

# Family health: Responsible Parenthood

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# Responsible parenthood

- Responsible Parenthood is the core responsibilities of parents to provide the needs of the children they have in terms of the aspects in life.
- It refers to the will, ability and commitment of parents to respond to the needs and aspirations of the family and children.
- It is the act of putting the needs of the child over self.



# Parenting

## Definition:

“Parenting or child rearing is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood.”

Parenting is usually done by the biological parents of the child although governments and society take a role as well.

- In many cases, orphaned or abandoned children receive parental care from non-parent blood relations.

- Parenting may be influenced by various factors as:
  - Social class
  - Economic status
  - Education etc.



# Parenting styles

- Authoritarian (very rigid and strict)
- Authoritative ( positive reinforcement)
- Permissive (freedom & autonomy)
- Uninvolved (physically, emotionally not supportive)



# Role and responsibilities of parent:

- Protect his/her young from physical harm.
- Provide physical necessities, such as food, water, clothing protection from the ailments.
- Provide emotional necessities.
- Assist with education in preparation for the child to become a productive adult.
- Provide moral guidance so that the child can turn out to be a responsible adult.

# Parenting education

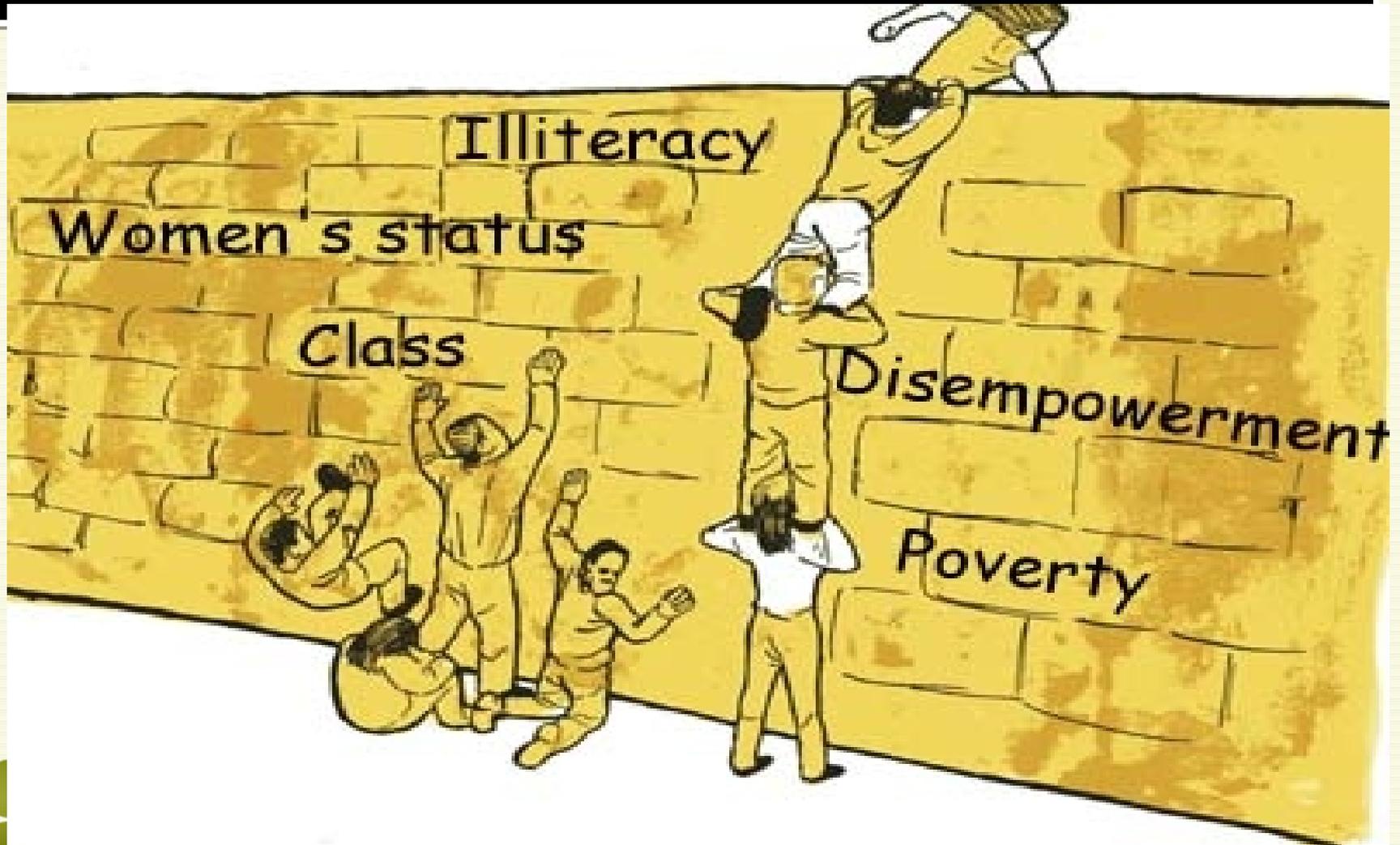
- Parenting education is a course or programme which is given to raising successful children, creating competent, confident parents, and building strong families and communities.
- With love, limits, and lots of involvement, parents can have a major influence in developing happy, healthy and well-behaved children.

# Contd.

- A **parent education program** is a course that can be followed to correct and improve a person's parenting skills, such courses may be general, covering the most common issues parents may encounter, or specific for the infants, toddlers, children and teenagers.
- These courses encourages the parents who are considering having a child or adopting one or are pregnant.



# Positive deviance



# Meaning of Positive Deviance

- Positive Déviance menas Positive Exception.
- Positive Deviance also means replication of good practices.
- Positive Deviance is an initiative for reduction and prevention of problems among children in the age group of 0-3 years (UNICEF).



# Definition of PD:

Positive deviance (PD) is an approach to behavioral and social change based on the observation that in any community there are people whose uncommon but successful behaviors or strategies enable them to find better solutions to a problem than their peers, despite facing similar challenges and having no extra resources or knowledge than their peers. These individuals are referred to as positive deviants.

## Sources:

Tuhus-Dubrow, R. The Power of Positive Deviants: A promising new tactic for changing communities from the inside. Boston Globe. November 29, 2009.

Sternin, J., & Choo, R. (2000). The power of positive deviancy. Harvard Business

Singhal, Arvind, and Lucia Dura. Protecting Children from Exploitation and Trafficking Using the Positive Deviance Approach in Uganda and Indonesia. Save the Children Federation, Inc., 2010.

- “Positive deviance (PD) refers to a phenomenon that exists in many resource-poor communities, that is, the finding that a few individuals and families employ uncommon, beneficial practices that allow them and their children to have better health as compared to their similarly impoverished neighbours.”



- Positive Deviance is based on the observation that in every community there are certain individuals or groups whose uncommon behaviors and strategies enable them to find better solutions to problems than their peers, while having access to the same resources and facing similar or worse challenges.



- The Positive Deviance approach is an asset-based, problem-solving, and community-driven approach that enables the community to discover these successful behaviors and strategies and develop a plan of action to promote their adoption by all concerned.



# Example

- The concept first appeared in nutrition research in the 1970s. Researchers observed that despite the poverty in a community, some poor families had well nourished children. Some suggested using information gathered from these outliers to plan nutrition programs
- Sources:
- Wishik SM, Van der Vynckt S. The use of nutritional "positive deviants" to identify approaches for modification of dietary practices. *Am J Public Health*. 1976;66(1):38-42.
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