



**Bourn  
Vita**

**Tayyari Jeet Ki**

**Your Partner to Parenting**

Authored by  
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Parenting Coach and Educator

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## About the author



### **Dr. Pallavi Rao Chaturvedi**

Parenting Coach and Educator

Founder, Get Set Parent with Pallavi & Brainy Bear

Dr. Pallavi Rao Chaturvedi is India's leading parenting coach, educationist, and entrepreneur. She is the founder of India's fastest-growing parenting resource organization—Get Set Parent with Pallavi. Her social media handles, @getsetparentwithpallavi with over half a million followers have become a hub for young parents across India and globally. She is also the founder of the Brainy Bear Preschools, the Brainy Bear range of early learning products for children. Moreover, she is the chief curator of the GSP-Vishwarang Children's Literature, Art and Music Festival.

Most recently Pallavi was adjudged as one of the winners of the Business World BW Education 40 under 40 Award, 2022. She has also been recognised by India Today in April 2022 as one of "The ten most iconic, and inspirational leaders of India". Femina has also featured Dr. Pallavi as a pioneer in the field of parenting. She routinely writes for and has been featured by noteworthy publications like Times of India, Economic Times, Business World, India Today, Femina and many more.

She is a regular speaker at several national and international forums, the most notable being the International Entrepreneur Summit on Sustainable Development Goals at the United Nations Headquarters in New York, the World Forum on Early Childhood Best Practices in Macao and the G20 Young Entrepreneurs Summit in Istanbul. Pallavi is the EVP of AISECT Group, is on the National Working Committee of the FICCI Toys Council and is the Vice President of the Early Childhood Association of India amongst several other hats she wears.

An engineer, an MBA from the prestigious S. P. Jain Institute of Management and Research, Mumbai, a PhD in Women entrepreneurship and with over one and half decades of rich work experience, Dr. Pallavi Rao Chaturvedi has played a pivotal role in democratizing informed, mindful and conscious parenting. Her children, Malvika and Malhaar constantly fuel her creativity and passion.

### **Research Acknowledgement Credits:**

*Ms. Srashti Singhal, Ms. Shweta Dua, Ms. Toshika Gupta*

## Preface

*In the world of ever-increasing pressure on children, parents constantly worry about their child's success and well-being. At Bournvita, we believe magic happens when mom and kid work together to just be better versions of themselves each day, not falling prey to comparisons. We believe that it is about the journey and not the destination when it comes to a child's preparation for life.*

*This e-book is ideal for a mom with a kid in the age group of 7-14, so she can build strong foundations with her parenting. She follows her own instincts and doesn't succumb to societal pressure, is open-minded, and has confidence in her parenting skills but welcomes all inspiration. She believes she has the strongest role to play in powering her child's potential and nurturing their aspirations.*

*This e-book puts forward inspiration rooted in perseverance, resilience and endurance for mothers who strive to prepare kids for success every day. As every mother-child journey is unique, there are no right or wrong tips that we can lay down for her, what we can lay down are a bunch of experiences from which she can take a leaf. This e-book is envisaged to inspire parents, fuel introspection, and emerge better prepared for parenting.*

**#TayyariParentsKi**



For more such parenting tips – visit [www.tayyarijeetki.in](http://www.tayyarijeetki.in)







## Chapter 1

# Parenting - A journey with no destination

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"With the birth of a child, is born a parent!"

No one teaches us or prepares us for parenting. We draw understanding from our own upbringing, follow our gut and look for ideas and information as we progress. However, parenting isn't a cakewalk with a multitude of challenges at every phase. The trials, the tribulations, the achievements, the milestones - every bit of parenting is a journey fraught with adventures. This book hopes to take you through some insights as you raise your child and help him/her cope with different situations. The significance and tools to build mental wellness, how to be an effective partner during their formative years of education, how to ease the transition during the adolescent years and how to fortify their spirits with the right nutrition - this book will attempt to address all these facets.

To begin with, let's track the transformative journeys of Shania and her mother Sheetal to understand how during their lifespans, the child and the parent evolved both in their interdependencies on each other and as people.

Shania in this example could be you as a young child growing up or your child today. Sheetal could well be your mother or you today or in the years ahead.

### > Infant (0-1)

Shania's world is her mom and she is 100% dependent on her. She absorbs and explores the world through her parents.



Sheetal is ecstatic at the arrival of her baby but she is also struggling to balance between her baby and her career. She is also trying to understand the nuances of parenting and wants nothing but the best.

### > Toddlers & pre-schoolers (2-5)

Shania has started developing her own identity and wants to explore the world but with the security of her parents by her side. She is going through separation anxiety as she begins school.



Sheetal is now more adept at handling her child but is overwhelmed with introducing solid food, clinginess, toddler tantrums and is now straddling between work and home.

### Middle childhood (6-10)

Shania is now a primary schoolgoer with her own life of academics, extra-curricular activities and friends. She is still highly dependent on her parents to help her with her studies and other things.



Sheetal now has more time apart from her child and chooses how she wants to spend it. Her days whizz by juggling home, Shania, work and social life.

### Young teen (11-14)

Shania now knows the importance of her academics and extra-curricular activities. She is going through huge changes in her body and mind and turns to her friends for support and sharing. She has started demanding privacy but is still dependent on her parents.



Sheetal wants to stay very connected with her child but doesn't want to be intrusive as her child keeps asking for privacy. She is trying to treat her daughter like an adult and realises being over strict at this age is detrimental.

### Teens (15-19)

Shania now has charted out her future and needs to leave home for university. She is independent and occasionally indulges in discussions with her parents who are now like her friends. She is now exploring the world of relationships.



Sheetal feels a little distant from her child but is satisfied to see her daughter blooming in her life. The parents find it hard to adjust to their empty nest and refocus on each other and their lives.

### Young adults (20-30)

She is an adult now, running her own life and her parents have become her buddies. She has her own family now and realizes she has to now juggle between her kids, taking care of her parents and her work.



Sheetal and her husband are getting older and some health issues have started seeping in, but they find solace in Shania's life and try to help her and stay involved as she juggles a busy life.

## Guilt-free parenting

The aspiration of every parent is to live guilt-free - both as a parent and as a person. Often, we find some individuals prioritizing parenting over their own needs, leaving them frustrated and unfulfilled. Yet others prioritize themselves over parenting requirements leaving them guilty. Is there a secret sauce to guilt-free parenting? The answer lies in introspection. Let's try and crack the same.

## What do you want out of your journey as a parent and as a person?

Attempt to pick 5 from each set to arrive at what will probably keep you content.

### What drives me as a person...

1. Treating my career as important.

6. Building meaningful relationships with family and friends.

2. Taking care of my family.

7. Working towards better spiritual and mental health.

3. Being financially stable.

8. Embracing my failures.

4. Considering fitness and health to be important.

9. Working on self-improvement.

5. Consciously taking out 'me time'.

10. Challenging myself.

## What drives me as a parent...

1. Creating a little quality time every day with my child.

6. Teaching financial management.

2. Not letting screen time be a distraction.

7. Working towards becoming a coach and mentor to my child.

3. Consciously planning holiday breaks.

8. Raising a child who is goal-oriented and focused.

4. Instilling a healthy, positive attitude in them.

9. Teaching my child to live a greener life.

5. Teaching children how to celebrate failure and cope with it.

10. Raising a sensitive and tolerant child.

## Now that you have chosen your picks, fill them in here:

I aspire to be a person who believes in ..... , .....  
..... , .....

I aspire to be a parent who believes in ..... , .....  
..... , .....

These 10 areas now are your guardrails to help you plan your life in a way that's meaningful for you. Do review this every year and you may find your priority areas changing as your children grow.

Now that you have thought through your priorities, it is integral to build a deeper understanding of your child. Just as there is no perfect parent, there is no perfect child. During their initial years, you as a parent are the primary driver of the relationship.

# Understanding the in-between years of your child

If your child is between 6 and 14 years of age, know that they are now at the most impressionable phase of their lives. A sound understanding of their growth milestones will help you prepare for the journey ahead.

## Milestones for young children



Milestones for middle childhood (6-8 years of age)

### Developmental:

- Physical, mental, social skills develop quickly.
- Children start self-dressing.
- Start catching balls using only their hands.
- Start tying shoelaces.
- Friendships become important.

### Emotional:

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.

### Thinking & learning:

- Show rapid development of mental skills.
- Learn a better way to describe experiences and talk about thoughts and feelings.
- Have less focus on one's self and more concern for others.

