


Parenting in the New Millennium

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Before I got married I had
six theories about bringing
up children

Now I have six children,
and no theories.

-John Wilmot



Parenting: Yesterday

Background

- Protected environment (More for girls)
- Subserveant to elders
- No coeducation (taboo)
- Economic Consideration



Parenting: Yesterday

- Male child:
 - Modest education
 - Career/ family profession
 - Bread winner
 - Help family; take up family responsibilities



Parenting: Yesterday

- Female child:
 - Minimal education
 - Submissive tolerant & complaint
 - Proficient in domestic chores (cooking, house keeping, tailoring knitting, embroidery) because they had to take up the homemaker's role
 - Protected & Restricted Environment
 - Introversion was promoted



Parenting: Today

Background

- Gender differences have decreased
- Education & career is the top priority
 - Better quality of life & to offset problem of dowry (girls)
- Luxurious life style
- Importance of time
- Co-education
- Greater freedom

Parenting: Today

Stresses

- Education
 - Difficult to get admission
 - Very Expensive
 - 2 schools
 - Increasing syllabus, heavy bag
 - Increasing distance
 - No drinking water, toilet
 - Poor education
 - Stiff Competition
 - 1. Repeated Failures
 - 2. Corruption
 - 3. Parents working; No one to guide
- Job
 - Few jobs, CORRUPTION
- Forging new identity
- Interacting with opposite sex



Parenting: Today

Stresses

- Distractions
 - Mobile, smart phone, TV, internet, pornography
- Mixed messages
- Addictions
- No recreation
- Exercise



Consequences

- Stress: High levels
- Subsyndromal manifestations
- Psychiatric morbidity: Suicide (3.4% biological causes) Social Causes
- South Africa : Effect of TV: Before 1975 vs After 1975
 - Suicide, homicide, sexual assaults
- In US if TV was not introduced
 - 1000 rapes
 - 7000 suicides
 - 70000 homicides could be prevented



Parents' nightmare!!



Parenting: Guidelines

Basic Needs

- **Food & Feeding**
- **Housing**
- **Clothes & Clothing**



Parenting: Guidelines

Routine

- 1. Basic Activities**
- 2. Studying**
- 3. Physical exercise**
- 4. Recreation**
- 5. Talent development**
- 6. Social networking**
- 7. Prayer**

Week days & holidays

- **Special occasions**



Parenting: Guidelines

1. Education



Parenting: Guidelines

- 1. Stimulating Environment**
- 2. Promotes development**



Parenting: Guidelines

1. **Communication**



Parenting: Guidelines

Support

- 1. Emotional**
- 2. Instrumental**
 - 1. Problem solving**



Parenting: Guidelines

Equitable distribution amongst siblings (same & different genders)



Parenting: Guidelines

- 1. Behavioral Management**
- 2. Discipline**
- 3. Punishment**
- 4. Reward**
- 5. Withdrawal of reward**
- 6. Time out**



Problems of behavior and conduct

- Parents should be **firm and consistent**
- **Operant conditioning** principles
 - reward for good behavior
 - punishment/withdrawal of reward for bad behavior
- **Entire family must participate**



Parenting: Guidelines

Problem Solving

- 1. Cease fire**
- 2. Inquiry**
- 3. Jugdement**
- 4. Appropriate action**



Parenting: Guidelines

- 1. Redressal**
- 2. 3-4 tier system**



Parenting: Guidelines

1. **Rules**
2. **For goodies**
3. **For Pocket money**
4. **Veg v. Non-veg food**
5. **Drugs**
6. **Fast vs. conventional food**
7. **For freedom:**
8. **Going out**
9. **Borrowing**



Parenting: Guidelines

- 1. Dress**
- 2. Behaviour towards elder/ youngers**
- 3. For hitting, shouting abusing**
- 4. With opposite sex**



Parenting: Guidelines

- 1. Gender Sensitivity**
 - **Boundaries of Man woman relationships**
- 1. Sex education**



Parenting: Guidelines

Social skills

- 1. Communication**
- 2. Assertion**
- 3. Problem solving**
- 4. Protection from victimisation**
- 5. Including sexual exploitation**



Parenting: Guidelines

- 1. Protection**
- 2. From unsafe housing**
- 3. Outside sources**
- 4. Sexual molestation**
- 5. At home & outside**



Parenting: Guidelines

Rules

1. For goodies
2. For Pocket money
3. Veg v. Non-veg food
4. Fast vs. conventional food
5. For freedom:
6. Dress
7. Going out
8. For borrowing money/ goodies
9. Behaviour towards elder/ youngers
10. For hitting, shouting abusing



