
NEW GEN PARENTING

Dr. Grace Lalana Christopher

*Parents are the first and foremost teacher for the child
and have a lasting influence on the
personality and character development of their child*

GRACE LALANA PUBLICATIONS

NEW GEN

PARENTING

Dr. Grace Lalana Christopher

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NEW GEN PARENTING

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To the fond memory of my late father

My mother

My family

My brothers, sisters and their families

and

To parents and children everywhere

*Holistic growth and development of the
growing new generation
involves both skilful 'New Gen Parenting'
strategies and techniques at home, as well as
formal education. Parents are the first and
foremost teacher for their child*

FOREWORD

We are in the midst of one of the most challenging periods in the history of mankind for the changes worldwide and particularly within our nation are so far-reaching that all our value systems are being profoundly challenged. Significant paradigm shifts in society and in relationships threaten to tear apart the time- tested family system.

Therefore the responsibilities of parents have increased significantly. If the new generation has to hold onto values and principles and if the world has to move in the right direction, parents have to play their role effectively.

This Handbook 'New Gen Parenting' by Dr. Grace Lalana, is a veritable encyclopedia and therefore, timely and will indeed be a valuable tool for parents as they seek to respond to the needs of their children as well as the changes in the society.

I congratulate Dr. Grace Lalana for the in-depth responses to the needs and the effective way in which she has laid out the planning for parenthood. Chapters on the personality development of children are valuable. She has suggested a road map for the

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comprehensive care of children and has shown the way to achieve total health.

As parents often out of ignorance due to lack of understanding and knowledge about what is normal in the growing child, harm them inadvertently. This is a book every parent should read, use every day and share with parents everywhere.

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PREFACE

Today's parents know the importance of skilfully parenting the New Gen children which has taken on the added dimension of living in a "modern society with fast paced technological advances and lifestyles" viewing the rapidly changing environment and social fabric with new fads with regard to cyber and other scientific gadgets and values which influences not only children's outlook but also their behaviour, placing an enormous burden on parents to raise their children in the right way

This book titled 'New Gen Parenting' is an essential handbook for all first time parents in raising a healthy happy children meeting age appropriate needs and guidance at the right time in the right way. This book should be available on the bookshelf in every household for quick and easy reference in day to day dealing regarding a child's behaviour or even administering timely first aid measures, averting tragedy and saving a child's life, with vast information on almost all aspects of child rearing in keeping a child safe and emotionally secure.

The holistic approach outlined in this book helps parents deal with various issues and tasks in

Dr. Grace Lalana Christopher

knowing what to expect as part of “normal” development of a child to effectively interact, guide and parent a child right from the time of birth through childhood and adolescence, enabling a child to overcome odds to move successfully onto the next developmental stage, and so evolve into a confident mature adult with high self esteem.

This comprehensive book ‘New Gen Parenting’ will empower parents to do the right thing at the right time in the right way, the first time around, avoiding the pitfalls of trial and error method, thus reducing the stress and strain along the way to making the task of parenting both satisfying and rewarding.

I am sure this book will offer invaluable resource and information not only for parents but also for guardians, teachers, health and social service providers and other personnel who have an interest in the field of child development and planning of health services.

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INTRODUCTION

New Gen Parenting is both an art and a science. Art because each parent brings their own unique approach to their child and a science because parents have to be knowledgeable as to 'why' 'what', 'when', 'where' and 'how' 'certain skills, strategies and techniques implemented at the right time in the right way, reaps rich dividends in the growth and development of a healthy, happy child, making the task of parenting a joyful experience.

Important 'New Gen Parenting' strategies are highly specific whether caring for a newborn baby, an infant, toddler, preschooler or school age child and adolescents. In other words parenting techniques need to be age specific and developmentally appropriate to each child. Hence parenting a toddler differs to parenting a school child or a teenager.

This holistic approach to 'New Gen Parenting' so aptly described in each chapter in this book 'New Gen Parenting' highlights various stages of development, enabling parents to successfully navigate their child through the tasks required in sequential developmental stages and to lay a strong foundation for the child to evolve into a responsible, mature, stable adult.

I am aware that there are several books on parenting off the shelves. However this book describes a uniquely holistic and comprehensive approach to parenting involving all aspects in the growth of a healthy child, be it physical, emotional, intellectual, spiritual and social areas, will surely be a welcome boon for parents raising the new generation.

