

Handy Parenting Guide

# MODERN-DAY MISTAKES YOU ARE MAKING WITH YOUR TEEN!

## Parenting teenagers can be hard

Parenting mini-adults can be really difficult for many, sometimes, more stressful than taking care of an infant. While nobody likes to be a nagging parent, we tell you about a few mistakes many parents tend to make with their teens:



Photo: GETTY IMAGES

### YOU TRY TO BE THEIR BEST FRIEND!



Photo: THINKSTOCK

You can either be a parent or a friend at one time. Do not budge in, and instead, offer support.

### YOU DON'T SHOWCASE THE BEHAVIOUR THAT YOU EXPECT OUT OF THEM

Kids learn by example. If you indulge in wrong acts yourself, expect them to mirror your behaviour.



Photo: THINKSTOCK

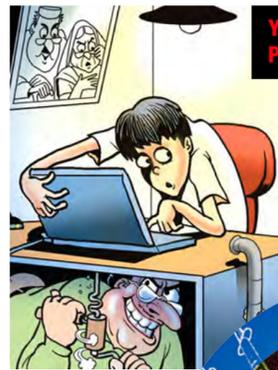
### YOU TRY TO PARENT LIKE YOUR OWN PARENT

Times have changed and so have parenting styles and methods. What worked for your parents, may not specifically work with your teen.



### YOU COMPARE YOUR CHILD WITH OTHERS

Comparisons never help. Judgement and drawing comparison will only drive anxiety and set the wrong example for your child.



### YOU INVADE THEIR PRIVACY

With a teen in the house, there are many things off limits. When it comes to invasion of their privacy, work towards establishing healthy boundaries.

### YOU ARE TOO SCARED OF CRITICISING THEM

Don't feel scared of correcting them from time to time or protect too much. It will help prepare them for the future world.



### YOU ACT TOO HARSH ON THEIR MISTAKES

Allow your child to make mistakes. That's the only way they grow up. Prioritise helping them rather than being too critical.



### YOU AVOID CASUAL TOPICS FOR CONVERSATIONS

It's important to talk about taboo subjects with them, rather than having them learn stuff from the internet or other sources.

## 4 student fears during pandemic

# HOW PARENTS CAN RESPOND



**HANNAH MASOOD**  
School Counsellor,  
The Choice School,  
Tripunithura Ernakulam

The last few months have been challenging for all of us, especially students. The psychological impact of lockdown on children is not something to be trifled with.

Children's emotional well-being is just as serious a subject as any physical ailment (if not greater). Given the nuanced nature of the fears and challenges of children, it is important to address these issues in an effective manner.

### 1 Fears about the coronavirus and what's going to happen

Students are worried about how the world is changing, how economies are being affected and places around them are closing, how social distancing and online classes might be the new normal, about how gathering and travelling carefree without sanitisers and masks might end up being a thing of the past.

- Practice cautious bravery, not fearful thinking.
- Remind children that pandemics have come and gone; this too shall pass.
- Monitor media coverage of the Covid crisis; limit it to what they need to know to stay safe.
- Remind students that all statistics show they are not at high risk.

### 2 Distress over social distancing

Most students have not met their friends since the lockdown in March. Four to five months is a long time for children who otherwise meet in school, tuition centres and casually. They are sad about losing out on this social engagement.



There are many instances of pent-up frustration, irritability, and temper issues because children are confined to their homes and they lack an outlet to channel their energy into. This can be the same for adults as well.

- Tell kids that although this is difficult, it is only temporary, and it is for their protection.
- They can find solace in social media (prescribed time).
- Encourage children to pick

up a hobby like painting, dance, cooking, design, gardening, robotics, etc. They could do these with their friend groups.

- Encourage children to meditate, exercise or do yoga (at home). Encourage them to take a walk or cycle around the neighbourhood (following the precautions; if safe and possible)
- Use this time for self-reflection and for picking up something productive.

### 4 Fears about their family's financial situation

Consider if their situation really is as serious as they believe or if they might be overly worried.

