

## Positive Parenting and Child Development

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### Abstract

Parenting is the process or experience of helping a kid develop self-esteem, self-worth, and other attributes needed to become a "good human being." The World Health Organization states that parenting should promote confidence, health, safety, morality, ethics, positive development, motivation, direction, and life preparation. Therefore, parenting models the courteous, loving, and understanding you want your kid to be—teaching instead of demanding, understanding instead of labelling, and boosting instead of putting down. Surprisingly, many parents believe they know what's best for their kids. Parenting involves more than just giving food, water, and shelter. It also requires emotional support, physical safety, and intellectual stimulation. The interaction and alignment of mental, physical, and psychological variables is called holistic development. Understanding and support from parents and teachers may help children with behavioural changes, conduct concerns, and learning challenges. This chapter does not negate existing worries and care, but it may expand knowledge of parenting in current conditions and develop strong connections.

**Keywords:** *Children, Development, Parenting*

### Developing Positive Relationships with Children

The role of parents is significant. The act of raising children is both rewarding and difficult. You are likely to receive a plethora of advice from a variety of sources, including physicians, family, acquaintances, and even strangers. However, each parent and offspring is distinctive. Building positive, healthy relationships with your children can be facilitated by demonstrating sensitivity and responsiveness.

Dr. Keith Crnic, a parent-child relationship expert at Arizona State University, asserts that "being a sensitive parent and responding to your kids cuts across all areas of parenting." "It entails identifying the immediate needs of your child and ensuring that they are met in a timely manner."

He also emphasises that this can be particularly detrimental to infants and adolescents. In the early years of life, sensitive, responsive, and consistent parenting frequently fosters the formation of strong emotional connections. For

example, cradling an infant with affection and responding to their calls facilitates this development.

### Establishing Relationships

Strong emotional connections help children develop self-confidence and learn to manage their emotions and behaviours. They also help establish a secure foundation for exploration, learning, and social interaction with others.

Experts refer to this robust connection between children and their caregivers as "secure attachment." Children who are securely attached are more likely to manage challenges such as poverty, family instability, parental stress, and melancholy.

Four out of ten children who lack such bonds may avoid their parents when they are unhappy or resist them if they cause them more distress. Research indicates that this may increase the likelihood of severe behavioural issues in children. To assist parents in cultivating behaviours that foster secure attachment, researchers have been testing programs.

## Availability

Numerous factors in contemporary life can affect your capacity to be responsive and sensitive to your child. These consist of mobile devices, additional labour, lack of sleep, and competing priorities. Certain professionals are apprehensive about the potential consequences of distracted parenting on children's language development, social interaction, safety, and emotional attachment.

Parents' inconsistent availability can cause children to experience distress, feelings of rejection, and lack of attention. They may also experience increased emotional outbursts and feelings of isolation. Some children may even cease to attempt to contend for their parents' attention and begin to establish emotional bonds with them.

Crnic explains that there are instances in which children require your attention and desire your acknowledgement. According to him, parents must convey their children's value and significance, and children must be aware that their parents are invested in their well-being.

It can be difficult to respond sensitively to outbursts, arguments, or other difficult moments with your children. "If parents respond by becoming irritable or aggressive themselves, children may imitate this behaviour, perpetuating a negative cycle," explains Dr Carol Metzler, a researcher at the Oregon Research Institute who specialises in parenting.

Around the age of three, children begin to regulate their own emotions and behaviour, as per Crnic. Until then, they have relied more on you to assist them in regulating their emotions, whether it be by calming them or igniting their excitement. "They are observing your actions and listening to your conversations regarding it," he clarifies. "It is imperative that parents function as effective self-regulators." You are not only endeavouring to regulate your own emotions in the present moment but also assist

your child in developing the ability to manage their emotions and conduct.

It is crucial to assist children in developing coping skills, such as active problem-solving, as they improve their ability to manage their emotions and behaviour. These skills can instil a sense of assurance in their ability to manage any situation that may arise.

According to Metzler, children acquire the ability to regulate their emotions and adhere to norms when their parents engage in positive interactions with them, imparting the necessary skills and behaviours to navigate the world.

"We make a concerted effort as parents to shield our children from negative experiences," Crnic elucidates. "However, if you consistently shield them from challenging or adverse situations, they are unable to cultivate healthy coping mechanisms."

He recommends that you provide your children with an increased number of these experiences and then assist them in acquiring the skills necessary to resolve any issues that may arise. Discuss the circumstances and their emotions. Then, collaborate with them to identify possible solutions that can be implemented.

## Fulfilling Requirements

As children mature, it is crucial to bear in mind that providing them with the necessities does not necessarily equate to the provision of all of their desires. Crnic elaborates, "These two items are considerably distinct." "Deeply concentrate on the current circumstances of your child." This parental skill is of paramount importance and is associated with numerous positive outcomes for children.

Consider a child's developmental stage and the skills they require at that particular moment. For example, they may need assistance with emotion management, learning how to conduct themselves in a specific situation, completing a new task, or interacting with peers.

"You aspire to assist children in developing self-assurance," Crnic asserts. "You should avoid

setting the bar too high, as this may result in their inability to achieve it, or too low, as they may have already mastered the skill." Another method to enhance your relationship and increase your confidence is to allow your child to take the lead.

"Allocate time with your child that is not overly directive, in which your child is the leader of the play," suggests Dr John Bates, a researcher at Indiana University Bloomington who specialises in children's behaviour issues. "The relationship is significantly enhanced by the fact that the children anticipate it and enjoy it."

Bates also advocates for parents to prioritise their child's genuine requirements over adhering to any particular parenting principles.

### **Guidelines For Engaging In Communication With Children**

Observe children displaying positive conduct and provide targeted commendation.

Assign children important tasks at home and provide them with positive acknowledgement afterwards. Avoid excessive criticism; instead, assist them in enhancing their talents gradually.

Employ kind language, tones, and gestures while providing directions or making appeals.

Dedicate a portion of your daily routine to affectionate and constructive communication with your children. Seek occasions to bond with them, such as going on post-dinner strolls or sharing reading sessions.

### **References**

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Collaborate to generate solutions for issues encountered at home or school.

Establish guidelines for personal mobile device use and other sources of diversion. For example, examine your phone while your youngster is asleep.

Inquire about your child's anxieties, fears, aspirations, and thoughts.

Engage in activities that pleasure your youngster. Assist and participate in their events, games, activities, and performances.

### **Conclusion**

Commencing the process of cultivating a stronger and more positive bond with your kid is always feasible, regardless of any existing tension or stress that may have arisen. "Above all, ensure that your child is aware of your affection for them and your unwavering support," advises Metzler. With regard to older children, it is important to convey your sincere dedication to fostering a more robust connection with them and aiding in their achievement.

By exhibiting sensitivity and attentiveness as a parent, you may effectively guide your children towards a favourable trajectory, instil self-discipline in them, diminish the probability of problematic behaviours, and foster a nurturing and affectionate parent-child bond.