

Handy Parenting Guide

Bond with your teenage son through these simple advices

How many times have parents struggled to communicate with their teenage sons? It's been countless times because, at their age, the recklessness, spontaneity, undisciplined actions are such that parents fail to keep up with them. Teenage boys are said to grow up fast, among the dirt of the playground to the car garages of their parents. Boys have always been handled roughly, because of society's conception of the rough, 'able-to-do anything' superior aura of boys and men. But still, behind the rough exterior, every man and boy also wants to be understood and cared for and so, parents should start interacting with their teenage sons on a deeper level. Here are some tips...

WHAT YOU CAN DO?

DON'T HUMILIATE YOUR BOY

1 Your child maybe 5 years old or even 19, that doesn't matter. He is still your kid and it is your responsibility to show them the right path. They may have done something very wrong and so you have to punish them or make them understand the intensity of their mistake, all depending on the situation. Don't belittle them, instead make them understand it nicely, by having a heart-to-heart.

THEY ARE EXPERIENCING MULTIPLE EMOTIONS

2 If they ever feel stupid or dumb because they couldn't do something, let them know that they are growing and developing every day. Teenage boys view the world differently and feel that they have to be superior in every field, to match up with top-notch peers. Among this competition, they may feel let down, betrayed, dumb or stupid, it's alright.



behaviour. However, research shows that teenage boys who are often the most aggressive, have deep feelings of anxiety, resentment, sense of failure and insecurity engraved within them. Boys try very hard to seek comfort from their loved ones but mostly, can't just seem to reciprocate other's feelings. Their sense of pride and manly ego stops them from acting all soft, which is a result of societal values and beliefs. However, there are many ways to deal with such situations in a mature way.

The problems they face

Boys can be really irrational or aggressive sometimes. They fight with other students or just bang the door so loud that it seems almost detrimental to their growing



Coming up...
Bond with your teenage daughter in our next parenting issue!

DON'T NAG

3 Nagging can honestly be very irritating and troublesome. You as a parent may constantly nag because you get fed up because of his antics. But, it does no good. Your boy may feel more resentment and irritated, and the sole purpose of nagging just vanishes because they don't listen to you at that time.

STORIES OF BRILLIANT MEN

4 There's no abundance of brilliant men in your society. Many had changed the world before, with their ideologies and actions. There are stories and examples of great men that also, once went through many difficulties. Giving your boy their own hero can be a positive inclination towards following great examples and implicating similar behaviour.



INVITE HIS FRIENDS HOME

5 What are teenage boys without their friends? This age is socially interactive for them as they meet many new people and form bonds with them. Some may break, but others can also stay for a lifetime. It's natural that your boy would want to hang out with his friends more. Restricting your kid's playtime can be negative. Be warm with his friends, so that your child will be more comfortable with you.

LOVE THEM FOR WHO THEY ARE

6 Every teen boy always wants to be loved and cared for. He may feel vulnerable and may be forced to believe certain standards. We have to understand and love our sons. Listening to them quietly and sharing advice can be one of the most relieving moments for them. After all, they are waiting to be loved and comforted too!

How puberty can affect them

Puberty and adolescence can bring a number of changes to a boy's mind and body that reflects through his behaviour. Most teens, especially boys love exploring the world around them; whether going bicycling at midnight or sneaking away from the house to go at a part. Their actions are uncontrollable. Harmless fun is alright, but it becomes scary for parents to think if their child is going beyond their control or dangerous activities.

When it comes to parenting, most parents try their level best to nurture their children. During this process, some might even go overboard with it. This can make the child irritable and might also make him hide things from you. Are you guilty of it? Read on...

OVER-PARENTING Are you guilty of it?



steps into his teenage years. Hormones play their role and you might also notice a behavioural difference in your kid. Short temper, irritation and answering back might become an everyday affair. In such a situation, if you overburden your child with your own set of rules and regulations, you might add fuel to his already burning hormones. Though rules are necessary for kids during their growing up years, it is all about how you implement them.

Observe your own behaviour and check whether you are interfering too much into your teen's life. Avoid directing, ordering or making his life choices. A teenage kid really is old enough to know the consequences of his actions and will face the brunt himself, if something goes wrong.

How to know if you are over-parenting?

Your parenting goes through a massive shift when your child

Teens need privacy

Give your teen the much needed privacy, while ensuring that he/she is safe and secure. Form a set of rules but make sure they aren't too harsh. Make home rules clear to your kid and let him know that he needs to follow it for his own good. Once you become your teen's best friend, you will notice that you aren't over-parenting.

