

TIPS ON PARENTING

“ Children are educated by what the grown- up is and not by his talk” - Carl Gustav Jung

YOUR HOPES

- Think about the personal characteristics you hope your child will have when they are grown up.
- These characteristics should focus on the type of person you hope the child will be (responsible, independent, loving, etc.) and not on careers or material assets (be rich, be a doctor, etc.).

REALITY CHECK

- Are we helping them to develop sense of independence, responsibility problem-solving skills, empathy, etc.?
- Or are we, too often, acting in a way to discipline them, that is not the way we want them to interact with others?

DISCIPLINE YOUR CHILD WITHOUT SCOLDING OR PUNISHING

- Parents and children are usually at least 20 years apart in age and light years apart in experience and in the capacity of self-control; so parenting demands empathy and tolerance, tolerance and also flexible mindset to meet up the generation gap.



THINGS TO REMEMBER

- Each child is unique with different ideas feelings, expectations, beliefs and values about themselves and the world.
- Children are born not knowing what is right and what is wrong.
- They will only learn the desirable ways of behavior with constant parental guidance

THE NEED FOR USING POSITIVE DISCIPLINE

- Punishing or scolding will not help the child to internalize the right behaviour.
- Children should understand the consequences of their actions and should become able to solve problem for themselves.
- When dealing with your children's temper tantrums you should not only attempt to restore calm and order to your household but also try to teach children how to handle frustration and anger in a more appropriate way.

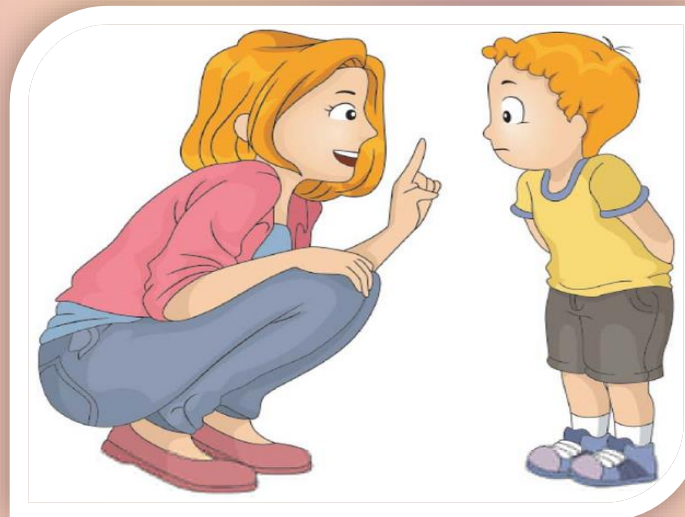


CHILDREN DO WHAT THEY SEE

- Parents must model the kind of behavior they want to teach.
- They must also communicate their values in ways that make the values as important for their children as they are for themselves.



- It is important for parents to ensure they are calm themselves before dealing with a conflict or difficult situation.
- This will help children calm down and learn to self-regulate.



THE CONSEQUENCES OF NEGATIVE DISCIPLINE

- Punishment can physically or emotionally hurt a child.
- Physical punishment includes spanks, slaps, pinches, etc.
- Emotional punishment includes humiliation, isolation, rejection, threats, etc.



- **Punishment may stop the unwanted behaviour, but it does not help children to understand how their behavior affects others or why it is dangerous.**
- **Physical and emotional punishments teach the child that it is okay to solve problems with violence. That also can damage the relationship between the parent and the child.**
- **If you are shouting and saying your child “Do not shout”; instead of getting your message your child will model your behavior Pattern i.e. shouting is a way of expressing someone’s disliking.**



- Children who are punished may simply learn not to get caught the next time, instead of understanding the impact of their behaviour.
- If children are punished by their parents for their mistakes, they may learn that they should not go to their parents when they are in trouble

HOW TO IDENTIFY A MISBEHAVIOUR

- Parents need to ask themselves a number of questions before labeling any of their children's behavior as 'misbehavior'.
- "How often does a certain kind of misbehaviour occur and how intense is it?"
- "Do I tolerate my child's misbehaviour?"
- "Will others tolerate the misbehaviour?"

HOW TO TACKLE MISBEHAVIOUR AT HOME

- Your biases, needs may allow you to tolerate your child's misbehavior, but other parents or neighbors may find it Intolerable.

Asking yourself "what will the neighbor think?" moves the problem outside the family.

- A parent who accepts what a child does at home should also realize that other parents may not approve it.
- Children do not see their behavior as a problem.
- They simply have not yet learnt more appropriate or self controlled ways of seeking satisfaction.

THE BASICS OF DISCIPLINING YOUR CHILD

- It is important for practical reasons to separate a child from her behaviour.
- When dealing with behavior problems scolding the child or humiliating the child, only creates an unhealthy self image.
- It is best for the child's self-esteem to concentrate on specific constructive ways of changing the behavior.

PRAISE YOUR CHILD'S BEHAVIOUR

- Don't praise your child but rather praise what she is doing for example Instead of saying you are a good girl for sitting quietly say "it is good you are sitting quietly"

CONTINUE THE PRAISE AS LONG AS THE NEW BEHAVIOUR NEEDS THAT SUPPORT

- Praising the appropriate things your child does, remind him/her of your expectations and reinforce your model of good Behaviour.



AVOID BEING HISTORIAN

- Leave bad behavior to history and don't keep bringing it up. If your child makes an error constantly reminding him/her it will only lead to resentment and increase the likelihood of bad behaviour.

BUILDING EMOTIONALLY STRONG CHILDREN

- Accept children's in born personality and temperament.
- Help them to develop a sense of responsibility for their actions.
- Create a loving and safe environment built on mutual trust.
- Teach them how to handle mistakes as challenges rather than as disasters.

THANK
YOU

Compiled by: Ms. Moitreyi Sarkar, Ms. Arunima Mitra

Reference: Discipline without shouting or spanking By Jerry Wyckoff