

Mothers' Perception on Positive Parenting in COVID-19 situation

By
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A thesis submitted to BRAC IED BRAC University in partial fulfillment of the requirements for the degree of
Master of Science in Early Childhood Development

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Declaration

It is hereby declared that

1. The thesis submitted is my own original work while completing degree at Brac University.
2. The thesis does not contain material previously published or written by a third party, except where this is appropriately cited through full and accurate referencing.
3. The thesis does not contain material which has been accepted, or submitted, for any other degree or diploma at a university or other institution.
4. I/We have acknowledged all main sources of help.

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Ethics Statement

Title of Thesis Topic: “Mothers’ Perception on Positive Parenting in COVID-19 Situation.”

Student name: Masuma Talukder Tinni

1. Source of population

The participants were selected from parents of my students; classmates of Bachelor Degree program and other friends and colleagues from my own professional or social contacts.

2. Does the study involve (yes, or no)

- a) Physical risk to the subjects (no)
- b) Social risk (no)
- c) Psychological risk to subjects (no)
- d) discomfort to subjects (no)
- e) Invasion of privacy (no)

3. Will subjects be clearly informed about (yes or no)

- a) Nature and purpose of the study (yes)
- b) Procedures to be followed (yes)
- c) Physical risk (yes)
- d) Sensitive questions (yes)
- e) Benefits to be derived (yes)
- f) Right to refuse to participate or to withdraw from the study (yes)
- g) Confidential handling of data (yes)
- h) Compensation and/or treatment where there are risks or privacy is involved (yes)

4. Will Signed verbal consent for be required (yes or no)

- a) from study participants (yes)
- b) from parents or guardian (no)
- c) Will precautions be taken to protect anonymity of subjects? (yes)

5. Check documents being submitted herewith to Committee:

- a) Proposal (yes)
- b) Consent Form (yes)
- c) Questionnaire or interview schedule (yes)

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Executive Summary

The behavior of parents is directed to the full development of children through non-violence, care, recognition, guidance, and the establishment of limits (Consejo de Europa, 2006). Positive Parenting is the task of upbringing a child by stimulating the emotional, intellectual, physical and social development from childhood to adulthood. This study aimed to explore the mothers' perception on positive parenting in an emergency situation like COVID-19. Data was collected through 4 in-depth interviews and 2 Focus Group Discussions. Most of the mothers could define the term positive parenting. In practicing positive parenting, the number reduced in COVID-19. In the findings it has found out that in a very few cases, COVID-19 has been a blessing that created scope for practicing positive parenting. In some cases, where there has been lack in practicing positive parenting, fathers accelerate this as they have been staying home in COVID-19 which used to be not like this before COVID-19.

Keywords: Parenting; Positive parenting; Parents' perception; Covid-19; Child development.

Dedication

I am dedicating this thesis to ten beloved mothers who have meant a lot and continue to mean so much to me. Although they were not directly my relative or colleague or friend but they took my thesis so seriously that they managed to give me time in preparing my thesis analysis. Without their thought sharing it would not be possible for me.

First and foremost, to my parents whose loves for me know no bounds and, who understand the value of my hard work.

Next, my colleagues who understood the depth of my thesis and appreciated my work. They motivated me and I am humbled by the trust they have placed in me. It is their motivation which made me feel like it is possible for me to finish the entire thesis report even in this pandemic situation while working from home.

Last but not least I am dedicating this to my supervisor Ms. Areefa Zafar. Her leadership and guidance was the only key which made me finish this thesis paper and the report. I am so thankful to her that I can never forget her late night conversations with me. I can never forget her dedication even when I was emailing her very late at night. I always found her there for me even if it was a phone call or an email. I have no words to express my feelings for her.

Acknowledgement

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List of Acronyms

APA	American Psychological Association
ECD	Early Childhood Development
FGD	Focus Group Discussion
IDI	In-Depth Interview
UNICEF	United Nations Children's Fund

Glossary

- Thesis:** An extended research paper that is part of the final exam process for a graduate degree. The document may also be classified as a project or collection of extended essays.
- Glossary:**
- Perception** Perception is the ability to see, hear or become aware of something through the senses (Oxford Dictionary, retrieved on 27.2.2013). Perception is the sensory experience of the world. It involves both recognizing environmental stimuli and actions in response to these stimuli. Through the perceptual process, we gain information about the properties and elements of the environment that are critical to our survival. Perception not only creates our experience of the world around us; it allows us to act within our environment.
- Parenting** As Pastor C. et. al. (2015) states “parenthood is perceived in many ways, and there is no global agreement on its definition” (as cited in O’Connor, 2002). From this perspective, when to the term parenting we add the adjective positive, we refer to the fact that the behavior of parents is directed to the full development of children through non-violence, care, recognition, guidance, and the establishment of limits (Consejo de Europa, 2006).
- Positive parenting** Positive parenting emphasizes warm, positive family relations, and guides children by rewarding and supporting their better impulses. The goal is to sympathize with children, offer them warmth and support, and create situations that make it easier for kids to behave cooperatively and constructively (Positive Parenting Tips). Positive Parenting is the task of upbringing a child by stimulating the emotional, intellectual, physical and social development from childhood to adulthood. Positive parenting involves caring, communicating, empowering, guiding as well as providing for the needs of a child consistently. A mutually respectful parent-child relationship will be maintained. Secure parent-child attachment leads to numerous positive developmental outcomes for the child.

Chapter - I: Introduction & Background

Introduction

As Pastor C. et. al. (2015) states “parenthood is perceived in many ways, and there is no global agreement on its definition” (as cited in O’Connor, 2020). From this perspective, when to the term parenting we add the adjective positive, we refer to the fact that the behavior of parents is directed to the full development of children through non-violence, care, recognition, guidance, and the establishment of limits (Consejo de Europa, 2006). Positive Parenting is the task of upbringing a child by stimulating the emotional, intellectual, physical and social development from childhood to adulthood. Positive parenting involves caring, communicating, empowering, guiding as well as providing for the needs of a child consistently. A mutually respectful parent-child relationship will be maintained. Secure parent-child attachment leads to numerous positive developmental outcomes for the child. (Importance of Positive Parenting during the Pandemic). Positive parenting emphasizes warm, positive family relations, and guides children by rewarding and supporting their better impulses. The goal is to sympathize with children, offer them warmth and support, and create situations that make it easier for kids to behave cooperatively and constructively (Positive Parenting Tips).

Stress and accomplish parenting often place children at risk of abuse and dishonor. Child mistreatment has generally been viewed as a highly individualistic problem by focusing on stressors and parenting behaviors that impact different families (Brown. S. M. 2020). When we model peaceable and loving relationships, our children feel more secure and loved. Positive language, active listening and sympathy help maintain a

peaceful and happy family environment even in stressful times (Family Harmony at Home, Parenting Tips during COVID-19 Outbreak, UNICEF).

The coronavirus disease (COVID-19) pandemic has invert family life around the world. School closings, working remote, physical distancing — it's a lot to route for anyone, but especially for parents {Coronavirus (COVID-19) parenting tips}. The United Nations Educational, Scientific and Cultural Organization estimates 1.38 billion children are out of school or child care, without access to group activities, team sports, or playgrounds. However, because of the global coronavirus disease 2019 (COVID-19), families across the world are experiencing a new range of stressors that threaten their health, safety, and economic well-being (Samantha M. Brown 2020). According to Volk A. A. et al. (2020) the global COVID-19 pandemic has had an unprecedented effect on human behavior and well-being. Parents and caregivers are attempting to work remotely or unable to work, while caring for children, with no clarity on how long the situation will last. For many people, just keeping children busy and safe at home is a daunting prospect. For those living in low-income and crowded households, these challenges are exacerbated (Cluver L. et al. 2020). The COVID-19 health disaster is strongly distressing the mental health of the general population (Fontanesi L. et. al. 2020). As Brown S. M. (2020) asserts “parents’ perceived impact of COVID-19 is related with increased parenting stress and, in turn, increased risk of impolite parenting” (as cited in Chung, Lanier, & Ju, 2020).

Statement of the Problem

As Brown. S. M. (2020) asserts “even for families who have not been directly visible to the virus, they are likely to experience indirect effects of the COVID-19 pandemic” (as cited in Van Bavel et al., 2020). In particular, the pandemic may be creating psychological heartbreak and parallel concerns for parents in lockdown, due to unstable financial circumstances, school closures, and postponed educational services for children. (Fontanesi L. et. al. 2020). Children and relatives have been exclusively affected by the COVID-19 pandemic. While kids appear to involvement milder indications from COVID-19 infection than grown-up individuals, unexpected changes in routines, possessions, and relations as a result of limitations on physical communication have resulted in main impacts on families with children (Family perspective of COVID-19 research).

