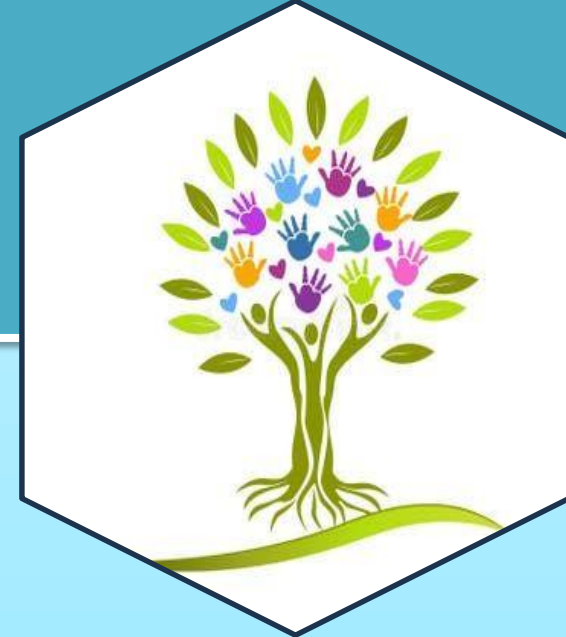
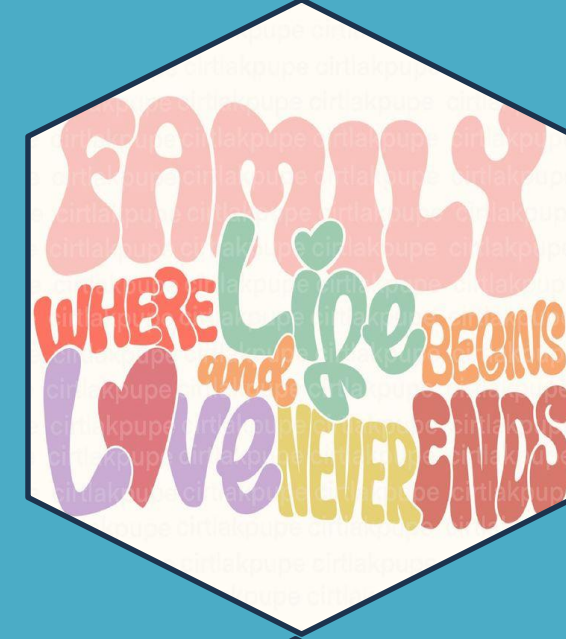


Parenting strategies in the challenging digital age



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Family

➤ **Family is the foundation of a strong society.**

➤ **Proper upbringing of children.**

➤ **Human desires find satisfaction, as well as high moral values are practiced and taught to the children.**

➤ **Proper division of responsibilities & loving relations between husband and wife.**

➤ **Provide the environment under which human values and morals develop and grow in the new generation.**

➤ **Future generation be brought up in such a manner that it will continue the human civilization, in which human characteristics flower to their full bloom.**

❖ Parenting and Parenting Style

- **Parenting is the process of raising, nurturing, and guiding children from infancy to adulthood. It involves providing emotional, physical, and social support, as well as instilling values, discipline, and life skills to help children grow into responsible, independent, and well-adjusted adults.**

Parenting can encompass various styles and approaches, depending on cultural, social, and individual beliefs.

❖ Different Definitions of Parenting

➤ Parenting can be defined in a variety of ways, depending on cultural, psychological, and societal perspectives. Here are several different definitions of parenting:

1. Traditional Definition:

Parenting is the process of raising and nurturing children from infancy through adulthood, including providing for their physical, emotional, social, and intellectual needs.

2. Psychological Definition:

In psychology, parenting refers to the application of practices and behaviors used by parents to guide, support, and shape the development of their children's personality, behavior, and emotional regulation.

3. Cultural Definition:

Parenting is the transmission of cultural values, beliefs, and norms to the next generation, ensuring that children understand and conform to the societal expectations of their community or culture.

4. Biological Definition:

From a biological perspective, parenting refers to the caregiving behaviors that increase a child's chance of survival and well-being, such as feeding, protecting, and nurturing.

