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### Parenting in the "NOW" Generations

The definition of the word Family according to the Oxford English Dictionary is "A group consisting of two parents and their children living together as a unit", but in reality this is no longer the true make up of a family, as family units have seen significant changes over time. From the single parent and extended family unit to the child headed and kinship family unit, this has changed the traditional family unit forever.

Living in the "Now" generation of instant expectation and accessibility, being a parent is no easy task as one does not get to click an app to download the parenting guide into

your head when you first become a parent. Parenting is a skill, which need to be learnt, embraced and put into practise.

As a parent or a future parent, have you stopped to ask yourself "What kind of parent you are going to be, what kind of family I am going to raise?" This is a burning question, as your own personal history, childhood experiences and current circumstances will play a pivotal role in how you will parent and fulfil your role in the family.

Your child's development progress has many stages and each

development stage has a specific set of criteria to bring out the best in your child. In the time ahead, we will explore the many ways you can communicate, motivate and encourage your baby, toddler, tween and teen as they grow and mature into young adulthood. We will discuss behaviour management, stress management and parenting, grief and bereavement, safety in and out of the home and many more items to develop skilled parenting and make families stronger.

And in case you miss out, you can always read more at [www.gcf.org.za](http://www.gcf.org.za) or [www.southcoastfever.co.za](http://www.southcoastfever.co.za)