

What Every Adult Should Know About PARENTING...

Are you a parent? Or do you aspire to be a parent? If you do... then this is important for you to know.

I got an email 2 weeks ago from one of my subscribers and it read,

“My name is Iman. I live in Nakuru Kenya. Daktari I am writing to you because I am really struggling with this parenting thing. I’m starting to think I was not cut out for it. My girlfriend died in October last year while giving birth to my daughter Belinda. I am just fresh from college and I come from humble beginnings. I do not have a permanent job yet. I have had to work day and night, whatever work I get my hands on, to provide for my child and on top of that I have to take care of her.”

He went on to say that

- It has not been easy because he has had little help.
- His daughter sometimes cries a lot at night and he does not know what to do.
- She has gotten sick twice in the past 3 months, each time he thought she might die.
- He, at many a time, had to forego his meals to save money so that he can buy his baby milk.
- He is scared of being unable to raise her properly because he lacks the parenting skills and he is yet to be financially stable.

What do I want you to learn from this?

It is all quite clear that parenting is difficult especially when you are at a disadvantage like Iman. It is best to avoid unplanned pregnancies. And even when you are in a stable relationship and are well off financially, there is always a fear that comes with the thought of being a parent.

The truth is, you can never be truly ready. Just take that step. But before you do, make sure that you learn from the people around you on how to raise children and read up more on parenting.

As for Iman, I invited him to my clinic and grouped him together with other parents that are also struggling with the whole issue of parenting. I teach them and guide them and together, the parents in the groups help each other out.

If you or someone you know is struggling with the same, then you can reach my via +254 795 47 1997 and book an appointment.

You do not have to do it alone. Help is available. All you need to do is reach out.