

## The Myth of Control: Why Parents Must Stop Blaming Themselves and Others

From the moment we are born, our minds begin to take shape, influenced by everything around us—our parents, our grandparents, our siblings, and the society we grow up in. But what many people fail to understand is that this is just a part of the equation. There is no single force that determines how a child will grow, who they will become, or what kind of life they will lead. The human brain is shaped by countless factors, some visible and some unseen, and no one—not a parent, not a grandparent, not even society—has full control over it.



One of the most overlooked influences on a child's development is their exposure to knowledge—what they read, what they learn, and how they process the world around them. I speak from experience. My parents were not highly educated. Without formal understanding of parenting, they did an amazing job of raising 3 children. I also had a love for books. I dragged my friends to the library, and I read everything I could get my hands on, including Gandhi's autobiography when I was just in the fourth or fifth grade. Another book on 'Chanukya' that I got as a present for winning public speaking competition. Later in early 90's TV series on Chanukya by Chandra Prakash Dwivedi made the whole life story come alive. I watched it multiple times and love all the speeches by him in that TV series. All these had a lasting impact on me, far beyond what my parents or teachers could have ever imagined.

It is not just direct interactions that shape us. Indirect influences, like books, newspapers, and the ideas we engage with, play a crucial role. Some children grow up listening to the stories from their grandparents, while others grow up immersed in the world of literature, philosophy, and social issues. Some find guidance in teachers or mentors. There is no one way, no singular method to shape a mind. Now social media has a huge impact on how our minds develop.

Yet, in our society, particularly in India, we see a tragic pattern. When children do not grow up to meet the expectations of their parents—**when they do not become doctors, engineers, or high-earning professionals—the blame game begins. And who bears the brunt of this blame? The mother. The grandparents. The wife.**

This is not just unfair; it is absolute nonsense. The idea that a mother alone is responsible for raising a child while the father merely plays a



secondary role is outdated and deeply flawed. A father's influence is just as significant. *My own father worked from 7 AM to 10 PM and all 7 days, yet his actions, his work ethic, his silent but strong presence had a profound impact on me. My mother, too, shaped me in ways beyond words.* But even they did not dictate my destiny. No one can.

To every father out there who blames his wife or his parents when his child does not turn out as he wished, I have one thing to say: **Please Stop.**

No single person has the power to control how a brain develops. No mother, no father, no teacher, no grandparent can mold a child into exactly what they want. We guide, we nurture, we do our best—but at the end of the day, a child is an individual, influenced by genetics, environment, experiences, and personal choices.

**If your child did not become what you envisioned, do not punish yourself. Do not punish your wife. Do not punish grand parents. And most importantly, do not punish your child with guilt.** Blame does nothing but deepen wounds that do not need to exist. You are adding fuel to the fire of guilt that consumes a person from within.

Instead, focus on understanding. Support your children in becoming the best versions of themselves, not just the version you imagined. Encourage them to read, to explore, to think critically. Let them choose their path. Let them grow.

It's time to break free from the cycle of blame and truly understand how children grow. Too often, fathers—especially in Indian society—unfairly place the burden of a child's future on mothers and grandparents, as if parenting were a one-sided responsibility. But the truth is, no single person controls how a child turns out. A child's mind is shaped by countless influences—books, experiences, friendships, and the values they absorb from those around them, not just by a mother's care or a father's authority. Instead of blaming, let's focus on guiding, inspiring, and creating an environment where children can explore, think deeply, and discover their own path. If your child hasn't become what you expected, let go of guilt and resentment—embrace the reality that life is not a blueprint we impose but a journey they must navigate. *Change begins when we stop pointing fingers and start fostering true understanding, support, and acceptance.*