

NIOS lesson adaptation project

By EMBRACE Volunteers

(A community initiative of Harchan Foundation Trust)

Chapter 17

Life Begins

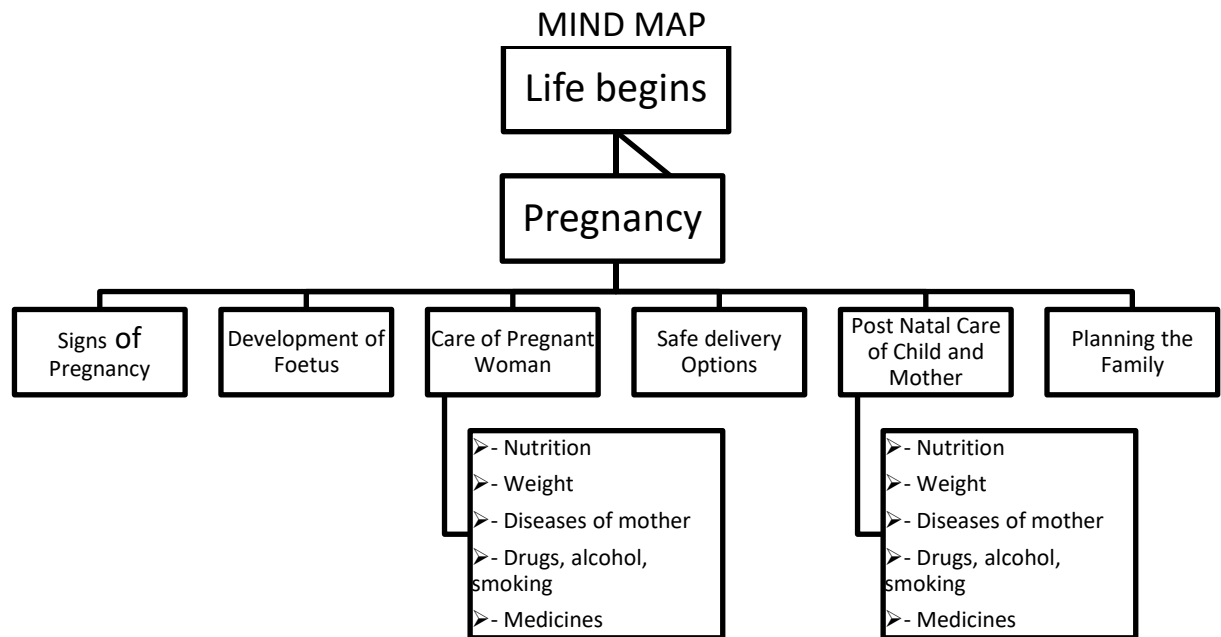
(Printable Version)

- **Simplified Lesson**
- **Previous Year Questions with Answers**
- **Terminal Questions**

This project is aimed at supporting children with different needs. Information provided is adapted to the best of knowledge by the volunteers. For complete information please refer to the NIOS resources in <https://www.nios.ac.in/online-course-material/secondary-courses.aspx>.

LESSON 17

Life Begins



It is wonderful to have baby in family.
Do you know how a baby is conceived?

Pregnancy:

Unfertilized egg is called **ovum** which is present in women.

Man carries **sperm**.

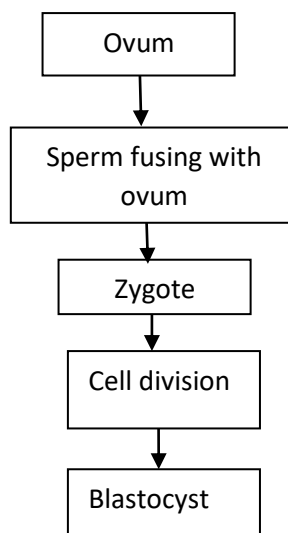
As a result of sexual contact between man and women sperm and egg unite through a process called **fertilization**.

Fertilization ovum is called **zygote**.

Zygote gets attached to uterus and begins to grow by drawing nutrition from mother's body.

Zygote is called foetus till it born and after birth it is called as baby.

