

PARENTING DONE RIGHT

# 5 reasons why you must not shame kids publicly



**H**ave you ever been out in a public place and scolded your child badly for some mischief he/she did or the way they behaved? If yes, then you must pause it then and there. Publicly shaming your kids can do more damage to your child's personality than you can imagine. Here are five reasons why you must never do so.



Photo: GETTY IMAGES

**MIGHT DEVELOP BULLY BEHAVIOUR**

**1** Public shaming might invoke bully behaviour in your child. A child's mind is like a clay and he imbibes what he sees. If you often scold or reprimand him in public, he too might do the same among his peers. This will basically act as a way to vent out his frustration which must be avoided at any cost.

**IMMENSE EMBARRASSMENT**

**2** Being reprimanded in public, with spectators around might be a big embarrassment for your child. No one wants to look bad in public and the same goes for your child. Even if your child has made a huge mistake, don't lash out at him in public.

**LOST TRUST**

**3** Trust is the building block of any relationship and when it comes to parent-child bond, you must nurture it with care. If your kid often sees that you scold him in public, even because of a small matter, he might start losing his trust. He will hide things, turn rebellious and might even start answering you back.

**EFFECT ON EMOTIONAL HEALTH**

**4** You must let your kid know that he shouldn't repeat the same mistake again. For this you need to either politely talk to him or scold him in private. Public shaming will only trigger your kid's sad, frustrated and irritated side. In order to keep your kid's self-esteem high, it is recommended to correct him, but always in private.

**REGRET LATER**

**5** You might have been overpowered by anger at the moment you lashed out at your kid, but you too will regret it later. Most often kids do certain things in public which might trigger your anger. Make sure you remind yourself not to let your anger out in the heat of the moment. You can scold your kid about the incident later while you are back home, but reprimanding him in public will just make matters worse. Have patience, it will pay off.

PARENT'S CORNER



Dear Parents,

- Please tell us your recipe for parenting: the issues you deal with and how best to tackle them.
- We would also get an expert to answer some of your parenting-related queries.
- Write to us at timesnie@gmail.com under the subject: Parent's Corner

## TED Talks to watch with your kids

**THE LXD** In the Internet age, dance evolves...

The LXD (the Legion of Extraordinary Dancers) electrify the TED stage with an emerging global street-dance culture, revved up by the Internet. Directed by Jon M Chu, this cool troupe of dancers and musicians show off their superpowers. Watch and learn.



**BEAU LOTTO + AMY O'TOOLE** Science is for everyone, kids included

What do science and play have in common? Beau Lotto thinks all should participate in science and, through the process of discovery, change perceptions.



**DAVID GALLO** Underwater astonishments

David Gallo shows jaw-dropping footage of amazing sea creatures, including a colour-shifting cuttlefish, a perfectly camouflaged octopus, and a neon light display from fishes living in the depths of the ocean.



**ARTHUR BENJAMIN** A performance of 'Mathemagic'

In a lively show, mathemagician Arthur Benjamin races a team of calculators to figure out 3-digit squares, solves mental equations and guesses a few birthdays.



**TAVI GEVINSON** A teen just trying to figure it out

Fifteen-year-old Tavi Gevinson had a hard time finding strong female, teenage role models – so she built a space where they could find each other.



THIS SATURDAY... ON OUR WEEKENDER



**DESK FAST** Healthy eating by the desk for early morning classes.

**EVERYONE CAN BE AN ECO WARRIOR**

Taking from Attenborough's 'A Life on Our Planet' where he suggests simple ways one can help "rewild the world", can look at how we can do our bit and how its not too big a deal as we make it out to be.

**RETHINK** How to counter online rage?

**GAMIFICATION OF CLASSES**

How playing classroom games is a good idea.

# Smart ways to deal with your teen's anger

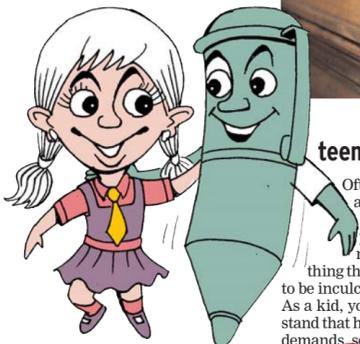
**T**eenage behaviour is quite unpredictable. Their mood swings sway in all directions, from happiness and loneliness to irritation and anger, teens go through a number of emotions. During this time, they might develop a low temperament level, which can be easily triggered even by small issues. In such a scenario, it is the parents who have to deal with the situation in a careful manner. Here are some effective tips you can use to deal with your teen's angry behaviour.