In the Urban Society children are likely to be experiencing worry, anxiety and fear, and this can include the types of fears that are very similar to those experienced by adults, such as a fear of dying, a fear of their relatives dying, or a fear of what it means to receive medical treatment (Dr. Henri H.P.2020).

The COVID-19 outbreak creates fear and stress on the Bangladeshi citizens. It is found that stress of the respondents hampers the sound sleep, creates short temper, makes chaos in the family life, and even turns themselves to be suicidal ideators (Islam D. M. S et. al. 2020). As Yeasmin S. et. al. asserts “parents who threats, scream, or hit to their children are depressive and these depressive symptoms of parents and emotional behavior affect the child's mental health” (Gutierrez-Galve, Stein, Hanington, Heron, & Ramchandani, 2015; Jessee, Mangelsdorf, Shigeto, & Wong, 2012;Pereira, Barros, Mendonca, & Muris, 2014). Large proportions of children are suffering from mental

health disturbances in Bangladesh during the lockdown period. Children, who fight with others and get threats, scream and hit from their parents were much mentally disordered and increased severe mental disturbances (Yeasmin S. et. al. 2020).

Purpose of the Study

The COVID-19 pandemic has challenged many mothers with hard choices. Mothers may be dealing with the pressure of going back and forth to labor and the possible contamination of their households. Few may be dealing with bigger demands of homeschooling their kids while still trying their best to meet their individual employment necessities. Also, some may have ageing parents whom they should care for and confirm the security of. For mothers of children with developmental delays, chronic emotional or behavioral difficulties, or different health challenges, the stresses are additional increased. As needs and mother stress increase and resources dwindle, kids may also be placed in enlarged proximity of domestic abuse (Tolan, 2020).

Fontanesi L. et. al. (2020) says “The COVID-19 health calamity is powerfully distressing the mental health of the common people” (as cited in Mazza et al. 2020). It is more important than ever to maintain bedtime and other routines. A proper parenting could play a vital role in this case. Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out stress, anxiety or fear through their behavior. (Parenting in a Pandemic: Tips to Keep the Calm at Home). So it is significant to see parenting perception through COVID-19. The purpose of the study is to discover mothers' perception about positive parenting in COVID-19 situation.

Significance of the Study

Research confirms that the mental health burdens following community-wide disasters are extensive, with pervasive impacts noted in individuals and families. (Russel B. S. et. al. 2020). The global COVID-19 pandemic has had an unprecedented effect on human behaviour and well-being. (Volk A. A. et al. 2020). Since the outbreak of the COVID-19 pandemic, media outlets have reported on the unprecedented challenges to parenting and the work–life balance among adults. Parents have struggled to arrange new schedules, inform their children about the pandemic and support them both emotionally and psychologically (Cerretani 2020). COVID-19 has brought new challenges to parent–child interactions, with parents simultaneously serving as primary caregivers and educators of their children (Challenges to family life during COVID- 19).

With the closure of businesses and workplaces, the pandemic had a significant financial impact on people and the global economy. The International Labor Organization (ILO) estimated that the COVID-19 pandemic could lead to 24.7 million jobs lost worldwide – a worst-case scenario for global unemployment (ILO 2020). The daily lives of families and children have also been transformed, as many countries have closed schools, parks and child-care facilities. The United Nations’ Educational, Scientific, and Cultural Organization estimates that 1.38 billion children are out of school or child care and do not have access to group and outdoor activities, team sports, or playgrounds as a result of the pandemic (as cited in Cluver et al. 2020).

Studies show that children with conduct problems are more likely to improve if their parents abandon harsh discipline practices in favor of positive parenting techniques. Studies also suggest that positive parenting protects kids from the effects of toxic stress.

Not only do children enjoy better health outcomes, they are also less likely to develop stress-related brain abnormalities. (Positive Parenting Tips).

Also, data has designated that minor income peoples are more meaningfully obstructed during this period (First Things First: Parent Psychological Flexibility and Self-Compassion During COVID-19). Large proportions of children are suffering from mental health disturbances in Bangladesh during the lockdown period. Mothers', as well as fathers' ability to forestall their emotional pain or manifestation of depression from influencing their role as a parent, might be a significant source of resilience for their children. (Yeasmin S. et. al. 2020). Therefore, it is imperative to see mother's perception of positive parenting during COVID-19 situation

Research Topic and Research Question

The research topic is to understand mothers' perception on positive parenting in COVID-19 situation?

Sub Question:

1. What mothers understand about positive parenting during covid-19 situation?
2. What are the practices under positive parenting mothers are doing during covid-19 situation?

Chapter - II: Literature Review

Literature Review

In Wikipedia it says perception from the Latin *perceptio*, meaning gathering or receiving) is the association, identification, and rendering of sensory information in order to exemplify and comprehend the presented information or surroundings. Everybody has their individual exclusive version of the pictorial world and there has been rising interest in understanding the method that character forms one's perception (Partos R. T. et al. 2016). Perception includes the way one perceives the world. Perception is a exclusively personalized experience. One can only appeal from what is acknowledged to oneself. (McDonald S. M. 2011).

In Wikipedia we discover parenting or child nurturing is the procedure of encouraging and assisting the physical, emotional, societal, and intellectual development of a child from a person's beginning to maturity. Parenting states to the details of nurturing a child and not absolutely for a genetically relationship (Parenting). As per the explanation of the publishing supervisor of Encyclopedia Britannica, parent, one who has precipitated offspring, or one who inhabits the character of mother or father. In Western cultures, parenthood, with its numerous responsibilities, rests powerfully on biological likeness. This is not the example in all cultures: in some, a difference is made among a biological parent as well as social parent, with the prior constructing the child and latter nurturing the child and playing a role as a mom or dad in as sentimental or lawful a logic as biological parents are predictable to do in Western culture. This difference is mainly mutual in the circumstance of dads, and to accommodate it anthropologists have established separate relationship rapports: a "genitor" is a biological dad, and a "pater" is a societal one (Parent) . The parenting characteristics are the procedure, action, and interaction concerning to nurturing and educating a child, which is carry out by parent

or parental figure. (Virasiri S. et. al. 2011). Barbara Coloroso defines positive parenting that encourages a child where parent uses one or more of the following critical life messages either by word or by action e.g. I believe in you, I trust you, I know you can handle this, you are listened to, you are cared for, you are very important to me.

Parents' significant and supporting impact on kids' development has been long standard and well-established. In fact, there is a big figure of literature representing parents' inspiration on their kids' social, emotional, and academic working. Due to the significance of the parental part, parenting fiction contains a wide variation of subtopics, including investigation that inspects parents' effect on children, children's insight of their parents' parenting, and differences between parents' and children's insights of parenting behaviors (Conway K. E et. al. 2011)

In what is Positive Parenting? A Look at the Research and Benefits it says, “Supportive parenting was associated with more positive school adjustment and fewer behavior problems when the children were in sixth grade. Moreover, supportive parenting actually mitigated the negative impact of familial risk factors (i.e., socioeconomic disadvantage, family stress, and single parenthood) on children’s subsequent behavioral problems” (as cited in Pettit et al. 2006). It also says “positive parenting minimizes health and opportunity disparities by armoring children with large stores of emotional resilience” (as cited in Brooks, 2005; Brooks & Goldstein, 2001). Another method of thinking about the character of positive parenting is in rappers of resilience. When kids—including those who start life with important difficulties— knowledge affirmative and supportive parenting, they are faraway more likely to flourish (Lonczak H. S. 2020).

Possessing good relationship with our children is salient. Exploration on attachment, for example, views that the way parents' links to their children has wide-ranging results of their mental health and ability to create strong relationships with other. Today's parents are motivated to build a good connection with their children by using clarification and offering choices in place of shouting, shaming or griping rewards and punishments. It's a near known as positive parenting, a method praised for hitting the sweet spot between a stern upbringing and permitting children to do whatever they want. If a boy is smacking his sister, for example, the positive parenting approach would be to banish him from the situation, then take a moment to talk about what both children are feeling and look for solutions together (Mecking O. 2020).

The World Health Organization (WHO) declared the 2019–20 coronavirus outbreak a Public Health Emergency of International Concern (PHEIC) on 30 January 2020 and a pandemic on 11 March 2020. In Wikipedia, Local broadcast of the disease has been verified in many countries crossways all six WHO areas (Coronavirus disease). Families everywhere the world are adjusting to the variations that are proceeding as a result of Coronavirus disease 2019 (COVID-19). Many parents will find it stressful to balance work, caring for children, and maintaining the household, particularly when separated from their regular support networks. While isolation can represent an opportunity to spend time together and develop your relationship with your children, many caregivers will be experiencing conflicting feelings and priorities, as well as practical challenges. (Information on Parenting during Covid-19). Fright, ambiguity, and being holed up at family to sluggish the blowout of COVID-19 can make it dangerous for families to retain an intelligence of quiet. But it's significant to help

youngsters feel harmless, keep well routines, achieve their behavior and shape resilience (Parenting in a Pandemic: Tips to Keep the Calm at Home).

