

NIOS lesson adaptation project

by  **Embrace** The power within you! **Volunteers**

(A community initiative of Harchan Foundation Trust)

CHAPTER -19

MY FAMILY AND I

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>.

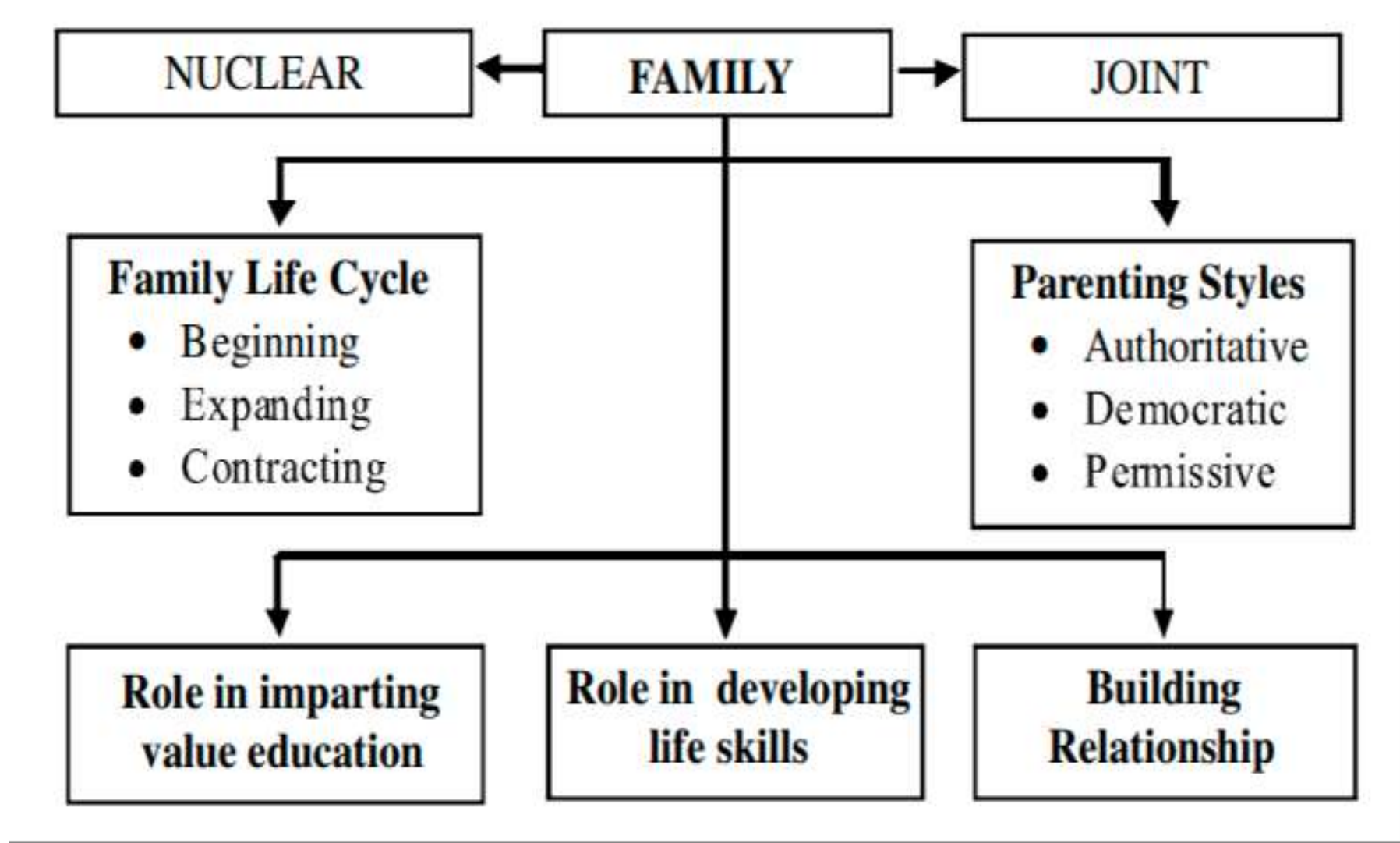
KWL chart

K - What does the child KNOW	W - What does the child WANT to know	L - What has the child LEARNT
	meaning and importance of a family.	
	functions of a family.	
	life cycle of a family.	
	role of a family in taking care of its members.	
	role of family in developing effective relationships and adopting the values of a society	

Keywords and meanings

Keywords	Meanings
Traditionally	As part of a long established practice, custom or belief.
Security	Protection of a person, building, organization or country against threats.
Recreation	Activity done for enjoyment when one is not working.
Adoption	The act of legally taking a child and bringing it up as one's own .
Retire	To leave job or stop working because of old age or ill health
Sibling	A brother or sister.

