

Academic Development Oriented Parenting



By Pravin Patil

Dear Parents,

Your understanding about your ward is unparalleled. You have seen him/her grow, you know what he/she likes and what he/she does not. You know what makes him/her smile and what brings tears to his/her eyes. No one in the whole wide world knows him/her better.

Gone are the days when children were submissive. When they had no wishes of their own. When the command of parents used to be the destiny of the child. Those days are no more. Times have changed, so has the behavior pattern of our children. Today children have started to think, analyze and to reason the things that are going around. Things going on in their immediate backyards and in the remote corners of the globe. They have become rational and curious.

Through this course we do not intend to teach you parenting, nor do we intend to instruct you on how to behave with your wards. You are his/her parents and undoubtedly you know him/her the best.

What we intend to do through this course is to acquaint you with changed behavior patterns of today's children. Their changed attitudes, their preferences and their preferred way of living. Through this course, we want to reach out to you all with a few suggestions from the modern concept of scientific parenting. Suggestions that will help you communicate with your wards better.

We shall also discuss the common problems faced by the parents of today's children and their possible solutions. And of course, certain tips that may hopefully strengthen your relationship.

Needless to mention, discussing his/her study related behavior will be an integral part of our discussion.

We wish to assure you that we (both, you and us) have the common objective to see him/her develop into a successful and independent individual. Your suggestions will always be welcome.

Section A : What is Parenting

At the first instance, this question may sound odd. But we, the parents of the twenty-first century, really need to seek an answer to these basic questions. Many of us believe loving our children is parenting, some believe getting our children to perform well is parenting. But there is more to parenting than what we all believe.

Do parents need to be taught parenting?" Some of us may ask. But as we mentioned earlier, this book is not meant to teach your parenting. It is meant to discuss better ways of understanding and supplementing the needs of our most loved ones, our children. When we parents were children, parenting had an altogether different meaning and approach. But then, even the children of those times were different. Today things have changed. So have the behavior patterns of our children. Children today are more inquisitive, more rational and indeed more demanding. With such changed behavior of our children, parenting becomes all the more crucial.

Parenting is not a particular type of behavior or treatment with our children. It is a process. It is a process of understanding the changing needs of our children and supplementing them. It is a process of showing our children the right path by setting ourselves as an example and ultimately it is a process of treating the child as an individual and of helping him/her develop into a complete person.

Parenting does not mean accepting whatever they demand, it does not mean letting them do whatever they feel like. It means telling them what to do and also telling them why to do so. It means making them aware of the consequences of their actions. It does not mean deciding for them, it means helping them decide. This is what parenting means. We wish to reaffirm to you that we (both you and us) have the common objective of seeing your child develop with the best of knowledge and moral values. Through this course, we shall try to understand scientific parenting. We shall also try to know how we can inculcate in our children manners and habits, how we can tackle children's behavior-related problems like stubbornness and talk-back attitude. Apart from all this we shall also see how we can help ourselves by managing our stress and by controlling our anger.

What does your ward expect from you?

Now let us see what our children expect from us. Their experience could be listed as below.

- 1) Support
- 2) Confidence
- 3) Proper harmony
- 4) Encouragement

- 1) Support – When an infant starts walking on his/her feet, at the time he/she needs the parent's finger to help him/her walk neatly. Though the child falls, yet he/she stands to try again, as he/she has the strong belief that somebody (i.e. parents) is there to help him/her in his/her attempt. This develops a feeling of confidence in the child about his/her parents.
- 2) Confidence – If both parents and the children have confidence in each other, it becomes easy to have a healthy dialogue with each other. When a child tells his/her parents that he/she is likely to do a certain thing, then the parent asks him to do it first and then tell them about it. By doing so, they only create a sense of inferiority in him/her and convince him/her that he/she has some flaws. As a result, he/she is convinced that his/her parents have no faith in him/her. This creates a rift in their relationship and mutual dialogue gradually decreases. To avoid such a situation, parents should assist their ward while making certain decisions in his/her work and should also encourage him/her. Besides, they should constantly try to harmonize with him/her.
- 3) Proper harmony – Take for instance, a doctor and a patient. A doctor cannot diagnose and treat the disease of a patient until the patient tells him in detail about what is going wrong with him/her. This proves that there should be proper harmony between the doctor and the patient. What exactly is study? First of all, we must understand the traditional outlook behind conducting the ward's studies. Most of the parents think that their responsibility ends simply by making their

ward study for 2 to 3 hours and thereby are content. But they hardly pay attention to it. “ What exactly does their ward do while studying? This is an incorrect way of study. It is essential for the parents to make efforts in making their ward habituated to study. Parents should convince their ward by giving examples from day-to-day life that he/she should complete his/her work in time, if he/she wants to lead a happy and successful life. It is the duty of the parents to generate a proper atmosphere at home as far as their ward’s study is concerned. They should be vigilant about creating a sportive and joyous atmosphere at home. Parents should never disclose their mutual clashes to their ward. They should help their ward to plan his/her routine study. Teaching for 2 to 3 hours does not mean conducting study; it actually means motivating him/her to study and taking his/her daily reporting or feedback. While conducting their ward’s studies, the parent should ask him/her certain questions. For Examples

Which lesson of which subjects have been taught to you today?

What could you not understand out of it ?

Did you ask your teacher about the part which you didn’t understand?

Whether you have completed your routine study or not?

Have all the lessons taught in the class been completed by you or not?

Parents should ask these questions to their ward and should get the question-answers of any lesson recited by him. Parents should

also find out their ward's interest in a particular thing and encourage him/her by applauding and motivating him/her. Parents should keep in mind that all human beings have the same structure of the brain. A child is like other children if he is not either mentally retarded or handicapped. Such a child can make his/her utmost development if he/she is given adequate atmosphere conveniences then he/she can show good progress. The parents should expect certain things from their ward only after taking into consideration his/her physical health, ability and mental capacity.

- 4) Encouragement – In general, students have the basic tendency that they always need somebody's encouragement or mental support. If they are appreciated, then their enthusiasm gets doubled and they work with more interest. The same thing equally applies to study also. If they are able to solve a tough problem and understand a difficult concept, then they feel very much exhilarated and are prepared to take up more study. At such times, guardians should appreciate them so that they would study with added zeal. Apart from all such positive feedback, there are certain times when the ward badly needs your support. These are the times when his/her enthusiasm drops because of certain study-related problems. At such times guardians should encourage him/her and boost his/her morale. Appreciation of his/her good deeds can prove to be an effective tool for developing a healthy, mutual dialogue between guardians and their wards.

For Our Kids, Time is Love

Sometimes parents feel frustrated and think, “ We’ve given him so much love and we do so much for him, why is he having problems?” They Find their child is emotionally immature, in trouble at school, throws temper tantrums, is defiant, arrogant or under achieving. Most parents strive to do their best for their children, expending energy and giving time, money and love. But despite their intentions, parents are often at a loss as to what to do for their child. Parents have big ideas and dreams for their children. They want their children to have high self-respect, self-worth and self-esteem. In short, they expect their children to be successful and happy in their lives. Parents wonder how they can do this for their children. Where can they find a magic formula for their children’s happiness?

The first thing parents can do is to see life through their child’s perspective. Is he feeling all the love the parents feel for him? Most parents love their child infinitely. They would give up their life for him if indeed it ever came to that. The question is whether or not the child feels that amount of love they are feeling is getting through to their children.

Dorothy Corkille Briggs writes in your Child’s Self Esteem, “There is a big difference between being loved and feeling loved. It is the child’s feeling about being loved or unloved that affects how he will develop.” A child’s inner knowing, “ I am loved.” Makes all the difference in the world regarding his behavior or misbehavior. In short, towards his future as a caring, compassionate, responsible

human being. Parents need to spend time asking themselves, “Does my child feel all this love that I have for him?” If they think that he/she does not, their parents should do things differently, to ensure they will feel loved. Briggs writes about what she calls “Genuine Encounter Moments,” (GEM) as a powerful way for parents to show their love and more importantly, for the child to feel loved. Simply put, a GEM is a focused attention between the parent and the child, with affection, love and eye contact. The parent is fully present physically, as well as emotionally and mentally. The parent only focuses on the child and not on any other work. To the child, time spent for him equals love. This is love. It does matter what the activity is; checkers, a game or telling jokes. What matters is the emotional presence of the parent with the child, creating happy memories together. How often is a genuine need? The more the better! Children never outgrow the need for a genuine encounter. Each day parents need to spend uninterrupted time with their child, then the child’s need to misbehave decreases. A child who misbehaves, may be letting these actions demonstrate his need for love and attention- a genuine encounter! Children need focused attention everyday, but certainly not when they are demanding it. Many parents have experienced that just this simple (yet profound) idea of genuine encounters has greatly improved their relationship with their children. Spending time with your children needs to be at the top of the daily ‘to-do’ list and should not be postponed until tomorrow. Briggs writes, “if children feel your whole-hearted presence periodically, they can tolerate times when your attention is elsewhere.”

Parents need to consciously make the effort to ensure their children feel included, valued and loved. Regular “Genuine Encounter Moments” could be that magic formula after all!

How to make children responsible

Niranjan Joshi gave his 12-years-old son a wristwatch for his birthday. The next day, his son came home from school saying that he couldn't find it. Malini Shetty bought her daughter a set of crayons to color with, only to find that in a couple of days there were only a few crayons left in a box. The rest were strewn around, broken or lost. Broken toys, lost toys, torn or stained clothes.... This seems to be a regular incident when it's come to children. But should parents be resigned to this situation or should they work towards instilling respect for their possessions in their children?

Can children be responsible?

In such situations, parents usually lose their temper and trot out the same old sermons scolding their children for not valuing their things and urge them to be more careful in the future. However, at the back of their minds they think, “Children will be children.” While one cannot expect children to be responsible from the day they are born, one must not assume that they are incapable of responsibility till they are teenagers. They will only learn to value their possessions if you inculcate this into them right from a young age.

Societal changes

Instilling the value of money and of possessions has become a difficult task for parents today. You will find that most of the advertisements are targeted at children whether the product is a computer or a Barbie doll. In addition ,newer, sticker and updated versions of products are regularly released in the market. And children just want more and more. Unfortunately, a lot of parents also give more and more. This, in turn, leads to a situation where the children have so many things that one thing here or there that is lost or broken barely leaves a dent in their collection. Also, the old mentality where one preserved one's things and handed them down to future generations is almost a thing of the past in the more rich circles. Despite the fact that children's things are so expensive, parents have got into the habit of replacing old with the new rather than making an attempt to see whether the old can be mended or repaired.

Some useful tips

While you can begin teaching your children to value their possessions from as early an age as two and a half, don't expect miracles. They will forget; they will be careless; but this is a part of the learning process. You will see that they will begin to improve slowly over time. You cannot expect your children to have a responsible attitude towards their possessions if you yourself are inefficient in this section. Remember that you can't point fingers at them if you yourself are in the habit of losing things or leaving things around. Allocate a specific space to store your children's toys

and arrange them in an orderly fashion so that your children know exactly what goes where. Teach your children that they should not pull out all their toys at the same time. They should learn to only take out the ones they are going to play with and replace the ones that they are bored with in the places they belong. Establish rules in the beginning. Tell your children you will warn them once about leaving things lying around, but if they continue this behavior, they will lose the privilege of using those things for a time. If your children lose something, explain to them that these things cost money and that you cannot afford to replace them. Help them look for whatever they have lost. Don't forget to praise them when they are careful and responsible about their possessions. Once in a while, let your children pick out toys that they have outgrown or do not want to play with any more and give it to a charity. This will teach them not to take their possessions for granted and to realize that there are other children less fortunate than them.

How to make children Disciplined?

Nowadays most children believe in having things in one way and one way only- their own. And if they do not get things the way they like, there is a lot of hue and cry. Indiscipline is increasing in society today, where it is the parents who seem more afraid of their children rather than the other way around. Parents do not seem to realize that by giving in to the child's demands, they are only making him/her more uncontrollable and a menace to society. Yes, indiscipline is a behavioral disorder that is classified as an act of delinquency. Just like, lying, stealing and playing truant or running

away from home. It is often the cause of a lot of mental, emotional and also physical damage. Such as damage to property in homes as well as in schools. An undisciplined child is uncontrollable and can do just about any damage when he/she doesn't get whatever he/she wants.

In the home environment

Who is to blame for the way a child turns out? Is it the fault of the parents and their faulty upbringing, peer pressures or the fault of society at large? Today's parents lay the blame completely on the demands of society. When asked why she allowed her daughter to return home after 12 a. m. at night, Mrs. Joshi revealed that as all the other parents in the compound were allowing their children out together, she could not very well stop her daughter. Besides, her daughter was not going to listen to her in any case. Mrs. Joshi thought it better to adjust to the times than to lose her daughter completely. The one time that she had tried to stop her daughter from going out, she had thrown her plate of food on the floor and not eaten for two days. As you can see, in such cases parents feel helpless. But we must try and analyze why such a situation arises after all. It has been observed that most parents like spending time by themselves and actually encourage their children to stay out of their hair. Maybe they are working the whole day and just want a couple of hours of peace. In this way, they begin to alienate the child, who finally reaches

a stage where he/she does not need them anymore. By now, the parents finally have a support system for their old age and begin to give in to everything that their growing teenager demands, just to keep them happy and try to be in his/her good books. The situation is too late to remedy at this stage.

