

UNDERSTANDING POSITIVE PARENTING AND ITS ROLE IN PREVENTIVE PSYCHIATRY

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Parenting serves as the fundamental framework for a child's neurological, emotional, and social development. This presentation will describe the efficacy of various caregiving orientations—Authoritarian, Permissive, Uninvolved, and Authoritative—with a specific focus on the “Democratic” authoritative ideal. Central to this discussion is the emergence of Positive Parenting, a relationship-based approach that prioritizes empathy, unconditional love, and the principle of “Connect Before Correct.” Unlike traditional punitive models, positive parenting emphasizes understanding the emotional drivers of behavior, establishing rational boundaries, and fostering autonomy through collaborative decision-making. Research indicates that this methodology significantly mitigates the risk of aggression, anxiety, and depression while bolstering emotional resilience and self-esteem. By regulating stress-response systems and promoting healthy executive function, positive parenting functions as a vital tool in preventive psychiatry. The study concludes that in an increasingly complex global environment, enhancing parental literacy in these techniques is a critical intervention for reducing long-term mental health demands and cultivating psychologically robust future generations.

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