There is a welcome section in unusual situations and children who face emotional and behavioural difficulties. The principles espoused in this book, I am sure would lay a solid foundation in providing emphasis on early detection with early intervention in improving long term outlook for these children.

If one has a parenting question or a doubt, it is highly likely that it will be answered in the relevant chapters. A section on chemical and substance abuse will sensitize parents on various issue and other adolescent 'crisis' to enable parents to nip many a problem in the bud, hence safeguarding their children wherein prevention is often far safer and better than cure.

Children are impulsive by nature and have poor control hence it is a crucial parental responsibility to teach children self control through rules which need to be obeyed consistently is a form good teaching based on guidance rather than punishment. This positive approach will help children to develop self control and will power as well as those kinds of

behaviours that others will enjoy, resulting in a happier child and a more peaceful family.

These two characteristics:- self control and strong will power are important keys to success in life and with integrity and the ability to discern right from wrong and strength of character children grow up to become mature responsible adults and strong pillars of society.

‘New Gen Parenting’ strategies helps in promoting the highest degree of functional harmony, enabling a child to successfully confront and solve problems in each developmental sequence demonstrating successful achievement. However it must be emphasized that each child is unique and no two children are the same, hence the principles outlined in the ‘New Gen Parenting’ series of books applied judiciously, for each child according to age and development has best outcome in the life of that child.

This book should be read by all parents, grandparents, teachers, guardians, health care personnel’s, social service providers as well as all who have an interest in the field of child development and planning of services. It will also prove to be a very useful resource material for teachers, medical students studying Paediatrics, students and staff in the fields of nursing, physical therapy, occupational therapy, speech therapy and all other child care personnel for an authoritative account of the domains of child

development with a holistic perspective linking developmental stages to educational nurturing, rearing and service delivery.

However I cannot underestimate the significance of all parents, grandparents, teachers and other child care personnel, in picking up early soft signs that something is wrong with the child and to seek early intervention and remedy for the benefit of the child and society at large. The incidence of autism is increasing alarmingly. It is in knowing what is normal and what is not, that one is able to detect any deviance in the growth and development of a child even before the pediatrician as parents know their baby best and information described in-depth in this book will benefit parents.

Hence the importance of reading 'New Gen Parenting' I would also recommend parents to read other series of "New Gen Parenting" books for in-depth information and knowledge empowering parents to skilfully raise their growing child accomplishing those skills to emerge as winners with a positive outlook in life to lead a successful and happy life.

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SECTION I

1

PLANNING FOR PARENTHOOD

You are the best parents your child can have. You mean the world to them. Awareness is now increasing that skilfully parenting a growing child in today's rapidly changing world has become a priority. Many parents are heard to say that parenting the new generation has become an onerous task indeed.

Children now-a-days are moulded by peers and influenced by hi-tech gadgets of the digital decade and with higher IQs and smarter than ever before, need to be guided in the right direction to develop to their full inherent potential, living in the "space age, iphones and ipad new generation" with NASA announcing the establishment of a permanent base on the moon, Mars etc with rockets and spacecrafts to get people there and all the amenities of life styles, we are accustomed to and with solar power generation of near



constant sunlight and the like. What was science fiction in the past is well on the way to becoming a reality in the very near future.

Today's parents are probably better at bringing up their children than any previous generation. They are more aware of the importance of the early childhood years and knowing this, are concerned about not making mistakes. However, the upbringing



of our children takes on the added dimension of living in a rapidly advancing scientific and technological world, with the additional stress of working parents and nuclear

families. Having a baby is one of God's choicest gifts to human beings and child rearing is a privilege. Children are our most prized possessions and each child is a unique individual.

GOALS OF NEW GEN PARENTING

The goal of New Gen Parenting is skilfully guiding a child right from birth through adolescence to mature adulthood in a way that each child reaches fulfilment as an individual, in keeping with his or her own natural abilities. This is the reason for planning parenthood. Couples, on the threshold of family life, have to make probably one of the most important decisions of their lives - whether to have children or

not. This requires a consideration of all the various factors involved. Parenting entails responsibility which lasts a lifetime and may prove to be the toughest job one has ever undertaken but it can also be the most satisfying.

Some couples, where both partners are career-oriented, opt not to have children. They are too busy pursuing their careers and have little or no time for child rearing. This is the double income, no children group (DINK). Then there are couples, both of whom are pursuing their careers, who decide to have one child, the double income, one kid (DIKO) group. The third group comprises those who decide on more than one child. One parent, usually the mother, opts out of a career, to raise her family. In some cases, the father is the stay-at-home parent: These are children of single income group (KIS).

