

HALF-DAY CONFERENCE ON “EFFECTIVE PARENTING”

TPF Raipur Branch has successfully organized an event on 12th April, 2015 on “Effective Parenting” in the pious presence of Param Pujay Sadhvi Shri Rakesh Kumari ji sah sadhvi vrind at Terapanth Bhawan Rajnandgoan from 8.45 A.M to 11.00 A.M.

The program started with Mangalacharan by Param Pujya sadhvi Shri Rakesh Kumari Ji. Shri Mahavir Jain, President of TPF Raipur Branch welcomed all the members and the participants of the Programme. He extended his warm regards to the participants from Rajnandgaon who joined and supported in conducting the programme. He also appraised the gathering about the activities of TPF briefly.

The speaker Dr Mamta Jain, member of TPF and a renowned counselor in education and behavior took the first session of the programme. She explained the topic effective parenting in an effective style, its impact on the children as



observed during the research studies. She explained that it is an extraordinarily challenging question because the job of raising children is complex and it involves carrying out a wide range of responsibilities. Parents are responsible for providing the basic resources that are needed, like a home, food and clothing. They are also responsible for taking good care of these resources, such as insuring that the home environment is safe and clean, and that foods and beverages are healthy and nutritious.

Effective parenting refers to carrying out the responsibilities of raising and relating to children in such a manner that the child is well prepared to realize his or her full potential as a human being. It is a style of raising children that increases the chances of a child becoming the most capable person and adult he or she can be. Parents are fair

and firm in their disciplinary actions. They clearly explain what is expected from their children and set very clear limits on their children's behavior. They are vigilant about enforcing family rules, thereby establishing their authority and providing standards by which their children can judge their competence and progress. They use commands and sanctions when necessary, and do not give in to children's coercive demands.

She illustrated that expecting a year-old child not to have temper tantrums where they fall on the floor and kick and scream is an appropriate demand or expectation. Expecting a two-year toddler to express frustration without having a tantrum is not an geared demand because a young child has very few other means of expressing intense feelings. These parents are also very responsive to cues emanating from their children's behavior, beginning by being sensitive to the movements and cries of infants, and continuing to be responsive and sensitive to the behavior of older children and teenagers.



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She also explained the concept of Productive Parenting, where she cleared that parenting is consistently associated with and contributes to children becoming:

- ✓ Independent
- ✓ Highly competent in social and academic pursuits
- ✓ Socially responsible
- ✓ Able to control aggression
- ✓ Self-confident
- ✓ Popular with peers and others
- ✓ High in self-esteem
- ✓ Successful careers and healthy marriages.

In addition, it is developed and learned through experience. This means that the "Productive Parenting" can be taught and learned.

Smt. Ritu Choraria, member of TPF then taken up an interactive session about Journey of Effective Parenting. She talked about the meaning of parenting, myths and realities associated with parenting, different styles of parenting observed in the society, the requirement of parenting over the life cycle, how it should be done and what exactly should be the goal of parenting. Different types of parenting is described as hereunder:-

