

Careers With Children

Family court judges decide who should get custody of children when parents divorce, how much money one spouse should pay to the other, how often parents are allowed to visit their children, and where abused children should live.



Family Court Judge

What Does a Family Court Judge Do?

Judges make sure everyone in the courtroom is treated fairly. They decide what evidence may be presented, settle disputes between sides, and interpret laws. Judges are responsible for ensuring rules and procedures are followed.

Family court judges determine guilt or innocence for crimes committed by youth. They often try to arrange for help and treatment, instead of prison time. They try to keep families together whenever possible. Family court judges also decide who can provide foster care or adopt children.

Where Do Family Court Judges Work?

Judges most often work in court rooms and private offices. They must also spend time in law libraries to research past decisions about cases.

Preparation and Skills

Education and Training

A family court judge needs a bachelor's degree and law degree. Judges are usually required to have several years of experience, as well as knowledge of family and child problems.

Aptitudes, Abilities, and Skills

Family court judges need listening skills, intelligence, fairness, ability to deal with stress, and an interest in the problems of children and families. They must be able to listen to both sides of a case and make fair, unbiased decisions.

Academic Skills

Strong English language arts skills are necessary for family court judges to complete research and to communicate clearly and effectively with each person involved in the court. Social studies skills are useful in understanding people's culture and motivation behind actions.

Explore Careers

Research other careers in the area of family law. Choose one career and write a paragraph describing it. Tell whether or not you think you would be a good candidate for this job.

Careers Online For more information on careers, visit the link Occupational Outlook Handbook Web site through the link on this book's Online Learning Center at glencoe.com.

Chapter Summary

Families today serve many functions. Families need to meet children's basic needs and prepare children to live in society. There are three basic family structures. Each structure has unique challenges. Most families follow a series of stages called the family life cycle. Families are affected by trends in society and sometimes need support. Parents use many skills to raise children. Children have physical, emotional, social, and intellectual needs that should be met by a family. Parents must find the parenting style that works best for them and their children. Parents must also learn positive ways to guide children's behavior and deal with misbehavior.

Vocabulary Review

1. Use at least seven of these content and academic vocabulary terms in an essay about your family.

Content Vocabulary

- ◇ nuclear family (p. 62)
- ◇ single-parent family (p. 62)
- ◇ custodial parent (p. 62)
- ◇ blended family (p. 63)
- ◇ extended family (p. 63)
- ◇ legal guardian (p. 64)
- ◇ foster child (p. 64)
- ◇ intergenerational (p. 65)
- ◇ deprivation (p. 70)
- ◇ parenting style (p. 72)
- ◇ guidance (p. 73)
- ◇ self-discipline (p. 73)
- ◇ conscience (p. 74)
- ◇ positive reinforcement (p. 76)
- ◇ negative reinforcement (p. 79)
- ◇ time-out (p. 79)

Academic Vocabulary

- vital (p. 57)
- venture (p. 61)
- dispute (p. 73)
- consistent (p. 81)

Review Key Concepts

2. **Summarize** the qualities that contribute to building a strong family.
3. **Describe** the different family structures.
4. **Discuss** the trends affecting families.
5. **List** the basic categories of children's needs.
6. **Identify** the three parenting styles.
7. **Summarize** effective ways to guide children's behavior.

Critical Thinking

8. **Analyze** This chapter notes that traditions help to strengthen a family. Do you think this is so? Why or why not?
9. **Compare and contrast** How are guidance and punishment similar? How do they differ?
10. **Apply** Nathan lost a library book. His father says Nathan can no longer borrow books from the library. Do you think this is an appropriate punishment? Why or why not?

SAFE CHILD HEALTHY CHILD

Spanking as Discipline

Few parenting issues are as controversial as spanking. Some parents believe that spanking is an effective way to punish children and teach them how to behave. Other parents feel that certain misbehaviors call for spanking, such as when children push the limits of safety. Most child development experts believe there are more effective ways to get children to behave appropriately. They argue that there are problems with spanking. For example, spanking can physically harm children. Parents who spank serve as models for hitting and other aggressive behaviors. Spanking does not teach lessons about behavior. Children younger than two are unable to make the connection between their behavior and a spanking. Parents must set firm limits and follow through with warnings, redirection, and if necessary, punishment. This helps children make a connection between their actions and the consequences.

Be Prepared Choose a country outside of North America. Research the methods used there to guide children's behavior. Be sure to include both positive and negative reinforcement methods. Share your findings with the class in an oral report.

break. One minute of time-out for each year of a child's age is generally a good length of time. Five-year-old Teresa, for example, took pretzels away from her playmates. She continued to do this, even after her teacher gave her a warning and redirected her to other activities. The third time it happened, her teacher immediately intervened. She explained again why the behavior was inappropriate, and instructed Teresa to sit in the "thinking chair" for five minutes. After five minutes, Teresa had calmed down, and her teacher invited her to do a puzzle.

Poor Disciplinary Measures

Well-meaning parents and caregivers sometimes use disciplinary methods that are less effective than others and sometimes even harmful. Those who follow the positive discipline techniques already described in this chapter will likely find that they do not need to use the following measures.

