

Parent Education

The role of parents in the development of the personality of a child is vitally important. The parents' role does not end by just giving birth to the child it extends to making him a man. Today we notice that every parent is after making his child a doctor, an engineer or a highly qualified professional but are they aware of making their child a good man? This is very grave situation. If we want a plant to grow we have to water it from the very beginning. In the same way we have to nurture a child to make him a man. The process of inculcation of values should start taking place when the child is in the mother's womb. If the expecting mother watch movie, go hoteling, the child to be born will imbibe the same values. Hence education of parents is a primary concern with today's educationists. The more the parents are cultural, the more is the possibility of giving birth to a good child. The spirit of nationalism, love of religion, culture and humanity need to be imbibed in the parents. Swami Chinmayanand says that we have to take responsibility for molding and beautifying our children and prepare them to face the world tomorrow and to lead and guide the world of future. This should be the role of education. The parents have to be cultured and education for the great human values can not be taught through curriculum and coursebooks, they have to be inculcated at home through the parents.

Some definitions of Parent Education:

Programmes support services and resources offered to parents and caregivers that are designed to support them or increase their capacity and confidence in raising healthy children.

Parent education is directed at educational affords that attempt to enhance or facilitate parent behaviour that will influence positive developmental outcome in their children.

Vision of parent education:

To strengthen families by providing relevant effective education and support to encourage an optimal environment for healthy growth and development of parent and children.

There are six indicators of parent education:

1. Parent development
2. Early childhood development
3. Family development
4. Culture and community
5. Parent –child relationship
6. Child development

Need of Parent Education:

The parents need special guidance regarding the following stages of the child.

1. Parent education during the Pre-natal stage
2. Parent education during the infant stage
3. Parent education during different stages of development of the child.

1. Pre-natal stage:

This stage refers to the stage when the foetus has acquired a human form. Education should be made must for every parent at this stage. We can provide following education to parents:

1. Spiritual education to imbibe spiritual values in the child,
2. Proper nutrition,
3. Yoge, Japyoga, different exercises as meditation,
4. Growth and development of foetus,
5. Science of maternity,
6. Prashnopanishad and Taitariysnishad,
7. Spiritual foundation of human body,
8. Literature of the Saint,
9. Moral education,
10. Parental skills,

11. Philosophy of parenthood,
12. Patient Parenthood
13. Stages of parenthood,
14. Family values
15. Changing role of the parents.

2. The stage of infancy:

The parents need to be well informed and educated about the needs of the child at this stage.

1. Diet
2. Daycare
3. Personal hygiene
4. Personality development of the child
5. Recitation of various hymns
6. Behavioral Science of the Children
7. Psychology of discipline
8. Relationship Skill
9. Child Psychology
10. Nurturing Guidance
11. Theories of Learning
12. Language development
13. Creativity and Arts
14. Functional development
15. Social Attitude
16. Problem solving
17. Social and Cultural Education

3. Period of youth:

The period is called a period of storms. This is the most delicate period in the life of a child. The place of parents in this period is of utmost importance. The parents should study the following subjects:

1. Ward-parents relationship
2. Psychology of Interaction in a family
3. Psychology of physical changes in adolescence

4. Bhagwad Geeta
5. Participation in the child's learning
6. Management of stress
7. Foundation of steady family environment
8. Education of Nationalism
9. Global Citizenship
10. Evaluation of the ward.

It has to be decided whether these values should be inculcated in the parents through formal or informal education. For this we can development the following measures:

Indicators of Parenthood:

1. Personality development of the child (physical, mental, intellectual, social, spiritual, language ability, creativity)
2. Development of the Parents (Role of the parents)
3. Family development (Family values, traditions, intellectual interaction)
4. Parents- ward Relationship (Need, importance, skills, guidance, social attitudes)
5. Nationalistic view of the child (citizenship, global citizenship, Constitution, history)
6. Global view by the child (global culture, globalization, global religion)
7. Environmental view of the ward-parents (Self protection, conservation)

We come across the following views put by Swami Chinmayanand in this regard:

1. The food for body – includes good nutritious diet and hygienic diet, adequate exercise and disciplined daily routine.
2. The food for mental and intellectual level – healthy relationship with objects, human beings, good and creative thoughts.
3. The food for spiritual level – food for soul developing, kinship with God, expansion of one's outlook, embracing God's qualities of love, compassion and courage, inner refinement,

enquiry into the fundamental questions about oneself and the life.

4. When insufficient or wrong good food is given at each level it causes many problems:
 - a. physical --- disease, laziness, weakness
 - b. emotional --- insecurity, violent, tenderness, perversion, anger, jealousy
 - c. intellectual --- frustration, gossip, carping, perversion, corruption, conflicts in decision making wrong judgment.

