



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 8.4
IJAR 2021; 7(5): 423-425
www.allresearchjournal.com
Received: 14-03-2021
Accepted: 25-04-2021

Dr. Sudesh Rawal
Associate Professor in
Psychology, Ch. Ishwar Singh
Kanya Mahavidyalaya,
Dhand, Kaithal, Haryana,
India

Inculcating right values in our sons to create a safe world for our daughters

Dr. Sudesh Rawal

Abstract

“Parents are a child’s first teachers and role models” They are responsible for shaping up the child’s behavior and implementing positive values in them. Children listen, observe and imitate their parents. So it is important that they should be good role models the kids would want to follow. As a Mother or Father, a Parent has to practice what she/he preaches to expect the child to follow it. But majority of Parents miserably fail to be that and set up examples of bad parenting instead. There is no doubt that Parenting is one of the most difficult and demanding tasks in the World. It requires continuous learning and sacrifices to be a good Parent. To raise well behaved and responsible children one should be willing to invest a considerable amount of time, patience and energy. Instilling and inculcating good values in a child will in future make him/her a good person and a better citizen.

Keywords: good manners, parenting, family bonding, role model

Introduction

Usually the parents are the first people to have an influence on a child and their values. A good mannered person is always loved, respected and welcomed everywhere by everybody. Good manners are acquired more by observation than by formal teaching. Right from childhood a toddler will imitate his/her parents. It is therefore necessary that parents are alert, because the children, like monkeys imitate what their parents do. These days most of the parents have one or two children and they tend to be too indulgent with them. Parents must themselves be an example of good behaviour for their children.

Good manners are not taught through formal teaching. They are acquired more by observation

It is therefore imperative that parents are very cautious. Children are very smart and observant. Whatever the parents do or talk, they mimic their parents. You must have noticed that children generally speak in the same tone and manner in which their parents speak. Good manners are not taught through formal teaching. They are acquired more by observation. The parent should not give too many instructions to the children. Allow the child to learn from your manners rather than lecture.

Some of the guidelines which the parents must keep in mind

- Good behaviour: A child’s behaviour is the basis of all good manners. He/she should be polite and respectful to the elders. He/she should learn to say the words „thanks“, „sorry“, „welcome“ and „beg your pardon“.
- A child must learn to be truthful. The parents must take care that they do not even tell harmless „lies“ which will ultimately confuse the child.
- The children must acquire good etiquettes. They should have good table manners. They should know how to hold the spoon and fork.
- To inculcate good table manners the parents may take the children occasionally out for dinner/lunch. They should learn that they must not leave anything in the plate.
- Children learn a lot while on the playground. The qualities of give and take, sportsmanship, friendship and concern for others are acquired during sports.
- The children must be benevolent and kind not only towards their elders but also towards those who are younger in age.

Corresponding Author:
Dr. Sudesh Rawal
Associate Professor in
Psychology, Ch. Ishwar Singh
Kanya Mahavidyalaya,
Dhand, Kaithal, Haryana,
India

- If the mother is expecting a baby, ensure that the elder child must be prepared to share the mother's love with the sibling. For this the parents have to be cautious because the elder child becomes jealous of the younger brother/sister which continues till later life.
- The parents must respect the feelings and individuality of their children. They should never belittle their child in front of his friends or outsiders.
- The child must learn not to throw tantrums. It should be made clear to them that their obstinacy will not be tolerated.

TEN important qualities to inculcate

To inculcate good values parents should concentrate the following ten qualities which are essential for a good human being

1. Not to be jealous
2. To be courageous
3. Leadership qualities
4. Responsibility
5. Punctuality
6. Discipline
7. Respect
8. Self-management
9. To be honest and truthfulness
10. Good etiquette.

Ways to inculcate good values

It takes time to acquire a habit and the parents need to be patient with their children. Keep repeating these habits every day so the child inculcates it more promptly. Sometimes, parents are not aware what habits they should teach their children. So to make things easy, here is a list of good habits you can teach your child daily.

• **Keep Things Positive**

Having a positive frame of mind is extremely essential for a parent during child's initial years. Everything that teaches to child now will leave a mark on his thought pattern. The last thing a parent would want is to see the kid take the route of pessimism and depression as a teen or an adult. Adopt a positive frame of mind, and make sure the environment at home is happy and comfortable. In the book titled Purposeful.

Parenting: Strategies for Raising Children Who Achieve", Dr. Rose T. Watson states that those children who are cuddled and communicated with in a regular basis grow up to be more confident individuals. This also paves the way for a positive environment at home. Children also need their own furniture and toys, they feel secure in their own space. Dr. Watson suggests parents to use the furniture and toys to teach responsibility within the household, like teaching the child to keep the toys back in the right place after playtime is over.

• **Be Realistic With Your Expectations**

One of the most important factors to remember while bringing up the child is to keep our expectations realistic. Kid is bound to make mistakes at some point of time, and a parent need to deal with it patiently and gracefully. Remember that kid is still small and inexperienced, and he will most likely emulate what he observes around him. Children will learn to do what you expect from them if your

expectations as a parent are realistic. As parents you have to realize that children don't learn at same rate and within the same time frame and with the same ease. Nor can they reach a uniform level of achievement even when they grow up to be adults. Even though, parents are aware of this still they have high expectations from their children. Naturally there will be some expectations but they shouldn't be rosy expectations. Sometimes rosy expectations can inspire parents to spend quality time with their children and give their children enough support to use their potential to the maximum extent. However if unrealistic expectations exceed the potential that the child has, it can be harmful for the child's development and self-image. So, parents actually need to be patient for the child's skills and interests to develop in his formative years. If parents are high achievers they expect their children to reach that level. However, as parents you should realize that children's job is to learn and play. So let them enjoy their childhood and don't bog them down with your expectations. You can't expect adult behavior from little children! Parents often feel exasperated by their children's behavior, all they want is your attention and that is an example of normal behavior from kids.

