



ULTIMATE GUIDE TO BE A MODERN PARENT



ABSTRACT

Today's parents are comfortable discovering what makes each family uniquely special. They don't want to follow a "parenting script" to look and act like every other family on the block. Modern Parents want what's best for their families, and if that means doing things differently from how they were raised, then they are prepared to try different techniques and strategies if that means the result will be producing happy and wonderful kids. That doesn't mean that they never act like their parents, but they only use their parents' techniques if it makes sense for their Modern Family. The bottom line is that modern parenting is all about using the family's unique passions, values, and beliefs to guide parenting decisions that lead to raising good kids and building a close bond with them at the same time.

WHAT IS SUCCESSFUL PARENTING?

Raising kids is a complicated endeavor, and there's no one recipe for doing it right. Still, certain ingredients are an indispensable part of the mix. Here, top child and family therapists share their insights into the qualities that are essential in an excellent mom or dad.

A Great Parent Knows When to Let Go

Jane Nelsen, Ed.D., a licensed marriage, family, and child therapist and author or coauthor of 12 books on parenting, including the Positive Discipline series:

"It's a bittersweet reality: The major part of our job as parents is to eventually become dispensable. So, above all, we need to encourage our children to do things for themselves. We need to teach them to think independently, solve their own problems, and believe deeply in their own abilities.

"Sadly, though, in the interest of time and efficiency, parents tend to do things for their children that the kids could easily do for themselves. In an effort to prevent them from feeling pain and discomfort, we rush in and rescue our children, rather than allowing them to learn from their mistakes. By the time a child is 2, he is capable of dressing himself. Of course, he needs to be taught how to do so, and he needs clothing that is easy to slip on and off. Yet so many parents continue to dress kids even when they're preschoolers, robbing them of the opportunity to develop capability and relish their accomplishments. Similarly, it's far more important to encourage children to consider the consequences of their actions than to try to protect them from making mistakes.

Suppose, for example, a child leaves her bicycle in the driveway. Sure, it's tempting to put it away for her. But it's far smarter to help her explore possible outcomes by asking, 'What do you think will happen if you leave the bike outside overnight?' Chances are, once she's thought about it, she'll decide that it's best to put the bike away.

"It isn't easy to watch our children fumble and stumble. But sometimes that's what it takes to help them become confident, capable, and independent individuals -- which should be every parent's goal."

Has a Strong Marriage

"Children are affected by their parents' relationship in several ways. First, research has shown that adults who are in loving marriages are more effective parents. They're more patient and more attentive to their children's needs. Unhappy parents, by contrast, are more inept when it comes to dealing with their children. They're inconsistent and sometimes harsh in the way they discipline. Overcome with their own problems, they are unable to adequately care for someone else. But beyond that, the kind of marriage that a couple has profoundly affects the quality of the relationships that children will develop as they grow up.

Finds Time for Fun

"Great parents are playful parents, ones who always remember how important it is to have fun with their kids. That doesn't mean, of course, that moms and dads need to be nonstop entertainers or amuse their kids every minute of the day. What it means is embracing the joy of a child's world and sharing it by being part of their play.

"As we race from one event to the next, we often underestimate the value of downtime. But simple play is deeply meaningful. Early games like peekaboo and hide-and-seek teach children about attachment. Fantasy play helps children explore who they are and who they want to be. Playful wrestling builds physical confidence.

Tossing a ball back and forth teaches athletic ability, sportsmanship, and cooperation. Play is also the way that children recover from life's upsets. They reenact important emotions with their dolls or action figures. After getting a shot, they want to play doctor and pretend to give you a shot. This time, they're in charge.

Knows How to Say No

"Many parents find that it's tough to be firm with their children. They can't set rules. They threaten but don't follow through with consequences. 'No television for a week,' a mom may tell her child in the afternoon, only to make an exception that very night.

But the fact is, if we relinquish our parental authority, we are doing a disservice to our kids.

"When children are young, they crave limits. They seek real rules, not rubbery ones. But by the time they reach adolescence, kids who don't see their parents as authority figures begin to look elsewhere for a code of conduct.