5. Sociological Definition:

Parenting in sociology is seen as a social role, wherein individuals (parents or guardians) are responsible for teaching social norms, values, and behaviors that enable children to integrate into society.

6. Authoritative Parenting Definition:

This is defined as a balanced parenting style that combines responsiveness to children's emotional needs with high expectations, encouraging independence while providing guidance and discipline.

7. Attachment Parenting Definition:

A definition rooted in child psychology, where parenting is centered on forming a close emotional bond with the child through practices like breastfeeding, co-sleeping, and responding quickly to a child's needs.

8. Positive Parenting Definition:

This approach defines parenting as guiding children through positive reinforcement and respectful communication rather than through punishment, with a focus on teaching empathy, problem-solving, and respect.

9. Modern/Technology-Influenced Definition:

Parenting today is often described as managing the influence of technology on children's lives, helping them navigate the challenges of the digital world while fostering real-world relationships and critical thinking skills.

10. Legal Definition:

Parenting, from a legal standpoint, refers to the rights and responsibilities associated with raising a child, including custody, decision-making authority, and providing for the child's welfare.

Each definition reflects different dimensions of what it means to raise a child, highlighting the complexity of the parenting role across various contexts.

❖ Parenting in the digital age

- Parenting in the digital age refers to the challenges and strategies involved in raising children in a world where technology, the internet, and social media play a central role. This era requires a different approach to parenting due to the vast presence of screens, smartphones, social media platforms, online games, and constant digital connectivity. Key aspects of parenting in the digital age include:

Parenting in the digital age

1. Managing Screen Time:

Parents need to set boundaries on how much time children spend in front of screens (phones, tablets, computers, TV) to ensure they maintain a healthy balance between digital and offline activities. Excessive screen time can lead to issues like reduced physical activity, sleep problems, and difficulties in focusing.

2. Digital Literacy:

Teaching children how to navigate the online world safely and responsibly is a crucial part of modern parenting. This includes understanding the basics of privacy, security, online etiquette, and recognizing misinformation.

Parenting in the digital age

3. Social Media Awareness:

Social media platforms have a significant impact on children's self-esteem, social interactions, and emotional well-being. Parents must help children navigate these platforms by discussing topics like cyberbullying, peer pressure, body image, and how to maintain real-life relationships.

4. Cybersecurity and Privacy:

In the digital age, it's important to protect children from potential online dangers such as identity theft, inappropriate content, and online predators. Parents need to teach kids about privacy settings, securing personal information, and recognizing online threats.

Parenting in the digital age

5. Modeling Healthy Technology Use:

Children often mimic their parents' behavior. Demonstrating balanced technology use, limiting screen time, and showing the value of face-to-face interaction can guide children toward responsible digital habits.

6. Encouraging Offline Activities:

Promoting physical activity, outdoor play, reading, and creative hobbies helps ensure that children do not become overly dependent on digital entertainment. It also fosters important life skills like problem-solving, creativity, and emotional regulation.

Parenting in the digital age

7. Open Communication:

Keeping lines of communication open with children about their online experiences is essential. Parents should talk regularly about what kids do online, their feelings about it, and any concerns they may have about things they encounter.

8. Setting Digital Boundaries:

Establishing family rules around when and where technology can be used is a common strategy. This might include no devices at the dinner table, tech-free family time, or setting curfews for device use to prevent sleep disruption.

Parenting in the digital age

9. Monitoring Content:

Many parents utilize tools like parental controls or monitoring apps to oversee the content their children are accessing. This helps ensure they are not exposed to inappropriate material or engaging with harmful digital behavior.

10. Promoting Digital Empathy:

Teaching children about empathy and respectful behavior online is important for helping them become responsible digital citizens. This includes understanding how their words and actions can affect others and practicing kindness in their online interactions..

Parenting in the digital age

11. Understanding the Impact of Technology on Development:

Parents need to stay informed about the potential effects of technology on cognitive, emotional, and social development. For example, excessive use of digital media can contribute to attention issues, decreased social skills, and emotional distress.

12. Being Informed and Staying Updated:

The digital world evolves rapidly, and it's crucial for parents to stay updated on new technologies, apps, games, and trends that children may be exposed to. Being proactive in understanding what children are engaging with helps in guiding them effectively.

