

MY FAMILY AND I

L.No	Title of Lesson	SKILLS	Activity
19	My family and I	Self Awareness, Empathy, Interpersonal Relationship, Effective Communication, Problem Solving, Decision Making, Coping with Stress, Coping with Emotion	Understanding family, how it functions and how to take care of relations?

Summary

Traditionally, a family has been defined as a fundamental unit of society where two or more people are related to each other either by marriage, blood or adoption and share a common roof, kitchen and source of income.

Nuclear family: When a family consists of a couple and their children

Joint family: When there are parents and siblings of the couple living together

There are three stages in the life cycle of a family -

- 1. Beginning stage:** The life cycle of a family begins with 'youth'. This is the stage of life when individuals gain their identity and emerge as independent young adults. They get married, which is an important milestone in life. It should not happen before a girl is eighteen and the boy is twenty one years old.
- 2. Expanding stage:** It starts with the birth of the first child. This brings many additional demands and responsibilities with it. The couple should be physically, mentally, emotionally and financially prepared to handle these demands.
- 3. Contracting stage:** The couple may retire from their jobs, start pursuing some hobbies, participate in community services and enjoy the company of their grand children.

Family members need proper care at various stages of their life, be it when a woman is becoming mother, during infancy, childhood, adolescence and old age.

Principal Points

Functions of family

A family provides the following to all its members:

- Protection from any danger to life
- Opportunities for emotional bonding among its members
- Financial and emotional security
- Facilities for preparation for life through education
- Medium for transfer of socio-cultural values
- Recreation

A family provides unconditional love, values in life, care and support to all its members. We should appreciate this and not take our families for granted.

Build Your Understanding

Various factors that contribute in strengthening the **Family relations** are:

- a clear understanding of one's duties and responsibilities;
- feeling of empathy towards all family members;
- effective verbal and non-verbal communication Skills;
- genuine concern and love for others; extending help to others whenever necessary.

What's Important to Know?

We should take care of our family members at all times. Consider the following points to ensure this during various phases in life:

- **Care during Pregnancy:** A family should ensure that the woman:
 - eats nutritious food at frequent intervals;
 - takes adequate rest and exercise;
 - is happy and cheerful; and
 - visits her doctor regularly.
- **Care during Infancy:** The essential tasks of caring for the baby include feeding, loving, clothing and bathing the baby. When both parents work outside home, grandparents or relatives and friends can take care of the baby.
- **Care of Young Children:** Child needs-early stimulation, appropriate and adequate play opportunities, discipline at home by teaching self control, and proper nourishment.
- **Caring for older children:** While children are gradually learning to manage they require:
 - support in academic tasks;
 - adequate facilities to play; and
 - adequate nutrition and also need support to develop good eating habits.
- **Adolescents:** Although they are moving towards independence, they need warm and supportive atmosphere. And display of confidence in the adolescent.
- **Settling Grown up Children:** Family may start helping children in preparation for the career of their choice. And also help them to select proper career.
- **Care for the Elderly:** Elders require support system after retirement, especially, if they are not financially well off. Elderly also need family support for day-to-day work as they become frail.

Maximize your marks

- Do the activities suggested in the lesson to build a clear understanding of the topic.
- Carefully read and build understanding on family lifecycle.

Did You Know?

- Life Skills essentially help you to improve the quality of your life. Enhancing and using these Life Skills is the key to a successful family life.
- Traditionally, children observe their elders and imbibe values like respect for elders, honesty, truthfulness and humility.
- We must provide a favourable atmosphere for young people to observe and imbibe those values which are generally accepted by society.
- Concern for older people should be developed in family members. We can support the elderly in the following ways:
 - Help them in doing tasks they are not able to perform.
 - Spend time with them to make them feel comfortable.
 - Provide moral support by being with them.
 - Encourage them to take care of themselves.
 - Be sensitive to their nutritional and medical needs.
 - Involve them in decision making.
 - Respect their views and opinions.

Extend Your Horizon

As a child grows, it becomes essential to teach the child 'self control', which is taught through disciplining the child. Parents generally use any one of the three or sometimes a mix of all **Parenting Styles – Autocratic; Democratic and Permissive**. Read about the three parenting styles. Which one do you consider to be the best?

Evaluate Yourself

1. Your neighbour Raghav, wants to help his grandparents in their elderly stage of life. Tell him how to care for the elderly as stated in the chapter.
2. Describe the role of parents towards infants, school going children and adolescents to facilitate their development.