



A child's upbringing is a shared responsibility

A father manages his time to share their child's upbringing responsibilities.

Leader Name : Alok Kumar

Leader Designation: Parent of a
6 months old child

School Name: Jagatpura Anganwadi
Centre

Location : District Udham Singh
Nagar, Block Rudrapur City
Uttarakhand, India

Testimonial

“A child’s upbringing is not just a mother’s responsibility. It is the duty of the whole family. I feel happy spending time with my child, whether playing with her or changing her diaper. She dislikes being alone, so I always engage with her through talk and play.”

- Alok Kumar
Parent of a
6 months old
girl child





The Challenge

As a worker in a company with regular day and night shifts, it was difficult for Alok Kumar to take time out and spend time with his 6 months old daughter. He was unable to support his partner in their child's upbringing.

The Change

Planning and delegating responsibilities between both partners helped ease the duties for both the parents. They are able to spend more quality time with their child. They can engage with their child more frequently and happily enjoy their first steps.



Project Steps

1. Father could not take time out for his child's upbringing and share his partner's load. He realized this was making his partner more exhausted as she was burdened with responsibilities of both, managing the household and the upbringing of the child.
2. Both the parents discussed how the father can share some of the duties.
3. Father changes the diaper, feeds, or plays with the child when his partner is engaged in household chores like cooking and cleaning (on days when he is home during the day).
4. Father spends more time with the child and takes responsibility for the child's health by researching hospitals and foods that benefit the child.
5. The father continues to share the responsibilities of their child's upbringing with his wife, who is a homemaker. Everyday his realization strengthens that a child is not just a woman's responsibility.



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