



[Professionals Consulted] Nepal: 3 bad parenting practices



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“Children do best in settings where they feel encouraged to explore and make mistakes without fear of consequences”

- Violence
- Comparison
- Restrictions

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 The article is based upon facts and can be trusted. The references are provided below

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"The journey of parenthood has both happiness and trials. It calls for constant learning,

tolerance, and flexibility. Some of the burden can be lifted by realizing that mistakes are inevitable and that no parent is flawless."

Background



Parenting is a process which comes with a big deal of thoughts to me and it just might be a very hard responsibility to any human. Parenting is the first intellectual process that is conducted to any new human. And yes! It can surely change lives. Parenting is one of the practices that can provide people a chance to be better and a chance to be more self-reflective.

Recently, Parenting has been taught in various places and I am not fully agreed into it. I support good parenting and child development. But I believe bad parenting or any other issues raised nowadays is caused due to lack of thinking. I believe people have given up upon thinking. The practice of thinking, evaluating seemed to be quite decreasing to me as people nowadays are provided with over-information and a complete script of living. I believe that the beauty of action without any intention or enjoying simple things in life is lost or even accepting one's own individuality has been hard nowadays. And people are taking more mechanical steps towards things that are to be done with hearts. I believe you don't need any lessons or anything to learn if you have a heart of love and intend to provide a child with care and spaces that he/she needs.

As the pages torn in the movie “Dead Poets Society” I believe we don’t need any scientific approach or mathematical approach on the activities of art (like parenting). I want people to experience life and if they have done so you don’t need any course to learn or any formula to be a good parent. As well said by J. Krishnamurti “Truth is a pathless Land”.



And even this article seems to be hypocritical in some sense as I myself have listed practices and have provided with

things that are most probably being taught in all of those courses. In which I would like the readers of this article to realize this article isn't a complete image (collection of facts and stances is all this article is). This article comprises issues and their most probable causes and I want you to take value from it but I also want readers most importantly to gain a sense of self-doubt if they felt guilty along with interest to experience life and its dimensions with their hearts (which will eventually promote better parenting).

Introduction



Parenting refers to all the practices and activities that comprises raising a person by an elder as an act of responsibility but not interest so that the person is able to come out to its full potential in life.

Parenting in Nepal has been traditional in a bad way along with practices of Overprotection, tiger parenting, comparison and also the sense of owning the child. In this article you can find 3 bad parenting practices that are harming children in Nepal with their causes, effects and solutions. I am greatly grateful towards

[Ms.Apecksha Gurung](#) for her inclusion in this article and really thankful towards her insights and experiences on parenting.

Shortcuts

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Problems

Violence



Violence is a big NO for parenting practices and yet it is really common in the name of teaching children. Violence is any form and by anyone is fatal for a child's development. Violence may be seen as an instant solution but it has a long lasting impact on the growth of children and also leads to mental, social, emotional issues in children. Violence destroys creativity, interest and joys in children. Reports indicate high rates of corporal punishment in Nepal, which is a form of physical violence. And as the author of this article I too can state, it

is too common from my first hand experience. Verbal abuse, scolding and humiliating children is commonly found in Nepali Parents.

Causes:-

Lack of self-control
in Parents

Lack of tolerance
in Parents

Sense of loss in
low grades or
accomplishments
by children

Anger Management
problems in
Parents

Sense of
competition among

Effects:-

Some of the general
effects of violence
are:-

Emotional
breakdown in
children,

Loss of creativity in
children,

Loss of confidence
in children,

Behavioral issues in
children,

Increase in

children of peers,
family in Parents

chances of self-
harm in children,

Physical harm due
to violence by
parents,

Solutions:-

Self-Control should be practiced by
parents

Establishing flexible boundaries with
children

Creating space for open conversations
with children

Understanding of child's psychology and
intends

Comparison



Comparison is a common behavioral trait among parents in Nepal. Not only among kids but the trait of comparison is the cause of sorrow in the world. Nepali parents made the comparison worse by comparing their kids within their friends. This generates a sense of jealousy and anger in the children's heart towards friends and never lets them experience the beauty of friendship and friends. Comparison also generates the attitude of leading life by looking at others decisions whereas in life children should learn to look within

themselves and find their interests in life. Comparison should be eradicated and using comparison to inspire children only make them feel inferior and to copy the one that already exists. I believe every child is unique and nobody deserves to be compared with anyone.

Causes:-

Continuing
generational
parenting

Lack of confidence
in child

Lack of awareness
among parents

Solutions:-

Develop habit of
encouraging child
to be independent,

Look for child's
interest and
dreams,

Anger Management
,

Give child chance
to makes decisions
by providing

support rather
than authority,

Restrictions



Restrictions are another common trait that can be found among parents and although they are said to be made for the betterment of the child they still are harming the child's growth. Parents' habit of limiting their children's decisions or interests where mostly they wanted child to take the same steps said by them. In Nepal there has been an attitude of parents restricting

girls' interest or choices. Whereas girls aren't provided with the same space as boys in various families.