- **Bribing** Bribing children so they stop misbehaving can backfire. Instead of learning self-control, children learn to expect rewards for ending inappropriate behavior. Children may even misbehave on purpose, knowing that by stopping they will earn a treat or privilege. Bribing is not the same as rewarding desirable behavior though. Positive reinforcement for acceptable behavior is a more effective way to guide children's behavior.
- **Making Children Promise to Behave** In the process of learning to control their behavior, children will naturally make mistakes. If they made a promise to be about good, children may feel forced to lie about misbehavior rather than disappointing someone they love. Children need to know that a parent's love is unconditional.
- **Shouting or Yelling** When children misbehave, parents and caregivers should talk to them in a calm, reasonable voice. A loud, harsh voice can frighten young children. Older children may learn to tune out or ignore, yelling. Also, adults who yell are not modeling acceptable behavior. If the adult yells, the child might yell back.
- **Shaming or Belittling** Parents and caregivers should not ridicule children's mistakes or make comments such as "If you chew with your mouth open, no one will want to sit with you at the lunch table!" This can make a child feel worthless.
- **Threatening to Withhold Love** Caregivers should never stop loving a child. They should also not threaten to do so. Children take statements very seriously and literally. Statements such as "Treat your brother better or I won't love you anymore" create the fear of being rejected or abandoned. Children should always know that they are loved, even when they

misbehave. Children need to understand that the parent is unhappy with the misbehavior, not with the child.

- **Exaggerating Consequences** Parents and caregivers sometimes threaten wildly impractical consequences. When a child refuses to leave a toy aisle in a department store, a tired parent might say "If you don't come now, I'm going to leave you at the store." Such statements frighten children. They also cause a parent to lose credibility. When children see that a parent will not follow through on such exaggerated claims, they may begin to wonder if anything a parent says will actually be done. The child loses trust and respect for the parent.

Consistency in Guidance

Being consistent, or continually the same, is the key to guiding children's behavior. Consistency is a matter of clearly making rules and

applying them in the same way whenever the situation occurs. Consistency helps children know what is expected of them. It also lets them know what responses to expect from parents.

Children lose trust and confidence in caregivers who constantly change rules or fail to enforce rules in a consistent way. If parents permit a behavior one day and punish children for the same behavior the next, children will feel confused and insecure. They will pay little attention to the next limit that is set. Consistency is an especially important issue when more than one person cares for a child. All caregivers need to agree on rules and ways to enforce them. For example, Steve's parents are divorced. When he asked to change his bedtime from eight to nine, his mother first talked to his father to get agreement. If caregivers do not agree, children can use the inconsistency to their advantage, playing one adult against the other.

SECTION 3.2 After You Read

Review Key Concepts

1. Identify four factors that are part of nurturing.
2. Explain why it is important to set limits.
3. List two ways to deal with inappropriate behavior.

Practice Academic Skills

English Language Arts

4. Think back to your own childhood and the parenting styles used in your home. Which style or styles were used? Do you think they were effective? Why or why not? Would you follow the same parenting style with your children? Write a journal entry explaining your answers.

Science

5. On a sheet of paper, list the methods used to guide children's behavior. Get permission to observe supervised children on a playground. Note the methods used by caregivers by putting a checkmark beside the method each time it is used. Create a pie chart to present the information you gather.

6. **Check Your Answers** Check your answers at this book's Online Learning Center at glencoe.com.

MCTE 12 Use language to accomplish individual purposes.

HS15 A Develop abilities necessary to do scientific inquiry, understanding about scientific inquiry.

Unintentional Misbehavior

With children of any age, misbehavior is sometimes unintentional. A young child may drop a glass of milk that is too heavy or accidentally break something. Such unintentional actions should not be punished.

Misbehavior is also unintentional if the child had no way of knowing it was wrong. For example, Ana picked a flower in the park and brought it to her father. People should not pick flowers in parks, but Ana had never been told that. Rather than scolding her, Ana's father simply explained that she should not have done it. He told her that flowers in the park are there for everyone's enjoyment. He asked her to draw a picture of a flower instead.

Effective Punishment

By guiding children's behavior, parents and other caregivers are more likely to teach a child acceptable behavior. Still, when children test the limits and misbehave, punishment can be effective if used thoughtfully and with good judgment.

Punishment can help remind children that correct behavior is important and teach them that there are consequences for poor choices. When using punishment, parents should clearly show that they disapprove of the behavior but that they still love the child. They can do this by avoiding blame and criticism.

The first time a child breaks a rule, parents may choose to give a warning rather than a punishment. Even a child with good self-control makes an occasional mistake. A warning reminds the child of the rule and why it is important. It also gives the child a chance to regain self-control.

After a rule has been broken another time, punishment is appropriate. However, the punishment given should be in proportion to and related to the misbehavior. Forgetting to put dirty clothes in the hamper one day does not call for severe punishment. In this case, a simple reminder would be sufficient. Repeated failure to stop throwing sand in the sandbox calls for more action, such as leaving the park or not visiting the park for a few days.

Negative Reinforcement

Negative reinforcement is a response aimed at strengthening desired behavior by removing an unpleasant trigger. Several different methods can be used. These include natural consequences, logical consequences, loss of privileges, and time-out.

When deciding which method of negative reinforcement to use, parents and other caregivers often find that what works for one child may not be effective for another. The same method may not work every time for the same child, or for the same child at different ages.

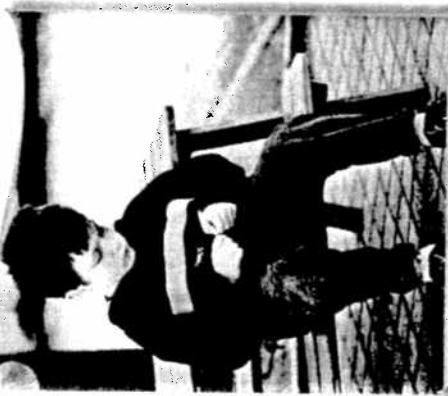
Parents need to think about which method of negative reinforcement is most appropriate for the child's personality and their own values. For the method to be effective, parents must also be consistent in their use of it. Ideally, punishment should be linked to a child's age and emotional, social, and intellectual development.

