



**G.D. GOENKA PUBLIC SCHOOL, SARITA VIHAR**

## **PARENTING IN THE 21<sup>ST</sup> CENTURY**

**THEME:** Parenting in the 21<sup>st</sup> Century

**REPORT:** Teachers Workshop

**DATE:** Sunday, January 15, 2017

### **EVENT REPORT**

Parenting has always been a challenge, but it has never before been acknowledged as one. Workshops on parenting are a testament to the desire of individuals to succeed as parents and provide the support their child needs all the while respecting the space of the child. A workshop on 'Parenting in the 21st Century' was recently held at India International Centre, Max Mueller Marg on Sunday, January 15, 2017 by Centre for Child and Adolescent Well-being which was attended by Ms. Trisha Lalchandani, G. D. Goenka Public School, Sarita Vihar. The session was held in two segments with four eminent professionals: Dr. Shilpa Gupta (Parenting Coach), Dr. Deepak Gupta (Child Psychiatrist, Sir Ganga Ram Hospital), Dr. Anupam Sibal (Group Medical Director, Apollo Hospitals), and Mr. Rakshit Tandon (Cyber Security Expert). What brought the two segments together was the emphasis on clear and honest communication between parents and children.

Dr. Deepak and Dr. Shilpa Gupta, through a series of examples, illustrated how effective communication can aid in building healthy relationships, where trust-building can also take place. With their focus on teenagers, both the speakers reiterated that teenagers tend to be in a unique phase of experimentation and any force would indeed meet with equal resistance. The 21st century brings unique challenges for parents, chief of which is engagement with technology. The second segment with Dr. Anupam Sibal and Mr. Rakshit Tandon focused on the need to monitor children from becoming inextricably engrossed in technology. Dr. Sibal brought forth inspirational quotes and iterated that parents must establish a strong value system by walking the talk. Mr. Tandon on the other hand advocated practicing 'Netiquettes' and 'Cyber Hygiene', i.e, maintaining safety standards while navigating the virtual world. The session, attended by teachers, parents, psychiatrists, and

pediatricians, gave an insight into how a teenager's world may be dealt with without alienating her/him.

## LEARNING ABOUT TEENAGE BEHAVIOUR AND TECHNIQUES TO TACKLE IT