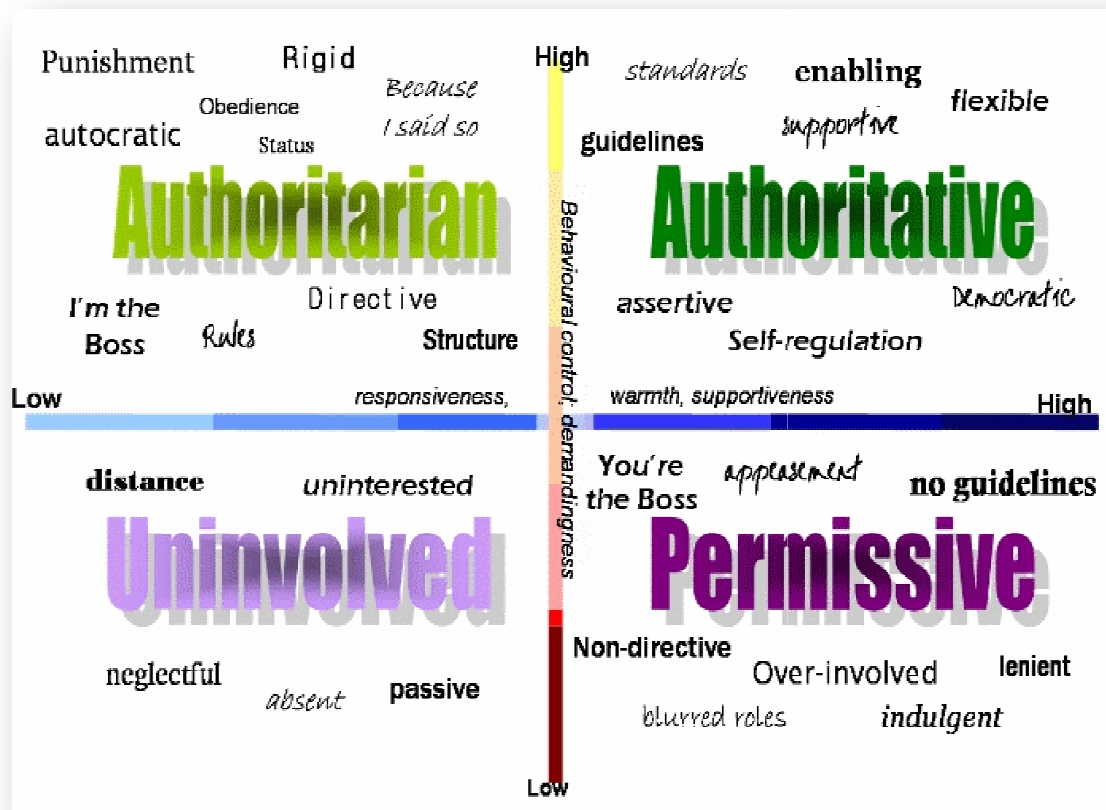


best in this
being
parenting.
is to live
life.
together,
with child.
that no one

preparation needed to be an effective parent. Many parenting skills must be learned through gaining knowledge and experience. Humans are not perfect, so no one can be a perfect parent. Mature adults should strive to become competent parents, not perfect parents. The social media affect children in healthy or unhealthy ways.

Parenting is like Gardening. By bringing out the best in your child, you bring out the universe. The biggest trust entrusted with a life is The biggest responsibility that trust throughout our Parenting is smiling singing songs and playing The fact about parenting is is born with all the

The Parenting Styles and Outcomes has been described in the following table:-



Authoritarian: Limits without Freedom

These parents are extremely strict and are often cold. They communicate through lectures, yelling, punishment, and one-sided discussions

OUTCOME

- Obedient
- Distrustful
- No expression of freedom
- Withdrawn
- Unhappy
- Hostile
- Not High Achievers

Permissive: Freedom without limits

On the other extreme of the parenting spectrum is permissive parenting. As the name suggests, permissive parenting is more of an "anything goes" attitude. These parents do not attempt to exert any sort of control over their children.

OUTCOME

- Aggressive
- Least self—reliant
- Least self-controlled
- Least exploratory



- Most unhappy

Democratic: Freedom within limits

Democratic parenting is the middle ground approach and is often considered the parenting ideal. Democratic parenting is based on warmth, love, guidance, and positive discipline.

Outcome

- Happy
- Mostly self-reliant
- Mostly self-controlled
- Content, friendly, generous
- Cooperative
- High-achiever'

The session was well received by the audience followed by question and answer session.

Pujya Sadhvi Shri Rakesh Kumari Ji emphasized on building a susanskari child with continuous efforts to be put by parents and the society as a whole.

The programme received great appreciation by the participants and a huge participation made the event grand success. The programme was well coordinated by Shri Kaushal Gandhi, member TPF Raipur Branch and members from Rajnandgoan. Shri Shreyansh, Kothari extended the vote of thanks.