Children are not the countenance of this pandemic. But they are among its biggest casualties as children's lives are nevertheless being changed in extreme ways. All children of different ages and different countries are being affected in specific ways by the socioeconomic causes and impacts. And in some manifestations, by alleviate measures that may unwittingly do more harm than good. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs. A proper parenting could play a vital role in this case. Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed) (Parenting in a Pandemic: Tips to Keep the Calm at Home).

COVID-19 may be creating a traumatic situation for parents in numerous ways. Although the present condition may contain positive influences for parents (e.g., the capability to devote more time with their household and youngsters), numerous structures of the present substitute may rise the risk of shock, including the damage of probability in the recognised world, motionlessness, objectivity or hostility, a lost feel of time, and a lost feel of safety. For low-income parents and persons with pre-existing psychological health difficulties, these challenges are possible to be aggravated (Fontanesi L. et. al. 2020).

Moreover, the deleterious upshot of this pandemic will not be disrupted equally. They are expected to be more harmful in the poorest countries and in the poorest community. And for those who are already in deprived and unprivileged situation. All adults will become parents at some point in their life. And while most of us aspire to be great parents, we may also find ourselves fazed and frustrated by the apparently never ending challenges of parenthood. As both parents of infant and adolescent can certify such challenges are obvious cross all developmental stages. But there is fine news—numerous investigations, supported tools are now available for parents. These resources provide a affluence of information for common parenting provocation (i.e., bedtime issues, picky eating, outburst, behavior problems, risk-taking, etc.); as well as the various learning lessons that are directly part of growing up (i.e., starting school, being respectful, making friends, being accountable, making good choices, etc.).With its focus on contentment, flexibility and positive youth development; the field of positive psychology is specifically relevant to discussions of successful parenting (What is Positive Parenting? A Look at the Research and Benefits).

Chapter III: Methodology

Research Approach

The research follows qualitative approach. Qualitative research is based on an assumption that the best way to understand any phenomena is to view in its context (Agius S. J. 2013). Qualitative research is the assortment, analysis and interpretation of complete description and pictorial (i.e., nonnumerical) data to gain insights into a specific phenomenon of interest (Gay et al., 2012).

To find out the in-depth information of a mother's perception and children raring at home experience and perception of a child's raring at home, qualitative method could be the ideal way to be followed in this study (Qualitative Research: Definition, Types, Methods and Examples). For qualitative method this research study has composed of in depth interview and GD.

Research Participants

Every educational investigation, not just the scientific process, is carried out with the cooperation of participants who agree to deliver researchers with data (Gay et al., 2012).

For this particular research four mothers aged 35-40 having children 2-5 years has shared their own experiences and insights through in-depth interview. Another 6 mothers brought under GD. The mothers' age range and age range of their children are same as the mothers of in-depth interview.

Research Site:

An early step in obtaining the needed collaboration is to find and follow essential procedures for acquisition approval to conduct the study in the selected site (Gay et al., 2012).

The participants are from Dhaka city. For both in depth interview and group discussion the participants were selected from Dhaka city residing in Uttara.

Sampling Procedure

The purposive sampling technique was followed to select the participants. Mothers were selected according to the need of the study. In the study, a homogeneous group of parents was selected for In-depth Interviews (IDI) and Group Discussions. The participants were homogeneous as they all have children between age 2-5 years and the participants age range is between 35 and 40 and they are all living in Dhaka city. Another common about the participants is all of their children attend a particular institution.

Under the purposive sampling four mothers were selected for In-depth Interviews and six mothers were selected for Group discussions.

Data Collection Methods

On the basis of research objective and questions questionnaire for in depth interview and group discussions were developed. The researcher's main approach to collect the data was over phone. The researcher had to choose this option due to the pandemic situation so reaching people over the phone is easy rather than face to face. Before participating, their consents were taken through email where the purpose of the study

was explained and at the beginning of the interview and group discussion the objective of the study was shared once again. Before taking the interview and assembling for group discussion, they were asked to provide convenient time for interview and group discussion.

Side by side of the over phone data collection the researcher took field notes on the spot during the interview. Both the interview and group discussion were recorded for the transcription to do smoothly without any data lose.

Before going into the formal data collection procedure a pilot test was done and later that was included in the main interview findings as there was no deviation found in piloting interview. Each in depth interview and group discussion took 60 minutes and 90 minutes respectively.

Data Analysis

Data are analysed in a way that certificates the investigator to experiment the research hypothesis or answer the research question (Gay et al., 2012). After collecting data on the basis of the questionnaire the data were transcribed and organized. After all the data are transcribed major themes were identified and findings were organized theme wise. At the end theme wise finding are analyzed and explained.

Validity and Reliability

To keep the validity and reliability of the study, multiple sources and methods will be utilized for data collection, for example: in-depth interviews and GD. The diversity of the narrative data from various sources and using different methods will show multiple

perspectives of the collective data and justify the triangulation of data. All tools will be verified by one ECD expert from BRAC University. Having their feedbacks incorporated in the tools, they will be applied in a pilot project. Besides, piloting will be done on the developed questionnaire to check the reliability of the interview questions.

Ethical Issues

BRAC University guidelines has been followed for to maintain the ethical authenticity. Written consent of the research participant was taken through email. The researcher explained the purpose of the study to the participants. For the convenient of the study the interviews were recorded and participants were informed beforehand. All information provided by the participants were remain confidential.

Limitations of the Study:

- The number of participants are less and that is not a representative number.
- Due to pandemic the observation could not be kept but it would be good if observation could be kept
- The study was done over phone.

Chapter IV Results & Discussion

Results

The result section consists of two parts: the demographic information of the participants and findings that has been collected through in depth interview and group discussion. A total of 10 parents were came under either in interview or in group discussion in an attempt to find out their point of view on parenting for this study. 4 parents were interviewed on an In Depth basis, and two separate groups consisting of 3 parents in each group appeared for group discussions.

Demographic information of the participants

The demographic information of the participants contains age, academic qualification and number of children and their gender. It is to be noted that all the mothers are homemakers.

Out of the 10 participants, 4 mothers having educational qualification SSC, 3 mothers having educational qualification HSC and 3 mothers having educational qualification Masters. The average age is 31.8. Out of ten mothers 7 of them have one child whereas the rest have 2 children.

The findings have been illustrated in light of in depth interview and group discussion. There have been seven themes. The findings have been places under each sub theme under different themes. In each section under different themes the findings are placed sequentially where first the findings of in depth interview have been placed and later the findings of group discussion have been placed.

Theme 1: The perception of parents on positive parenting

Sub-theme 1: Parents' understanding of parenting

On this particular sub-theme, I have found diverse views upon analyzing the responses of the parents. For instance, one of the parents, who I have interviewed on Google Meets, thinks that the way a father and a mother raise their children from when the child is an infant is called parenting. That parent also added that anything a child is learning from his/her parents is also called parenting.

Another parent said something similar and mentioned that parenting also includes supporting the children with safety and care for ensuring the children's safe growth.

On another note, one of the interviewees who lives in a joint family said something different. According to that parent, whatever a child is learning from living together with everyone in the family and the care and affection with which the child is growing up is called parenting.

Besides, one of the parents agreed with the other three. The parent said that the growing up of a child with a good relationship and closeness with father and mother is parenting. The parent further told that parenting is not only done by the biological parents of a child. The guidance and care provided by other family members help a child grow up as they also play a significant role in a child's life. So according to this particular parent, this is also called parenting.

I have interviewed two groups of parents on Zoom. They had a similar idea about the matter. Almost all the parents agreed that parenting refers to an intricate process that primarily emphasizes the child's overall development. In essence, parenting is nurturing and raising a child from infancy, keeping in mind the child's physical and mental growth.

Sub-theme 2: Parents' understanding of positive parenting

The study has sought to find out what parents understand by the literal meaning of positive parenting. Upon asking the question, a few of the parents were confused at first, but after probing they could nevertheless convey their interpretation. I have found that most parents had almost similar views on the topic.

I have interviewed a mother on Google Meets who said that positive parenting seems to be how parents nurture their children keeping in mind their well-being. As in, doing something for the child just for the sake of doing it, and that does not fit their interest cannot be considered positive parenting. It is necessary to think about the health and happiness of the child before taking any steps. Although she was unsure about it, she was pretty confident that this is what positive parenting means.