Stages of fertilization:



SIGNS OF PREGNANCY:

Some of the changes are:

- Woman misses her menstrual periods.
- Morning sickness or nausea experienced in early morning
- Changes in breast, areola gets enlarge and presence of tenderness.
- Frequent urination.
- Hormonal changes may lead to craving or aversion to certain food.

Development of fetus inside mother womb:

Calculation of expected date of delivery:

Expected date of delivery = First day of last menstrual period + 7 + 9 months.

Natal refers to birth.

Pre means before.

Dividing 9 months of pregnancy into three trimesters- 3 periods of 3 month each.

First trimester 0-3 months	Second trimester 3-6 months	Third trimester 6-9 months
Begins with fertilization.	Rapid increase in size of foetus is seen	Increase in size of foetus continues.
Cells begins to divide	Brain development is very fast	It can now regulate body temperature
Ball of cells get attaches to uterus wall and starts growing.	Foetus began to move and it can be felt by mother	Regulate breathing
Embryo life support system include amniotic sac, placenta and umbilical cord.		Does thumb sucking
Vital organs like heart and lungs are formed.		Gets antibodies from mother so that it can be protected from disease after birth.
Circulatory system starts developing.		
Reproductive system develops and attains human form		

Factors affecting the growth of foetus:

- Mother's emotional state.
- Mother's diet.

- Age of mother.
- Medicines taken by mother
- Disease, germs that affect the foetus
- Drugs, alcohol and smoking.

Mother's emotional state:

- A happy mother gives birth to a happy baby
- Pregnant women must avoid tension and stress

Mother's diet:

- Only a healthy woman can give birth to a healthy baby
- Nutritious diet should be taken so that her baby gets proper nutrition to grow
- A mother's diet should contain foods from all the food groups

Age of the mother:

- The right age to have a baby is when the mother is between 20 – 35 years old
- It is important to maintain a gap of minimum 3 years between 2 children

Medicines taken by mother:

- A pregnant woman should always ask her doctor before taking any medicines
- Some medicines can pass through the placenta and enter the baby's body and can be harmful for the baby
- She should avoid getting x-rayed
- Getting an ultrasound done is safe

Disease, germs that affect the foetus:

- Some diseases or infections can pass through the placental wall and damage the growing foetus.
- E.g. German measles, HIV/AIDS

Drugs, alcohol and smoking:

- Smoke from cigarette, chemicals from alcohol and drugs pass to the foetus through the placenta.
- This can cause major damage to the foetus.

Caring for a pregnant woman (Prenatal Care)

Medical checkup:

- After the first missed period, the woman can confirm if she is pregnant.
- It can be done with a simple urine test using kits to test pregnancy at home.
- It is extremely important for all pregnant women to go to a doctor or a trained midwife for a proper medical check up.

- Pregnant women should undergo some routine blood and urine tests.
- A visit to a doctor at least once a month for the first 8 months of pregnancy and once a week during the last month is a necessity.

Nutrition:

- Eating balanced diet is a must during this time
- Women need to consume extra nutrients during pregnancy.
- Eat meals at regular times.
- Constipation can be overcome by eating lots of fruits and raw vegetables and drinking fluids.
- A diet rich in iron, like green leafy vegetables, amla, jaggery, eggs, meat, helps prevent anaemia
- Nausea and vomiting are common during mornings in the first 3 months
- To combat this morning sickness, a pregnant woman can eat a toast or biscuit or puffed rice in the morning
- Spicy and fried foods should be avoided.

Weight:

- A pregnant woman gains weight as the foetus grows.
- Normally, she should gain on an average of 12 kg.
- This indicates healthy growth of the baby.

Medicines taken by mother:

- Any medicine taken by a pregnant woman must be strictly under medical supervision of a doctor.
- Taking medicines must be avoided as far as possible.
- The pregnant woman must take a tetanus vaccination in order to prevent tetanus in the newborn child

Clothes to be worn:

- A loose kurta worn with a salwar would be comfortable to wear.
- A well draped sari also conceals the growing abdomen.
- Ensure that the clothes allow free and unrestricted movement of the body.

Exercise and rest:

- The pregnant woman must remain active and continue her daily work.
- She should avoid picking heavy items or getting injured.
- She must get adequate rest and remain stress free.
- Minimum 10 hours of sleep is recommended.
- Family, friends and colleagues should give constant support.