Natural Consequences With natural consequences, children suffer from the actual result of their action. For example, suppose Kwan loses his new jacket. Using natural consequences, his parents do not replace it and he has to wear his old one.

When a natural consequence occurs, parents should not lecture. For children, it is often difficult enough to have to live with the consequences. Nor should parents attempt to remedy a situation for their children. This defeats the purpose of the consequence. Children who are rescued from their choices will expect to be saved whenever they make poor choices.

Logical Consequences Parents may choose to address a child's misbehavior with consequences that have a connection to the misbehavior. Parents often choose logical consequences when natural consequences are inappropriate. For example, when Katy colored on the table with crayons, the natural consequence of a messy table bothered her mother more than it bothered Katy. Instead, her mother told Katy that she was taking the crayons away for the day. This was a logical consequence.

Parents who use logical consequences need to be prepared to follow through. They should think about the logical consequence before giving it and ask themselves "Am I ready to do

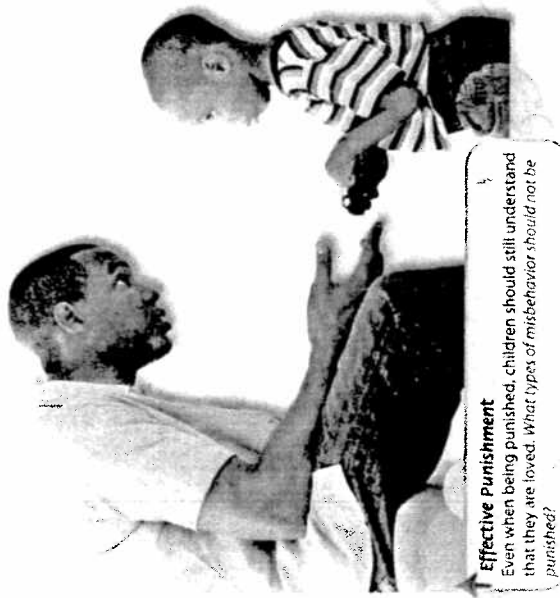


Negative Reinforcement
A time-out can be a good way for a child to regain self-control. How long should a time-out be for a four-year-old?

this?" After all, lack of follow-through shows children that they do not need to take their parents or their limits seriously.

Loss of Privileges Sometimes using natural or logical consequences is not appropriate. If a child runs into the street, the natural consequence of being hit by a car is far too dangerous. A parent might take away a privilege instead. This type of punishment is most effective for children ages five and older. It also works best if the privilege taken away is related to the misbehavior. That way, the child is likely to associate the two. In our example, the child might lose the privilege of playing outside to remind him not to run into the street.

Time-out Another way to respond to misbehavior is with a time-out. A time-out is a short period of time in which a child sits away from other people and the center of activity. The purpose of a time-out is to give children a chance to calm down and regain self-control. Time-outs can be especially effective when emotions are running high and the child simply needs a



Effective Punishment
Even when being punished, children should still understand that they are loved. What types of misbehavior should not be punished?



Appropriate Behavior
Preschoolers are capable of learning appropriate behavior. How can caregivers encourage that behavior?

Limits must also be clear. Telling three-year-old Madeline that she can have a little snack is not a clear limit. She might not know what makes a snack little. A better limit suggests a specific snack Madeline can have, such as half an apple.

Limits often have to be repeated each time the situation arises. Children, especially young ones, do not always remember limits from one day to the next. They also may not realize that limits stated one day still apply another day.

With very young children, it is not necessary to explain the reasons for expected behaviors. For a one-year-old, the instruction “be gentle with the kitty,” combined with modeling of gentle handling, is enough. Around age three, however, children begin to understand simple reasoning. Then they can understand limits that include the reason for them: “Don’t pull the kitty’s tail. It hurts the kitty when you pull his tail. If you want to play with him, you need to be gentle.”

Once established and explained, limits should be firmly and consistently enforced. Children can become confused if throwing blocks is ignored one day and punished the next. Parents who are not consistent with limits also teach their children that they do not mean what they say. Children take rules more seriously if they are enforced at all times.

Provide Positive Reinforcement

“You didn’t clean your room again.” “How many times do I have to tell you to pick up your toys?” All too often, parents remind children of all the things they do wrong without noting what they do right. Constant scolding does not change children’s behavior. It makes them feel as though they cannot do anything right. After a while, they may decide to stop trying.

Children, like all people, are more likely to change their behavior when they are praised for the things they do right. Giving children attention when their actions are appropriate is an example of positive reinforcement. **Positive reinforcement** is a response that encourages a particular behavior. When children learn that an action wins attention and approval from adults, they are likely to repeat that action.

Positive reinforcement can be used to help change a problem behavior and to strengthen good behavior. Use these guidelines to encourage appropriate behavior:

- **Be specific.** Clearly comment on the behavior being acknowledged: “That was such a nice letter you wrote to Grandpa.”
- **Comment on the behavior as soon as possible.** Recognize the behavior right away to help the child link the action and the praise.

- **Recognize small steps.** Encourage steps in the right direction. Do not wait for perfect behavior. If a child usually leaves toys all over the floor, acknowledge the effort of putting even some of the toys away. This will encourage him to do it again next time, and he will likely do a little more.
- **Help children take pride in their actions.** Saying “That was hard work to get dressed by yourself, but you did it!” helps a young child feel competent.
- **Tailor the encouragement to the needs of the child.** Praise behaviors that are hard for that child. The child who usually forgets to wash his hands should be rewarded with approval for remembering to do so.
- **Use positive reinforcement wisely.** If children are praised for everything they do, it no longer motivates them. The praise must be genuine and deserved.

