Child Development
Chapter 3 Building Strong Families
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Everyone needs food, clothing, and shelter. It is the family’s responsibility to meet these needs. Strong families also meet the emotional, intellectual and social needs too. The family should be the child’s first teacher; they should love one another, as well as show how to take turns, share, and work toward common goals. By living with others in the family, children are prepared to live with others in society.
Adults teach what is important to people in their society through passing values in three ways.

1. **through example-** treat others with respect, and how to behave
2. **Through communication-** talking to children about what is expected and their values all through speaking
3. **Through religious training-** in church, worship houses, children learn the principles of what is right and wrong as taught by people of their faith.
Family Structure–

Nuclear Families– includes a mother, father, and one or more children

Single parent families– includes one parent and one or more children
  Custodial Parent– is the parent who the child resides with

Blended Families– is formed when a single parent marries another person who may or may not have children (step-parents and step-brothers and sisters)

Extended Families– includes parent or parent, at least one child, and relatives who live with them (like a grandparent or aunt or uncle)
Joining a Family-
Legal Guardian- is the person who is designated by a legal process to assume responsibility for raising a child

Foster Children- are children who typically come from troubled families and live with foster parents for a long or short period of time. Adults can apply to the government to be foster parents where they have to get approved and then receive payments to help them support the foster children.
The Family Life Cycle-
1. Beginning Stage- couple works to establish a home and their marriage relationship

2. Parental Stage 1- This is the expanding stage where the couple prepared and adjusts to parenthood.

3. Parental Stage 2- developing stage- children grow, and parents work to meet the children’s changing needs and help them develop independence.

4. Parental Stage 3- Launching stage where children gradually leave home to support themselves.

5. Middle Age- Couples renew their relationship and prepare for retirement- if they had children leave the home this period is called the Empty Nest Stage.

6. Retirement- in this stage the couple stops working full time and adjusts to having more free time
Trends Affecting Families
1. Mobility- Today many adults move the community where they were raised. As a result, families lack close supportive connections with the extended family. The family may be spread out across the globe. In this situation, families rely on neighbors and close friends.

2. Aging Population- People are living longer than they used to because advances in medicine and nutrition. As a result people may find themselves not only caring for their children but also their parents.
1. Economic Changes- Many families struggle to make ends meet, which is particularly true in times of economic turndown. Due to this, today many families are smaller than they used to be.

2. Workplace Changes- many companies enjoy fewer workers now than before. Technological advances also lessen the need for actual workers. As parents get laid off, it may be extremely hard on the family. In a changing environment, there is a continuing need to learn more skills.

3. Technology- advances in technology make family life much easier but more complicated as well. With cell phones and the Internet there is a growing need to make sure that children use these tools safely.
Sources of Family Support-
With all the stresses and demands anymore in life, it is important that family members be there for each other. If they are not, or if the problem is serious it is important to seek professional help.

Building a Strong Family-
Families are not just a group of individuals who happen to be related, they are a group where all members should feel accepted and safe. As families spend more time together they form stronger bonds and traditions, which are all very important.
Traditions provide a sense of continuity, understanding, and appreciation that brings a family together. There are 3 types of traditions:

1. Celebration Traditions- events that are centered on special occasions such as birthdays and holidays.

2. Family Traditions- events and special activities created to fit a family’s lifestyle such as vacations or family reunions.

3. Patterned Family Interactions- actions centered on daily routines in life such as dinnertime and bedtime.
When parents do not meet all of the children’s needs it is called deprivation, which means a lack of critical needs or encouraging environment, which are essential for well-being.

Physical needs that need to be met:
* Nourishing meals
* Clean, dry, and comfortable clothing
* Safe, clean place to call home
* Regular scheduled health check-ups
* ALWAYS know whereabouts of children
Emotional and Social needs that must be met:
* Learn how to function in the world
* Get along with others
* How to show respect
* Given love, support, and concern
* Providing safe environment to explore-infants
* How to communicate

Intellectual Needs that must be met:
* Infants must be given the opportunity to touch, taste, and look at new things
* Play
* Play games
* Learning ABCs and to read
Parenting Styles- how parents care for and discipline their children

1. Authoritarian—where parent believes children should obey their parents without question. The parent tells a child what to do and the child does it. When rules are broken the parent responds quickly and firmly.

