

POSITIVE PARENTING

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1. **Give quality time to your children** – Talk, play, discuss, watch TV together, go for walks, and take up a hobby together.
Make sure you give exclusive attention even if only for a short period.
2. **Praise instead of punish** – No corporal punishment as it does not help. Encourage positive, desirable behavior by praising, hugging, reinforcing with a reward. Recognize and praise when the child sticks to your rules.
Don't ignore good behavior and notice and highlight only bad behavior.
3. **Enforce consistent discipline** – Don't give confusing/contradicting messages. Don't keep changing your stance on what is correct and should be done. Don't counter act each other in front of the child or fight before him/her. Sit down and agree on what constitutes desirable behavior.
Don't under cut each other and use child as a pawn in your power struggle.
4. **Avoid dangers of over protection** – Encourage independent behaviors when necessary. Allow him/her to explore and learn through mistakes if there is no danger involved.
Don't end up doing things for him/her always. Instill confidence to enable your child to try and venture out on his/her own, with your guidance and support.
5. **Don't be over critical and judgmental** – All children make mistakes so don't dismiss your child's initial efforts. Boost his/her confidence and allow him/her to keep trying. Don't use labels as 'idiots' 'good for nothing', 'irresponsible' etc.
Use positive affirmations to boost confidence. Don't generalize behaviors. Listen to him/her with an open mind.
6. **Don't over indulge your child** – Be firm in setting rules and regulations. Don't encourage negative or dangerous behaviors, as you are a better judge of what can harm the child.

Don't pamper with expensive gifts to make up for not spending time with him/her. Teach the value of money and living within your means.

7. **Learn to communicate** – Allow your child to express emotions freely. Listen to his/her problems objectively and unemotionally. Try to give rational explanations whenever necessary to correct behaviors. Give examples from your own life and past experiences.
Use stories to illustrate and teach. Do role-play if necessary to encourage problem-solving behavior.
8. **Encourage all round development** – Emphasis on both curricular and extracurricular activities should be given. Importance of play, hobbies and past times needs to be kept in mind.
Encourage socialization and peer interactions to gain social skills.
9. **Instill positive values** – Explain and inculcate the importance of values like honesty, integrity, tolerance, optimism, cooperation, friendliness, patience etc.
Do this by illustrating with example from your own or other's lives or through stories for children like the Panchatantra.
Be an example yourself. Don't preach if you do not practice it yourself.
10. **Be a role model for your child** – Children learn mostly through modeling on their elders – parents, teachers and older siblings.
Make sure your behavior is not the opposite of how you want your child to behave.
Your child is true mirror of your own behavior!.