



*The
Parenting
Flow*

PARENTING WITH AWARENESS

**SANKET
DHAROD**

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Prologue

*"It is better to change an opinion
than to persist in a wrong way."*

Socrates

Evolution from compulsion to choice

*"While nature had well-defined systems,
and underlying rules for survival in the gene race,
none such exist for the 'parenting race'.*

*Not just because it has been man-made,
and not devised by nature,
but also because there is no,
single universally accepted definition,
of 'ideal parenting'!"*

The single focused endeavor of every species on the planet is to spread and carry forward their gene pool over successive generations.

It is their very purpose of existence, essential to the very survival of their species and preventing it from getting extinct.

The species lower down in nature's hierarchical order do so, by multiplying multifold over their short lifespan.

It is imperative due to significantly low mortality rates, owing to various external conditions.

As we go up the species hierarchy, the sophistication of the process improves, with fewer off-springs in each birthing cycle and longer gestation periods.

As we reach close to the top of the species chain, it becomes a race for carrying forward only the best of the gene pool of that species.

It is more about enhancing the species in every successive generation, rather than simple multiplication.

This is where we have the concept of the alpha male who breeds with multiple females in the group, so that only the strongest genes get carried forward.

To the extent that when a new alpha male takes over, he kills the young ones of the older weaker alpha male.

This is how even the human species started off, with clans fighting amongst each other, for only the strongest to survive.

The dominant leader would have multiple wives, secluded in their harems without access to the other males.

"Survival, in the cool economics of biology, means simply the persistence of one's genes in the generations to follow." Lewis Thomas

As human beings progressed, the sophistication evolved into class systems, which was a subtle way of ensuring that similar profiled genes mated to carry forward their inherent strengths, rather than weaken them.

Till quite recently in history, even for the human race, it was all about spreading the genes and growing the population.

Before medical advancement, due to high pregnancy deaths and poor infant survival rates, there was a constant pressure to bear multiple off-springs for every woman.

This was further encouraged by the economic benefits of having multiple bread earners in the family – more the hands, the merrier.

Over the last century or so, human beings have moved beyond this gene pool race and changed the 'goalpost' itself.

Especially, in all the developed and developing regions of the world, individuals began to exercise choices as they deemed most ideally suited to themselves.

And even the population in the underdeveloped world is gradually moving away from this compulsive behavior.

Over the last few decades, we have seen significant conscious behavioral shifts, across regions, in human social structure and life setup.

From large joint families to smaller nuclear ones.

From multiple children, the number of off-springs have been shrinking with each passing generation, to now two, one or even no children.

With marriage age moving to the thirties, the conception age is getting further pushed ahead in the individual's life, impacted in no small measure by longer education timeframes and increasing career progression pressures.

Each successive generation of parents is getting older than the previous one!

There is a growing trend of having just one child, so as to be able to fully justify their upbringing – *“Do less but do it well”!*

And *DINK's (Double Income No Kids)* is a term created for the new millennial, who are consciously choosing not to have children – *“We want to live our life with complete freedom and do not want the 'responsibilities' of a Child”!*

All this has led to a completely new race for many, if not all.

*To do the most and the best for the child,
as is possible within and beyond,
one's capabilities and circumstances!*

The race for better parenting!

*“Life is the continuous adjustment,
of internal relations to external relations.”*

Herbert Spencer

Parenting with the formidable five

*“Good parenting is a mirage,
which everyone is chasing,
with the hope and belief,
that the path they have chosen,
is the most 'ideal one'.*

*Yet there is this constant swing,
of defining parenting,
as “an art” or “a science”,
or a combination of both!”*

Initially, I thought of attempting parenting chronologically by growing age, but I realized it would not do justice to the underlying thought process.

Also, there is always this temptation on the part of the reader, to skip the part where the child has passed that age, and only read that which is the present age of their kids.

I believe that would be self-defeating, as most concepts are so very relevant in the overall parenting approach, irrespective of the age of your kids.

Some may be immediately implementable, while some may not be; but surely will stay at the back of the mind, as seeds sown, to act on in a future date.

I am aware that a plethora of unique parent child family structures exist in today's society – divorced, single, step, same gender, less-abled parents to cite a few.

Similarly, there are special kids, with unique physical / emotional / psychological / social pre-dispositions.

While I have not written separately for them, or given contextual variations possible on various topics; it is my humble submission, that many, if not all, of these concepts are universally applicable. They undoubtedly would have to be adapted and refined, to better suit the unique family structure or the special child; but at the very core they are relevant to one and all.

For the sake of simplicity, let us get to know our friends, representative of distinct parenting approaches, co-habiting in this journey towards the 'Parenting Flow'.

These '*Formidable Five*', as they like to call themselves, will be our '*parent-pals*' through the book, as a frame of reference, for enhanced relativity and conceptual understanding.

Witty Wonder, the Wolf : intelligent, smart, looks at the world through intellect, everything has to make logical sense, sometimes critical (to the point of being cynical)

Tactful Thrill, the Tiger : ambitious, outgoing, worldly smart, keen to explore the entire world, ensures a good reputation, conscious about image and status

Gentle Glow, the Giraffe : emotional, kind, nice, sweet, gentle, experiences highs and lows based on feelings, trusts easily, gets hurt more easily (but keeps it to self)

Merry Moment, the Monkey : easy going, fun, impulsive, dynamic, aggressive, lives in the moment, instant gratification is the key driver, 'care a damn' attitude

Profound Poise, the Panda : wise, mature, measured, balanced, slow to act, old school thinking, yet open to change, guides and mentors (when approached), widely experienced

Each of them has a uniquely different parenting style, which is also a reflection of their own personalities, and how they operate in the world.

Wolf ensures the kids know all there is to know; and advocates strongly about education (especially science and math) being the 'way' to progress, and knowledge is power.

Tiger trains the kids to be capable of handling any situation; to always show up as their best self, scout the smart (not hard) path to success, go all out and conquer.

Giraffe nurtures the kids to be loving and caring of everyone; to be one with nature, go easy through life, stay safe and cocooned in the warmth of their nest.

Monkey exposes the kids to everything exciting and thrilling happening around; to adapt as per the situation and environment, have fun at all times, follow their heart.

Panda enriches kids with practices to enhance their senses; to reach at the core essence of anything, look at the big picture, learn through experiences, develop life insights.

As they say, 'it takes all kinds to make the world'!

*Let us together embark on our journey,
towards further enriching our flow,
in our thrilling roller-coaster parenting ride!*

*"Everything we hear is an opinion, not a fact.
Everything we see is a perspective, not the truth."*

Marcus Aurelis

*Parenting is one of the most remarkable journey you will embark on over your lifetime!
Nothing compares to the bliss of selflessly bringing a new life into our world.
The 'Parenting Flow' is your connect to ages of human evolutionary wisdom.
You get an access to the Universe's magnanimous nurturing and boundless love.
In the process, creating a 'Life Force' of abundant resonance and vibrancy!*

*It is way beyond the constricting definitions of art and science of 'ideal parenting'.
While there is madness, there is a 'method to the madness' in all the 'aha' insightful moments.
No one is a 'born parent', yet we are magically bestowed with the requisite 'parenting
instincts'.
All we need is to tap into 'Nature's Life Flow' and be willing to surrender to its beauty!*

*Revel in your parenting flow and celebrate the wonder of creation in all its glory.
Resonate at a higher frequency to bring into existence what's best for your Child.
Alongside, you will yourself evolve beautifully and connect profoundly to your humanity.
Allow your parenting flow to merge into life's flow 'Flow with the Flow'!*

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