

# The Silent Sabotage: Analyzing Contemporary Parenting Missteps and Their Long-Term Impact on The Developmental Outcomes Among Children in The Digital Age.

Saptarni Ghosh\*

\*Assistant Professor of Psychology, Brainware University, Barasat, West Bengal, Pin- 700125, Mail id- saptarnighosh19@gmail.com

---

## Abstract

Modern parenting has evolved within a landscape of rapid technological advancement and shifting cultural norms, introducing unique challenges that often go unrecognized until significant developmental damage has occurred. This paper looks at small and often unnoticed parenting mistakes—termed here as "micro-missteps"—that cumulatively destruct a child's upbringing and future psychological health. Based upon the news reports and sociological studies from 2023–2025, this research highlights three critical areas of concern: "sharenting" (a blend of the words "sharing" and "parenting" that refers to the act of parents posting content—photos, videos, anecdotes, milestones, even embarrassing moments—of their children on social media or public blogs) and digital privacy violations, the psychological erosion caused by "technoference" (technology-based interference), and the paradox of over-functioning (helicopter/lawnmower parenting). The findings show that although these behaviors are usually done with good intentions, they are strongly linked to higher levels of anxiety, lower ability to cope with challenges, and struggles with identity in young adults. This study advocates for a recalibration of parenting strategies to prioritize autonomy, privacy, and genuine emotional connection.

**Keywords:** Sharenting, Technoference, Helicopter parenting, Digital parenting, Child development, Psychological outcomes.

**How to cite this article:** Ghosh S. The Silent Sabotage: Analyzing Contemporary Parenting Missteps and Their Long-Term Impact on The Developmental Outcomes Among Children in The Digital Age. *Int J Drug Deliv Technol.* 2026;16(57s): 1013-1015. DOI: 10.25258/ijddt.16.57s.106

**Source of support:** Nil.

**Conflict of interest:** None.

---

## Introduction

The objective of parenting has historically been to ensure the survival and socialization of offspring. However, the 21st-century landscape has complicated this role.

From *Sephora kids* and "sharenting" to lying on the grocery store floor next to your screaming toddler, here are all the modern parenting trends of recent years: **1. Sephora Kids**, the trend, where kids as young as eight or nine use anti-aging skin-care products purchased from beauty retailers such as Sephora, has been dividing parents, dermatologists, retailers and social media. **2. Sharenting**, a term that describes parents who share their children's lives online, with the rise of so-called mommy bloggers and family influencers. Research suggests the trend increased dramatically during the pandemic. **3.** There's been a growing trend on TikTok and Instagram of young women sharing about their daily lives as "Trad wives" (Traditional wives) who forego the workplace, extol the virtues of homemaking, and often talk about the ways they submit to their husbands. **4. Gentle Parenting**, also known as "Positive Parenting" or "Respectful Parenting" — centres on acknowledging a child's feelings and the motivations behind challenging behaviours. **5. Safetyism**, that has been used to describe the modern culture of overprotecting children through methods like softer, lower playgrounds and

constant hovering, which has also been called "helicopter parenting."

The Recent reports:

1. A CEO and father of two reflects on the Surgeon General's recent advisory, evolving pressures on today's parents and the impact on mental health- By Joseph Perekupka on September 10, 2024.
2. Tossing Damages in Floria Hospital case shakes faith in Justice- By Sean Domnick on November 25, 2025.
3. Exclusive: Gaming platform accused of 'troubling disconnects between child-friendly appearance and reality'- By Libby Brooks & Jedidajah Otte on April 14, 2025.
4. Challenges And Concerns of Parenting in Contemporary Era- By Guest in November 9, 2024.
5. A Good enough Parenting is Perfectly Fine- By Richard Hogan on November 19, 2025.

These reports indicate a rising crisis in youth mental health, often traced back not to overt abuse, but to subtle, systemic errors in the parent-child dynamic. These errors are frequently amplified by the digital ecosystem and societal pressure for perfection. By these analyzing recent news cycles and emerging psychological data, we can identify how specific behaviors—ranging from digital oversharing to the removal of necessary obstacles

---

\*Author for Correspondence: saptarnighosh19@gmail.com

in a child's life—act as destructors of healthy development.

### Research Questions

**RQ1:** To what extent does parental "sharenting" (the habitual use of social media to share news and images of one's children) impact the child's developing sense of autonomy and risk of identity fraud?

**Explanation:** This question addresses the intersection of digital ethics and child psychology. Recent news reports have highlighted the lack of consent in digital footprints created by parents. Investigating this helps understand how a child's inability to control their own narrative contributes to anxiety and future social vulnerability.

