

Twinkle Khanna On Parenting

3 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QK2II78WKIA](https://www.youtube.com/watch?v=QK2II78WKIA)
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SUMMARY

Twinkle Khanna discusses the challenges of healthy eating within a Punjabi family, emphasizing the cultural expectation of having multiple dishes at every meal. She shares her parenting philosophy, which focuses on allowing children to explore and learn through their experiences rather than enforcing strict rules.

- In Punjabi culture, there is pressure to serve a variety of dishes, making healthy eating more about quantity than quality.*
- Khanna adopts a "lazy parenting" style, encouraging her children to discover and learn independently.*
- She uses humor to address serious topics with her son, fostering open communication and comfort in discussing difficult subjects.*
- Despite her unconventional approach, Khanna's parenting style is consistent across her children, focusing on principles rather than strict rules.*
- She acknowledges the challenges of being a parent, including the reactions of her children's friends and their parents to her candidness.*
- Khanna enjoys snacking on traditional foods like "baka" and ice cream during family movie nights, highlighting a balanced approach to healthy eating.*

[Music] Welcome to kidsopress.com. Really excited to have Twinkle Kana finally speaking with us. I'm really really excited about this. Twinkle, healthy eating in a Punjabi family. How does that is is like an So the problem with uh you know being in a Punjabi family uh is that you always have to have enough food on the table to feed half of Ludada. It's it's a bust. So by problem actually isn't about healthy food. It's about the different kinds of dishes that have to be on the table. If you have less than six dishes in your on your table that you know your family thinks that there's something wrong with you and they're very ashamed. Right. So that is actually my problem. It's not about healthy eating. It's about the quantity of food. So much about the type of food with the quantity of food. Awesome.

Okay. you've obviously um said in your books and stuff like that you and and even on social media that you know you forget sometimes you you're not the perfect mom or you goof up. Uh what's your parenting style? I think uh it's I would say it's it would look like it's lazy parenting but it's not. It's about letting them discover for themselves. It's about uh controlling the urge to go and pick up after them and uh you know sort of make sure that everything is perfect and uh it's about them being a little dirty sometimes. It doesn't matter. It's about them falling down and u and it's about them discovering themselves. Great. Has it changed between Arav and Nara?

Because there's been a gap between the two of them. Has parenting really changed between the two? Uh no. Oh, I think the principles are the same and uh and I have a a different way of parenting with uh my son because

instead of kind of saying that these are things that you can't do and these are really bad for you, I make jokes about everything. I make jokes about drugs, I make jokes about sex, I make jokes about everything. So he isn't horrified about you know stuff that happens and he actually comes and he tells me that you know this is what's been happening or this happened in school which for me is the biggest reward of the way that I brought him up. Does it ever get overwhelming as a parent when um your kids get you know mom don't make a joke about this or my school school friends moms will be a little or are the school moms really intimidated about it too?

No, they're not intimidated. And uh yeah, but the thing is that yes, definitely my son says that I warned my friends about you. There are times when I would speak a phone by mistake and I don't realize I would speak a phone and his friends are there or other moms are there and I'll say something, you know, a little um odd. You obviously been caught watching a lot of movies with your kids, right? What's that you snack on when you're out on these late night movie dates? I eat baka. I carry it with me, right? And sometimes in the movie theater to be honest I also eat ice cream. Okay. Yeah. Awesome. So, so healthy eating is great. Healthy eating is definitely a very important part but I don't think that you should ban everything else. Awesome. Great. Thank you so much. Great. Hi, this is Twinkle Khana and you're watching me on kidstopppress.com.