Another parent had a similar opinion about it. The parent said that positive parenting obviously implies something positive regarding raising a child. So, whatever positive steps parents are taking for their children and the positive thinking of parents that involves their children are positive parenting. Often times, parents tend to make decisions without considering a child's specific needs even though a parent wants what is best for their children. That cannot be positive parenting.

One parent added that anything a parent does bearing in mind what the child wants, and it goes without saying what is right for the child, is positive parenting. Another parent also noted that doing something for the child unconditionally can be positive parenting.

For further analysis, I have conducted two group discussions which included three parents each. They agreed that positive parenting means being responsive to the child's needs and promoting their best interests. One parent also added that being sensitive to a child's feelings is also a part of positive parenting.

Sub-theme 3: Parents' view on positive parenting

The study also attempted to understand how parents perceive positive parenting. So I have asked ten parents to give their opinion on positive parenting in order to understand what is their perspective of positive parenting. In this case, most of the parents have acknowledged that positive parenting is something good.

For instance, I have interviewed four parents individually, and three of them agreed that positive parenting is a good thing because it ensures the proper growth of a child.

On the other hand, one of the parents gave a somewhat different view. This particular parent lives in a joint family. According to the parent, even the smallest things slip out of mind while living in a joint family because there is always so much going on in this kind of family structure. A parent has to attend to every family members' needs besides taking care of their child, so there is a chance to overlook the ins and outs of parenting. Therefore, even though positive parenting is a good thing, it is practically impossible to raise a child by keeping so many factors in mind. The parents from the focus group discussion have noted that parenting has a lasting impact on the overall development of their children. So, they agree that positive parenting is an important issue for both the parents and the children. One parent from the group also added that all the hard work of the parents is for the betterment of their children. Parents are always willing to go above and beyond. But without awareness of proper positive parenting, it is not possible to provide good care to a child even if they want to.

Sub-theme 4: Importance of positive parenting

The study conducted research to determine parents' views on the importance of positive parenting. So, I have asked ten parents whether they think positive parenting is essential for their child. All the parents agreed that positive parenting is vital for the proper development of a child.

A mother during the in-depth interview told me that she puts forward her children before everything else. She will cater to her child's needs first, and only after that, she will do something else.

Another parent had a similar opinion like that of the mother. The parent talked about the extent to which parents would go for their children. According to this parent, all the hard work of parents like getting an education, going after jobs, running after money - everything is for their children. Parents make every effort to have a good life so that their children can have a shelter, feel secure, get nutritious and healthy food, and receive regular health care.

One parent added that the effort parents put in is not limited to meeting the basic needs of the children only. Parents also want to ensure that their children are getting proper guidance through education, making friends in school, or getting along with everyone properly. All of these are possible through positive parenting only. Therefore, positive parenting is very much necessary in order to guarantee a secure future for children.

One more parent included that only feeding a child three times a day is not enough to raise them. Therefore, ensuring that the child is getting more than that with proper care can ensure their proper development.

I have conducted two separate focus group discussions consisting of three parents in each group. The parents said that if a father and a mother do not consider all the factors

needed for a child's well-being, it will turn into an ordeal for them. As in, parents need to think about what can be done in order to make their children happy, which in turn will help in their mental growth. Parents also need to think about how to provide proper nutrition to their children so that they can attain appropriate physical development. As all of these are considered to be a part of positive parenting, so it is imperative that positive parenting is necessary for a child's physical and mental development.

Theme 2: The daily routine of children

Sub-theme 1: Understanding children's daily routine

The study has made efforts to comprehend the daily routine of a child for a better analysis of the topic. So, I have asked parents about what their children do all day and how they pass the time. The responses of the parents were indeed unique to each other.

I have conducted In Depth interviews on Google Meets with four parents. One of the female parents told me that her child's school is closed due to the pandemic. Online classes are going on but not in full swing. After waking up in the morning, she gives breakfast to her child. After that, the child plays for a little bit and then watches television. And precisely at 12:00 noon, she (the child) sits for his online classes. The child really enjoys doing her lessons. Since she is studying in the nursery right now, there is not much pressure on her academics. After the end of her class, she wanders around in the kitchen with her mother. She plays with a girl who is living in their household. Her father is working from home at the moment. So they all get a chance of having lunch together. Sometimes in the afternoon, they go to the roof, and at other times they sleep during this hour. They spend time together in the evening. Both father and daughter help the mother to prepare dinner. Then they watch television together at

night. Sometimes all three of them watch a movie together. In fact, the child likes to spend time with her parents all day and finds various ways to stay busy with them.

In another interview, a mother said that her child had not been admitted to any school yet. So, the child spends most of its morning with grandparents. He (the child) has breakfast with everyone in the family. After that, he goes to the rooftop with his grandmother. She has taught him how to play with the sunlight, and he immensely enjoys doing that. At noon, his grandmother gives him a bath. He even offers prayers with her. Although every kid is getting to spend time with their father during this lockdown, this child cannot do that. After taking a nap in the afternoon, the child plays with the mother. Then the child studies a bit with this grandmother and also likes being naughty around her. At night, he plays with his mother and falls asleep.

One mother said that her child does not do much besides sleeping, eating, and playing. She (the child) wakes up in the morning with his mother. After that, she spends some time with her toys and eats breakfast. After getting a bath, she has his lunch. Following lunchtime, she sometimes takes a nap, or does some coloring, or plays again. She also does not indulge in a lot of activities in the evening. At night, she falls asleep with his parents.

Another mother said that her child is currently studying at reception besides going to an after-school. He is busy doing online classes for both his regular school and after-school. Even though sometimes he does not feel like attending his classes. The mother also added that she gives time to her child all day. After feeding him breakfast in the morning, she makes him sit for his online classes. The teachers are keeping the children occupied by showing them funny videos. After lunch, he likes to take a nap because he gets exhausted from attending his online classes. In the afternoon, he eats some snacks

and then goes to play. Next, he sits for his after-school classes in the evening. He really loves doing his classes. He has a toy car, which he drives around the house. He also does video calls with his maternal and paternal aunts. Sometimes his father feeds him at night. If he is busy, then the mother takes care of it. At night the child likes to watch television and talk with parents and then falls asleep.

I have also conducted a focus group discussion. The parents who have school-going children told me that the children spend most of their mornings doing online classes. Other than that, the children are busy doing their homework. In the evening, some watch television and some play with toys. A mother who lives in a joint family said that her child spends most of his time playing with the little cousins. He sometimes even refuses to sleep at night.

Theme 3: COVID-19 and consequent impacts on parenting

Sub-theme 1: Changes in parenting due to COVID-19

The study has attempted to understand what changes took place in parenting due to the pandemic. I have asked ten parents about how the COVID-19 has changed their parenting style. After analyzing the responses, I have seen that the parents had diverse opinions about it.

Three of the parents who I have interviewed individually expressed their frustration regarding the current changes. One of the parents said that parenting had changed massively in COVID-19 situation. The whole family is going through mental turmoil right now, and everyone is feeling restless. They used to go out a lot before, so they are very sad that it is no longer possible. In that state of mind, the parent sometimes behaves harshly with the child, which is not proper at all.

One mother shared that the father feels very uncomfortable about the fact that he has to stay at home all day long. The father also talks very loudly on the phone, which in turn makes the child scared. As a result, the child is afraid to even go to his father. Actually, the father's business has been affected due to the corona situation, and thus the family has faced the consequences emotionally. That is why the parents have become quite indifferent towards their child.

Another parent said that her husband is currently working from home. So she has to give extra effort, and this is making her very exhausted. Consequently, she cannot properly care for her child now.

One of the parents gave a rather contrasting answer. She said that the COVID-19 situation has created an opportunity for her family. Now all three family members can spend a lot of time together, which was not possible previously. The parents have set aside time for their work. And so they are much more involved during the child's studies, playtime, also feeding time. The mother is glad that she can really look after her child now more than ever.

The parents from the focus group discussion also said that things are not going well for them in this situation. And this has created an impact on their parenting. One parent who related to this situation said living in a joint family has made everything much more difficult. The amount of work to be done in the household was already something very pressurizing. Now everyone is working from home and universities are closed. Some of the family members who are into business are going through a tough time because the pandemic has taken a toll on their work. All of these have resulted in not being able to give time to their children.

Sub-theme 2: Awareness of parents in providing positive parenting

The study has tried to find out whether parents think that they should be more aware of positive parenting during the COVID-19 situation. From the in-depth interviews and focus group discussions, I have seen that most parents agree that they should be providing positive parenting a lot more now.

A parent from the in-depth interview said that the importance of positive parenting in a child's life is immense. And it goes without saying a parent has to protect the child from all that has been going around due to the pandemic.

Another parent said something similar and included that it is better to keep all the problems aside and behave with the child in such a way that does not affect him/her emotionally.

