

**SAMAGRA SHIKSHA**  
Education Department  
Govt. of NCT of Delhi



# Mindful Parenting

A Way to Child's Emotional Wellbeing



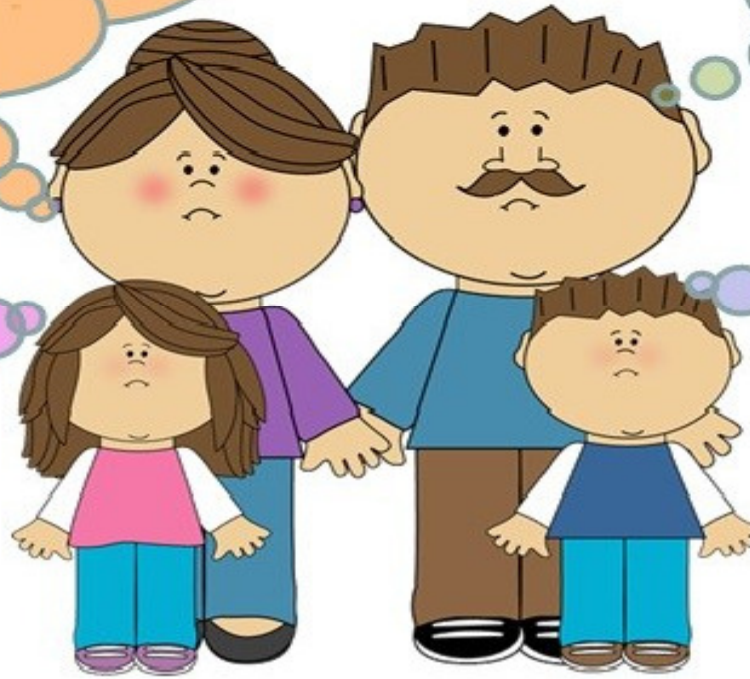
# Parenting in an increasingly Urban World

Juggle work & home;  
Bhai's Wedding., Have  
kids eaten and done  
HW? Minnie's sick,  
can I take off from  
work?...

Work hard, Travel,  
Promotion, Save for  
their future, BMW,  
Family Holiday,  
Stock Market...

Piya is mean!  
Pocket money,  
Wish Mama  
would tuck me  
into  
bed, Online  
shopping,  
Math Test...

Facebook,  
Mobile, I wanna  
hit Amit! Games,  
Haven't seen Dad  
in a week, New  
Apps...



# PARENTS

Children are great imitators. So Give them something Great to Imitate...

Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than a parent

<https://www.youtube.com/watch?v=doBE4sM-Xys>

# AGENDA

- Understanding Teens /Adolescence
  - Charms & challenges
  - Handling Age related challenges
- Mindful Parenting
  - Older way vs Newer Dimensions
  - Management



# Adolescence... Golden Period of Life

- ✓ Persons between the age group of 10-19 years
- ✓ Early adolescence (10-13 yrs), middle adolescence (14-16 yrs) & late adolescence (17-19 yrs)
- ✓ Period in life that signals a shift from childhood to adulthood
- ✓ Period of rapid physical, psychological and social maturation (may sleep more, puberty, hormonal changes, changes in thinking & reasoning abilities)

Adolescence is the age at which children  
STOP Asking QUESTIONS as they feel, they know ALL the ANSWERS ...

# Charms and Challenges of Adolescence...

## CHARMS

- **Formation of identity**
- **Physical , Emotional And Mental growth**
- **Forming Relationships**



## CHALLENGES

- **Identity Crisis**
- **Mood Swings** - Anger , Euphoria and Depression
- **Peer Pressure** - Competition, attraction towards opposite sex, experimentation with substances
- **Stress related to relationship with parents, Generation gap, Discipline , Moral values , ethics and Code of conduct**
- **Academic Pressure** - Quality education, Gradation System, Good results, selection of career

# Risk Taking Vs. Making them choose

## Unhealthy Risk Taking

- Dangerous dieting and eating disorders
- Using drugs and alcohol
- Running away, staying out all night
- Bullying, Gang violence, weapons
- Stealing, shoplifting

## Healthy Alternatives

- Physical activities such as sports
- Creative arts, developing hobbies
- Open communication, sex education
- Volunteering, participating in student exchange program
- Part-time job, involvement in community activities

**Red flags are persistent psychological problems, trouble at school, engaging in illegal activities and excessive unhealthy risk taking**

# Older ways – new dimensions



- **Anger, Scolding, Punishing** - Scientifically, no learning take place when you scold a child
- **Unconditional Love** - No Trading of Love to get work done {Manipulative Kids}
- **Discipline** – No one is born with impulse control – it is something they have to learn! **Delayed Gratification & Teaching ‘No’ for an answer**
- **ANGER control – ‘Reacting & Responding’** - Suggesting an Alternative – eg: encouraging kids to speak about the issues rather than using hands
- **Physical exercise** - Release of energy, create a calming effect, increase focus & attention



