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Understanding Your Child's Psyche

insight

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Imagine that Ronin, a twelve-year-old boy, fell down while playing with his friends. He got injured and came back home. His father said, "Again! It's only you, and no one of your friends gets injured while playing. Stupid." His mother said, "For this reason, I do not want to give you the permission to go out. You cannot manage yourself. You will not be allowed to go out to play anymore". Now, can you guess how sorry the boy might have felt as he was reprimanded by his parent after getting an injury? Perhaps, his mental pain turned bitterer than the pain of his physical injury. Basically, these types of reactions from parents may have a rather negative impact on the children's psyche. When parents judge their child based on his friends' potentials, he may think that he is not accepted in the way he is. Hence, if the child undergoes the same crisis in future, he will be confused about if he should share incident with his parents or not. But if the parents can just deal with the situation in a positive way, then they may really help their children have a healthy mind and gain some mental strength.

Well, parents definitely feel sad when their children fail in the playground or at school. Many parents may tend to think that they should rebuke their children if they fail to do well or make some mistakes, considering the betterment of the later. Still, it is not a healthy practice. In fact, every child is unique and may have an aptitude in a different area. So it is important for the parents to be able to accept the way their children are.

Moreover, parents can show some examples so that children can feel that parents are with them. So it is helpful to share their feeling and show a compassionate concern for them. It would perhaps be more helpful for Ronin, if his parents could say, “I feel so sad to see your injury”, and “It is really painful to see you sick”. After the child feels a bit comfortable, the parents may ask then- “How did it happen?” or other questions. These questions do not mean parents are doing inquiry; rather it should mean that they want to understand his problem. Later, parents can ask- “How would you protect yourself next time?” This type of conversation will help the child to feel that parents are supporting them and gain confidence to handle the crisis more skillfully in future.

After that, while communicating with children, it is very important that parents express a positive attitude. Parents can praise their little success by saying, “You did a great job”, “I appreciate how you talk to your friends and teachers”, “I become so excited to see that you have completed this puzzle so nicely” instead of saying, “You cannot do it”, “You are not good”, “You are worthless” or “You cannot do anything perfectly”.

Besides, it is worth mentioning here that when you are a parent, you should not forget that unpleasant things may sometimes happen to your children. They may sometimes face challenges in schools and colleges, among peers and friends, at workplace or even in their own family. It may even require them to face many difficulties and unpleasanties and undertake a tough action. Hence, what actually your children need is the readiness and skills to face the challenges of life. However, in our society there are many parents who are commonly unaware of the fact. They are rather unwilling to allow their children to deal with any challenge in their life; instead they want to undertake all the responsibly of handling the situation. But how long will you protect them if they do not learn how to come up against their own difficulties by themselves? In fact, if they are kept away from all the complicated affairs of life, in that case, they can hardly acquire the skills they need to deal with any challenging situation. This is why the parents should help and support their children to develop some skills on their own.

Meanwhile, parents are the role model for the children. The latter can learn a lot from the manners of the former. Parents teach them how to deal with a challenging situation by showing examples. For example, in a fixed-budget family, a sudden increase in the household expense may cause a crisis. In such a situation, parents can discuss the problem in the presence of the children, sometimes asking the latter’s opinion. Whereas such a discussion with all the family members may bring forth a handy solution to the problem, the children can also learn how to handle such a situation.

Finally, there is no denying that when parents fully trust their children, it helps them a lot. When parents appreciate and accept their children’s preferences, choices and opinions, it creates a sense of self-confidence among them. So it is really essential to be open and flexible to accept children’s choices and extend them a helping hand when they need it.

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