

## Essay: (mock-05)

### 10. Challenges of Parenting in Modern times.

#### 1. Introduction:

There are various challenges of parenting for a parent from child birth till adolescent. ~~child's~~ education, ethics, dressing, eating habits, friends circle, nutrition, usage of technology are the ~~big~~ challenges while parenting.

#### 2. Demonstration of the word "Parenting":

2.1 To nurture baby from birth till adolescent:

2.2 To give education both religious and cultural.

#### 3. Challenges of Parenting in modern times:

3.1 Keeping an eye on a child; what a child is watching over smartphone

3.2 In recent times; technology is used both positively and badly, parents are alert for their child in terms of technology usage.

3.3 friend circle of a child has to look after by the parent



3.4 The ~~teachers~~ of schools and Madrasahs of a child is to see by parents.

3.5 Usage of drugs is increasing in modern times; it is a big challenge for parents

3.6 As parents are both working outside of the house; it is a big challenge in terms of parenting

3.7 Parent has to make sure that child must not use verbal abuse or do any physical abuse

3.8 Child's growth is a big concern while parenting

3.9 Child's nutritional supply is a big challenge while parenting

3.10 The adequate supply of clothes and other basic necessities provided to child is a big challenge while parenting

3.10 Parent must ensure that their child is getting proper education



- 3.11 A parent must ensure while parenting that child's immune system shall work well so that disease shall not affect his child.
- 3.12 Incorporating skills in a child is also one of the big challenges while parenting.
- 3.13 No over usage of technology that affect child's eye sight.
- 3.14 A good and balanced social life
- 3.15 Ensures cleanliness of the child
- 3.16 A parent ensures that no any bad habit may come in their child.
- 3.17 A parent must ensure that child's ethics must not be disrupted.

## 4 Conclusion

"The greatest ~~gifts~~ gifts you can give your children are the roots of responsibility and the wings of independence." Denis waitley has given this quote for a child while parenting by both of the parents. Nowadays,



there are many challenges that are faced by parents while parenting their child. The world is moving towards digitalization. Technology is increasing day by day. It does not have an effect over child but also it affects parents as well. Because, parenting has become much harder than it was before. The various challenges of parenting are: Keeping an eye on child that what a child is watching over the smart phone, Because in recent times the use of technology is both positive and negative also. A parent has other challenges too while nurturing a child they had to see the friend circle of a child, The teachers of schools and Madrasahs, the tuition teachers, the use of drug is increasing day by day a parent has to see all the dimensions, If both parents are job holders then there is a great burden on them to look after their child, Parents has to make sure that child must not use any oral, verbal or physical abuse, Growth of the child, nutritional supply is given adequate to the child, the adequate supply of clothes,



Parents also make sure that their child is getting proper education in school institutions, child must not suffer from any kind of disease, incorporating skills in a child, no over usage of technology, good and balanced social life? Parent ensures the cleanliness of the child, No any bad habit is incorporated into a child, child's ethics is also the great responsibility of a parent while nurturing. Therefore, in modern times parents have huge responsibility to tackle all the challenges for the better future of their child.

Parenting is defined as the process of nurturing a baby from their birth till their reach of puberty that is adolescence. In parenting, it is the huge responsibility of both the parents that is mother and father to make sure that their child must get both of the educations that is religious as well as western education. Because both of the educations are necessary for the better development of a child as well as for their future to get jobs.

Nowadays, in modern times it has become evident that the usage of technology is



~~meaning very much. In every house almost every child has their mobile phones of either their own or either of their parent that is mother and father. It has become a great challenge for a parent to keep an eye over their child that what they are watching in a smart phone, smart tv, computer screen or on the laptop. Because the access of internet is almost in every of the house. And, in this internet they can easily search any thing or speak over the microphone in the search engine if they do not know how to speak. Thus, in modern times it has become a great challenge for a parent while nurturing their child.~~

Technology has both advantages as well as disadvantages. There are a lot of things over the internet. A child is in the growing stage they do not know the outcomes of good and bad. By searching anything and seeing anything good or bad can highly affect their development of neurons. Because in the early stage of



growth of a child their neurons are also developing. Therefore, seeing any bad content over the internet can have a serious and drastic affects over the physiology and anatomy and neuronal activity of the brain of the child.