Two parents have expressed their concerns about how the current situation has changed the parents' behaviour around the child. One parent said that she is a lot more agitated now, and she feels like she is a bad mother. Besides, another parent mentioned that there is a distance created between the child and its parents due to their own problems. On the other hand, one parent is not facing a lot of issues in the case of providing care to the child due to the pandemic. In fact, she (the parent) can allocate more time for the child now. She said that a child should not be treated in such a way that affects them and their well-being.

The parents from the group discussions told that they should be more aware of positive parenting, and focus on their children instead of getting caught up with their other problems. One parent who also had the same thoughts expressed her frustration about the matter. The parent lives in a joint family and so due to the immense work pressure in the household, she sometimes forgets that she has a child. The child at times goes up

to the mother to say that he is hungry. She is unable to care for her child completely. She also gets very agitated when she sees the child is making a mess with toys. Seeing that, the mother shouts at her child in front of everyone in the house, whereas she has never acted out in this way before the pandemic happened. She thinks that the ongoing lockdown has turned her into a different person.

Theme 4: Changes in children's lives due to COVID-19

Sub-theme 1: COVID-19 and resulting changes in the routine

The study has conducted in-depth interviews and focus group discussions to find out the changes in the routine of children that happened due to the COVID-19. The children under study are aged from 2 years to 5 years. The responses I found from conducting this interview gave me the idea that every child's routine was not affected because of the pandemic.

A mother from the interview said that the lives of the entire family have changed. So, she thinks that this impact is also the same for her child. They stopped going outside because of the lockdown. The child cannot go to school. So he (the child) cannot even play with his friends anymore. Due to this, his daily activities have also changed vastly. Sometimes he throws tantrums because he wants to go outside. He used to enjoy going to school a lot. It used to be the highlight of his entire day. Now he has a lot more free time which he spends on his mobile phone. He is slowly becoming addicted to it. He also had a very organized routine previously. He had a good habit of waking up early in the morning. But it has changed now. He goes to bed very late at night, and so he now grew the bad habit of oversleeping and gets up late.

On the other hand, one mother said that her child's routine has not changed much. Rather, it is almost the same as before with the exception of one change. Previously, the child used to go to the park with his grandmother every day. He used to love making new friends and playing with them in the park. There were new stories every day that he loved to share with his mother. But due to the current scenario, none of it is possible anymore.

One more parent also told me that her child's routine is almost the same as before. The child is not admitted to any school, so he does not have to do online classes. The only difference now is that he could not go outside to play.

Another mother told me that her child was kind of growing up all by himself before the lockdown. But now, as both the father and the mother are staying at home, it is different. He is growing up with two of his most favorite people. The mother was trying to open a small online business. So, she was unable to give time to her child before. And the father always has been busy with work. It was becoming challenging for them to find time for themselves. But the lockdown has been a blessing for them. The whole family has developed a healthy and beautiful relationship now. Both the parents are able to provide the necessary care to the child. They can watch television together. They also get to bond during lunch and dinner now as they are doing it together. They are playing and talking a lot more than before. They are even spending quality time in the kitchen while cooking.

The parents from the focus group discussion told me that the children that were going to school previously have found changes in their routine now. The children are staying at home and doing online classes. They cannot meet their friends. Most of the changes revolve around the fact that they are unable to go outside now.

Sub-theme 2: Behavioral and emotional changes in children because of COVID-19

I have asked parents whether they have noticed any behavioral and emotional changes during this time. For further analysis of the study, I have also tried to find out how they are dealing with changes.

Two parents have said that they have observed some changes in their children. One parent said that their child would throw tantrums to go outside to play with friends. The child has expressed that he really does not like staying at home that much. He has also been crying unnecessarily. The parent has put in efforts to explain the situation to him and talk him out of going outside. She (the parent) has said to her child that there is a virus outside and they will get severely sick if they do not stay at home. Sometimes she has bought new toys for the child to make him happy. Another mother also said that her child was a bit frustrated due to the current changes especially that he could not go outside. Even though they can give a lot of time to the child right now, it cannot change the fact that they are not able to wander around the house. The child bothers its parents about it. The parents try to make him forget about it by giving love and affection. The mother feels that her child now understands what is going on. Because when a relative talk about going over to their house on video calls, he says that they cannot do it as there is a virus outside and they will get sick.

On the other hand, two mothers said that their child did not undergo any behavioural or mental changes. One of them mentioned that the child is passing the time just like before. Just occasionally, he wants to go to the park. At that time the mother and grandmother will give him something else to play around so that he forgets about going outside.

From the focus group discussions, I have analyzed that the responses were divided into two sides. For instance, some parents have noticed changes in their children's behaviour. They have said that the children get upset nowadays. They also get upset about not being able to go outside. Again, some parents said that they have not noticed any changes. This is possibly due to the fact that their children are really young and they quite do not understand what is happening around them.

Theme 5: The positive parenting practices of parents

Sub-theme 1: Involvement in children's routine and bonding time

I have tried to seek out how much involved parents are with their children. For further analysis, I have asked them what special activities they do together to ensure quality time with the children.

I have conducted one-to-one interviews with four parents. One parent told me that she spends the entire day with her child. She is by his side during all of the activities. But especially they like to spend time in the kitchen while cooking meals. Both the parents and the child enjoy it because they have a lot of fun together. Sometimes the child helps its mother by passing the kitchen items to her. Or sometimes he will pretend to prepare meals with her. Other than these, the parent also sings her child to sleep at night. He really enjoys listening to the humming sound. It helps him fall asleep. The mother cherishes these little memories with all her heart.

On the other hand, one parent told me that she does not get to spend much time with her child. The child spends most of his time with his grandparents. But she feeds her son by herself, and she considers this as their special time together. He tells her a lot of stories. Sometimes he complains about his grandmother. And they share a good laugh

over it. He also tells her all about the mischiefs he did throughout the day. In this way, she does not feel left out of her child's life even though she cannot spend as much time as she wants to.

Another mother said that she is with her child during his online classes. She also accompanies him when he is playing. For her, their special moment is their playtime in the evening. He has a set of toy tea cups and pots. He pretends to make tea and serve it to his father and mother like adults. The parent finds this very entertaining. She thinks that these special moments help to build a happy and healthy relationship with the child.

One more mother said that she is also involved in her child's routine. From attending online classes to falling asleep at night- she always tries to accompany her child. But she did not mention any special activity for the child.

From the focus group discussion I have gathered that most of the parents are very much engaged with their child's routine with an exception of few. For instance, one mother who lives in a joint family is not involved that much in her child's routine because she is very busy doing household works.

Sub-theme 2: Positive parenting practices

I asked the parents whether they think they are able to provide positive parenting to their children. From the in-depth interviews, three out of four parents said they think they are providing positive parenting. One parent said that there might be some gaps in the process no matter how much she tries to give the best. It is possible to overlook some details. But she thinks that she is somewhat successful because she is aware of her child's needs. She tries to be mindful of the specific needs and attempts to handle them accordingly.

Another parent also said the same thing. She added that she is always there by her child's side. She pays attention to what her child likes, what makes her child happy. Not only that, but she is also watchful of what makes the child upset. She tends to her child's health as well. She tries to make sure that the child is developing both physically and emotionally. She is spending time behind her child throughout the day. So, she also thinks she is successful at providing positive parenting.

One more parent also said something similar. She noted that tries to understand what her child wants at first and after that she makes decisions.

On the other hand, one parent thinks that she is sometimes unable to cater to her child's specific needs because she is busy with other work. So, she thinks she is not providing positive parenting.

From the focus group discussions, five out of six parents agreed that they are providing positive parenting to their children. One parent expressed her frustration about the matter. She said that she lives in a joint family, so she is busy doing household chores throughout the day. As a result, she cannot give time to her child. So she realizes that she is somewhat failing at providing positive parenting. This particular mother said that she now understands a lot of things about her way of parenting after participating in the group discussion. Like every other parent, she also wants what is best for her child. But she is unable to translate her wishes into action through her way of parenting. But she acknowledges that she will try to be more aware in the future.

Sub-theme 3: Scopes of better positive parenting

I have asked the parents if they think there is any room for improvement in providing better positive parenting. Most parents from the in-depth interview agreed that a lot

more can be done to provide positive parenting actively. Two parents said that due to lockdown, there is an increased amount of work that needs to be done in the house. Everyone is staying home, so the parents have to look after the others at the same time.

One parent included that she thinks that if there was not so much work, she could have given a lot more effort to raise her child. She also added that she could have been a lot more involved with the child's life and played a more active role as a mother.

Another parent mentioned that if her family members were helpful then she could have been a better mother.