Causes:-

Continuing traditional parenting

Overprotective behaviors

Cultural norms

Controlling behavior in parents

Solutions:-

Promoting open communication with child,

Spending quality time with child,

Establishing flexible boundaries

Conclusion



Parenting is an important aspect for child's development in which parenting styles in Nepal are ineffective and have been harming children. Harmful Parenting has resulted in children becoming dependent, lacking self-assurance, and having inadequate problem-solving abilities. It has led to trouble in school and has led to emotional and social problems, and a higher chance of mental health issues in children.

I would like to share stances of Ms. Gurung on parenting.

“ I take a balanced, consistent, transparent, empathetic, and flexible approach to parenthood. Children do best in settings where they feel encouraged to explore and make mistakes without fear of consequences. Children feel more safe and are able to comprehend expectations when rules, routines, and responses are consistent.

Children who receive open and honest communication are more likely to feel understood and appreciated. Encouraging a child's healthy emotional development and fostering a strong emotional connection are two benefits of demonstrating empathy for their feelings and experiences. A child's growth and development depend on you being able to

adjust and change with their needs and circumstances.

The journey of parenthood has both happiness and trials. It calls for constant learning, tolerance, and flexibility. Some of the burden can be lifted by realizing that mistakes are inevitable and that no parent is flawless. Seeking out resources and support—whether from books, expert advice, or counseling services—can offer insightful information and help in managing the challenges of parenthood. ”

[Apecksha Gurung](#)

Child Counselor

Reference



Ms. Apecksha Gurung

Psychologist

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Namaste! My name is Apecksha Gurung. I am a psychologist. I have been working in the field of mental health as a child counselor cum psychologist and mental health trainer for 5 years.

Photos



[deleted] • 10d ago

Well, we don't have a concept of freedom and personal choices and privacy and stuffs. They wanna have control over your life, even getting you to marry someone of their choice. Good thing is they help you financially and will leave you inheritance if they have any. Personally, I don't wanna live with my parents after I graduate college and get a job, they are nice people to live not controlling and probably retire without much financial problem. I guess western parenting style is much better.

↑ 1 ↓ Reply Award Share ...



[redacted] 10d ago

Nepali parenting is low-consciousness tribalistic parenting.

Parenting by force, threatening words, hate, anger, egoistic, which causes depression, anxiety, and emotional dysfunction in kids.

Nepali parents are not sensitive, gentle, and not kind to their kids. Their main concern is that their kids will get ruined because of the culture or other kids and threaten them in various ways which ultimately leads to their emotional breakdown which leads to ruin.

Nepali parents do not provide a protective safe space to discuss things. They are emotionally underdeveloped and emotionally immature, and can't handle a child's emotional and psychological needs.

This leaves children traumatized and in constant anxiety over life's challenges.

Hitting should be a big no-no.

Parents SHOULD NOT hit their children. That's the first step.

They hit because they were hit by their parents, and low-consciousness people have an innate need to repeat patterns (as they terrified of new and unknown such as Love).

Cycle continues.

Break the inter-generational trauma.

Take a pledge to not hit.

↑ 1 ↓ Reply Award Share ...



• 10d ago

idk if it is Nepali parenting or just my parents but humiliating and threatening to humiliate publicly had been a big thing growing up.

other thing is body shaming. was a fat kid, gained confidence after losing a lot of weight during teen. again gained weight during boards cuz of stress and all. nightmares came back. yk who was fueling it all. (thanks mom)

comparing with others and criticizing constantly. "Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots."

expecting kids to fulfill their dreams. met a lot of ppl forced to take a stream/course just to satisfy their parent's dream.

"what will others think" yk it.

↑ 1 ↓ Reply Award Share ...



• 10d ago

Most Nepali parents don't even know how one can earn money (from different domains) and live a happy life; they just know something secure and have thikthak amount of money and just want their child to be secure and safe and not get involved in other risky areas.

So if they know something good for you and still oppose you to move towards that, I will consider that bad parenting. They don't know in the majority of the case so, you know what I mean.

You have to convince them or prove them why do you want to do what you want to do. Like If you want to do digital marketing, and suppose your parents are over 60 years old so they may not know what that mean and they probably don't know any other person doing the same so not sure about you doing good in that field.

And of course, there are some parents who are strict without any point.

↑ 1 ↓ Reply Award Share ...



• 10d ago

Parenting is generally difficult and I find that once you stop blaming your parents for everything wrong in this world, learn to accept that they are (possibly flawed) humans, you liberate yourself from this chain of thought. Having said that, all bad parenting practice can be boiled down to this one thing: not thinking from the perspective of a child.

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Toran Jung Bam

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