Source: CDC (Centre for Disease Control and Prevention)





Milestones for  
middle childhood  
(9-11 years of age)

**Developmental:**

- Peer pressure and influence.
- Gain a sense of responsibility.
- Physical changes of puberty might be showing by now, especially for girls.

**Emotional:**

- Start to form stronger, more complex friendships and peer relationships. Experience more peer pressure.
- Become more aware of his or her body as puberty approaches.
- Body image and eating problems.

**Thinking & learning:**

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to understand others' point of view more clearly.
- Have an increased attention span.



Milestones for  
young teen  
(12-14 years of age)

**Developmental:**

- Hormones change as puberty begins.
- Facial growth & pubic hair begin to appear in boys.
- Breast development & pubic hair growth in girls. It's time for the arrival of the menstrual cycle as well.

**Emotional:**

- Show more concern about body image, looks, & clothes.
- Experience mood swings too often.
- Get easily influenced by their peer groups.
- Express less affection toward parents.
- Experience more peer pressure.

**Thinking & learning:**

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.

Source: CDC (Centre for Disease Control and Prevention)

## Mapping the evolution of influences on children across generations

While we bring up the precocious Gen Z/Gen Alpha kids today, it is critical for us to understand their influences and how different they are from us growing up as the Millennials or the Gen X. Their thinking and behavioural processes are hence naturally different. Let's have a look.



### Gen Y (Millennials, 1980-1995)

Comics/books, television with limited shows, Indian celebs, limited outings, fear of teachers, fear of parents, striving for stability, small social circle, joint families, limited Indian brands, video games, common landline phone, outdoor play, eating out on special occasions, focus only on academics, limited internet on desktop, more siblings and cousins.

### Gen Z (1996-2012)

Technology advancement, kids' channels, online games, friendly teachers, friendly parents, entrepreneurship ecosystems, focus on extra-curriculars, the advent of social media, global tensions, international brands, mobile phones, e-books, limited outdoor play, vast social circle, international exposure, nuclear families, no sibling or just one.





## Gen Alpha (2012-2024)

Digital age, smart technology, e-commerce, penetration of social media, changing family dynamics, ease of life, OTT kids' channels, ed-tech, pandemic, age of start-ups, much more international exposure, permissive & conscious teachers, permissive and aware parents, no sibling or just one, double income.

Given this diversity of influences, it is undoubtedly a challenge for modern-day parents to empathize with their kids and support them in all their decisions. They may often be torn between the style of their own upbringing and the parenting style their kids need. Let's look at the image below and try and encapsulate some modern-day parenting challenges.

## Modern-day parenting challenges

Balancing good mental health & academics

Keeping the child away from bad external influences

Accepting unconventional career choices

Teaching 21st century skills

Raising an introverted child in an extroverted world

Information overload

Parenting in the digital era

Paranoia

Overparenting

Guilt of doing less

Access to excess

Keeping a healthy routine

Inculcating family values

Protection from child sexual abuse

Fostering quality family relationships

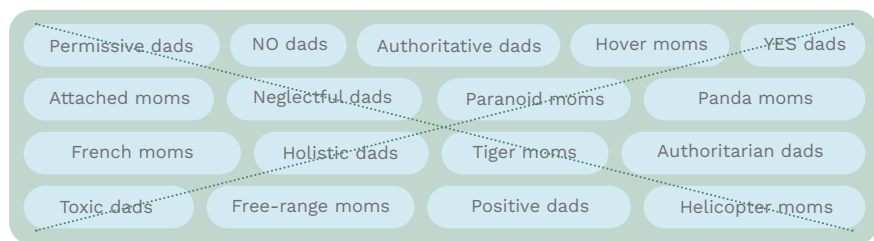
Parenting styles clash

Family and work-life balance

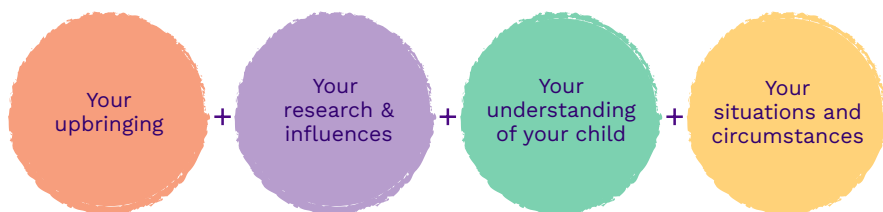
Facing judgment, shame and blame from others



Given these myriad challenges, you may probably find yourself trying to figure out what parenting styles are the most effective. However, there is no perfect parenting style and no perfect parent. Also, there is no one glove fits all formula for parenting.



What would work instead is a unique combination of aspects from your own upbringing and childhood, your research and influences as a young parent, your in-depth understanding of your child, and the specific circumstances or situations (like geography, finances, single parent, etc.) in which you are raising your child.





## Chapter 2

# Parenting & Mental Health

**Good Health is much more than  
just the absence of illness.**

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**T**alk about mental health to modern-day parents in the context of overall well-being and there are good chances the response will be one of disbelief, denial and shock. The stigma and baggage associated with mental health or mental wellness stem from a general lack of information and acceptance in our society.

Any question about the child's mental health is likely to be met with responses such as:



**My child has everything - a loving family, good school, friends, loads of games and toys – what problems could he/she possibly face?**

**My child is not mentally healthy, is that what you mean?**

**We come from a good family. There's nothing wrong with my child.**

**My kid is happy all the time - after all, he/she has a carefree life!**

**But my child looks absolutely fine!**



While it's understandable that these are the foremost thoughts and reactions that parents may have, one must pause to scratch the surface and attempt to understand the realm of mental well-being in kids so as to become positive catalysts during their formative years.

## Understanding mental health & well-being

“Mental health refers to emotional, psychological, and social well-being. It affects how **we think, feel, and react**. It also helps cope with **stress and make healthy choices** in life.”

Source: Fact sheet no. 220. Geneva, Switzerland: World Health Organization.

Mental health is important at every stage of life - be it in childhood, adolescence or adulthood. **Mental health in childhood is all about achieving developmental and emotional milestones and learning healthy social skills and how to deal with problems.**

Source: CDC (Centre for Disease Control and Prevention)

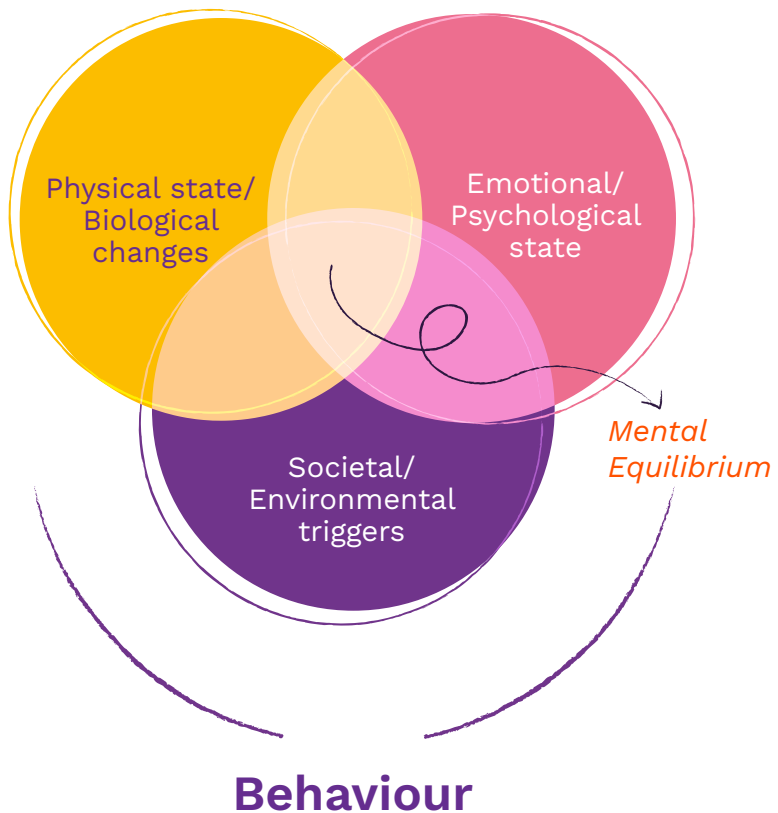
## Why is mental health a concern more than ever before?

At least 50 million children in India were struggling with mental health issues before the pandemic crisis. These numbers further saw a steady spike when kids were left with little or no social interactions during the lockdown. About 80-90 percent of parents didn't seek professional help due to the stigma attached to mental health.