**Know when to walk away**

As a parent, you need to know when to walk away from a heated argument. This will not only calm your kid down but also give you space to cool off. You

If your teen keeps to himself and seldom opens up to you, it is time to talk to him. Listen to what he has to say and understand what triggers his anger. Assure him that he can confide in you whenever



**Stop fulfilling teen's every demand**

Often spoiled teenagers get angry when their demand is not fulfilled. In order to prevent this situation you must not give them everything they want. This habit needs to be inculcated from the beginning. As a kid, your child needs to understand that he won't get everything he demands, served on a silver platter.

**Listen to them**

If your teen keeps to himself/herself and seldom opens up to you, it is time to talk to him/her. Listen to what he/she has to say and understand the triggers for anger. Assure your teen kids that they can confide in you whenever they want, which might help them open up to you. Use different tricks and ways to keep anger at bay, be it meditating together or stopping your teen, the moment he/she raises his voice at you.

can later bring the topic up or ask your teen for justification regarding his behaviour.

**Set anger limit**

A little bit of scolding is necessary to tame the kid but make sure you know when is the right time to scold. Set anger limits and don't go overboard with it. Frequent rebuking can make them prone to your scolding and they won't value anything you say.

QUIZ TIME (CURRENT AFFAIRS)

**Q.1) How many species of snakes exist on Earth?**  
A. 260 B. 4000  
C. 36 D. 2700

**Q.2) Which flower can last only for one day?**  
A. Morning Glory B. Lotus  
C. Hibiscus D. Jasmine

**Q.3) What is the distance between Earth and its nearest star?**  
A. 3 billion km  
B. 12 million km  
C. 58,00,000 km  
D. 40 trillion km

**Q.4) An adult human body has ..... bones?**  
A. 200 B. 206 C. 360 D. 56

**Q.5) Where was the highest air temperature ever recorded on Earth?**  
A. Somalia B. Death Valley,  
USA C. Libya D. Algeria

**Q.6) Name the crop that is sown on the largest area in India?**  
A. Sugarcane B. Wheat

C. Maize D. Rice

**Q7) Name the person who started the 'Kuka movement'?**  
A. Kunwar Singh B. V B Phadke  
C. Guru Ram Singh D. Sir Syed Ahmad Khan

**Q.8) Name the place where Indian currency notes are printed.**  
A. New Delhi B. Nagpur  
C. Nasik D. Mumbai

ANSWERS

1. D) 2700 2. A) Morning Glory 3. D) 40 trillion km 4. B) 206  
5. C) Libya 6. D) Rice 7. C) Guru Ram Singh 8. B) Nasik

KNOWLEDGE BANK

ARCHITECTURE

Gompas

Gompas are Buddhist temples located mainly in Tibet, Ladakh, Nepal and Bhutan. Their design and interior details vary from region to region. These temples attract a lot of tourists. The general layout of gompas is a central prayer hall containing a Buddha statue and benches for the monks and nuns to engage in meditation. They also have spacious rooms for the accommodation of monks and nuns.



GRAMMATICAL MISTAKES

ASSURE AND ENSURE

**THE RULES:**  
■ Assure means to promise  
■ Ensure means to be certain.

HOW NOT TO DO IT:

- Assure you are free next weekend when I meet you.
- I ensure you that you will get this job.

HOW TO DO IT PROPERLY:

- Ensure you are free next weekend when I meet you.
- I assure you that you will get this job.



# What ails Kings XI Punjab?

## 1 LACKLUSTRE DISPLAY FROM MAXWELL



The Australian has failed to get anything beyond 13 in the season. "I'm flabbergasted that Glenn Maxwell has retained his place," former England off-spinner Graeme Swann said on STAR Sports. "Maxwell's been paid a lot of money and at the moment he's not quite giving the returns. He's a quality player, he scored runs for Australia in England, he's just got to take more responsibility." Maxwell was the second most expensive buy at the 2020 auctions – Kings XI Punjab splurging ₹10.75 crore. He has failed to perform even with the ball. The KXIP think-tank might axe him in order to accommodate Chris Gayle.

