

7 Parenting lessons to learn



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1. Setting rules:

If you set rules from early childhood, it's easier for your child to follow them as a teen.

2. Disciplining:

Hitting or yelling at your child only makes for painful memories. Use words wisely and indulge in conversations. Even if your child is a toddler, a blunt "NO" can just be a sound to him / her. Try something like that really hurt me, hands are for hugging, drawing, for giving a high five and so much more; not for hitting such phrases can work like magic.

3. Maintaining comfortable relationship:

If you've shared a comfortable relationship with your parents, you are most likely to enjoy the same with your child. Being a comfortable parent also makes you emotionally healthy. This leads to better relationships, decision making skills and resilience so ensure your child is connected to you and not afraid of you.

4. Establishing family rituals:

Family rituals such as a family fitness activity or weekend fun, or simply family dinner time can help you bond as a family.

5. Encouraging communication:

How you discipline and how you respond to your child's actions influence how your communication grows. Don't shy away from sensitive topics and relationships. It is better to talk about these so called taboo topics to your child than hoping someone else do it. And if you want your child to speak to you as a teen, listen to him / her today, with genuine interest.

6. No over indulgence:

If you've had a strict parenting, you might not want to be too strict with your child. The physical punishments you might have got could have left painful memories in you. While it's good you don't want to repeat the mistakes your parent did, it is just as bad to over-indulge your child. Be very balanced in your approach.

7. Showing involvement and encouragement:

Be involved in your child's education and other aspects of life. Identify and encourage his / her talents. Guide him / her with studies and career but leave it to them make choices. This will make them confident as an adult.

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