

Reconsider Unproductive Parenting Methods

Day-2

Years ago, the Chinese practised what now seems an odd custom. As soon as a baby girl was born, her feet would be bound into tiny wooden shoes. These shoes were meant to restrict the feet, limiting their growth.

During this period of China's history, small feet were considered to be sign of female beauty. The daintier the feet, the prettier the girl was thought to be.

Because of this practice, women suffered years of pain.

Such torture for a perceived notion of beauty! Moreover, this practice was carried out by none other than the baby girls' mothers, who, despite having suffered themselves, felt it was necessary to ensure their daughters could attract better suitors and have brighter futures.

Today, the Chinese realize that the health risks of this custom outweigh the perceived benefits, and it is no longer practiced.

Similarly, although we may have uncritically adopted certain methods of parenting, we must ask ourselves whether our parenting habits are aiding our child's balanced development or hindering it. Does yelling actually clam a cranky child? A child may be subdued by a yelling parent, but the psychological harm to child can be incalculable. Is verbal abuse or harsh punishment the sure way to teach them about right and wrong or to help address their mistakes?

Child psychologists explain that constant conflict within a home leads to irritated and withdrawn children. Even if our intentions are born of love, certain practices that we see around us should be avoided.

For parents to ponder:

- Do you subscribe to the following belief: " My parents yelled at me when I was growing up. They were hard on me and that's what prepared me for the world". Yelling constantly at our children is proven to cause psychological trauma. Such notions should be replaced with ones of positive nurturing.
- Is it our child's best interest to enforce our likes and dislikes, our own academic and career goals onto our children without identifying their interests, strengths and weaknesses?
- Will raising children in loving and nurturing environments proven future neglect of the elderly?



G. ARUNDATHI