Source: Indian Journal of Psychiatry in 2019

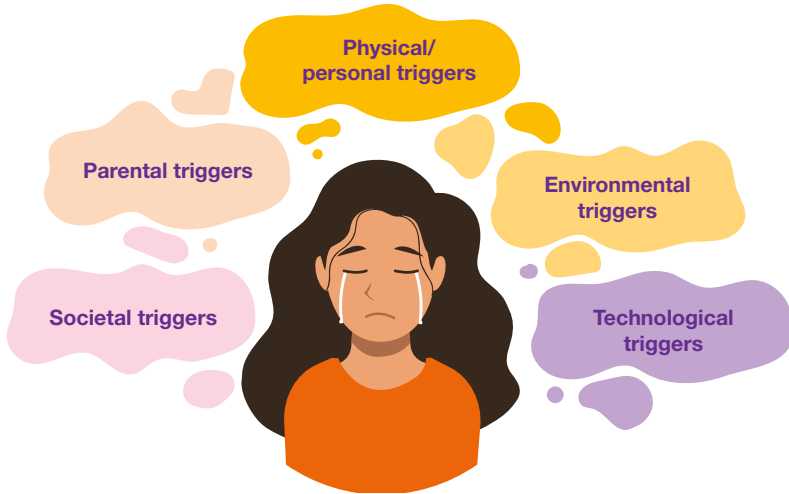
## The state of mental equilibrium

To understand mental well-being more clearly, think of it as the result of 3 critical and interrelated components – a perfect balance of which achieves mental equilibrium. The outcome of this then determines the behaviour of a person.



So why does this equilibrium get affected? It may seem that the life of a child is easy and stress-free. But in reality, the modern world places a lot of stress on the child.

Here are a few triggers that nudge kids to slip into mental imbalance.



**Societal triggers:** Media influences, gender norms, discrimination, peer pressure, performance pressure, celebrity influence, bullying, brand fads.

**Parental triggers:** Comparisons, overparenting, expectations, separation/divorce, arrival of a sibling, the mental health of parents, uninvolved parents, domestic violence, harsh parenting, punishments.

**Physical/personal triggers:** Peri puberty/puberty, hormonal changes, physical appearance, gender identity, toxic relationships, sexual abuse, physical abuse, addictions.

**Environmental triggers:** World events, wars, pandemic, death of someone close, change of school, change of locality.

**Technological triggers:** Social media, cyberbullying, screen time, selfies, sexting, internet addiction, technological bubble.

On the subject of triggers and affected behaviours, Mrs. Kavita, a doting mom of a 9-year-old girl, constantly worries about how she can protect her child from failure and disappointment. Her question reflects the mindset of the current generation of parents - petrified of failure.

The question then is, why would she want to do that? After all, aren't these the years for the child to experiment, to stumble, to fall, to fail? With her parents by her side, there can in fact be no better practice ground, don't you think? Much too often, we are so busy setting up our kids for success that we undermine the invaluable lessons which they can learn from a setback or defeat.

An indicator of progressive parenting can actually be to what extent we have been able to create opportunities for kids outside of their comfort zones, opportunities to fall and fail so as to grow from there on. Failure, loss, disappointment, struggles, issues in relationships, careers, and finances are all phases that our children may encounter not just in adulthood but also during the school years.

Let's study the **Iceberg Illusion** - first proposed by Ernest Hemingway and illustrated years later by Sylvia Duckworth -- to understand the concept more clearly.

# The Iceberg Illusion

## Success is an iceberg





What one can do as a parent is to work on building resilience, endurance, and perseverance - which are the building blocks of strong mental health. The ability to withstand not getting what you want out of life is a key skill to inculcate in the early years. Young adults often find themselves mentally crippled when faced with such adversities - manifestations of which are sometimes as extreme as suicides, depression and extreme anger that our society is witnessing today.



## Points to ponder

- What drives a child/ young adult to drastic responses in face of adversity?
- Are you as a parent preparing your children to handle pitfalls and challenges positively and gracefully?
- Are you able to understand your child deeply and come to their aid when they need you?

Let's discuss the case of Smita, another anxious mother of a 12-year-old boy, who wants to know how to recognise if her child is having a mental crisis and needs her attention.

So, the onus of observation and spotting symptoms is on the parents and teachers. A visit to your trusted pediatrician, counsellor, or mental health care practitioner will give you more clarity on how to help your child. Addressing the issue is critical and without that, the child may face short-term impacts and in some cases long-term impacts as well which then become much harder to deal with.

### Short-term impacts:

Depression, panic attacks, anxiety, stress, eating disorders, sleeping disorders, learning disabilities, psychosis, and others.

### Long-term impacts:

Substance misuse, family conflicts, financial issues, criminal activities, identity issues, unstable professional life, self-harm and, other mental disorders.

## Mood Rainbow

A useful tool to keep handy is the **Mood Rainbow**. Try mapping the mood bucket of your child with the help of this mood rainbow and know when to seek professional help.



Mood Rainbow for mood mapping developed by Dr. Pallavi Rao Chaturvedi

**In Crisis:** Chronic anxiety, very low mood, unwilling to go to school, sleep anxiety, hallucinations, sudden weight loss/gain, self-harm, harming others, feeling numb or empty.

**Struggling:** Anxious, depressed, poor academic performance, poor sleep, poor appetite, power struggles, serious fights with siblings, aggression, unexplained aches and pains, impulsive actions, always crying.

**Surviving:** Worried, nervous, irritable, sadness, hopelessness, mood swings, trouble sleeping, withdrawn, sleeping too much/too less, on edge, forgetful, confused, low on confidence.

**Thriving:** Positive, calm, performing, sleeping well, eating normally, OK to meet new people, able to learn, express emotions and feelings.

**Excelling:** Cheerful, joyful, energetic, good academic performance, fully realising potential, maintaining relationships with friends and family, confident, have self-esteem, manage feelings and emotion.

If you or your child's teacher observe consistent symptoms from the red or orange box, it warrants a thorough investigation by a mental health care practitioner to rule out severe mental disorders like ADHD (Attention Deficit Hyperactivity Disorder), OCD (Obsessive Compulsive Disorder), Bipolar Disorder, Panic Disorder, Specific Phobias, PTSD (Post Traumatic Stress Disorder), Bulimia and other personality disorders. You can arm your child with the right emotional vocabulary to enable them to express the mood they are in. You'll learn about the emotional vocabulary wheel later in the chapter.

## Tools to help build resilience, endurance and perseverance

A key parameter of successful parenting is raising a child who is calm in the eye of a storm and has the ability to come out of it unscathed. The good news is that these skills to build resilience, endurance, and perseverance can be taught through the formative years.

### 1. Teaching coping mechanisms to your child

#### **Energy venting:**

Walking, running or indulging in any sport

#### **Reflective:**

Writing in a journal or reading a book, or painting

#### **Therapeutic:**

Pottery-making, massage

#### **Relaxing:**

Practising long, deep and calming breathing exercises

#### **Mood altering:**

Watching a favourite show or movie, listening to songs/music, dance

#### **Socializing:**

Playing, going out with family and friends

#### **Connecting with nature**

#### **Distracting:**

Puzzles & games

#### **Crying and letting it out**

#### **Playing with a pet**

## Caution against unhealthy coping activities

Self-harm and destruction

Overeating

Substance abuse

Hurting others

Isolating and shutting yourself out

## 2. Inculcating a growth mindset

Let's discuss the case of Samantha and Rohan who are 2 friends who got a D in their weekly math test. Both these children have a conversation about their grades and this is how it goes...

I know I am not there yet,  
I will practise more.

When I learn how to do a  
new kind of math problem,  
it grows my math brain.

I am sure I can figure this out  
– there is no shame in taking  
help from my friends, parents  
or teachers.

Math is not my thing.  
I will always fail in it!

All my efforts are a waste.  
I should really drop math.

Only toppers can do well,  
I'm so jealous of them.



Samantha's self-talk is an outcome of her mother Susan's conversations with her. These are the kind of statements Susan routinely uses with her daughter:



**When you learn how to do a new kind of math problem, it grows your math brain.**

**If you catch yourself thinking that you ain't a math person, just add the word (yet) to the end of the sentence.**

**That feeling of math being hard is the feeling of your brain growing and that's nothing to worry about.**



**Samantha** in this example is a child who demonstrates a growth mindset.

On the other hand, Rohan's mother Ritu who also intends the best for her son has been saying the below to him influencing his self-talk.



