



As parents, let us understand our responsibilities because our children will not do what we tell them to do but they will do what we do.

We have been reading, listening, and doing a lot about parenting these days. In most of the sessions the mentor expects parents to behave in a particular manner, to keep calm, not to react, be a friend and so on. Yes, being a parent needs a lot of understanding and positive skills. Rearing a child has to be done with utmost responsibility. So, if a person who is not a parent, can be discounted for not being understanding, not having much of positivity and not being so much responsible correct? No, it is not. Then why are we hammering so much on the heads of parents? Why are we creating a mess by shouting so much about parenting? Why make parents feel guilty by pointing the DOs and DON'Ts? Parenting is the most beautiful journey of a lifetime. Unfortunately, by talking too much about it, we have made it the most stressful journey of our lives.

Each one of us is a bundle of emotions & so are parents. No one can have a particular state of mind 24*7. Trying to keep calm all the time and pretending is not going to work anyway anyhow with anyone. Emotions are our source of energy. Emotions are our driving force, and we should let them flow. Without emotions we all will be Robots. No emotion can be right or wrong, but the action can be right or wrong & here comes the role of parents.

As parents, let us understand our responsibilities because our **children will not do what we tell them to do but they will do what we do**. Thus, the title '**PARENTS ARE NATURAL ROLE MODELS !**'

We get promoted as parents the day the child is born. This promotion is regardless of the financial status, social status, caste, country of residence, education, looks, height/weight, color, personality & temperament. It is a responsibility we decide to take. We choose to become parents, we are the creators. So, feel proud of the creation and make the creation **BEST IN ITSELF** because our children cannot choose their parents, we are the '**GIVENS**' to them.

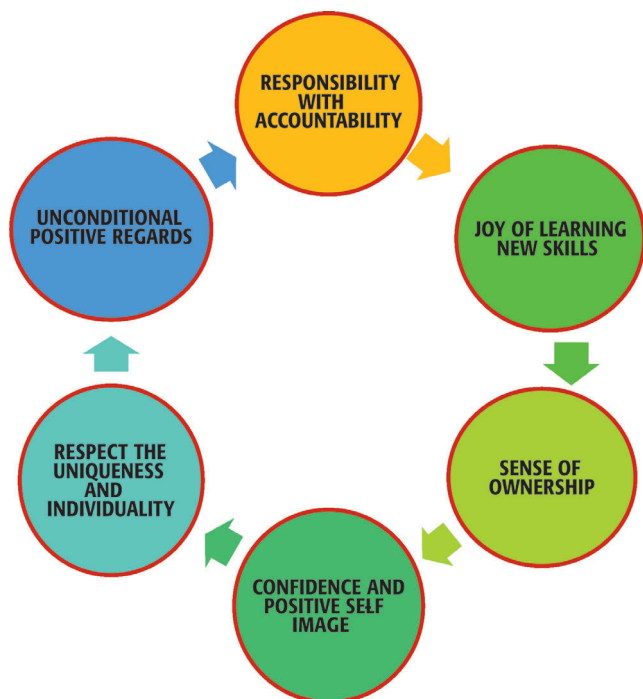
There are so many points we can discuss here but if we can understand and balance between the following two facts, we would be able to enjoy the journey.

1. We are solely responsible for the existence of our children on mother earth.
2. Our child was to be born; Almighty has chosen us as a medium for its existence.

Both the sentences sound opposite to each other and that is the beauty of successful happy parenting.

Let us go into the details.

By taking the responsibility as a creator for the existence of our children, we are accountable for whatever we do. Responsibility accompanied by accountability leads to learning of new parenting skills. Learning new skills gets us going ahead. The self-generated motivational force results in joy and a sense of achievement. Now you are into a positive forward moving cycle of:



Going back to the title, children follow their parents and we, as parents can only give those things which we possess. Setting a positive cycle will help things happen automatically.

- If you are responsible parents, naturally your children will be responsible.
- If you enjoy the process, the joy will naturally be imbibed into your children.
- Taking responsibility results in a sense of ownership. Sense of ownership plays a vital role in building strong family bonds. It also enhances self-confidence.
- If you are confident about the way, you are, naturally you will inculcate the same in your children. Your children will develop positive self-image. Positive self-image helps in developing a strong individuality.
- You, as a parent will love your own uniqueness and so, will be able to respect and understand your child's uniqueness. By doing this you will teach them to have deep roots and strong wings.
- Everything together results in an unconditional positive regard.

From the understanding of the first sentence:

- You will stay away from comparing your child with someone because you respect the child's individuality. This will thus help you refrain from treating it as your extended self.

- You will refrain from nagging. Nagging is a sign of distrust. As you have developed a positive self-image and thereby helped your child to boost its confidence, you will naturally trust your child's ability.

- By developing unconditional positive regards, you will refrain from labelling your child.

By labelling our children, we fix them into a frame created by us. Any kind of label is harmful and limits the child from flying high. When we label anyone, we mix the temporary phenomenon with the permanent one. For example, if I shout at someone crossing me from the wrong side & if I am labelled as an arrogant person, I have been labelled permanently for something I did for a few seconds. Behavior is a temporary phenomenon which largely depends on a person's state of mind at that moment and personality is a permanent phenomenon. We need to be careful by not mixing these two.

Now, let us move on to the second sentence:

- You will refrain from controlling your child because you are chosen just as a medium by the Almighty. Be an authority, guide your child, give the child advantage of your experiences. Do not try to control their lives.
- You will not showcase your child to boost your ego as you know your child is not your property. Showcasing your child will lead into boasting and lying.
- You will refrain from forcing your unfulfilled desires upon your child as it is born by God's will and blessings.
- You will remain unbiased and will help your child fight back the failures.

In short, parenting is a journey worth enjoying. Parents just need to be themselves. You cannot raise your child by not being you. You cannot expect your child to become someone whom the child has not it seen/felt/ experienced consistently. No one can be perfect so, there is nothing like perfect parenting. Good parenting is parenting done by being you. Good parenting is parenting done by listening to your heart. Good parenting is felt and done, not thought and done.

ENJOY PARENTING.....!!!

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