

## Semester – VII

**B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Major**  
*Category-II*

### DISCIPLINE SPECIFIC CORE COURSE – DSC-HDFE-13: EFFECTIVE PARENTING

#### CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
<b>EFFECTIVE PARENTING</b>	4	2	-	2	Class XII	NIL

#### LEARNING OBJECTIVES:

1. To understand the concept and meaning of parenting
2. To become aware of the Indian family system and role of parents
3. To understand Parenting across lifespan

#### LEARNING OUTCOMES:

1. Develop an understanding on parenting styles and their impact on children.
2. Appreciate diverse child rearing practices and caregivers in Indian context.
3. Understand the process of parenting during lifespan

#### THEORY:

**(30 Hours)**

#### Unit 1: Introduction to Parenting

**(08 Hours)**

*Unit Description:* This unit focuses on the basic understanding of parenting in terms of process as well as a system.

#### *Subtopics*

- Parenting: Meanings and Concepts
- Parenting Styles
- Indian family system and role of parents

#### Unit 2: Concept of Effective Parenting

**(10 Hours)**

*Unit Description:* This unit focuses on understanding effective parenting and factors that influence parenting.

**Subtopics:**

- Effective Parenting: Principles and Guidelines
- Parenting children with diverse needs
- Role of Parental Counselling

**Unit 3: Parenting Across Lifespan perspective**

**(12 Hours)**

*Unit Description:* This unit focuses on the importance of parenting across various stages of lifestyle development.

**Subtopics:**

- Parenting of a neonate
- Parenting of children
- Parenting of adolescents

**PRACTICAL:**

**(60 Hours)**

- Case examples /Role Plays/ Group Discussions to understand and evaluate effective parenting styles
- Interview with a parent of an adolescent to understand their experiences and concerns about parenting.
- Seminar/Webinar/Interactive session on Positive Parenting.
- Review of a book/movie/documentary based on parenting and family system

**ESSENTIAL/RECOMMENDED READINGS:**

1. Eanes, R. (2016). *Positive parenting: An essential guide*. New York: Tarcher Perigee (Penguin Random House)
2. रूडोल्फ़. S. (2019). *सफल परेंटिंग के 10 नियम*. Penguin books India.
3. Chaudhury, D. (2017). *Parenting tips for Indian parents: Pre-conception to adulthood*. Chennai: Notion Press, Inc.
4. Chaudhary, N. (2004). *Listening to culture: Constructing reality from everyday talk*. New Delhi: Sage.

**SUGGESTED READINGS:**

1. Aries, P. (1962). *Centuries of childhood: A social history of family life*. New York: Vintage.
2. Deb, S. and Chatterjee, P. (2008). *Styles of parenting adolescents – The Indian scenario*. New Delhi: Akansha Publishing House.
3. Hurlock, B. E. (2007). *Developmental psychology: A life span approach*, (5th Edn.). New Delhi: Tata Mc-Graw Hill Publishing Company Ltd.
4. Sapra, R. (2010). *Child development: Issues and concerns for the well-being of the child*. New Delhi: Vishwabharati.
5. Anandalakshmy, S. (2010). *Through the lens of culture: Centuries of childhood and education in India*. Monographs of BalaMandir Research Foundation. Chennai: BalaMandir Research Foundation.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time**