Mind Map



What is a family

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.



Types of family

Nuclear family

A family consists of a couple and their children.



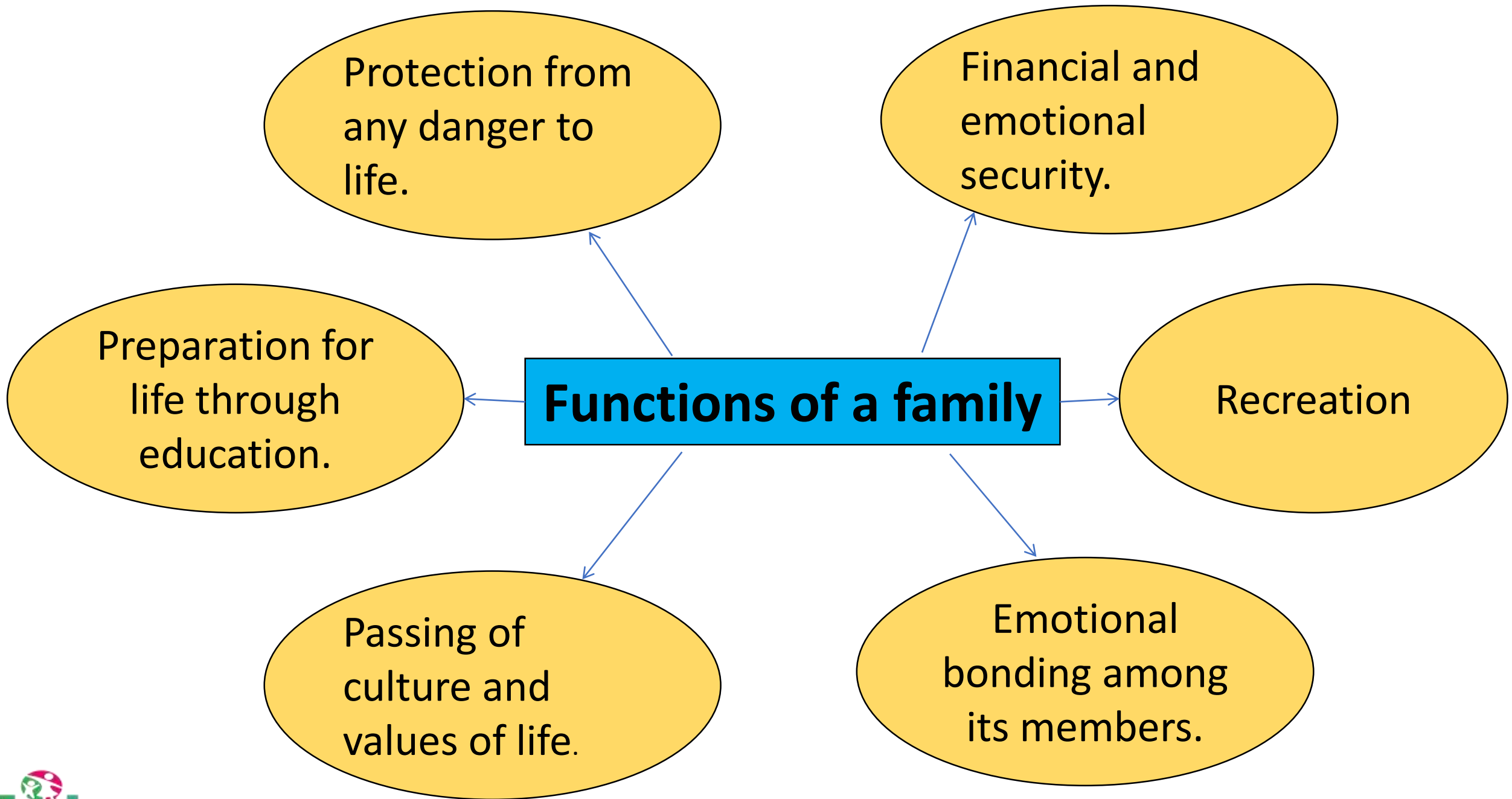
Nuclear Family vs Joint Family



Joint family

A family consists of parents and siblings of the couple living together under one roof.