Reading Check Recall How can positive reinforcement be used?



Reinforce Positive Behavior
Children should be praised for positive behavior. Do you think it is possible for a parent to praise a child too much?

Deal with Inappropriate Behavior

No matter how hard adults try to encourage appropriate behavior, all children misbehave from time to time. Then adults must deal with the situation appropriately and effectively.

The child’s age should shape an adult’s response to inappropriate behavior. A one-year-old who bites another child can be told “We don’t bite.” However, the child cannot be expected to understand the meaning of his or her action. A four-year-old should understand why hitting is unacceptable.

- Here are some questions to consider when deciding how to respond to misbehavior:
- Is the expected behavior appropriate, given the child’s age and development?
 - Does the child understand that the behavior was wrong?
 - Did the child do the behavior knowingly and deliberately, or was it beyond the child’s control?

scolded. Gradually, they develop a conscience. A **conscience** is an inner sense of what is right. As children mature, they use their conscience to decide how to act in new situations.

Parents can successfully guide their children in three basic ways. They can be positive role models. They can set limits and redirect their children's behavior. Finally, they can use positive reinforcement to let children know when their behavior is on the right track.

Be a Role Model

Children are great imitators. They learn best by being shown what to do, rather than just being told what to do. Parents and other people in a child's life serve as role models. Children constantly watch those around them and then imitate the behaviors they see. The old saying is true: Actions speak louder than words. That is why parents need to demonstrate at all times the behaviors they would like to see in their own children. For instance, parents who want their child to talk politely to others need to speak politely themselves.



Active Listening
Listening is a communication skill that can help solve conflicts. How can you show that you are actively listening to someone?

Expert Advice...

"For a parent, it's hard to recognize the significance of your work when you're immersed in the mundane details. But . . . few jobs in the world of paychecks and promotions compare in significance to the job of parent."

— Joyce Maynard, author, *A Mother's Day*

The desire to imitate applies to all behaviors, not just the acceptable ones. Five-year-old Mark sees his older brothers yell at each other when they disagree. It is no surprise then that Mark yells at his friends when he is upset with them. Parents and other family members should model respect, honesty, and kindness.

Give Effective Direction

Parents and other caregivers often need to tell children what to do. Sometimes children do not seem to listen, but often the real problem is lack of understanding. These tips can help children understand and follow directions:

- **Be sure you have the child's attention.** Make eye contact. You may have to stoop down or sit beside a young child to do so.
- **Be polite.** A child will respond better if you speak politely in a normal voice.
- **Use positive statements.** Say, "Please walk," rather than, "Don't run."
- **Use specific words that the child can understand.** Say, "Keep the paint on the paper," not, "Don't be sloppy."
- **Begin with an action verb.** Beginning this way helps keep directions simple. Say, "Pick up your socks" or "Get ready for bed."
- **Give a limited number of directions at a time.** Very young children can only remember one step. You can increase the number as the child's memory improves. Remember, though, that fewer directions are easier to understand, remember, and follow.



Give Directions
Parents must be sure the child is attentive before giving directions. How can you tell this child is attentive to the parent?

- **Be clear.** Think in terms of the child's point of view as you decide what to say.
- **Give praise and love.** All people need to hear good things about themselves. This is especially true of young children. Praise encourages cooperation.

Set Limits

Setting limits is another way to guide children toward appropriate, safe behavior. Limits include physical restrictions, such as preventing a child from crossing the street alone. A rule of behavior can also be a limit. For example, hitting other people or using certain words is not allowed.

Children need limits to grow into responsible adults. Having limits helps them to understand expectations and acceptable behavior, and to develop self-control. Children of any age will test limits, but parents should be consistent in enforcing them. A limit will not mean anything if the child is allowed to break it from time to time.

When setting limits, parents and other caregivers often follow this general guideline: Limits should keep children from hurting themselves, other people, or property. Children will respect and follow guidelines if they are reasonable.

The following questions can help parents determine limits:

- **Does the limit allow the child to learn, explore, and grow?** Too much restriction hinders development.
- **Is the limit fair and appropriate for the child's age?** A toddler might be restricted to a fenced-in yard. A school-age child might be allowed to visit a friend living down the street.
- **Does the limit benefit the child, or is it just for the adult's convenience?** Restrictions should be for the child's good, not because they fit a routine.

Children must be told what is expected of them in ways they can understand. Limits should be stated simply and briefly and in a calm, direct tone of voice. For example, "We don't throw toys," stated calmly is a simple limit that is easily understood. If a young child throws a toy, he or she should be reminded of the rule and then redirected to an acceptable behavior. "We don't throw toys. You can go outside to throw a ball."

Redirection is important because it helps the child to do something else and it suggests another, acceptable behavior. However, the redirection must be appropriate for the child's age. Infants, for example, may need to be physically moved to another, acceptable activity.

When parents stimulate young children in these ways, they help encourage brain development and a lifetime love of learning.

As children grow older, their intellectual needs expand. They want to play games and explore more of their environment. Parents and caregivers meet these intellectual needs by continuing to provide opportunities for play and learning. These opportunities can be as simple as playing ball in the park or visiting the zoo.