Excerpts

In an article published in Sciencedaily.com, University of Arizona researchers say over-parenting is when you apply what we call developmentally inappropriate parenting or guidance structure for the child. TNN



WELLNESS

Battle dandruff with balanced diet

A balanced diet, carbs, fats, fibre, vitamins and minerals, is the key to healthy hair

The key to treating an itchy, flaky scalp could lie in your diet. "A balanced diet, comprising carbohydrates, healthy fats, proteins, fibre, vitamins and minerals, is the best thing for your scalp and hair," says trichologist Stephanie Sey. "The hair is the very last system in your body to receive nutrients as it is one of the least essential, so if your body is not receiving adequate nutrients, your hair will likely be affected."

Also, don't let hair-washing fall by the wayside while you are working/schooling from home. This will allow a build-up of bacteria, which is likely to make the problem worse. If you are still suffering from dandruff, try using a dedicated anti-dandruff shampoo.



QUIZ TIME (MIXED BAG)

Q.1) Which is the tallest church in the world?

A. Our lady of Peace Basilica
B. Cologne Cathedral
C. Ulm Minster

Q.2) The type of cloud in which tornadoes form is:
A. Cumulonimbus B. Nimbus
C. Rain D. Cloud

Q.3) Which country is

known as the Land of Cakes?

A. Sweden B. Scotland
C. Switzerland

Q.4) If Gaia is the personification of the Earth in ancient Greek mythology, who personifies the sky?
A. Chaos B. Uranus C. Athena

Q.5) In which archaeological site do we find the

Dhamek and Dharmarajika stupa?

A. Sanchi
B. Sarnath
C. Sathdhara
D. Amravati



ANSWERS

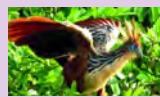
1. C) Ulm Minster
2. A) Cumulonimbus
3. B) Scotland.
4. B) Uranus 5. B) Sarnath

KNOWLEDGE BANK

BIRDS

Hoatzin

The hoatzin is a species of tropical bird found in South America. The bird makes its home in swamps, forests, and mangroves of the Amazon and the Orinoco basins. It is also known as skunk bird, stinkbird or Canje pheasant. The hoatzin is an herbivore that eats leaves and fruit, and has an unusual digestive system with an enlarged crop used for fermentation of food, which give off a foul odour, and hence the name 'stinkbird'.



TOP PERFORMERS OF T20I SERIES

Virat Kohli-led Team India secured a historic T20I series win over hosts Australia by a 2-1 margin. Here's a quick look at the most impactful players

HARDIK PANDYA

Ditching the all-rounder's role by becoming the new finisher of the Men In Blue, Hardik Pandya was one of the most impactful players in the twin limited-overs series. Pandya's batting pyrotechnics paved the way for India to finish ahead of the mighty Aussies in the T20I format. Pandya's spectacular performances with the willow in T20Is also raised hopes of the star batsman getting an extension for the Test series. After winning the 2nd T20I for India almost singlehandedly, Pandya came close to rescue India in the series finale. For his batting blitzkrieg, the middle-order batsman was also named the Man of the Series in the T20Is.



MATTHEW WADE

The Australian southpaw earned the tag of the 'Accidental skipper' when Aaron Finch picked up a hip injury ahead of the 2nd T20I. Since Steve Smith is expected to go through 'the process' in order to lead Australia again, Wade was roped in as the leader of the Australian side. Accepting the challenge during these testing times, Wade played a captain's knock in his first game as the leader of the hosts. After scoring a sublime 32-ball 58, Wade top-scored (80) for Australia in the third T20I to help Finch and Co. outclass India at Sydney on Tuesday. The Aussie southpaw also finished the T20I series as the top scorer with 145 runs.



THANGARASU NATARAJAN

There is no denying that Thangarasu Natarajan has been a revelation for the Indian side in the limited-overs format. Known for his pinpoint accuracy and impressive death bowling spells, Natarajan ran rings around the Australian batsmen and recorded a memorable debut for Team India in the 1st T20I. The Indian debutant leaked 30 runs and bagged 3 wickets in the first T20I. Dubbed as the 'Yorker Specialist', Natarajan bowled another economical spell (2-20) to set up India's thrilling win in the 2nd T20I. The speed merchant emerged as the leading wicket-taker in the T20I series with six wickets.