**Not everybody is good at math, just do your best.**

**That's ok, maybe math is not one of your strengths.**

**Forget math and focus on other subjects instead.**



**Rohan** in this example is a child who demonstrates a fixed mindset.

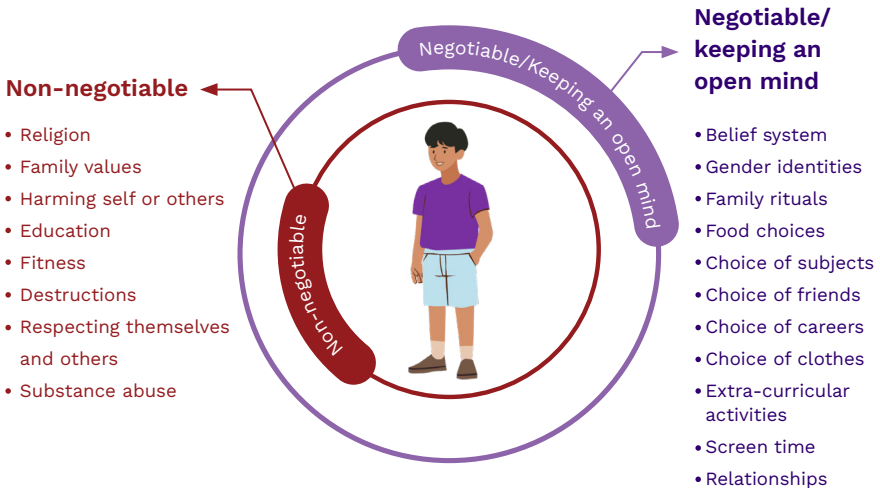
While both kids may or may not improve their grades drastically, the attitude is what will differentiate them throughout their lives. What we say to our kids, becomes their self-talk and that's the kind of power we as parents actually wield during their formative years.

*The Growth and Fixed Mindset Theory was first presented by Professor Carol Dweck.*

### 3. Setting clear boundaries

Children thrive in structure and clarity. The boundaries we set for them in their formative years actually become their guiding light for the rest of their lives. The Parent-Child Negotiation Rings is a tool to achieve exactly that.

Below is the example of a couple Karan & Tanya who were struggling for clarity on what the guidelines on bringing up their child should be. We worked with them to create their own **Parent-Child Negotiation Rings** as below.



Parent-Child Negotiation Rings developed by Dr. Pallavi Rao Chaturvedi

**Non-negotiable aspects** are those that all the members of the family would not want to compromise on and are fundamental to the identity of the family and hence the child's.

**Negotiable aspects** are those that the child and parent can arrive upon together and the child's opinions have a greater weightage.



## 4. Building emotional vocabulary

Most often frustration in kids emerges from the fact that they are unable to communicate the feelings they are going through. The mood rainbow is a great starting point to identify the colour and then translate it into the emotions the child is feeling. Teach your child these words from the emotional vocabulary wheel that can help them to express their feelings.



## 5. Focus on communication and bonding

Building bonds and keeping a channel of communication alive from the early years is the need of the hour. Parents can try any of the following routes to communicate better with their kids.

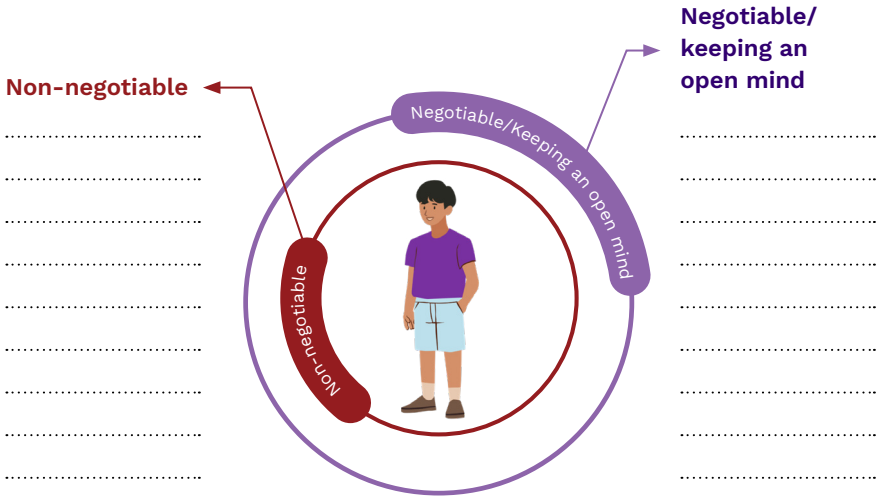
- **Conversations on, gadgets off:** This is actually a game-changing idea to adopt. Conversations free from phone and screen interruptions are a great starting point.
- **Freewheeling conversations:** These conversations can be initiated over a walk, during bedtime or on a drive without parental agenda (homework, exams, relationships, etc)
- **Hi-low sharing:** Talking about the highs and lows of each one's day - telling your kids your side of the story and the challenges you faced throughout the day can make them realize that they're not the only ones who had a difficult day.
- **Small moments, big memories:** Enjoying little picnics, vacations & festivals together can build happy childhoods and long-lasting memories.
- **Repair:** In times when as a parent you have yelled at your child and want to apologize for it, it's perfectly fine to do that. This in fact strengthens your channel of communication with your child.

There is no need to be alarmed or paranoid with the overload of information and worrying stories that one hears every now and then. Instead, love, awareness and a keen listening ear can do wonders.

Just like the parents in this chapter who have made positive changes in their lives to ensure the mental wellness of their children, you can make a beginning as well. Use the reflection page ahead to chart a personal plan for you and your child.



In the preceding pages, we saw an example of how to plot **Parent-Child Negotiation Rings**. Now make one for your child and yourself based on your principles and philosophies in life.



**Changes I want to implement in my life to ensure better mental well-being of my child:**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....



## Chapter 3

# Parenting and Education

**“Education is not the learning of facts,  
but the training of the mind to think.”**

*- Albert Einstein*

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Over the last several decades, one of the biggest pressures on parents has been to ensure that their children receive a good education – one that ensures a strong foundation, financial stability, and a successful future. However, what’s important in today’s context is to view education holistically and attempt to get out of the numbers-based rat race that the previous generations got sucked into.

With increasing global opportunities and new, lucrative career options for students, gone are the days where the barometer to success was cracking a great college to become a doctor or engineer only.

## | The conundrum

Sonia and Sharad, parents to 11-year-old Ryan, are always anxious about his education. They are concerned that he does not understand the criticality and consequences of what he is learning. Added to this are their dilemmas – should they enforce conventional tried and tested wisdom, or should they make way for new-age choices.

How will their decisions today affect Ryan, 30 years down the lane? They intend to give him the best platform but are confused about what ‘best’ means. Let’s look at the dilemmas most modern-day young parents face.

ICSE/CBSE **vs** new  
age boards like IB

Opinions of family  
and society **vs** your  
judgments

You deciding their hobbies  
**vs** let children choose  
their interest areas

Let them fail **vs**  
rescue them

Latest gadgets **vs**  
no screentime

Boarding school **vs**  
regular school **vs**  
home school

Traditional career  
choices **vs** offbeat  
career choices

Lenient **vs** strict

Talk about infatuation  
**vs** not addressing it

Let them choose  
their friends **vs** influence  
the choice of friends



While such dilemmas are real, what would help is good research, discussions with alumni parents and teachers, as well as a sound understanding of your child and your combined aspirations.

# Parental role in educational success of the child

## 1. Understanding your child

Allowing children to become the best versions of themselves is the best gift we can give them. We can begin by understanding their intrinsic traits and then try to influence the extrinsic influences around them in a positive manner.

### Extrinsic Influences

- Attitude
- Routine
- Study habits
- Technology usage
- Distractions
- Track record
- Overindulgence
- Behavioural patterns
- Mental health
- Physical health
- Role models

### Intrinsic Traits

- Aptitude
- Learning styles
- Weakness
- Aspiration
- Potential
- Interests and motivations
- Skills possessed
- Short-term and long-term goals
- Learning disorders
- Driving forces



## 2. Understanding driving forces and distracting elements

Not every child is inspired by the same driving forces, just like an adult. While some are driven by the fire to succeed for money and fame, some find their motivation in following a passion or interest. Without a drive, seldom do children work hard. As parents, we can seed the drive carefully by providing exposure, talking to them and fueling their inherent strengths.