Indiscipline at school

Over the last decade, the standards of discipline are fast, deteriorating in the school environment too. School is just not what it used to be anymore as very few schools are able to maintain the same standards of behavior, Maybe the teacher's do not have that same confidence and commanding personality as they used to or maybe work pressures have increased to such a degree that all the teachers can think of completing the syllabus on time. Quite obviously, most of them seem to lack the dedication to go beyond the call of duty and the syllabus and contribute to the all-round development of the child. One cannot blame them entirely, when you observe the huge number of children in each classroom and the added burden of two to three classes. To add to this, the number of subjects and books have also increased tremendously and most children are finding it difficult to cope up with this extra burden of

study. Most parents too, reason why they send their children for tuition classes and serve to further increase their load, It is a vicious circle. Not only this, today's education system does not prepare the child for employment. The syllabus is far removed from practical knowledge and this makes the child's mind and feet wander. So as we can see, the basic fault lies with the education system.

What can or should we do?

If the child is offered practical courses that cater to his requirements, he will have a purpose and therefore less time to indulge in undisciplined behavior. His restlessness will be in control, as he will be better occupied.

But until then, it is the duty of the teachers to help the child to cope up with the load and to find a workable solution for those children who cannot bear the burden of increasing study. The parents too can contribute by spending quality time with the child and taking a deeper interest in what is happening at school. They should make an effort to meet the teachers and find a solution to make their children's schooling more productive and satisfying. Once the child realizes that his parents are really interested in this welfare, he might be willing to assist them halfway, rather than demanding his own way all the time.

How to build children's character?

Character is a belief in an absolute system of right and wrong, combined with the will to do what is right regardless of the cost. Therefore, a person with character will say, "What's the right thing to do?" and a person with NO character will say, "What's in it for me?". You definitely have respect for a person with character', Character deals with the matters of the heart-the inner you and not the outer you. The foundation of a person is the character. When you are an adult, you should Proudly be able to say..."I am a person of character, I don't do what's wrong".

In the past, society defined success in terms of character-what a person stood for, what a person believes, and the ideals one held. Unfortunately, in today's society, the shift is from character to achievement, to performance, to doing. It is no longer how moral you are, but it is how well you Perform. We are living in a culture today when we encounter a situation where we have to choose character over achievement, most choose achievement. When that happens, there is an automatic change in a person's ethics or values. We are slowly eliminating from our thinking and our line of sight the very thing we need most as individuals

and as a nation. Why is it important for parents to build character in their children?

Your children need to know within their hearts what 'right' and what is 'wrong'.

Children who have been taught character by mom and dad automatically know 'right' from 'wrong' and have the will to practice what is the right thing to do regardless of the cost to them.

The key is to instill in your children the very

Necessary 'moral value' system that will build character and discipline. This will enable your children to make the 'right choices' in their lives and have the will to practice them when pressured by outside influences, namely peer pressure.

Here are some A-Z guidelines :

A is for Accountability-Hold your children accountable for their behavior.

Making your children accountable for their behavior teaches your kids right from wrong. It also teaches your kids that we are all allowed to make choices and that you expect them to make the right choice because they are a person of 'character'. All children who have character make the right

choice... Guide your children to make the right choice. They will quickly learn to be accountable for their behavior and make the right choice.

C is for Character-Help your son/daughter become a person with character, to be able to know right from wrong and have the will to practice it.

F is for forgiveness – practice forgiveness regularly and teach your ward its importance

Teaching your children to forgive others is the best way to achieve peace of mind and live a stress-free life. A great example of this is as follows. Your daughter has had a disagreement with her friend and swears she will never talk to her again. Ask her to forgive the friend and forget the episode.

H is for Humour- Make sure you're your sense of humor. Laugh with your children often

Laughing with your children as often as you can is not only enjoyable for you and you, children but more importantly, it is very healthy as well. Laughter gets rid of impurities and is good for everyone's well-being. Children come out with funny things and are a joy to behold.

N is for No-Use it and mean it.

We all know it is difficult to say 'No' to our children at times, but saying 'no' when you think the occasion requires it, is a must for all parents. Do not let your children scare you. Just in case you didn't know it, your children are smarter than you know and know all the tricks to get mom and dad to change their minds.

R is for Respect- Show your children due respect

When talking to your children, talk to them nicely to show them that you feel they are worthwhile people. Do not shout, Scream or yell at your children. Parents must set an example, so their children will learn from their example. Don't ever forget, parents, children watch you, they want to be like you. Remember also... children are just little people extensions of what we ourselves once were, they don't know any better.... It is up to parents to teach them and guide them so they will know better from your example, it is as simple as that.

How to prevent children from lying?

Children lie for a number of different reasons and in many cases, it is a normal part of development. All children lie at one time or

another. This behavior, however, can be very upsetting to parents. Many parents wonder how they should handle their children's lying. How lying is handled often depends on the age of the child, the specific situation, and the established family rules about lying. Below is some information that will help parents determine when lying should and should not be punished, and how it should be handled.

Lying in Children

As children enter the school age years (6-8 and up), they begin to fully understand the concept that lying is wrong. When children reach this stage, parents should begin disciplining their children when they tell lies. Lying among children in this age group is not uncommon, and there are many reasons why children in this age group lie:

To avoid punishment -Many children of this age lie in an attempt to stay out of trouble.**To impress others**-In this case, children may tell tall tales to make themselves look good.**To boost their self** -esteem-Children may stretch the truth in order to get attention or praise from others.

To get something they want -Children may lie to get something they like.

To protect others -Children are very loyal to friends and family members. They may lie to protect someone else.

Because they hear their parents lie -

Many children hear their parents and other important adults lying (e.g. lying about their plans in order to avoid somethings) Children hear from their parents and other adults in their lives, and thus will be more inclined to lie if they hear their parents and other adults telling lies.

Facial expression - when children are telling the truth, they are generally relaxed, and their facial expressions show it. Children who are not telling the truth can be anxious, and their facial expressions may show their anxiety.

Clearness of statements - Parents should

listen carefully to what their children tell them. Are there inconsistencies in what their children tell them? Do their statements make sense? Does what they say sound credible?

Spontaneity - If children are telling the truth, their statements usually do not sound rehearsed. If statements do sound rehearsed, parents can ask questions and see how their children handle coming up with answers.

What Parents Can do About Lying

Explain/discuss why telling the truth is important. Parents should begin teaching their children the benefits of telling the truth while their children are young. They should be careful to use language that is age-appropriate. Parents should let their children know that telling the truth lets other people know that they can be trusted. They should also let their children know that lying is dishonest, and there are often negative consequences of lying. Parents can discuss examples of truthfulness and lying that they see on television, read in books, etc. parents can also help prevent lying in their children by communicating effectively with them. This, too, should start while children are very young.

Children who have open, honest relationships with their parents are much less likely to lie to them.

Model truthfulness. Children learn by watching their parents. Parents who lie to their children and in their children's presence are teaching their children that lying is an acceptable behavior. Parents should try to set a good example for their children by being as truthful as possible themselves.

Discipline for lying. Parents should set specific rules for lying, and specific punishments when lying occurs. These rules should be discussed with children before they are enforced. Parents should provide separate punishments for misbehavior and lying. When children misbehave but are honest about it, they should get a lesser punishment than when they misbehave and lie about it. Parents should make sure that there is a payoff for being honest. For example, when children are honest about their misdeeds, parents can praise their children for their honesty and then provide punishment for their misdeed. When children are dishonest about their misdeeds, they should provide a punishment for the dishonesty, and a punishment for the misdeed. Parents should be careful, however, not to be too severe or too frequent in their punishment so their children may continue to lie as a means of protecting themselves.

Be consistent in the treatment of lying. Parents should come up with a set of rules about lying and then stick to these rules. Children should be disciplined accordingly each time they lie.

Make sure lying is not rewarding for children. parents should be careful not to reward lying behavior in their

children. If, for example, a child lies to get something he/she wants, parents should make sure he/she does not get it.

Don't shame children for lying. Parents should try not to make their children feel guilty for lying. Parents can let their children know that they are disappointed with their actions, but they should try hard to avoid sending the message that they are bad people for lying. Instead, parents should make sure their children know that they are being disciplined for their actions, not for what they are.

Don't set children up. Parents who are sure that their children have done some misdeed should not try to trap them in a lie by asking

whether or not they did it. Many children will lie to protect themselves when they are backed into a corner. Instead, parents should handle the situation objectively by analyzing. Parents should explain to their children exactly what they did that was wrong and why, and then provide discipline. Along the same lines, it is also not a good idea for parents to demand confessions from their children or to punish their children for misdeeds that they are not absolutely sure their children did.

Figure out why children are lying, then look for solutions. Parents should pay close attention to the lies their children

tell. They should try to figure out if there is any specific pattern in their children's lies. If parents figure out specific reasons why their children tell lies, they should then look for wif solutions. e. g. when children lie to boost their self-esteem,

Parents should develop a strategy to increase their children's self-esteem, so that they do not have to lie to feel good about themselves.

Praise truthfulness. Parents should make every effort to praise their children when they are being honest. Behavior that is praised is much more likely to be repeated.

seek professional help for persistent lying. Children who persistently lie may have underlying problems. In these instances, parents should seek professional help.

Lying - How it begins in children?

Of all the various behavioral disorders that can affect a child, the worst are the delinquency acts like lying. They are the most difficult to accept or to deal with and require extremely careful handling. But before we term a particular child a liar, we must be sure that the child is actually lying and it is not just his overactive imagination at work. Very often the child could have thought that a

particular thing had happened even though this is not actually the case, but this does not necessarily mean that he is lying. To us, these might seem like little lies, but to him, with his limited experiences and different perceptions might be very real indeed.

Don't brand your child a liar!

Most children normally express what they feel very genuinely. It may seem like an overly exaggerated story or even a lie and then the child gets misunderstood and is branded a liar. Be careful here because this would only serve to stunt his entire emotional development. If you cannot show him trust then he will ultimately lose confidence in himself and grow into a highly complex individual. Once this mistrust sets in, things only get worse when the parents ask his siblings or friends. Some parents tend to put their child down in public saying that no one should believe his exaggerated stories. If this sort of attitude continues, then the child begins to doubt his own abilities for understanding events or situations and feels that he cannot distinguish between fact and fiction. Then he will gradually withdraw into a shell for fear of his disabilities (as he perceives it) being further exposed or being called a liar once again.

Lying begins with overly high expectations from parents

Let us get one thing clear at this point. No child is a born liar. Nor does lying come naturally to a child until and unless he/she is forced into it. No parent would knowingly force a child into this kind of behavior, but when a parent is too rigid or strict, the child feels pressured to do anything to please him/her. If he feels that he has done something which might not even be wrong, but he believes would make his parents angry then he would try his best to cover up the facts so as not to upset them. And then the first time he gets away with it, simply encourages him to try it again and again until it becomes a habit.

Finally after a few months, if he happens to slip out of overconfidence, he is found out branded a liar. But, by this stage, it is too late as he is already an expert and is habituated to avoid punishment or even lie for no real reason or any kind of gain. So it is important to nip this habit in the bud and not let it get out of hand, as once the child is accustomed to taking the easy way out, there is no stopping him. **Prevention is definitely better than cure**

The way out is not to set down extremely rigid rules or standards that your child may or may not be able to live up to. In this way, he will automatically respect the law and truth and not find it necessary to find a way out by lying. If

the parents' dominant attitude does not change, the child might grow into a liar who is avoided by all. His future too would be ruined as no one would trust him or be able to do business or keep up friendships in good faith.

Parents start with white lies

Some parents unknowingly encourage their children to indulge in white lies for their own convenience. Let us take the example of Misra who was trying to avoid a client by staying

at home and feigning illness. He asked his wife to call the office for him. And of course his little daughter was there, quietly observing the whole situation. But it got worse when the telephone rang and Mr. Misra asked his daughter to pick up the phone and say that her daddy was sleeping. Naturally the child would grow up to think that it is not absolutely necessary to be honest all the time and lies seem perfectly harmless. Harmless exaggeration can quickly lead to a bad habit.

Children even tend to indulge in white lies when they want to show-off in front of their peer group. They might give an exaggerated account of their own travels or of the gifts that they have received from their parents just so that they can seem one up on their friends. This kind of lying

seems harmless to start with, but if not corrected it could become a bad habit and lead the child to lose trust not only in himself but in everyone else as well. He automatically assumes that the others around him must be doing the same thing so he is suspicious of everything that he is told. This basic lack of trust in everyone and everything around him, including himself, tends to weaken his character and stunt his personal development.

parental change in attitude is all that is required

Lying is one of the few behavioral disorders that can be completely avoided by the correct parental attitudes and the right upbringing of the child. So make sure that you bring up your little one without unnecessary pressures and with lots of love, understanding and compassion.

Methods of discipline that promote Self – Worth

How do young children learn self-control? Help, ways to get along with others, and family and school procedures? Such learning occurs when parents and teachers are continuously involved in setting limits, encouraging desired behavior, and making decisions about managing children.

When making these decisions, caregivers often ask themselves these questions : Am disciplining in a way that

hurts or helps this child's self-esteem? Will my discipline help the child to develop self-control? This section suggests methods and language that can be used in handling common situations involving young children.

1. Show that you recognize and accept the reason the child is doing what, in your judgment, is the wrong thing :

"You want to play with the toy but... "

"You want me to stay with you but... "This validates the legitimacy of the child's

desires and illustrates that you are an understanding person. It is also honest from the outset : The adult is wiser, in charge, not afraid to be the leader, and occasionally has priorities other than those of the child.

2.State the "but":

"You want to play with the toy, but shilpa is using it right now."

