

# Your Child (1 to 12 years)

## Guidance on multi-faceted development of the child

### Index

- Preface	11
- Unique preface with spiritual terminology	12
<b>1. Growth and development</b>	<b>14</b>
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
<b>2. Diet</b>	<b>21</b>
2A. Diet for normal children	21
<b>3. Immunisation</b>	<b>25</b>
3A. Recommended immunisation schedule	25
<b>4. Recreation</b>	<b>28</b>
4A. Role of toys in child's development	28
4B. Selection of toys for children	29
4C. Selection of toys for children of different ages	30
4D. Role of play and recreation in child's life	32
4E. Effects of T.V. on children	32
4F. Hobbies in children	33
4G. Selection of books for children	34
<b>5. Companions and neighbours</b>	<b>35</b>
5A. Effect of companions on children	35
5B. Influence of neighbours on child's personality	36
<b>6. Discipline</b>	<b>37</b>
6A. Definition	37
6B. Inculcating discipline in child	37
6C. Methods of disciplining the child	39
6D. Role of physical punishment in disciplining children	40
6E. Common mistakes in disciplining	41
<b>7. Education and School</b>	<b>42</b>
7A. Aim of education	42
7B. Age for teaching the child to read and write	43
7C. Role of nursery school or kindergarten	43
7D. Poor school performance	44

7D 1. Causes of poor school performance	44
7D 2. Tackling such a child	46
7E. Forcing education on a disinterested and rebelling child	49
7F. Causes of school phobia	49
7G. Fear of examination	53
7H. Running away from school	53
<b>8. Gifted children</b>	<b>54</b>
8A. Characteristics of gifted children	54
8B. Handling gifted children	54
<b>9. Teacher</b>	<b>55</b>
9A. Qualities of an ideal teacher	55
9B. Best method of training children	55
9C. Role of school in the development of children	56
<b>10. Child Adoption</b>	<b>57</b>
10A. Ideal age for adoption	57
10B. Selecting a baby for adoption	57
10C. Problems of families having adopted children	58
10D. Telling the child about his adoption	58
<b>11. Sick child</b>	<b>59</b>
11A. Medical emergencies in children	59
11B. Managing an acutely ill child	59
11C. Need for hospitalisation	60
11D. Expectations of doctor from parents of the sick child	61
<b>12. Parents and family</b>	<b>62</b>
12A. Duties of Parents	62
12B. Encouraging children to study	63
12C. Role of parents as teachers	65
12D. Imparting Sex education to children	66
12E. Attitude of children towards parents	68
12F. Influence of home on the child's life	69
12G. Problems of children of working parents	70
12H. Role of grandparents in bringing up their grandchildren	71
12I. Impact of joint family on a child	72
12J. Ideal family	73
12K. Impact of home and family on the development of child's personality	73
12L. Importance of love in child's development	74
12M. Praising one's children	74
12N. Criticising or scolding one's children	75
12O. Quarrel amongst children	75
12P. Child beating neighbour's child	76
12Q. Bullying by children	76
<b>13. Faulty Parental attitudes</b>	<b>77</b>
13A. Pampering and over-protection of children	77

13B. Partiality amongst one's own children	77
13C. Defects in personalities of parents	77
13D. Common mistakes of parents	80
<b>14. Ideal parents</b>	<b>83</b>
14A. Developing better rapport with children	83
14B. Characteristics of Ideal parents	84

## Preaface

Dear Parents,

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

You will find useful hints for diet, immunisation and selection of toys, books, play and television programmes in this book. Important hints for disciplining your child and tackling common school problems are given. You will also learn how to tackle 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 child's friends and neighbours.

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

Parenthood is an art. However one has to learn how to become better parents. You will find in this book, 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 of becoming ideal parents and apply it to unlock the inherent potentialities 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