



ANTI CORRUPTION  
★ ACADEMY ★

BE THE CHANGE

# Raising Responsibility

Parenting Work Shop

# Rapport Building Day 1

- ▶ Introduction - Interactive Session
- ▶ How many of us consider ourselves to be Good, Ok, Bad parents?
- ▶ Can we be Perfect parents?

# What is Parenting? Day 1

- ▶ It is the best way that we know and learn how to “bring up” our children
  - ▶ First recognizable teacher of your child
- ▶ It is a continuous learning experience
  - ▶ Build Learning relationships with your children
- ▶ There is No set formula for parenting
- ▶ Types of Parenting - Baumrind’s Parenting Typology
  - ▶ Authoritative
  - ▶ Authoritarian
  - ▶ Indulgent
  - ▶ Neglectful

# Why is a Mother so Important? Day 1

- ▶ Helping Our Children Find Their Life Purpose
  - ▶ *Dealing with the “I want/I desire” Syndrome.*
- ▶ Do we as Mothers think about the kind of upbringing or life we want to give our children?
  - ▶ We often just think about the financial comforts that we can provide for the child...that becomes the top priority.

# Instead...Lets focus on these! Day 1

- ▶ Good Behaviour
- ▶ Ethics
- ▶ Honesty
- ▶ Sincerity
- ▶ Do we manage to be an example for our Children?

# Times and Role change Day 1

- ▶ A mother has to be aware of the physical, cognitive and social development In her child - Attachment
  - ▶ Her comparisons may be favourable or even unfavourable
    - ▶ She is quick and fast in learning compared to her elder siblings is a favourable comment. But an example such as she just can't do what other kids of the same age do is an unfavourable comparison and can hurt the sentiments of the child.
- ▶ Earlier we would just trust and respect our mothers Now mothers need to earn our trust and respect
- ▶ The Environment plays a primary role in a child's life

# How do we Adapt and constructively make the most of it? Day 1

	Parenting style your parents used for you	Parenting style you use for your child
Punishment		
Affection		
Communication		
Social Interaction		