"You want me to stay with you, but right now I need to (go out,help Rama,serve lunch,etc)."

This lets the child know that others have needs. It teaches perspective taking and many lead the child to develop the ability to put himself in other people's shoes. It will also gain you the child's respect, for it shows you are fair and it will make the child feel safe; you are able to keep him safe.

3. Offer a solution

"Soon you can play with the truck. "

One-year-olds can begin to understand "just a minute" and will wait patiently if we always follow through 60 seconds later. Two- and three-year-olds can learn to understand, "I'll tell you when it's your turn," if we always follow through within two or three minutes. This helps children learn how to delay gratification but does not foil their short-term understanding of time.

4. Often, it is helpful to say something indicating your confidence in the child's ability and willingness to learn:

"When you get older, I know you will (whatever it is you expect)"

"Next time you can (restate what is expected in a positive manner)"

This affirms your faith in the child, lets him.

How to develop children's Self-Esteem

Self-esteem can be defined as how people feel about themselves. Children's levels of self-esteem are evident in their behavior and attitudes. If children feel good about themselves, these good feelings will be reflected in how they relate to friends. Teachers, siblings, parents and others. self-

esteem. There are many things parents can do to help their children learn that they are lovable, capable and competent, beginning when their children are at a very young age. Unfortunately, it is also at a very young age that children can begin to develop low self-esteem. Parents must be very careful not to plant the seeds of low self-esteem in their children unknowingly. Remember, children learn their first lessons about self-esteem from their parents.

Some facts about Self-esteem

- 1) Children begin forming beliefs about themselves early in life.
- 2) Children look to parents and other important adults for evidence that they are lovable, smart,

capable etc. If they don't get this evidence, low self-esteem develops.

3) Self-esteem affects school success. Children who feel good about themselves and their abilities are much more likely to do well in school than children who often think they can't do things right. School success, in turn, affects a child's self-esteem. How children do in school will affect how they feel about themselves, Children who do Poorly in school often think poorly of themselves,

4) Self-esteem affects how children relate to other people. Children who feel good about themselves tend to have positive relationships with other people. On the other hand, children who don't like themselves often have trouble relating to other people.

5) Self-esteem affects creativity. Children with low self-esteem are less likely to take the risks involved in being creative than children with healthy self-esteem.

6) Parents affect their children's self-esteem, A Parent's self-esteem is reflected in his/her Parenting style. Children with high self- Esteem tend to have parents who show their children lots of love and acceptance. Children with low

self-esteem tend to have parents who are judgemental and critical.

7) Children with low self-Esteem tend to have more conflicts with their parents than do children with healthy self-Esteem.

What parents can do

Here are some things that parents can do to help their children develop healthy levels of Self-esteem

1) Praise your children. Children thrive On Praise. But praise must be specific and sincere to have a positive effect. It is not necessary for parents to wait until their children do something exceptional to provide praise. Praising an everyday event like getting ready for school on time is also enough. What is important is that parents focus on the positive things their children do instead of on the negatives. Parents who are frequently critical and disapproving tend to have children with low self-esteem.

2) show your children lots of love and affection.

children need to be shown love and affection through both words and physical actions. Parents should tell their children often that they love them and think they are special. Parents

can show their children that they are loved by giving lots of hugs, pats on the back etc.

3) Treat your children with respect. Parents should treat their children with the same amount of respect that they would show to a friend or a stranger on the street, for that matter. One important way parents can show respect to their children is to watch what they say to them. Some parents speak to their children in ways they would not dream of speaking to someone else. Some Parents call their children names and/or belittle them when they are angry. Such methods can have a negative effect on children's self-esteem. Parents can show their children respect beginning with saying "please" and "Thank you." Parents should also require that their children do the same when necessary.

4) Be consistent. Children need to be predictable in their lives. They need to know what their parents expect from them. They also need to know what to expect from their parents. Family rules should be made clear to children and they should be consistently enforced. This is one way for children to learn which behaviors are acceptable and which or not.

5) Don't demand perfection from your children. Nobody is perfect and parents should not expect their children to be.

children need to know that their parents accept them for what they are, including their flaws. Such acceptance helps children feel secure in themselves, which in turn enhances their self-esteem. Some parents may think that they must put pressure on their children for their children to do well. In fact, the opposite is true. Children whose parents accept them as they are, are more likely to feel secure enough in themselves to take the risks necessary to succeed. Children whose parents pressurize them to do well may end up resenting their parents and rebelling against them. Instead of criticizing children when they make mistakes, parents should try to turn these mistakes into learning experiences and instead of pressurizing children to excel, parents should ease up on the pressure and offer praise and encouragement.

6) Pay attention to your own behavior and attitudes. How parents feel about themselves and the world around them is reflected in their behavior. Children model their own behavior and attitudes after their parents. Parents Can't expect their children to develop a healthy attitude about themselves unless they first see this healthy attitude in their parents. If parents don't feel good about themselves, there

is no way they will be able to show their children how to feel good about themselves.

7) Listen to and respond to your children.

In their conversations with their children, parents should make sure their children have their complete attention. Parents can do this by setting aside anything they might have been doing, maintaining eye contact and making physical contact through a pat or a hug. Parents should let their children know that their comments and questions are important by treating them with respect. If parents don't pay attention to what their children say or if they act as if their children are likely to believe that they are not important. Parents should also encourage their children to ask questions and should answer their children's questions honestly and thoroughly. Parents who encourage their children to ask questions letting their children know that they want to learn and are willing to help them do so. Parents should try to answer their children's questions as honestly and completely as possible. They should also admit when they don't know something instead of avoiding the question or making up an answer. Children don't expect their parents to know everything, but they do expect them to be open and honest.

8) Keep the promises you make to your

children. When parents tell their children they are going to do something, they should make every effort to follow through. Kept promises tell children that their parents are honest and true to their word and that they love them enough to follow through. Unkept promises, on the other hand, confuse children and these children may begin to believe that their parents don't care enough about them to follow through with what they had promised. This can be very damaging to a child's self-esteem. As a rule, it is probably best for parents not to make promises to their children that they won't absolutely be able to keep.

Don't let your children criticize themselves. Criticizing actions such as performance on a test is ok. However, calling oneself dull because of bad performance is not desirable. Parents must be careful not to ignore it when their children criticize themselves. When parents catch their children being self-critical, they should correct them. Parents can do this by pointing out that it is not that the child is inadequate, but rather the problem is a result of some action the child has or has not taken. If parents do not intervene when their children are being self-critical, children may believe that their parents agree with them.

10) Spend time with your children. parents should set aside 'special time' each day to spend with their children. Parents should give each individual child their own separate, undivided attention. This time can be spent together doing some activity of the child's choice. Parents should be careful not to spend this time teaching their children. This time should be fun and stress-free

both for parents and their children. The amount of time spent per day is not what is most important. Times as short as 15 minutes per day will still send children the message that their parents value spending time with them and that they are important.

11) Teach your children to use positive self-talk. Positive self-talk is saying positive things about oneself to one's self. Positive self-talk is a very powerful tool for children to have. The more children repeat good things about themselves to themselves, the more likely they will be to actually believe them and incorporate the positive feelings that go along with them. positive self-statements can be specific, for example, "I got good marks in my Maths test. I am really good at division," or they can be general, for example, "I am a good Person and good friend." The best way for parents to teach their children to use positive self-talk is to use it

themselves. Positive self-talk will not only benefit children, but parents, too.

12) Encourage your children to make some

decisions for themselves. Decision-making is an

important skill for children to have, Such a skill will become more and more important as children grow and approach adulthood. Parents can encourage decision-making in their children in many different ways. First of all, starting at an early age, parents can give their children options and ask them to choose one. For example, parents could ask their children to decide what the family has for dinner on a given night, giving them a list of two or three menus to choose from. Or, they could ask their children to choose one of three outfits to wear to school. As children get older, they will be able to handle more choices. Playing games that require decision making are good skill builders, too. When children make decisions, it is important that parents require their children to stick to the decisions they make. Children need to learn that every decision they make will have its own consequences.

13) Give your children some responsibility. Children develop when they are given responsibilities.

Responsibilities such as weekly or daily chores tell children

that their parents think they are capable and that they trust them to get the job done. Parents should make an effort to praise their children when they follow through with their responsibilities.

14) Give your children the freedom to take

risks. No parent wants to see their children fail and some parents try to protect their children from failure by keeping them away from activities and situations that carry the risk of failure. However, it is important for children to learn that everybody fails, grown-ups and children alike, at some time or another. Children cannot learn how to handle disappointments and frustrations most effectively unless they experience them. Therefore, instead of being overprotective and trying to prevent failure, parents should help their children cope up with it in positive ways when it happens. Parents who teach their children how to cope up with failure and/or reaction when it occurs are giving their children a tool that will be useful for them throughout life. When failure or rejection occurs, parents should make sure that their children learn not to take it personally. Parents can point out to their children that such things happen for many reasons, but not because they are not good people. If children learn to see rejection and/or

failure as something that is temporary and that it is not a reflection of the individuals they are, they are more likely not to let failure or rejection affect their self-esteem.

15) Encourage your children's friendships. Children's social needs are very important to the development of healthy self-esteem. Children need to spend time with friends to learn how to relate to people outside of the family and to people of their own age. Such friendships teach children how to cooperate with and to connect with other people.

16) Encourage your children's interests and

abilities. parents should encourage their children to get involved in activities they are interested in. It can be any type of activity, provided children enjoy it and can succeed at it. Taking part in an activity that is interesting and fun and that they are good at is an excellent self-esteem booster for children. Encouragement from parents lets children know that their parents think they are capable and competent.

17) Display your children's artwork, schoolwork and projects. This is one of the best ways for parents to show their children that they value the work they do and thus value them. What is important is that the work be posted in a prominent place where others will be able to see it.

Parents who display their children's work are sending their

children important messages: That their work is important, wanted and appreciated. If and when the time comes to discard some of the work to make room for new items, parents should be careful not to let their children see them throwing the work away. This may send the wrong message to children. Instead, parents should discard the work carefully or perhaps save the work in a file or a scrapbook. Parents should keep in mind, too, that it is not a good idea for them to display work that their children aren't happy with, This could cause undue embarrassment.

Remember...

There are many things parents can do to help their children develop healthy self-esteem, Parents should keep in mind that self-esteem is something that begins to develop while children are very young, so parents' efforts must begin early. Parents should keep in mind, too, that all children, at one time or the other, will show one or more of the symptoms of low self-esteem. Parents should watch out for patterns of behavior that don't seem to disappear with time. If efforts to increase children's self-esteem don't have any effect, parents should seek professional help.

Fifty Things Parents Can Say to Their

Children to Praise and Encourage Them

- 1) you're on the right track now!
- 2) You're doing a great job!
- 3) That's right!
- 4) That's the way!
- 5). Now you have it!
- 6) Nice going.
- 7) You did it that time!
- 8) Great!
- 9) Fantastic!
- 10) Tremendous!
- 11) Terrific!

- 12) How did you do that?
- 13) That's better.
- 14) Excellent!
- 15) That's the best thing you have ever done!
- 16) Good going!

- 17) That's really nice.
- 18) Wow!
- 19) Keep up the good work.
- 20) Much better!
- 21) Good for you!
- 22) Super!
- 23) You do such a good job of -----
- 24) You're getting better every day.
- 26) Wonderful!

- 27) I knew you could do it!
- 28) You're doing beautifully.
- 29) That's the way to do it!
- 30) Keep on trying.
- 31) You are the best!
- 32) You are doing much better today.
- 33) Keep working on it, you are getting better.
- 34) You are very good at that.

35) I am very proud of you.

36) I like the way you listen.

37) You have just about got it.

38) You can do it.

39) Perfect!

40) That's it!

41) You are really improving.

42) Good work!

43) Outstanding!

44) Sensational!

45) That's the best ever.

46) You must have been practicing.

47) You should be very proud of yourself.

48) That's an impressive job!

49) I think you deserve a treat.

50) Fabulous!

Problems of Arguing and Back-Talk Attitude

problem I know my kid is going to grow up

to be a lawyer! He argues whenever he is asked to do something, He debates his rights when he is asked to stop doing something. He pleads his case when I tell him he can't do something. He disputes every rule I create. How can I put an end to this?

Think about it; It takes two to argue. Your child cannot "argue" by himself. That is called "mumbling."

Say it once: Practice stating your case, then being quiet. Ignore your child's argumentative comments and walk away if you must. Let your child get used to your word being "final."

Let them complain a bit: As long as it is respectful, sometimes let your child have the last word. Often a statement, such as, "why do I have to do it?" doesn't require an answer nor deserve one. Often, a child's mutterings really mean, "I'll do it because I have to, but I don't like it."

Set rules for debating : Some children really do enjoy debating an issue. If your child is like this, set ground rules for when and how issues can be debated. For instance : no raising of voices, no name calling, quiet listening to the

other person's point of view. This behavior provides excellent practice for learning how to negotiate in life. In addition, your child must understand that some things cannot be argued that there are some things the parents must decide. Have a standard reply for when an issue cannot be debated, such as, "This is not open for discussion."

Offer choices : Get in the habit of offering you child choices, instead of issuing commands. Children who are argumentative will have less opportunity to practice the skill if you offer a choice. For example, instead of saying, "Do you, homework, right now," offer a choice, such as,

"What would you like to do first, your homework or T. V. watching?" (If the response is, "neither," you can smile sweetly and say, "That wasn't one of the choices. Homework or T. V. watching?")

