

## THE OVERPARENTING EPIDEMIC

Home assignments and different projects given to the learners in their schools have been a source of debate in the modern world. Today, when both the parents are working, few of them either oppose this system due to lack of time with them or many of them get the projects done from professionals to get good grades for their children, better than their peers.

This gives rise to a very important question. What kind of parents are we? Are we anxious parents? The unfounded fear of one's child being left behind in the rat race of marks make us Hovering Parents. Most parents feel that their parenting is incomplete till they help their child on each stage which actually results in spoon-feeding. The general perception of the parents about the tough competition their wards will be facing for admission into good school, college or good job make them work overly harder with their children. Exploiting this unfounded fear, the private coaching centres offer coaching classes, structured sports activities and different technology tools for better learning starting with learners of as early as class VIII. And parents are more than ready to spend a fortune to give an extra edge to their children.

But, do we know what havoc is created with child's personality by such Toxic Parents? "Helicopter Parenting" will not go a long way with the children and they are bound to fail at one stage of their life or other. Researches have proved that children need to develop grit and curiosity along with Growth Mindset for long term success and such parents prevent these traits to develop. Grit helps children to face the challenges head-on and not give up in life till they succeed. The only way to develop this attitude is to let them face their challenges themselves and find solutions to overcome them. And such parents try their best to shield their children from challenges up to the extent of helping them in making the school projects, doing the home assignments themselves so that everything looks perfect instead of letting the

children do as per their capacity. Such learners who have never known failure can be greatly affected during an inevitable hardship. It's rightly said, "Instead of helicoptering our kids, we should be strapping parachutes on their backs made out of things like common sense, kindness, courage, values and other life skills. Then we should teach them how to jump".

The education sector is constantly evolving worldwide with the explosion of technology and has become highly competitive. Our students must have hunger for value-based knowledge which will help them to survive in today's world. Only those with curiosity develop a love for learning that allows them to pick up new capabilities and adapt well in a changed educational environment which will help them to appreciate global problems. Helicopter Parents will limit their ward's capabilities by discouraging them to explore new ideas outside the school curriculum as they will force their children to spend entire available time in the pursuit of high marks in academics. Such children scoring marks due to rote learning are prone to taking orders and instructions and hence lack creativity and independent thinking. Roald Dahl famously said, "The more risks you allow your children to take, the better they learn to take care of themselves".

Developing a Growth Mindset in a child will build on the confidence in the child and is much better than Fixed Mindset. When we cap the capabilities and confidence of our children, their growth is hampered. When a child is introvert, a parent with Fixed Mindset will announce in the world about the shy nature of the child. Whereas the parent with Growth Mindset will definitely try to develop the personal capabilities of the child through focused hard work. Helicopter Parenting often develops higher level of anxiety, poor coping skills and depressing attitude in the children. If you are one of such parents. Beware!

Always remember "It is not what you do for your children but what you have taught them to do for themselves will make them successful human beings".

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