

Herald Cafe



IDEAS 3.0 – UNLEASHING INNOVATION AT PCCE, VERNA



ANNUAL FUN FAIR FETE HELD AT MAE DE DEUS HS, CORJUEM

How do you parent your single child?

The combination of parenting with clear communication and age-appropriate standards can lead to emotionally stable adults. However, with many families opting to have just one child, there are a lot more expectations from the child



Doley D'Crus | dolcy@herald-go.com

Bringing a child into this world is a shared responsibility of the parents. Following societal norms, the responsibility is mostly expected to be bared by the mother. However with changing times, both parents are working equal hours. With most families now planning for a single child, there are various parenting styles that can be observed which the child reacts to accordingly.

THE CHILD OUTSIDE THE HOME

Sandhya Fernandes is a teacher at St Francis Xavier Higher Secondary School, Siolim where she has been teaching for 34 years. Over the years, she has observed children go from loving, more concerned and one with nature to a new generation of teenagers.

Sandhya says, "The reality is that single child receive more attention from the parents and they seek the same attention at school from the teachers and teachers have to give attention to everybody. When there are more children in the family, the attention is diversified to all the kids. There's too much of pressure on a single child where extracurricular activities are concerned and they are not out on their own with nature at all. They're not on the playground but busy with their mobiles. Today, with both parents working, there's hardly time for the kids."

Whether in class or during extracurricular activities, Sandhya has found a difference in the way children behave now. "There's a lot of jealousy and not much of compassion to be seen towards the others as they cannot see the other side of the other person.

Academically, they're good in their studies but they're pressurized by the parents and it's too competitive," says Sandhya.



PARENTING STYLES

AUTHORITARIAN: traditional style where parents make rules and children are expected to obey.

AUTHORITATIVE: Parents set boundaries while being flexible and easy-going to meet the child's needs.

PERMISSIVE: Parents give their children few limits and have more of a peer relationship with them. They're usually very responsive to their children's needs.

UNINVOLVED: Parents are emotionally distant and provide little to no guidance or support for their children.

ATTACHMENT: Parents are very concerned about their children and try to be present with them most of the time.

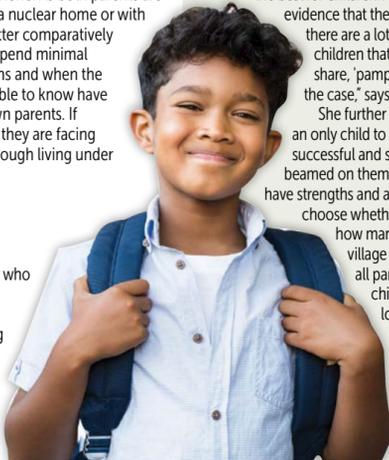


EMOTIONAL ABSENCE

While children are overprotected and doted upon, they are still times when the child is given no quality time especially in their early years. Most parents give the child all the material aspects, especially when they are small, they are given many toys and as they grow up, they are given the phone. As both parents are working, the child is with a nanny in a nuclear home or with relatives in a joint family, which is better comparatively like to a nuclear family. The parents spend minimal time with the child. This effect remains and when the parent is absent, the child won't be able to know have that emotional connect with their own parents. If something goes wrong with them or they are facing some difficulties, the parents even though living under the same roof, won't know about it.

THE SHIFT IN PARENTING

There is a slight different in today's generation of parents, especially those who are in their early 30s. A trend has been observed where parents are expecting from the children. Earlier, the parenting style was very clear, but now the lines are getting blurred. "There's a lot of emotional turmoil that the child is going through regardless the parenting style actually with more of



expectations from the child. The child is treated like a trophy that needs to update itself. Due to social media, parents are competing on how their child can outdo other children. If a parent enrolls their child in music class, and their friend has enrolled their child in music and football, this parent will put the child in music, football and dance. While the parent wants to live their dreams through their child, the child has to go through this trauma. Nowadays, it's happening on a massive scale," says Cipriano Fernandes, who counsels students at MES College in Zuarinagar besides his own center, Wellness Counseling Centre in Panjim.

"A new type of parenting style is coming up where authoritative parents won't send their child anywhere but then they want the child to do well in studies and on the other hand, they use permissive parenting style to emotionally blackmail the child by giving permission to go anywhere with their friends, provided that they excel in everything," adds Cipriano.

MYTHS ABOUT SINGLE CHILDREN

Dr Nandita de Souza, director and developmental and behavioural paediatrician at Sethu Child Development and Family Guidance, Porvorim, feels that all that matters is that children are loved, respected, nurtured and valued.

"Parenting is a huge responsibility and adults today are able to choose their version of family and parenting, whether it's no children, one child, many children or only a pet, each parent has their own logic and reasoning. There's a lot of anxiety about what's the best for children. Actually, there's absolutely no evidence that there's one perfect number. However, there are a lot of myths surrounding only children that they are bossy, entitled, unable to share, 'pampered', and so on. This isn't always the case," says Dr Nandita.

