

Peer Review

Review of: "Early Childhood Caregiver Practices and Perceptions Regarding Sharenting and its Impact"

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As a certified international behaviour therapist, I found this article highly relevant and thought-provoking. It is encouraging to see that with the rise in emotional challenges and increasing rates of psychological disorders, we are beginning to explore their root causes. One of the most significant contributors often overlooked is the role of parents and the societal pressures placed upon them.

This article effectively highlights how the growing trend of sharing extravagant birthday parties and events on social media creates undue pressure not only on parents but also on children. Many parents are unaware of how such posts and comparisons can negatively impact their child's mental health. In my experience working with clients, I have seen that we often overlook fundamental causes of behavioural concerns, and one such factor is sharenting, the habitual sharing of children's lives on social platforms.

This practice fosters unrealistic expectations for children to behave perfectly, while simultaneously placing a psychological burden on parents who struggle to maintain a picture-perfect image. Over time, this can contribute to emotional stress for both parties. Moreover, while we emphasise reducing screen time for children, we must acknowledge that we, as caregivers, are often the ones introducing them to screens at an early age.

The article presents many important points backed by research and evidence. It opens doors for further exploration and future studies that can benefit the upcoming generation of parents and children. Thank you for sharing such a well-written and insightful piece.

Declarations

Potential competing interests: No potential competing interests to declare.