Parenting: Guidelines

Treatment of Medical Illness

Prevention of Illness

Physical Illness

Mental Illness



Parenting: Guidelines

Promoting Independence

Commensurate with developmental level



Parenting: Guidelines

Managing Finances



Parenting: Guidelines

Moral & religious training



Parenting: Guidelines

- Career Choice
- Job Choice



Parenting: Guidelines

- Selecting partner



Parenting: Guidelines

- Confidant



Parenting: Guidelines

- Talent promotion
- Sports / outdoor & indoor



Parenting: Guidelines

Attention to individual differences

- Temperament

Parenting is an interactive situation

- Children are born with a preferred way of responding - **Temperament.**
- Children in the same family often have different temperaments, which parents can usually recognize





Three broad styles of temperament in children

Easy


- Calm & happy
- Regular in sleeping and eating habits
- Interested in new experiences

Difficult

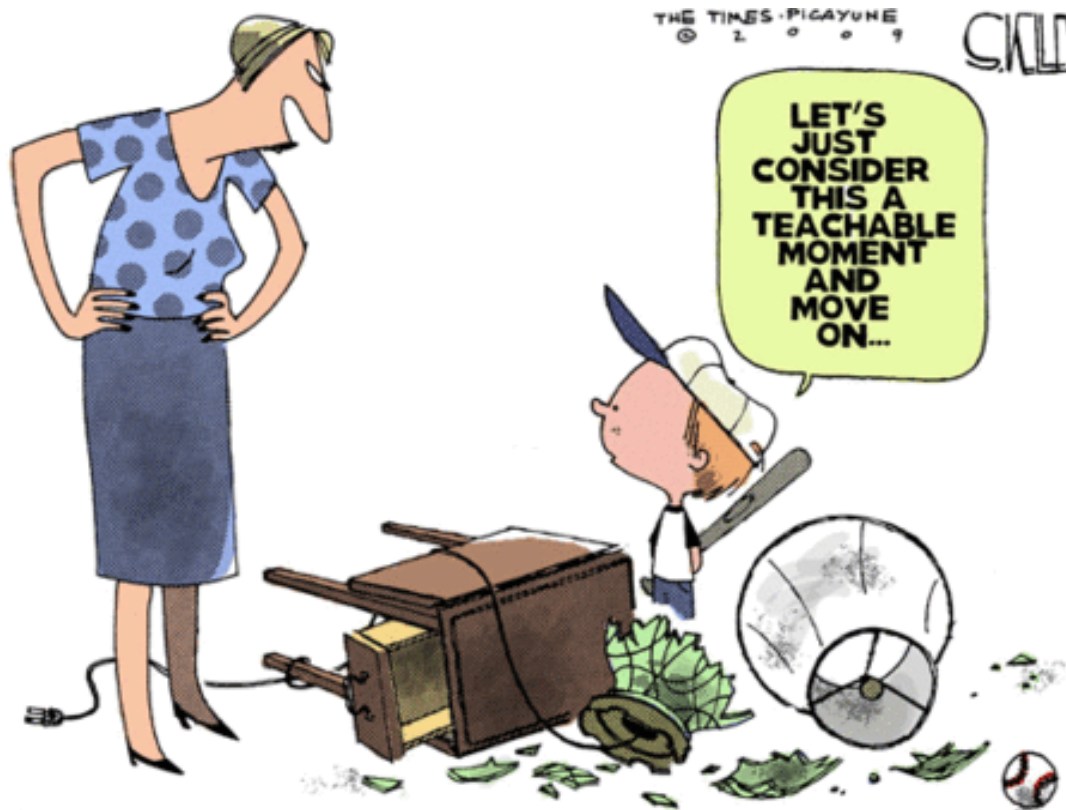
- often fussy
- Irregular in feeding and sleeping habits
- Fearful of new people and situations

Slow to warm up

- Relatively inactive
- Tend to withdraw
- Gradually become more positive with experience.

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- Temperament is consistent
 - Parents need to be sensitive to their child's temperamental style
 - For example, when faced with a new situation, a parent of a slow to warm up child may need to be patient and allow him more time to assess a situation.

“Goodness of fit”



It's the mix or the "goodness of fit" between parent and child that matters most

Authoritarian ("Too Hard")

- High Demandingness
- Low responsiveness
- Rigid & harsh

Abusive parents usually fall in this category.



Permissive ("Too Soft")

- Low demandingness
- High responsiveness
- Seldom enforces consistent rules

The "spoilt" child often has permissive parents.



Authoritative ("Just Right")

- Moderate demandingness
- Moderate responsiveness.
- Firm but not rigid
- Willing to make an exception





Carry home message

- Parenting depends on the “goodness of fit” between the temperament of the child and that of parent
- No Perfect parent
- There is always scope of improvement



- Thank you