

DAY: _____

Essay

DATE: _____

Topic:

Challenges of Parenting in Modern Times

Outline:

I. Introduction:

a) Hook

b) Brief overview of parenting and how it evolved in the 21st century.

c) **Thesis Statement:** Parenting today presents unprecedented challenges due to technological shifts, economic pressures, changing family structures, and sociocultural transformations.

II. Challenges of Parenting in Modern Times

A) Technological Challenges

i- Challenge to regulate screen addiction and digital overexposure of children.
case in point: American Academy of Pediatrics (AAP) Guidelines on Screen Time.

ii- Difficulty for parents to monitor digital spaces of children.

Case in point: Journal of Adolescent Health (2013).

B. Economic Challenges

i- Rising cost of living and Education.
case in point: UNICEF: The state of the world's children reports.

ii- long working hours and parental burnouts.

case in point: Journal of Marriage and Family (2002).

C. Transformation of Family Structures

i- Rise of Single-Parent and dual-income families.

case in point: Annual Review of Sociology (2004).

ii- Decline of Extended family support

Case in point: Arnett, Jeffrey
Emerging Adulthood.

D. Sociocultural and psychological pressures.

i- Shift toward competitive parenting

case in point: Lareau, Annett. Unequal Childhoods (2003).

ii- Social media comparisons influence parenting practices.

Case in point: Journal of Broadcasting and Electronic Media (2015).

E. Health and Safety Concerns

i- Challenge to cope with mental health challenges in children.

Case in point: Child and Adolescent Mental Health resources (WHO).

ii- Challenge in balancing physical safety of children with their independence.

Case in point: Pediatrics (2007)

F. Ethical and Moral Dilemma for Parents

Case in point: Putnam, Robert. Bowling Alone.

iii) Conclusion

a) Thesis Restatement

b) General statements

c) Hope note