

How to become ideal parents ?

Guidance on child development, progress in studies, etc.

Preface

Dear Parents,

You must have gone through my Text 'Your baby' which discusses at length, how to take care of the baby from conception to the end of the first year. The present Text gives the characteristics of growth and development between 1 to 12 years of age and the important factors which modify them.

You will find hints for diet, immunisation and selection of toys, books, games and TV programmes in this text. Important hints for disciplining your child and tackling common school problems are given. You will also learn how to handle the child tactfully. Companions and neighbours have an impact on the personality of your child and it is your duty to keep a watch on the child's friends and neighbours.

Those who have not been blessed with a child, will find guidelines for adoption in this text.

Parenthood is an art; however, parents have to learn how to become better parents. You will find in this Text, important guidelines about your duties, how to tackle common problems of your children, how to correct your faulty attitudes and mistakes and how to develop a better rapport between you and your children. Find the key to becoming ideal parents and apply it to unlock the inherent potential in your children so that with your guidance they can become ideal citizens and lead the Nation to peace and prosperity.

Yours,

Dr V. B. Athavale
Dr Kamlesh V. Athavale

Contents

(Special sub-points under the main point are given here.)

1. Growth and development	14
1A. Phases of development between 1 to 12 years	14
1B. Characteristics of growth and development during the second year	14
1C. Problems seen during the second year	15
1D. Characteristics and problems of pre-school child	16
1E. Habits to be ingrained in a pre-school child	18
1F. Peculiarities of early school years	19

2. Diet	22
2A. Diet for normal children	22
3. Immunisation	25
3A. Recommended immunisation schedule	25
4. Recreation	29
4A. Role of toys in child's development	29
4B. Selection of toys for children	30
4C. Selection of toys for children of different ages	31
4D. Role of play and recreation in child's life	33
4E. Effects of T.V. on children	33
4F. Hobbies in children	35
4G. Selection of books for children	35
5. Companions and neighbours	37
5A. Effect of companions on children	37
5B. Influence of neighbours on child's personality	38
6. Discipline	39
6A. Definition 6B. Inculcating discipline in child	39
6C. Methods of disciplining the child	41
6D. Role of physical punishment in disciplining children	42
6E. Common mistakes in disciplining	43
7. Education and School	44
7A. Aim of education	44
7B. Age for teaching the child to read and write	45
7C. Role of nursery school or kindergarten	45
7D. Poor school performance	46
7D 1. Causes of poor school performance	46
7D 2. Tackling such a child	48
7E. Forcing education on a disinterested and rebelling child	53
7F. Causes of school phobia	53
7G. Fear of examination	55
7H. Running away from school	55
8. Gifted children	56

8A. Characteristics of gifted children	56
8B. Handling gifted children	56
9. Teacher	57
9A. Qualities of an ideal teacher	57
9B. Best method of training children	57
9C. Role of school in the development of children	58
10. Child Adoption	59
10A. Ideal age for adoption	59
10B. Selecting a baby for adoption	59
10C. Problems of families having adopted children	60
10D. Telling the child about his adoption	60
11. Sick child	61
11A. Medical emergencies in children	61
11B. Managing an acutely ill child	62
11C. Need for hospitalisation	62
11D. Expectations of doctor from parents of the sick child	63
12. Parents and family	63
12A. Duties of Parents	63
12B. Encouraging children to study	65
12C. Role of parents as teachers	67
12D. Imparting sex education to children	68
12E. Attitude of children towards parents	69
12F. Influence of home on the child's life	70
12G. Problems of children of working parents	72
12H. Role of grandparents in bringing up their grandchildren	73
12I. Impact of joint family on a child	73
12J. Ideal family	74
12K. Impact of home and family on the development of child's personality	75
12L. Importance of love in child's development	75
12M. Praising one's children	76
12N. Criticising or scolding one's children	76
12O. Quarrel amongst children	77

12P. Child beating neighbour's child	77
12Q. Bullying by children	77
13. Faulty Parental attitudes	78
13A. Pampering and over-protection of children	78
13B. Partiality amongst one's own children	78
13C. Defects in personalities of parents	79
13D. Common mistakes of parents	82
14. Ideal parents	84
14A. Developing better rapport with children	84
14B. Characteristics of Ideal parents	86
● Unique preface with spiritual terminology	91