



By: Mehdi Mohammadzadeh – Reporter, Jahan Akhbar Newspaper

## The Foundations of Positive Parenting

Positive parenting is not merely a trend; it is an evidence-based approach that fosters emotional intelligence, autonomy, and resilience in children. Unlike authoritarian models that rely on control and fear, positive parenting is rooted in empathy, mutual respect, and consistent communication. Studies in developmental psychology reveal that children who grow up in environments where positive reinforcement outweighs punishment tend to display higher levels of self-esteem and academic success. This approach helps children



internalize values instead of blindly following rules. At the core of positive parenting lies the understanding of the child's developmental stage. Discipline is not about punishment but about guidance—helping the child understand consequences and encouraging self-regulation. Moreover, effective parents set firm yet flexible

boundaries, allowing room for learning from mistakes. The role of the parent transforms from an enforcer to a mentor—one who models patience, problem-solving, and emotional awareness. Daily habits like active listening, validating emotions, and offering choices cultivate trust and cooperation. In our rapidly changing world, children face numerous stressors, from academic pressure to digital distractions. Positive parenting equips them with the tools to navigate these challenges without resorting to rebellion or withdrawal.

## Building Emotional Intelligence in Children

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Emotional intelligence (EI) has emerged as a cornerstone of modern child development, shaping not only interpersonal relationships but also academic and professional outcomes. Cultivating EI from early childhood requires intentional parenting strategies that go beyond traditional educational goals. At its core, emotional intelligence encompasses self-awareness, emotional regulation, empathy, and social skills. Parents play a pivotal role in modeling and teaching these competencies through daily interactions. A parent who calmly names emotions and demonstrates empathy provides a liv-

ing example for the child to emulate. Research shows that children with high emotional intelligence are more resilient in the face of adversity and less likely to engage in antisocial behavior. These children can communicate effectively, manage frustration, and navigate conflicts with emotional maturity.

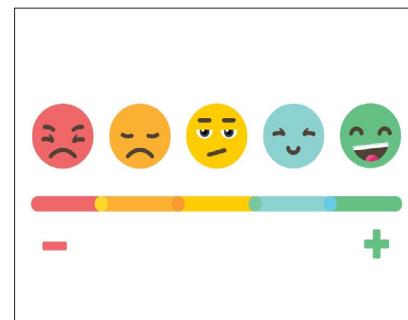
To build EI, parents should create emotionally safe environments where children feel heard without judgment. Techniques like reflective listening, open-ended questioning, and emotion coaching encourage children to articulate and process their feelings constructively. Books, storytelling, and role-play scenarios are also effective tools to build empathy and emotional vocabulary.

rewards or corrections, teaches responsibility and fairness. It is important that both parents share similar approaches to avoid mixed messages. Moreover, consistency builds trust between parents and children. Children feel safe knowing what to expect, which fosters openness and cooperation. Over time, this stability nurtures self-discipline and confidence, preparing children to face the world with resilience.

To sum up, maintaining consistency in parenting practices is key to raising well-adjusted children. It creates a supportive framework where children can flourish emotionally and socially.

### The Role of Play in Child Development

By: Mehdi Mohammadzadeh, Journalist at Jahan News  
physical, cognitive, and social growth. Through play, children explore their environment, experiment with new ideas, and develop critical skills. Par-



Moreover, family routines that include check-ins and shared emotional reflections reinforce the normalization of discussing feelings. The digital age has posed new challenges to emotional development, as children increasingly rely on screens over face-to-face interaction. Parents must strike a balance between technological engagement and emotional presence, fostering human connection in the age of devices.

ents who encourage play contribute significantly to their child's learning and creativity. Active play promotes physical health by improving motor skills, coordination, and fitness. At the same time, imaginative play stimulates brain development by enhancing problem-solving abilities and creativity. For example, building blocks or role-playing games allow children to think critically and practice social interactions. Social play also teaches children cooperation, empathy, and conflict resolution. Playing with peers or family members helps children understand different perspectives and develop communication skills. These interactions build emotional intelligence and strengthen relationships. Parents can support play by providing safe, stimulating environments and joining in when appropriate. Limiting screen time and encouraging outdoor activities foster balanced development. Recognizing the value of play is essential for nurturing well-rounded, happy children.