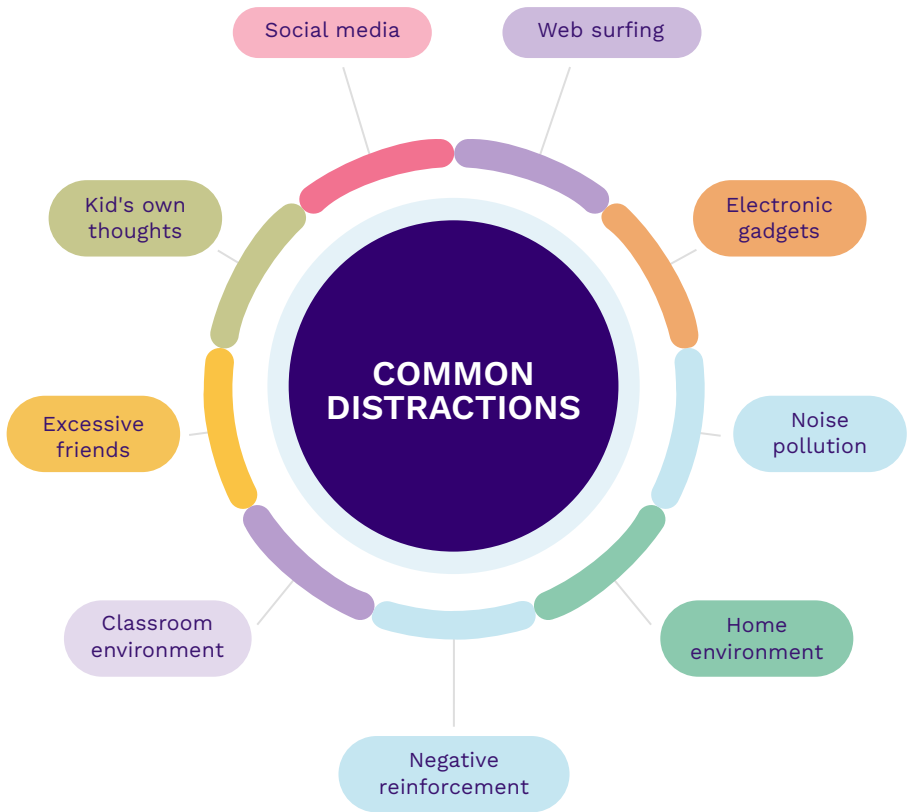
### Have a look at this list of possible success drivers for your child:

- Role models – siblings, cousins, and school seniors
- Celebrity influences – film stars, sports stars, etc.
- Living up to parents' expectations
- Friends and peers
- Teachers and coaches
- Fame and glory
- Money and luxuries
- Societal and community expectations
- Lure of good colleges and universities
- Dream of studying in foreign countries
- Pursuing a passion or interest

### Think about it and try to arrive at the top 3 driving forces for your child:

1. ....
2. ....
3. ....

## Possible distractions



A regular mapping of the driving forces and distracting elements for your child will assist you in helping them more effectively.

### 3. Actions and repercussions

Prisha, a mother of an 8-year-old boy, Veer, would routinely yell at the child for bad performance or behaviour. As a well-intentioned mom, she believed that being strict and invoking some fear in the child would motivate him to do better the next time around. Unfortunately, Veer's grades continued to slip much to Prisha's dismay. This would frustrate her even more, and the cycle of yelling and screaming would continue. During a parent-teacher meeting, she spent time with the school counsellor and then slowly realized that what she was saying was probably doing more harm than good. Let's look at the kind of statements Prisha was making, and how she rectified her approach later.

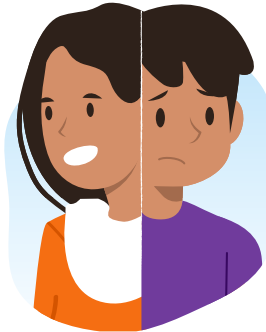
#### What you say

You failed at this as well!

Boys don't cry.

Why can't you be more like your sister?

You are useless.  
You're good at nothing.



#### What your child hears

I can't do anything right.  
I am good at nothing.

Girls are weak. It's ok for them to cry. I should look strong, no matter, how I feel.

My parents love my sister more. I'm not good enough for them.

No matter what I do, I can never make my parents happy.

#### What you could say instead.

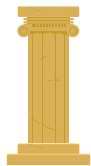
- What went wrong? Why couldn't you perform well?
- Be strong. You don't need to cry over small things.
- You must perform better.
- Put your best foot forward and you will be able to achieve this.

Extracting great output from people - adults or children - is an art that can be honed with conscious practice.

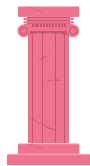
## 4. Defining and achieving success

As parents, one of the things to constantly remind ourselves is that success is not about our children achieving a certain percentage or gaining admission into a particular college. It's not about judging them based on their salaries or profiles of jobs in future. It should rather be about how they deal with various challenges in life, innovatively solve problems, contribute to society and maintain a love for learning to achieve their overall life goals. The essential 21st Century skills are those of communication, creativity, critical thinking, and collaboration, which are the responsibility of the educators and parents to hone.

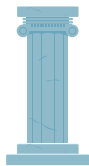
Additional key factors which define the success of a student can be the exposure provided (camps, apprenticeship programs, internships, etc.), the ability to manage one's self effectively (time, behaviour & emotional state), the school learning environment, the motivation and drive to push harder, love for learning and the parental involvement a child gets in his/her formative years.



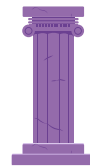
Creativity



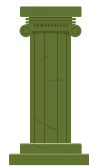
Critical thinking



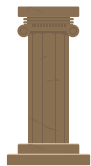
Communication skills



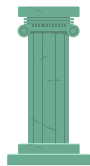
Collaboration skills



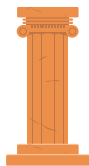
Motivation & drive



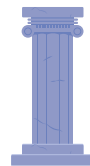
Exposure



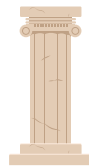
Self management



Parental involvement



School environment



Love for learning

While we intend to push all the right buttons to help our kids achieve success, it is crucial to know that during one's long academic journey, failure is inevitable. Failure in terms of what the child expects to achieve, failure in terms of living up to your expectations, or failure in terms of the school's set benchmarks. Regularly evaluating, recalibrating, and realigning everyone's efforts and expectations is important on the long road to success and indeed a sign of progressive parenting.

## My introspection journal

Sl.No.	My Child...	Seldom	Sometimes	Always
1	creates new and innovative models/ drawings/artworks etc.			
2	debates with me to put forward his/her point of view clearly and logically			
3	is curious to learn new things			
4	can accept and learn from his failures			
5	works/plays in a team			
6	takes care of his/her belongings			
7	empathizes with others			
8	communicates his/her thoughts and feelings clearly			
9	listens to his/her friends & teachers patiently and attentively			
10	looks forward to new experiences			

**To me, the success of my child means that he/she is achieving:**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....



## Chapter 4

# Parenting and Physical Health

**Physical Health is the first step to  
overall well-being.**

The views expressed in this E-book are solely that of the Author, Dr. Pallavi Rao Chaturvedi. Mondelez does not make any representations and warranties with respect to the accuracy, fitness, applicability or completeness of the materials contained in this E-book. The tips and advice mentioned in the E-book should not be treated as a replacement for advice from a registered medical practitioner.

**F**or modern-age parents, it is important to view the physical health of their kids beyond sickness. According to WHO, a person's physical health is intricately linked with their overall well-being. Poor mental health in kids can lead to several physical ailments - both severe & mild. On the other hand, poor physical health conditions can have an adverse effect on the child's mental health. Therefore, it is crucial for parents to keep a check on their kids' physical health as it is an important driving force when it comes to feeling physically, mentally & socially fit.

Rohan reluctantly gets ready for school. He takes a glance at himself and groans at the sight of his pimple-ridden face, an uneven beard, chubby cheeks, braces, and spectacles. As he gets out of his room, he wistfully catches a glimpse of a tall, beefed-up hero of the latest blockbuster film on TV and sighs. He slouches and drags himself out sloppily, bumping into his dad leaving for work.