Safe Delivery:

Trained Midwife is important

- She would

- Do everything scientifically
- Follow the rules of cleanliness
- Know what to do in case of complication

Delivery at home:

The five Rules of Cleanliness:

1. Clean hands and fingernails.
2. Clean surface for delivery.
3. Clean sheet.
4. Clean all items to be used for delivery with antiseptic solution and soap.
5. Clean cutting of the cord with a new blade and tying with new (fresh) thread.

Care of new born baby and mother (Postnatal care):

Care for mother and child:

- The new mother needs a lot of care to recover her strength after giving birth.
- Risk of infections if she does not take care of her properly.
- The newborn sleeps a lot (about 16 hours), sometimes cries and needs frequent feeding.
- First few months are a time of adjustment for the family

Hygiene

- The baby is covered with a white cheese like substance. Wipe it with clean cloth soaked in warm water
- The baby is separated from the placenta by cutting the umbilical cord. The cord must be kept dry
- Mother's room must be kept clean, well-lit and ventilated
- Mother should also take a bath regularly

Immunization:

- The baby needs to be immunized against preventable infectious diseases.
- We must get immunization schedule for the baby and take the baby for immunization at the right time.
- Immunization is done free of cost at all government hospitals and health centers.

National Immunization Schedule

Vaccine	Disease prevented	Birth	6th week	10th Week	14th week	9-12 months
Primary vaccination						
BCG	TB	✓				
Oral Polio	Polio	✓	✓	✓	✓	
DPT	Diphtheria		✓	✓	✓	

	Pertissis Tetanus					
Hepatitis B	Jaundice		✓	✓	✓	
MMR	Measles Mumps Rubella					✓

Rooster Doses	
DPT+ oral Polio	6 to 12 months
DT	5 years
Tetanus Toxoid	At 10 years and at 16 years
Vitamin A	9, 18, 24, 30 and 36 Months

Pregnant women	
Tetanus Toxoid dose 1	As early as possible during pregnancy
2 nd dose	One month after first does
Booster	Within 3 years

Care of new born baby and mother (Postnatal care):

Nutrition:

- It is the right of every child to be breast fed.
- A mother's breast produces a yellow fluid called '**colostrum**' for the first few days
- Colostrum is very important for the health of the baby
- Colostrum has a lot of antibodies and proteins
- It is not bad or dirty and must be fed to the baby
- Only breast milk is best for baby for the first 6 months

Breast feeding Vs Bottle feeding:

Characteristic	Breast feeding	Bottle feeding
Nutrient content	Contains adequate quantity of all nutrients	There may be imbalance in dilution which make difficult in digestion.
Hygiene	Clean and reduces the chances of baby getting	Bottle needs to be sterilized otherwise

	diarrhoea	increase risk of infection.
Temperature	Temperature of breast milk is always right	Temperature always needs to be adjusted
Protective quality	Breast milk contains antibodies which protect baby from certain diseases	Bottle milk does not have any protective agent
Emotional bond	Develops emotional bond b/w mother and baby	As it can be fed by other there won't be any special bond b/w mother and baby

Breast feeding mother:

- Mother should have a balanced diet to produce milk in appropriate quantity and quality.
- A woman can take 6 months maternity leave to take care of their babies.
- Father, who are government employees, can not take 15 days of paternity leave.
- Mothers can also extract breast milk and store them in clean, sterilized bottles.
- The baby's caretaker can then feed this milk to the baby

Family Planning:

- The couple can decide when to start their family and how many children to have
- There should also be an adequate age gap between two children in a family
- Both mother and children stay healthy and raising children is a stress free process for the parents.

Disadvantages of large families:

- The mother's health is affected with many pregnancies
- The mother is unable to give proper attention and care to the older ones with the birth of a second child immediately after the first.
- She becomes irritable and scolds and beats her children often
- Such children feel very insecure and unloved.
- Even the father feels helpless and often frustrated as he is not able to offer much help to the mother or the babies

Advantages of small families:

- The mother has more time and energy to look after all the needs of her child.
- The family spends time together so that the child feels loved and secure.

- A small family can also spend more money to meet the needs of the children such as education, entertainment and professional training.