Learning Through Reading

Children can also help choose books to borrow from the library. Learning to read and enjoying books are keys to intellectual development. Sharing books together can begin at birth. Infants simply enjoy the sound of the reader's voice. As they grow a bit older, they enjoy the pictures and story. They soon learn that the words on the page have meaning. Sharing books with children helps foster a love of books and a joy for reading. It also helps them learn about the world around them.

Learning Through Exploring

It is a myth that children need a lot of expensive toys. Everyday objects and experiences with nurturing adults can provide great

opportunities for learning. The best way to get children ready and excited about learning is to allow them to explore in a safe environment. When intellectual needs are met at an early age, children are better prepared for school.

✓ Reading Check Define What is deprivation?

Parenting Styles

A parenting style is how parents and other caregivers/carefor and discipline children. Effective parents use a style they feel comfortable with. This style matches their personality and values. For this reason, no one parenting style is considered right. No one style works best with all children. Parents also often change their parenting style as children grow and change.

There are three main styles of parenting:

- **Authoritarian** An authoritarian parent believes children should obey their parents without question. The parent tells a child what to do, and the child's responsibility is to do it. When rules are broken, the authoritarian parent typically responds quickly and firmly.

- **Assertive-Democratic** In this style, children have more input into the rules and limits of the home. Learning to take responsibility is important, so children are given a certain amount of independence and freedom of choice within the rules. When rules are broken, the assertive-democratic parent believes children learn best from accepting the results of their actions or by problem solving together to find an acceptable punishment.

- **Permissive** In the permissive style, parents give children a wide range of freedom. Children of permissive parents may set their own rules. They are encouraged to think for themselves and not follow trends. Permissive parents typically ignore rule breaking.

Few parents follow just one style at all times. A parent may use a more authoritarian style on issues such as health or safety. The same parent may be more assertive-democratic about clothing or hairstyles. Parents may feel that before children become teens, they need firm rules, but that as teens they should be allowed the freedom to make more of their own choices.

✓ Reading Check Determine Which parenting style allows the child to provide input into the rules?

Guide Children's Behavior

Amy was frustrated because Grace, age four, never put her toys away. She tried reminding Grace, scolding her, and even banning television until the toys were picked up. Nothing seemed to work. Amy did not know what to do.

Acceptable behavior does not come naturally to children. This is true whether it is putting toys away, getting along with a sibling, or saying please and thank you. Children need to be taught what is acceptable, what is *not* acceptable, and what is expected of them. As children grow, their minds develop and they test their limits. Doing so helps them to learn about the world and their place in it.

Guiding children's behavior can be both the hardest and the most rewarding task of parenting. For years, Ella felt as though she was always reminding her children to get along with each



Teach by Example
Children tend to adopt the behavior they see. What positive behaviors have been modeled in your family?

other and showing them effective ways to settle a dispute, or quarrel. Nothing worked. Finally, one day her message seemed to click, and the two managed to settle a disagreement on their own before it became a shouting match. The children became increasingly more effective at avoiding disputes and finding better ways to resolve their differences. Ella's guidance and patience had paid off. All three of them were able to benefit from it.

Understand Guidance

Guidance means using firmness and understanding to help children learn how to behave. Children learn self-discipline with effective guidance. **Self-discipline** is the ability to control one's own behavior. They also learn how to get along with others and how to handle their feelings in acceptable ways. Guidance promotes security and positive self-esteem. It also helps children learn the difference between what is right and wrong. Very young children understand right from wrong only in terms of being praised or



Meet Intellectual Needs
Reading together helps children develop a love of reading. Older children can practice reading with a parent. How can reading help stimulate intellectual growth?



Developing Social Skills

Children need plenty of opportunities to play. How does play help children develop social skills?

Unfortunately, some parents cannot or do not meet all of their children's physical, emotional, social, or intellectual needs. These children tend to lag behind other children in their overall development.

They suffer from deprivation. **Deprivation** is a lack of the critical needs and encouraging environment that are essential for physical, emotional, and intellectual well-being. Some people believe that deprivation and poverty are the same things. This is not true. Deprived children can come from families that are rich or poor, or anywhere in between. Money is not the only factor. Children can be deprived of time, nutrients, stimulation, or love. What matters most is whether a child's basic needs are being met.

Physical Needs

The most important and obvious task of parenthood is meeting children's basic physical needs. Parents are responsible for providing nourishing meals for their children. Children do not need the latest or most expensive styles of clothes, but their clothes do need to be clean, dry, and comfortable. In addition, children should have a safe, clean place to call home.

Parents are also responsible for the health and safety of their children. Parents schedule regular checkups and provide care when children are sick or hurt. Ensuring children's safety includes using a car seat and seat belt while in a vehicle. It also means making sure toys are safe and appropriate for the child's age, and eliminating hazards in the home so that children can safely explore their environment. Parents should always make an effort to know where their children are, whom they are with, and what they are doing.

Emotional and Social Needs

A major goal of parents is to raise children who will become happy, independent adults who can support themselves. They may even go on to raise their own children. To become independent, children need to learn how to function in the world and get along with others. For example, children need to learn to show respect for figures of authority. They should show concern for people who are hurt. Children learn these lessons through relationships with people who nurture them. By showing concern for the child, a parent teaches the child how to care for others.

Nurture Children

Nurturing children means giving them plenty of love, support, concern, and opportunity for enrichment. These factors help meet children's emotional and social needs and help prepare them for their adult lives. Parents and children's emotional and social development by helping them explore the world on their own, while still keeping them safe. For a preschooler, this might mean letting her play in the sandbox without worrying about whether her clothes will get dirty. With reassurance and freedom to explore, a child develops a healthy emotional well-being.