Despite having the top-two leading run-getters of the season in skipper KL Rahul (387) and Mayank Agarwal (337), KXIP have failed in getting wins. Here's why...

## 2 MIDDLE-ORDER MUDDLE

The frequent changing and chopping in playing XI along with a sedated middle-order have played havoc with the team's chances. Barring KL Rahul and Mayank Agarwal, the rest of the batsmen have been found wanting on several occasions. Nicholas Pooran and Prabhsimran Singh have not raised their game. Mandeep Singh was dropped too soon.



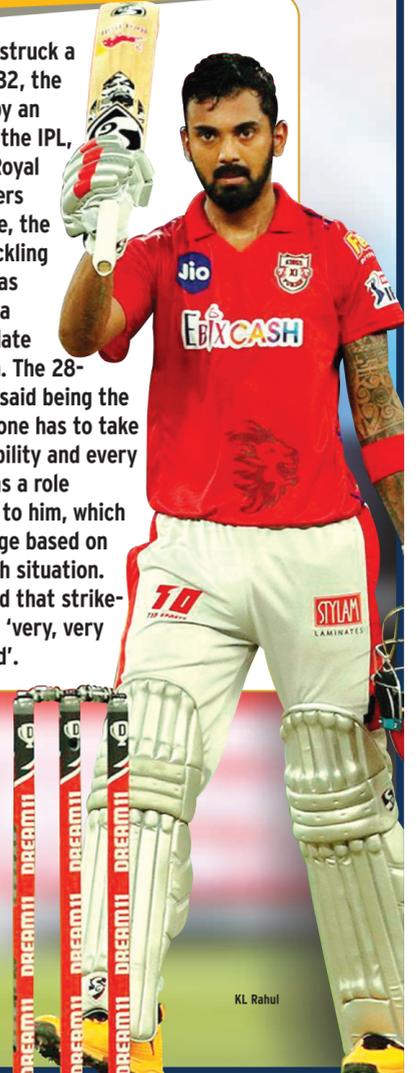
## 3 POOR DEATH BOWLING



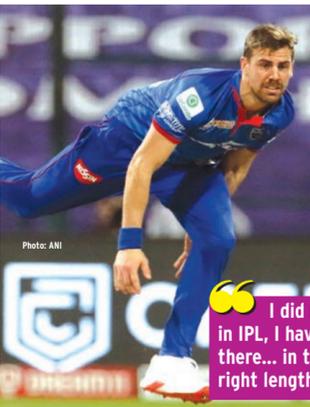
At this stage of the tournament, KXIP has not devised any concrete death over plan. Except Mohammad Shami and Ravi Bishnoi, the others have been off-colour. All-rounder James Neesham, off spinner K Gowtham and pacers Chris Jordan and Sheldon Cottrell have been taken to the cleaners in the death overs.

## 4 THE CURIOUS CASE OF CAPTAIN RAHUL

Since he struck a 69-ball 132, the highest by an Indian in the IPL, against Royal Challengers Bangalore, the swashbuckling opener has gone for a more sedate approach. The 28-year-old said being the captain, one has to take responsibility and every player has a role assigned to him, which can change based on the match situation. Rahul said that strike-rates are 'very, very overrated'.



## 'Have been working on increasing my pace'



Delhi Capitals (DC) pacer bowled the fastest delivery in IPL history by clocking an incredible 156.22 kmph

After bowling the fastest delivery in the history of Indian Premier League (IPL), Delhi Capitals' pacer Anrich Nortje said that he has been working on increasing his pace for two years now. His remark came as Delhi Capitals defeated Rajasthan Royals by 13 runs on Wednesday at the Dubai International Stadium. What is absolutely incredible though is that in the list of the top 10 fastest deliveries bowled in IPL history, Nortje has five entries himself. ANI

"I did not know that I bowled the fastest delivery in IPL, I have been working on getting my pace right up there... in the end, it's just about hitting the right length." Anrich Nortje

## Bad night for England in Nations League



England's prospects of returning to the finals of the Nations League suffered a big hit as Gareth Southgate's side lost 1-0 at home to Denmark on Wednesday, while Kylian Mbappe gave World Cup holders France a 2-1 victory in Croatia and Portugal won without Cristiano Ronaldo.