On the other hand, one parent said that she thinks she is already giving her child enough time, affection, and even proper care. But still there is always room for improvements and a lot more can be done to become an ideal mother. She also thinks that there is no comparison of practice in providing better positive parenting. The mother expressed her interest in studying about parenting in the future if she gets time. She also believes that she can become a creative mother one day.

The parents from the focus group discussion told me that there is always going to be work, but it is necessary to make the children their main priority. And they are constantly trying to improve their parenting style. One mother who lives in a joint family said that there was already an existing pressure of doing household chores. Due to the current situation, everyone is working from home and doing online classes from home. So, this has added to the amount of work that is required to be done on a daily basis because there are many more family members to look after altogether right now. As a result, the mother cannot care for her own child even if she wants to. She thinks that she could have been a better mother if there was someone to help her with the housework because that will take the pressure off of her. Besides, if the father of the

child could give more time to both the mother and the child, then it would have helped the mother in providing better parenting.

Theme 6: Time spent by parents in supporting positive parenting

Sub-theme 1: Positive parenting practices during COVID-19

The study has tried to understand the positive parenting practices during the COVID-19. So, I have asked the parents how they are spending time with their child during this situation that makes them feel that they are able to provide positive parenting to the child.

The responses were very diverse. Two of the parents from the in-depth interview told me that they have not given much thought about the matter before. One parent said that the workload has increased at home because everyone is staying at home. That is why she did not get a chance to realize that her child needs care as well. She also said that her inability to tend to her child's needs has made her feel guilty over the time. She also added that she was in a state of emotional turmoil and so it did not occur to her that her child could go through problems as well or that it is necessary to do everything keeping the child's needs in mind.

One more mother has also agreed to this and said that she has been going through something similar. She told me that the pressure of work at home was already there before. But the household chores have multiplied due to the current situation. Besides, she also feels very restless, and she is not at peace with anything that has been going around. And for these reasons she has overlooked her child's needs. It seems to her that the problems of everyone else in the family have created a distance between her and her child. It has taken her away from the child as a mother. However, she has realized

the gravity of the situation after being part of this interview. She feels terrible about it and she thinks that she has made a mistake.

Another mother said that she and her husband try their best to do whatever they can for their child. They are continually trying to make sure that the pandemic situation does not create any emotional problems in their child's life. Every day the mother makes bread in the morning. She has also made arrangements for the child in the kitchen so that the child feels more engaged. The mother even bought kid-sized rolling pin and other utensils for the child to make bread together. The child really enjoys their everyday morning activity. Her child has also learned to take care of the plants observing the mother. The child wakes up in the morning and goes to water the plants right away. After coming back, he (the child) tells his mother, "Mom, I have fed the plants in the morning." Once or twice a week she will do video calls with the child's favourite cousins, uncles, and aunts so that the child still feels closer to them. The child does not really think that they cannot go out. According to her, she keeps her child engaged with different activities every day, which is how she is providing positive parenting.

One parent said that she is not doing anything differently in this time because her child is very young and the child does not quite understand what is going on.

The responses from the focus group discussions were also very different. For instance, the parents who are busy doing household work never thought about the issue much before because they do not get time. On the other hand, some parents mentioned that they are trying to spend more time with their children now. One parent mentioned that she also watches cartoons with her child now.

Sub-theme 2: Measures taken to make children happy during COVID-19

I have asked parents what positive initiatives they have taken to make their children happy during this time of COVID-19. I found that the responses were very unique. For instance, one parent from the in-depth interview said that her child loves to eat pastries. So, she has tried out new recipes and baked pastries for her child quite a few times during this lockdown period. The whole family gets to enjoy eating homemade pastries now. She thinks that she has become an expert pastry chef, and it really makes her happy that she gets to do something special for her child.

Another parent said that her child has an obsession with birds. That is why the parent has bought different types of birds for the child. The child spends some time with those birds every day. He likes to play with them. Sometimes, he feeds them, and sometimes he just watches them. He also likes to hear the sound of birds chirping. The parent said that just a few days ago, she bought a new bird. According to the parent, her child is very happy right now.

One mother said that her child enjoys doing craft works with her. So they have started doing a lot more craft works recently. Both the father and the mother of the child spend time with him by playing with colours. All three of them like to do colouring and painting together. They even made art on the wall of their house and coloured it together. The child has a keen interest in colours, and as a result, both the parents have found an interest in colouring these days.

One parent could not provide any response because she is not doing anything special for her child during this time.

From the focus group discussions, I found that parents took extraordinary measures to make their children happy. They have made a lot of changes in their lives and got

involved in activities that their children enjoy. Some parents mentioned that they bought new toys and games for their children. One parent mentioned that she likes to cook new items for her child every now and then. On the other hand, one parent said that she did not get the time to take extra measures for her child.

Sub-theme 3: Further areas in which parents can provide positive parenting

I have tried to find out if parents think there is any scope of providing more positive parenting actively during this dire time. Two parents from the in-depth interview have exhibited frustration about the immense pressure they have to undergo every day due to the increased workload at home. One parent said that if there were a helping hand at home, she would not have to work that much. Everything would have been much more comfortable for her then and she could have been a better mother. Moreover, she also could have been more attentive to her child then.

One more parent said that, if her husband had supported more and provided more attention, then she could have provided better positive parenting.

On the other hand, one mother said that she is already doing the best she can within her limits. Thus, she does not know how she can do anything more than that. But she is trying to find out what she can do more for her child's betterment so that she can become a more active mother.

Another mother mentioned that she has not thought about the matter before. But she acknowledges that she needs to be more attentive toward her child.

From the focus group discussion, I have gathered that parents always try to look for avenues to better themselves for their own children. But it seems that it is not possible

to do it alone. For instance, one mother lives in a joint family and because of this all the responsibilities and work of other family members are imposed on her. She has continuously been trying to meet everyone's demands. If the others carried out their own responsibilities by themselves then it would have been helpful for her. Only then could she have been more mindful towards her own child. Otherwise, she is always tangled up with different issues in the house.

Theme 7: Parental strategies for coping up during COVID 19

Sub-theme 1: Coping up with child's new routine

For this study, the children I have observed are aged from 2 to 5 years. For analysis, I have asked the parents how they are dealing with the changes in their children's routine. One mother from the in-depth interview said that she is trying really hard to adapt to these changes. She has to help her child with the online classes now. Besides, the child gets a lot of homework, so she has to help with those as well. Also, she has to take care of household chores every day. Overall, the everyday works have increased. The child used to be at school for at least 5 hours to 6 hours previously, but now he is at home for 24 hours a day. She used to get things done during the time when her child was at school. So, it goes without saying that the mother has to give extra time to her child now. Nevertheless, she is still trying to do as much as she can.

Another mother said that she is always trying to set her routine in line with her child's timings. She tries to finish all the household work and her personal works when the child is sleeping. She sets are routine in such a way that she can be beside her child during his (the child) online classes. She also keeps in mind that she has to be with him whenever he is playing. She puts this much effort because her child is really young and

he cannot follow the instructions of his teachers properly. Moreover, the child might require additional help as well. That is why, she is always trying to help him by staying by his side. In this way, she is keeping pace with her child's new routine.

Another mother also said that her child is her top priority. So she aligns her routine according to her child's needs.

On the other hand, one mother said that her child's daily activities have not changed much. So, she did not have to do anything different to cope up with it.

From the focus group discussions, I have gathered that the routines of some children have changed, and for some, it is almost the same as before. This has caused changes in their parent's routines as well. Some parents said that they are trying to have a balance between their own work and their child's new routine. Two parents mentioned that they are very busy with household works, so they are not coping well with the new routine.

Sub-theme 2: Additional struggles due to the COVID-19

I have asked the parents in which area they think they are struggling more than usual during the COVID-19. One parent from the in-depth interview said that she is struggling more with herself right now. She has to endure a lot currently. She has to think about her own work and household work simultaneously. She is dealing with tensions among the family members. Also, the pandemic has created problems in their business, which has added to the immense pressure they are already going through. All in all, everything bothers her a little too much now. She does not feel like doing regular work these days. Sometimes, she even forgets about some of the work she has to do. She used to watch dramas on television before. But now she can no longer see them

because she is always occupied with work. Everything has changed a lot for her, and she is struggling to deal with it.

Another parent said that she is also suffering a lot now. She has to manage her own tasks. Moreover, she also has to do work for the child's father separately. All of these equal to a mountain amount of work. Sometimes, she has to attend to everyone's needs with a smile on her face, even if it is just acting. She cannot sleep at night peacefully because all of her struggles bother her a great deal. Still, without any second thought, she is continuing to give her best to her family.

One parent mentioned that the pandemic has been a blessing to her because she gets to spend more time with her family now. So, she is not facing any additional struggles.

Another parent also told me that her husband has been helpful. So she is also not facing any problems.