Family life cycle

Beginning stage

- Independent young adult
- marriage



Expanding stage

- Parenting
- Settling of children



Contracting Stage

Retirement



Stages in a family life cycle

Beginning stage

- The life cycle of a family begins with **Youth**.
- Individuals gain their identity and emerge as independent young adults.
- They are emotionally, physically, socially, and financially independent.
- They can now stay away from the family.
- **Marriage** is one of the important milestone in life at this stage.
- By this time young adults would have basic minimum education and some preparation for career.
- In our country the minimum marriageable age for a girl is 18 years and for a boy is 21 years.

Stages in a family life cycle

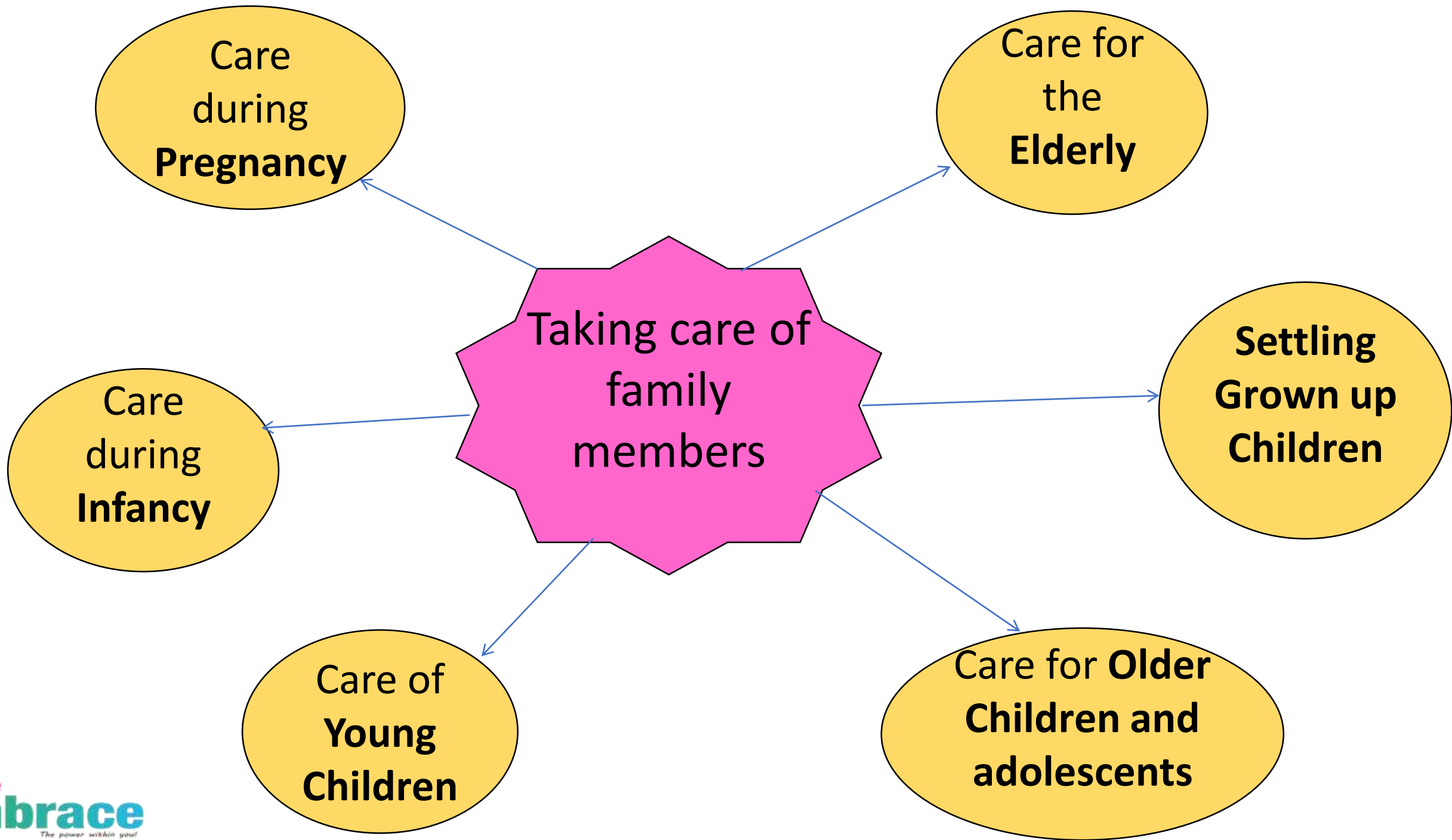
Expanding stage

- ✓ Starts with the **birth of the first child**.
- ✓ It will be additional demands and responsibilities.
- ✓ The couple should be physically, mentally, emotionally and financially prepared to handle these demands.
- ✓ Both husband and wife have to balance between their individual responsibilities.
- ✓ Challenging stage in a family life cycle.

Stages in a family life cycle

Contracting stage

- Couple may **retire** from their jobs.
- Start pursuing some hobbies.
- Participate in community services.
- Enjoy the company of their grand children.
- This stage of life cycle starts when the first child is ready to leave the home as an independent adult.
- This stage ends with the last child leaving the home or with the passing away of either of the couple.



Care during pregnancy

During pregnancy a family should ensure that the woman

- Eats nutritious food at frequent intervals.
- Takes adequate rest and exercise.
- Happy and cheerful.
- Visits her doctor regularly for monitoring the growth of the foetus.

Care during Infancy

Caring for the baby include

- feeding (breast-fed by the mother)
- loving.
- clothing.
- bathing the baby.

When both parents are working, grandparents or relatives and friends can take care of the baby or put the child in a day care centre/ crèche or employ someone to stay at home and look after the baby.

Care of Young Children

The growth and development of a child is influenced by two factors, **heredity** and **environment**.

Heredity or genetic factors are provided to the child by birth and cannot be changed like colour of the skin, eyes and hair, height and body build etc.

Child needs **early stimulation**, appropriate and adequate **play** opportunities, **discipline at home** by teaching self control and proper nourishment.

Care for older Children and adolescents

Older children: While children are gradually learning to manage themselves, they require:

- Support in academic tasks.