Problem: My child talks back to me in such a disrespectful way that it leaves me speechless. How do I put a stop to this?

Think about it : Back-talk is addictive, so it must be handled as a serious offense. A child who talks rudely to a parent once or twice and gets away with it will continue the behavior and it will progressively get worse. Most children

will attempt back-talk at some point. When a parent responds calmly and with authority, the behavior will stop.

Announce your expectations: If a child has developed a habit of back-talk, it will take firm action to stop the behavior. Have a meeting with your child to announce that back-talk will no longer be tolerated. Decide on a series of consequences that will occur each time back-talk occurs. Consequences may involve losing a privilege, such as television watching or visits with friends. Then announce the sequence in which the consequences will occur. "When you talk back in a disrespectful way, you will cause you to lose your T. V. show for the night. The third will. Each day will start with a clean slate." After the meeting, calmly and firmly follow through.

Don't empower it : whenever a child talks back, immediately stop the conversation and walk out of the room or walk away from the child. If the child follows you, calmly and firmly announce that you will not tolerate disrespect, then ignore the child. Later, when you have calmed down, decide on an appropriate consequence for the back- talk.

Use a quarter-board : Record your child's allowance. In quarters, to a piece of cardboard.

Tell your child that each time he talks back to you, will lose a quarter from his allowance as a "fine." He will get what is left at the end of the week. If your child uses up all the quarters, begin to add a chore or eliminate a privilege for each offense. Start fresh with each new week. This series of events is meant to be a temporary "training" situation. When the problem seems under control, let your child know that you appreciate his efforts to control the back-talk and that you will no longer be charging the fine. However, make it clear that if the behavior ever becomes a problem again. You would be repeating the same course of action.

Teach : If a normally respectful child makes a disrespectful comment, look him in the eye and make a serious, firm comment such as, "That Is back-talk and is not allowed." Continue the conversation as if the back-talk did not Occur, expecting the child to comply with your request. Do not empower the back-talk by arguing the issue that triggered it.

Punishment : Need for Restraint

Every child needs to be disciplined in order to behave in a manner acceptable to others and observe the defined limits of freedom. Sometimes punishment becomes unavoidable, when the child either breaks a rule or misbehaves. Parents

can use the following guidelines to instill a sense of discipline in their child. It will also help them use punishment as a corrective method effectively as and when needed. Parents need to observe consistency in their behavior with children. Practicing overindulgence and overprotection alternating with extreme strictness and punishment is to be avoided. Contradictory opinions expressed by parents and grandparents would confuse the child and he would not realize the reason for being punished.

Try to give one reminder or warning to the child before the child is actually punished. Do not give threats if you don't intend to carry them out. Do not punish your child for behavior that may be part of his normal development. Do not punish your child for accidental mishaps. If your child drops soft drink on the carpet, do not scold him but tell him to be more careful next time. Such encouragement will help the child in his learning process.

Ignore minor and unimportant incidents, particularly if the child is young, such as tantrums and interruptions. Similarly, demands for small items should not be denied without appropriate consideration. Use of non-verbal

communication such as good eye contact and firm denial is often all that is needed for minor misdeeds.

physical punishments such as spanking, hitting etc. Are one of the most undesirable forms of punishment. parents who have no control over their tempers could injure their children. Physical punishment makes the child more defiant and aggressive, rather than offering any solution to the basic problem.

Temporary 'time-out' punishment is one of the most effective disciplinary techniques. This

involves isolating a child for a brief period of time. It provides a 'cool off' time, both for the parents and the child. He may be put in the corner of a room or on a chair alone and the period should not last beyond 5 to 10 minutes.

Withdrawing a child's privileges temporarily such as not allowing him to watch his favorite serial on TV or delaying Mm for play activities can help the child to understand the results of his action. However, never withhold food or water from the child.

Never make the punishment severe or prolonged as it may lead to a feeling of insecurity, hostility and repression in your child However at the same time, the child must be

made to realize that there would be some unpleasant consequences. if he crosses acceptable limits of behavior.

Once the punishment is over, see that your love and acceptance of the child gets through to him. Do not let the act of punishment become a power Struggle between you and your child. Tell him that your response is to his undesirable behavior and not against him as a person. This will ensure that you and your child continue to enjoy good emotional health for a healthy and Childhood.

Twenty Alternatives to Punishment

1) Look for underlying needs,

Example : Give your child something to play with while waiting in line.

2) Give information and reasons.

Example : If your child colors the wall, explain why we color on paper only.

3) Look for underlying feelings.

Acknowledge, accept and listen to feelings. Example : If your child hits his baby sister, encourage him to express his anger and jealousy in harmless ways.

4) Change the environment.

This is sometimes easier than trying to change the child. Example : If your child repeatedly takes things out of the kitchen cupboards, put a childproof lock on them.

5) Find acceptable alternatives.

Redirect your child's behavior.

Example : If you do not want your child to build a fort in the dining room, don't just say no. Tell him/her where he/she can build one.

6) Demonstrate how You want your child to behave.

Example : If your child pulls a cat's tail, show him/her how to pet a cat. Do not rely on words alone.

7) Give choices rather than commands. Decision-making empowers children ;commands invite a power struggle.

Example:"Would you like to brush your teeth before or after putting your pajamas on?" 8) Make small concessions.

Example : "I'll let you skip brushing your teeth tonight because you are so tired."

9) Provide for a period of preparation.

Example : If you have omitted some guests for dinner, tell your child how you expect him to behave. Be specific,

Role-playing can help

Prepare children for potentially difficult situations.

10) Let natural consequences occur (when appropriate).

Don't rescue too much.

Example : A child who does not hang up is

a bathing suit and towel may find them still wet the next day.

11) Communicate your own feelings. Let children know how their behavior affects you. Example : "I get so tired of cleaning up crumbs in the living room."

12) Use actions when necessary.

Example : If your child insists on running across streets on your walks together, hold his/ her hand tightly (while explaining the dangers).

13) Hold your child.

Children who are acting aggressively or obnoxiously can benefit from holding, in a loving and supportive way, that allows them to channel their unexpressed feelings into healing tears.

14) Remove your child from the situation and stay with him. Use the time for listening, sharing feelings, holding and conflict resolution.

15) Do it together, be playful.

Many conflict situations can be turned into games.

Examples : "Let's take turns brushing ea other's teeth,"

16) Defuse the situation with laughter.

Example : If your child is mad at you invite

him/her to express his/her anger. In a playful

pillow fight with you. play your part by surrendering dramatically. Laughter helps resolve anger and feelings of powerlessness.

17) Make a deal, negotiate.

Example : If you are ready to leave the playground and your child is having fun, reach an agreement on the number of times he/she may go down the slide before leaving.

18) Do mutual conflict-resolution.

Discuss ongoing conflicts with your children, state your own needs and ask for their help in finding solutions. Determine rules together. family meetings.

19) Revise your expectations.

Young children have intense feelings and needs and are naturally loud, curious, messy, willful, impatient, demanding, creative,

forgetful, fearful, self-centered and full of energy. Try to accept them as they are.

20) Take a parental time-out.

Leave the room and do whatever is needed to regain your sense of composure and good judgment.

Example :call a friend, meditate, take a stroll etc.

Importance of parent-child communication

Communication is sending information From one person to another. Communication Can be verbal, for example, one person talking to another or it can be non-verbal, for example, a frown on a person's face that will probably let

other people know that he is angry. communication can be positive or negative, effective or ineffective.

It is very important for parents to be able to communicate openly and effectively with their children. Open, effective communication benefits not only the children, but every member of the family. Relationships between parents and their children are greatly improved when there is effective communication taking place. In general, if communication between parents and their children is good, then their relationships are good as well. Children learn how to communicate by watching their parents. If parents communicate openly and effectively, chances are that their children will, too. Good communication skills will benefit children for their entire lives. Children begin to form ideas and beliefs about themselves based on how their parents communicate with their children. They are showing the respect children then begin to feel that they are heard and understood by their parents which is a boost to self-esteem. On the other hand. Communication between parents and children that is ineffective or negative can lead children to believe that they are unimportant. unheard or misunderstood. Such children may also come to see their parents as unhelpful and untrustworthy.

Parents who communicate effectively with their children are more likely to have children who are willing to do what they are told. Such children know what to expect from their parents and once children know what is expected of them they are more likely to live up to these expectations. They are also more likely to feel secure in their position in the family and are thus more likely to be cooperative.

Ways to communicate positively with children :

Start communicating effectively while

children are young,- Before parents and their children can communicate. Both must feel comfortable enough to do so. While their children are very young, parents should begin setting the stage for open, effective communication. Parents can do this by making themselves available to their children when they have questions or just want to talk. Furthermore, parents who provide their children with plenty of love, understanding and acceptance are helping to create a climate for open communication. Children who feel loved and accepted by their parents are more likely to open up and

share their thoughts, feelings and concerns with their parents.

Sometimes it is easier for parents to feel Acceptance for their children than it is to actually show it, parents must demonstrate respect to their children that they love and accept them. Parents can do this in both verbal and ways. verbally parents can let their children know they accept them through what they say. Parents should try to send positive messages to their children. For example, when a child picks up his toys after he/she is finished with them, parents can let him/her know that they appreciate saying something like, "I appreciate it when you pick up your toys without being told." When talking with their children, parents should be careful of what they say and how they say it. Everything parents say to their children sends a message about how they feel about them. For example, if a parent says

something like "Don't bother me now. I'm

busy." their children may wind up thinking that their wants and needs are not important. Non-verbally, parents can show their children they accept them through gestures, facial expressions and other non-verbal behaviors. parents should try to eliminate behaviors like yelling and not paying

attention to their children. Such behaviors get in the way of effective communication. Practice makes one perfect : Parents must learn to show acceptance in ways their children will pick up.

Communicate at your children's level

-When parents communicate with their children, it is important for them to come down to their children's level both verbally and physically. verbally, parents should try to use age-appropriate language that their children can easily understand. With younger children, this can be done by using simple words. For example, young children are much more likely to understand a direction such as, "No hitting your sister," as opposed to "It is not acceptable to hit your sister." Parents should try to know what their children are able to understand and they should try not to communicate in ways that their children are not able to understand. physically, parents should not, for example, tower over their children when talking or communicating with them. Instead, they should try to come down to their children's level by lowering themselves, either by kneeling, sitting, stooping etc. This will make eye contact much easier to maintain and children are much less likely to feel intimidated by parents when they are eye to eye.

Learning how to really listen-Listening is a skill that must be learned and practiced.

Listening is an important part of effective communication. When parents listen to their children, they are showing them that they are interested and they care about what their children have to say. Here are some important steps to becoming a good listener :

Makt and maintain eye contact -

Parents who do this are showing children that they are involved and interested. Children might get just the opposite message – that their parents are not interested in what they are saying – if minimal eye contact is made,

Eliminate distractions - When children express a desire to talk, parents should give them their undivided attention. They should put aside what they were doing, face their children and give them their undivided attention. If parents, for example, continue to read the paper or to watch television while their children are trying to communicate with them. children may get the message that their parents are not interested in what they have to say or that what they have to say is not important. If children express a desire to

talk at a time that the parent is unable to, parents can schedule a time later on to talk with their children.

Listen with a closed mouth - Parents should try to keep the interruptions to a minimum while their children are speaking. They can offer encouragement, for example, through a smile or touch, without interrupting. Interruptions often break the speaker's train of thought and this can be very frustrating.

Let your children know they have been heard -

After children are finished speaking, parents can show them that they have been listening by restating what was said, only in slightly different words. For example, " Boy, it sounds like you really had a good day in school." Not only will this let children know that their parents have been listening, this will also offer an opportunity for clarification if the parents are misinterpreting the message their children are trying to get across.

Keep conversations brief – The younger children are, the more difficult it is for them to sit through long speeches. One good rule For parents is to speak to young children for no longer than 30 seconds, then ask them to comment on what was said. The goal is for parents to pass on information a little at a time while checking that their children are

paying attention to and understanding what is being said at regular intervals. parents

should let their children decide when enough is enough. Parents can look for clues that their children have had enough. Some clues include moving restlessly, lack of eye contact, distractibility etc. Parents need to know when to communicate with their children, but they also need to know when to stop.

Ask the right questions- Some questions help conversations along, while some can stop conversations totally. Parents should try to ask open-ended questions in their conversations with their children. Such questions often require an in-depth response that will keep a conversation going. Open –ended questions that begin with the words “what,” “where,” “whom,” or “how,” are often very useful in getting children to open up. Parents should try to avoid asking questions that require only a ‘Yes’ or ‘ No’ answer. While asking the right questions can help a conversation to continue, parents need to be careful not to ask too many questions while conversing with their children. When this happens, conversations can quickly turn into interrogations and children will be much less likely to open up.

Express your own feelings and ideas when communicating with children – For communication to be effective, it must be a two-way process. Not only must parents be available to and listen to their children for effective communication to take place ; they must also be willing to share their own thoughts and feelings with their children. Parents can teach their children many things, for example, morals and values, by expressing their thoughts and feelings. When expressing their ideas and feelings, however, parents must be careful to do so in a non- judgemental way. It seems logical that the more parents open up to their children, the more their children will open up to them.

