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# Conscious Parenting

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# Challenge of Parenting



- **Dichotomy about parenting:**
  - Natural instincts but can lead to uninformed decisions
- **Raising a child is a challenging and daunting task:**
  - All plunge uninitiated, untrained; Sincere but no preparations
- **Many training options exist for physiological , career development**
  - Lack of guidance for a parent to understand/ handle the psychological and emotional needs.
- **A ‘holistic’ growing up of a child is essential to evolve into a capable , independent, responsible adult**
  - Time and again trial and error is the method .

# Fostering Holistic Wellbeing



## Dimensions of Holistic well-being / bringing up a child:

- **Self aware, Confident, Responsible, Self –managed**
- **Flexible, Spontaneous, Respectful of difference - Diversity, Empathy**
- **Conscious of community living / sensibilities, Human dignity**
- **Honest, High on integrity, Value based**
- **Happy, Equanimeous, Positive**

# Conscious Parenting: Parental Role



Parental disposition defines how child shapes up as an adult. How parents meet child's physical and emotional needs; has far reaching effect on a child's growth.

- **Recognise, & nurture child's individuality . Avoid comparisons. Encourage.**
- **Do not treat child as guinea pig for unfulfilled parental ambitions**
- **Treat the child as 'equal' . Communicate, consult with transparency, trust, respect**
- **Give unqualified time & attention to the child when he needs you - not when you can**
- **Actively create moments of Joy. Foster strong sense of belonging**

# Conscious Parenting: Growing up Together



Conscious parenting is parental evolution too , to equip self towards guiding a child's journey into a responsible adult.

Some Parental Transformation needs to be along following lines:

- Learn to become a Facilitator, from a Controller
- Help child blossom into his own person, than thrusting own ambitions
- Build emotional intelligence and a strong sense of self
- Seek balance between moments of togetherness and personal space
- Manage connectivity: Communication flow based on Trust, Transparency, Respect

# Conscious Parenting: National Asset Building



## Responsible citizens make a responsible Nation

- How a child grows up as an Adult, impacts not only his/her own Family but Community & the Nation at a larger level
- Hence Conscious Parenting task is not confined to family/ limited to a home, it transcends boundaries to a National level
- Neither a part of school/ academic curriculum, nor addressed in any training programs,
- Larger responsibility rests with parents, seeds of which are sown through Conscious Parenting



**Attitude is a little thing that makes a big difference**

**Winston Churchill**