Parenting in the digital age is about fostering a healthy relationship with technology while protecting children from its potential downsides. It requires a combination of setting limits, educating children about digital responsibility, and being involved in their online lives.

❖ Here are some effective strategies to help you navigate

Educate children about online safety, privacy, and cyberbullying.

Monitor usage and set limits with parental control tools

Set clear boundaries and rules for screen time and online behavior

Teach critical thinking and media literacy skills to navigate online content

Stay updated on the latest digital trends and platforms

Foster a healthy balance between screen time and physical activity

❖ Family Institution in Digital Era

- **The family institution in the digital era is undergoing significant transformation due to the pervasive influence of technology. Digitalization affects family dynamics, relationship, and communication patterns in various ways.**

**Communication
and Connection**

**Parent-Child
Dynamics**

**Balancing Risks
and Benefits**

❖ Family Institution in Digital Era

➤ **Communication and connection**

Digital technologies facilitate communication among family members, especially those living apart. However, they can also lead to conflicts over screen time and digital engagement, particularly among children and adolescents

➤ **Parent-Child Dynamics**

The relationship between parents and children has evolved, with children often becoming more adept at using technology. This shift necessitates that parents adapt their parenting styles to navigate the challenges and opportunities presented by digital media

➤ **Balancing Risks and Benefits**

While digital tools offer unique opportunities for family interaction, they also expose families to risks such as online safety concerns and the potential for decreased face-to-face interactions. Families need to find a balance between leveraging technology and maintaining healthy communication

Family Institution in Digital Era

❖ Strategies for Adaptation

➤ **Establishing Boundaries:**
Families are encouraged to create 'no device' zones and time to foster meaningful interactions and reduce distractions during family gatherings

➤ **Promoting Digital Literacy :**
Encouraging digital competence among all family challenges and opportunities for family institutions, necessitating adaptive strategies to enhance relationships while mitigating risks associated with technology

❖ Parenting Strategies in Challenging Digital Age

- Parenting in the digital age presents unique challenges and opportunities that require proactive strategies. Here are key approaches to affectively navigate this landscape:

