

Activating Minds

MM XStory | Newsletter Contributor

Parenting: Fatherhood, Regaining The Heart of Your Children By Likhanga Mudi Collins, Kenyan-Based Psychological Counselor (#LikhangaMindcare in a personal capacity)

Fathers Also Play A Crucial Role In Parenting



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Parenting is crucial for the well-being of any society. Even though parents come from diverse backgrounds with unique personalities, cultures, socio-economic status, values and beliefs, they all have an obligation to nurture the best children.

#LikhangaMindcare advocates for authoritative parenting. Where the parents set rules that should be followed and also respond to the needs of their children. Despite shortcomings that Kenyan parents might face in their busy schedules, they can easily exercise authoritative parenting. This can be achieved by a parent by making an intentional decision of creating quality time for their kids in their schedule.

According to Wangari Kabiru, fathers are a symbol, a bond, and a feeling of identity, protection, and care. Thus, fatherhood is central to the family relationship; since family members are tied together by blood or other ties, as Anthony Brandt suggests in Bloodlines.

In Bloodlines, Anthony Brandt proffers that, "The most powerful ties are the ones to the people who gave us birth ... it hardly seems to matter how many years have passed, how many betrayals there may have been, how much misery in the family: We remain connected, even against our wills." This means, for families with estranged father relationships, once acknowledged, reconciliation efforts with a professional may be most useful, Wangari added. This is to address deep seated pains, strains, and gains, the impacts, and to set ways to move forward for individual members, as a family unit, and for the lineage.

If both parents actively engage in parenting, they create a conducive psychological atmosphere for their children. Children who will freely express themselves. These are children who have the courage to pursue their dreams. All this is possible since fathers too play a crucial role in parenting and can regain the hearts.

If you are an individual with the need for support, visit a professional. There is help.

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"My dear friend, I hope everything is going happily with you and that you are as well physically as you are spiritually" (3 John 1:2)

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IMAGE: INDIGENOUS TREE SPOTLIGHT: MUTERE NAME IN LUHYA LANGUAGE (MAESOPSIS EMINI). IS FOUND IN KENYA (2023 AT LUCINDACENTRAL.ORG/PHOTO BY ENDRE HANSEN)



IMAGE: DAD SIGNING AND SPEAKING WITH CHILD (PEXELS.COM/2023)