Harry Maguire was sent off for England in the first half at Wembley for two clumsy yellow cards

## Happy to carry drinks for CSK: Imran Tahir



South African leg-spinner Imran Tahir, who won the Purple Cap last season taking the maximum number of wickets in the IPL is yet to play a match for Chennai Super Kings (CSK) this season. CSK have played eight matches so far.

## TEST YOUR KNOWLEDGE

### SPORTS QUIZ | Cricket

**Q1:** Which bowler is also known as the Rawalpindi Express?  
a) Shoaib Akhtar  b) Ricky Ponting   
c) Anil Kumble  d) Muttiah Muralitharan

**Q2:** Who was Muttiah Muralitharan's 800th wicket?  
a) Sourav Ganguly  b) Paul Collingwood   
c) Syed Raseel  d) Pragyan Ojha

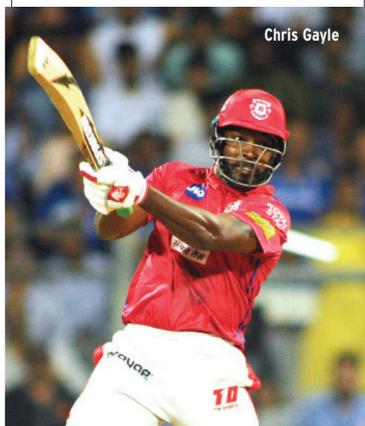
**Q3:** In the 2003 World Cup, Canada got all-out for 36 against Sri Lanka, creating the record for the lowest score in a

World Cup game. Who was Sri Lanka's highest wicket-taker in that game?  
a) Dilhara Fernando  b) Prabhath Nissanka   
c) Muttiah Muralitharan  d) Chaminda Vaas

**Q4:** How many 10-wicket hauls does Anderson have away from home?  
a) Three  b) Two   
c) None  d) One

**Q5:** In the match where Chris Gayle scored his famous 175\*, Bhuvneshwar Kumar was one

of the two Pune Warriors bowlers to have bowled the quota of four overs at an economy of under seven an over. Who was the other?  
a) Aaron Finch  b) Ishwar Pandey   
c) Luke Wright  d) Alfonso Thomas



Chris Gayle

**Q6:** Which bowler has dismissed Sachin Tendulkar the most number of times in Tests?  
a) Glenn McGrath  b) Muttiah Muralitharan   
c) Jason Gillespie  d) James Anderson

**Q7:** In which year did Adam Gilchrist debut in the test cricket?  
a) 1997  b) 1998  c) 1999  d) 1996

**Q8:** Which bowler is often termed as Jumbo and is one of the two bowlers (other is Jim Laker) ever in the history to take 10 wickets in one inning when he dismissed all 10 batsmen from Pakistan in 1999?  
a) Shoaib Akhtar  b) Ricky Ponting   
c) Anil Kumble  d) Muttiah Muralitharan

**Q9:** Which former Indian Cricketer is known as 'The Wall'?  
a) Sachin Tendulkar  b) Sourav Ganguly   
c) Rahul Dravid  d) Virender Sehwag

**Q10:** Which cricketer has the highest wicket-taker in a single edition of the World Cup?  
a) Shane Warne  b) Don Bradman   
c) Glenn McGrath  d) Mitchell Starc

**Q11:** Which cricketer from Pakistan is tagged as the finest reverse swing bowler?  
a) Wasim Akram  b) Inzamam-ul-Haq   
c) Rameez Raja  d) None of the above

**ANSWERS:** 1 a) Shoaib Akhtar 2 d) Pragyan Ojha 3 b) Prabhath Nissanka 4 c) None 5 c) Luke Wright 6 d) James Anderson 7 c) 1999 8 c) Anil Kumble 9 c) Rahul Dravid 10 c) Glenn McGrath 11 a) Wasim Akram