

#RELATIONSHIPS & FAMILY

Why doing everything for your kids is a recipe for disaster

Children are a reflection of their parents. Those miniature human beings are like sponges; what you teach them, they will absorb. It is best to shape them into more responsible beings from a young age. Parenting style has evolved over the years, and young parents believe that being an authoritarian figure to their children does not always have the best outcome.



You drop, you pick

When teaching responsibility to children, start small. Kids tend to drop stuff from their hands almost all the time. They lose interest in toys quickly and move on to the next item to play with. In such situations, it is best to let them pick up the item they dropped, instead of turning it into a game where they throw something and you rush to pick it up. When you let them pick what they drop, they learn to be more cautious of their actions. This also applies to scenarios where they spill milk or food; give them a napkin to wipe it on their own.

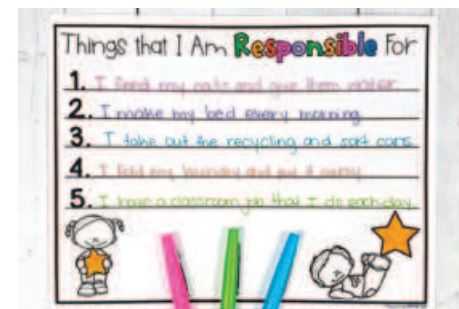
Let children be more independent

Children should not be pampered. If

parents want their children to grow up into responsible adults, they should let go of the notion of doing everything for them. After playing with their toys, instruct your child to put it back where it was originally kept. Let them eat on their own instead of running around the house with a spoon and bowl. This takes off pressure from the parent as well. Parents are supposed to guide their children in the way of life, not do it on their behalf. If they throw a tantrum, instead of yelling at them, just talk to them.

Explore more hobbies

Art and music are common early hobbies parents allow their children to try. However, let your children take a pick from a variety of



other options as well. School them to take care of the house plants, bake with them, buy them graphic novels to spark an interest in reading, play with clay, or get them puzzles to solve. There are multiple hobbies to pick from other than being an iPad child, only if the parent decides to.

Your actions reflect on your children. It all starts with you. If you want them to be more responsible, start with yourself. Spend quality time with your children, you will get to know them better and grow a healthy relationship with them.

By Tasnim Kabir

Photo: Collected

#LIFEHACKS

Why your job shouldn't be your only relationship

In today's fast-paced world, the concept of work-life balance has become a crucial topic of discussion. Work-life balance refers to the symmetry between the time and energy one dedicates to work and the time spent on personal life activities. With the increasing demands of today's work culture, the boundaries between work and personal

physical health.

Most companies expect their employees to dedicate all of their time to their work. Respecting personal time and space is quite rare in companies, especially in larger companies. "I try to finish my work at the office on most days, but there are times when work follows me home and that often



life seems to have blurred and most of us are burned out without even realising it. What most of us fail to realise is that having a harmonious balance between personal life and professional life is not just a luxury, but is a necessity for one's mental and



has an effect on my personal life, but that is the work culture and I have come to terms with it," said a senior manager at an MNC.

While technology has made our lives and jobs easier, it has also made it difficult to disconnect from work. This means most

people end up bringing work home, which hampers their time with friends or family. An employee working at a startup said "There are no fixed hours for us. We work till the tasks are done. There are days when I leave the office at 2AM and do not even get to see my family. Even when I am home, I have to attend online meetings and work till late hours on weekends."

However, there are some people who prefer to work longer hours and do it by choice. Some professions even require a person to be on-call 24/7 as a lot depends on them. "As a doctor working in a medical college, work never ends. From taking classes to seeing patients to checking papers and then having a private practice in the evenings, family life or time with

friends is very difficult to manage. But it is a choice that I made and I am happy with it," explained Dr Firdous Quader, Associate Professor in a prestigious medical college.

As more people are now understanding the importance of having a decent work-life balance, more companies are also trying to implement a healthier working culture in their systems. An ex-researcher at a private university said, "If there was a fixed deadline then we had to work longer hours but generally, I'd say a healthy working environment was maintained and I had enough time for my personal life as well." Netherlands actually have four-day work weeks and Japan is considering implementing four-day work weeks as well. These changes will hopefully have a greater impact in the working environment globally and will help and promote a healthier work-life balance for everyone. It is important to remember and acknowledge that to give one's 100 per cent at work, they must have a decent social and family life as well, having enough time to themselves.

By Ushmila A Tamim

Photo: Collected