Regularly schedule family meetings or

times to talk - One very useful communication tool for families with older children is the regularly scheduled time to talk. This can be done in a number of ways. First of all, there is the family meeting. Family meetings can be scheduled, for example, once a week, and/or whenever there is something that the family needs to discuss. Families can use family meeting time to discuss the details of daily living. Family meeting time can also be used to talk about grievances and about problems. These times can also be

used to talk about positive things that have occurred during the last week. What is important is that each family members are given time to talk to and be heard by other family members. Regularly scheduled times to talk and communicate don't have to be as formal as the family meeting. For example, families can use the dinner hour each night as a time to listen to each other. Or parents can set aside time to play communication games, such as picking specific topics of discussion and giving everyone in the family a chance to express their opinions. What is important is that families set aside time at regular intervals to communicate with one another.

Admit it when you don't know something-When children ask questions that their parents can't answer, they should admit that they don't know. parents can use such instances as learning experiences. For example, parents can teach their children how to get the information they are looking for by taking them to the library, using the encyclopedia etc. It is far better for parents to show their children that they are human and thus don't know everything than it is to make up some answer that might not be true.

Try to make explanations complete- When answering their children's questions, Parents should try to give them as

much information as they need, even if the topic is something parents don't feel comfortable discussing. This doesn't mean that parents' Must go into great detail. It is just important that parents know how much information their children need and then give it to them. Parents should make sure that the information they give their children is age- appropriate. Parents should also encourage their children to ask questions. This will help parents figure out just what information their children are looking for. Not giving enough information can lead children to draw conclusions that are not necessarily true.

Communicating during conflicts - All families will have conflicts at one time or another. While such conflicts can be Upsetting , they need not be too disruptive. There are many different things that parents can do to smoothly get through conflicts and to keep the lines of communication open at the same time. Here are some suggestions.

Work on one problem at a time - During conflicts, it is best to try to solve one problem at a time. It is not a good idea to bring up many different issues at once. This can be very confusing to both children and their, Parents. When this happens, families can quickly lose sight of the cross issues.

Look for creative ways to solve problems- When trying to solve conflicts, Parents should try to keep in mind that there is usually more than one solution to any Problem. Parents and children should work together to find solutions that are agreeable to all parties. Learning to be flexible when solving problems is a great tool for children to have. If one solution does not work, parents should try to be flexible enough to try alternative solutions.

Be polite - Parents should not forget the ordinary rules of politeness simply because they are dealing with their children. During conflicts or at any other time, Parents should treat their children with the same amount of respect that they would show to any other. Children are people, too and they deserve to be treated with respect.

Sometimes during the heat of an argument or disagreement, parents say things to their children that they would never say to another relative or a close friend. Parents should make an effort not to do this.

Use “I” messages - When discussing conflicts with their children, parents should always try to state problems in terms of how they feel. For example, instead of saying something like "You never pick up your clothes you are supposed to," parents should try something like “I feel

frustrated when you don't pick up your clothes." By using "I" messages, parents are telling their children how their behavior makes them feel, instead of accusing and/or blaming. "I" messages are effective because children are much less likely to resist or rebel against something that is stated in terms of how the parent feels. Stating things in terms of "I" messages are much less threatening to children than are accusing and/or blaming, "I" messages also show children how to take responsibility for their own actions. Parents who express their feelings in such a way are also teaching their children to do the same.

Be willing to forgive - Teach your children to be forgiving by doing so yourself.

How to avoid negative communication?

Unfortunately, many parents are not aware of just how often they use negative forms of communication with their children. These parents may, as a result, be planting the seeds of mistrust and low self-esteem in their children. This is why it is so important for parents to become aware of and to correct any negative forms of communication they may be using with their children. Below is a list of examples of negative communication. Parents should go through this list to identify any of these Negative communication patterns

that seem familiar. After identifying problem areas, parents can then begin making changes. Keep in mind that the list below does not contain every possible example of negative communication. There are probably many things that can be considered negative communication that are not included on the list below.

Examples of negative communication that parents should avoid :

Nagging and lecturing - Nagging is repeating something that has already been said. Lecturing is giving more information than is needed without stopping to listen to other opinions or ideas. Parents can avoid nagging and lecturing by keeping their conversations with their children brief. Parents should also keep in mind that once they have told their children something once, there is no need to say it again. Instead of nagging, parents should use a consequence other than nagging (for example, time-out) when their children do not do something they have been told to do. Nagging and lecturing cause children to stop listening or to become defensive or resentful.

Interrupting - When children are talking, parents should give them the opportunity to finish what they are saying before speaking to themselves. This is common courtesy. Children

who feel that they can't get a word in edgewise with their parents may stop communicating with them altogether.

Criticizing - parents should avoid criticizing their children's thoughts, feelings, ideas and/or children themselves.

Children often see such criticisms as direct attacks and the result can be lowered self-esteem. When necessary, parents should criticize behavior, or what children have done, not children themselves.

Dwelling on the past- Once a problem or conflict is solved, parents should try not to mention it again. Children should be allowed to start over with a clean slate. Parents who constantly bring up their children's past mistakes are teaching their children to hold grudges for long periods of time. Also, children need to know that once a matter is settled, it remains settled.

Trying to control children through the

use of guilt - This involves trying to make

children feel guilty because of their thoughts, feelings and/or actions. Parents who use guilt to control their children may do great harm to their relationship with their children.

using sarcasm - parents are using sarcasm when they say things they don't mean and imply the opposite of what they are saying through their tone of voice. An example is a parent saying something like, "Oh, aren't you graceful," when a child breaks something. The use of sarcasm hurts children. Sarcasm is never a useful tool for parents who are trying to communicate with their children effectively.

Telling your children how to solve their Problems - This happens when parents jump in and tell their children how they should do things instead of letting them have some input into solutions for problems. Parents who tell their children how to solve their problems may lead children to believe that they have no control over their own lives. Such children may end up believing that their parents don't trust them. Or, they may resent being told what to do and as a result, resist their parents directions.

Putting children down - Belittling can come in many different forms such as name calling. Ridiculing, judging, blaming etc. Belittling is detrimental to effective communication. It can damage children's Self-esteem. Children who are put down by their parents often feel rejected, unloved and inadequate.

Using threats - Threats are rarely effective. They often make children feel Powerless and resentful of their parents.

Lying - No matter how tempting it is to make up a lie to, for example, avoid talking about uncomfortable topics like sex. parents should not do so. Parents should try to be open and honest with their children. This will encourage children to be open and honest with their parents. Also children are very Perceptive. They are often very good at sensing when their parents are not being totally honest with them. This can lead to feelings of mistrust.

Denying children's feelings - When children tell their parents how they feel, parents shouldn't make light of these feelings. If, for example, a parent feels his/ her child shouldn't feel sad about losing a baseball game, he/she shouldn't say so. Parents should instead say something supportive, for example, "I know you really wanted to win. It is hard to lose sometimes." With younger children, this can be done by using simple, concrete words. Children need to have their feelings supported by their parents. Parents need to show their children understanding when it comes to their feelings. If they don't, children will, as a result, feel misunderstood by their parents.

Communications Builder – Here are some examples of things parents can say to a their children to help open the lines of communication :

"I'd like to hear about it,"

"Tell me more about that."

``And you go on, I'm listening."

"I understand."

"What do you think about...."

"Would you like to talk about it?"

"Is there anything else you'd like to talk about'?"

"That's interesting."

"Wow!"

"I'm interested."

"Explain that to me."

Effective, open communication takes a lot of hard work and practice. Parents should remember that they will not be perfect. Parents make mistakes. What is important is that parents make the effort to communicate effectively with

their children starting when their children are very young. The result will be much closer, positive. relationship between parents and their children.

General Parenting Guidelines

Set a good example for your children- Children often learn how to act by observing how their parents act. For example, if parents

handle frustrations well, their children will probably learn to handle their own frustrations well. If parents swear and become upset when things don't go well, their children may learn to act in the same way. Parents should avoid resorting to the old saying "Do as I say. Not as I do."

Don't take your children's good behavior for granted -

Parents should praise their children when they are behaving appropriately instead of just waiting to praise them only when they do something special. Parents should give their children the message that they notice appropriate behavior as much as inappropriate behavior. Catch them being good!

provide your children with a lot of verbal and physical

affection - Frequent physical contact between parents and their children (such as hugging or brief 'love pats') is very important. This positive affection should be provided on a

regular basis whenever children are behaving appropriately. Parents should avoid providing this affection soon after their children have misbehaved.

Discipline should be immediate and should be administered in a matter-of-fact manner -Parents need to avoid becoming upset while disciplining their children, Techniques such as time-out can be very effective if used correctly. After being punished, children should start with a clean slate. parents should not remind or nag their children about their misbehavior.

Be consistent and predictable with your children - Children function best when they know what to expect. Parents should make

it is very clear as to exactly what is acceptable behavior and what is not acceptable behavior. Children's appropriate and inappropriate behavior-should be handled in a similar manner by both parents (e. g. Both parents should use the same punishment techniques for misbehavior). Consistency is not only important between parents, it is also important in day-to-day behavior for individual parents. Parental management of children's behavior from one day to another should not vary according to parental mood. Rather, it should always be based on their children's behavior.

How directions are given to children can have an effect on whether or not the children will follow them - Parents should make eye contact with their children before giving a direction. Yelling directions from another room is often not very successful. Directions should be given in a very specific and concise manner. Parents should avoid giving vague directions such as "Be good." a parent's idea of being good and their children's idea of being good may be very different. Parents should praise their children when they follow directions. They should also be prepared to enforce directions, children learn that their parents should not mean what they say. Parents should avoid giving more than one warning following a direction.

Make rules clear and specific - parents should avoid making rules that they cannot or may not enforce. Enforcement of rules should be as matter-of-fact as possible. The punishment for breaking rules should be stated in advance. When a rule is broken, children should be appropriately punished.

Let your children help with as many everyday tasks as possible - Most children enjoy spending time helping their parents and it can also be a good learning experience. With

younger children, "helping" may involve pretend work in the same area.

Closely monitor your children - For younger children, parents should praise them when they are behaving. Parents should avoid the trap of not wanting to disturb children while they are behaving. Parents should make sure they know where their children are and what they are doing.

Avoid lecturing, nagging, yelling and screaming to manage your children's behavior - These approaches are typically not effective and often make problems worse.

Three Common Parenting Errors

1) Overuse of "No" and "Don't"

I feel like a broken record. Every other word out of my mouth to my eight-year-old son is, "Don't do this," or "Don't do that."

This is a very common parent error. What is surprising to parents is that their children usually know what their parents don't want them to do, but they have little idea what their Parents want them to do instead : It is advisable that parents give children two options of what to do. For example, "Don't throw your books on the couch" becomes, "put your books on the shelf or in your room."

2) Hassle over minor issues

Hassling over every imperfection may annoy children,

Not everything is worth a battle of wills.

Save your energy with such minor incidents as cupboards left open or a messy kitchen counter. Instead, use that energy in areas that really matter, like sibling relations, homework or bedtime.

3) Criticism

The average child hears 432 negative comments per day, versus 32 positive ones. 87% of the comments children receive in the classroom are negative. All this research shows that children are more motivated and learn better with praise than with criticism. You should spend more time praising the behavior you want to see more often. You can praise your child in the following areas Social Skills ("I am impressed with how you handle name calling.") Appearance ("Your hair looks so nice and shiny today.")

Intelligence ("Wow, an 85 in the Maths test. That's great improvement.")

Expressiveness ("I like it that you can tell me how you feel.")

Cooperation (“I feel so proud of you when I see you cooperate with your dad----- even when you don’t want to.”)

Coordination (“I saw how you swung by your knees on the monkey bars. That was neat.”)

Section B : Academic development oriented parenting

Dear parents, a child has more influence of his/her parents on his/her mind than teachers. Therefore, your role in the ward’s study becomes very important. Even though children are imparted with moral teaching at school, their role models are their parents. Therefore in their success and in their study, your role is decisive.

In your ward's study your role should not merely be of a guardian alone, but should also be of a friend or of an able guide.

You should always be vigilant about your ward's study. By understanding his/her problems, you should guide him/her. You should always be in contact with his/her teachers and discuss his/her progress. By providing your ward with various types of study material, you should attempt to make the various possible opportunities available to him/her.

You should always raise your ward's confidence by constantly encouraging him/ her. In times of failure, you should stand firmly by him/her and thereby should raise his/her morale.

You should always take special care as regards keeping your ward away from negative thoughts and see to it that such kinds of negative feelings like disappointment, insecurity, frustration, etc. Are not nurtured in his/her mind.

You should instill the confidence and liking for study in your ward and assure him/ her that he/she will definitely come out with success.

You should try to allot maximum time to your ward.

You Should always keep yourself informed about all the requisite information concerning your ward, like his/her curriculum, his/her study and exams.

You should never impose methods of study of your preference on your ward. He/ she may not like to study by the methods recommended by you and hence, if you insist on him/her following the same methods only, then this compulsion may lead to a decrease in his/her interest in study. Therefore, without having any preconceived notion, guardians should always guide the ward in such a way that

he/she would like it and which would prove useful to him/her in his/her study.

You should not overlook any matter concerning your ward nor should be autocratic while taking any decision about him/her.

Take an overview of the ward's daily performance in study/other work. If necessary, instruct him/her regarding the necessary changes which deem fit to you.

FAQs on study-centered parenting

- 1) How to evaluate the ward's performance In exam?
- 2) How to induce in the ward the discipline to study?
- 3) How to take care regarding maintaining consistency in his/her study?
- 4) How to take an account of his/her subject wise progress?
- 5) How to help the ward in solving the Problems. That he/she comes across while Studying a particular subject?
- 6) How to determine whether the word preparation for study is good, fair or bad?

7) How to help the ward in planning time?

8) How to help the ward in keeping up enthusiasm in his/her studies'?

