

WEBINAR REPORT

Topic : Ask Dr VSR: Parental Concerns on Aggression in Children

Organised by: A joint initiative of DPS Sector 45, Gurgaon & Institute of Counsellor Training Research and Consultancy (ICTRC)

Hosted by : Delhi Public School, Sector-45, Gurgaon

Speakers : Dr. V.S. Ravindran, Director General, ICTRC

Moderated by: Ms. Aditi Misra, Director Principal, DPS Sec-45, Gurgaon

Date & Time : 10:00 a.m. to 11:30 a.m. Sunday, 24th October, 2021

Platform : Zoom, links on You tube and Facebook

Attended by: Parents of the junior, middle, and senior wing - DPS Sec 45, Gurgaon, Counsellors of DPS Sec 45, Gurgaon, and the parents from schools across Delhi NCR and across India

Delhi Public School, Sec 45, Gurgaon & Institute of Counsellor Training Research and Consultancy together organised an online session on the 'Parental Concerns on Aggression in Children'. Ms. Aditi Misra, Director Principal, DPS Sec 45, Gurgaon welcomed the attendees and reiterated the objective of the webinar. She thanked Dr. Ravindran for sharing his invaluable practical tips on parenting. Ms. Misra emphasised that parenting is tricky, guidance would make the process of parenting easier.

Prof. Keshav Singh, briefly explained the programme 'Transacting Transition,' under project paradigm.

The session was conducted in two rounds. Ms. Misra asked very pertinent questions compiled out of a question bank asked by the parents. Both rounds highlighted the various day-to-day parental challenges and concerns on aggression in children. Dr. Ravindran, explained that due to the pandemic children have been going through a lot of emotions and not just aggression. Aggression could be a manifestation of depression in children and a reflection of the gamut of emotions that they are experiencing due to the pandemic.

At the end of the session, Prof. Keshav Singh, and our Director Principal, Ms. Aditi Misra thanked the parents on behalf of ICTRC and DPS, Sector 45, Gurgaon. It was an informative and enriching session.

Some vital facts highlighted in the session: -

1. Parents need to spend at least fifteen minutes in a day talking and listening to the child. Parents need to listen before they scold or judge.
2. Aggression does have a hereditary component to it; However, the environment plays a dominant role.

3. Aggressive behaviour should not be glorified, but most importantly, a child learns through his daily surroundings. Hence, it is necessary to offer a calm and nurturing environment to children to facilitate behaviour in the right direction.
4. A balanced diet is equally important for a child as iron deficiency in the body may also make a malnourished child more aggressive.
5. Violent television programmes can be a result of a child thinking that it is okay to hit or hurt someone considering it to be normal. Therefore, we must be extremely cautious about what a child watches on TV or Mobile phone as it would directly affect his/her behaviour.
6. Parents need to teach impulse control or delay of immediate gratification of needs.
7. Aggressive behaviour, crying, shouting, demanding behaviour needs to be ignored. Once parents take a stand, they must stick by it.
8. Negative behaviour in children needs to be identified and addressed at the start.
9. Parents need to help their children accept failures. Accepting failures, and moving on is part of the process of growth that eventually leads to success.
10. Parents should avoid physical punishment. In such cases, learning from the incident stops as the feeling brain takes over the thinking brain.
11. Parents should not force their child into a particular stream just because they feel it is the right choice for their child. Their interests, aptitudes and personality need to be considered.
12. Parents must be good role models. Children imitate and learn to do whatever they see around them.

