

Parenting Workshop



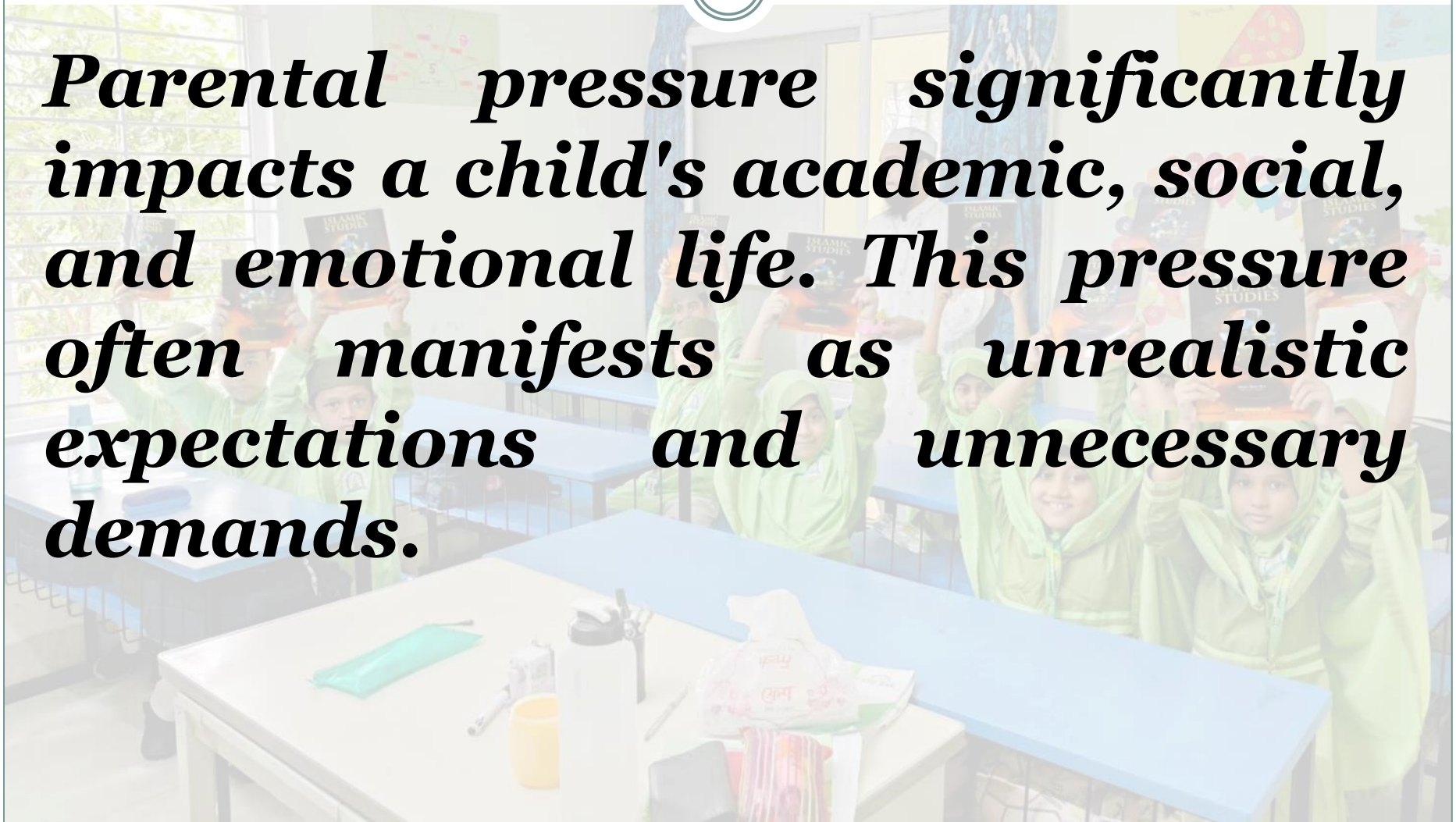
Parental Pressure on Children: The Burden and the Effects