Setting

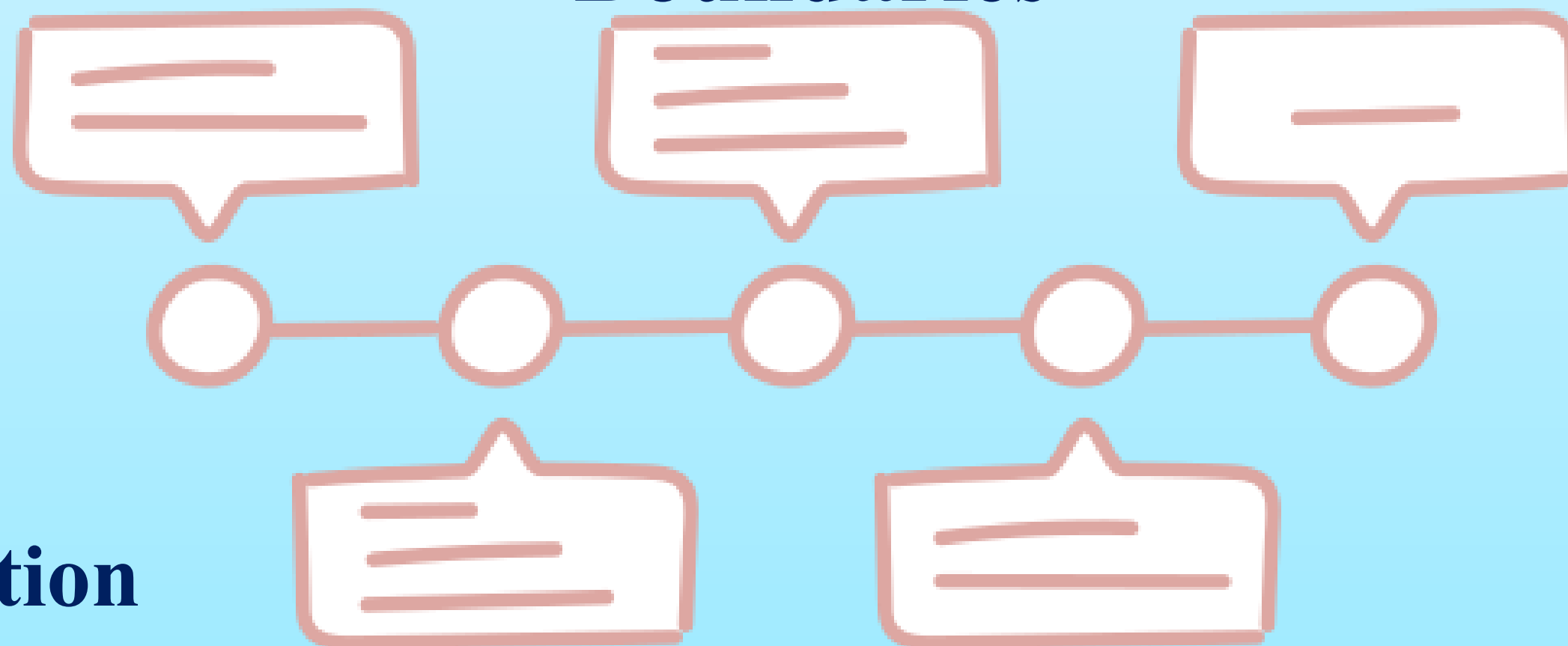
Boundaries

Encourage
Offline
Activities

Empowering
Digital
Literacy

Open
Communication

Role
Modelling



❖ Parenting Strategies in Challenging Digital Age

➤ Encouraging Offline Activities

- Educate children about online privacy, digital etiquette, and the importance of critical thinking when navigating digital spaces. This equips them to make informed decision online.

➤ Setting Boundaries

- Establish clear rules regarding technology use, including screen time limits and tech-free zones during meals or before bedtime. This helps maintain a healthy balance between digital a real- world interactions.

➤ Open Communication

- Maintain and open dialogue about online experience, discussing topics like online safety, digital citizenship, and the impact of media. Encourage children to share any inappropriate content they encounter.

❖ Parenting Strategies in Challenging Digital Age

➤ Role Modeling

- Parents should exemplify balanced technology use. By demonstrating responsible digital behavior, parents set a positive example for their children to follow

➤ Empowering Digital Literacy

- Educate children about online privacy, digital etiquette, and the importance of critical thinking when navigating digital spaces. This equips them to make informed decision online.

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- By implementing these strategies, parents can create a sportive environment that posters healthy digital habits while ensuring their children's safety and well-being in an

✓ Reference Books

❖ Parenting in the digital age brings unique challenges and opportunities. Here are some excellent books that address how to navigate parenting with technology, social media, and screen time in mind:

1. **"The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place" by Andy Crouch**

A practical guide that emphasizes how families can manage technology use intentionally, setting boundaries while promoting connection, creativity, and real-world engagement.

2. **"Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology" by Diana Graber**

This book offers tools to help kids and teens develop digital literacy and healthy online habits. Graber provides tips on teaching digital citizenship and navigating the online world safely.

3. "Screenwise: Helping Kids Thrive (and Survive) in Their Digital World" by Devorah Heitner

Heitner, a digital media expert, explores how to mentor children in the digital world rather than simply monitoring them. The book is packed with insights on raising thoughtful, respectful digital citizens.

5. "Raising Digital Natives: Parenting in a World of Screens" by Devorah Heitner

Another insightful book by Heitner, this one specifically addresses how children's online interactions shape their development and how parents can guide their kids through the digital landscape while fostering independence and responsibility.

4. "The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life" by Anya Kamenetz

A research-based book that advocates for a balanced approach to screen time, drawing on expert opinions and the experiences of families. Kamenetz provides strategies to integrate technology in a healthy way without it taking over family life.

6. "Glow Kids: How Screen Addiction is Hijacking Our Kids—and How to Break the Trance" by Nicholas Kardaras

This book delves into the impact of screen addiction on children's brains, focusing on gaming and social media. Kardaras offers advice on limiting screen time and encouraging healthier habits.