They often find it in what I call 'the second family,' the collective power of the peer group and pop culture. Immersed in this world, good kids act out in dangerous ways. They lie without guilt; they experiment with drugs and alcohol; they have sex at frighteningly early ages. They do these things because in the world of their second family, such behavior is acceptable.

"So what's the answer? The key is to strike a balance between offering our children support and empathy -- and simultaneously providing structure through clear expectations of how we would like them to behave. It is the constant, natural back and forth between love and limits that is the mark of a great parent."

Is a Great Role Model

"The best way to instill values is to be a strong and present role model. A lifetime spent with a generous adult creates another generous adult.

A childhood in which material goods aren't overemphasized produces a child who understands that she can't buy everything at the mall.

Parents who demonstrate genuine sensitivity to a child's feelings and needs instill in him the ability to empathize with and care for others.

"Values don't come from a textbook or from discussions about abstract concepts. Children learn values long before they have the ability to read about them or discuss them. Rather, values are taught during the ordinary interactions of everyday life.

If a child likes and respects you and your values, he will want to embrace them and make them his own."

TRADITIONAL VS MODERN PARENTING



Let's face it. It's tough being a parent.

There's no need to sugarcoat here. You don't get to go to school to learn or train how to be a parent. Pilots train to fly a plane and get everyone safely from one place to another. Doctors spend years poring over books and hours practising and learning how to help people who are sick. But to become a parent? There's no Parenting 101 or Proficiency Parenting courses we can take.

You can read all the books available on parenting and when you're faced with your toddler having a meltdown you still feel frustrated and guilty (yes, those two emotions can actually go together). There are tons of books about pregnancies and preparing for the big arrival. And we diligently apply ourselves to becoming the expert on this stage of becoming a parent. But somehow once the child arrives, perhaps there's too much going on, but it is not as common for parents to pore over books to learn 365 Mantras for Managing Meltdowns with Terrible Twos or How Not to Scream When Teenagers Push Too Many Buttons.

You just... get busy surviving being a parent.



So to all parents out there, know that you are not alone, and that we recognise Modern Day Parenting can feel arduous and stressful.

It doesn't end when you become a grandmother

I recently visited my granddaughter in Luxembourg and landed to a very different parenting experience which got me thinking about parenting styles and how one can never really know what is the 'right' thing to do. Parenting styles are different not just across generations but also across countries and culture.

It had been a long wait to finally meet my granddaughter, and now that travel restrictions have been lifted, I was raring to pack my bag and jet set my way to meeting Victoria. After a gruelling journey all the way from Australia through several countries and battling long flights, COVID tests and lost baggage, I finally got to meet our latest precious member to the family.

We all have expectations of what it would be or feel like when meeting our grandchildren for the first time, and yes it was magical and totally worth all the travel misadventures, but what I was not prepared for was how unsure I actually was about parenting. Thing is, just because you become a grandparent does not mean you have been awarded a promotion or a PhD in Parenting. If anything, I found myself even more confused about what parenting really is about!

I'm sure some of you have struggled over these questions:

- Do I pick up the baby if she's crying?
- How long should I let her cry before picking her up?

- Do I put her down the minute she stops crying?
- Am I hugging her too much, too long, too often?
- Is ignoring a fussy baby going to emotionally hurt them?
- Is pampering a fussy baby going to emotionally hurt them?
- Why can't I feed her the things I used to feed my own daughter?
- and the biggest question is... OMG... am I a bad mother / father?
- ... and the list goes on and on. You get the idea.

Many of us look back to our own childhoods as a point of reference as to how to parent. But our children are growing up in a totally different generation and there just isn't a template for how to parent in this present environment.

So as parents we are caught in this strange, eternal twilight zone between two worlds - the traditional and the modern. I thought I'd shine a brilliant light on these two seemingly opposing ways of parenting and see what I can discover about this elusive thing called parenting which seems so impossible to ever get right!