- For overly worried: Advise them to relax and try and trust their parents/guardians who will take care of them.
- Ask them to think of other times when they were worried about something, but everything turned out fine.
- For legitimate concerns: Reinforce that they practice being brave above all else and encourage them to trust in themselves.
- Stay focused on whatever is in their control.
- If overwhelmed with resentment, use their emotions to their advantage by channelling it into something for the long term.
- Resource: HLP Empower's Resentment Liberation course for students.

### 3 Grief

Children lost out on summer holidays. Travel plans were cancelled, the usual vacation with cousins or grandparents got cancelled. No summer camps, no coaching at good old RSC. Summer holidays are something children make plans for. So, when something as big as this is lost in a lockdown, they develop a feeling of bitterness and loss.

## 5 books to read with your teen

**'BETWEEN THE LINES'**  
By Jodi Picoult and Samantha Van Leer  
This quirky love story is written by a mother-daughter team. Combining real-life emotions with whimsy, it gives the opportunity to make comparisons with classic fairy tales and delve into childhood dreams about escaping into other worlds. "It's fun and has just enough fantasy to make it magical," says Brandi Stewart, children's book critic.

**'THE GIRL IN THE MIRROR'**  
By Meg Kearney  
The mature topics in this book will appeal to older teens, but it's also about mother-daughter bonds and family connections. It's ideal for girls with adoptive, single parent or other unconventional family backgrounds. Its verse narrative will likely be a new and exciting format.

**'THE HUNGER GAMES'**  
By Suzanne Collins  
In the ruins of a future North America, a young girl is picked to leave her impoverished district and travel to the decadent Capitol for a battle to the death in the savage Hunger Games. Read it with your daughter.

**'DIVERGENT'**  
By Veronica Roth  
This dystopian fiction story is set in a society divided into castes by virtues, where teens must choose who they are and undergo initiation. Talk with your daughter about which castes you would fall into, say critics.

**'TO KILL A MOCKINGBIRD'**  
By Harper Lee  
Author Harper Lee explores racial tensions in the fictional "tired old town" of Maycomb, Ala, through the eyes of 6-year-old Scout Finch. A good book for any age, read this to your daughter and see her be curious to know about the world around her.

## SPECIAL RECIPE: RED VELVET COOKIES FOR FESTIVE SEASON

**INGREDIENTS**

- 2 eggs
- 1 cup all purpose flour
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup brown sugar
- 1 teaspoon vanilla extract
- 2/3 cup dark chocolate chips
- 3 1/2 tablespoon unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/3 cup butter
- 2 1/2 tablespoon sugar
- 1 tablespoon milk
- 1 tablespoon edible food colour

**HOW TO MAKE**

**Step 1:** To Make flour mixture  
Take a bowl and whisk flour, cocoa powder, baking soda, baking powder and salt together.

**Step 2:** Beat butter and sugar  
Beat butter with a hand mixer until fluffy. Add brown sugar and white sugar and beat until smooth. Beat eggs, milk, and vanilla extract into butter mixture. Add food colouring and mix until uniformly coloured.

**Step 3:** Mix both flour and butter mixture together  
Stir flour mixture into butter mixture using an electric mixer on low speed until combined. Then add 1 cup of chocolate chips. Cover the bowl with plastic wrap and place it in the refrigerator for 1 hour or overnight.

**Step 4:** Make balls out of the cookie dough  
Preheat oven to 175 degrees C. Line baking tray with baking sheet. Make balls out of the dough and place it on the baking tray. Press them slightly to flatten. Place them at a little distance from each other as they will expand in the oven.

**Step 5:** Bake the cookies  
Bake the cookies until edges are lightly browned for about 10 minutes. Enjoy the fresh brownies! TM

## Champions League round of 16 draw

## TOP 3 MATCHES TO WATCH OUT FOR

While Juventus star Cristiano Ronaldo is set for a return to Portugal, Neymar's PSG will face Lionel Messi-led FC Barcelona in the UEFA Champions League (UCL) Round of 16

## 1 CR7 homecoming - Juve vs Porto

After winning the battle between the two GOATs (Greatest of All-Time), Juventus' charismatic forward Cristiano Ronaldo is set for a return to Portugal in the Champions League Round of 16. Ronaldo's Juventus will face FC Porto in their ongoing quest for a third Champions League crown. Former champions FC Porto will host the Turin giants for the first leg of their Round of 16 tie at the Estadio Do Dragao on February 18.