Parents can show children love and support in many different ways such as a hug, a kiss, or a smile. Unfortunately, some parents find it hard to show affection for their child. They may be embarrassed or feel that affection will make their child too "soft." When parents fail to recognize a child's accomplishments, the child may feel insecure or worthless. He may have a difficult time forming healthy relationships later because he did not learn how to give and receive love.

Communicating with a child shows love and support. Giving time and attention also shows that you care about a child. Actively listening shows children that they are important.

Show Restraint

Some parents become overprotective, attentive, or both. They give a child too much attention, too many toys, and too many treats. They may try to shield the child from all unpleasant experiences. This can harm children, too. Children learn from trial and error. They need to make mistakes so they can learn from them. They must also learn to cope with the ups and downs of life.

Intellectual Needs

Children begin learning at birth. Parents are a child's first teacher. Researchers have found that with stimulation, the brain undergoes tremendous growth during a child's first years. In the past, it was thought that a baby could not learn much in the first few months of life. Researchers now know that infancy can be a time of constant learning if a baby is given opportunities to learn.

Learning Through the Senses

Early on, children's lessons come through touching, tasting, hearing, and looking at the objects around them. Parents can nurture this early learning by playing with their children. The child's environment should be filled with interesting sounds, smells, sights, and textures.

RESPOND TO SPECIAL NEEDS

Autism

Autism is a brain development disorder that affects the way people relate to others. People with severe autism have an impaired ability to interact and communicate with others. Signs of autism usually appear before a child turns three. Autistic children tend to avoid eye contact and cuddling. They often have restricted interests and repetitive behaviors. They do not like changes in routine and they may be very sensitive to lights and sounds. They may not respond to their own names and they may start talking late. Early diagnosis is important. A child with autism needs a special treatment program.

Therapy and special education help children with autism lead fuller lives. Special diets may also help. Parents can help by showing love and understanding, setting up routines, and praising successes.

Critical Thinking Research the causes of autism. Describe the major theories and explain why some theories are controversial. Summarize your findings in a one-page essay. Cite your sources.

Reading Guide

Before You Read

Preview Choose a Key Concept that is new to you and write it down. When you find the concept in the text, write one or two sentences to explain it.

Read to Learn

Key Concepts

- List the basic categories of children's needs.
- Identify the three parenting styles.
- Summarize effective ways to guide children's behavior.

Main Idea

Parents use a variety of parenting styles to raise children and deal with the responsibilities of being a parent.

Content Vocabulary

- ◇ deprivation
- ◇ parenting style
- ◇ guidance
- ◇ self-discipline
- ◇ conscience
- ◇ positive reinforcement
- ◇ negative reinforcement
- ◇ time-out

Graphic Organizer Go to this book's Online Learning Center at glencoe.com to print out this graphic organizer.

Negative Reinforcement	Description

Academic Vocabulary

You will find these words in your reading and on your tests. Use the glossary to look up their definitions if necessary.

- dispute
- consistent

Graphic Organizer

As you read, list the four types of negative reinforcement discussed in the text and write a brief description of each one. Use a chart like the one shown to record your answers.

Academic Standards

English Language Arts

NCTE 12 Use language to accomplish individual purposes.

NCTE National Council of Teachers of English
NCTM National Council of Teachers of Mathematics

Science

NYSE A Develop abilities necessary to do scientific inquiry, understandings about scientific inquiry.

NSES National Science Education Standards
NCS National Council for the Social Studies

Children's Needs

Having a child makes a person a parent. It does not make a person an effective parent though. Parenting skills do not always come naturally or easily. Parenting is a learning process that occurs each day. Parents must work to develop the skills required to meet their children's needs, guide their children's behavior, and help their children develop positive relationships. It takes time to figure out what works for each parent, child, and family. Sometimes effective parenting means learning from mistakes and trying to do better each day.

Maria wakes up to Ryan's cries at 4:30 in the morning. She changes his diaper and feeds him. Although she is ready to go back to sleep, Ryan is wide awake and wants to play. She puts him in his bouncy seat on the floor and talks to him about his colorful toys. After an hour, Ryan seems sleepy, so Maria rocks him a bit and returns him to his crib. Just as she is ready to go back to bed, Maria hears, "Mommy?" Two-year-old Kareema is awake and ready for a fresh diaper. Unfortunately, Maria will not be going back to sleep. She goes to the kitchen instead to make breakfast and start the day.

Parents often must put their own needs aside to take care of their children. The list of parenting tasks can seem to be endless. In addition, all children are different, with unique characteristics and needs. Ask a group of parents what it takes to raise happy, healthy, well-adjusted children, and you will hear many different answers.

Children's needs can be grouped into three categories:

- **Physical Needs** These include food, clothing, and shelter.
- **Emotional and Social Needs** Meeting these needs means making sure that children feel safe, loved, and cared for. This allows the children to learn how to make friends and work with other people.
- **Intellectual Needs** All children need stimulation and the opportunity to learn about the world and become educated. By fulfilling this need, parents and caregivers help prepare children for life as independent adults.



Healthy Physical Development
 Meeting children's physical needs includes providing nutritious food that will fuel their growing bodies. Why should small children not eat a lot of junk food?



Establish Limits
Families must set limits to manage the technology that they use. *What effect can video games have on a family?*

In a changing work environment, there is a continuing need to learn new skills. Many workers invest time and money in additional education. When Marianna's mother needed to learn more advanced computer skills, she decided to take a night course. Marianna was happy for her mother, but she also missed having her at home.