Traditional Parenting

Main aim: The parent is the authority figure here. They teach children skills, manners, values that will allow them to become responsible adults who will in turn become useful members of society and contribute to their families.

Characteristics of children: They have good manners, have been 'well-taught' by their parents, behave really well, understand school and education are important. They get good grades and collect accomplishments in various areas of their lives. As adults, they are dependable, reliable and have good work ethics.

Style: It is a very practical way of parenting, where the focus is on the long term and the benefit of the greater good. Many may be familiar with the philosophy of "You need to study hard now so you can get a good job in the future."



Parents are more likely to exert power and authority over the children who are expected to be obedient and responsible.

In this style, parents impose more restrictions and boundaries and say no a lot more. And a NO in traditional parenting is a complete sentence. There is no room for negotiation. Discipline is strict and resistance is futile.

The values and belief systems of the family are also important here. Children are expected to behave according to these values. Children learn to abide by rules at an early age and they learn the consequences of not following rules as well.

Tantrums, meltdowns and disrespect have no place here. And like an ever reliable mathematical equation, every action has its consequences.

Downside: This makes the role of the parent the 'bad guy' where everything is rigid, inflexible, disciplinarian and lacking in ease and affection. It is tiring for the parent to constantly put on an 'armour' and set strict boundaries, sometimes to the point of disconnecting and pushing the child away in the name of punishment and education. Spare the rod and spoil the child is what parents fear in this style.

Children growing up in this style learn a fear of authority figures, some become timid and withdrawn and have difficulty socialising. Others can go to the other extreme and become rebellious, driven by fear and anger. Children do not have the chance to fully

develop a sense of self in a safe, loving and healthy environment, because their point of reference is always an authority figure in the family. They constantly seek approval and base their behaviours on how others react.

Modern Parenting



Main aim: Mental health is not some trend here - it's a vital part of modern parenting. It is a more nurturing approach that respects each child's individual talents, preferences and needs. You could say that it is customised to how every child is. Modern parenting is aiming to raise children who are confident and who can trust in their own abilities and self-worth.

Modern parenting is not so hung up on scoring grades and achievements. It takes on a more all-encompassing approach and recognises the child's unique skills and tries to build up on that so they can find their place in the world and be able to fit in as well as contribute.

Characteristics of children: Children who grow up under this style of parenting have a stronger sense of individuality, confidence and are more trusting of their own abilities to take on the real world. They are less likely to be socially awkward.

Style: Parents are very involved in this style. They are not so rigid with rules and boundaries and are able to see another way of approaching a situation or trying to understand why a child behaves the way they do. This style encourages children to respect (and trust) the authority figures as opposed to fearing them. Children are encouraged to explore, play, try different things. Punishment is not the modern

parenting cup of tea – it's not about punishing, threatening or shaming a child for not doing something. It's about rewarding them when they do, and finding ways to get them interested.

Downside: As is often said, balance is key to everything. Zero discipline leads to an overly permissive parenting style. You do not want to have the child to lead you by the nose and become the boss of the house where they can do anything they want. In the long run, this actually hurts the child because they are unable to cope in the real world where life is very often unfair and comes with its challenges. They are unable to deal with rejection and lack the resilience to push through difficult periods.

Obsessing over every single thing the child does leads to being too involved which can feel suffocating to the child (and maybe to the parent if they cannot cope). This is what is commonly known as helicopter parenting. Over control is not love, and it is harmful to the child who may act out with tantrums and meltdowns.

For a comparison of the differences between traditional and modern parenting, check out this table [here](#).

HOW TO BE A MODERN PARENT AND UPBRING YOUR CHILD?

The value of ethics and good etiquette has been deeply ingrained in our society over the ages. Especially when it comes to children's behavior, parents are the ones who are contemplated to be responsible for it.

However, like everything, this too has been corrupted by the evil influence of the over-advanced society. The present generation aping the modernity is becoming highly materialistic, leading to the disobedience of children.

