

Art of Parenting



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Introduction

Fostering physical, emotional, and spiritual well-being in your children will create a healthy foundation for them to grow into responsible adults. While this may be easier said than done, there are 3 major factors that can help form a child's health habits as they get older. They are family connection, school connectedness and trustworthy adults encouraging good social behaviour. When these factors are present, your achievement of creating a healthier society is closer with less high-risk behaviors like violence, substance use, smoking or drunk. Connected family relationships are important for adolescents to thrive and grow. These types of relationships are determined by parenting styles, temperaments, attachment during early childhood and other factors [1].

Parent-Child Bond

Parent child bonding is the intuitive physical, emotional, and intellectual connection between children and their primary caregivers. bonding is a powerful experience for children because it's where they learn how to trust, love and develop healthy relationships.

Parent-child bond is determined by:

- Temperament of the child
- Attachment pattern established during early childhood
- Parenting style
- Communication style of parents.

Temperament of the Child

Understanding your child's temperament can better create a connection between you and your children. Studies have shown that positive interactions and enjoyable moments helps promote attachment among babies. Take time to observe your child to determine their activity level, rhythmicity, approach and withdrawal, adaptability, and threshold of responsiveness to help you bond with them best. Temperamental traits of a child such as activity levels and attention span can determine how well the child

could win the hearts of the parents. A parent who wants to win their children's affection should spend time with them based on what they have learned if their child takes longer to warm-up or has decreased attention span to avoid upsetting their child [2,3].

Attachment Pattern Established during Early Childhood

Continuous and consistent reception of warmth, love, care, attention, compassion, and encouragement from parents makes a child feel secure with parents even before they turn two. This security is expressed at reunion with parents after a span of separation. Securely attached child is confident of a happy reunion with parents while a child who has received inconsistent responsiveness and attention from parents may either develop an insecure avoidant attachment pattern or insecure ambivalent attachment pattern with expression of avoidance and clinginess respectively. Brandi Tran, PhD., asserts that many people are either preoccupied or ignorant of their duty as parents. As noted by Tran, a child brought up with a disorganized attachment pattern tends to develop dysfunctional relationships in the future [4,5].

Parenting Styles

Depending on the parental demand and responsiveness to their children, Diana Baumrind classified parenting styles into four types:

- i. **Authoritarian:** Highly demanding and less responsive. Strict, controlling parents who gave no space for growth.
- ii. **Permissive/indulgent:** Highly responsive and not demanding, but overindulging. Ineffective parents who offered no guidance and direction.
- iii. **Authoritative:** Highly demanding and highly responsive with role modelling. Excellent parents who were available always but at the same time encouraged independence.
- iv. **Neglectful:** Not demanding and not responsive and not available. Non-available parents who were totally away in mind, body and actions.

Communication Style of Parents

Parents may use any of the four styles of communication between themselves, with children and with others:

- Aggressive style communicates authority with minimal empathy and is used by authoritarian parents.
- Passive style of communication is practiced by permissive parents who are meek, submissive and are usually not capable of taking decisions.
- Passive aggressive style is not an enjoyable style where there is no direct manipulation or aggression, but non-conformation or non-cooperation are expressed by maintaining either silence, humour, withdrawal or sulking for prolonged periods of time. This style is annoying as it is difficult to understand the persons' thoughts.
- Assertive style of communication is by far the best style used by authoritative parents who express their intent with firmness. This style entertains mutual respect and helps in effective parenting.

Recommended Research Options in the Indian Context

It is difficult to provide a universal guide for the recommended research options in the Indian context because India is a country with diverse social, economic, and cultural characteristics. As of now the parenting styles practiced in India are diverse and in multiple combinations as the parenting responsibility is not limited to biological parents only. The recent generations of parents who are evolving from a collectivistic society to individualistic practices are usually not consistent with the parenting style. Hence, knowledge about the parenting received and the styles being practiced can be accessed from various groups of urban, semi-urban, rural parents by using qualitative research methods and then arrive at new hypotheses for further research. One option is to search for a parenting class near you and enroll. Another option is to search for a parent who has already gone

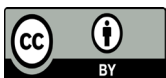
through the process of researching childcare and ask them about their experience. Finally, you can read books on the subject or consult with a parent friend or family member [6-9].

Conclusion

Parenting is a science that is based on human development, temperament and interpersonal relationships. Parenting is not a job for the fainthearted. There are many challenges that come with parenting, but it's worth the effort. It's important to be patient, caring and loving Use of warm, responsive, firm, authoritative parenting style helps in bringing up children as healthy, self-confident, self-reliant and independent adults.

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