Unplanned Pregnancies:

Reasons:

- Carelessness on the part of the couple
- Sexual experiments by adolescents under peer pressure
- Sexual molestation

2) What do you think would be the consequences of conceiving a baby by a young woman who is under 18 years of age?

Ans: Before 20 years the reproductive system is not very well developed. If a young woman who is under 18 conceives a baby the consequences that follow are:

- The child may be physically and mentally weak.
- There may be risk to mother's life.
- There may be risk to child's life.
- There may be a risk of miscarriage.

3) Trace the development of the foetus from the first to third trimester of pregnancy.

Ans: The first trimester (0-3 months):

- Begins with fertilization.
- The fertilized egg which is single cell begins to divide and attaches to the wall of the uterus.
- It grows and develops into an 'embryo'.
- The embryo's life support system includes the amniotic sac, placenta and umbilical cord. They protect and feed the embryo.
- The vital organs like- heart and lungs are formed and circulatory system starts operating by the end of three months.
- Male and female reproductive organs develop and the embryo, now called a foetus, attains a human form.

The second trimester (3-6 months):

- In this trimester the size of the foetus increases rapidly .
- Brain's development is very fast.
- The foetus begins to move and the mother can feel the movements.

The third trimester(6-9 months) :

- The foetus increases in size continuously.
- It can now regulate breathing, body temperature and suck its thumb.
- In 8th month, the foetus body prepares for life outside the uterus.
- It gets antibodies from the mother so that it can be protected from diseases after birth.

4) List four things a woman and her family can do to ensure the birth of a healthy and happy child.

Ans: During pregnancy the family must ensure that the following are taken care:

- Medical check-up: It is important for all pregnant woman to go to a doctor for a proper medical check-up.
- Nutrition: healthy woman can give birth to a healthy baby. A diet rich in iron helps in preventing anaemia. To overcome constipation, a pregnant woman must eat a lot of fruits and raw vegetables and drink plenty of fluids. Spicy and fried foods are avoided as they cause acidity and discomfort.
- Taking medicines: Taking medicines must be avoided as far as possible. A pregnant women must take two doses of tetanus vaccination, iron and folic acid for preventing anaemia.
- Exercise and rest: The pregnant woman must remain active and continue with her normal daily work. She must also get adequate rest.

5) What do you understand by the fourth trimester?

Ans: Some health professionals refer postnatal period as 'fourth trimester'. The time span of this period is more than three months. The use of term 'fourth trimester' suggests continuity and importance of the first few months after delivery for the mother.

6) Identify two practices to care for a mother and her baby after delivery. Why are these practices important?

Ans: For the baby:

- A new born child's skin is wrinkled and is covered with a white cheese like substance and fine hair which is protective in nature and fall off after some time.
- Wipe it with clean cloth soaked in warm water. Do not scrub.
- Care the cut cord. The baby is separated from the placenta by cutting the cord on its birth. Keep it dry to protect it from infection.
- If the home is very clean and without flies, leave the cut cord uncovered, if there are flies and dust, cover the cord lightly.

For mother:

- It must be ensured that her room is kept clean, well-lit and ventilated.
- She must have a bath regularly and keep the stitches clean and dry to prevent any infection.

7) Why is it important for a child to be breast fed right from birth? Give two reasons in the support of your answer.

- Breast milk contains adequate proportions of all the nutrients that a baby needs. It can be easily digested.
- Breast milk is clean and reduces chances of baby getting diarrhoea.
- The temperature of breast milk is always right. It can directly go from the mother's breast to child's mouth.
- Breast milk contains antibodies that protect the baby from certain illness.
- Breast-feeding helps in developing a special bond between the mother and child.

8) Prepare a short talk giving reason for the need to give special care to a pregnant woman and the role of her family in doing so.

Ans: Only a healthy woman can give birth to a happy baby. It is the duty of woman as well as the family members to keep away the adverse factors:

- It is believed that a happy mother gives birth to a happy baby, that's why a pregnant woman must avoid tension and stress
- Keep care of mother's diet: A mother should take a nutritious diet so that her baby gets proper nutrition to grow.
- A pregnant woman's diet must contain
 - Rice/wheat for carbohydrates: required for energy.
 - Pulses/ eggs/ non- vegetarian food for proteins: required for muscle development.
 - Green leafy vegetables and fruits for minerals required for brain development.
 - Milk for calcium required for growth of bones.
- Medical check-up: It is important for all pregnant woman to go to a doctor for a proper medical check-up.
- Exercise and rest.

