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Goals Of Natural Parenting

By James Gunaseelan

Natural parenting is gaining popularity with parents who find the world has changed dramatically over the past decade or two. The advent of electronic media and other developments has meant a change in the way a child is raised and in his or her activities. Advocates of natural parenting feel the child of today is losing touch with all that was considered essential to a healthy upbringing a couple of decades ago. This includes his or her family, as well as with healthy eating, nature and playing outdoors.

Natural parenting is also known as attachment parenting, and lays emphasis on strong emotional bonding between the child and his parents from birth. The advocates believe this brings in a great deal of security into the child's life, and he or she grows up to be a secure individual with empathetic relationships. One can call it common sense and instinctive parenting, where quality time spent together by a family means much more than electronic gadgets and toys.

The promoters of attachment or natural parenting believe in eight ideals that foster emotional bonding between the parents and children. They include preparing for childbirth, whereby parents make sure that they are physically and emotionally ready to have the child. They eat better, stop smoking and drinking alcohol, and are relaxed and ready for the pregnancy. Both parents are involved in the pregnancy, and attend the antenatal clinics and classes together. Normal childbirth is usually preferred, and so is breastfeeding.

Advocates of natural parenting also encourage baby wearing, where the baby is carried close to the parent in a sling, and co-sleeping. They believe the child should sleep in the same bed as the parents, as it promotes bonding and facilitates breastfeeding. Long separation of the child from his or her parents is discouraged, and disciplining should be positive and not punitive. A balance should also be maintained in family life.

Natural parenting is a rewarding experience for parents, and enriching for the child. It may be exhausting for the working mother to be so completely involved in her child's upbringing, but it reaps rich dividends in the long run. The father should make it a point to spend quality time with his child. This could mean working together on some chores in the house, or sharing a hobby. The father could also learn more about the child's interests, and occasionally participate in them.

Natural parenting lays emphasis on healthy natural food and outdoor exercise. Excessive television watching, or playing on the computer are discouraged, and so are junk food and snacks. In a way, it is turning the clock back, and may not be entirely feasible in large cities, but it is worth the effort for some.

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James Gunaseelan writes for brahmins matrimonial portal <http://www.BrahminsMatrimony.com>

There Is A Case For Natural Parenting

By Mary Loewen

Many people see natural parenting the way God has intended humans to bring up their children, i.e. as guided by your gut feelings. Millions of children are raised this way all over the world, and they are being raised very successfully. Nevertheless, other types of parenting styles exist as well. There is guided parenting, where parents learn how to parent through books, workshops, research, journals and articles. Usually such people are walking encyclopedias on matters regarding parenting -- however, in real life; they are as puzzled by the subject as any other parent.

Every animal on this planet has parenting instincts. Look around you -- whether it is the spider, or the cat, or your pet dog or the fish in your fish -- every species have their own natural parenting methods. Human beings have their own style as well. Relying only on gut feeling can take one very far in successfully raising your children. However, there is too much information floating around in so many forms, which confuses parents and make them flounder in this basic task.

As an example, it is completely natural to breastfeed an infant. This basic parenting task usually does not require any teaching or instruction. Nowadays there are so many conflicting opinions on this basic task that it's easy for a new parent to become confused and wonder whether they are doing the right thing. This same situation exists in the areas of feeding, discipline, nutrition and others.

If you go back some 30 or 40 years you will find that natural parenting was very common and quite successful. Today when parents attend parenting workshops, make unending appointments with the pediatrician, keep researching on every aspect of bringing up children, parenting loses its charm, warmth and spontaneity.

You will find that today natural parenting has taken a back seat. Instead of relying on their instincts, today's parents tend to fret over every latest piece of research, some of which are blatant nonsense. Unfortunately, the results are not so good when natural parenting takes the back seat. Children need to be free and happy, and a growing movement is beginning to see how natural parenting can create the environment for children to naturally prosper.

It is very difficult for a natural bond to form between parent and child when the child is raised according to someone else's idea of what is proper and correct. Rather, it needs the 'I feel right about this' method of parenting. This is what natural parenting is all about, i.e. trusting your own gut feelings while making decisions about raising your children -- and that is the ways things should be.

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