# Older ways – new dimensions

- ✓ Be a facilitator & not influence child with your choices
- ✓ Be supportive – **you don't need to have all the answers**
- ✓ **Encourage them** to get involved , to explore interests & develop transferable skills through internships, volunteering, extra-curricular activities & employment
- ✓ **Help them reflect on what they have learned or where they have had challenges**

**CHILDREN CLOSE THEIR  
EARS TO ADVICE  
BUT  
OPEN THEIR EYES TO  
EXAMPLES**



# Parent - Child Success in Middle School

## ACADEMICALLY

- Attend PTM or be updated about child's academic performance - Know Your Child
- Setting self-study routine (Helping preteens and teens establish a homework schedule and consistent homework routine sends a message that academics are a priority)
- Handle Distractions (phone, TV, friends)

## PHYSICAL HEALTH

Breakfast is a Must

No Tea/ coffee and minimize junk food

9 hours of sleep

## PSYCHOLOGICALLY

- Be a friend to be able to talk , yet a parent
- Handling Transition from primary school to middle school (express different subject different teachers, school change) and communicate more with child
- Encourage your child to ask for help when it's needed.



# Videos

- <https://www.youtube.com/watch?v=Nlz8yKG0ySU>

# Give them charge

- ✓ **Ask your children what they may want or need from you in a conversation**, such as advice, simply listening, help in dealing with feelings or help solving a problem
- ✓ **Kids learn by imitating.** Most often, they will follow your lead in how they deal with anger, solve problems and work through difficult feelings
- ✓ **Talk to your children** — don't lecture, criticize, threaten or say hurtful things
- ✓ **Kids learn from their own choices.** As long as the consequences are not dangerous, don't feel you have to step in
- ✓ **Realize your children may test you by telling you a small part of what is bothering them.** Listen carefully to what they say, encourage them to talk and they may share the rest of the story

Positive behavior support



Setting healthy limit

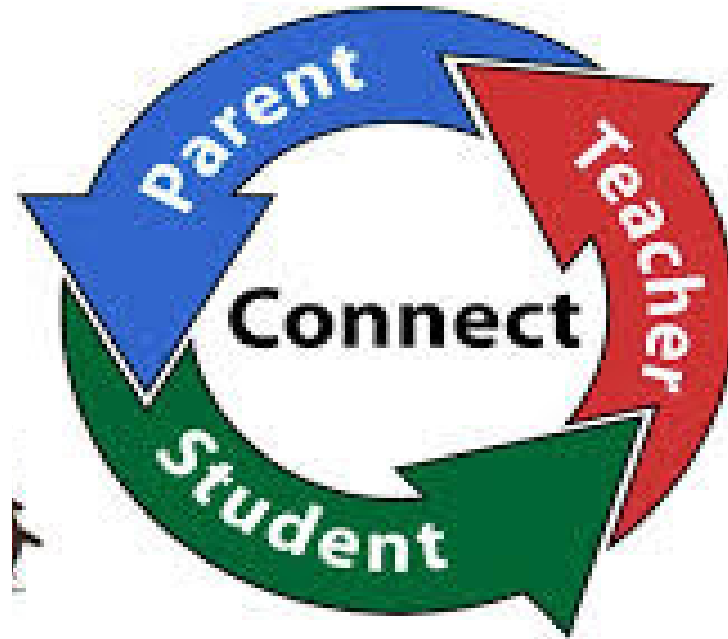


Family Relationship building



# Collective Effort of OUR'S ...

Towards Building future that they can believe in...



**SAMAGRA SHIKSHA**  
Education Department  
Govt. of NCT of Delhi



सर्व शिक्षा अभियान  
सब पढ़ें सब बढ़ें

## MODULE's FACTSHEET

### Mindful Parenting - A Way to Child's Emotional Wellbeing

#### Objective –

- Understand Emotional Wellbeing
- To make Parents understand Child's emotional wellbeing and be a positive role model
- Parenting with Mind-full or being mindful

#### Introduction

What is Emotional Wellbeing? (भावनात्मकरूपसेअच्छा)

It is an ability to understand the value of your emotions, be resilient, and generate the emotions that lead to good feelings. When the emotional well-being skills build, one can better cope with stress, handle their emotions in the face of challenges, and quickly recover from disappointments. As a result, one can enjoy their lives a bit more, be happier and pursue goals a bit more effectively.

To develop emotional well-being, one need to build emotional skills — skills like positive thinking, emotion regulation, mindfulness and resilience Skills

#### **Parents play a pivotal role in building emotional wellbeing in children.**

- Our environment affects, us all and we all have different sensitivities, but children do not have the filters that most adults have acquired. Children absorb all the sights, sounds, smells, textures and emotions around them. Children needs are very different than from an adult.
- It is true that children "live what they learn". Children absorb and copy what they experience in their environment. Their external environment moulds their internal environment. A nurturing environment is one that gives children the security and opportunity to discover themselves and their world.
- *A child's behaviour is always telling us something.* However, they lack the language to express/ describe that they are in distress. Children only communicate their stress and their needs through their behaviour.