9) A couple should plan a small family. Give reasons.

Ans: By planning a family both mother and children stay healthy and the process of raising children becomes a stress free process for the parents.

Advantages of a small family:

- The mother has more time and energy to look after all the needs of her child.
- They spend more time together so the child feels loved and secured.
- They can also spend more money to meet the needs of the children such as education, entertainment and professional training.

PREVIOUS YEARS QUESTIONS

One-mark questions:

1) The baby should be given only breast milk for the

- (a) First one year (b) First six months
(c) First ten months (d) First two years

2) The fertilized ovum is called

- (a) Sperm
(b) Blastocyst
(c) Zygote
(d) Baby.

3) BCG Vaccine should be given at

- (a) Birth (b) 3 Months (c) 6 Months (d) 9 Months

4) Mother's milk gives the child

- (a) Natural immunity (b) Acquired immunity
(c) Both natural and acquired immunity (d) all immunity

5) What is the baby referred to inside a mother's womb?

- (a) Zygote (b) Ovum
(c) Foetus (d) Sperm

Two- mark questions:

1) Give any two signs that may indicate to a woman that she has become pregnant?

Ans:

- A) Missing her menstrual period.
B) Morning sickness or nausea.

2. What are the four suggestions you will give to a pregnant lady to consume a healthy diet?

- Rice/wheat for carbohydrates which provide energy.
- Pulses/ eggs/ Non vegetarian for proteins
- Green leafy vegetables and fruits for minerals.
- Milk for calcium.

3. “Colostrum is very important for the health of a baby”justify the statement with two reasons.

- Colostrum does possess lot of antibodies which protects baby from infection.
- Colostrum has lot of proteins.

4. State any two ill effects of having baby when mother is below 20 years.

- Risk of miscarriage.
- It may lead to physically and mentally weak child.

5. What is fertilization and what is fertilized ovum called.

Ans: The sperm and ovum unite together through a process called fertilization and fertilized ovum is called as zygote.

6. Give two benefits of breast feeding a new born baby .

- It provides natural immunity to baby.
- It also provides nutrition which is required to baby.

7. Name four factors that affects the growth of foetus.

- Mother’s emotional state .
- Mother’s diet
- Age of mother
- Medicines taken by mother.

8. What do you understand by prenatal development and embryo?

Ans: Prenatal development means the development which happens when foetus is still inside the womb.

Embryo is a early stage of development of foetus through formation of body structures.

9. What are the four minor health related problems that can be faced by pregnant women?

- ❖ Morning sickness.
- ❖ Breast tenderness
- ❖ Frequent urination.
- ❖ Aversion to certain food.
- ❖ Constipation

10. List the important vaccines that should be given to a child within four months of birth and write the name of the disease they prevent

Vaccines	Disease they prevent
BCG	TB
Oral Polio	Polio

DPT	Diphtheria, Pertussis, Tetanus
Hepatitis B	Jaundice

11. A woman had her last menstrual period from January 10 to January 14, 2016. Calculate her expected date of delivery.

Ans:

Expected date of delivery = first day of last menstrual period + 7 days + 9 months

EDD = Jan 10 + 7 + 9 months

EDD = October 17, 2016.

12. What four suggestions would you give to pregnant women in her first trimester regarding her nutrition?

Ans:

Eat a piece of dry toast, or puffed rice in morning
A diet rich in iron content like whole cereals, pulses
Fiber rich diet.
Intermittent small meals

13. When and which vaccine is given to a pregnant lady?

Ans: In the first trimester pregnant lady is given tetanus injection.

Three- Mark Questions:

1) State any three factors that influence the growth of foetus in the womb?

Ans: Mother's emotional state: Happy mother give birth to happy child. Pregnant women should avoid stress and tension.

Mother's diet: Must take proper nutritious food so it will provide adequate nutrition to foetus. If not the baby may catch infection easily and fall sick after birth.

