

Press Release

Date: 06/11/2025

“Positive Parenting -Empowering Parents, Enriching Future”

Saturday A special awareness session on **“Positive Parenting”** for Pre Primary Wing parents was successfully conducted **at DPS Mohali** by **Dr. Anmol Sidhu**, a distinguished **Paediatrician from Liva Hospital**. The session aimed to educate parents on effective parenting techniques that promote the holistic development of children in today's fast-paced and challenging world. During the session, **Dr. Sidhu** shared valuable insights on understanding children's emotional needs, building strong communication within families, managing behavioural issues with empathy, and encouraging healthy habits from an early age. He also emphasized the importance of maintaining a balanced approach to discipline and affection, helping children grow with confidence, resilience, and emotional security.

The session followed an interactive format, allowing parents to share their experiences, raise queries, and receive practical guidance tailored to real-life parenting challenges. The participants appreciated Dr. Sidhu's engaging presentation and the relevance of the topics discussed. This initiative reflected the ongoing commitment of **Liva Hospital** to community health education and its dedication to supporting families in fostering positive and nurturing home environments.

