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Parenting; Lack of parenting, implications, consequences and solutions

Parenting is the most important gift a parent can give to a child. A child with adequate parenting grows up knowing that his parents have done much in his life and so he must carry on with what he had been taught by them.

Parenting is the process of promoting and supporting the physical, emotional, social, and social development of a child from infancy to adulthood. Parenting as important as it may seem has now become less adoptive by many parents nowadays. Parenting is not just essential for the child but also for the parents and the society.

Without understanding and knowing what parenting is, one cannot comprehend the true meaning of its implications and consequences. Parenting is not an easy job. It involves both parents in most cases to strive and care for the well-being of a child. According to Sir Thomas Browne, “charity begins at home”. This is why good parenting cannot be achieved without positive changes in the parents themselves . Here are some tips for good parenting;

- Be a good role model : children learn most things from their parents. They see and they copy. So they tend to become what is of their parents. They become curious and sometimes if they copy the wrong thing, they might end up growing with it.
- Love them and show them through action : while some children do not get proper love from their parents, they sought out to

some people because they feel those people understand and love them than the parents.

- Be a friend to your children : many parents don't actually know that it's very important to become friends with their children. When a parent is friendly towards a friend, the children tend to tell them everything and they don't keep secrets. Research says "a child that is a friend with his parents has more tendency of having a free, bright and good future"

Lack of parenting is sometimes referred to as uninvolved parenting, is a style characterized by a lack of responsiveness to a child's needs.

Uninvolved parents make few to no demands of their children and they are often indifferent , dismissive, or even completely neglectful.

Uninvolved parents show more of some characteristics example;

- ✓ Act emotionally distant from their children.
- ✓ Limit interaction with their children because they are too overwhelmed by their own problems.
- ✓ Provide little or no supervision.
- ✓ Set few or no expectations or demands for behavior.
- ✓ Show little warmth, love and affection towards their children.
- ✓ Skip school events and parent-teacher conferences.

Causes of lack of parenting :

- ✓ Some parents involved in lack of parenting may have found themselves in the same situation by their parents and then doing the same to their own children
- ✓ Parents may be so wrapped up with their own problems I. e depression, work etc and they fail to see how uninvolved they are with their children.

Effects of lack of parenting :

Lack of parenting has much impacts and negative outcomes on children.

- ❖ Street boys ; they are sometimes referred to as “area boys” or sometimes Almajiris. They are innocent children whose parents leave to go and fend for themselves because of poverty or lack of sustenance. They go out and ruin not only their lives but also ruin the society. They gang up and disturb the society but the root cause of such is lack of proper parenting.
- ❖ Victims of traffickers /sex workers, prostitution etc ; A child that is neglected by his parents sought out to his friends and outsiders and then the child might be in the risk of prostitution and traffickers etc
- ❖ Emotionally withdrawn; many children commit suicide out of depression. They lack emotional supports from the parents and so it could lead to drastic ends .
- ❖ Have an increased risk of substance abuse ; children whose parents abuse substance are more at risk of not only abusing drugs also but also emotional, social, Behavioral adjustment problems as well as challenges in cognitive and academic functioning
- ❖ The children tend to exhibit more delinquency during adolescence.

It is clear from looking at the consequences of this type of child-rearing that the uninvolved parenting style is far from ideal. In order to raise confident children who are emotionally healthy and resilient, children need support, warmth, love, appropriate discipline, structure, and guidance from adults that they trust.