7. "The Digital Mindset: How to Raise Kids in the Age of Technology" by John Palfrey and Urs Gasser

A comprehensive exploration of how to raise children in the digital age while teaching them to use technology responsibly. The authors provide insight into balancing freedom and supervision when it comes to kids' online activities.

9. Disrupted Childhood: Raising Kids in the Digital Age" by Carrie James

This book examines how technology is reshaping childhood and explores how parents can ensure their children develop the necessary skills for success in both the online and offline worlds.

8. "Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your Child's Use of Technology" by Lucy Jo Palladino

Palladino focuses on how technology affects children's attention spans and cognitive development. The book offers guidance on managing the impact of digital distractions and fostering focused, creative thinking in children.

10. "Kids Under Fire: The Impact of Technology on Childhood and What Parents Can Do to Protect Them" by Peggy Orenstein

Focused on the psychological and social impacts of technology on children, Orenstein offers strategies to help kids balance their online and offline lives, emphasizing mindfulness, real-world interaction, and emotional well-being.

❖ For Muslim parents navigating the challenges of the digital age, several books offer insights on how to raise children with strong Islamic values while addressing the impact of technology. Here are some recommended books:

1. "Parenting in the Digital Age" by Dr. Benaisha Siddiqui

This book offers practical advice from an Islamic perspective on managing technology use, balancing screen time, and encouraging positive habits in children. It addresses the challenges of social media, online content, and the impact of devices on family life.

2. "The Tech-Wise Family" by Andy Crouch

While not specific to Muslim families, this book provides valuable guidance on setting boundaries with technology and creating a family culture that prioritizes character, creativity, and relationships over screen time. Its principles align with Islamic values of moderation and mindfulness.

3. "Parenting in the Age of Social Media" by Nighat Taufeeq

This book dives into the specifics of social media and its effects on children's mental, emotional, and spiritual well-being. It gives advice on how Muslim parents can guide their children through the online world while maintaining Islamic ethics.

5. "The Digital Minimalism" by Cal Newport

This book focuses on minimizing the impact of technology on daily life. Though not written for a Muslim audience specifically, its themes of mindfulness and intentional living can be harmonized with Islamic teachings about avoiding distractions and excess.

4. "Raising Children in Light of the Quran and Sunnah" by Darussalam Research Center

Though not focused solely on the digital age, this book provides a comprehensive guide to raising children with strong Islamic values, which is highly relevant in counteracting negative influences found in modern media and technology.

6. "Parenting: A Sacred Duty" by Yasir Qadhi

This work offers Islamic guidance on nurturing faith and good character in children, which is critical when facing the moral and ethical challenges posed by the internet and digital media.

7. "Being Muslim: A Practical Guide" by Asad Tarsin

This book is a general guide for Muslims but includes insight on maintaining Islamic identity and values in the modern world. It can be particularly useful for helping parents provide a clear sense of identity for their children in the digital age.

- These books combine Islamic teachings with practical advice on managing the challenges of technology, making them useful resources for Muslim parents.

•For Muslim parents navigating the digital age, several valuable resources are available:

•"Islamic Parenting in the Digital Age" by Hanifa Ibn Al-Nawawi (Author) :

