- Life long learner
- Can make wise decisions
- Able to form healthy relationships
- Honest
- Disciplined and responsible
- Goal oriented



# WHAT WE CAN DO

- Reflect on the values and life skills we want to teach children
- Make day-to-day problem situations an occasion for teaching these values and life skills
- Model these values and life skills ( respect, taking responsibility, wisdom, handling conflict, empathy ) to children
- Don't try to control your child's autonomy/independence.
- At the same time, do not tolerate rude behavior.
- You can always respect their opinions, but teach them what is right and wrong.

# 4. DECREASED PARENT-CHILD COMMUNICATION



# WHAT WE CAN DO

- Talk with your child- ask questions and remember to listen
- Catch up with them on dinner table
- Talk about the day's activity at school and home
- Bed time story
- Stay connected-spend quality time on holidays, if not possible on working days
- Create a trusting relationship

# 5. INCREASED USE OF SOCIAL MEDIA





# WHAT WE CAN DO

- Not giving your children a mobile phone or completely cutting off social media access is not a good idea. In fact, it may backfire and lead to hiding, and lying.
- Try to control the hours your child spends on such gadgets.
- Set some disciplinary rules that need to be adhered diligently.
- Introduce them to other interesting hobbies and activities.
- Set an example by restricting your time on social media.

# 6. DEVELOPING SOCIAL SKILLS



# CONSEQUENCES OF POOR SOCIAL SKILLS

- Challenging peer relationships
- Strained parent and sibling relationship
- Poor academic performance
- Symptoms of withdrawal
- Increased rate of bullying



# WHAT WE CAN DO

- Be approachable to your children
- Hear & understand them
- Talk about good, bad and safe touch
- Give them opportunity to interact with age appropriate children and with elders
  
- Teach them to be respectable to others:
  - Look at the person
  - Smile
  - Greet
  - Nod head to show listening
  - Don't interrupt when someone else is talking

# 7. SHY AND LACK OF CONFIDENCE



# WHAT WE CAN DO

- Understand your child's personality
- It is often seen that after a certain age shyness vanishes
- Provide praise and positive reinforcement for your child's efforts.
- Don't do everything for your child. The more they meet new challenges, the more competent and confident they'll feel
- Whatever you do, do not force him to mix up with others

- Build your child's self-confidence. A positive sense of self is one of the greatest gifts you can give your child.
- Provide opportunities to meet new people and get involved in new activities
- Give them opportunities to practice speaking up.
- **Don't call children names or use sarcasm to make a point.** Never belittle your child's feelings. When you get angry take a short break so you don't say anything you'll regret.

# 8. AGGRESSION/ABUSIVE LANGUAGE





# WHAT WE CAN DO

- **Respect-**Children learn respect from how we treat them and others. You set an ideal example of traits that you look forward to in your child's character.
- **Usage of Language-** Use appropriate language and gestures with children.
- **Voice Volume-** Speak softly and politely. Getting things done from children does not necessarily require shouting at them.

- Avoid the temptation to be louder than your child and ‘win’ the argument, because that does not always solve the problem. In fact, your child may feel pushed to a corner and become even more aggressive when you try to dominate him.
- Try to find out reasons for your child’s anger and understand his anger.
- Establish boundaries, rules and consequences
- Give your child space to retreat. Don’t follow your child and demand apologies or explanations while he or she is still raging; this will only prolong or escalate the anger, or even provoke a physical response.
- Help your child find healthy ways to relieve anger

- Give your child space to retreat. Don't follow your child and demand apologies or explanations while he or she is still raging; this will only prolong or escalate the anger, or even provoke a physical response.
- Take steps to manage your own anger. You can't help your child if you lose your temper as well. As difficult as it sounds, you have to remain calm and balanced no matter how much your child provokes you. If you or other members of your family scream, hit each other, or throw things, your child will naturally assume that these are appropriate ways to express his or her anger as well.

# 9. DEFYING RULES AND ARGUING



# WHAT WE CAN DO

- Be clear about the rules to be followed, be it about how long they can play, or what they are supposed to do at home.
- Make the consequences clear if they defy the rules and enforce them, regardless of how trivial the issue may seem. Your child will know that you are serious about the rules, and that will instill a sense of discipline in them.
- You could also involve them in setting rules and punishments. This way they would clearly know what they are in for, if they go out of bounds.

# 10. RESISTANCE DURING STUDIES



# WHAT WE CAN DO

- Give them some liberty to involve themselves in activities of their choice
- Teach them the skill of setting a balance b/w study & play
- Do not always nag or make comparisons
- Appreciate their effort more often
- Pressurizing your child to study can never result in anything good
- Let your child tread this path slowly and learn from the experiences.
- Establish a steady bed time routine to ensure 8-9 hours of sleep per night.

# 11. DEALING WITH SIBLING RIVALRY





# WHAT WE CAN DO

- The best way to handle this is to separate siblings after a fight to make them cool down.
- Don't try to be a judge by deciding who is right and who is wrong.
- Also make some rules in advance so that there are lesser issues to be dealt later on.
- Don't draw comparisons between your children. Instead, appreciate each one's individuality and special gifts.
- Prepare your child to welcome the new member.

# 12. POOR EATING HABITS



# WHAT WE CAN DO

- Stock up on healthy choices, but don't force your child to eat anything.
- Try to explain the consequences.
- Prepare and present healthy meals your child likes.
- Help your child develop a taste for nutritional food by getting them involved in picking up stuff.

- Make mealtimes as happy as possible. Don't try to make your child eat when he isn't hungry, or force him to eat something he doesn't like. And never use food as a bribe or reward when you want him to do something or punish him for not eating. Direct the table talk to pleasant topics; save the discussion about that note from his teacher for after dinner.
- Reserve sweets for an occasional treat. Avoid serving high-calorie, sugary treats on a regular basis. Your child doesn't need a sweet dessert every night after dinner and don't send him to school with cookies, cakes, or candy.

# 13. HYGIENE



# Make Hygiene part of your daily routine





THERE IS NO SUCH THING  
AS A PERFECT PARENT  
SO JUST BE REAL ONE

-SUE ATKINS



HAPPY  
PARENTING!

THANK YOU