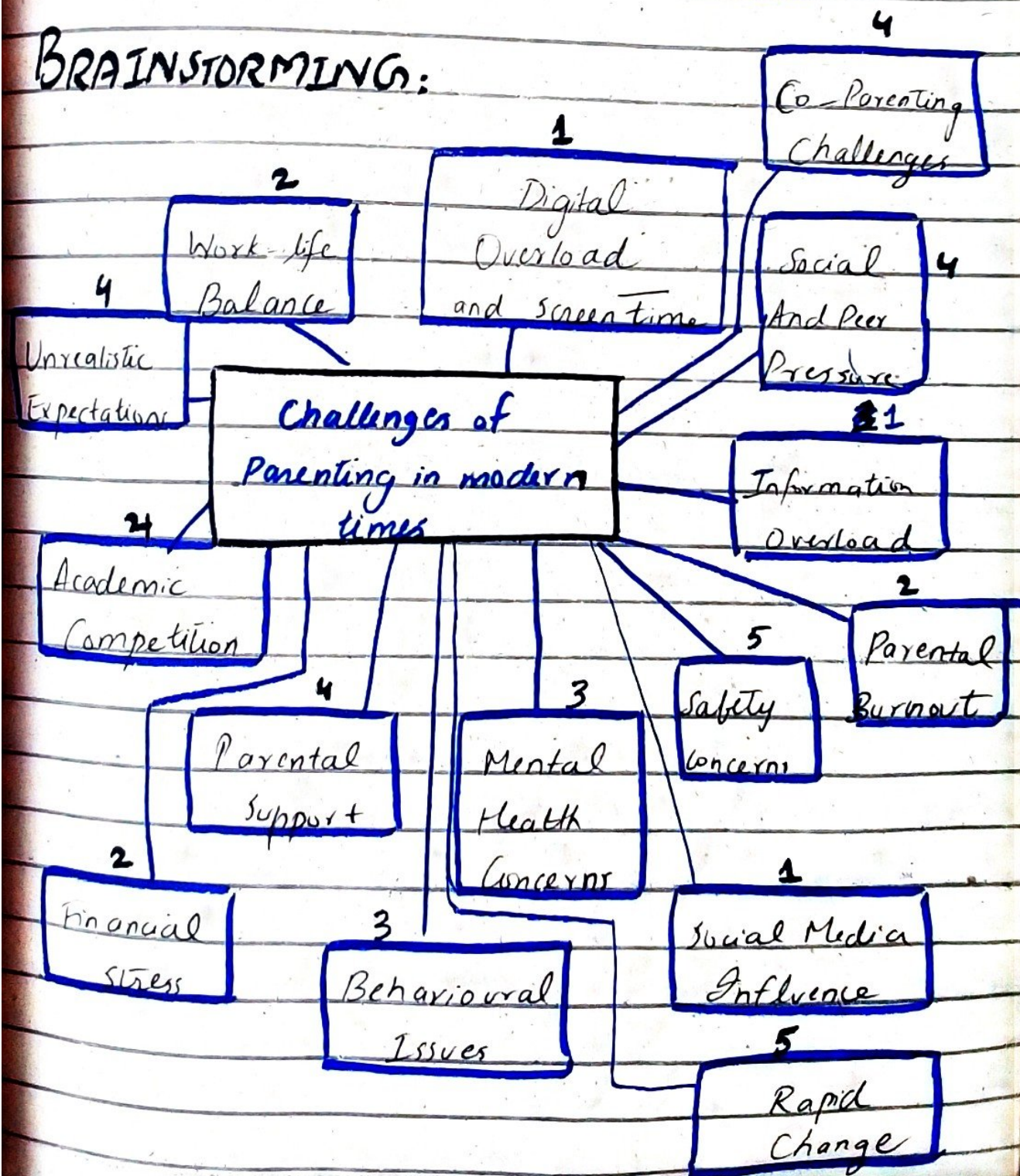


MARVA SHAHZADI

TOPIC:

CHALLENGES OF PARENTING IN MODERN TIMES

BRAINSTORMING:



Outline of Essay:

1. INTRODUCTION

1.1. Hook

1.2. Background

1.3. Thesis Statement:

Challenges that parents have to face in modern times are digital overload and screen time, social media influence, work-life balance, parental burnout, financial stress, mental health concerns, behavioral issues, information overload, unrealistic expectations, co-parenting challenges, social and peer pressure, parental support, safety concerns and rapid change.

2. DIGITAL AND SOCIAL PRESSURES

2.1. Digital Overload and Screen Time

2.1.1. Decreased Attention

2.1.2. Mental Health Issues

2.1.3. Sleep Disturbances

2.2. Social Media Influence:

2.2.1. Academic Problems

2.2.2. Addiction and FOMO (Fear of missing out)

2.2.3. Online Dangers

2.2.4. Low Self-Esteem Issues

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2.3 Information Overload

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2.3.3. Increased Stress

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ESSAY

"Children must be taught how to think, not what to think," these words by **Margaret Mead** show that in today's digital age, modern parenting faces the challenges of raising independent thinkers in a world that is already filled with information, where children are constantly flooded with opinions and their answers making parenting a very difficult task for the parents. The challenges that parents have to face in this modern age are digital overload and screen time, social media influence, work-life balance, parental burnout, financial stress, mental health issues, behavioral issues, information overload, unrealistic expectations, co-parenting challenges, social pressures, parental support, safety concerns and rapid change.