**RQ2:** How does "technoference" and the trend of "lawnmower parenting" collectively impede the development of resilience and emotional regulation in adolescents?

**Explanation:** This question seeks to connect two seemingly distinct behaviors: emotional neglect via smartphone distraction (technoference) and the over-involvement in solving a child's problems (lawnmower parenting). Both behaviors prevent the child from experiencing "manageable stress," which is crucial for building resilience.

### Discussion: Critical Analysis of Parenting Mistakes

The following details expand on specific parenting mistakes, supported by recent news reports and psychological commentary (approx. 600 words).

#### 1. The Digital Panopticon: "Sharenting" and the loss of Privacy

One of the most pervasive modern mistakes is "sharenting." Reports from 2024 have increasingly flagged this as a dual threat: a psychological violation and a security risk. A recent investigative report highlighted that by 2030, nearly two-thirds of identity fraud cases affecting young people will likely stem from information shared by their parents online. Beyond the security risk, the psychological toll is profound. When parents curate their child's life for public consumption, children often develop a "performative identity." They learn that their value is extrinsic, tied to likes and comments, rather than intrinsic. This commodification of childhood moments strips the child of autonomy. As news outlets reported in late 2023, teenagers are now beginning to sue parents for privacy violations, signaling a total breakdown in trust—a foundational element of a healthy upbringing.

#### 2. Technoference: The New Emotional Neglect

While "sharenting" is active, "technoference" is a passive destructor. This refers to the interruptions in parent-child interactions caused by digital devices. Observational studies cited in 2024 health news reveal that parents are increasingly physically present but emotionally absent. When a parent repeatedly prioritizes

a notification over a child's bid for attention, the child internalizes a message of unworthiness. As we know parenting has always been a complex and evolving role, but in today's fast-paced, technology-driven world, it faces unique challenges. As parents navigate the demands of work, social life, and the omnipresence of digital devices, the focus on children's needs can sometimes wane (Ref. an article from Kashmir Reader, November 9, 2024). This is a subtle form of emotional neglect. Unlike physical absence, which is clear-cut, this "semi-presence" creates confusion and anxiety (anxious-ambivalent attachment). Reports link this behavior to a spike in behavioral issues in toddlers and depression in adolescents, as the "mirroring" process—essential for developing emotional intelligence—is consistently broken by screens.

#### 3. The Lawnmower and Helicopter Paradox

Recent educational news reports from 2024 describe a generation of young adults entering the workforce with historically low resilience levels, a phenomenon attributed to "lawnmower parenting." Unlike helicopter parents who hover, lawnmower parents "mow down" obstacles before the child encounters them. This mistake is catastrophic for future success. By removing struggle, parents inadvertently atrophy their child's coping mechanisms. For instance, recent university reports note an increase in parents intervening in grade disputes or roommate conflicts for college-aged children. While done out of love, this signals to the child, "I don't trust you to handle this." The result is a "learned helplessness" (a famous theory by Martin Seligman) where the child lacks the self-efficacy to navigate failure. When these children eventually face an obstacle their parents cannot remove (e.g., a workplace layoff or a breakup), the psychological collapse is often severe because they have never built the "emotional muscle" required to recover.

#### 4. Inconsistency and the "Friend" Trap

Finally, a recurring theme in family counseling news is the error of prioritizing friendship over leadership. In an effort to avoid the authoritarian harshness of previous generations, many modern parents swing to the extreme of permissiveness. Reports (an article from CBC, December 31, 2024) suggest this lack of boundaries creates a chaotic environment for the child. Children crave structure to feel safe; without it, their anxiety rises. When discipline is inconsistent—enforced one day but ignored the next due to parental fatigue or guilt—the child fails to learn cause-and-effect reasoning. This leads to adults who struggle with accountability and impulse control, damaging their professional and personal futures.

### Conclusion

The destruction of a child's future is never the result of a single catastrophic event but rather the cumulation of small, repeated mistakes. Sharenting compromises privacy; technoference destructs emotional bonds; over-parenting destroys resilience; and inconsistent discipline prevents maturity. To ensure a healthy future, parents

The Silent Sabotage: Analyzing Contemporary Parenting Missteps and Their Long-Term Impact on The Developmental Outcomes Among Children in The Digital Age.

must navigate the digital age with intention, prioritizing their child's long-term autonomy over short-term convenience or social validation. Recognizing and understanding these "small" mistakes is the first step toward correcting the tragedy of the next generation.