9) What should be done to establish a healthy dialogue with the ward?

10) How to maintain a friendly atmosphere at home and thereby increase the confidence of the ward?

11) How to inspire your ward to study without imposing it on him?

12) How to teach the ward the techniques of having fun while studying'?

13) How to manage time for accommodating games, entertainment, etc. along with study?

1) How to evaluate the ward's Performance in an exam?

* For evaluating the ward's performance in

exam, Parents should take an account of the marks secured by him/her in a specific exam.

* Also, they should compare the marks obtained in the exam concerned with the marks obtained in the earlier exam, so

that they would be able to assess his/her progress in a particular subject.

* For that, they should keep a record of the marks secured by him/her in a separate notebook. In this way, by remaining alert, if parents keep a track of the progress made by the ward, then they would become clear about the ward's progress and would know as to how much is the scope for his/her improvement.

2) How to induce in the ward the discipline for studying?

* Discipline, be it in study or in day-to-day matters, its importance in life cannot be ignored. But, parents should not impose discipline on the ward, otherwise due to such forced discipline, the ward may bear an attitude towards discipline.

Therefore, to impress on his/her mind the importance of discipline, examples from day-to-day life should be given and thereby encourage him/her to be disciplined. He/she should be told that if he/she maintains discipline and consistency in his/her study, he/she won't feel study as a burden.

* For inducing in him/her the habit of being disciplined, always give only positive instructions. Giving negative instruction should be avoided.

Let you prepare his/her time table on his/her own. Without interfering in it, you should only see in what way you can help him/her in this regard.

3) How to maintain consistency in his/her study?

* The ward should be convinced that consistency in study is a very important aspect.

* The guardians should always hammer the importance and the confidence gained from consistency in study to the ward with a positive attitude.

* They should ask the ward to maintain consistency in study.

* This kind of record keeping as to how many chapters have been completed and how further study is to be done will make the picture of his/her progress in studies clear.

4) How to take account of subject wise progress?

* A feeling that all subjects are of equal importance should be created in the ward's mind.

* Therefore, the guardians should ensure that each subject is studied proportionately and a follow-up regarding the same should be done.

* If the parents analyze to what extent the ward studied a particular subject, and accordingly how many marks he/she scored, they can give suggestions to the ward accordingly for improvement.

* If marks in an exam are reduced or if there

Is a slight difference in marks, it is not a cause for worry. But, it is expected from the ward that there should be a continuous increase in marks.

* If there is a marked decrease in percentage of marks, surely it is a matter of great concern. Hence, in such a situation, it becomes essential for the parents to find out the reasons and suggest corrective measures there of to the Ward.

5) How to help the ward in solving the problems that he/she comes across while studying a particular subject?

* It is not that parents would be good at every subject. Therefore, subjects at which they are good, the guardians

should definitely guide their ward in them. But, at the same time,

They should remember that teaching each and every chapter of every subject is not their job.

- * They should make or help the ward in making his/her fundamentals clear.

- * They should not attempt to teach those subjects about which they are not confident. Instead, the ward should contact his/her teachers.

6) How to determine whether the ward's preparation for study is good, fair or bad?

- * The ward's preparation of study becomes easily evident by the marks he/she scores. But, at times, even though being fully prepared, he/ she secures less marks because of a number of reasons : forgetfulness, being physically unfit, not (e. g. comprehending the questions asked in the exam, etc.). Therefore, they should also consider his/her state of mind.

- * Therefore, the guardians should always encourage their ward in order to enhance his/ her confidence.

- * They should always lay emphasis on positive things.

7) How to help the ward in planning time?

* Success in exams depends upon efficient planning of time. Therefore, guardians should guide the ward regarding the same.

* They should point out to him/her other matters of secondary importance.

* They should ask him to lay emphasis on concentration so that his/her efficiency in study would increase and he/she would be able to study more in less time.

8) How to help the ward in keeping up enthusiasm in his/her studies?

* With the purpose to keep up his/her enthusiasm in studies, you should appreciate him/her by presenting him/her with some kind of present, whereby his/her enthusiasm would increase.

* The ward should be allowed to play in between whenever he/she gets time.

* If there is time, other recreational activities like conducting tours, etc. should also be taken up.

9) What should be done to establish a healthy dialogue with the ward?

In order to establish a feeling of mutual trust between ward and guardians, it is essential that there should be a healthy dialogue between them.

* For having a healthy dialogue, guardians should lay emphasis on conducting informal talk with him/her so that he/she opens up and discusses his/her problems with you with an open mind.

* To gain the confidence of the ward, guardians should be genuinely interested in solving his/her problems and this should become evident from guardians' actions.

* Instead of merely giving such orders as 'do this. Don't do that', guardians should genuinely seek to solve or help him/her in solving the various problems of the ward like study-related, psychological or other problems.

* Guardians should have an inclination to give emotional support and improve the war morale.

10) How to maintain a friendly atmosphere at home and thereby increase the confidence of the ward?

* Guardians should make efforts for making

The process of studying is an enjoyable one, rather than making it a burdensome process.

*For that it would be preferable if they try a friendly atmosphere at home.

*Therefore, to keep up such an atmosphere, parents should try to bring the ward's friends together for studying. Because of which his/her enthusiasm would remain constant and he/she would study on his/her own without becoming tense.

11) How to inspire your ward to study without imposing it on him?

* 1) You should impress your ward's mind with this fact that study is indispensable for making a successful career not only in S. S. C., but also in higher studies.

* Therefore, you should persuade him/her to take up study on his/her own. By giving him/ her examples of various successful persons from different fields, try to convince him/her of the importance of hard work.

3) Make this fact clear to him/her that if begun early, study does not become a burden. By this, can be easily persuaded to take up study.

12) How to teach the ward the techniques of having fun while studying?

*The ward should be aware of completing his/her study by having fun then he/she would not take it as a burdensome thing. Moreover, he/she can study effortlessly to the maximum. * He/she should be induced to take up various study methods. I like reading, writing, memorizing, etc.

* Studying continuously at a stretch is usually not possible for students. Therefore is required to allow him/her to indulge in Sports/entertainment thereby he/she would freshen up and he/she would be able to study with more enthusiasm and efficiency.

13) How to manage time for accommodating games, Entertainment, etc along with study?

* Entertainment is as important as study. Therefore, while planning for study itself parents can definitely help the ward by allocating some time for recreation.

* Evening time is most suitable for activities like games, entertainment etc. Because the ward has been studying throughout the day,

he/she gets entertained through sports. Moreover, sports help him/her in bringing about his/her personality development.

* On Sundays and other holidays, as the ward does not generally have school/class, he/ she can find leisure time, which can be utilized for recreational activities.

Guardian's study related complaints

1) Our ward doesn't study.

Many times, guardians form an opinion about their ward without properly judging him/ her. They stick to their opinion and consequently, the ward also begins to think in the same way. We do not have Psychology as one of our compulsory subjects, due to which parents cannot become experts themselves in a particular subject. Their state or mind of

mood may also affect their behavior to their ward's studies, while teaching him/her. This is not an opinion formed in a day or a year that the ward doesn't listen to you or doesn't

concentrate on studies, but it is the resultant picture of the ward's overall development process.

The parents stamp their ward as good for nothing'. They make remarks like, "He/she doesn't study anything. What can we do if he/ she doesn't study?" In the beginning, the ward listens to these things once, twice, thrice, but, thereafter he/she molds himself/herself according to his/her parent's opinions about Him/her and categorizes himself/herself as per their way of thinking. Then he/she starts gathering friends around him having the same quality and gets involved in the company of

such friends only who do not study, who are humiliated at home and who receive no respect at home. Thereafter, outside the home also, he begins to gather a group of such kinds of boys, then such a group starts developing their own interest, enjoyments and finding their own way out. This leads these children to remain out of their homes for a maximum period of time and get indulged in unfair matters and quarrels. Subsequently the ward begins to nurture rowdy behavior and his surroundings also become similar. The boy is often degraded at home either by taunting or by mocking because of his peculiar behavior. His so-called vices are also frequently disclosed by his parents to the people

who visit their place, be they their friends or relatives. He also gets convicted for all the ill things going on at home. All these things paint the sketch of the ward as an idler-

who neither studies nor listens to anybody. In such cases, it is not so easy to solve his question. Such a child cannot be directed to cultivate the habit of studying even with the help of There cannot be an instant remedy for this problem as generally an illness is cured either by taking a dose of pills or by taking an injection. Solution of this problem requires ample time I. e. Half year, a year or so with persistent efforts, which also demands parents' involvement in it and counseling them regarding how to cope with their ward. In such cases, a solution cannot be found until the opinion about his/her positive guardians point of view looking at their ward does not change and unless they carry a positive attitude towards their ward. The parents are needed to extend their co-operation and should believe that he/she would definitely improve. This cannot be achieved without the parents co- operation. The guardians should strive to make a fair development in the relationships amongst the family members, encouraging them, keeping faith in them, of course, Eklavya Self Study can help in such cases to some

extent, but without the guardians' co-operation and involvement therein nothing is possible.

2) Our ward either needs to be asked to study or he/she needs guidance.

This process of making the ward dependent begins during the formative years of the child itself. The over-sensitive parents first study themselves then teach their child, thus making

The child is dependent. (But, in this process, the child becomes dependent), This also creates a

gap in studies for a certain period of time, if

There is negligence from the parents and the ward is unable to do his/her study further. (The Parents or the present condition, should be held responsible for this. Sometimes situations are like that or sometimes parents are responsible.) It is found that parents do not give serious consideration to this problem as they should. They simply shirk their responsibility by saying "We tried a lot, but he/she doesn't sit for study. " Then there remains the only option that both the parents should take leave for a month from their offices and get their ward's study completed and get contented with whatever marks he/she gets in the

examination, It is also seen that the parents who take leave for the sake of their ward's preparation for the examination, later on express their favor by mentioning repeatedly that they had to take leave only due to him/her, This leads the ward to think that he/she cannot study on his/her own unless his/her parents get it done from him/her and also begins to think that he/she should never sit for study unless he/she is told.

The parents have seen their ward growing and therefore, they never understand that their ward may also have certain notions about study, the atmosphere for studies and about his/ her books. Parents always take it for granted that whatever they are doing is correct. In fact, they lack the essential thought that the state of affairs going on can be amended. The parents only say that their ward cannot study without their help and the ward also behaves in the same manner and studies only when one of his/her parents sits with him/her while he/she studies. if his/her mother can't take leave

During a certain examination, the ward becomes nervous by thinking that he/she won't be able to secure good marks in his/her exam as his/her mother did not get his/her studies completed. The mother may also think that the studies of

her child will remain incomplete unless she gets completed from him/her, This ultimately leads to the formation of a vicious circle. If the parents want to get out of this circle, they need to make efforts with adequate planning. The parents should make constant efforts. These efforts must have consistency in getting him/her habituated to study on his/her own. Many a time, consistency which is of utmost importance is lacking in such activities. This may take four or six months or a year also, but the parents must make genuine efforts. The Eklavya Self-Study Series may certainly help the in coming out of this situation,

3) Our ward never reads ; he/she only completes his/her given assignments or homework.

There is a misconception regarding studies that studying only means completing homework, This is even thought by the parents and they even make enquiries by asking their ward whether he/she has completed his/her homework or not. This is a common thinking that homework stands for studies, and vice versa. The parents don't enquire about his/her studies but about his/her homework only. How much time will you take to complete your homework? How Many subjects have been given today to complete your homework? How much of it has been completed? These are

the questions which are generally asked by the parents in their ward. If we observe the percentage of students' homework done, it should also be inspected how he/she completes his/her homework. If he/she is doing his/her homework by reading or taking genuine interest, then we can call it study, but if he/she is doing it by copying from other books, then it should merely be called not more than ! revision. The interest in studies should be created concept wise. And this could only be Why? What has been given in that poem? Has He/she understood the same? Why did he/she like the subject?, etc. This may stimulate his/ her interest in studies. The students who study or solve examples just mechanically can't make progress in their study (they can't go a long way). Instead of mechanically studying. It is better to study stepwise and concept wise, which can help in certain subjects like Mathematics, etc. So, if students want to

increase their percentage, they must

concentrate more on doing self-study and should regularly practice more inducing him/ her to develop interest in self-study, exams for Eklavya Self-Study Series proves to be of great help .

4) One student cannot grasp what is taught in the class.

It is not possible for any teacher to make all the students understand a particular subject in a class, thoroughly. But, in fact, every teacher teaches his students sincerely. When the student has not learnt properly that has been earlier taught to him/her relating to the same subject, it becomes impossible for him/her to comprehend the complete lesson. If the previous concepts are not clear then, how can he/she go ahead with the same lesson? Hence, the only solution here is to grasp the previous study or basic concepts thereof precisely, as there is no other cut to this. Secondly, when the student/student says that he/she didn't understand whatever was taught in the class, it doesn't mean that after attending school for six to seven hours, he/she couldn't understand anything at all. On the other hand, it means he/she couldn't understand a particular lesson of a particular subject. Suppose, he/she couldn't understand the concept "Force" in Physics. The only reason for this is that he/she must have remained absent during the period when the lesson was taught and that is why he/she could not understand the proceeding lesson. It is highly possible that he/she will not understand the same topic in the successive class. Besides this, the negligence of a student towards studies when the teacher is teaching in the class may also lead to the

misconception that he/she cannot understand what is taught in the class of school. One should have concentration and should pay full attention while in class. Instead of merely being Physically present in the class, better to concentrate on teaching and understand it there if they don't understand any part of a chapter, or so. This can reduce their fifty percent energy and also helps when they do self-study. Students should be told that they should not waste their energy and not to increase their area of study. They do quality simply by concentrating on the subject being taught in the class and getting all their concepts cleared. In this way, they can be benefited with the time saved, which can be utilized later on for studying the Eklavya self-study series and other references, thus making the base of their study concrete.