- Adequate facilities to play in the school and around their house.
- Adequate nutrition.
- Need to develop good eating habit.

Adolescents: During this stage, adolescents strive for

- Independence.
- Warm and supportive atmosphere.
- Important that parents have a balanced approach while disciplining adolescents.
- Trusting and displaying confidence in the adolescent is very important.

Settling Grown up Children

One important developmental task of adolescence

- Preparation for a profession.
- Family may start helping children in preparation for the career of their choice.
- 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.

Different parenting styles

Autocratic disciplining style

- Restrictions and punishment to follow parents directions.
- Children from such families often lack self-confidence.
- Children will be anxious about social comparisons and fail to initiate activities.
- They may have poor communication skills and may become rebellious later on in life.

Different parenting styles

Democratic disciplining style

- Children are allowed to be independent but are under the control of their parents.
- Children can express their opinion and present their arguments.
- The parents are warm and open towards their children.
- Children of such parents are socially well adjusted, responsible and are usually self-confident.

Different parenting styles

Permissive disciplining style

- ❖ Parents are totally uninvolved with their children.
- ❖ As a result of this, the children develop no self-control and lack social skills.
- ❖ Children are unable to get along with others.

Life skills to promote family relationship

- A clear understanding of one's duties and responsibilities
- Feeling of empathy towards all family members
- Effective verbal and non-verbal communication skills
- Extending help to others whenever necessary
- Being discreet and non-interfering in others affair
- Accept the things as they are
- Practice letting go of something small
- Love and cooperation among family members
- Accept your shortcomings
- Employment of mother outside the home
- Forgive yourself and others
- Maintain positive attitude and facial expressions

Values in Life

Traditionally, children observe their elders and imbibe values like respect for elders, honesty, truthfulness and humility.

We must provide a favorable 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.

List of Volunteers

Embrace-NIOS lesson adaptation project

(A community initiative of Harchan Foundation Trust)

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"volunteers don't necessarily have the time, they just have the **HEART**."

~ elizabeth andrew

Thank You
Volunteers.

Credits

Slides No	Sources
5	https://familyscopes.blogspot.com
6	https://pixabay.com , https://www.alamy.com