*“Hey, Rohan! You’re smartly dressed today! I’m sure you’re going to have a fantastic day at school. You’re going to rock that debate competition - I’m so proud of your preparation and style of writing. Be confident, stand tall, and believe you are better than everyone out there”,* says Rohan’s dad as he pats Rohan’s back and straightens his shoulders as he rushes out. Rohan is now grinning and at ease. His mood is elevated, he feels confident and optimistic and starts humming a tune as he walks toward his school bus thinking *“So what if I don’t look great right now - I’m a great speaker and I have great friends, I’m going to have fun in school today.”*



Rohan’s dad worked magic through his seemingly casual 5-line greeting. These words were carefully thought through and both Rohan’s mum and dad have been consciously working at highlighting his positive attributes instead of focusing on his looks, which are his areas of insecurity right now. In fact, their conversations with him do not mention his physical appearance at all. Prerna, Rohan’s mother, keeps talking to him about what he can do to feel confident and coaches him not to fret over things that are beyond his control. She has drawn up this table as a reminder of what all physical attributes we’re born with and what are those attributes we can work upon and improve.

Inherited physicality	What you can work upon
Height	Developing good posture and stance to carry your height.
Skin colour & skin conditions	Eating healthy and establishing an appropriate skin care regimen on the advice of a doctor.
Facial features	Highlighting strengths and maintaining a confident & cheerful expression.
Weight and body structure	Striving to stay fit through sports/fitness regimen, eating right, dressing for your body type, and inculcating good body language.
Teeth & eyes	Knowing that it’s perfectly normal to wear glasses or braces if so recommended by the Ophthalmologist or Dentist.
Hair	Keeping it clean, manageable and getting a haircut to suit your personality.
Physical illness/deformity	Consult with doctors & follow medical advice.
Voice	Focus on building language and speaking skills.

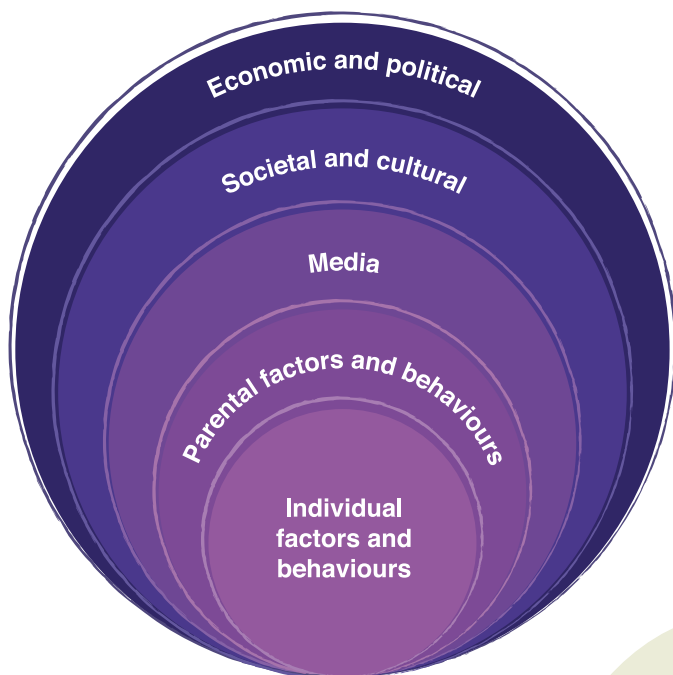


These positive reinforcements remind Rohan that he should focus on what he can do and not worry about what cannot be changed.

Pre-teens and teenagers all over the world, girls and boys alike, for generation after generation have to cope with overwhelming age-related transitions. From facing puberty to undergoing hormonal and physical changes, this is an inevitable phase of life. As parents, therefore, it becomes crucial to understand, empathize, support, and ease this tumultuous phase in their lives.

## Factors that influence body image

The physical and mental wellness states of a growing child massively influence their body image. The way we feel inside has a direct bearing on our confidence, our outward projection to the world, our self-image, and our capability to excel. Growing children are more likely to be influenced by the ecosystem around them, compared to adults. Let's look at their world of influences in the current times.



## Individual factors and behaviours

1. Self-confidence
2. Puberty
3. Physical illness/ deformities
4. Addictions
5. Mental health
6. Abuse or trauma
7. Self-love
8. Interests and hobbies
9. Innate interest in grooming
10. Gender identity
11. Aspirations

## Parental factors and behaviours

1. Care and attention
2. Expectations and support
3. Own body image and grooming
4. Comparisons and criticism
5. Family rules and values
6. Words and actions
7. Societal pressure on parents
8. Genetics and hereditary
9. Family food habits

## Media

1. Brand advertisements
2. Celebrities
3. Movies and TV shows
4. Social media influencers
5. Tools like photoshop, image correctors
6. Validation on social media
7. Fashion fads
8. Increasing screen time

## Societal and cultural

1. Peer pressure
2. Attractions and relationships
3. Body shaming and bullying
4. Gender norms
5. Geography
6. Food trends

## Economical and political

1. Affluence level
2. Quality of life
3. Access to good food and nutrition
4. Health care facilities

Each of these factors is a potential switch that can set off insecurities and anxieties. The impact of these can be both immediate and far-reaching.

## Communicating physical changes to your child

In any aspect of life – be it academics, sports, or competition, one of the major contributors to confidence building is being prepared. Isn't it? Tayyari (being prepared) is critical. Then why should it be any different for growing up? Would it not be easier for our kids to step into the world armed with information about themselves?

Sharing accurate information and acknowledging that growing up is a natural process that everyone goes through. It is both empowering and reassuring for the child.

Roshni and Manav are parents to twins Tuhin and Tanya. The parents, having had to bear the brunt of an upbringing where no open conversations happened, resolved to do things differently. Let's see how Roshni and Manav have been speaking to their twins who are now 18 years old.

### Up to 8 Years

Tuhin, knows the correct terms to refer to his private body parts as well his sister's. He has been taught about good touch and bad touch and frequently asks his mom questions about his body without hesitation. He knows and is frequently reminded about good personal care & hygiene habits.



Tanya also knows the correct terms to use while referring to her private body parts as well as her brother's. She knows about how to raise an alarm if she suspects bad touch. She and Tuhin talk to each other freely.

## 9-12 Years

Roshni has spoken to Tuhin about how some physical changes will happen, now that he is growing up. He knows that like other boys, very soon, he can expect hair growth on his legs, armpits and private parts, acne and hair growth on his face, change in voice and a height spurt. He also knows that his sister and other girls will also undergo physical changes such as: breast development, curvier hips, acne, menstruation and body hair growth.



Roshni has been talking to Tanya about the onset of puberty. Tanya knows she has to expect hair growth on her private parts and body, breast development and acne. Her mother has also explained to her what periods are, menstrual hygiene and the products available for care and grooming. She also knows that boys are undergoing changes as well and there is nothing to be alarmed about. Tanya, Tuhin and their friends do discuss how they are all growing up.

## 13-16 Years

Manav, Tuhin's dad, talks to him about attractions, infatuations & relationships. He has also discussed with him about consent, masturbation, porn and safe sex. Since they speak often without hesitation, there is not too much awkwardness. Manav also stresses about respecting and taking care of girls around him. Tuhin knows that he can reach out to his dad and mum to discuss issues on his mind and doesn't have to rely on hearsay of friends and the internet.



Roshni talks to Tanya about crushes, attractions & relationships. She also discusses important topics like consent, body rights, pregnancy, STDs and not succumbing to peer pressure. Tanya feels confident that her mom, dad and brother are her support system. She does not feel the need to lie or hide things from them. She is able to focus on her studies and extra-curricular activities.

## Making physical fitness a part of daily lifestyle

Active play and recreation are important for early childhood as well as for healthy growth and development in children and adolescents. Quality physical education and supportive school environments can provide physical health literacy for long-lasting healthy, active lifestyles.

- The World Health Organization (WHO) Global Action Plan on Physical Activity 2018–2030: More Active People for a Healthier World

It is recommended that children aged 5–17 years accumulate an average of 60 minutes of moderate to vigorous & intense physical activity daily. More than 60 minutes of physical activity each day provides additional health benefits.

## Consequences of poor physical health and what does it impact?



**Education** absenteeism, low on energy in school, disinterest, loss of opportunities, poor grades, body shaming/ bullying

**Future problems** financial instability, work instability, substance abuse, relationship issues, poor demeanour

**Mental health** self-harm, low self-esteem, eating disorder, sleep disorder, stress, anxiety, depression, body image disturbance, body dysmorphia

# How to include physical activity in your child's daily routine?



## Morning

- Deep breathing exercises
- Stretching
- Walking to the bus stop

## Weekends

- Household chores
- Visiting amusement parks & zoos
- Planned hikes
- Adventure sports & activities
- Collecting leaves, stones etc.