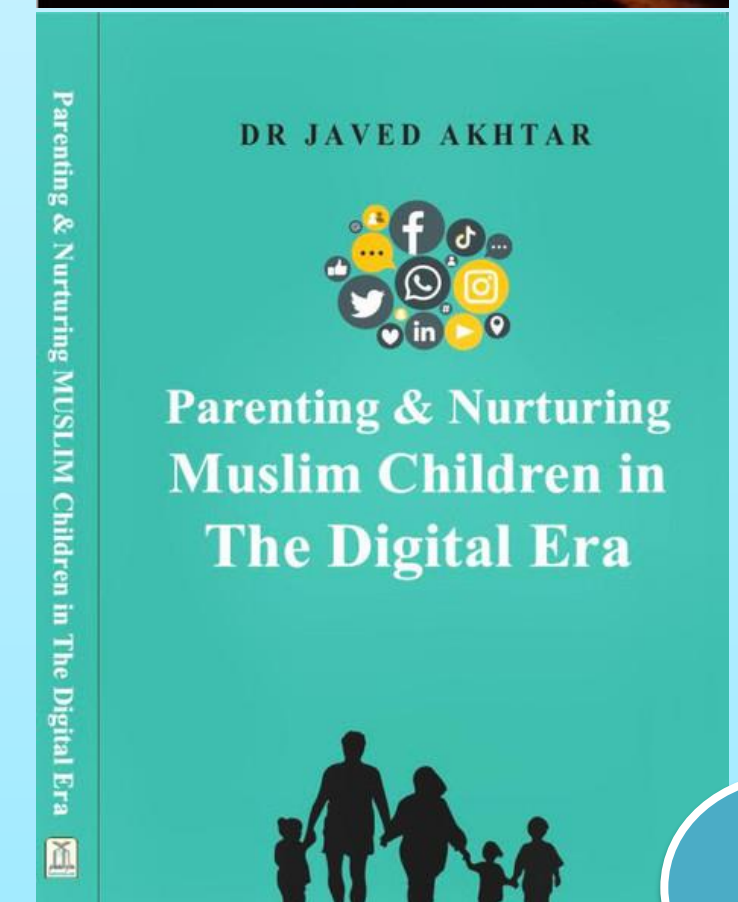
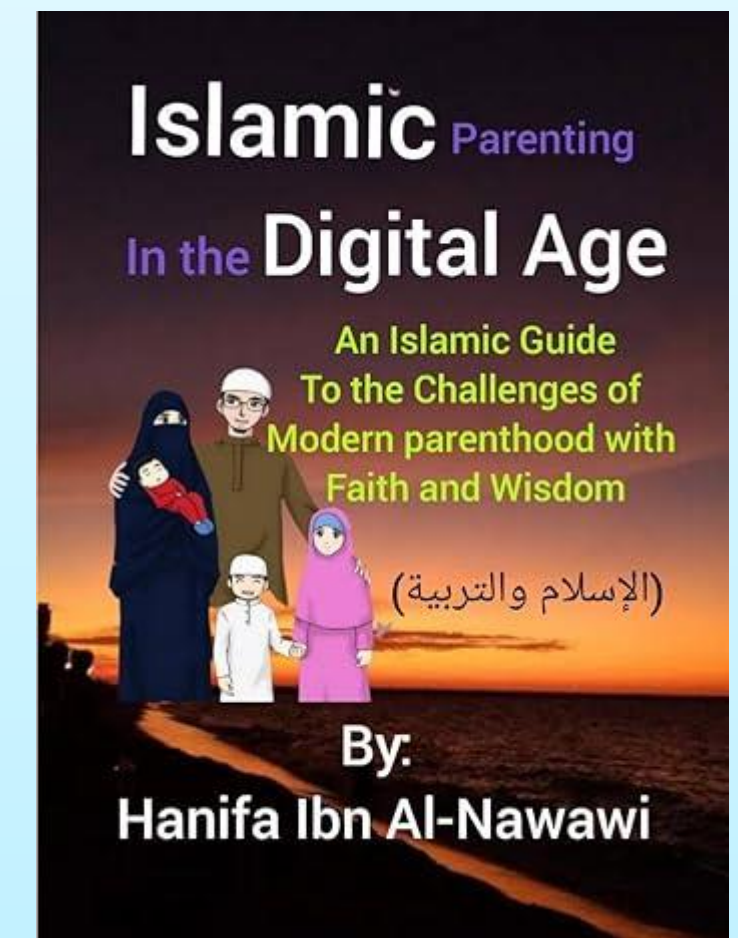
•This book offers guidance on instilling Islamic values while addressing modern parenting challenges, emphasizing faith and moral character

•"Parenting and Nurturing Muslim Children in the Digital Era" by Dr. Javed Akhtar:

•A comprehensive guide that combines practical advice with Islamic wisdom to help parents foster a strong Islamic identity amidst digital influences .

•"Muslim Homeschooling in the Digital Age“:

• Focused on homeschooling, this resource provides strategies for integrating Islamic teachings with digital learning environments



thank you