When Things Go Wrong – Summary Introduction: When Parenting Becomes Challenging Parenting is among life's greatest joys -- and one of its greatest challenges.– Create a "naughty area": A dull, quiet spot where the child sits until he settles down. This makes him think and see that bad behavior sends him away from people, not toward them. – Reward good behavior: Compliments and hugs work better than threats or bribes. Consistency and calmness are the key. Discipline teaches respect and responsibility in children, while punishment teaches fear or rebellion. Bullying: Recognising and Responding Physical, emotional, or verbal bullying can deeply hurt a child. Victims are usually quiet because of fear or shame, and parents must watch out for signs. Common Indications of Bullying – Ripped clothes or missing belongings – Unexplained shifts in friendships – Irritability, unhappiness, or not wanting to attend school – Bad sleep, bad grades, or visible bruises If you catch these signals, stay calm and don't pressurize the child. Instead, inquire about their day in a soft manner and make them feel free to speak out. Openness on the basis of childhood promotes open airing of issues. What Parents Can Do 1. Touch base with the school: Most schools have anti-bullying policies. 2. Avoid revengefulness or aggression: Don't instruct your child to retaliate physically. 3. Remain calm: Do not go directly at the parents of the bully; the school can handle this. 4. Regular follow-ups: See if the bullying has ceased. 5. Build confidence: Put your child into self-defense or team sports. 6. Teach safety methods: Point out safe adults and have them practice seeking assistance. 7. Utilize the Internet: Sites such as stopbullyingnow.hrsa.gov provide advice and tips. Teenagers: Rethinking Adolescence Adolescence has been considered hard and rebellious, but Dr. Imad al-Dean Ahmed believes that society has made it harder. In older cultures, puberty meant being an adult with duties -- managing work, family, or even leadership. Today, society keeps children in school without real responsibilities, playing like children until the age of 18 or 21. The delay could result in frustration, boredom, or rebellion. Many talented teens feel they are trapped in education systems that are not designed to cater to their capabilities. Some engage in risky behavior, gangs, or drugs to be independent. Giving Teenagers Responsibility Parents can help by treating teens as young adults, not as children. Give them tasks like part-time employment, domestic responsibility, or controlling money. Guide them -- with respect, trust, and advice -- instead of controlling every detail. Responsibility fosters maturity, self-esteem, and self-reliance. Anger in Teenagers -- and in Ourselves Anger is a powerful emotion, and as the saying goes, "Anger is one letter away from danger."Healthy vs. Harmful Anger Uncontrolled rage can lead to aggression, addiction, or relationship dissolution.The term is straightforward: instead of damning ourselves, it's better to focus on mending the problems that arise -- with communication, with education, and with hope.Good Communication Principles – Allow the child to speak freely without interruption or sarcasm.Anger, Rebelliousness, Tantrums, and Tears Children naturally try to test boundaries as they grow up, and that can lead to power struggles.Example 2: Chris Chris exploded in anger following a battle with his dad, shattering objects and fleeing in a rage.Parents wonder what happened, even if they've done their best with love, obedience, and TLC.For example, one father was astonished to find his academically good son emotionally immature despite his excellent grades.Teens get frustrated when they lose control or get rejected.Some children have tantrums, cry, or refuse to listen, and parents feel .drained

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