## After school

- Sports classes
- Free playing in the garden
- Aerobics, Yoga, Tai Chi, etc.
- Running and chasing games
- Throwing and catching games
- Hopping, skipping and jumping
- Playing with pet
- Different dance forms
- Cycling, swimming, skating

Being physically active has both short-term and long-term benefits on the body and mind i.e. physical, emotional, social, mental, and spiritual. Let's have a look.

### Social

- Leadership skills
- Teamwork skills
- Social interactions
- Build social skills
- Strengthen relationships
- Increased family time
- Long-lasting friendships

### Mental

- Increases cognitive functioning
- Reduces anxiety
- Increases mental alertness
- Energetic
- Relaxation
- Better sleep
- Problem-solving skills
- Better grades

### Emotional

- Persistence
- Better self-esteem
- Better self-confidence
- Grit
- Lower sadness
- Lower stress

### Physical

- Better health
- Improved fitness
- Better posture
- Better balance
- Strong heart
- Strong muscles
- Strong bones
- Better metabolism

### Spiritual

- Optimism
- Self-acceptance
- Enjoying present
- Happiness
- Lower anger
- Positive mood
- Sense of accomplishment

## Parental role in promoting a healthy mindset to physical health

Zubin, a 46-year-old father, is extremely conscious about his health, fitness, and appearance. He makes time to follow his fitness regime, before going to the office every day. He dresses sharply even though he doesn't overspend on expensive brands. He opts for healthy meals and makes an effort to stay off desserts, aerated beverages, and oily food. Over the years, this has become Zubin's way of life. Zain, Zubin's 14-year-old son has been keenly observing his dad right through his childhood and now tries to emulate his lifestyle. He plays basketball regularly, takes care of his personal hygiene, and dresses smartly. He has even developed his dad's mannerisms subconsciously.

Zubin did not sit down and teach Zain how to be healthy, how to be fit, or how to dress well. This is the power of modelling desired behaviour. Adapting the right lifestyle ourselves is half the battle won. Our children are watching us, picking up our traits, and imitating us whether we want them to or not. This is a unique power that we as parents can wield. Whether it is talking about your awkward years growing up and sharing your pictures with them or downplaying media and celebrity influences, inculcating good habits, or using positive self-love mantras – parents play a huge role in building the child's self-esteem.

Let's look at this **tree of physical confidence** as a guiding tool for parents to work with their children. You can introspect on what you are doing already and what you can do in the future.





The Tree of Physical Confidence has been developed by Dr. Pallavi Rao Chaturvedi

## 1. Habit formation

- Adopting healthy eating habits
- Following fitness regime
- Teaching hygiene
- Establishing a sleep routine
- Supporting extra-curricular activities
- Planning and structuring day

## 2. Keeping it real

- Showing pictures of your awkward teen years
- Showing celebrities teenage pictures
- Talking about your struggles and relationships

### 3. Modelling body positivity

- Exercising regularly
- Consciously eating right
- Avoiding self-deprecating behaviour
- Taking up sports and other physical activities
- Shifting focus from looks to attributes
- Avoiding too much screentime

### 4. Handling media influences

- Keeping celebrity lifestyle obsessions at bay
- Not subscribing to beauty stereotypes
- Avoiding excessive unsupervised screentime
- Be open, clear, and consistent while discussing advertisements, movies, shows

### 5. Grooming

- Inculcating etiquettes and manners
- Educating them about right kind of cosmetics and products
- Introducing grooming or shaving kits
- Dressing neatly and according to the occasion and location
- Focussing on good language and communication skills

### 6. Self-talk/mantras

- I am happy and healthy
- I am grateful for my body
- I love and respect my body
- My body is strong and capable
- I have everything I need to accomplish my goals
- I have abundant energy
- My body is my ally
- I deserve to be happy and healthy
- I give my body permission to change
- I feel good in my body

Being a partner to our children in their most difficult years of growing up is the need of the hour. As they set foot into adulthood, this understanding is the thread that will actually keep the communication and attachment alive as they leave home and forge new relationships.

## My introspection journal

Now that you have gone through the chapter on Parenting & Physical Health, think deeply and note down your feelings.

What I'd like to retain from my upbringing	What I'd like to drop from my upbringing	What I'd like to learn and implement as a parent

## How can I help my child during his/her growing up years?

The concerns and issues my child has with respect to physical development	What I can do about it

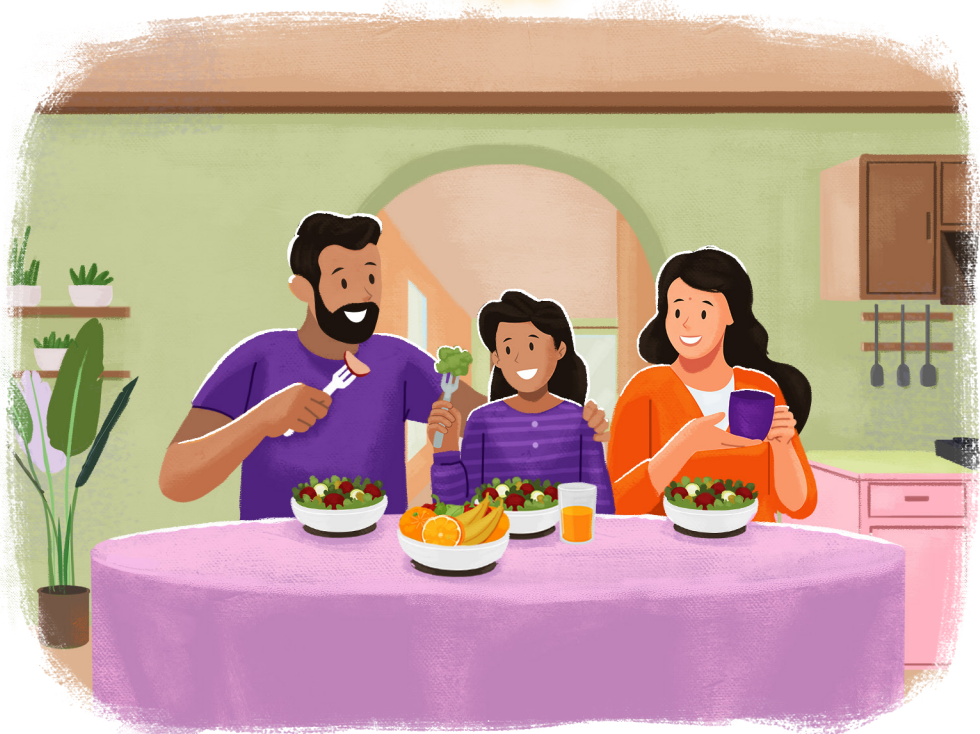
## Affirmations I will teach my child to use:

.....

.....

.....





## Chapter 5

# Parenting and Nutrition

In the spoonful, a mother or father feeds a toddler, food is love.

In the feast a family cooks for a child's coming of age, food is community.

In the shouts and laughter of teenagers sharing snacks after school, food is joy.

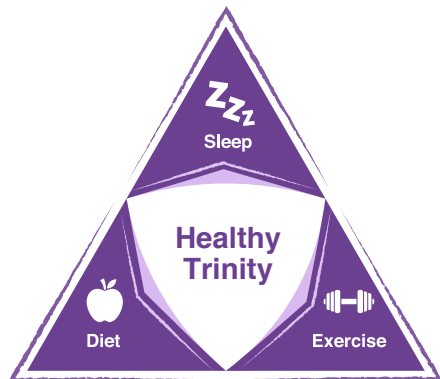
**And for every child and young person everywhere, food is life – a fundamental right and a foundation of healthy nutrition and sound physical and mental development.**

*- UNICEF: Children, Food and Nutrition 2019*

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In the previous chapter, we delved into the areas of physical fitness, physical changes, and developing positive body image in pre-teens and teens. Another fundamental block to ensuring overall health in the child is nutrition. While at school they all learn about the building blocks of nutrition and why it is important to ensure we eat right, they also realize that there are several aspects of their consumption patterns that are unhealthy. Even a preschooler is taught to differentiate between healthy food and junk food. However, as children go through growth spurts and cravings, it is natural for them to be drawn to foods that don't provide the optimum nutrition but definitely add joy to their lives. As parents, one of the most important things to inculcate in children is to make them learn the idea of moderation and portion control – that it's ok to give in to your cravings but once in a while and within limits. In this chapter, let's dig deep and understand our role as parents in ensuring our children are able to maximize their nutritional intake.

