**Child Development: Unit 1: Parenting**

* 1. What is Parenting?

1. What is Parenting?
   1. Parenting - Providing care, support, and love in a way that leads to a child’s total development
   2. Meeting child’s physical, mental, emotional, and social needs
   3. Caregiver – any person besides a parent who loves, care for, and guides a child
2. What skills are needed to be a good parent?
   1. Physical care – providing food, clothing, shelter, a healthy and safe environment
   2. Nurture – support and encourage children
   3. Provide guidance – words and actions that adults use to influence children’s behavior
3. Types of Parenthood
   1. Biological parent – one of two people who conceive a child
   2. Adoptive parent– legally becomes parent of a child and raises child as their own
      1. Have same responsibilities as biological parent
   3. Step-parent – marry someone who already has children
   4. Foster parent – person who provides home to children in times of emergency (usually temporary)
   5. Legal guardian – person appointed by a court to provide parenting for a chil
      1. Usually done when child’s parents dies
      2. Usually family member
      3. does not take last name of legal guardian
4. ages and stages
   1. infant – birth to one
   2. toddler – 1to 3
   3. preschooler – 3 to 5
   4. school age – 5 to puberty
   5. adolescent – puberty to adulthood

**1.2 Personal Readiness**

1. Why people choose to have children:
   1. Life experiences – if had good childhood probably have good feelings about having children
   2. Expression of love: child is a representation of the love you share between two people
   3. Desire for family life style – continue positive family experiences
   4. Other peoples’ expectations – it is expected that married people will have children
   5. Appeal of children
   6. Economic asset – can contribute to families income or care for them when old
   7. Curiosity – what will it be like?
2. Why people choose NOT to have children:
   1. Long term goals – career focused, travel
   2. Freedom: want to do what they want when they want
   3. Personal experiences: bad childhood
   4. Fears: pregnancy, health problems, ability to care for child
3. When are you ready for parenthood?
   1. Level of maturity: physically and mentally mature
      1. Think and act responsibly, reasonably, reliably, and independently
   2. Good relationship with spouse
   3. You and spouse are in good physical, mental, and emotional, health
   4. Prepared socially – no more partying!
   5. Financial consideration – children are very expensive
   6. Career plans – will your job support a child or allow time to spend with that child
   7. Goals – what are your long term goals? Does a child fit into these plans?
4. Decision making process – process of identifying and choosing alternatives based on the values and preferences of the decision-maker (Wikipedia).

**1.3 Parenting Skills**

1. Maslow’s Hierarchy of Needs –
   1. a theory that stated that people move through different stages of five needs that motivate our behavior (study.com)
   2. five needs must be met in order
      1. Physiological Needs – food, clothing, shelter
      2. Safety needs – freedom from threat, security
      3. Social needs – love, affection, belongingness by another person
      4. Esteem needs – desire for self-respect, achievement, confidence, strength, appreciation, recognition
      5. Self-actualization – desire for fulfillment, need to become what one is capable of becoming
2. Three Parenting Styles
   1. Authoritarian parent: strict, parent decides rules and respond same way each time, not flexible
   2. Democratic parent: consider child’s needs AND own point of view, work together to set rules (kids are then expected to abide by rules), predictable, parents see self as leaders in helping children learn
   3. Permissive parent: let kids do what they want, don’t set rules, respond to all situations differently, parents expect kids to make choices and face the consequences
3. Characteristics of successful parents
   1. Adaptable - flexible, see many ways of doing things
   2. Sense of humor – laugh about challenges (this helps them relax)
   3. Maturity – make wise decisions about child
   4. Positive self-concept - able to view strengths/weaknesses without blaming self/kids
   5. Emotional health – can handle stress
   6. Patience – remain calm
   7. Integrity – honest, accept responsibility and blame
   8. Team effort – work together to set goals
4. Bad Parenting
   1. Unrealistic expectations – expects kids to perform beyond level of ability
   2. Indulgence – giving kids more of everything
   3. Submissiveness – fear child won’t love them if they don’t give in to child’s wishes
   4. Overprotection – doesn’t allow child to experience everyday life without holding their hand
   5. Belittling – putting a child down
      1. This lowers child’s self-esteem
   6. Neglect – ignoring children
   7. Rejection – won’t accept responsibility