

Holding parents mostly responsible, Jashodhan Saha believes that they give their children everything they ask for out of love and concern that they might not be able to fit in with their peers otherwise. They don't really care about the future implications of these decisions.



definitely not the ideal parent. Paying attention to their material needs and demands but not actually listening to them or helping them share their thoughts and ideas does not make you a good parent either. Having a two-way communication between parents and kids is a must; the more you communicate with each other, the better the chance that your kid won't lie to you.

Spending quantity time might be difficult, given the times and the increasing number of working parents. Child psychologists and counsellors argue that one alternative that modern parents use as a babysitting tool is television and gaming gadgets. And this, they say, is perhaps one of the worst mistakes of parenting.

A recent study published by Public Health England reveals that increasing screen time is responsible for impulsive behaviour, depression and lower self-esteem of children. As children spend more time with different types of gadgets and television, they get more and more reluctant to do any physical activities or engage in face to face



Be involved in your child's daily activities.

"Spending a certain amount of quality time, 2-3 hours a day for example, could do wonders for your relationship with your child. But this doesn't mean that you need to keep him entertained during that time," she adds. Taking them out to a fancy amusement park or to a movie of their choice does not equal to spending quality time with your children, says Rumela. Sometimes, just talking to them, laughing at their antics and sharing each other's thoughts is more than enough. "This will help to build good communication with your child and also it means that you are being an active participant in your child's everyday struggle."

Children of a certain age, toddlers, for example, are just like us; they don't always listen. So parents need to be good role models to them, says Zohra Jabin, counsellor, Chittagong Grammar School. "If you don't want your child's little hands clutching the gadgets, make sure you don't spend too much time on gadgets around him," adds Jabin.

When it comes to working parents, we often find many of them wishing that they could spend a little more time with their children during their first few years, but given the pressures of daily life, sometimes these opportunities are far and between.

However, experts suggest that it's imperative that working parents don't feel guilty about not spending enough time with their children. If you stay all day with your kids, but leave them in front of the TV without giving them proper attention, you are

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interactions with their family, especially their parents.

"Considering the number of adverse outcomes, well-established research and literature all around the world has reached the consensus that we need to reduce screen time for children," says Dr Pranab Kumar Chowdhury, child specialist, Chittagong Medical College.

Generally child specialists don't encourage children aged under two to watch any kind of television programmes, from three years onward parents are advised to limit screen time to two hours per day, says Chowdhury. "Unfortunately most of the television programmes are not well designed for a child's cognitive process. So we advise parents to allow them to watch TV through co-sharing with a supportive partner, usually a parent, with whom they can discuss the content later," he adds.

Throughout his teaching experience Jashodhan Saha, director Solver Institute of Mathematical Skill Development, noticed a tremendous shift in children's behaviour, especially in terms of possessing more and appreciating less. Holding parents mostly responsible, he believes that they give their