

## **Empowering At-risk Families through Effective Parenting and Family Learning Process**

**Aparajita Chowdhury**

*Post Graduate Department of Home Science, Bermampur University,  
Bermampur 760 007, Orissa, India  
E-mail: aparajitabpur@gmail.com*

**KEYWORDS** Family Ecology. Family Stressors. Women's Education and Employment. Parenting.

**ABSTRACT** The excessive demands in recent years have accompanied new hopes in technology, industry and education that have created a dissonance between social norms and what the family can achieve. Factors like an increase in educational expectations and mobility of people from rural to urban areas; influence of mass media and communication links, globalisation; women's education and employment, all together have affected the kind of stress families are experiencing today. While some families are able to absorb and even capitalize on the changes in their environment, most families are "at-risk" to these stressors. These families are constantly responding to chronic stress, and have little energy for creating a proactive and nurturing family ecology. The present paper examines the various constructs of families at-risk and dysfunction; and discusses various strategies for empowering at-risk families to their journey in a safe and healthy manner, in the areas such as: maternal and child health; family literacy and education; quality child care; and economic security. However, among all these aspects, effective parenting and family learning process may serve as appropriate ways of empowering at-risk families in Indian socio-cultural context. No amount of progress can be made in improving the stability of family life without the intimate and purposeful involvement of parents in child care and rearing the human capital. While this challenge may be seen as obvious and simple on the surface, it involves a fuller understanding of the cultural and social dynamics in which parenting is enacted.