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## The Impact of Technology on Modern Parenting

In today's digital age, technology has significantly transformed the way parents raise their children. From educational apps to social media, children are exposed to screens earlier and more frequently than ever before. While technology offers many benefits, such as access to knowledge and communication tools, it also poses challenges for modern parenting. Parents must find ways to balance the advantages of technology with its potential risks. Excessive screen time can lead to issues like reduced physical

activity, impaired social skills, and disrupted sleep patterns in children. Moreover, unmonitored internet access exposes children to inappropriate content and cyberbullying. Therefore, parents need to set clear boundaries and monitor their children's online activities without invading their privacy. Establishing screen time limits and encouraging offline activities such as reading and outdoor play are essential strategies. Technology also presents an opportunity for parents to engage actively in their children's learning by selecting

quality educational content. Interactive tools can stimulate curiosity and creativity if used thoughtfully. Importantly, parents should model healthy technology use themselves to create positive habits. In conclusion, technology is a double-edged sword in child rearing. Responsible and mindful use can enhance development, but neglecting its challenges may harm a child's growth. Parenting today demands awareness, adaptability, and guidance to harness technology's benefits while protecting children's well-being.

## Netanyahu admits Israel arming ISIS-tied terrorists in Gaza

Israeli prime minister Benjamin Netanyahu has admitted that the regime has been arming and supporting a gang associated with the Daesh Takfiri terrorists in the besieged Gaza Strip to "counter the Palestinian resistance movement Hamas." Tehran - ISNA - The confession came after Avigdor Lieberman, a Knesset member and the regime's former minister for military affairs, said Israel had transferred weapons to criminal gangs.

### The Importance of Positive Reinforcement in Child Rearing

By: Mehdi Mohammadzadeh, Journalist at Jahan News

Raising a child is one of the most significant responsibilities that parents undertake, shaping the future of both the individual and society. Positive reinforcement plays a crucial role in child rearing, as it encourages desirable behaviors through praise and rewards. When children receive recognition for their efforts and good conduct, they are motivated to continue these behaviors, which fosters self-esteem and confidence. Instead of focusing on punishment, positive reinforcement nurtures a supportive environment where children feel valued and understood.

Psychological studies emphasize that children respond better to encouragement rather than criticism. By highlighting their strengths and achievements, parents help children develop a healthy self-image. For example, praising a child for completing homework or sharing toys with siblings strengthens these habits. This approach also improves communication between parents and children, building trust and emotional bonds. Moreover, positive reinforcement reduces the likelihood of behavioral problems. Children who feel supported tend to exhibit less aggression and anxiety, leading to a harmonious family atmosphere. It is essential, however, for parents to be sincere and consistent in their praise to avoid manipulation or insincerity. By fostering a positive upbringing, parents contribute to the emotional and social well-being of their children, preparing them to face future challenges with resilience and optimism.

### Balancing Discipline and Freedom in Child Education

By: Mehdi Mohammadzadeh, Journalist at Jahan News

While children need clear boundaries to understand acceptable behavior, excessive control can hinder their independence and creativity. Discipline is vital for teaching responsibility and self-control, but it must be applied with fairness and empathy. Parents who impose strict rules without explanation risk creating rebellion or fear in their children.

Freedom, on the other hand, allows children to explore their interests, make choices, and learn from their mistakes. When children are given the opportunity to express themselves and face consequences naturally, they develop critical thinking and problem-solving skills. A balanced approach ensures

children grow into confident adults capable of managing their own lives.

Effective parenting involves setting reasonable limits while encouraging autonomy. For example, allowing a child to decide what extracurricular activity to pursue promotes self-motivation. At the same time, parents should be present to guide and support without taking over. Open communication is key to understanding children's needs and fears, enabling parents to adjust their strategies accordingly. In conclusion, blending discipline with freedom cultivates well-rounded individuals. It teaches children the value of rules while respecting their individuality, preparing them for a successful and fulfilling life.

### The Role of Emotional Intelligence in Child Development

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Emotional intelligence (EI) has emerged as a vital component of effective child development. It refers to the ability to recognize, understand, and manage emotions in oneself and others. Teaching children emotional intelligence equips them with skills necessary for healthy relationships and mental well-being. Parents play a fundamental role in nurturing EI from an early age by modeling appropriate emotional responses and encouraging empathy. Children who develop emotional intelligence are better equipped to handle stress, resolve conflicts, and communicate effectively. For instance, a child who learns to express frustration calmly rather than through tantrums is more likely to succeed socially and academically. Emotional intelligence also supports resilience, enabling children to recover from setbacks and challenges.

Parents can foster EI by acknowledging their children's feelings, listening attentively, and helping them label emotions. Books, stories, and role-playing are practical tools to teach children how to identify and regulate their emotions. Additionally, creating a safe environment where children feel comfortable sharing their thoughts promotes emotional growth. Investing in emotional intelligence during childhood has long-term benefits, reducing behavioral problems and enhancing social skills. It prepares children to navigate complex social environments and develop meaningful connections, ultimately contributing to their overall happiness and success.