

The Art of Parenting

Parenting is one of the best ways of making life meaningful and even purposeful. Good parenting helps foster the virtues such as empathy, honesty, self reliance, self control, co-operation and cheerfulness besides promoting intellectual curiosity, motivation and encouraging a desire. A great introspection is the need of the hour, pondering over the questions like, what kind of a parent is I? What kind of parenting should be adopted by me?

The style of parenting has uniqueness in its appeal with a psychological frame representing standard strategies that parent use in the upbringing of the children as it is strongly believed that upbringing would certainly impact the nature, character and well-being of the children. According to Walter Pater, a great author, “style is the man” there is hardly anything left unaffected by parenting which can be considered to be an art. The art of parenting influences a plethora of things from the height of the child what and how he or she feels. Parent- child role plays a tremendous role in the child’s maintenance of discipline, dignity and decorum. The way the child is nourished; nurtured and nursed is the way he or she stands in the world after growing up into a perfect human being. Growth and Development are not one and the same .The physical growth and the emotional development of the child should go hand in hand such that the child is courageous in the face of the stark realities of the world.

The quality of parenting precedes the time spent with the child. The researchers opined that there are four types of parenting.

- **Authoritarian**
- **Authoritative**
- **Permissive**
- **Uninvolved**

Authoritarian Parenting:

Authoritarian parent thinks that the child should strictly adhere to the rules. Those parents believe that the child should be seen but not heard. They expect that the child should follow the rules without any expectations. They do not at all heed to the child's opinion. The child is not allowed to get involved in the process of solving problems. The children are not provided with any scope to make an expression of their views. Rules are made by the parent without taking the consequences of making the child abide by the same into account.

The historical precedents tell us that authoritarianism, autocracy, dictatorship do not last longer. They focus much on making the children feel sorry for their mistakes rather than teaching the child make better choices. Children who grow up with a strict authoritarian parents tend to follow rules much of the time. But, their obedience comes at a price.

Children of authoritarian parents are at a high risk of developing problems of self respect because their opinions are not at all valued.

Authoritative Parenting:

An authoritative parent in general puts a lot of effort into creating and maintaining a positive relationship with his or her child. The reasons behind the rules are explained by the authoritative parent. They not only enforce rules and give consequences but also take the child's feeling into consideration. Authoritative parents spend both time and energy to prevent the child from getting caught into the web of behavioural problems. Authoritative parents use the methods of positive discipline to reinforce good behavior like praising at a reward system.

Children raised with authoritative discipline tend to be happy and successful. They're also more likely to be good at making decisions and evaluating safety risks on their own.

Research says that children who have authoritative parents are most likely to become responsible adults who feel comfortable expressing their opinions

Permissive Parenting:

Parents set rules but rarely enforce them. They don't give out the consequences very often. They think that their child would learn the best with a little interference from their side. Unless there is a serious problem, permissive parents don't step in.

They are of a nature of a great forgiveness. They forgive and forget the child's mistake. They think that the "Kids will be Kids". They may allow the child to get out of time if he/ she promises to be good. They often take the role of a friend rather than a parent. Permissive parents are not bothered much about the poor choices made or the bad behavior of the child. They discuss the problems of the child with him or her, though they don't venture to discourage the poor choices or bad behavior of the child.

Kids of these parents are often at a higher risk of health issue like obesity because the parents struggle to limit the intake of junk food by the children.

The children of these kind parents do not appreciate roles and hence they develop low self esteem. Such children also struggle academically.

Children of authoritarian parents are at a higher risk of developing self-respect problems because their opinion are't valued

Uninvolved Parenting: They don't bother to question the children about their school or academic work. They rarely know where their child is or who he / she is with. They don't spend much time with the child. These parents might have a very little knowledge of what their children are doing. Children don't have the receptivity enough to receive the parental guidance, nurturing and even the parental attitude. These uninvolved parents expect the children to raise on themselves not devoting much time to enable the children to meet their basic needs being overwhelmed with the other problems like work, finance, managing house hold things etc. These parents lack knowledge about the development of the child or children.

They tend to perform poorly in school. They also exhibit frequent behavior problem & rank low in happiness.

Kids who grow up with permissive parents are more likely to struggle academically

Conclusion: “Being is becoming” .We can be an authoritative parent to initiate all the necessary steps for the child to flourish and prosper. A positive relationship can be built up with the child with all the dedication of the parent blended with commitment .The child would reap the benefits of this style of parenting over a period of time.

Sometimes parents don't fit into just one category, so don't despair if there are times or areas where they tend to be permissive or other times when they are authoritative.

S. No	Do's	Don'ts
1	Discussing problems respectfully, but firmly	Yell at or belittle your child
2	Calming yourself before disciplining	Discipline while angry
3	Giving clear and consistent consequences	Be inconsistent, enforcing only at times
4	Giving short and clear statements about wrong behavior	Deliver a long, detailed explanation
5	Discussing what better can be done	Focus only on what was wrong rather than how to correct the behavior
6	Thinking of discipline as teaching good behavior	Think of discipline as punishing poor behavior
7	Being a good example	Break the rules you hold your kids to
8	Finding an approach that works best with each child	Use the same discipline approach with every child
9	Providing clear rules and consequences	Fail to set any rules or consequences

Over all with a wide- view, the quote says

“సామ దాన భద దండోపాయములు”

సామ : Explaining

దాన : Offering gifts

భద : Showing difference

దండోపాయము: Punishment

Depending on the situation one can practice different styles of parenting.

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