Then there are the single parents, who have to work, where the child is left with a caretaker, usually a grandparent – the kid with the single income group (KISP). There is yet another group that of single parent with children who are generating a double income, being an entrepreneur as well as employed in a corporate company – these are single parent with double income and children (SPIKD).

All of these groups have one common issue: Children are expensive both in terms of money and personal effort: energy, lost career opportunities and

sacrifice. After considering the costs and having made the decision to have children, let us review the advantages of Parenthood.

This little bundle, a genetic replica of parents evokes love, joy and happiness in us constantly bubbling forth like a spring in the sharing and caring, watching the child develop into a healthy, intelligent and compassionate person. This investment in the lives of children will reap rich dividends as that child grows into a stable, mature, responsible and happy adult, effectively parenting them requires skill.

TEN STAGES OF GROWTH AND DEVELOPMENT

Stage One	Neonate from birth up to 4 weeks
Stage Two	Infant from 1 to 12 months
Stage Three	Toddler from 12 months to 36 months
Stage Four	Preschooler from 3 to 5 years
Stage Five	Middle childhood from 6 to 8 years
Stage Six	Tweens or Preadolescent from 9 to 11 years
Stage Seven	Early Adolescent from 12 to 14 years
Stage Eight	Middle Adolescent from 15 to 16 years
Stage Nine	Late Adolescent from 17 to 20 years
Stage Ten	Young Adults 21 up to 25 years

Children develop in a sequential manner from infancy through childhood and adolescence to mature adulthood through ten distinct stages from birth to

maturity or adulthood between twenty and twenty five years. Parenting strategies varies from stage to stage and should be appropriate to that age and particular stage of development of a child, to make the task of parenting rewarding.

Understanding individual variations in the stages of development and knowing how each stage is manifested in a child's behaviour provides guidelines and tools for skilful parenting. As children grow the demands of each successive developmental stage is characterized by its own set of problems which must be overcome if they are to proceed with confidence to the next stage.



There are two main aspects in skilfully parenting the 'New Generation'. One aspect deals with the emotional, social and intellectual well-being or the development of a healthy well centred personality and the other comprises various aspects with regard to healthy physical growth and development.

Both these areas should be dealt with in a comprehensive manner for nature adulthood. Parents need to avoid the pitfalls of trial-and- error method and thus doing the right thing the first time around so that these children grow up as capable and self-confident, ready to take on responsibility and any challenges to succeed in life.

This is the goal for parenting the new generation. I have penned a poem "*The Little One*."

THE LITTLE ONE



*Tiny though I be today
Grow I will, from day to day
Five feet or six some day, I'll be*

*Will I, happy or unhappy be?
It is my parents, who gave me life,
Formed within my mother's womb,
From a single cell to a fully formed baby- me,
It's marvellous-a genetic replica, truly unique*

*Protected, warm and secure was I
Ensconced within the amniotic fluid,
All my needs supplied through the umbilical cord!
Sojourned I, there for nine long months
Till the day of my birth
When I undertook the hazardous journey
Into the big outside world,*

*There nestled in my mother's arms
I first drank of the nectar of human milk
The best nutrient meal, I could have
And under my father and mother's
Nurturing, comprehensive love and care,
For my physical, emotional and mental well-being
Meeting all my growing needs,*



*As I aim to develop to my full potential
I feel the world as a safe and loving place.
But wait! I have yet to go,
Through this journey of life
To be the person God has destined me to be
It is my parent's responsibility
To guide and direct me in the right way
Setting age appropriate rules and boundaries
To teach me self-control and will power
Instilled with high self esteem
The essence of skilful parenting
Promoting healthy growth and functional harmony*



*Enabling me to successfully navigate through each
Sequential developmental stages in life
to reach mature, stable adulthood
To reach my destination and thus fulfil my destiny
To live a productive and useful life
Loving and being loved, finding joy,
Satisfaction and success in life*

Thus new gen parenting is promoting the highest degree of functional harmony, enabling a child to successfully confront and solve problems and demonstrate the achievements of each stage in the

normal sequence. Likewise, the ultimate paradox of skilful parenting is that loving children, means setting and implementing effective rules or boundaries with suitable consequences for default, so that children can develop and achieve to their full potential by teaching children about life's boundaries to develop those inner controls which are essential to lead successful and happy lives.