VIRAT KOHLI

Kohli was a star turnout for the 2007 World Champions in the three-match series. After showcasing a rare batting failure in the series opener, Kohli found his mojo in the penultimate clash against the Finch-less side. He played a crucial knock of 40 off 24 balls to complement India's stunning final-over win in the 2nd T20I. Known for being the go-to-man for India, Kohli tormented the Australian bowling attack in the third T20I and came close to notching up his maiden century in the shortest format. Though his 85-run knock went in vain, the Indian skipper scripted history, becoming the 2nd Indian to score 3,000 international runs on Australian soil.



Our batting depth will be tested in Warner's absence, says Smith



Australia batsman Steve Smith said that the batting depth of the side will be tested in the first Test of the four-match series against India in the absence of David Warner. Warner has been ruled out of the first Test against India on Wednesday. The left-handed batsman had injured his adductor muscle in the second ODI against India, and as a result, he missed out on the third ODI and the T20I series. ANI

I think our depth is obviously going to be tested with Davey out and a few potential new players coming in. It will test us out no doubt against a good Indian outfit. We know how good they are at Test cricket. They beat us out here last time and they're a very good side so it is going to be a great series.

Steve Smith

India have to improve fielding if they are looking to win T20 WC



Mohammad Kaif

Real Madrid qualify for last 16 of UEFA Champions League



Karim Benzema sent Real Madrid through to the last 16 of the Champions League alongside their rivals Atletico, while Neymar scored a hat-trick as Paris Saint-Germain beat Istanbul Basaksehir in a match that had been delayed for 24 hours over a racism row. Real are Europe's most decorated club with 13 European Cups but they needed to beat Borussia Mönchengladbach in Madrid to be sure of making it through the group stage of the Champions League for a 24th straight year.

TEST YOUR KNOWLEDGE

Q1: Who beat Dominic Thiem to win his eighth Australian Open Singles title and his 17th Grand Slam this year?

- a) Roger Federer ☐ b) Rafael Nadal ☐
c) Novak Djokovic ☐ d) Andy Murray ☐

Q2: UDRS was used in an One Day International for the first time in year 2011 in a match between _____.

- a) India and England ☐ b) England and Australia ☐
c) India and Pakistan ☐ d) Australia and South Africa ☐

Q3: Which weightlifter is the first woman from India to win a medal at the Olympics?

- a) Karnam Malleshwari ☐ b) Shiny Abraham ☐
c) Sakshi Malik ☐ d) Kunjarani Devi ☐

Q4: Against which country did MS Dhoni make his Test captaincy debut?

- a) Australia ☐ b) South Africa ☐
c) England ☐ d) New Zealand ☐

Q5: Which Austrian Tennis player won the US Open 2020 Men's Title?

- a) Hugo Gaston ☐ b) Stefanos Tsitsipas ☐
c) Alexander Zverev ☐ d) Dominic Thiem ☐

Q6: In which year was para-athlete Deepa Malik awarded the Rajiv Gandhi Khel Ratna Award?

- a) 2019 ☐ b) 2018 ☐ c) 2017 ☐ d) 2016 ☐



Deepa Malik

Q7: Which of the following player was the Flagbearer at Rio 2016 opening ceremony for the Indian Contingent?

- a) Abhinav Bindra ☐ b) Divij Sharan ☐
c) Bajrang Punia ☐ d) Sushil Kumar ☐

Q8: Which country won the ICC under-19 Cricket World Cup 2020?

- a) Pakistan ☐ b) India ☐
c) South Africa ☐ d) Bangladesh ☐

Q9: In which country will the 2022 Winter Olympic Games be held?

- a) China ☐ b) South Korea ☐ c) India ☐
d) Japan ☐

Q10: In which country is the headquarters of the International Olympic Committee

situated?

- a) Australia ☐ b) Switzerland ☐
c) the United States of America ☐ d) England ☐

Q11: In which state is the world's largest cricket stadium situated?

- a) Gujarat ☐ b) Chandigarh ☐ c) Delhi ☐
d) Maharashtra ☐

Q12: Which of the following clubs won the FIFA Club World Cup 2019?

- a) Manchester United ☐ b) Liverpool ☐
c) Barcelona ☐ d) Real Madrid ☐

ANSWERS: 1 c) Novak Djokovic 2 b) England and Australia 3 a) Karnam Malleshwari 4 b) South Africa 5 d) Dominic Thiem 6 a) 2019 7 a) Abhinav Bindra 8 d) Bangladesh 9 a) China 10 b) Switzerland 11 a) Gujarat 12 b) Liverpool