Introduction



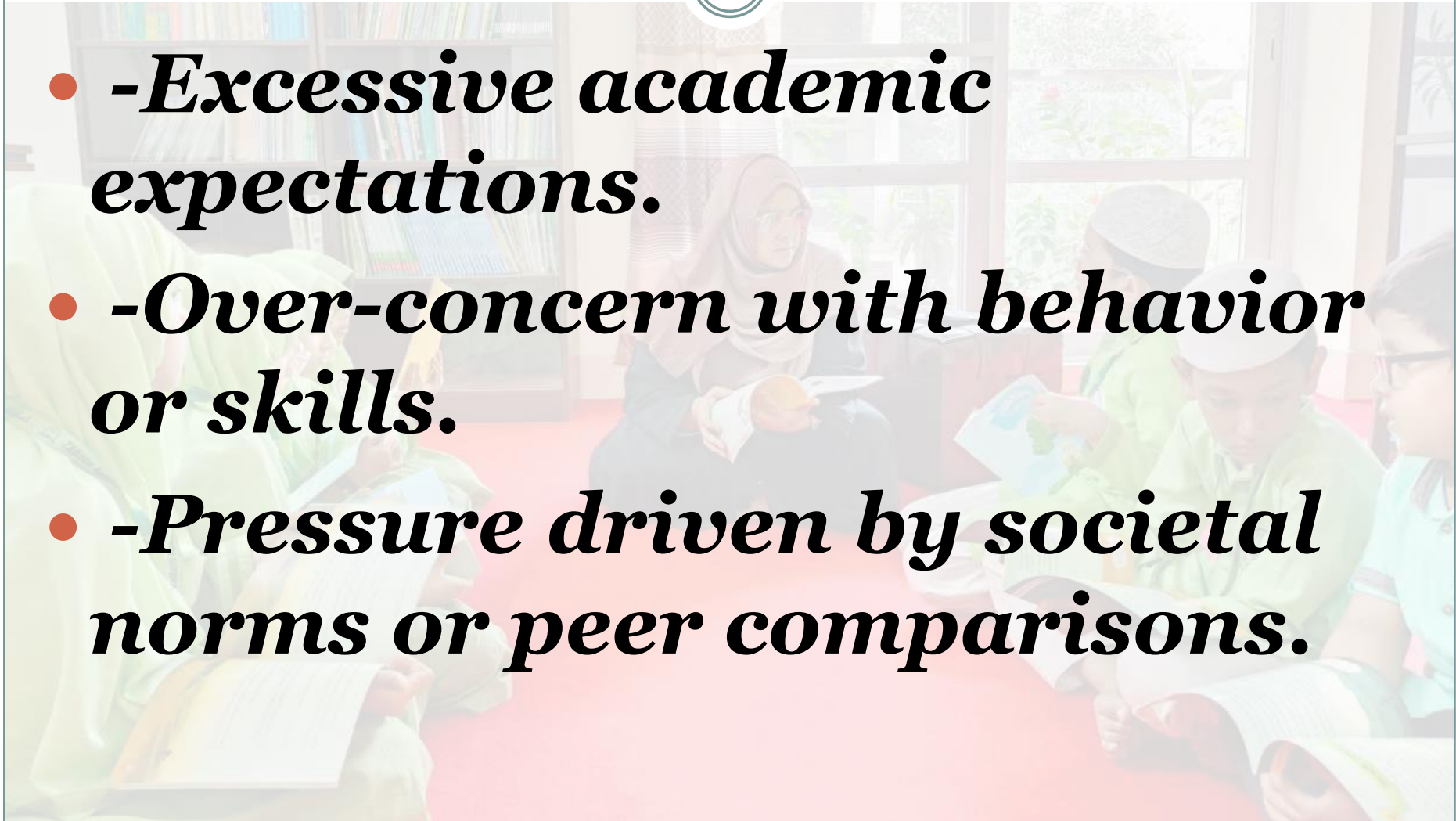
Parental pressure significantly impacts a child's academic, social, and emotional life. This pressure often manifests as unrealistic expectations and unnecessary demands.



