

# Parvarish – CONSCIOUS PARENTING

## Target Audience

Parents of children below age 10

## Project Details

Whenever someone becomes a parent, the developmental journey is for both - the parent as well as the child. The basic idea of this project is to focus consciously on this journey to enhance the old-age practices and incorporate new strategies to help the child's development.

With increased equal work opportunities, female empowerment, and a shift from joint to nuclear families, many challenges arise when people become first-time parents. Parents are often not able to dedicate enough time to their children. This leads to serious consequences such as physical and mental issues. Maa Foundation aims to create awareness by linking how parents' actions directly impact a child's development.

Parenting has three essential components. Firstly, care protects children from harm. Care also encompasses promoting emotional as well as physical health. Secondly, control involves setting and enforcing boundaries to ensure children's and others' safety in ever-widening areas of activity. Thirdly, development involves optimizing children's potential and maximizing the opportunities for using it. Although a reasonable consensus exists about "bad parenting," there is no agreement about its opposite, particularly in a diverse and rapidly changing society. Ultimately, the goal is to achieve a harmonious relationship between parents and children.

This program is designed into structured hour-long sessions for eight consecutive weeks, focusing on various themes. Overall, these themes talk about understanding child development and parenting, multiple activities we can implement for their holistic development, effective communication with children for their holistic development, keeping their health and safety into consideration, strategies to develop appropriate behavior in children and lastly, the importance of all the caregivers' involvement in child development.

The sessions are week-long, where parents are given few assignments to complete, and along with assignments, we provide parents with relevant documents.

## Project Highlights

- Holistic development of children
- Appropriate behaviour strategies for children
- Importance of caregiver's involvement

## Duration

One hour/week for 7-8 weeks (as per age group)

## Registration



To know more visit [www.maafoundation.org](http://www.maafoundation.org). If you wish to enroll on this program, register yourself by scanning the QR code below. We will get back to you soon.