DOZEN GOLDEN RULES FOR NEW GEN PARENTS

1. New Gen Parents need to love the child unconditionally; that love will surmount all barriers.
2. New Gen Parents need to effectively communicate with the child, both verbally - talking and listening, as well as non-verbally, with loving appropriate body language and behaviour
3. New Gen Parents need to implement few important age-appropriate rules or boundaries, consistently, firmly and lovingly, reinforcing approved behaviour in the child, instilling self control and with it willpower to overcome setbacks in life to achieve success.
4. New Gen Parents need to appreciate and praise the child's effort; it positively reinforces appropriate behaviour, builds up self confidence and self esteem.

5. New Gen Parents need to constructively criticize the child's inappropriate behaviour but to never demean or belittle the child.
6. New Gen Parents need to help develop in a child various age appropriate skills or hobbies thereby empowering him or her.
7. New Gen Parents need to motivate, set age appropriate goals for a child to achieve; Children need to be motivated to excel.
8. New Gen Parents need to demonstrate character values such as kindness, honesty, justice, compassion, empathy and other positive attributes so that the children emulate them, as they learn best by imitation.
9. New Gen Parents need to be effective role models, walk the talk and talk the walk; clearly defining right from wrong as so a child develops integrity and honesty and with it comes conscience and character.
10. New Gen Parents need to be proactive, taking initiative and nipping problems in the bud with empathy and understanding.
11. New Gen Parents need to maintain harmony and humour in the family to facilitate bonding and a sense of security.
12. New Gen Parents need to respect each child's unique individuality without comparing them to others.

The personality development is a complicated process, involving various aspects of physical, mental, emotional, intellectual, spiritual and social abilities in an individual in relation to the environment and prevailing cultural milieu. Hence all aspects are important and if any one of these aspects is neglected, the overall development of the child is affected.

Each stage of development is characterized by certain skills which the child must achieve if he or she is to proceed with confidence to the next stage. The highest degree of functional harmony is achievable when the problems of each stage are met and overcome in a systematic and appropriate manner.

One needs to remember that the successive personality gains which the child makes however are not established rigidly at a single time but continued to be reinforced or threatened throughout the individual's lifetime.

Children need to be motivated to excel. They are too young to understand the significance of persistence and hard work and fail to comprehend its implication in their later life. Parents need to firmly and lovingly implement set boundaries so that the child instils certain values, skills and character to bring out their full potential.

Every child is born a potential genius but it is the quality of environment and parenting 'nurture versus nature' that determines the ultimate intelligence and personality of the individual as nurture versus

nature. For example, in this present age of instant gratification children want all the comforts of life without working towards acquiring them. Parents need to teach them how to earn their wants.

At times one may need to use coercive methods to inculcate a sense of responsibility in children but physical punishment may prove counterproductive. Instead children need a variety of support systems, which may include some reprimands but more encouragement or positive strokes to bring out the best in them.

Parenting starts even before a child is born. In Planned Parenthood, it is at the time of conception and the subsequent confirmation of pregnancy that the mother's job of parenting begins. The decision to breast-feed is the final stage in Planned Parenthood. During pregnancy, the mother-to-be needs to alter her life style to safeguard the new life within her. She must eat a nutritious balanced diet to provide for healthy growth, development and maturation of her unborn child and try to lead an unstressed, peaceful life.

She must exercise sensibly and abstain from any intoxicating drugs, alcohol or tobacco. Above all, she must communicate her love and warmth by a positive and loving frame of mind, singing and also talking to the unborn child.



It is important to keep in mind that each child is unique and precious. Parents need to take control and actively teach and guide children by setting boundaries within which they can develop to their full potential, starting early on in life, as young as eighteen months of age, at first providing rules for safety, later inculcating values and appropriate behaviour that will help children internalize them and establish a conscience, so that when they are older, they will develop integrity and strong character. A stable marriage relationship is essential, as both father and mother play an important role in the development of the child's personality.

However many modern-day parents prefer to outsource parenthood and are comfortable with off-loading parental duties to professional care-givers, as in day care centers, crèches etc. Recognizing these needs many businesses are now offering traditional care-giving services ranging from planning birthday parties to teaching children how to ride a bike. In fact these parents feel that by outsourcing parental duties they are protecting parenthood, however the expanding array of care-giving services is blurring the boundaries between family and the marketplace and raising new questions about what is acceptable to outsource.

