Parenting: Counselling in the Home focuses on parenting as a life-long process that takes time and involves constant and continuous guidance and counselling, coaching and mentorship of the child. The authors’ emphasis is that providing for the material needs of the child is simply not enough; rather they advocate for an all-round growth, development and nurturing of the child. In particular, there is need for meeting the physical, intellectual, emotional, social and spiritual needs of the child.

The book further offers empirical illustrations on effective parenting and counselling skills based on the authors’ immense hands-on experience of working with parents, teachers, counsellors, psychologists, social workers, religious leaders, children and families. The book discusses several requisites to successful parenting including security, sexuality, proper discipline, effective communication and career development. The book is a useful guide to parents, counsellors, teachers and social workers dealing with children and young people. It will also be a helpful guide to practitioners working with children such as counselling psychologists and religious leaders. It also covers several sections with relevant themes that can be read by the adolescents.

The book is divided into three parts, each with several chapters. There is a total of eleven (11) chapters as follows:


Provides a general overview of parenting with focus on the child, home and family. It has three chapters (1 - 3) as follows;

**Chapter One: Parent and parenting: Managing the Household**

This chapter introduces parenting, the home and vital aspects related to child care such as attention, financial considerations and planning, marriage, parenting styles, qualities of good and responsible parents, models of parenting, child rights
Chapter Two: Safety in the Home and for the Family
This chapter emphasises the need for parents/guardians to ensure existence of safety and security in the house and home at large. It analyses the critical nature of safety and security in the house, home and compound by highlighting the various sources of danger and suggesting requisite precautions for the same.

Chapter Three: Effective Family Communication
This chapter examines the role of effective communication in the family in order to cultivate/harness a cordial relationship between the child and other family members. Effective communication in the family is outlined as a crucial aspect through which the child learns the acceptable social norms as well as how to express their feelings, thoughts and opinions in an acceptable manner.

Manners and etiquette for different occasions are also emphasised, as well as the importance of adults and parent etiquette in efforts to model the child. In addition, the importance of teaching children the performance of simple chores, and the similarities and differences among children are also highlighted.

Part Two: Child Upbringing: Child > Teenager > Adult, Challenges and Coping Skills
This part emphasizes on enhanced growth and development throughout the child’s lifespan. It has four chapters (4 - 7).

Chapter Four: Child Behaviour, Managing Good Conduct and Character
This chapter examines behaviour management, particularly discipline as a major concern for parents/guardians in modern life. The importance of parents/guardians maintaining acceptable standards of decorum in order to model and shape a child’s behaviour and also instil discipline is also extensively covered.

Chapter Five: The Home, Family and the School
This chapter explores the link between the home and the outside world as the child enters school. Its emphasis is on increased parent-teacher partnership in acquisition of knowledge, skills and positive attitude by instilling appropriate values and morals in the child at home and school.

Chapter Six: Human Sexuality during Growth and Development
This chapter attempts to create a general understanding of physiological, emotional, psychological, human sexual maturation and management. The emphasis is on the need to understand the physical, sexual and psychological changes that accompany growth through adolescence and puberty.

These include the emotional changes necessary for identification of early and late maturity for both boys and girls, as well as the role of parents or guardians, teachers and children, particularly adolescents in identifying ways of helping adolescents to overcome the challenges that they undergo during puberty.

Also covered in this chapter is sexual violence and rape and the role of sexuality
education in protecting children from sexual abuse. Additionally, myths on sexuality and human reproduction are demystified.

The authors are of the opinion that sexuality should be taught gradually and in accordance to the appropriate age.

**Chapter Seven: Adolescence: Parents and Teenagers working together**
This chapter provides a practical guide for parents on bringing up adolescents. It contains sections with themes that adolescents can read and which are vital since they are still growing up. Such sections include: peers and friends, love and infatuation, relationship and sex, sexual abstinence, healthy relationships, rebellion and rites of passage.


This part highlights the tenets and challenges of modern living using the principles of positive parenting. It has four chapters (8 - 11).

**Chapter Eight: Personality: The self, relationship and management**
This chapter builds on the lifespan development as a person learns to interact with others in a positive way and coping with their emotions. Aspects covered include relationship building, decision making and stress management.

**Chapter Nine: Health, Healthy Living and Wellness**
In this chapter, the authors’ focus is on the integration of healthy living as part of our lifestyle. This includes personal hygiene and health; sickness and illness; and, the need for increased awareness necessary for adoption of healthy living.

HIV and AIDS; drugs and substance abuse; myths and facts on drugs and substance abuse; disruption in the family occasioned by death of a family member, divorce or separation, prolonged or terminal illness, jail term, critical injury or sudden loss of employment through lay off or retrenchment are also highlighted.

**Chapter Ten: Coping as a Single Parent**
This chapter recognises the existence of single parenting as a modern phenomenon and parents who find themselves under undue pressure to deal with the various aspects of life in their unique circumstances.

Factors leading to single parenthood, resulting challenges and strategies of coping with related stress are also emphasized.

**Chapter Eleven: Wellness and Well-being: Further Reflections and Conclusions**
This chapter reflects on various emerging issues on lifestyle and wellness that are critical considerations in the modern age. A few areas for further reflection that are highlighted include traditional or African culture, religion, philosophy and spiritual nourishment.
Critical Commentary

This book is opportune especially in modern times when parenting is facing a myriad of challenges and when guidance and counselling structures are largely ineffective to deal with the same. The text is a practical and constructive guide on effective parenting. It is intended to equip parents, counsellors and teachers with vital skills for child training and management at home, school and in the society at large. It will also assist parents, counsellors, teachers, social workers and religious leaders to understand the child’s needs and provide them with in-depth information on general child growth and development.

Conclusion

The importance of counselling in the community and in the family set-up cannot be over emphasized considering the parenting challenges of modern times. This book provides salient information about the home, school and society required in order to support the child through every stage of development.

References