Another trend is the growing number of people who work outside of the home. This has both benefits and drawbacks for families. It may increase the family's income and fill a need for socialization. It also means that child care arrangements may be needed for small children and the family will have less time to spend together. Some families may be able to rely on extended family to help with child care.

Technology

Advances in technology continue to make family life both easier and more complicated. Technology can increase efficiency at home and

at work. For example, the Internet allows people to find information in minutes, rather than searching books and archives.

There is a growing need to be sure children use technology safely and within reasonable limits. Critics claim that these new devices isolate people from one another. Linda felt that way when she took her niece on a shopping trip. Thirteen-year-old Ashley passed the time in the car by text-messaging her friends and playing games. Linda had hoped they would spend the day talking to each other.

Even older technology like televisions and video games need to be used within reasonable limits. Parents should monitor children to ensure that enough time is spent on other activities for physical development and social skills.

Strong families find ways to use technology to strengthen their bonds. They make choices based on their values. They manage their resources so that technology is a tool to bring the family together.

Economic Changes

Many families struggle to make ends meet. This is particularly true in times of economic downturn. Finances are often the primary reason why both parents in a nuclear family are employed. This trend has had a significant impact on families.

Many families are smaller than they used to be, and some couples are having their first child later in life. The rise in two-income families has also added to the demand for child care, including before- and after-school care for school-age children. Some families count on extra income or child care services from teens or extended family members. Some nuclear families become extended families to help share finances.

Workplace Changes

The working world is changing rapidly. Many companies employ fewer workers. The types of available jobs are shifting. For example, the number of manufacturing jobs in this country has declined, while jobs in health and technology have expanded. Such changes affect families. After a layoff, a parent may be unemployed for a time. New jobs available may pay less or may not have health insurance as a benefit.

Science in Action

Technology and the Family

In today's society, we have many technological inventions available for work, home, and entertainment. This includes newer inventions such as cell phones, MP3 players, and video games. Technology also includes older technology such as television and computers. How might these inventions affect a family?

Procedure

Create a survey that lists five technological inventions, and asks how much time people feel they spend using these inventions. Ask if they think using these technologies takes away from or adds to their family time. Distribute the survey to at least ten people of various ages.

Analysis

Find the average amount of time each invention is used. Then find the overall average. Chart your findings in a bar graph. Write a summary of your research that explains the results and describes people's opinions about whether these technologies are taking away from family time.

INSEF Develop understanding of science and technology in local, national, and global challenges.

Section 3.1 After You Read

Review Key Concepts

1. List two functions of families.
2. Analyze the similarities and differences among the four family structures described.
3. Identify three trends that affect families.

Practice Academic Skills

English Language Arts

4. Determine which family structure fits your family—nuclear, single-parent, blended, or extended. Now choose one of the other family structures. Write a one-page story about how your life would be different if you lived in the other family structure.

Social Studies

5. Choose a country other than the United States and study their family structures. Write a one-page report in which you answer these questions: What are the family structures? How are they similar to and different from the family structures in the United States?

Check Your Answers Check your answers at this book's Online Learning Center at glencoe.com.

NCTE 4 Use written language to communicate effectively.

NCSS 1A Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

Joining a Family

A child can join a family in many ways. In the majority of cases, a child is born into a family. This is a *biological child*. In other cases, a child joins a family through a legal process. A **legal guardian** is a person who is designated by a legal process to assume responsibility for raising a child.

Adoption is a legal process in which children enter a family they were not born into. The adopted child has the same rights as any biological children those parents have.

Some children join a family as foster children. A **foster child** is a child that comes from a troubled family or difficult circumstances and is placed in the temporary care of another person or family. Foster parents care for foster children, giving them a home while their parents solve their problems, or sometimes

until a permanent adoptive home can be found. Adults apply to the state government to become licensed foster parents. They receive payment to help with the expense of caring for the child.

Reading Check Family Structure

Which type of family is formed when two people with children marry?

Trends Affecting Families

All families are affected by trends in the society around them. These trends may support families or put additional pressure on them. Some current trends include mobility, an aging population, changes in the economy, workplace changes, and the impact of technology. Which of these trends do you think has had an effect on your family?

The six stages of family development provide a pattern that most families follow. Families will spend different amounts of time in the same stage. Do you think moving from one stage to the next is an easy process?

Figure 3.1 The Family Life Cycle



Stage 1

Couple Stage
Couples grow closer as they share activities. They work together to establish a home and marriage relationship.

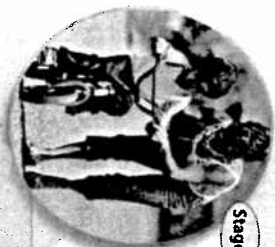
Stage 2

Expanding Stage The arrival of a child signals the beginning of parenthood. The couple prepares for and adjusts to parenthood.



Stage 3

Developing Stage
As children grow, parents work to meet children's changing needs. The focus of the family is on the socialization and development of children.



Stage 4

Launching Stage
Children gradually leave home to support themselves. Parents help their children adapt to life on their own. Events such as graduation signal the child's independence.



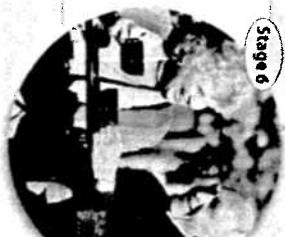
Stage 5

Middle Stage A couple renews their relationship and prepares for retirement. They may have time and money for special interests. If they had children who have left home, this is called the "empty nest" stage.



Stage 6

Retirement Stage
The couple stops full-time work and adjusts to having more free time. Life may be slower paced but couples still enjoy each other's company.