5)What our ward doesn't get expected marks even after being intelligent?

Nowadays there are many important things which should be done besides studies. If we take into consideration the current system of examination, we come to know that the students who have obtained a good percentage, have understood the techniques of examination. If we take an account of the tenth and twelfth examination, it can be seen

that they are technique –oriented, due to which students can secure maximum marks by studying the least in a systematic way. Even though your ward studies hard, yet he/she cannot obtain maximum marks until he/ she exactly understands the techniques of examination. The Test Series Programme proves to be very important in this regard. The text books are designed by the expert- teachers of the particular subjects. It is therefore wrong to. Disturbing their order, The First Term Examination is generally taken by 15th October. Eklavya Self-Study Series completes the syllabus of all subjects before it. Hence, if the lessons of any subject are taught in the school, even not according to their order, a student can complete all the syllabus before the First Term Examination.

While using the formats provided here.....

1) An account of the ward's subject wise study:

1) It is necessary to divide the entire study into another. subject wise slabs because unless the ward comes to know how much study is completed and how much of it is yet to be completed he/she will not get a clear idea regarding which subject needs to be given emphasis and in which subject he/she is

lagging behind.

2) But to get this idea, he/she needs to know how many hours he/she is allotting for study everyday, so that he/she can divide his/her time accordingly.

3) Accordingly, he/she is found to be trailing behind in study as compared to his expected schedule of study, then he/she can alter the order of preference of doing study.

2) Use of different study methods :

* There are different methods of study, e. g. writing, reading, memorizing, etc. It is not that all students use all of them, but for doing effective study, it is preferable for students to use all these methods alternatively.

* In this present format, the subjects and methods of their study have been specifically discussed. Therefore, you can take an account of the ward's study in this regard so that he/she does not use any single method excessively and thereby can remove the flaws in studying.

3) An account of the study related problems :

* Many problems arise while studying. These may be of different types, e. g. Mental, physical, atmosphere in house,

etc. But, for maintaining consistency in study, it is necessary for the ward to overcome these problems.

* This format is therefore very useful in getting to know about the ward's problems and for finding out solutions thereof. Once these reasons are found, it becomes possible for guardians to suggest some solutions/remedies for the same which can prove useful in the ward's study.

4) Time allotted by guardian to the ward :

* The act of allotting time to ward is very important, since it helps in maintaining mutual dialogue and thereby wins the confidence of each other.

* Therefore, in this present form at the time allotted by guardians to the ward has been sorted according to the days of the week.

* Not only how much time was allotted is to be mentioned, but it is also to be mentioned as to which important activities were undertaken and thus, It will enable us to evaluate how they proved beneficial to the ward.

*This chart gives an idea about anything that has been done by guardians for maintaining enthusiasm of the ward.

*Because of this chart, guardians for allotting maximum time to their ward from their available time and it will also make it easy for guardians to analyze the effectiveness of the same.

5) An account of help offered to the ward by the guardians on holidays :

* Even if it is agreed that guardians do not have time for their disposal on holidays, but still have some leisure time on holidays.

* By acting in this direction, guardians can allot their time to the ward and thereby can increase the productivity of their holidays. Thus, this chart may prove to be a very significant step.

* In this format, separate space for Sunday and other holidays has been provided. It will help in proper evaluation of the utilization of time.

* Moreover, in order to make it a practically usable one, detailed elaboration of how the time was spent has also been provided in this chart.

* The present chart can provide valuable information regarding the nature of guidance given and advantages derived therefrom.

* Many of the ward's problems can be solved by simply discussing with him/her or his/her thoughts can be directed in a specific direction. Therefore, guardians should always attempt to find a healthy dialogue with the ward.

* Guardians being experienced can definitely come out with some concrete solutions regarding the study related problems of the ward.

* What's more, it also becomes clear from this chart as to how much the ward benefited from these activities.

6) While taking report of studies from the ward:

* It is very important to take reports from the ward regularly, because of which the ward's progress can be evaluated.

* Reporting should be a daily affair. Therefore the guardians can help the ward in their way in solving his/her study-related problems.

*The process of reporting is of exhaustive nature. In it, all the minute details of study-related aspects have been discussed. Therefore, all things become clear.

* If the time allotted is less than the expected time, it becomes possible for the ward to take a detailed account of the same. This reporting being exhaustive, if the ward is showing lethargy in study, guardians can readily point it out to him/her. They can, accordingly, provide improvements in this direction.

* The ward would be thus alert regarding time and will use his/her time effectively.

* Apart from the above said details, the guidance offered by guardians has also been supplemented.

Effectiveness of study is also a crucial factor. Many a time students give importance to what length of Time they studied, but it is also very important to see whether the study completed is effective or not. Therefore, instructions given by guardians have been discussed in detail in this format.

*Besides study, the ward is also engaged in many other activities like playing,

entertainment, other chores in home, etc. While planning the study time table, if all these factors other than study are not considered, the time table will not be a realistic one. Guardians can instruct the ward for diverting the time wasted in unproductive matters for studying and thereby the productivity of study done would definitely increase.

7) Analysis of the ward's behavior :

*Personal likes-dislikes, the nature of the ward and his/her merits/shortcomings certainly affect his/her study.

*Many a time, in spite of having a good grasping power, only due to boredom of study or lack of consistency the ward lags behind in study. In contrast, there are some students, who by mere perseverance, show good progress in study.

*This format is such that it will definitely provoke thoughts as to how the ward can progress in study, according to his/her merits flaws. This format will serve as a rough guideline for guardians for instructing their ward as to which are the peculiar habits hampering his/her study adversely and how they can be overcome.

* In that regard, special mention of the guardian's contribution is provided in this format.

* Moreover, which of the merits or good habits of the ward can be made use of in helping him/her to advance in study is also mentioned here.

* Thus, this format will serve a good purpose for analyzing the ward's behavior and solutions for making corresponding improvements.

* In this format, classification of the ward according to his/her study habits. This can prove useful to some extent to the ward.

8) Analysis of study methods :

* In this chart, all subjects and the methods to study them have been provided.

* This chart will prove quite useful to the guardians for analyzing the methods being used by the ward.

* Some students emphasize only on reading, while others totally depend upon recitation or memorizing. This kind of studying is monotonous because in it, other methods are neglected and the ward remains bereft of their respective advantages.

* The ward can take a stock of the situation and can determine as to how he/she can make

improvement in his/her method of studying a particular subject.

* Many a time, for having developed a dislike for a particular subject, a continuous or excessive use of a single method might be the reason. Therefore, different methods of study e. g. memorizing, writing, reading, solving examples, etc. can be used effectively and alternatively and it may prove quite beneficial to the ward. By following such a method, the ward's interest/enthusiasm in study will increase and in turn, it will result in making his study more effectively.

Parents remarks on ward's overall development

1) About studies

2) Has your ward fulfilled your expectations? How?-----

 3) A list of positive changes in your ward

4) Your remarks about the overall development of your ward, e.g. Is he/she taking active participation in these programs or not
 ?-----

Parent' signature

Ten tips parents for assisting their ward's study

1. First of all, get rid of the notion that you have to teach your child each and every subject. That is neither expected from you nor is possible. Only thing you can do is to direct your ward for studying in an efficient manner.

2. For helping out the ward in his studies, you have to have some rough idea of the study method of your ward. You need to know which method he uses predominantly while studying, what are his favorite subjects and also the subjects he dislikes, what is his attitude towards study and so on.

3. Ask questions. This helps you to get valuable information regarding the ward's study- habits and the problems he faces. Ask the ward to keep you informed about his progress in

study. This will boost his enthusiasm since you are taking genuine interest in his studies. If he encounters any problem, try to solve the problem by paying immediate attention.

4. Many times, the ward gets demotivated when he encounters a setback or failure in study. At such times, he needs encouragement and inspiration. And the encouragement he Receives from his parents is the most precious. Therefore, the motivation from you and the praise of the efforts he has taken in that subject really cheers him up and elevates his mood.

5. Reach to the root cause of the problem. A little probing will be of help. Try to know if the student is facing problems studying at home-whether it is due to the atmosphere at home

not being conducive for studying or any other reasons. You can attempt to create a proper atmosphere at home by

maintaining discipline to other members of the family and by minimizing the other distractions.

6. Build a rapport with the ward. But for that a regular communication with the child/ ward is needed. You should try to develop an atmosphere at home which would prompt the child to open up and speak about his problems/achievements at school. This will help a healthy communication between you and your child and it is this communication which paves the way for building rapport with the child.

7. Reward the child after he achieves something worthwhile in study or fares well in the exam. This will raise the child's enthusiasm and will prompt him to perform even-better.

8. You can provide a good collection of matter on a variety of subjects that will prove valuable for the student in his study. It will be better if you inculcate the habit of reading in your ward since childhood. Remember, reading provides a definite direction to your ward's thinking.

9. Always try to maintain contact with the teachers of your ward so that you can have a better idea of the ward's performance in school. You will get very important

information and problems, if any, about the ward's general behavior and the areas of improvement.

10. Help the ward define his problems. Many times, he may not be able to identify his study-related problems. Once he fixes his problem, you can suggest some way to overcome his problem.

Always remember that helping the ward solve his problems is what you can and you should do. Therefore, help him without actually getting involved in the details.

Benefits of getting involved in ward's studies

Your active involvement in ward's study is not just beneficial for your ward's success in studies, it has got various other benefits for parents too. Now let us see how involvement in ward's study can help parents.

1) Improves communication - Involving in ward's study improves the parent-child communication. This exercise helps the ward to feel free while discussing his study-related problems. Eventually in the later stages the ward finds it comfortable to discuss his/her other problems too.

Such hassle free communication between the parents and their wards proves to be very helpful in the long run.

2) **Removes unnecessary fear** - Generally wards bear a very grim image of their parents. Wards bear a strange kind of fear or apprehension about their parents. Again, lack of communication is largely responsible for such fear. When parents get actively involved in their ward's studies the wards lose their fear and come closer to their parents than what they were before. Hence such involvement can serve as a tool in bringing the wards closer to their parents.

3) **Brings about transparency** - When parents actually get involved in their ward's studies, they can themselves get to know how their wards are doing at studies. They don't need to ask their ward's teachers repeatedly because they are well aware of their ward's academic progress.

4) **Helps in deciding ward's career** - Through active involvement in ward's studies. Parents can observe in which field their ward is showing interest. This knowledge would be of great help to the parents while suggesting a career for their ward. This exercise also helps the parents to discover the talents of their wards and to give them the deserved encouragement.

5) Helps in avoiding stress and anxiety -parents who are not well aware of their ward's academic progress are often anxious and stressed. Having clear information of a ward's academic progress can help parents in avoiding such stress and anxiety.

6) Encourages studying with a personal touch-

Often it is observed that the academic assistance offered to the ward by their teachers has a professional approach. When parents help their wards with studies, it is definitely with a personal touch. This proves beneficial for both parents and their wards.

7) put your knowledge to use - Getting actively involved in ward's studies gives parents an ideal chance to put their knowledge to constructive use. Through such an exercise, parents can brush up their previous knowledge and even learn new things!

8) Creates conducive atmosphere for studies

- In most cases it is observed that families do not often speak of studies, except during exams. Through this exercise, study related talk becomes a frequent affair and thus an ideal atmosphere for studies is created.

9) Allows time for interaction - Generally it is

observed that parents and their wards hardly take out time for each other. The hectic schedules of parents and their wards are largely responsible for this. A fixed time when parents and their wards sit together for studies provides a guaranteed session of interaction which is respected by both the parents and their wards.

10) Makes the ward more respectful - Whenever parents help their wards in studying, it reassures the ward that their parents are concerned about them. It makes them believe that their parents have the aim of seeing them develop. This attitude of working together towards a common goal, makes the ward more respectful about his/her parents.

Section C : Parents Well – being

Strategies to control Anger

1) Acceptable ways to express anger : In the

In the long run, you want your child to be able to verbalize his anger in a calm but assertive way. Encourage your child to come to you when he is angry and to talk about it until he feels better. Teach your child to stop and count to 10 before doing anything about his anger. Help him learn to walk away from a bad situation.

a) The turtle trick - When your child is upset, have him do the turtle trick. (It is best to practice this at a time when he is not angry.) Explain to him that rather than hitting or calling someone names, he may pretend that he is a turtle. When a turtle gets scared or mad, he goes inside his shell where it is safe. The shell gives the turtle a chance to calm down because it is protecting him from others. If he goes into his "shell", it will protect him because he won't get into trouble for hitting a playmate.

b) Talk to yourself - This can be a second step to the turtle trick or can be used alone. When your child is mad, have him talk to himself. Have him say, out loud, "Take a deep breath and relax." Then have him say it quietly to himself. Practice other sentences such as, "I can control my temper," or "I'll think of a way to solve this problem." Link them all together and have your child repeat them over in his head. Sometimes, just telling yourself you are calm will help you become that way.

c) Use your pockets - Explain to your child

it is okay to be upset or break things. When he is angry, have him put his hands in his pockets or hold them behind his back. This will help control the urge to hit, While his hands

are in his pockets, have him tell the person how he is Meeting and why. This also encourage effective communication skills.

d) Say It nicely - When you are angry, it is difficult to be polite. Practice with your child ways to say you are mad that do not hurt others. Some examples include, "That bothers me," "Stop bugging me," "I don't like that," "That makes me angry," and "Leave me alone." Notice that all of these statements avoid starting with "you," When you say, "You are bugging me," it only makes the person defensive and they will annoy you more.

e) Write down your feelings - Buy your older child a diary where he/they can write down his feelings. Or, have him write a letter to the person that made him upset. Pretend (hat he/she is going to give this note to that person. Tell that person exactly how he/she made him feel and why he is feeling that way. If your child can't write, have him/her dictate a letter to you. Keep the note for a while and when your child is no longer angry, have him/her tear up the letter and throw it away.

