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## **DNA** SPEAK UP

DAILY NEWS & ANALYSIS

# Walk the pa

Good parenting is the foundation

### **A stable, healthy home environment is essential for kids**



Parenting is the greatest responsibility that any couple takes up. It involves responding carefully to every emotional and physical need of your child, in order to ensure overall development. Parenting is the process of transforming a completely dependent baby into an independent, emotionally mature and responsible adult.

Just as you provide your child with good food, clothes and toys, as a parent it is your duty to fulfill his/her psychological needs too. Love is about security. When parents love children unconditionally, they automatically feel that they are worthy of love. They start believing that they are acceptable and good and that their parents would always protect them in difficult times. It gives them a sense of being loved and taken care of, which is absolutely essential for emotional growth.

A stable and healthy home environment is equally important for the child. Insecurity causes stress and can lead to many psychological, physical and intellectual problems.

Parents also need to realise that discipline is essential for development. Consistency, regularity and firmness are key points. Anger, hatred and punishment should be done away with. If parents hit a child in anger, the child learns to express that emotion in the same way. So, setting a good example for your child is vital. Do not give your child a gift for good behaviour and avoid punishment for bad behaviour as well. Believe that your child is a good person and explain to him/her what good and bad is. Most day-to-day problems can be dealt with in this way. This also builds a healthy emotional bond between the parent and child.

Moreover, teach your child to express his/her emotions in an acceptable manner. Good communication with your child, being an empathetic listener without being judgmental is another art every parent should learn. In spite of all this if you sense a problem, do not hesitate to take help. Accept yourself as a parent and love your child.

**Meenal Sohani**, counsellor