Nowadays, children have got the notion that they are more worldly-wise than their parents. Their knowledge may be remarkably more on a particular subject, but in the case of being worldly-wise, they are way behind their parents. Parents have knowledge gained from years of experience, which they should mold in their children. Let's learn how To Be A Modern Parent and instill the best qualities in their children while upbringing them.

Acknowledging the Actual meaning of Successful Parenting.

Everyone wants to be perfect in everything. But at first, parents should understand that successful parenting is not all about attaining excellence. Nevertheless, it also does not mean that parents should not work towards that goal. They should set high standards for themselves first and then for their children.



Trying to be their Role Model.

Parents should acknowledge the fact that they are acting as role models for their children. As said, children follow one's example more than their advice; parents should act accordingly. They should not just tell the child what they want them to do. They should show them as well.

Sparing Time for Children.

Time is what can prove to be a distinction for any relation. Nowadays, the monotonous and hectic schedule does not permit a spare ample amount of time for children. This creates a gap between parents and children, which is a threat to a healthy relationship. Children need their parent's time to get pampered and get their bounteous love.

Being Empathetic Towards Children.

If one has to understand someone, they should always try to be in their shoe to get their perception. Children at a tender age and having a contrasting perspective can have different views, which can infringe on their parent's thoughts.

Modern parents spend more time with kids

At such a point, parents should try to be empathetic towards them and teach them the same. The best way to avoid misunderstandings is to have a hearty talk with them.

Managing the Tantrums of Children

Children are newbies to everything in this world. They can easily get ravened down by any bait. Childhood is the spring in anyone's life when everyone and everything seems very appealing and alluring.

They can be very much affected by the world's temptations, which can be wild enough to famish them straight. They can throw a lot of tantrums, which can be annoying enough to handle.

This is the time where patience serves as an aid. It's always good to fulfill your child's desires and wishes but only to a limit. It is not wise to promote stubbornness in children. Instead, parents should try to make them aware of the consequences of every will and action.

Evading the Orthodox of Career on Children.

Here parents should ponder their time. We all know how many times, being parents, we have imposed our wishes on our children despite knowing their wants. We should understand that this is a different millennium where an abundance of various career paths is available.

Connecting With Kids Through Art | Parenting

We know that every field is not that secure to be pursued as a career. This is very important to make the naive children recognize the pros and cons. But that necessitates a veracious way to teach this maturity in them. Instead of decreeing a career on them, we should support them in fulfilling their dreams with proper measures.

Youth is undoubtedly an age of ease, for they are physically and mentally in the pink of their health. Their minds are modern and hence more receptive to new concepts and

stereotypes as well. So this is the right time to infuse worldly wisdom, etiquettes, and excellent qualities in children to help them become good people.

HOW TO MOTIVATE YOUR CHILD AS A MODERN PARENT

How do you inspire your kids to motivate themselves? Here are six tips to help you influence them towards self-motivation.

1. Don't Let Your Anxiety Push Them To Get Motivated

You will only motivate them to resist you or to comply to calm you down because they want you to leave them alone. This won't motivate them as much as teaching them how to appease or resist you. It then becomes about reacting to you instead of focusing on themselves and finding some internal motivation. Your anxiety and need for them to care will just create a power struggle between you and your child.

2. Be Inspiring

The only way to motivate is to stop trying to motivate. Instead, work towards inspiring your child. How do you do that? Be an inspiring person. Ask yourself if your behaviors are inspiring or controlling. Understand that your kids will want to run the other way if you're too controlling. Think about someone in your own life who is inspiring to you, and work towards that goal. Remember, the only thing you'll motivate if you're pushing your child is the motivation to resist you.

3. Let Your Child Make His Own Choices—and Face the Consequences

Let your child make his own choices. When it's a poor choice, hold him accountable by letting him face the natural consequences that come with it. If the consequence of not doing his homework is that the computer is taken away, put the need to get that computer time back in his hands. If he finishes his work, he gets the time on the computer you've agreed upon. That will be a motivation for him in the right direction without you telling him what to do, how to do it, and lecturing him on why he should care.

As a parent, what you're actually doing is asking yourself, "What will I put up with? What are my values and principles?" and you're sticking to them.