Some of the parents from the focus group discussions told me that they are also struggling with all the household works during this time. Some of them are unable to take care of themselves. One parent said that her housework has increased in manifold. She was always juggling among many activities. Now, she is already out of breath because of so much work. In the meanwhile, she finds her child's tantrums very annoying now. She cannot even talk to her child with a smile on her face, although she wants to. All of these are making her more worried now. She could not give time to her kid properly even before the pandemic. On top of that, all the family members are working from home currently, and the ones who used to go to university are also studying from home. As a result, she has to look after each one of them at the same time. These have made things very difficult for her. She cannot even find time for herself even if she wants to. So, she is finding it very hard to pay attention to her child.

Sub-theme 3: Dealing with emotional and behavioural changes of child

I have asked the parents how they are dealing with the emotional and behavioural changes they have noticed in their children. One parent from the in-depth interview said that she is trying to explain to her child about the situation. There are several instances when the child gets upset about going outside. At that time, she tries to convince him that it is not safe right now, and they will get sick if they do not stay at home. She is constantly trying to keep him busy so that at least he does not get sad. She watches television with her child to keep company.

Another parent said that she is also trying to make her child happy all the time even though she is not successful at doing so every time. She goes to the rooftop whenever she feels that her child is feeling sad. This child's grandmother is always there to accompany him with everything. She stays with him so that she does not go through any mental turmoil herself and makes sure that her grandchild does not get upset. With the grandmother's support, it has become somewhat possible to deal with the child's special needs during this time.

One more parent said that she organizes different fun activities for the child whenever he feels frustrated about staying at home all the time. She has purchased a lot of new toys and colour pencils for the child. So, now the child is busy playing around with those toys and making drawings and colouring them. She thinks that the child is really happy right now.

Another mother did not provide any response because she has not noticed any emotional and behavioral changes in her child.

The parents from the group discussions told me that they are trying to keep their children engaged with different activities during this time. Some parents do painting with their child, some read bedtime stories, some watch television to keep the child's mind off of the current situation. One parent who lives in a joint family mentioned that she does not have time to deal with her child's emotional and behavioral changes.

Discussion

The research attempted to explore the parent perception on positive parenting. Data were collected through two different methods: in-depth interviews and group discussion and analyzed on the basis of research question and research objective.

The research attempted to explore the mothers' perception on positive parenting in COVID-19 situation. Data were collected through two different methods: in-depth interviews and group discussion and analyzed on the basis of research question and research objective.

Theme#1: The perception of parents on positive parenting

To come to the above theme several sub themes were identified where the researcher tried to understand the understanding of parents about parenting, about positive parenting, their views about positive parenting. About parenting concept most of the mothers emphasized the role of parents in parenting. How they raise their children, how children learn from the parents what safely and care parents provide to their children. There have been a bit different views came from on the of the parents in the IDI where she mention about the role of the other family member and the care and affection a child gets from all the family member is called parenting. Similar kind of view also came

from the group discussion where one of the parents mentioned parenting does not only done by the biological parents but the other family members also play a significant role in parenting of a child in a particular family. While defining about parenting the other important sharing shared by the mothers are ensuring physical and mental growth of children. Besides, all the participants could articulate about positive parenting. They mentioned about ensuring well-being, health and happiness of children. They also mentioned about being responsive to their children needs and be sensible to the feeling of their children are all about positive parenting. About the importance of positive parenting the participants shared putting forward for their children before anything else. The importance of positive parenting also came in their sharing where they tried to emphasize on ensuring shelter, ensure secure environment, provide nutrition and good health. It also highlighted that positive parenting can confirm a secure future for children. All their ideas about parenting are very much align with what researchers say about parenting. Parenting is the investment by caregivers in their offsprings' survival to the age of reproductive viability, and to assure that the offspring possess the social skills necessary to compete for resources and reproduce Wood E. K. Higley J. D (2018).

Theme 2: The daily routine of children

Since the research topic was to know about mother's perception on positive parenting during covid-19 therefore all the parents who have been interviewed gave almost the same thought that what their children does in broader heads throughout the day. What most of the children do is have breakfast, play little bit and attend online classes. Then after lunch they take a nap, play in the afternoon and have dinner with their families.

There have been some differences in different families e.g. in a joint family the child spend most the times with his grandmother and plays with her. The children who are not admitted in any schools yet have not much changed in their routines even in covid-19 situation. There has been change in their routine as fathers are working from home and there have been both negative and positive sides of that as in some cases children get more time to spend with fathers and in some cases as children are not used to of having fathers at home much they are seeing their fathers working from home and their fathers' work anxiety has also makes their children scared.

Theme 3: COVID-19 and consequent impacts on parenting

There have been both negative and positive consequent of covid-19 on parenting. One is going through a mental turmoil and all of their routines have been tremendously changed and that impacted on their behavior towards their children. Some of their businesses have been affected and the financial instability created indifferent attitude to their children. In joint family, situation is more difficult where the mother's workload has increased in many ways as all the members are at home and mother cannot give much time to the child.

We know that in this covid-19 everyone has to stay home. Therefore, the working essence is also decreasing. Especially the fathers are not liking to stay home for a long time. So their mood is also not good and shouts on phone while talking for which the children get scared. And due to the work load the parents have to work from home and cannot give valuable times to their children.

Again, another group of parents said that they get s lot of quality time to spend with their children. Another parent gave a different thought that, they can't enjoy vacations like before. Everyone has to sit idle at home. Some parents are concerned about the

emotions of their children due to this pandemic situation. And a mother thinks that she is a bad mother because she can't take her child out of this misery.

And another group of parents have expressed immense work pressure from the family as they live in a joint family. A mother also shouted on her child due to frustration of this pandemic situation.

There have been some positive consequences as well where children are getting quality time from the fathers. These families called it an opportunity for their families as they get more family time where they spend time together. In positive cases mothers are giving extra effort to keep their children busy and have quality time as children are staying home.

Theme 4: Changes in children's behavior due to COVID-19

A lot of changes have been noticed due to the children staying at home. Some parents said that their children are getting frustrated due to staying at home all the time. Changes in their schedule has also been observed because earlier they used to go to school and wake up early but now the situation is completely opposite. Also, the parents say that their children are now being addicted to mobile phone and sleep late at night. And some parents explained that a sudden change of their schedule has not affected much. Previously their children used to wake up early and now also the situation is same. They do wake up for attending online classes. Again, the children who are still little and didn't take admission in school, spending their time with their families.

Some children have accepted the situation and fighting through it. This is the output of mother's effort which made those child understand the situation. Therefore, we can say that different parents have showed different perspective about the change of schedule and behavior in their children's life

Theme 5: The positive parenting practices of parent

There have been again some positive and negative sides of parenting practices specially in covid-19 situation. How mothers are involved in the daily routine of the children most of the mothers have said that they enjoy spending time with their children. In this situation where everyone has to stay at home, it has become a great opportunity for everyone to spend time with their family. As children are staying home and they are young they love to be tagged with their mothers throughout the day and even accompany mothers in kitchen. Some parents are engaged in pretend play kind of play with their children. The mothers tell stories to their children or sing songs to them. A parent also said that her child spends the whole day with grandmother. Another parent said that they have lunch, dinner together, prepare meals together and plays with their child. But some parents having financial problem or living in a big family environment cannot spend quality time with their children.

In providing positive parenting practices they shared they are mindful of the specific needs of their children and attempts to handle them accordingly. They are trying to ensure that they are catering their children with best ethics and relationship. Some mothers who are more busy with household chores because of their additional responsibility they cannot provide according to them positive parenting practices to their children.

For the scopes of better parenting, a parent said that if they could get support from the other family members and especially from her husband, then it would be very easy in terms of parenting their child. As we know living in a joint family makes the women indulged in a lot of household chores. So, if the other family members step an ahead on parenting one's child then the situation will be not matter of query while parenting.

Theme 6: Time spent by parents in supporting positive parenting

Covid-19 has created opportunity for some families and threat for some families. As for some mothers workload has increased which made them stressed and that reflected on their behavior with their children. Some parents shared their perspectives in this concept that they can't give much time to their children due to the work pressure. As every one of the family is in the home, that's why the work has also increased. And because of that they can't focus on parenting their children gently.

There have been opposite perspectives where families are happy in this situation too. Because the child's father is staying and home and both mother and father are raising their child with loads of love and affection. They bought toys and tiny utensils for their child to work and enjoy at the same time

To improve the parenting styles specially in covid-19 situation, some parents have focused on what can be done better to make their children happy. For this, they make favorite dishes of their children, have bought birds because their child loves bird's chirping, made pastries etc. These small attempts have been beautifully done by the parents to make their children's day filled with enthusiasm in this pandemic situation as well.

