

## **CHILDREN AND THEIR FAMILIES:**

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### **Abstract:**

Purpose of this article is to create more consciousness among families about their children, parents are the most important and closest individuals for their children's to look them closely, are they getting proper training, treatment, love which is important to develop child's mentally, psychically, psychologically, morally, emotionally, therefore it is parents duty to take care their children's most as closest eyewitness within disciplinary module and make them safe and social, families have various difficulties because of various social or personal reasons but this is not end of the world, through taking community assistance, day care help, communicating with care givers in day care, teachers, they can solve their problems and solve their children's problems as well.

**Key word: Parents and their Children's, Teachers and Children's, Caregiver as Role Model for Children's**

Families have a significant influence on children's lives as their primary source of socialization, Family such as their parents try to do what is best for their children with energy and resources they have. There are various forms of families, basically who form a household. They are single parents with children, blended families (two families are join together), extended families (included uncle, grand parents etc.) and nuclear families (two parents and their children). Parents requires extensive skills to teach their children for social-emotional-physical-language and psychological development, it can be done by play with them, read with them, exercise with them, proper behave with them and through roles and routine of the family. Parenting skills are learned by common sense, books, parenting course. Children's self-esteem depends on their

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parent's self-esteem and rest of their family member. Family rituals are important for children's healthy developments such as good communication between family members at family mealtime are helpful to reduced anxiety symptoms and respiratory condition, it is also related with children's emotional development, they feel they are together in the table during mealtime and it is their mental satisfaction. Families are often first to notice mental health problems due to intimate involvement in and monitoring of their children's lives and they can serve as critical advocates and essential partners in the prevention and treatment of children's mental health concern. "The family is profoundly important to the developmental, emotional and cognitive growth of a child," says Tamara Gold, a New York Psychologist and parenting coach. "A child will learn about relationships, manners, self-esteem, worth, and loyalty, all by watching and participating in family." We have to remember that parents are children's first teacher and their experience and guidance provides shapes their children's for life, family can teach their children by basic value such as what is right or wrong, literacy skill and approaches to learning. We can say Family Centered Care is the key point for children's social, emotional, language, psychological and moral development, key elements of family centered cares are; incorporating into policies and practice the recognition that the family is the constant in a child's life which is the feature of family at the centre, collaboration of family and professionals through which both can co-operate at all levels of hospital, home and community care, which is care of a group of children's, individual children, program development, implementation, evaluation, evolution and policy formation, cultural diversity of families through which cultural diversity, strengths, and individuality within families increases and honoured, family centered peer support through which co-operation and exchanging between families increases, specialized services and support system through which ensures that hospital, home, community services and support system for children's needing special health and developmental care and their families are flexible, accessible in responding to diverse family-identify needs. It has been observed that families today face many stresses and then it is hard for families to grow-up their children properly. 48% of marriages today end in divorce and it is one of the worst point for parents to meet their children's need, about 70-80 percent of families who divorce, re-marry and so many children are in blended families today, though they overcome their stresses after a period of adjustment but the period can take a long time and be worst for all, about 40-50 percent of children in Canada are in single parents families and they often face financial difficulties which can be overwhelmed

to manage childrearing responsibilities alone, there are many teen parents who try to do very good things for their children's but because of insufficient maturity or knowledge such as lack of parenting course they can not meet the need of their children's developments, families who have a child with special needs often pull together and provide a positive environment for the child with special need. But having a child with various special need it stresses on the family, poverty is one of the main reason behind the lacking of children development, one in five Canadian are poor and it is their curse if they can not able to come out from poverty. Pattern of employment such as shift work complicates family life and childrearing, immigration is a barrier for child development especially first few years due to challenges of learning language, culture, finding job, etc. suffering from stress at work, fear of losing job are also reasons behind the lacking of child development through families. In the best interest of child family members and caregivers should work together. Parents know their children and they can explain to caregiver such as what happened after the child left the centre, how the child slept and ate, any change in house due to visiting of other persons etc. and the care giver brings the information about children's behaviour at the child care centre, thus care giver and parents communicate each other by sharing information for their children's wellbeing, avoiding conflicts between parents and caregiver, total enhanced development, children's increased self-esteem with inclusion of families, making program more enjoyable and stimulating and gaining awareness of other cultural practices. Care Giver has various roles for child development and family assistance such as they can caregiver need to understand the challenges of families rather than blaming and without having the whole picture of family, offering excellent care instead judgement, showing parents about genuine interest in their child, sharing with family something special about the child's day, active listen to family members concerns and opinions, working together and find solution by mutual understanding, proposing possible solutions, evaluations of ideas, selection of a solution to try, be warm and friendly, showing interest with family individuals, be sensitive about cultural differences, trying to learn from everyone for gaining skills. Caregiver should make a communication book, quick written notes about children's activities and to confirm their parents. These are few methods for caregivers to communicate with families and thus make a bridge between children's and families for their developments.

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