4. Learn What Makes Your Child Tick

- What motivates my child?
- What does he really want?
- What questions can I ask that will help him discover and explore his interests?
- What are his goals and ambitions?
- Step far enough away to see your child as a separate person. Then observe what you see. Talk to him to find the answers to the questions above. And then listen—not to what you want the answers to be, but to what your child is saying. Just listen to him. Respect his answers, even if you disagree.

5. Get Your Child to Want to Do the Right Thing

Imagine two doors. Door number one is for the parent who wants to get their kids motivated and do the right thing in life: get up, go to school, get their work done, be successful. Door number two is for parents who want their kids to be self-motivated to do those things. They want to influence their child to work toward the things they're interested in. To not only do the right thing, but to want to do the right things.

Which door would you enter? If it's door number one, then the way to achieve that goal is push, punish, beg, nag, bribe, reward, and cajole. If you decide on door number two, then you'll reach that goal by asking different kinds of questions.

Rather than, "Did you get your homework done?" you might say, "Why did you decide to do your homework today and not yesterday? I noticed you chose not to do geometry yesterday, but you're doing your history homework today. What's the difference?" Be an investigator, exploring and uncovering, helping your child discover his own motivations and sticking points.

HOW DO YOU MOTIVATE KIDS TO DO CLEANING CHORES?

Parents usually do not want their kids to get involved in cleaning tasks. For them, the little ones should only focus on their study and play. However, studies reveal that motivating kids to keep their houses clean and organised is beneficial.

It makes the kids more responsible, competent and develops skills like organising, attention to detail and time management skills. Such skills help the kids in the long run. The key to motivating kids to clean a house is giving them tasks according to their abilities and age.

If you plan to clean your rental house at the end of tenancy, do not involve the children. Instead, hire a company that offers the best end of lease cleaning Adelaide. They will help you to get the bond money back. However, if you want your children to participate in the cleaning task and feel motivated, you must follow some tactics.

Read on to know more about the best ways to motivate kids to do cleaning chores.

Consider The Mood Of The Kids

Before assigning work to your children, you should always consider their mood. Talk to them about it and try to solve the problem first if they are upset or angry about something. Wait until your children have finished a game, a video/movie, or any other similar activity.

Inform them that you require their assistance with some household tasks so that they can join you after finishing whatever they are doing. Kids may become irritated if you try to impose a task on them without knowing their mood.

Educate The Kids

You must teach your children the value of a clean home and why a dirty home is harmful to their health. It will encourage them to help you clean up the dust and debris in the house. Let the little ones stay close to you while you clean a surface, and take the time to explain things to them.

Teach them about how to use green cleaning products and what cleaning products are safe to mix.

Know Their Limitations

If a chore is difficult for the children, they will get frustrated and ultimately lose interest. So, keep the age factor in mind whenever you assign a task.

For instance, pre-schoolers should be limited to picking up their toys every day, putting their dirty dishes in the kitchen sink, and other similar chores. If you have school-aged children, they are capable of organising their toys, games, books, colours and other items.

Reward The Kids

Giving rewards is one of the most effective ways to encourage children to clean their rooms. Whether they ask for it or not, children always expect some recognition and reward from their parents.

As a result, you should always thank them for their efforts and reward them when they help you with house cleaning. A movie, chocolate treats, a family outing, preferred toys, etc., can be their reward. You can show the kids how professionals clean every nook and cranny of the property when you hire certified cleaners who offer professional end of lease cleaning Adelaide.

Make The Chores Little Fun

Children can help with chores such as clearing away clutter, sweeping the floor, wiping the table and furniture, etc. However, these tasks are considered extremely tedious.

As a result, children lose interest quickly. It is your responsibility as parents to find ways to make the task more enjoyable. Organising a friendly competition is one of the best ways to make these tasks more interesting. You can also play their favourite song. There are some great ways to make house cleaning fun. Avoid playing videos because they will get distracted.