Again to further areas where mothers can provide positive parenting came for discussion mothers emphasized that, if they could get help from their family members as a helping hand or their husband could get involved more than further positive parenting could have been provided to their children.

Theme 7: Parental strategies for coping up during COVID-19

We know that a lot of changes have been visible, as everyone has to stay home right now. Some parents have to make their schedule according to their children's routine.

They are to observe the study and classes with their children. And those who are very young are kept under their parent's surveillance all the time. Managing the works of home and along with that parenting in a moderate way is a compulsory thing for the mothers.

Again, some parents gained additional struggle in this situation. Mostly in the joint families, parents can't give their time to their children. Handling family issues is a significant thing for any mother. As a result, a budget of relevant parenting can be apparently seen. And some mothers totally forget about the needs and requirements of their children due to the caseload of family.

Keeping everyone safe from the virus, all the children have to stay home which is making them much bored. For this reason, parents are trying to make them busy providing them materials and things which their children like.

While exploring the positive parenting in covid-19 situation there have been two major groups are found where one is having and experiencing negative impact of covid-19 which resulted in struggling situation for them to provide or maintain positive parenting to their children. On the other hand there has been another group who has been having and experiencing positive impact of covid-19 which resulted in an opportunity for them to provide and maintain even better relationship with their children. Some of the mothers who shared negative experiences due to covid-19 have regret on the matter that they cannot provide positive parenting. Therefore, if there is scope for mothers to know how to deal with difficult situation keeping parent child relationship alive and spend quality time with their children in limited resource setting and with busy schedule then that would be helpful for the parents and their children.

Recommendations

Based on the findings and discussions the study would propose a number of recommendations.

- COVID-19 has been a new phenomenon and this study tried to find parents' perception on positive parenting in a COVID situation in a very small scale. As positive parenting is a very important issue and COVID-19 has been a different situation therefore, further research can be done with large number of population.
- Findings says there is a lack in positive parenting during this emergency situation. To get prepared for similar emergency situations like COVID-19 in future a further research on the same topic is highly required. This sort of research might guide our parents how to provide positive parenting in emergency situations.
- Government, NGOs and different private organizations should take steps on awareness raising on positive parenting during challenged situations like COVID-19.
- Further research can be done on how father can be more involved in providing positive parenting in situations like COVID-19.
- Social, print and other Medias can play a big role in promoting positive parenting in emergency situations.

Conclusion

The study aimed to explore positive parenting in COVID-19 situation. To determine the research objective, the study collected data through IDI and group discussion and analyzed it.

Both fathers and mothers could understand positive parenting in finding it was found that before COVID-19 most of the parents could practice positive parenting. In practicing positive parenting the number reduced in COVID-19. In the findings in a very few cases, COVID-19 has been a blessing that created scope for practicing positive parenting. Where there has been lack in practicing positive parenting, fathers accelerate this as they have been staying home in COVID-19 which used to be not like this before COVID-19. The financial insecurity is another reason for lacking practicing positive parenting. Mothers role has been multiplied managing house hold chores, adjusting with new routine.

Bangladesh being a developing country merging to become a middle income country has been badly affected. Unskilled manpower has become unemployed, salary has been cut off due to companies making less profit, people who are working from home adapting with new challenges. As COVID-19 is a new phenomenon it has been affected the lives of people widely therefore the government should come forward to make a comprehensive plan to address this kind of situation in future where positive parenting in difficult situations should come as a priority.

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Appendices

Appendix 1

Demographic Information:

IDI

Participant SL	Age	Academic Qualification	Number of Children	Boy/Girl
1	30	SSC	1	Girl
2	32	MASTERS	2	Girl and Boy
3	31	HSC	1	Boy
4	34	HSC	1	Girl

Group Discussion

Participant SL	Age	Academic Qualification	Number of Children	Boy/Girl
1	30	SSC	2	Girl and Boy
2	34	MASTERS	2	Girl and Boy
3	31	SSC	1	Boy
4	32	HSC	1	Boy
5	31	MASTERS	1	Girl
6	33	SSC	1	Boy

Appendix 2

IDI questionnaire

Knowledge

1. What do you understand by parenting?
2. What comes in your mind when you hear about positive parenting?
3. What is positive parenting meant to you?
4. Do you think positive parenting is important for children? Why?
5. How does your child spend time in a day? Can you please share her/his daily routine?
6. Do you think COVID-19 brought any changes in parenting? How?
7. Do you think parent should be more aware of providing positive parenting during COVID-19? Why?
8. How is COVID-19 changing your child's regular routine?
9. Did you find any behavioral and emotional changes in your child during this lockdown period? What have you noticed?

Practice

10. How are you involved in her/his daily routine? Do you have any special time in a day that you spend with your child?
11. If yes, what special you do with him/her?
12. Do you think you are providing positive parenting to your child? How?
13. How do you think you could provide stronger positive parenting to your child?

14. How are you spending time with your child in COVID-19 that makes you think you are providing positive parenting to her/him?
15. How are you coping-up with your child's new routine?
16. At which point you are struggling more than a normal time in COVID-19 situation?
17. How are you dealing with the behavioral and emotional changes of your child during this covid-19 situation?
18. What measures have you taken during COVID-19 those make your child happy?
19. How do you think you could provide more positive parenting to your child during COVID-19?

Group discussion

Knowledge

1. What do you understand by parenting?
2. What comes in your mind when you hear about positive parenting?
3. What is positive parenting meant to you?
4. Do you think positive parenting is important for children? Why?
5. How does your child spend time in a day? Can you please share her/his daily routine?
6. Do you think COVID-19 brought any changes in parenting? How?
7. Do you think parent should be more aware of providing positive parenting during COVID-19? Why?
8. How is COVID-19 changing your child's regular routine?
9. Did you find any behavioral and emotional changes in your child during this lockdown period? What have you noticed?

Practice

10. How are you involved in her/his daily routine? Do you have any special time in a day that you spend with your child?
11. If yes, what special you do with him/her?
12. Do you think you are providing positive parenting to your child? How?
13. How do you think you could provide stronger positive parenting to your child?
14. How are you spending time with your child in COVID-19 that makes you think you are providing positive parenting to her/him?
15. How are you coping-up with your child's new routine?
16. At which point you are struggling more than a normal time in COVID-19 situation?
17. How are you dealing with the behavioral and emotional changes of your child during this covid-19 situation?
18. What measures have you taken during COVID-19 those make your child happy?
19. How do you think you could provide more positive parenting to your child during COVID-19?

Appendix 3

Voluntary Consent Form

Institute of Educational Development, BRAC UNIVERSITY

Title of the Research Protocol: Mothers' Perception on Positive Parenting in COVID-19 Situation.

Principal Investigator: Masuma Talukder Tinni

Introduction:

Positive Parenting is the task of upbringing a child by stimulating the emotional, intellectual, physical and social development from childhood to adulthood. Positive parenting involves caring, communicating, empowering, guiding as well as providing for the needs of a child consistently. A mutually respectful parent-child relationship will be maintained. Secure parent-child attachment leads to numerous positive developmental outcomes for the child. The global COVID-19 pandemic has had an unprecedented effect on human behavior and well-being. Parents' perceived impact of COVID-19 is related with increased parenting stress and in turn, increased risk of impolite parenting.

Purpose of the research:

The purpose of the study is to discover mother's perception about positive parenting in COVID-19 situation. I am from the Institute of Educational Development- BRAC UNIVERSITY conducting a research to Parent's Perception on Positive Parenting in COVID-19 situation.

Why selected:

I have selected the parent (mother) as they are the primary caregiver.

What is expected from the respondent?

If you agree to participate you will be expected to share your knowledge practices about positive parenting. The respondents may give electronic signature or they can send consent in an email.

Risks and benefits:

There is no risk for you to participate in this study. Moreover, the children directly or indirectly may be benefited in future if the findings are taken into account by the policy makers and educators.

Privacy, anonymity and confidentiality:

All information collected from you will remain strictly confidential. I would be happy to answer your questions about the study and you are welcome to contact me; Masuma Talukder Tinni (cell # +8801824586419) or masuma.tt@brac.net anytime required.

Future use of information:

Some of the information collected from this study may be kept for future use however in such cases information and data supplied to other researchers, will not conflict with or violate the maintenance of privacy, anonymity and confidentiality of information identifying participants in any way.

Right not to participate and withdraw:

Your participation in the study is voluntary, and you are the sole authority to decide for and against your participation in this study. Refusal to take part in the study will involve no penalty.

If you agree to my proposal of enrolling yourself in my study, please indicate that by putting your signature or your left thumb impression at the specified space below

Thank you very much for your cooperation

Signature of Investigator

Participant Date:

Signature of Subject/

Date: