

# SAMVEDANA

## Let's Be A Part Of Our Child's World

*Six year old Shreya stood at the end of her teacher's desk wanting to ask something. Her teacher looked up from her work and said, "Shreya, do you want to ask me something?". Immediately the child said, "Ma'am, were my parents there at the Parenting Session today?" "Sure, Shreya, they were very much there and we had a little talk too!", the teacher replied. The sparkle and pride in Shreya's eyes and the new found rhythm in her walk to her seat spoke a million words!!*

Probably we would be amused at the happiness the child experienced through one simple act of her parents but when seen closely this "simple act" sent a big message to the child that " I care for you and I want to be a part of anything that is connected with you". In other words this parental involvement and support definitely makes a positive difference to their child's world.

Inspite of our honest attempts, parental involvement often gets diluted possibly because of reasons like:

- Parents feel that they do not have enough time at home, with both mother and father working outside home.

- They may even think that they do enough at home, therefore staying connected to school may not be important.
- Once in school, parents may not be able to ask questions to the teacher as they may feel blamed for the child's performance.
- Often an experience with the older sibling is taken as a blueprint for their subsequent interaction with younger one. They forget that "Each child is unique and each childhood is different".
- We often tend to set boundaries and rules within our home or even when having fun or discussions with our child thus limiting the free flow of ideas and thoughts.

Involving ourselves in our child's life is not a "job" to be completed in our busy schedule. It has to be enjoyed and helping us to "grow" ourselves alongwith our babies.

- **TALK AND TALK MORE**

Set aside a time to talk in a calm and interactive manner. Show a genuine interest in the activities of your child in the school. Be a part of the social world of your child by knowing her interests and dislikes.

- **READ TOGETHER**

Parents are child's first and enduring teachers. Reading is the precursor to learning. It is more enjoyable if done together adding a new milestone in the child's learning curve.

- **ASK ABOUT THE SCHOOL EVENTS**

Ask, do not interrogate as it can be an irritant. Our attempt to interact has to be in the form of conversation developing from a point of interest for our child.

- **HELP DURING STUDY TIME**

Be supportive, provide help when your child asks for it. Allow him to ask questions and throw challenges to make him learn beyond boundaries.

- **BE AN ACTIVE PART OF SCHOOL**

Parenting sessions, PTA Meets, sports and annual days are forums where healthy interaction between members of the home-school community allow nurturing of children.

Visit the school website and stay informed.

- **ADOPT A HEALTHY LIFESTYLE**

- Children should be encouraged to have breakfast before going to school
- "Early to bed and early to rise" should be a family mantra.
- Physical activity and socializing do allow children to have a wholesome personality.
- Allow children to be a part of the daily chores at home.

Let's provide unique experiences to our children, which will give a boost to their interest in academic and non-academic areas.

**ANUPAMA CHAND**