



**PURPOSEFUL PARENTING  
ACADEMY**

# **PARENTING 101**

## The Highlights

*FREE RESOURCE*

# Parenting 101

The highlights

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## 1. PARENTING IS ABOUT YOU

Parenting is about you parent, not about a child!

It is you who is going to raise up a child!

It is you who needs knowledge, skills and understanding of how to parent!

It is you who is supposed to become a parent (parent-ing)!

It is you who you were entrusted by God to raise up that child!

A child does not know how to raise up himself/herself. What you know and what you become is what your child will become. Who are you becoming? A knowledgeable, skilled, loving, intentional parent or a parent of old school thoughts such as parenting is something inherent that requires no learning?

The way you were raised matters a whole lot. It depends so much on who raised you, what that parent knew about parenting, the environment in which you were raised, and what you were exposed to. If you were raised with an 'ignorant' parent who didn't know the effect of whatever he or she was doing to a child, then you probably became a victim of that kind of parenting. For instance, if you were raised with so much violence, intense yelling, and emotional neglect, the probability of you suffering from the same is high. A yelling parent produces a yelling child and ultimately a yelling adult.

Many people think that raising a child does not require any training or skills. Most parents guess or do some trial and error on various aspects of raising a child. At the end of the day, the product (an adult) turns out to be anything (in terms of character or inner qualities) because he or she was raised anyhow.

At the Purposeful Parenting Academy (PPA), we discourage raising a child anyhow. Why? Because there is so much knowledge, skill, and various parenting structures and systems that can enable parents to raise their kids intentionally and effectively.

Let's see some parenting myths that have cost many parents of today and continue to affect many generations.

## **2. SOME PARENTING MYTHS**

### **1. Our parents did not learn anywhere about parenting yet they raised us well**

It is not true because our parents also learnt parenting from their elders. However, their times were characterised by scant knowledge and little space for sharing beyond their family, clan or village. It is different today since there are so much increase of knowledge and the world has become one where everyone can access and share knowledge and resources even beyond nations. Secondly, despite their efforts in raising us, they messed up in some areas where almost each individual has lots of areas to fix. For instance, some adults lack confidence, empathy, communication skills, emotional regulations and so many more that require personal development. So, they tried their best to raise us using the scant knowledge available by then. If they were to re-parent us, they would definitely learn and do it differently.

### **2. Parenting has no curriculum**

It is not true. Parenting uses a certain 'curriculum,' either formal or informal. The way you raise your child is a curriculum already. However, you may decide to use an intentional curriculum or raise your child using an 'anyhow' curriculum. Solomon, the wisest king who has ever lived, advised parents by saying, "Train up a child in the way he should go, and when he is old, he will not depart from it." So, there is "a way a child is supposed to go!" In other words, there is "a blueprint" for how a child should go. This itself is a curriculum!

**3. There is no expertism in parenting. If a child is to make it, he/she will. If a child is to get lost, he/she will**

This is a lie from a pit of hell! God can never do this to a human being. Giving a child on earth and just let a child get lost due to behavioural issues is not His plan. No one was born to get lost. Parenting is a field/journey full of knowledge, skills, structures, strategies, schedules, systems and many more; and all these are available. Nothing can be done well without learning, so as parenting. So, children are not born to get lost. Your intention in raising up your child matters a whole lot.

**4. Parents can raise up their child anyhow they want/wish**

This is another serious myth that is unacceptable. Every child (in fact every person) comes on earth for a purpose. And due to having different purposes, each child (person) is unique. And due to the uniqueness of each individual, every child has a unique blueprint of life. So, you can't raise a child the way you wish, otherwise you will destroy his/her purpose (destiny). By the way a child is not yours. A child comes from God as a blessing to the world through parents. Even the State has power over your child! You can't do anything (prohibited by State laws) to your child just because a child 'is yours'! You cannot raise a child the way you wish, because there is a way it is supposed to be.

**5. A child will just grow up even if parents won't learn or use parenting skills**

This is TRUE. A child will grow up even without being parented because while growth is a natural process, parenting is not. So, even though your child grows up but will grow up to become what kind of a person? A person with values and character is a product of parenting. Skilled parents have a better chance of raising up well rounded adults. So, parenting and provisions (*malezi vs matunzo*) are different although providing for a child is part and parcel of parenting. However, providing for a child things like food, cloths, shelter and formal school education does not entail the actual meaning of parenting.

Parenting is about training up a child (correct, guide, coach, mentor, educate, improve, prepare, instruct, drill etc.)

#### **6. Parenting is about a child**

No. Parenting is about you parent as explained above. A child does not parent him/herself.

#### **7. You may parent your child well but friends and the world can change a child**

Yes and No. The perceived 'parenting well' might not be well in its sense. What systems have you put in place in your home environment? Do you have routines, structures and tools you follow in your parenting? What do you know about parenting and how do you do it? Do you have a set of written values that you live by? Are you also growing as a parent? (growing in wisdom, knowledge and understanding in parenting?) If a child is well parented using suitable family and parenting structures, systems and strategies, a big chance is the values instilled becomes part and parcel of a child till the old age. The environment/world may or may not change your child depending on your parenting system. Your child may change the world (the peers) towards him/her and not necessarily the other way round.

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