

## Am I A Good Parent

To parent effectively, it's not enough to simply avoid the obvious dangers like abuse, neglect, or overindulgence. Indeed, There are four major responsibilities for parents:

- Maintaining children's health and safety,
- Promoting their emotional well-being,
- Instilling social skills,
- Preparing children intellectually.

Numerous studies suggest that the best-adjusted children are reared by **parents who find a way to combine warmth and sensitivity with clear behavioral expectations**. Parents may find the Four C's to be a helpful acronym:

- **Care** (showing acceptance and affection),
- **Consistency** (maintaining a stable environment),
- **Choices** (allowing the child to develop autonomy),
- **Consequences** (applying repercussions of choices, whether positive or negative).



### Some Do's and don'ts while parenting:



- **Reprimanding the Child Excessively:** If your child does something wrong and you reprimand or scold him excessively for the mistake, it can have a negative influence on your child. This practice can have a worse effect **if your child has displayed honesty and has confessed to making a mistake**.
- **Disciplining the Child in Front of Everyone:** You might lose your patience and scold, yell, or even hit your child in front of others. This will have a serious impact on your child's confidence, and **the feeling of shame arising from this method of discipline will be hard to shake off**.
- **All Advice, No Encouragement:** You dispense advice about everything, from brushing teeth to picking the right clothes rather than **encouraging your child with support**.
- **Withholding Affection:** You do not give your child hugs or say **'I love you' to your child often**. This will make your child feel emotionally disconnected from you.
- **Not Setting Rules:** Children need **structure and boundaries in order to grow up to be healthy** individuals. If the child does not grow with discipline, then he/she will suffer in situations outside the home environment.
- **Lack of Support:** Children need support, **especially during stressful times like a performance at school or examinations**. You could be more concerned about your work, and this might leave your child feeling anxious.



- **Comparing Your Child:** You constantly tell your child that he/she should be like other children and emulate their **positive traits**.
- **Not Proud of His/Her Achievements:** You never praise your child for his/her achievements and do not **show pride in hard work**.
- **Using a Criticising Tone:** Using a tone that **shows disapproval** of all your child's actions will leave a negative mark on him/her.
- **Not Respecting His/Her Feelings:** You do not take the time to have a conversation with your child and understand his/her feelings. When **opinions or feelings are disregarded and not addressed in a healthy manner**, it could adversely affect kids.
- **Being a Poor Example:** Your child will pick up on all your habits and behaviours. You might want to think about **why and where your child has picked up a particular behaviour from**.
- **Not Giving Him/Her a Choice:** You do not give your child a choice and instead **expect him/her to do something because you have said so**.
- **Too Much Pampering:** You might think that your child is the most special child, but for the rest of the world he/she is just another child. **Making him/her feel entitled could lead to bad behaviour that causes social isolation**.
- **Being Overprotective:** You protect your child from every imaginable danger out there. This will make your child **fearful and afraid of taking any type of risk**, from making new friends to trying new activities.
- **Lack of Trust:** You do not allow your child to **make decisions** because you are sure that they will be the wrong choices or you do not believe him/her.
- **Not Giving Your Time:** You are always too busy to talk or play with your child or just have no interest to do these things. **Being glued to your phone screen while your child is talking** to you can make them feel neglected.



### Adverse Impact of parenting:

lasting adverse effects can result in the following behavioural concerns in children.

1. Antisocial Behaviours
2. Poor Resilience
3. Depression
4. Aggression
5. Lack of Empathy
6. Difficulty with Relationships