

Slp 2 tux 101 information literacy and academic integrity

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Topic: Good Parents s Lecturer's Raising children that are responsible and well-cultured is not a simple task as most parents would attest. Parenthood requires commitment and self-denial of various things that parents were engaging. The self-denial aims at providing the children the things that they require, meaning that parents place the demands of their children first and focus on nurturing their self-esteem (Scott & Dadds, 2009). The prime aim of these commitments is to develop an individual that is responsibility and self-reliant. Good parents listen to the insights of their children, spend time with them and establish the things that they are interested in order to offer them the support they seek.

Unfortunately, owing to the dynamics in the contemporary society where both parents need to work in an effort to support each other in providing the demands of the family, there is limited time that parents spend with their children. Establishment of a balance amid work-family life becomes a difficult undertaking for many parents as most tend to focus on one and in most cases the work side. Caring for children and ensuring that all their demands are met, in most cases becomes the duty of the house helps, baby care centers and teachers (Gottschalg & Meier, 2005). The limited time that parents spent with their children exposes them to stress, and many develop depressive symptoms, which worsen the situation, as these parents increase the gap amid them and their children.

Conversely, this is not the case for good parents, who have the capacity to balance their work and family life, and thereby manage to deal with the probable stress that emanates from the same. These parents engage with their children in all aspects, and regardless of being busy at work, they

ensure that they learn how their children spent their day and whether they have completed their school work. These parents are always in close contact with teachers; house helps and baby care centers caregivers as they attempt to learn and comprehend the developments that their children are making. Another strategy that good parents adopt in order to eradicate stress and the development of depressive symptoms is by creating time to have fun with their children and spouses. Family outings help relieve stress and strengthen the bond amid parents and children as they interact from a friendly point of view, meaning children managed to express themselves easily, present their concerns and offer comments and insights on areas they believe need consideration, either at home or in school (Gottschalg & Meier, 2005). As listening parents, they take into account the issues raised by their children, and react on them by providing solutions and directions on what they believe is the appropriate technique to handle the issue at hand. Moreover, good parents are open to reality; for instance, good parents are entirely aware of that their children are growing and will be adults with time. Although this realization leaves a void that is difficult to deal with, good parents nurture their children in an upright manner and fill up the void by being convinced that they are developing reliable individuals. Children go through diverse transformations, but the most difficult for many parents is the transition amid childhood and adulthood, the puberty stage or adolescence. At this stage, children develop body features that align with adulthood, and many tend to believe they are already adults, meaning that they tend to believe they are on a leveling ground with their parents. Many parents are frightened by this stage, but good parents utilize adolescence

stage a quality time in which they remain connected with their children emotionally (Gottschalg & Meier, 2005). Rather than punish their children for the things they commit during this period, good parents offer advice and let their children comprehend what they are experiencing reasons they need to retain an upright lifestyle.

Further, since some couples believe they are not meant to be together and would wish to divorce, they ensure that they stipulate a quality guideline, which outlines ways they wish to care for their children, and essentially, some retain a unified decision-making strategy, which ensures that their children's life are not influenced by their decision to divorce.

References

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- Scott, S., & Dadds, M. R. (2009). Practitioner Review: When parent training doesn't work: theory-driven clinical strategies. *Journal of Child Psychology and Psychiatry*, 50(12), 1441-1450.