She further adds, "There is more pressure on an only child to be happy, behave properly, be successful and shine with all the love and care beamed on them by their parents. All children have strengths and all children struggle. Let adults choose whether they want children or not and how many. Each of us can be part of the village around every child and support all parents without judging them. Only children need not necessarily be lonely children. Families can create opportunities for children to engage with other children and learn about getting along, dealing with the frustration that is part of human interactions and building lasting relationships with peers."

SWIPE RIGHT

Gauri is Aamir Khan's new love

Aamir Khan has found love once again. The 59-year-old actor has decided to embrace a new relationship and is said to be dating a woman from Bengaluru. Sources reveal that Aamir has already



introduced her to his family, and the meeting went well. He appears to be quite serious about this relationship, which is why he involved his family. The mystery woman's name is Gauri, and she has no connection to Bollywood. Although Aamir has chosen to keep his new relationship private and hasn't made any official statements, if the rumors are true, this new chapter in his life is bound to surprise his fans.

Scarlett Johansson begins new era for 'Jurassic World'

The first trailer for 'Jurassic World: Rebirth' has dropped, and the movie looks like it's going back to basics in a big way. Anchored by iconic action superstar



Scarlett Johansson, Emmy and SAG nominee Jonathan Bailey and two-time Oscar® winner Mahershala Ali, this action-packed new chapter sees an extraction team race to the most dangerous place on Earth, an island research facility for the original Jurassic Park, inhabited by the worst of the worst that were left behind. They are headed back to the island to extract some life-saving genetic material from dinosaur eggs.



Bollywood star Abhishek Bachchan turned 49 recently, and his legendary father, Amitabh Bachchan, shared an unseen photo of him looking at his newborn son

Love is in the air for Valentine's Week

February is a month that brings with it the promise of love with shades of reds and pinks. Today, February 7 marks the first day of the Valentine's Week beginning with Rose Day



Team Café | cafe@herald-go.com

The season of love is in full bloom and those who have a Valentine enjoy the day spending time with their partners. Valentine's Day is just around the corner, and the day will be celebrated on February 14, a

special day to express love and appreciation. Valentine's week is an opportunity to enjoy romance, appreciate love and celebrate the little happiness in life. Valentine's Week 2025 will begin from February 7 and go on till Valentine's Day on February 14. Each day offers a unique opportunity to show love and care.



FEBRUARY 7, FRIDAY: ROSE DAY

Rose Day marks the beginning of the love-filled week and is the perfect occasion for couples to exchange their wishes along with roses. For a girlfriend, a red rose accompanied by a sweet message can make her feel cherished and special.



FEBRUARY 8, SATURDAY: PROPOSE DAY:

Propose Day is a day dedicated to asking your loved ones to go out with you on Valentine's Day. It is customary to propose the traditional, 'Will you be my Valentine?' on Propose Day. Many people also take this day to finally confess their emotions and start a new relationship.



FEBRUARY 9, SUNDAY: CHOCOLATE DAY

Chocolate Day is the third day of this love-filled week. The day focuses on indulging in the decadent and sweet treat and is used to give your loved ones chocolates with a sweet note that captures your appreciation for them.

FEBRUARY 10, MONDAY: TEDDY DAY

Who doesn't love a fuzzy, warm teddy bear? Teddy Day is when couples exchange teddy bears, symbolizing the warmth, comfort, and security of their relationship. Giving a teddy bear represents a promise to hold and cherish one's partner, fostering a sense of closeness and affection.

FEBRUARY 11, TUESDAY: PROMISE DAY

Promise Day is about making love promises that will last a lifetime. It is a day to make new promises to one another, strengthening the bond and deepening the connection in the relationship. This traditional observance is focused on reviving the age old practice of love promises.

FEBRUARY 12, WEDNESDAY: HUG DAY

A warm hug is a universal language that conveys love, care, and support, nurturing relationships and deepening bonds between loved ones. The sixth day of Valentine's Week is dedicated to this act that can bring comfort and surety.

FEBRUARY 13, THURSDAY: KISS DAY

A simple gesture that says a thousand words and can make people feel more special, the last day of Valentine's Week, is dedicated to the act of romantic love to express romantic love and seal the love promises with a kiss.



FEBRUARY 14, FRIDAY: VALENTINE'S DAY

Valentine's Day is, the grand finale, which is dedicated to remember the true power of love. Celebrated on February 14, Valentine's Day originated from the Roman Catholic Church's feast day for Saint Valentine, a martyr who symbolised love and devotion. Gifts are exchanged, such as flowers, chocolates, or jewelry, to show your love and appreciation. This marks the end of Valentine's Week but not the everlasting love that one has for their dear ones.