*It is scientifically proven, the causes of human distress, such as intrinsic emotional reactions, trauma, family environments, parenting styles, and dysfunctional*



*relationships affects child's emotional as well as physical wellbeing. The greatest emotional threats are criticism, exclusion, abandonment, rejection, or humiliation*

## **Parenting - OLDER WAYS. NEWER DIMENSIONS**

- Goal of good parenting is to grow a child's self-acceptance, accountability and shame tolerance leading to emotional resilience. Without these s/he will not have healthy relationships with others — or with themselves.
- A healthy response to any emotional challenge requires an ability to tolerate criticism in resilient ways, be accountable for faults, and apologize to reconcile relationships. This flows from good self-acceptance of our inherent flaws and failures

### **Imparting accountability through compassion**

- A child's emotional health is formed through the availability of safe, attuned, responsive, predictable and nurturing relationships in early childhood. To promote bonding or attachment, the parent has to be "inviting" to the child — calm, happy and emotionally secure. This gives a child the message, "I can handle you. You are not too much of an emotional or physical burden."
- Accountability also teaches a child to acquiesce to authority, a natural part of all relationships whether it is future friend, spouse, boss, teacher, police officer, or drill sergeant.
- If a child does not learn to manage conflict, their relationships may become high conflict or conflict avoiding, neither of which is healthy.

### **Create safety, reduce fear.**

- When in doubt about your behaviour as a parent think: "Is what I am doing making my child feel safe or scared?" Does your child feel an emotional threat when you are harsh, rejecting, impatient, ignore him, or yell?
- Model respectful behaviour by having a rule of, "No yelling, shaming, bullying, teasing, put-downs or name-calling of any kind in our home." Negativity fuels stress and lowers self-worth. When you say judgmental comments such as, "You never get ready on time," be aware of how this shame and labels a child in a negative way. Are you blame-shifting to your child in a way that provokes fear?

## Reflective Thinking/Listening –

- When your child misbehaves, use reflective listening to try to understand why the child is doing what he is doing. This also helps him understand his own motives and behaviours. A child who feels heard and loved will want to please and

## Clear Communication

Parents should teach intrinsic self-motivation to children than providing external materialistic rewards. Expect good behaviour as a natural, respectful parent-child relationship. This is fundamentally non-negotiable.

1. Parents should speak in clear, firm statements, not always ask questions. Don't say: "Let's go to the store, ok?" Tell, don't ask!
2. Speak in "accountability language." Don't say, "WE have to do the dishes," if you mean, "YOU have to do the dishes."
3. Don't offer bribes for behaviour (manipulative behaviour). Children should behave because you tell them to, not because there is an external reward. This does not teach internal self-regulation and self-motivation. Also, this external reward does not help a child learn self-worth by being self-directed.
4. Don't explain every decision you make. This puts the child in charge and weakens your power.

## Aim is to provide an environment that foster:

- No Humiliation & Abuse, **Only Concern**
- Touching the life, a child towards a **meaningful transformation**
- **Encouragement & Motivation Enabling Communication & Positive Attitude**
- **Joyful & Interesting Learning**
- Respect for the Child & their Self Esteem

In order to create a nurturing environment in which children can blossom, we have to knowingly create warm, loving, sensory rich environments where their physical, emotional and spiritual needs are recognized, honored.

## Ending Thoughts

**Growing healthy humans is the goal, then we have to build trusted relationships, encouraging, guiding, leading, teaching, and communicating are the tools for success.**

Maybe "kids today" are just kids like they have been through the ages, full of exuberance and curiosity and learning their way in a great big world. Maybe a listening ear, gentle guidance, and trusted arms to turn to are really all children need to grow up into kind, helpful, responsible, productive members of our society.

### SUGGESTED ICE-BREAKERS {5-10 minutes}

1.

- Encourage parents to participate as there are NO WRONG ANSWERS
- Ask Parents to introduce themselves (their name, age of children, name one strength they have as a parent, one strength their child possesses) {If you have a board/flipchart – note down the strength}
- Stress that as parents it is important to look for children's strength, especially in stressful time. It gives children confidence in their abilities and motivation to keep trying as they develop new skills that may be challenging to them.
- Inform parents that looking for strengths builds confidence in one's ability to handle stress and difficulties

2.

- Ask Parents to introduce themselves (name, age, children age)
- Reason why they came for Presentation

### **CASE –**

*I (Parent) arrived late at home – traffic was awful and my day work was even worse. My supervisor behaviour towards me is very rude, I feel very angry but I can't say anything to him. Then, I got home and kids started sharing their day and they need this from market. I told them to shut up.*

Discussion –

- Ask the parents to remember how they handled the situation (ignored, screamed, punished, gave a hug, ask for time, etc.)
- Ask the parents to take a few minutes to remember & note how they felt. (mad, tired, exhausted, disappointed, stressed etc.)

### **Few Numbers you can reach out**

Manodarpan – 844 844 0632 (National Toll-Free Helpline Number)

YUVA Helpline at 1800116888 or 10580 {from 7:30 AM to 8:30 PM on all Working Days}