Friend Circle is also a major challenge to see while nurturing a child. A friend can

either be a good or bad in terms of their ethics, family background everything has to look after by a parent of the child.

If a friend of a child is telling lies then there are likelihood of chances that a child can also telling a lie. If a friend is abusing

then there are likelihood of chances that

child will start abuse. If a friend of a child is smoking or taking any bad

ingredient then there are likelihood of chances that a child can also take such kind of substances. Therefore, a parent

has to look after the friend circle of a child and make sure that child must not have any bad company.

The teachers are the one from whom a



Child gets his basic primary education. Teacher may be a school teacher, medrassah teacher or a tuition teacher. Parent has to see that how his child is going in the studies because teachers had the great influence over the personality of a child. If a teacher is good in manners then there are likelihood of chances that child also shows good manners at home. If a teacher is not behaving well with the child then there are likelihood of chances that child may not behave well in the home. Therefore, a parent must have to see that how are the manners of the teacher in school, tuition or medrassah.

The use of the drugs and other ingredients which causes harm to the body are increasing day by day in the modern times. The use of nicotine, alcohol, champagne, and other drugs are nowadays very common in the society. It has become a great challenge for a parent that they have to see that their child



must not get exposed to ~~any~~ of such areas in which alcohol, nicotine or other drugs are going. Because, these drugs usage by other peoples can cause great affect over the psychology of a child. Therefore, it has become a challenge for a parent to see that no any drug is surrounding his child. It has become very common nowadays that both of the parents are working parents. for example if father is doctor than mother is also a doctor if both are outside the house then how they can involve themselves in parenting. This has become a great challenge for parents. In that condition, a parent has to engage child with themselves at their work area.

The Growth of child is a major concern for a parent. If child's growth is too slow then parent become very much stressed that why their child is not growing well like other peoples childrens. Parent must make sure that their children is supplied with adequate supply of nutrients. If children get low amount of iodine in



diet than there are possible chances that Hypothyroidism may occur. ~~Of children is not taking adequate supply of vitamin D and calcium then there are possible chances that weak bones may develop in a child.~~ Therefore, parent has to make sure that their child's growth must not hinder. Another major concern for a parent is verbal, oral or physical abuse of a child or ~~child is seeing any other individual then there are likelihood of chances that child may abuse verbal, physical or oral.~~ Therefore, parent has to make sure child does not see or listen anything which is abusive in nature. Adequate supply of nutrients is essential for the growth of body physically as well as mentally. For physical and mental health adequate supply of carbohydrates, proteins, lipids, ~~nutrients~~ and minerals are essential. ~~otherwise, growth will be hindered. If growth is hindered,~~



~~then there are likelihood chances that it may affect the normal physiology of a child.~~

The adequate supply of clothes and maintaining their other basic necessities is also one of the big challenge for a parent while nurturing. Every parent is not the same so every parent has not the same economic opportunities that they provide everything to their child. However, they must ensure that their child is provided with all the basic necessities related to cloth, food, shelter, maintenance.

Education is one of the major and basic right given to every child. As in **Article 25 A of the Constitution of Pakistan provides right to Education to every child.** Parent also make sure that their child is getting primary, secondary, higher secondary educations.

Getting all levels of Education is the basic and fundamental right of a child which is also provided by the constitution of Pakistan in the Article 25 A.

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Immune System is the defense system of the body that fight with pathogens such as Virus, bacteria, fungi, protozoa etc. If the immune system is well developed then there are strong chances that disease may not occur to an individual. Parent has the responsibility to look after the proper and balanced diet of a child so that child's immune system must develop well and a child must be disease free and healthy individual of the society. Nowadays, Digitalization has been increasing therefore incorporating any skill is become very much essential for a child. For that, parents are very much stressed that their child must also get skills along with their school education. skills like verbal, oral, social, computer technology etc.

The usage of technology has a direct affect over the eyesight of a child. Therefore parent has to see that their child must not over use the use of technology. "If we do not shape our children, they will be shaped by the world." ~ Dr Louis