



**Research Paper**

## **Good Parenting Produces a Successful Person**

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### **ABSTRACT**

*Past experience has proved that the child with healthy upbringing comes out to be a smart confident child. How is the healthy parenting defined? It is defined as the parents who spend maximum time with their children, who interact with their children and answer their all curious questions, who create learning atmosphere at home by speaking on all current issues, who do not make the children feel guilty on committing mistakes rather give constructive criticism to make them understand about right and wrong, who behave as a role model before the child and help them to become the 'Trend setter rather than the Trend follower' etc.*

**Keywords-** Parenting, genetic behavior, hygiene

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### **I. INTRODUCTION:**

Good parenting is an art and acquired trait instead of genetic behaviour. Parents can be trained and shaped to shape up the future citizens of nation. The first and foremost priority is to create a happy and conducive environment at home which ultimately leads to stress free upbringing. Everything lies in our brain and in our thought therefore it is the parenting which designs the thought of child to determine character which leads to action to decide the future.

The parents not wanting the result but helping the children in the process of achieving result produce a child more compatible to the surrounding. As everyone knows healthy body is the store house of healthy mind and pious soul therefore the proper health and nutrition and hygiene care are again vital factors to make a child globally fit.

### **II. REVIEW:**

Good parenting helps foster empathy, honesty, self-reliance, self-control, kindness, co-operation, and cheerfulness, says Steinberg. It also promotes intellectual curiosity, motivation, and desire to achieve. It helps protect children from developing anxiety, depression, eating disorders, anti-social behavior, and alcohol and drug abuse.

"Parenting is one of the most researched areas in the entire field of social science," says Steinberg, who is a distinguished professor of psychology at Temple University in Philadelphia. The scientific evidence for the principles he outlines "is very, very consistent,"

### **III. METHODOLOGY :**

The methods and steps of upbringing of a child is parents centric. It is divided into 10 (ten) steps as given below -

Step 1- Parents essential which includes childcare, babysitting, child development, child psychology and behaviour management and above all the most important is basic food hygiene.

Step 2- Wow parenting includes grooming a child by dealing with children effectively, by adopting scientifically proven techniques for example trial and error method, developing four areas of a child:

- i i. behaviour
- ii ii. communication
- iii iii. psychological needs and performance.

Step 3- Successful parenting consisting of creating resilient and responsible child. Increasing patience and mindfulness to make the parents understand difference between discipline and control. The most important is introduction of co-parenting to make upbringing of a child a two-way traffic.

Step 4- The ABCs of child rearing which starts from toddler to teenagers to develop desirable behaviour and rectifying in effective strategies in childcare. Myths about good parenting are also to be answered.

Step 5- Child nutrition and cooking for regulating child eating habit, providing healthy diet to children, understanding food fads and the result associated to unhealthy diet are significant factors in child development.

Step 6- No drama parenting -to make child stress free parents should understand parenting challenges and ways to deal with them. All the small challenges in day-to-day life to be resolved on time as collection of challenges become a problem which is difficult to be resolved.

Step 7- Understanding child development from synapse to society to understand various levels of child development from the perspective of individual. Cognitive and motor development at different stages of growth of a child should be understood and answered accordingly.

Step 8- As a mother one should know the priority of child hence should respect the demand and requirements of the child. Any acceptance or refusal of the demand should be done in a positive manner.

Step 9- Provide pleasant and stress-free environment to make children happy and stress free, hence more productive. One should avoid discussing family problems in kid's presence and do not mess at home with unnecessary quarrel.

Step 10- Positive parenting can be done with the knowledge of child and adult psychology. Knowing the difference of sympathy and empathy and knowing about democratic value one can develop positive responsible and mature person.

#### **IV. DISCUSSION:**

Parenting is very important in upbringing of a child Effective parenting plays a vital role in whether a child becomes a productive member of society or not. When children receive the proper love and support, it helps the children develop properly and helps them to have the right mindset about life and its challenges. Proper parenting lets the child know what to expect out of life and how to deal with them as well. No parent should want their child to look to anyone else other than them for guidance and support. Parenting style does not always have to be strict. As long as the parent is consistent with the rules given, I believe children will follow them more without any problem. When parents try to be demanding that is when the child simply rebels and ends up disruptive behavior. Giving the child some type of trust allows the child to become more responsible and to be more mature. Allowing the child autonomy is important as well. It is vitally important that the parent is active not only in their child's dating life, but it is important that the parent can talk to their child about anything. If the parent is consistent with giving the child instructions and advice, then the child will potentially go to the parent first for assistance and guidance. Age does not matter; parenting should always be a part of a parent's agenda. Good communication, regulating the use of rules consistently, and support are what a child needs on regular basis.

#### **V. CONCLUSION:**

Parents play whole and sole role in upbringing of their child and producing a responsible and confident individual. This is possible only when parents know the methods of nurturing the child in every stage of their development. Also, though the good parenting is required throughout the life of a child, yet it should be more focused from the infant stage to 5 years of formative age. Parents should play as a role model for not only their child but also in the family and neighborhood therefore before working on the child parents must work on themselves.

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