**The right nutrition, right exercise, and adequate sleep are the holy trinity of good health.**



*- Dr. Hartescu, Loughborough University*

## **| The evolution of eating**

Over the years, our eating habits and choices have changed drastically. Changing home economies, working mothers, families becoming more nuclear, the ease of ordering food, and the sheer availability of a plethora of options are all contributors to these changes. Sameera, a mother, now in her 40s recalls her childhood, when eating out was rare. For a celebration, her mom and grandmom religiously made ketchup, squashes and pickles – when home-cooked food was considered special.

Then	Now
Emphasis on everyone eating together	Personal routine, eating preferences now hold precedence
Limited food-related indulgences	Access to excessive options
Preference for home-cooked food	Alternatives now are eating out and ordering in from so many options
Local and home grown was the norm	Easy availability of exotic fruits and vegetables from across the world
Physical activity was incorporated into lifestyle	Pampered and sedentary lifestyle is the norm
Home-made snacks were the only option	Convenient packaged snacking options
Home-cooked food was carried for the outings	Outing has become synonymous with eating out
Cooking was an essential given more stay at home mothers	Cooking is more of a hobby with changing family roles and affordabilities
Refrigerated food frowned upon	Freeze and thaw influence from the West seeping in
Traditional recipes and cooking styles inherited from mothers and grandmothers.	Recipes now sourced from celebrity chefs, social media influencers or online sites
Price over convenience	Convenience over price

As a busy, working couple, she and her husband routinely rely on ordering in food, frozen food options, and whatever is made by the cook they have employed. They do wish they could bring in more nutritious inclusions for their children and keep attempting to add fruits, vegetables, eggs, and nuts into their daily lives. She tries to make something special during a festival from some online recipes.

## What good nutrition habit would you like to bring back from your childhood and incorporate into your child's routine?

1. ....
2. ....
3. ....
4. ....
5. ....

### Consequences that could arise due to poor nutrition/malnutrition

- Childhood nutrition obesity
- Vitamins and mineral deficiencies
- Anemia
- Low immunity and prone to communicable diseases
- Thyroid problems
- Anorexia nervosa
- Dieting behaviours
- Binge eating disorders
- Poor concentration
- Heart disease & stroke
- Type 2-Diabetes

As per WHO, UNICEF & CDC

## The food dichotomy

Look around and you will find that the exposure children (and us) have today in terms of food choices is at loggerheads with the body image they aspire for. On one hand are the temptations of instant ordering, more money, massive round-the-clock menus, and expanding cuisines, while on the other hand, there are pressures to stay fit, look good and emulate celebrities. Helping children find a balance and achieve their body goals while enjoying healthy food is a challenge in the current times.

The image below can help you to understand the various clashes a child goes through every day.





## Clashing influences on child

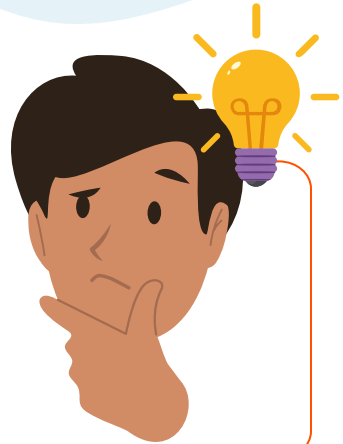


**What are some ideas to help your child deal with food temptation?**

1. ....
2. ....
3. ....

## Did you know?

**Nutrition experts say that the foods you eat can help you feel better.**



Let's look at some happy hormones and how you can include foods that can trigger them in both you and your child.

**Serotonin** (*mood & sleep-regulating hormone*): Probiotic food like apples, barley, beetroot, berries, blackberries, citrus, garlic, legumes, oats, mushrooms, onion, wheat & yogurt.

**Dopamine** (*happiness hormone*): Almonds, apples, bananas, coffee, green leafy vegetables, peanut, turmeric, watermelon, soy products, etc.

**Oxytocin** (*emotion response regulating hormone*): Foods containing Vitamin D, Vitamin C, magnesium & dietary food like mushrooms, peppers, tomato, spinach, avocados, etc.

**Endorphins** (*body's natural pain reliever hormone*): Dark chocolate, oranges, brown rice & nuts.

# Parental role

## 1. Establishing healthy eating habits

Several pre-teens and teens love to be a part of meal preparation. Dr. Meena looks for opportunities to engage her 10-year-old daughter Apoorva in the prepping of lunch or dinner during holidays. During these times, she makes it a point to talk about the nutrients present in various foods and also talks about the concept of farm-to-table. As a result, Apoorva has subconsciously started making healthier choices and understands why it is important to eat balanced meals comprising of lentils, vegetables, carbohydrates, and other nutrients which are served on her plate. This was a great idea by a mom who used demonstration as a tool and not just setting rules.

### **Here are a few other healthy habits parents can consider establishing in their homes:**

- Set regular meal and snack times that work for the whole family.
- Share mealtimes and eat with your children.
- Offer a balance and variety of foods from all food groups at mealtimes.
- Teach your child how to read labels in order to choose food wisely when shopping.
- Limit eating at fast-food restaurants.
- Help your child differentiate between actual hunger and eating out of boredom or impulse.
- Set a routine/reminder for children to drink water regularly.
- Keep healthy snacks, fruits, sprouts and salads readily available and handy for kids.
- Give children milk with Bournvita every morning as it is loaded with nutrients like zinc, Vitamin C, iron, selenium, Vitamin D, Vitamin A, copper, and Vitamin B12.

While it is nearly impossible to keep unhealthy foods and beverages out of our kids' lives, we can at least teach them about portion control and eating them infrequently.

## 2. Emphasizing on fitness

Ritu and Rishi, over the last 10 years have been following a fitness regimen. While Ritu enjoys Aerobics and Zumba, Rishi prefers long runs or yoga. This has had a positive influence on their two children who don't argue when their parents insist on at least 30 – 45 mins of physical activity every day. Cycling, skipping, running, football, and basketball are all forms of activities they enjoy indulging in.

Modelling the right behaviour is the best replacement for screaming at kids to do something.

## 3. Downplaying media influences

Celebrities and the media have always had a huge impact on young, impressionable pre-teens and teens. With social media and an increasing number of influencers, children are exposed to so much more today. Whether it is videos showing celebs going overboard on healthy diets and exercising or on the other hand indulging in unhealthy food and drinks, downplaying their influences is very critical. Frank discussions and information sharing through books and informative videos can aid parents in this regard.

## 4. Building a positive relationship with food

Neil, a 15-year-old has been taught from his childhood to love and respect his food. He is very particular about saying his prayers before consuming a meal and expressing his gratitude. He is also conscious about not wasting food, taking only how much he needs and sharing it with others. His parents have also consciously taught him to not eat out of frustration, sadness, or anger – as a way to vent. This has helped him build a positive relationship with food.

Focusing on nutrition cannot be an overnight change but can be incorporated into one's lifestyle consciously. Like everything else, the earlier these good habits are inculcated, the easier it becomes during the adult years.

# My introspection journal

The food ecosystem for our kids has changed so much, it's time to make a plan for ourselves to help them maximize their nutrition.

Non-negotiable food list for my child every week	Once a week permitted indulgences	What I'd like to learn and implement as a parent

**New habits, routines I can introduce in my child's life to bring in fitness, positive view to eating and limiting undesirable external influences:**

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....



# Conclusion

By now, you may be feeling a volley of emotions. You could be a little overwhelmed by the information received, a little anxious about the journey ahead, enthusiastic about bringing in new ideas discussed, reflective about your own expectations and most probably confident about being more informed. While it is normal to want to change several aspects of your life and your child's for the better, it would be more effective to take on one area at a time, allow it to settle into your life and then add more from your wish list. The idea again is not to set out on a quest of being the perfect parent or creating the perfect child but it is indeed in living the journey joyfully and preparing your child for the future.

**Life ki Tayyari is about small, incremental tidbits to add on every day for the ultimate Jeet – one that you and your child decide for yourselves!**

## My top 5 takeaways from this book:

1. ....
2. ....
3. ....
4. ....
5. ....

As we come to the end of this book, Bournvita wishes you and your children good health and even healthier relationships. We hope this book has given you a lot of food for thought and we were able to help you with insights and interesting tips. Parenting is a continuous journey and we at Bournvita would like to grow with you in this journey. Please share your top takeaways from this e-book, or any observations you'd like to add to on your social media handles. Don't forget to tag us (@CadburyBournvita) and use the #TayyariParentsKi so that we can find you!

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