Opt For Tools Specially Designed For Kids

Many young children enjoy assisting their parents in cleaning the house. These home activities frequently strengthen the bond between parents and their children. The problem is that the cleaning tools and equipment used by parents are too heavy and uncomfortable for small children to use.

This issue may discourage them from participating, but there is a solution. Many manufacturers have already begun to design and manufacture tools specifically for children. Some miniature equipment is useful, while others are there for mere entertainment.

Never Associate Cleaning With Punishment

Cleaning or scrubbing jobs should never be used as a punishment for children who disobey their parents, fight with a sibling or do anything wrong. This may result in fear for dusting and other similar chores, which will be difficult to change in the future. You can ask them not to watch TV or play outside the house, but you should never make them do any cleaning.

Furthermore, if they fail to adequately clean a place, never raise your voice or show disappointment. It will demotivate them for sure.

MODERN-DAY PARENTING MISTAKES YOU SHOULD AVOID MAKING



Everyone thinks they are expert parents, except when it comes to doing some parenting themselves! How many times have we shuddered as a child throws a tantrum in the supermarket? We probably think, 'parents these days haven't got a clue.' But, more often than not, that poor parent is actually trying to establish some limits and we should be less disapproving and more supportive. Here are the top 10 modern-day parenting mistakes that you see all the time. Time to face up to the challenges of positive parenting.

1. Mistake: You give in to have a quiet life

Supermarket owners are not really that parent friendly, I have discovered. After all, those candies and snacks are plonked right in front of the child's nose at the checkout.

Mistake: Many parents give in because they have to juggle credit card, shopping, trolley and a screaming child. The only problem about giving in and hoping for a quiet life is that the child has learned a new strategy. This will be used again and again. It works!

The Fix: The best way to avoid any of this is to:

- make sure that the child has had his snack before going shopping
- avoid shopping with a child in tow
- use delivery services as much as possible
- lobby supermarkets to stop stocking checkouts with junk food

2. Mistake: You do not insist on limits

Mistake: If a child is spoiled and cosseted at every turn, the consequences will be that he or she will grow up as a rather demanding and selfish adult. If they encounter setbacks at school or later on in the workplace, the parent may well be to blame.

The Fix: Emma Jenner, in her book 'Keep Calm and Parent On' has pointed out that there is a happy medium between being over strict and being far too lenient. The solution is to make sure that there are limits and consequences for unacceptable behavior.

3. Mistake: You do not tolerate other carers who discipline your child

Mistake: I remember when a schoolmate of mine was punished for smoking in the school grounds. His father rushed to defend his son and blamed the headmaster and waged a war of attrition against him for many months afterwards. That boy grew up to be a heavy smoker and drinker. He is now obese.

That was quite a rare event in those days but nowadays, parents rush in to stop people disciplining their children. Teachers and other carers have to be tread very carefully when reminding children how to behave and become responsible citizens.

The Fix: Parents should be reassured that others are watching and observing their children.



4. Mistake: You do not follow through on consequences

Let us say that you have established there are certain limits and there are consequences when these are not followed.

Mistake: The problem many parents face is that they are not consistent in following through with the consequences. The result is that control is lost and the children start to take over.

The Fix: Make sure that you apply the consequences as soon after the misbehavior and on a regular basis.

5. Mistake: You do not empathize with your child

Mistake: Taking time to empathize with your child is a great investment. When things get tough at school or during homework, take time to express solidarity and sympathize. It does not mean you have to indulge your child or let him off certain tasks. But at least, when empathizing, you are connecting with your child. Now that is much better than yelling or just insisting that chores have to be done by a certain time.

The Fix: When kids get mad, emphasize that verbal communication is always more effective than reacting physically.



THE LAST THING..

Parenting is 100% parents trying to shape lives and 100% children choosing their own life. While parenting requires time, energy, love, sweat, and tears, it also requires freedom to allow our children to make their own decisions and choose their own paths. It is a difficult balance that varies from child to child... but parents who neglect to let go cause harm. And they never accomplish the very goal of parenting itself: Making wise choices in order to prepare young men and women to be released into the world as responsible adults. We hope you love this complete guide.

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