## 2 Low-key blockbuster - Chelsea vs Atletico

Notorious Atletico Madrid can make Chelsea look like underdogs as far as their Round of 16 meetings with Frank Lampard and Co. on paper is concerned. Ask Bayern Munich, FC Barcelona, or Jurgen Klopp's Liverpool, they all will tell you how difficult it is to get past the Rojiblancos at the knockout stage of the Champions League. Former Chelsea striker Diego Costa will also mark his return to Stamford Bridge when the Premier League giants host the La Liga heavyweights in the last 16 phase. The first leg will be played at the Wanda Metropolitano in Madrid on February 24.

## 3 Messi-Neymar reunion - Barca vs PSG

At last, Neymar has made his return to Camp Nou! Not the way Barca fans wanted but Neymar is now heavily tipped to help PSG avenge the historic and embarrassing 6-1 defeat orchestrated by the Brazilian himself in 2017. Neymar bagged the Man of the Match award when Barcelona pulled off the La Remontada (The Comeback) over PSG three years ago in the same competition. PSG were shellshocked by a Neymar-inspired Barcelona side when both teams last met in Europe's biggest club competition. The Messi-Neymar reunion will also intensify transfer talks as both trailblazers of their respective teams are 'bound' to leave the club they are representing this season. For the partisans, the only good news is that the Barcelona vs PSG first leg at the Camp Nou will officially mark the return of Champions League football next year on February 17.

PSG's Neymar will play against Barcelona for the first time since leaving the club in August 2017. The 28-year-old is a close friend of Messi.

Messi has not been at his sparkling best this season, with Barcelona lacking inspiration as a collective.

## Did you know?

- Ever since its inception in 1955, only 22 football clubs have managed to win the Champions League, out of which Real Madrid won the cup 13 times, making it the highest number of wins in the championship.
- In 2016/17 Real Madrid became the first team to successfully defend the UEFA Champions League trophy, with AC Milan (1989, 1990) the previous club to win consecutive European Cups. Milan (1994, 1995), Ajax (1995, 1996), Juventus (1996, 1997) and Manchester United (2008, 2009) have all returned to the UEFA Champions League final as holders only to lose.
- A record five clubs from England participated in the 2017/18 knockout phase. Including 2019/20, England has also provided four clubs on eight other occasions, as has Spain five times and Germany twice. England is the only nation to have provided four quarter-finalists in a season, 2018/19 being the third occasion after 2007/08 and 2008/09.
- Lionel Messi became the first player to score five goals in a match in Barcelona's 7-1 win against Bayer Leverkusen on 7 March 2012, a feat matched by Shakhtar Donetsk's Luiz Adriano at BATE Borisov on 21 October 2014.

SOURCE: UEFA.COM

## Top five run-getters in Tests Down Under

1 RICKY PONTING  
(RUNS: 1,893, MATCHES: 15)

Former Australian skipper Ricky Ponting, one of the greatest to have ever played the game, was not only an exceptional batsman but also a world class leader. With a total of 1893 runs against India at a mind-boggling average of 86.04 between 1999 and 2012 in 26 innings, Ponting sits on top on the list of highest run-scorers in the bilateral series on home soil. With 7 centuries and as many fifties, Ponting was spectacular in Australian conditions.

2 SACHIN TENDULKAR  
(RUNS: 1,809, MATCHES: 20)

Batting legend Sachin Tendulkar has stamped his authority across the globe throughout his career. But it was against the Australians that he always rose to the challenge, be it at home or Down Under. He played 38 innings, scored 6 centuries and 7 half centuries on Aussie soil. His unforgettable knock of 241 not out 2004 will forever remain a big highlight.