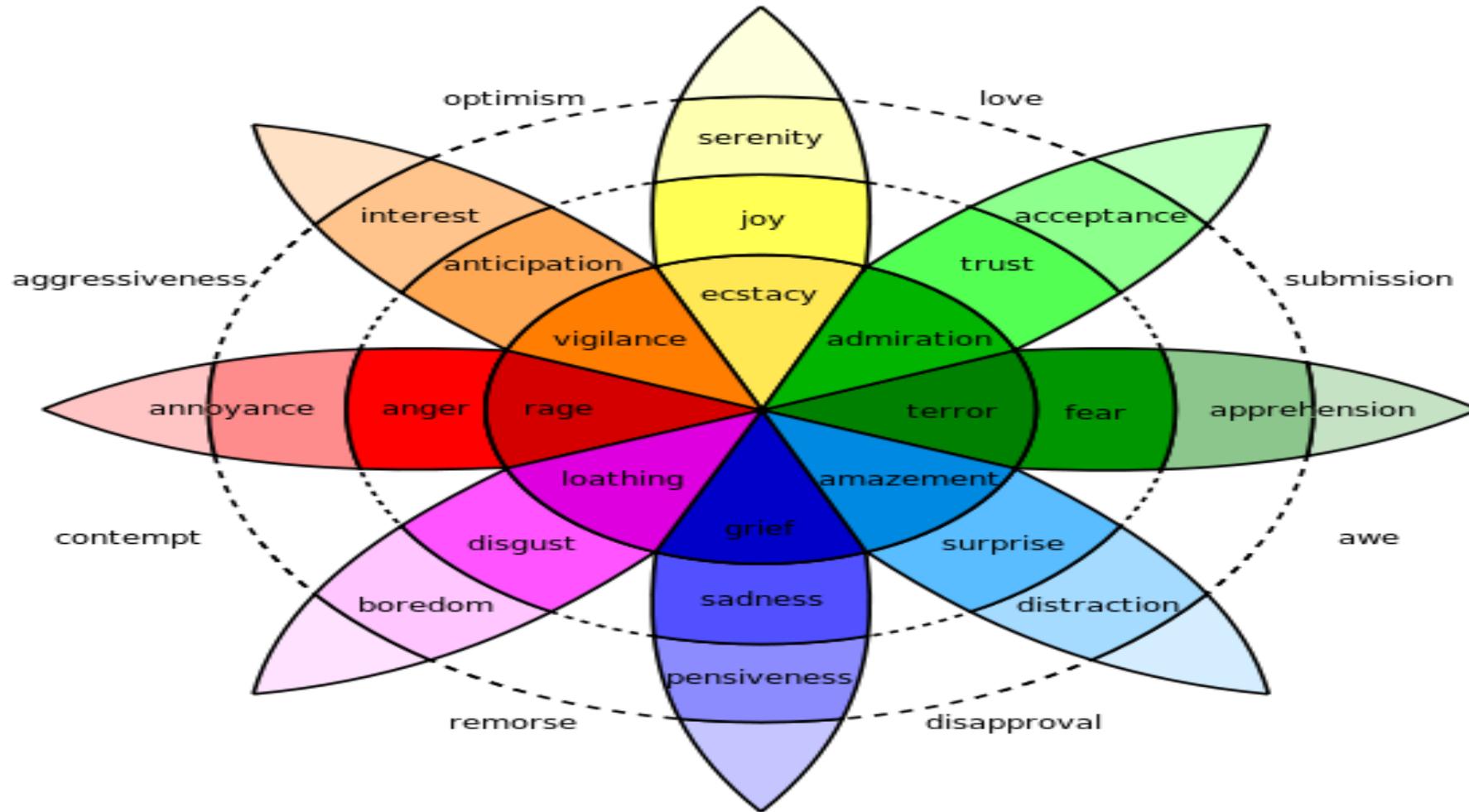
# Your Goals for the workshop? Day 2

- ▶ Discussion on the goals
- ▶ Role Play
- ▶ Difficulties we face during parenting
  - ▶ Communicating
  - ▶ Time Management
  - ▶ Right amount of Discipline.... To name a few

- ▶ Dealing with various emotions during this phase
  - ▶ Guilt, am I doing enough?
  - ▶ Anger, I don't know how to do this stuff.
  - ▶ Fear, what if I am making a mistake?
  - ▶ Joy, Yay! I love being a mother



# Wheel of Emotions



# Expectations for Yourself! Day 2

- ▶ Real vs Ideal
- ▶ Write down few Ideal expectations that you would like to incorporate in your day - to - day life
  - ▶ Eg. I will spend 2 hrs with my child (while I chat, finish work, watch TV) vs I will spend 30 mins with my child (where I am devoted to listening and sharing only to him/her)
- ▶ Lets try and make them more Real
  - ▶ Seeing and Accepting these Real situations will give you more Hope and in turn reduce the pressure...Make you more Human

# Materialism vs Spiritualism Day 2

- ▶ What is Technology/Materialism doing to us and in turn to our Children?
  - ▶ Exposure to Adult content, We all know what's out there. Unfortunately, so do the kids. Pandora's Box has been opened and it won't be closing anytime soon.
  - ▶ Attention Span is getting effected, Click and go. If we need to wait more than a millisecond, we're angry -- and we click away.
  - ▶ Spelling/Grammar, Texting, chatting and online shortcuts have undoubtedly contributed to the general decline in kids' ability to spell and use grammar correctly.
  - ▶ It is changing the way children Think and Feel
  - ▶ More use of technology is leading to obesity

# Addressing the Negatives of Technology

## Day 2

- ▶ Monitor the use of Technology
- ▶ Teach responsible usage
- ▶ Don't treat technology as a babysitter for your child
- ▶ Be familiar with technology and use it intentionally for learning
- ▶ Offer alternatives to technology

# Great Mothers Day 3

## Influence of mothers in the life of great personalities

- ▶ Wife and children may desert a man, but his mother never,” - Vivekananda
- ▶ Hillary Clinton, mom of daughter Chelsea, ranks No. 1. With one of the biggest jobs in the world, Clinton is still a mother first.
- ▶ Indra Nooyi (No. 3), chairman and chief of PepsiCo and mom of two, says if her kids call in the middle of a meeting, she takes the call.
- ▶ Sheryl Sandberg (No. 4), chief operating officer of Facebook and mother of two young children, says she leaves everyday at 5:30 to have dinner with her family.

# Let's start Thinking.... Day 3

## Activity

List down qualities you would want to see or you think your child will develop if they follow these heroes.

<b>Any Fictional Character</b>	<b>Real Life heroes( Your choice)</b>
1	1
2	2
3	3
4	4
5	5

# Concept of Family Day 3

- ▶ Bringing Values and Character into Children's Lives -  
“Values are the seeds from which all behaviour grows.”
- ▶ Value centred homes develop value centred children.
- ▶ Children who are clear about their values have little or no difficulty in making decisions
- ▶ Cooperation and collaboration are paramount in a value centred home.
- ▶ Children learn how to become ethical decision makers when parents focus on ethics, not just rules.
- ▶ A values based home fosters personal responsibility and initiative in each child!
- ▶ Learn to value others views and opinions

# Conclusion Day 3

- ▶ So finally what is the Purpose of Parenting?
  - ▶ Dr. Twenge isolated one defining trend in the functioning of the young adults, concluding: “Young people have shifted away from ‘intrinsic goals’ to ‘extrinsic goals’...away from personal development to material rewards.”
  - ▶ He simply believes that before any of these theories and techniques can be effective, we have to own up to the truth of what we have become as parents.
  - ▶ We need the courage to change our attitudes about what it means to be a parent. We must take ownership of our role and responsibility as parents in the “under-development” of our children today.

- ▶ The goal of parenting must be to raise children to develop as a fully engaged person who is able to navigate through their own experience while feeling comfortable in their own skin.
- ▶ It is also to raise children who are able to self-regulate in the world around them, especially in a world that is becoming more and more detached and self-absorbed.

We are at a point of crisis as even the most well intentioned, well meaning, parents are not producing the children they had “pictured”.

It is high time to explore the “real purpose of parenting”.