2. Assertive- Democratic- Children have more input to the rules and limits of the home. Learning to take responsibility is important...children should be given the freedom of choice within the rules...so if a rule is broken the parent believes the child learns best from accepting the results of their action or by problem solving with child.

3. Permissive- parents give children a wide range of freedom- children may set their own rules. They are encouraged to think for themselves-these parents ignore rule breaking.
Guidance- means firmness and understanding to help children learn how to behave.
*With guidance children learn self-discipline- the ability to control their own behavior.
*Through self-Discipline children eventually develop a conscious, which is an inner sight of what is right and wrong

Giving Children Directions:
ϖ Be sure you have the child’s attention.
ϖ Be polite.
ϖ Use positive statements.
ϖ Use specific words that the child can understand.
ϖ Begin with an action verb.
ϖ Give a limited number of directions at a time.
ϖ Be clear.
ϖ Give praise and love.
Things that are VERY important when guiding children’s’ behavior:
1. Being a good role model
2. Setting limits- guide children toward appropriate safe behavior
   *Is the limit appropriate for the child’s age but still gives them room to
   explore and grow?
   • Redirection is also very important. If a child is doing something
     wrong...show them how to do it right.
   • Limits need to be consistent and repeated - children do not always
     remember.
3. Use positive reinforcement- a response that encourages a certain
   behavior
   *Things to remember*
   a. Recognize the small steps
   b. Help children take pride in their actions.
   c. Comment on behavior ASAP.
   *Use reinforcement wisely- if children are praised for everything...it no longer motivates them.
Dealing with inappropriate behavior: Remember ALL children misbehave!
  *Children’s age should shape adult’s response to inappropriate behavior.
Unintentional Misbehavior—When children do bad things but not on purpose (spill a drink)

Using Punishment Effectively
By guiding children’s behavior, parents are more likely to teach a child acceptable behavior.
When children misbehave or test the limits—punishment that is used thoughtfully and with good judgment is usually effective.
Negative Reinforcement- a response aimed at discouraging children from repeating an inappropriate behavior.

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Natural Consequences- children suffer from the result of their action (lose your coat and you do not get a new one!)

Logical Consequence- parents use this when natural consequences are not possible (Toddler colored on the table - natural consequence is to leave it there...logical consequence is parent taking crayons away for a certain time.)

Loss of Privileges- works best if privilege that is taken away relates to behavior. (You come home late from your friend's house...so you do not get to go to your friend's house for a certain amount of time.)

Time-out- a short period of time in which a child sits away from other people and the center of activity- (Student is messing around in a cooking lab, so they have to go sit in the other room for the rest of the lab and get a zero.)
Poor Disciplinary Methods-

- Bribing- children learn to expect rewards for ending inappropriate behavior...so children may misbehave on purpose (Child gets a piece of candy when they stop crying...so if the child wants a piece of candy...they can cry and then stop in order to get it)

- Making children promise to behave- children naturally make mistakes- when promises are made children feel forced to lie about misbehavior rather than to disappoint someone.

- Shouting or yelling- talk to children in a calm reasonable voice when a child misbehaves- loud yelling may frighten a child and eventually a child may tune out any yelling.

- Shaming or belittling- do not ridicule children such as “If you chew with your mouth open no one will sit with you at the lunch table.”

- Threatening to withhold love- NEVER say “I will not love you anymore if you...” This creates a fear of being rejected or abandoned.

- Exaggerating the Consequence- saying to a child who will not come with you in the store, “If you do not come with me I am going to leave you here!” This can frighten a child and also cause the child to lose respect for the parent
The biggest aspect in guiding children's behavior is to be consistent! Make rules clear and apply them in the same way whenever the situation occurs. This helps children know what is expected of them and what responses they can expect from parents.