3 VIRAT KOHLI  
(RUNS: 1,274, MATCHES: 12)

Virat Kohli, who led India to a historic 2-1 series victory in the four-match Test series of Australia in 2018-19, is the only active cricketer among the top-5 on this list and sits in third place. He has scored 1,274 runs in 12 Tests between 2011 and 2019. He has played 23 innings and scored 6 centuries and 3 half centuries with a top score of 169 in 2014.

4 VVS LAXMAN  
(RUNS: 1,236, MATCHES: 15)

From the period between 1999 to 2012, Laxman played a total of 15 matches Down Under, scoring 1,236 runs and he sits fourth on the list of batsmen with most runs in the series. With 4 tons and 4 fifties, he scored at an average of 44.14. Of his many unforgettable knocks is the SCG Test in 2000, when he scored his maiden century off just 114 deliveries.

5 RAHUL DRAVID  
(RUNS: 1,143, MATCHES: 15)

On the fast-paced and bouncy tracks of Australia, Dravid was one of the most successful Indian batsmen, who was at his best Down Under scoring at an average of 43.96, more than his average on home soil. Though he managed to score just a single century and 6 half centuries, his 233 with 23 fours and a six in 2003 gave India a memorable win.

## TEST YOUR KNOWLEDGE

**Q1:** Since which year has Rohan Bopanna been a member of India's Davis Cup team?  
a) 2002  b) 2004  c) 2006  d) 2008

**Q2:** Who was the head coach of the Indian cricket team which won the World Cup in 2011?  
a) Greg Chappell  b) Gary Kirsten  c) Ravi Shastri  d) Duncan Fletcher

**Q3:** Who is the first Indian to have won the men's singles title at the All England Open Badminton Championships, in

1980?  
a) Zeeshan Ali  b) Anand Amritraj  c) Pullela Gopichand  d) Prakash Padukone

**Q4:** Who is the only football player in the world to have been awarded a Super Ballon D'Or?  
a) Garrincha  b) Alfredo Di Stéfano  c) Pele  d) Ferenc Puskas

**Q5:** Which Indian female badminton player won a silver medal at the Olympics and gold at the BWF World Championships?  
a) Jwala Gutta  b) Ashwini Ponnappa

c) Saina Nehwal  d) PV Sindhu 

**Q6:** How many World Cups has footballer David Beckham played in?  
a) One  b) Two  c) Three  d) Four



David Beckham

**Q7:** Which player holds the record of most runs in Women's T20 World Cup?  
a) Punam Raut  b) Suzie Bates  c) Mithali Raj  d) Stafanie Taylor

**Q8:** Who is only the second Indian footballer, after Bhaichung Bhutia, to have played 100 international games?  
a) Sunil Chhetri  b) Anirudh Thapa  c) Farukh Choudhary  d) Manvir Singh

**Q9:** Which player recently equalled Roger Federer's record of most Grand Slam wins?  
a) Andy Murray  b) Dominic Thiem  c) Novak Djokovic  d) Rafael Nadal

**Q10:** Which of the following cricketers have played the most number of World Cup matches?

a) Muttiah Muralitharan  b) Sachin Tendulkar  c) Ricky Ponting  d) Mahela Jayawardene

**Q11:** At the 2018 Youth Olympics in Buenos Aires, who was the first shooter from India ever to win a gold medal?  
a) Anjum Moudgil  b) Manu Bhaker  c) Heena Sidhu  d) Apurvi Chandela

**Q12:** In which year was Gunnar Solskjaer confirmed as the permanent manager of Manchester United?  
a) 2012  b) 2018  c) 2020  d) 2019

**ANSWERS:** 1 a) 2002 2 b) Gary Kirsten 3 d) Prakash Padukone 4 b) Alfredo Di Stéfano 5 d) PV Sindhu 6 c) Three 7 b) Suzie Bates 8 a) Sunil Chhetri 9 d) Rafael Nadal 10 c) Ricky Ponting 11 b) Manu Bhaker 12 d) 2019