

Importance of Positive Parenting

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Parenting or child rearing is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Positive parenting builds healthier relationships between parents and children. It makes parents more sensitive, responsive, and consistent in their interactions with their children, and it makes children happier, more optimistic and, intrinsically, more motivated to choose the behaviors that parents prefer.

It is associated with many favorable outcomes, viz. better mental health, greater social competence, and more **positive** self-concepts.

Basic Guidelines for Happy Parent Child Relationships

1. Be a good listener. Reassure your child and say often “I love you”, “I care for you”.
2. Try to set aside time on a regular basis to do something fun with your child.
3. Be firm but polite. Conversation and proper communication will help the child to understand better.
4. Be consistent, i.e. reward or punish the same behavior in the same manner as much as possible. Both the parents need to agree on what behavior is desirable and not desirable and how to respond to undesirable behavior.
5. Make it very clear *what* the undesirable behavior is. It is not enough to say, “Your room is messy.” Messy should be specified in terms of exactly what is meant: “You’ve left dirty clothes on the floor, dirty plates on your desk, and your bed is not made.”
6. Look for gradual changes in behavior. Do not expect too much.
7. Praise right behavior and be encouraging.
8. Remember that your behavior serves as a model for your children’s behavior.
9. Both parents should have an equal share in the responsibility of discipline as much as possible.

Last Word

Parenting is a blessing, enjoy it. It is the best stage of life as we get an opportunity to mold a human life.