Surprisingly parents are now more willing to turn to the marketplace for help once they have provided a strong baseline of activities that allow them

to direct how care is given, protect their connections as parents and assert their role as the primary caregiver. As achieving this balance helps parents maintain their feeling of responsibility, control and intimacy, for example when deciding whether or not to hire someone to plan the child's birthday party, they expect the party planner to do things their way thus exercise their control and sense of responsibility.

However the art of New Gen Parenting is for parents who want to do the right thing at the right time in the right way for today's children. The entire series of "New Gen Parenting" books available @www.newgenparenting.com enables parents to gain top-notch parenting information to give them the cutting edge that will contribute to the overall happiness of the family and in raising healthy, happy children.

Many people feel that reading "New Gen Parenting" series of books an admission of failure to be a good parent. This is a complete falsehood as it is often out of ignorance that parents do more harm than good. New Gen Parenting is "hands-on" and the information provided in these books with regard to various aspects in raising healthy, happy children, designed according to the sequential developmental stages in the growth of a child, will endow parents with necessary information for the healthy personality development of children in pursuit of their endeavours to lead a successful and happy life.

New Gen Parenting strategies helps in promoting the highest degree of functional harmony, enabling a child to successfully confront and solve problems in each developmental sequence demonstrating successful achievement. However it must be emphasized that each child is unique and no two children are the same, hence the principles outlined in the “New Gen Parenting” series of books applied judiciously, for each child according to age and development has best outcome in the life of that child.

Therefore this awareness and in-depth knowledge with information about child behaviour and psychology educates parents in skilful parenting as well as being a creative and fun parent with a whole new perspective to parenting which is so necessary to keep in pace with the changing times and to a develop meaningful relationship between parents and child.

Today’s children mature a lot faster than the previous generation for whom life was a relatively slow-paced affair while in the present new generation, things change every day and keeping pace with life poses a whole new set of challenges that often parents are not aware of. Hence parents need to dispense with all their outdated comparisons. Also often parents are influenced by the parenting style in which they were reared or some parents unconsciously behave in an insensitive or callous manner towards their children have had parents who in turn, were negligent to them.

Insensitivity does not imply that one physically or mentally abuses a child, but it can refer to behaviour that is demanding and emotionally draining for a child.

Children are an integral part of one's dreams. Each and every parent dreads being categorized a 'bad parent' after waiting eagerly for the birth of the baby and looking forward to settling down with a family. The good news is that wonderful parenting is an art which can be learned and so there is no need to worry unduly about it, hence the importance of reading "New Gen Parenting" series of books, for information and knowledge in the science of parenting, with regard to 'what', 'where', 'why', 'when' and 'how' certain strategies applied at the right time in the right way, reaps rich dividends in the life of a growing child who will emerge successfully to evolve into a responsible, stable adult. Parents often out of ignorance due to lack of understanding and knowledge about what is normal in the growing child, inadvertently harm their children.

This holistic approach to parenting defined in each chapter of "New Gen Parenting" highlights importance of various parenting strategies which are highly specific when caring for a newborn, or a infant, toddler, preschooler, school age child or an adolescent. In other words new gen parenting approach and techniques need to be appropriate as children grow and evolve through each



successive developmental stage. It is essential that children learn self-sufficiency and to develop high self-esteem and be motivated from early on in life. Parenting is one of the toughest jobs, though the most satisfying one, if one focuses on skilful parenting of new gen without the stress and frustration in the never-ending duties of parenthood. Many a time, one is so exhausted with the responsibilities in life that one ends up being ill-equipped to deal with parenthood.

Often people feel that they know what is best for their children. The problem with such thinking is that it limits the ability to be original and deal with the problems of children intelligently. The first behavioural trait, in good parents is their complete lack of presumption. The fact of the matter is that all parents want to be good at raising New Generation who is ever living in a fastly advancing technological world, thus the importance of empowering each and every parent with various developmentally appropriate strategies to masterfully raise the new next generation.

The goal of 'New Gen Parenting' is the development of a healthy well centred personality, both during the growing years as a child and later as an adult, to be the person who is capable of both work and play, who has the ability to master personal problems, to love and to be loved in a socially acceptable and personally gratifying manner.

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NEW GEN PARENTING

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