• **Encourage Family Bonding:**

Family time is extremely important for a growing kid. Introduce him to the different members of a family; explain how they are related to him and how he should be treating them. This way, he will learn to value people around him and as well be learning the importance of family right from the beginning.

• **Set Strong Ground Rules**

As a parent, it is extremely important for you to set down rules for your kid, especially after he has started his school. Now is the time to make a routine time table for a kid. Set out fixed hours for playtime, homework and screen time. Give him 15 minutes every day to clean his room and an hour to relax out in the garden. Try to make a flexible routine and don't be too strict while allocating time for study and play. Keep adequate time for playing as sports help in both physical and mental development.

• **Make Him Understand**

Probably the most important aspect of growing up is to make a kid eat healthy food. Kids good habits always need to start early. If a kid insists on picking up a pack of 2-minute noodles from the supermarket, ask him to read out the ingredients on the label. Explain him why he should not consume instant food with harmful ingredients like sodium glutamate that can cause health complications in the long run. Educate a child about the importance of having a nutritious diet as compared to junk food.

• **Reward a Child**

It is a great idea to reward a child for his good behavior. This will keep him motivated and will help him stick to being at his best behavior always. However, a key point to note here is to avoid rewarding your kid with materialistic things like chocolates, an hour of TV and the like. Make the rewards intangible –a hug, a word of appreciation etc. Reward a child with good experiences-this way; he will learn that happiness lies in enriching experiences rather than worldly pleasures.

- **Show Respect**

Respecting elders is something you would want a kid to build as his etiquette. If a parent hasn't done that already, it's now time to encourage him to do the same. Read out bedtime stories that talk about kids seeking blessings from the elders and helping them out with their activities. It is also a great way to help a kid connect with his grandparents.

- **Manage Pocket Money**

This one is probably one of the most important factors in most households. Thankfully, it isn't that tough. Try and get a rough estimation of how much money your kid needs. Give him a fixed amount every month. Also, get your kid a „piggy bank“ and ask him to try and save money for anything he'd like to purchase later. This will get him into the habit of saving. Nowadays banks are offering opportunity for opening bank accounts for minors. A parent can ask your child to open a bank account and manage his own pocket money. It is very important to learn how a bank functions; this will pave the way towards making your child a self-sufficient, confident and independent individual.

- **Be Responsible**

Getting your kid to be responsible is not easy, but there are some good ways you can make your child to feel accountable. If your little one is old enough, consider getting him a pet-this will instill a sense of responsibility in your kid. Hand over something important to your kid and ask him to keep it safe, and see how he goes about it. These small methods are effective to make your kid become responsible.

- **Set Expectations**

As a parent, it is okay to set expectations with your child. Explain him that you would want him to achieve success in life and be a pro at whatever he wants. Don't overburden him, but do not forget to give a pat on his back whether he stands up to your expectations or not. Appreciate the fact that he tried. This way, you'll motivate him constantly to do his best.

Say No and YES in a correct time

Your child should know that when you say „No“ to something, it's a final call! The last thing you need is your kid turning into an arrogant and ruthless personality who always gets away with his excuses. Remind him that you in authority and you will be the one making decisions on his behalf till he grows older. Of course, make him realize the fact that he can always get a chance to voice his opinion and explain his side; but of course, the end verdict will be yours. As much as saying „No“ matters, you must know when to say „Yes“ as well. If your child has to attend a birthday party, let him go ahead and actively participate, even if it means changes in the schedule. The little things that enhance your kid's social skills are completely acceptable.

- **Be a Role Model**

One of the best ways to develop good habits for kids is by setting good example yourselves. Your child learns most of the things watching your everyday behavior and habits. Hence it becomes important for you to exhibit the best so that he imbibes the same.

- **Appreciate His Achievements**

Appreciate your kid and respect him for his achievements, irrespective of how tiny they are. Remember that he's soon going to be an adult, and this is the time you should start grooming him to be responsible and in control of his actions. This will help your child remember that good actions have positive results and attract appreciation.

Conclusion

Parenting is nothing short of a challenging experience and it isn't a smooth road. Expect a lot of bumps on the way. Rest assured that you'll be able to handle everything wonderfully if you just keep calm and deal with your kid in the right way. Always be mindful of the fact that being too strict or too easy isn't going to help. Finding a balance is the best way to handle any situation. Do not hesitate to seek advice from other parents, and even friends and family. You can also have a talk with your pediatrician and learn more about your child's development status and the measures you need to apply. Remember that your kid's good habits always begin at home. A good habit for children helps your child grow up soon and be a wonderful and successful human being. Make sure you're there throughout to guide and support him. Don't forget to share your parenting experiences with us.

Reference

1. www.parentous.com/2013/07/16/good-manners-inculcating-good-values-and-habits-in-children
2. www.lists10.com/10-qualities-inculcate-child
3. www.momjunction.com/ways-to-ensure-good-habits