

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.

"As a result children have developed an unhealthy competition among them and don't have an understanding of gratitude, satisfaction and simplicity," says Saha.

Parenting, naturally involves a lot of guidance, correcting and directing but that does not mean you need to be harsh with your kids to make them listen

“ Generally child specialists don't encourage children aged under two to watch any kind of television programmes, from three years onward we advise parents to limit screen time to two hours per day.”  
— Dr Pranab Kumar Chowdhury



Be a good role model for your child.

to you.

Yelling, using bad language or beating them are counterproductive to a child's development and may lead to behavioural disorders in the future., talking to your kids in a calm but firm and respectful manner have more positive results. When your child is being disrespectful, you as a parent need to correct them in a respectful manner. Shouting or embarrassing them in front of the others will make the situation worse

"Research findings suggest that physical violence leads to child aggression, impaired parent-child relationship, and poorer child mental health," says

Laila Khondkar, director, child protection, Save the Children.

"Children experiencing physical punishment may become aggressive and demonstrate anti-social behaviour in adult lives. But there are alternatives. For example, Positive Discipline (developed by Dr. Joan Durrant of University of Manitoba, Canada) is an excellent parenting programme. One of its objectives is to answer 'If I don't hit my child, what else can I do?'"

The training also teaches parents about children's rights in a non-threatening way, and provides parents with concrete tools for resolving conflict, says Laila. "Positive Discipline is about long-term solutions that develop child's own self-discipline,



Respect your child and he will respect you.

clear communication of parental expectations, rules and limits, building a mutually respectful relationship with the child, teaching the child life-long skills, increasing the child's confidence and competence, teaching courtesy, non-violence, empathy, self-respect, human rights and respect for others."

Apart from communicating with their kids, parents also need to ensure that their children interact and are polite with people from every walk of life.

"We are developing a generation that often lacks values like tolerance, respect and openness. Many children in our country interact only with their family and friends belonging to a similar kind of social class. As a result they fail to see the beauty in everyone they encounter and respect the differences," says Rumela.

Shaha adds that he often hears his young students complain about how annoyed they feel when their relatives visit them. They seem reluctant to spend any time outside of their friend and this leads them to behave rudely with people who they haven't really spent any time with. Parents, he says, have a huge hand in shaping children's attitude towards people other than their peers.

Parents who only utter the mantra of wanting t



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