Modern parenting is challenged by the obvious issues of decreased attention spans, rising mental health concerns and sleep disturbances in children in these days. The consistent screen-time of

the children make it very difficult for them to engage in deeper learning and to do critical thinking.

Furthermore, the blue light emitted from screens and late-night scrolling disrupts their sleeping schedules and natural functioning of their body. These interconnected challenges make establishment of healthy boundaries more difficult for the modern families. Due to decreased attention spans, children become less attentive and energetic in the outdoor activities affecting their nourishment of their body and mind.

Another challenge that modern parenting face these days is that the children are overwhelmed by the excessive use of social media and its influence on them. As they are in touch with the outside world, parents have to be more alert as the children are open to any kind of content that would be dangerous to them and they can hurt themselves. For example a few years ago, there was an online game called "Blue whale" and it manipulated the young kids to

do challenges and hurt themselves and post their picture or video doing that challenges. That game brain-washed many people all over the world and there were a few cases in which kids have committed suicide as well because it was a challenge in that game. So parents nowadays have to take care of that as well and also look at what activities their kids are doing on their devices.

Children are loaded with tons of information and they can get any kind of information they need and access it any time. This reduced their critical thinking to such extent that they are unable to think at any level now. They have access to any kind of information and they cannot digest all of it at once too and this can lead to poor focus as well as they do not have any idea what they need to extract and what is irrelevant. As kids have access to anything, this makes a greater challenge for the parents to raise their kids in this environment as the room for mistake is always less.

and they need to be active and informed all the time.

Nowadays, in this economy, mostly both parents have to work so that their children is in a comfortable environment. And parenting along with work becomes a very difficult task. Raising children is already very challenging and during this work-life balance becomes a hard obstacle. Time-management becomes almost impossible that costs the children.

Also, parents forget themselves as human beings and never find time for their own self. There are a lot of things in line already that they must prioritize before taking care of themselves and due to all this, they become grumpy or short-tempered and they cannot give full attention to their kids as well. Parents need support from each other and if they don't get any, raising children and working as well becomes impossible for them causing the children to grow in a very rejected environment.

Modern parenting faces profound challenges where children show emotional detachment, social withdrawal and an overall loss of joy. The digital age, while connecting the children virtually, contributes to these issues, excessive screen time can sometimes replace genuine human interaction making them become emotionally unavailable in real human interactions where they are face to face with someone. The social withdrawal could be result of cyberbullying, making it difficult for the parents to find the root cause of this problem and encourage healthy in-person relationships. The resulting emotional detachment is a serious indicator that require careful parental attention.

One of the most significant modern parenting challenges comes from the ever-increasing cost of the education and their resulting burden of high level of debts for their children and often themselves. This financial pressure forces parents into taking difficult

decisions. The pervasive fear of not being able to afford higher education for their children creates stress and anxiety for parents.

Another parental challenge arises when parents struggle with their own mental health issues, such as depression, social isolation and feelings of guilt and shame.

Depression can seriously impact their ability to a supportive and comfortable environment for their children, leading to emotional unavailability, less discipline and withdrawal from their

own children. This can create an unpredictable home life, that can lead to emotional and behavioral problems in children in future, who may, in return, blame themselves for their parents' sadness or anger.

Furthermore, societal pressure and whole idea surrounding around the mental health issues may lead the parents to hide their struggles from everyone resulting in social isolation and lack of necessary support networks around them.

Modern parenting is complicated by the powerful myths of the "good caregiver," "constant happiness" and "perfect parent". The expectation that one must always be a perfectly nurturing caregiver, and one should be constantly happy creates unattainable standards. This image, often shown by the social media, puts intense pressure to appear flawless in all aspects of the child upbringing. The resulting gap between the myth of perfection and reality of the parenting life fosters anxiety and lead to burnout, day-to-day work of raising a child more emotionalizing.

Another significant modern parenting challenge would be co-parenting. A parenting already is a very difficult task and when the parents are separated, it becomes nearly impossible to raise the child in a strategic and good manner. Or when the partners are separate, they can face communication difficulty with each other and this would lead to the improper bringing up of the kid. As both parents are living together and the

child needs to go live with each of them, they can have completely different lifestyles which can lead in building confusion and making the kid less confident. And also, there could be a case that a child is not allowed to meet their other parent that can make kids that think of them inferior to others. Along with that, children may get new parents and being introduced with new parents and living with them normally may look like a huge task for the children affecting their mental growth and confidence.

In conclusion, the collective weight of modern parenting creates complex and demanding landscape for the families. It is tough because parents are dealing with a lot of issues at once. They have to deal with kids who struggle with attention, anxiety, sleep issues, and social withdrawal due to screen time and high pressure. At the same time parents face huge challenges high cost of education and managing their own mental struggles and being totally overwhelmed by the myth

of "perfect parent". It all comes
down to intense struggle to keep
their kids healthy and happy while
managing huge financial and
emotional stress in an ever-
changing world.