INDICATORS OF PARENT EDUCATION

DEVELOPMENT OF THE PERSONALITY OF THE CHILD

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| 1. Personality Development of the Child | 1. Physical fitness
2. Nutrition
3. Hygiene
4. Physical grooming
5. Health Education
6. Health Assessment
7. Yoga |
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| 2. Mental Development of the Child | 1. Emotional expansion
2. Handling emotion
3. Mental Health Assessment |
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| 3. Intellectual Development of the Child | 1. Intellectual kindling, Concentration, Analytical ability, Discrimination, Imagination, Creativity, Abstract thinking, Observation, Comparison, Organisation, Classification
2. Aesthetics- Sensitivity to beauty |
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3. Independent thinking – Unbiased observation of people, things, situation, Intellectual conviction
4. Intellectual assessment – Vocational guidance assessment

4. Spiritual Development of the Child
1. Spiritual development-Value education, Philosophy,
 2. Spiritual analysis – Introspection, Detection, Sublimation
 3. Spiritual techniques- Breathing techniques, Meditation

5. Indian Culture
1. Cultural exposure – Arts, Festivals, Customs, Rituals, Chanting symbolism
 2. Cultural Heritage Awareness – History, Epics, Indian discoveries, inventions, ancient subjects with modern relevance, Sanskrit, Vedic Math.
 3. Cultural Motivation – Cultural Hobbies, Art, Music.

6. Patriotism
1. Education in Citizenship – History, Civics, Civil Consciousness, Responsibility Accountability, Service
 2. Fostering pride in one's citizenship- Great lives, National symbols, Country glory
 3. Unity in Diversity – Understanding secularism

7. Universal Outlook -
1. Citizen of the world
 2. Harmony in creation
 3. Relationship with God as a universal force.

8. Development of the Parent
1. Growth and development of foetus,
 2. Science of maternity,
 3. Parental skills,
 4. Philosophical foundation of parenthood
 5. Patient parenthood
 6. Stages of parenthood,
 7. Prashnapanishad and Taitariysnishad,
 8. Bhagwad Geeta
 9. Literature of the Saint,
 10. Social attitude of the Child
 11. Environmental Education

9. Parents- Ward Relations:
1. Foundation of Parents- Ward Relations
 2. Psychology of the child
 3. Behaviour Science of the child
 4. Co-relation Skills
 5. Theories of Learning
 6. Science of Bringing up the Child
 7. Psychology of Discipline
 8. Adolescence and the Physical Changes
 9. Management of the Mind
 10. Assessment of the child

10. Development of the Family:
1. Linguistic development of the child
 2. Family traditional values
 3. Family interaction
 4. Stress management
 5. Foundation of healthy environment
 6. Family values
 7. Recitation of hymns

These are indicator of Parent Education.

Implementation of the Syllabus:

We can adopt the following measures to implement the programme of Parent Education:

1. Creating awareness for Parent Education among the parents and would be parents,
2. Opening a parent education division in every school,
3. Involving voluntary organizations on contract basis,
4. Employing Teacher-Parent organizations to impart education and training,
5. Organising Parents-teachers' conferences,
6. Forming Parents-teachers Groups,
7. Forming Family –School partnership
8. Setting up coordination committee of Child-Parents-Teachers,
9. Considering the problems faced children of divorcees,
10. Taking care of the children whose mothers live outstations for job,
11. Publishing Parents Handbooks,
12. Creating Parents Education Network,
13. Establishing Centre for Parent Education on national level, linking them with Colleges of Education,
14. Preparing Programme providers,
15. Designing core curriculum framework for parents education,
16. Deciding Materials References Resources,
17. Preparing Lesson Plans,
18. Developing Self-Rating Scale for parents,
19. Organising workshops, seminars, lectures, demonstrations, etc,
20. Arranging Counselling sessions,
21. Giving projects to parents,
22. Imparting training in Personality traits Assessment of the child. Following traits are included: sensitivity, co-operation, tolerance, sense of belonging, confidence, initiative, leadership, consistency in behaviour, emotional balance, self-reliance, courage, conviction, righteous anger, self-control, honesty, sacrifice, love of nature, relationship with God, positive attitude, awareness, etc.

23. Establishing Institute of Advanced Parent Education (IAPE),
24. The syllabus could be need-based. Parent educator has an important role to play. Group educators can interact with parents to know their needs. Check lists, Interviews, Seminars, Symposium, Research can be used to design the need-based syllabus.

In this way a draft syllabus can be designed and executed.

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