

Understand the constitution of children and make it strong

Preface

Dear Parents,

Your child is developing continuously. His mind and intellect are slowly maturing. Everyone's life begins as a single cell (fertilised egg). This fertilised egg divides and becomes two cells. This process continues that is two to four, four to eight etc. till in the grown human there are approximately 100,000 billion cells. In living beings 'Growth & Development' is a natural process. This growth is affected by heredity, hormones, environment, and disease. This Text of *Sanatan* as well as the Text, 'Develop the child's intellect and mind' will be helpful in guiding you in paying attention to whether the child's development is in appropriate manner or not.

The constitution of each child is different from the other. Some children are lean while others are fat. Some are short while some are tall. Some eat to live while some live to eat. Reading this Text will help in knowing the child's personality and help us in making him stronger accordingly.

Man is more intelligent than all the other creatures. His brain directly or indirectly controls his behaviour, movement and activity. So practically the development of the child is evaluated by the maturity of the child's brain and nervous system.

To make evaluation of the child's growth easy, the factors involved are divided broadly into the following categories.

1. Gross movements
2. Skilful movements
3. Social development
4. Speech

Detailed description of the milestones in the growth and development of the first 5 years is given in this Text. Similarly measuring the intellect, things that affect the intellect and guidance about increasing the memory and intellect is also given. Discussions and information about the reasons for the mental retardation among children, how to take care of such children and the precautions to be taken to avoid having such children is also mentioned in the Text.

The mind and brain are two different organs. The functions of the mind, its various states and its development is discussed in detail. Both the Texts are worth reading for the detailed information on the subject. The child's mind is innocent, delicate and like a clean slate. The impressions made on it in childhood have a great chance of lasting through its life.

Parents are supposed to teach their children good habits, give them good ideals and goals in life; as well as give them good treatment and teach them to follow the good path in life.

Nurturing a child so that he has a healthy mind and intellect is very difficult, but following the instructions and guidance given in this Text shall help you in nurturing and developing your child's mind and intellect in a good way. They will later become ideal and healthy citizens and we shall all be very proud of them.

– Authors

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