2) Set a good example - Show self-control and verbal problem-solving yourself. Never hit your child for hitting someone else. Hitting your child only teaches that it is fine

to hit if you are bigger. If your child tends to be aggressive, it is critical to eliminate all physical punishment (such as spanking). You can use many other consequences (such as a time-out) to teach your child right from wrong. Sometimes you will need to make a strong statement, such as taking away a party or a play date with a friend. Your disappointment in his behavior can be a powerful deterrent. A statement like "You must never, you hear me, absolutely never hit a child again." will be a clear and appropriate message to an aggressive child. Help your child avoid playmates that often tease or other situations in which your child frequently gets into fights. In addition, when your child becomes tired or hungry, leave the play setting until these needs are met.

3) Good, consistent parenting - A combination of lenient discipline and hostile attitudes by parents can produce very aggressive and poorly controlled children. If you indulge or neglect your child, and then punish excessively, your parenting will cause your child to be aggressive, rebellious, and irresponsible.

4) Reward your child for friendly behavior

- Praise him/her for being nice to people, for playing with age mates in a friendly way, for

sharing things and for helping other children who have got into a hitting pattern. If your child has a Problem with hitting his/her brother,praise him/her for giving him/her a hug or pat. Every time he/ she plays with his friends or siblings without fighting, praise him/her for playing cooperatively. Some children respond to a system of receiving a treat for each day they go without any "hitting" _ type behavior.

5) Establish a rule - "Do not hit, because it hurts. We do not hurt people."

6) Say it with words-Teach him/her how to negotiate (ask for) what he/she wants, rather than taking it. This will be a lesson for life. Teach him/ her how to take turns on one of his/her toys to gain use of another child's toy.

7) Supervision by parents - Young children are calmed by the presence of an adult, Show interest in their activities and be ready to be involved in time to avoid trouble. If you notice children getting irritated, suggest a few games, or give them separate activities for a little while.

8) Inactivity may also lead to aggressive behavior - Your child needs plenty of opportunities for strenuous outdoor

play and exercise. This will help him/her get rid of tension and extra energy.

9) Time-Out - Make it perfectly clear to you, child, that aggressive acts are not acceptable and will not be tolerated. Explain why you disapprove, Set the rules and consistently enforce them. Use the "time-out" penalty. This means that for a specific amount of time, the child must be isolated from social contact. After an aggressive act, explain what he/she did wrong and walk with him/her to the "time-out" area. Explain that because of what he/she did (slapping your leg, pinching his sister, etc.) he/she will have two minutes of time-out. Set a timer for [two minutes and let him/her know the time-out is over when it rings.

Being in a time-out helps a child learn to cool down (rather than blow up) when he is angry. Giving your child a time-out is one way of teaching him to walk away from anger.

Younger children with limited expressive language (less than three or four years old) need time to develop these skills.

When they are in a time-out, don't be surprised if they Pout, mutter to themselves, yell in their room or Pound on their door. If these physical outlets for anger are blocked, a more aggressive outburst may

occur. As long as the behavior is not destructive, ignore it. After putting your child in a time-out, pick up the child who has been injured and give him/her extra sympathy and attention. It is especially helpful if you can rescue the victim before he/she is hurt. In your child's mind, the attention he/she wanted is now being given to the other person and that should give him/her some "food for thought." If fighting is a pattern with certain playmates or siblings, be sure the "victim" is not "setting up" the "perpetrator" to gain attention. If a time-out does not seem to be effective, take away your child's favorite toy or television time for the remainder of the day.

10) Non exposure to violence on television and in movies -

Studies have shown that the more

violent the programmes preferred by children, the more aggressive their behavior. Aggressiveness is a normal reaction in children. They let out their angry emotions when they feel they need to protect their safety or happiness. As parents, it is our responsibility to help them express their anger and aggressiveness in a constructive manner.

Stress management for parents

Stress is something that is a part of all of our lives. It is impossible to avoid stress totally. In fact, mild to moderate

amounts of stress can be good for you. Too much stress, however, can result in it Various problems. Specific reactions to stress vary

From person to person. Excessive stress can have a negative effect on people's health, making them more susceptible to illness. Too much stress can also have a negative effect on relationships with family and friends. Regardless of how stress affects an individual, all people experiencing excessive stress need to identify what stressors impact Them and how to prevent and manage stress.

Signs that you may be experiencing too much Stress - There are many clues that your body gives that indicate you are under too much stress. Such clues may include a tight throat, sweaty palms, headache, fatigue, nausea, diarrhea, uneasiness, indigestion, depression, restlessness, frustration and changes in sleeping or eating patterns. People who learn how to recognize these stress signs have taken the first step to combating stress. If high Levels of stress continue, it can lead to numerous problems including increased risk of illness, increased risk of accidents, decreased satisfaction with life etc.

Decreased satisfaction - People who are under too much stress generally are not able to enjoy themselves,

Relationships with family and friends may suffer as a result, leaving the stressed-out person with little or no support.

Things that can be done to decrease stress when you are experiencing stress, don't ignore it - Learn to recognize what causes stress in your life. When you feel stress coming on, take steps to control it, rather than letting it control you. Whenever possible, try to eliminate significant stressors in your life.

Reframe your stress - You can control the way events affect you. You decide to a large extent how stressful a particular situation is for you. Try to take steps to change your interpretations of the things that cause stress for you. For example, if your spouse overreacts to a minor incident and yells at you, instead of letting the incident overlay upset you, you can choose to reframe it by saying to Yourself, "She is usually not so touchy about that. She must be having a bad day." This is an example of reframing a stressful situation. The key is to try to come up with alternative interpretations to stressful situations that will relieve the stress. Of course, it is not possible to reframe every stressful Situation.

Work on changing your beliefs - Your beliefs

determine a lot about your life : How you behave, how you raise your children, the choices you make in life etc. Your

beliefs also determine what will be stressful for you and what will not. Sometimes certain faulty beliefs lead to increased stress. In these instances, it is good to make an attempt to

discuss these specific beliefs. For example, if you believe that your children should be well-behaved at all times, you will likely experience frequent stress when they misbehave. In such a case, it would reduce stress to alter this belief to one that allows for normal misbehavior that is common in all children.

Don't be a perfectionist - It is not possible to be perfect in all areas of your life. Don't be so hard on yourself. Realize that you cannot do everything perfectly. Be more realistic in your expectations of yourself.

Develop good problem - solving skills-When

faced with a significant problem, try to define the exact problem clearly. Then generate a list of various ways the problem could be managed.

Evaluate each potential solution and then make a decision.

Choose how to spend your time wisely - It is important to decide which activities are important to you and which are not. It is also important that you know your limit. Don't take

on more than you can handle. One very important skill to develop is the ability to say "no."

Don't delay making decisions - Many people create and prolong stress by delaying a decision that needs to be made. Unless some decision is taken you won't be relieved of stress. Once you have all the information necessary to make a decision. Take the decision as quickly as possible. Stop thinking about other alternatives once decision has been made, Many a times, putting

a deadline for making a decision proves helpful, This is more so for important issues.

Get organized - Getting organized will help you make better use of your time and energy. Set realistic goals for yourself and stick to them. Getting organized also involves teaming how to plan. Try to plan your activities in advance. Make lists and then rank each item on the list in order of priority. To increase your motivation to complete items on your list, decide in advance to do something enjoyable when you have completed specific items on your list. Another important part of getting organized is to stop procrastinating. Procrastination is putting off things that need to be done. This is a great time waster.

Learn how to relax - Relaxation skills can help you release tension caused by stress. There are many different ways of relaxing. Some people use their imagination to help them relax. They do this by closing their eyes, and trying to focus on positive and relaxing images. Many specialized relaxation techniques are complex and require training (e. g. progressive muscle relaxation that involves learning how to tense and relax specific muscle groups). Healthcare providers who deal with stress- related disorders can often recommend professionals who offer training in these relaxation techniques. The use of-specific relaxation skills, when used on a regular basis, has been shown to help people combat the physical and mental aspects of stress.

Many times relaxation techniques such as meditation, yoga or deep breathing exercises prove helpful in getting rid of stress. These are effective methods but require some form of training.

Get enough sleep and/or rest - People who do not get enough sleep and/or rest will not have the energy required to combat life's stresses. Make an effort to get to bed at a regular time every night. An adequate and consistent

sleeping schedule is important to your physical and mental health. If you have trouble falling asleep at night, practice specific relaxation techniques.

Set aside time for fun - Make sure you set aside time for fun in your daily schedule. Participating in fun activities is a great way to restore energy.

Such activities could be solitary hobbies or things done with the family or a group of friends. What is important is that it is enjoyable to you.

Eat a well-balanced diet. Proper nutrition is a very important part of combating stress. Food is what gives a person the energy to combat stress. The best diet for stress is one that is natural (with few additives), has the right amount of calories- just enough to maintain a healthy body weight and is balanced. Increase your consumption of fruits, vegetables and whole grains. Decrease your intake of foods high in fat, cholesterol and refined sugars. Decrease salt and caffeine in your diet.

Maintain a healthy body weight - Being overweight is stressful to your body and makes it more difficult to combat stress, A healthy weight allows you to have greater energy which enables you to handle stress more effectively.

Get regular exercise - Exercise is an excellent way to combat stress. First of all, it works out tension that has built up in your body. Secondly, exercise provides for physical fitness, which allows you to combat stress more efficiently. Finally, exercise helps clear the mind, making it easier to relax. Exercise, however, will not be effective in combating stress unless it is done regularly. The specific activity that is chosen is not important. What is important is that it is enjoyable to you and you stick with it.

Develop a budget - Money (or rather lack of p.. money) is a significant stressor to many individuals. If this is a concern for you, it is

important to develop a weekly or monthly budget, Once you develop a budget, stay within it!

Focus on the positives. When people are under a lot of stress, they tend to focus more on negative events. It is important not to lose perspective of your life. Try to maintain a focus on the positive aspects of your life both at home and at work.

Develop support systems. when you are under Learn how to reach out to those around you for comfort and support. Find a trusted friend to talk to about your stress. To develop an adequate support system, you must be willing to give

support to others, too. Learn how to be a good friend. Listen to others and provide them support when they are Maintain sense of humor-A sense of humor is important in helping people handle stress. It is important not to take things too seriously. People who can laugh at themselves tend to be able to handle stress more effectively. Try to look for humor in stressful situations. Seek professional assistance if you have significant problems in coping up with stress. consult with a doctor if you experience anxiety/ depression to a greater extent and are unable to cope with the stress in your life and/or would like assistance learning how to more effectively cope with stress.

Section D : Self-Assessment Tests

Till now we have been discussing various techniques of scientific parenting. parenting, in the present day, has become a crucial and complex process. Understanding the mindset of today's child has become more complicated than supplementing requirements.

A process as complex as this one definitely calls for competence in various skills. Successful parenting requires both the parents to be understanding, firm, well- adjusted and just. Your children are a true reflection of your own self. So it is necessary for you to conduct yourself as you want

your children to be. It is not idealistic, it is practical. This section is intended to test your parenting skills. We wish to make it clear that these tests are not intended to conclude whether you are a good parent or not. It just aims at gauging your various parenting attributes. It is aimed at understanding how well you understand your children, how well you can decide what your good lies in. Through these tests we also wish to understand what your shortcomings are, as a parent and ways how we can eliminate them. It is also intended to identify your parenting strengths and to appreciate them and to devise ways of maintaining consistency in such qualities. In addition to all this, these tests would help and motivate you to introspect your behavior with your loved ones. It will make you think over your various parenting attributes. Answering these questionnaires truthfully will give you a wonderful opportunity to introspect yourself. Self – introspection is the first step towards self- improvement, isn't it?

We know very well that you all are caring parents. In fact, that is the very reason why you are taking the trouble of reading this book. But we want you to become better. We want you all to be able to meet all the challenges of parenting in these changed times. And that is why we

suggest you to be very serious while answering the questionnaires asked here. There is nothing like a right answer or a wrong answer in these tests. Your responses are simply indicative of your efficiency in varied parenting attributes. So it is advisable not to guess or manipulate the answers. Just answer the way the answer comes to your mind. Only your correct responses would help us know your true self. Misleading responses would lead us to wrong conclusions. The methods we are going to suggest to you depend on these conclusions. There is a separate column in this book where the Educational Counsellor can write his/her remarks and suggestions. The Educational Counsellor makes these suggestions only after thoroughly analyzing the responses that you give in these tests. You are required to follow carefully the suggestions that the Educational Counsellor makes. We do not insist that these tests should be answered in a stipulated time. Take your own time while answering these tests. But make sure that the responses that you give are honest and sincere.

Untrue conclusions would affect your own development as a whole. And this is certainly not desirable. Proceed to the tests with a relaxed and confident mindset. Be yourself and help us help you believe.