Age of mother: Good age to become mother is 20 to 35 years because of well developed reproductive system. If not there will risk of miscarriage and risk to mother's and baby life.

2. What changes occur in the first trimester of pregnancy in the womb?

- Begins with fertilization.
- Single cell begins to divide.
- Gets attached to the wall of uterus.
- Further growth and development makes its embryo.
- The vital organs like heart and lungs are formed.

- Circulatory system starts by end of three months.
- Reproductive organ develop.
- Attain human form.

3. List any six factors that affect the growing foetus in the womb.

- Mother's emotional state.
- Mother's diet
- Age of mother
- Medicines taken by mother.
- Diseases germs that affect foetus.
- Drugs alcohol and smoking.

Four-Mark Questions:

1) Why breast feeding is best for baby give four reasons?

Ans:

- Breast milk provides adequate proportion of all nutrients.
- Breast milk reduces the chances of baby getting diarrhoea.
- The temperature of breast milk is always right for baby.
- Breast milk contain antibodies which protect baby from certain illness.
- Breast feeding helps in developing a special bond b/w mother and child.

2. How can a pregnant women take care of herself?

- Routine medical check up.
- Regular weight check up .
- Taking tetanus injection.
- Taking care of nutrition.
- Taking medicines.
- Comfortable clothing.
- Proper exercise and rest.

3. After delivery write four ways each of caring for the new born baby and the mother.

For baby:

- Cleaning the newborn baby : Wipe it with clean cloth soaked in warm water .
- Care of the cut cord: Freshly cut cord should be covered lightly to prevent infection.

For mothers:

- Room should be kept clean.
- Well lit and well ventilated

- Should have regular bath
- Keep the stitches clean and dry to prevent infection.

4. Convince a mother to breast feed her baby till one year by telling her four reasons.

- Breast milk has all nutrition in adequate proportion.
- Breast milk reduces the chances of child getting diarrhea.
- The temperature of breast milk is always right.
- Breast milk has antibodies which protect child from certain illness.
- Breast feeding improves bondage b/w child and mother.

5. Name two food products each so that a pregnant women gets adequate amount of iron, calcium, proteins and vitamin c

Iron	Whole cereals, pulses
Calcium	Milk, dairy products
Proteins	Egg, fish,
Vitamin C	Citrus fruits, Vegetables

6. Your sister in law is pregnant. Tell her the four common problems she may face during her pregnancy. Also suggest her one way to cope with each problem.

Problems	Coping skills
Morning sickness	Eat a piece of dry toast, or puffed rice in morning
Anemia	A diet rich in iron content like whole cereals, pluses
Constipation	Fiber rich diet.
Acidity	Intermittent small meals

Terminal Questions:

1) How does a woman come to know that she has become pregnant?

Ans: Signs of pregnancy are:

- The woman misses her menstrual period.
- Some women experience morning sickness or nausea.
- Breast enlarges, nipples become more prominent, dark area around the nipple becomes darker and enlarges.
- The frequency of urination may increase towards the end of pregnancy.
- Hormonal changes could lead to:
 - A desire to eat certain foods such as sweets or spicy or sour food. She may even want to eat certain inedible things like mud or chalk.

- She may dislike certain foods and smells such as onion, perfumes etc.

2) What do you think would be the consequences of conceiving a baby by a young woman who is under 18 years of age?

Ans: Before 20 years the reproductive system is not very well developed. If a young woman who is under 18 conceives a baby the consequences that follow are:

- The child may be physically and mentally weak.
- There may be risk to mother's life.
- There may be risk to child's life.
- There may be a risk of miscarriage.

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Ans: The first trimester (0-3 months):

- Begins with fertilization.
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The third trimester(6-9 months) :

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- Medical check-up: It is important for all pregnant woman to go to a doctor for a proper medical check-up.
- Exercise and rest.

9) A couple should plan a small family. Give reasons.

Ans: By planning a family both mother and children stay healthy and the process of raising children becomes a stress free process for the parents.

Advantages of a small family:

- The mother has more time and energy to look after all the needs of her child.
- They spend more time together so the child feels loved and secured.
- They can also spend more money to meet the needs of the children such as education, entertainment and professional training.