Common Forms of Parental Pressure



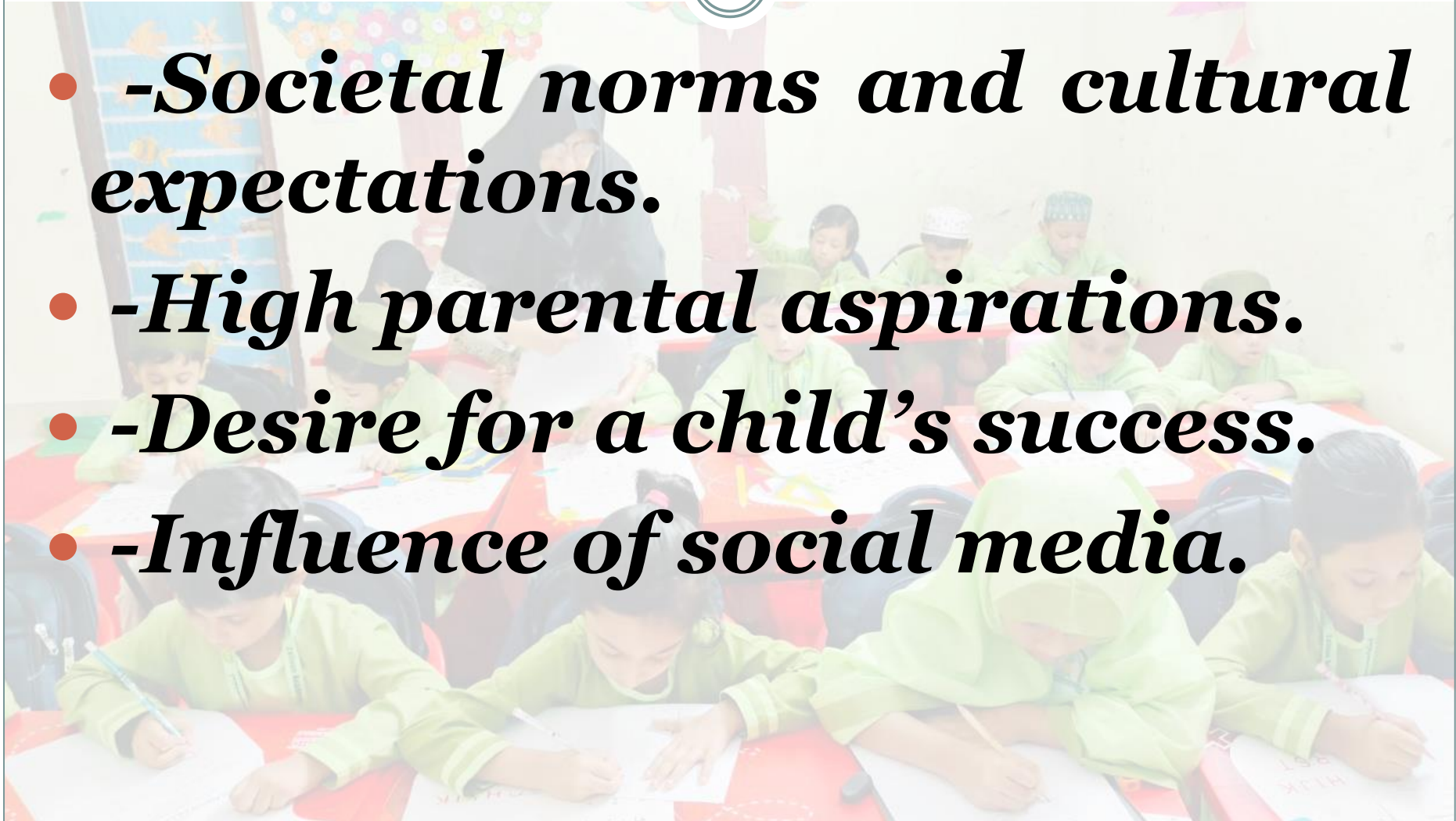
- ***-Excessive academic expectations.***
- ***-Over-concern with behavior or skills.***
- ***-Pressure driven by societal norms or peer comparisons.***



Causes of Parental Pressure



- ***-Societal norms and cultural expectations.***
- ***-High parental aspirations.***
- ***-Desire for a child's success.***
- ***-Influence of social media.***



Effects of Parental Pressure



- ***-Lower self-esteem.***
- ***-Anxiety and depression.***
- ***-Unhealthy competition.***
- ***-Difficulty building relationships.***
- ***-Feelings of anger, frustration, or jealousy.***

How to encourage children without pressuring them



- 1. Praise your children***
- 2. Validate their feelings***
- 3. Demonstrate healthy coping techniques***
- 4. Maintain open conversations***

Role of Teachers and Schools



- ***-Teachers and schools can guide parents by:***
- ***-Highlighting children's unique traits.***
- ***-Reducing unnecessary pressure.***
- ***-Engaging in open dialogue with parents.***

Conclusion



- ***Parental pressure, when balanced, can be positive; however, excessive pressure has adverse effects.***
 - ***Society, educators, and parents must adopt a balanced approach to nurture children effectively.***
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