



Episode 1 & 2

Welcome to Ladnaan podcast. In this episode we will discuss why is it important to talk about parenting? Do we need specific skills to raise children or to be a parent?

Why is parenting important?

Before we talk about the importance of parenting, let's mention that the prediction of a future strong and healthy community can be measured by how well their children are raised, and it is parent/parents who are behind the development of those children.

Do we need to learn to be a parent?

There are different ways a parent can fulfill the needs of their child. Almost every parent has a natural instinct of knowing how to raise and meet their child's physical growth and physical needs such as, feeding, clothing, living in a good environment, going to school etc. , but that's only one of the many obligations a parent need to provide.

What other obligations do I have as a parent?

Research shows that 10-20% of children and adolescents suffer some sort of mental conditions, ADHD, ADD, Anxiety, Depression etc. What most of us are not aware is that we are not only required to raise our child physically, but emotionally, socially and mentally.

Emotionally supported and raised children have self-confidence and can easily express their needs an opinion within the community, they are considerate members of the community with compassion towards others. Building and supporting your children's social skills will contribute to their acceptable behavior and respect in the society they live in. Parents also need pay attention to support their children's mental health needs by seeking help through behavior therapy and or medical advice when their child behaves different than their peers. These behaviors can vary from being overactive, slow in learning, having a lot of conflict both in school and home. Parents need to have an awareness of those non-visible conditions, they are best to be detected in early years and special support is essential for those children.

Dr Mustafa Abu Saad mentioned 5 important points in parenting that needs to be well-thought-out:

- 1) The child's character or behavior; is the result of how we have raised them.
- 2) Your main parenting goal; is it to raise a strong member of the society or to raise a person who can only look after him/herself.
- 3) Having separate goals; is your goal to build your child's emotional, physical, mental and social strength or all of that.



- 4) What is your parenting foundations based on; is it faith, research or tradition.
- 5) Are you prepared to be a parent?

Parenting skills is not one size fits all, it's rather finding a unique way and what suits you, your family and child. Your child needs to have a voice and be part of the family's discussions and decisions to their level. Children's do not follow your words, but your actions.