Mobility

Today many adults move from the community where they were raised. As a result, many families lack close, supportive connections with extended family. Grandparents, aunts, uncles, and cousins may be spread out across the globe. In this situation, families must rely on themselves, neighbors, and close friends for support and assistance.

When extended family members are far away, it takes time and effort to remain close. Many families value a strong family connection and find it worth the extra effort. Such connections help build traditions and reinforce the importance of family history.

This increased mobility also places added stress on children when a family moves to a new home or neighborhood. Children must make new friends and find ways to stay in touch with old friends.

Aging Population

There are a larger number of older people today than in the past. People are living longer than they used to. Advances in medicine and nutrition have contributed to the longer average lifespan. As a result, more people find themselves caring not only for children, but also helping and caring for aging parents. This can create stress as well as opportunities for intergenerational interaction. **Intergenerational** means occurring between older and younger age groups.

A related trend is that more grandparents are helping to raise their grandchildren because their children are not able to parent on their own. Some grandparents live with the core family, while others just help with babysitting. Having a grandparent involved in raising a child means that the child will learn values and traditions from the grandparent. It also helps teach the child the importance of a strong family.

• Use **positive body language**. People who make eye contact and sit up straight send the message that they are truly listening and do care about the other person. When appropriate, a pat on the back or a hug can do wonders to help break the tension and make the other person feel loved and more at ease.

How would you rate your family's conflict resolution skills? Which technique could you use to improve your own?

✓ **Reading Check** **Shaping Values** What three things shape the values that parents pass on to their children?

Family Structure

While each family has individual characteristics, most can be categorized as nuclear, single-parent, or blended families.

Nuclear Families

A **nuclear family** is a family that includes a mother and father and at least one child. In a nuclear family there are two parents to help raise the children. The families may differ depending on how many children there are, whether the parents work outside the home, and other characteristics.

Single-Parent Families

A **single-parent family** is one that includes either a mother or a father and at least one child. The absent parent might have died or left after a divorce, or the parents may never have married. While single-parenting presents special challenges, it can still be effective.

Raising a child alone is a demanding job. A single parent typically has little free time, since there is no one with whom to share the work or to help solve problems related to parenthood. Single-parent families usually have less income than two-parent families. The added cost of child care can increase the challenges for a working single parent.

Many single parents receive help from friends or relatives. They may provide child care while the parent works. They may help simply by giving the parent someone to talk to about frustrations, problems, or challenges, as well as rewards and successes. In the case of a divorce, many children make scheduled visits to the parent who does not live with them. These visits give the custodial parent a needed break from the challenges of single parenthood. A **custodial parent** is the parent with whom the child resides. It also preserves the relationship between the other parent and child.



➔ **A Real Family** Adoption pairs children who need parents with those who want to build a family. *What rights do adopted children have?*



➔ **Blended Families** Trying to blend two unique families into one strong family can create some challenges. *When parents remarry, what can they do to make the transition easier for their children?*

What Would You Do?

Finding a Family

Bree is a typical nine-year-old girl. She lives with Mr. and Mrs. Mason, her foster parents. When Bree was seven, her biological mother and father were not able to care for her, so they gave her up for adoption. For two years, Bree moved from family to family. Going from home to home was hard for her. Sometimes she had to change schools. Each time meant she had to make new friends and leave her old friends. Bree has lived with the Masons for a year now. They would like to formally adopt her. Bree is happy and likes the Masons. She is not sure she wants to become part of their family, though. The Masons have other adopted children who are not always kind to Bree.

✎ **Write About It** Bree has sent a letter to the local newspaper's advice column asking for help with her problem. Based on your knowledge of families, write a column in response to Bree's letter. Be sure to address Bree's concern that the other children in the family are not always kind to her, and give suggestions for how she might handle it.

Blended Families

A **blended family** is formed when a single parent marries another person, who may or may not have children. To a child, the parent's new spouse becomes a stepparent. To the couple, each child of the new spouse is a stepchild. If both spouses have children when they marry, these children become stepbrothers or sisters to each other.

Becoming a strong family unit can be a challenge for a blended family. Parents and children need time to adjust to one another. Everyone has to learn about and adapt to each other's habits, likes, and dislikes. Even topics such as how to celebrate holidays can cause conflict. Patience, tolerance for different opinions and habits, and a sense of humor can help families overcome the challenges they face.

Extended Families

An **extended family** is a family that includes a parent or parents, at least one child, and other relatives who live with them. For example, a grandparent may live with a nuclear family or an aunt may live with a single-parent family. Sometimes extended family is used to refer to family members who do not live with the family but still play important roles in the child's life.

Forming Traditions
Celebrations often turn into family traditions. *What traditions take place in your family?*



Traditions provide a sense of continuity, understanding, and appreciation that brings a family together. They are also opportunities for families to have fun times and establish good memories that will carry them through tough times. Traditions provide a family with time together to communicate, heal from a loss, adapt to new events, affirm family values, celebrate, and connect to the past.

Traditions will vary from family to family and from generation to generation. However, there are three types of traditions that families form:

- **Celebration Traditions** These are activities or events formed around special occasions, such as holidays and birthdays.

Expert Advice...

"The family is the corner stone of our society. More than any other force it shapes the attitude, the hopes, the ambitions, and the values of the child."

—Lyndon Baines Johnson, former U.S. president

- **Family Traditions** These include events and special activities created to fit a family's lifestyle, such as vacations or family meetings.
- **Partnered Family Interactions** These are actions that are centered on daily routines in life, such as dinner time and bedtime.

Traditions are the threads of life that create a sense of togetherness and appreciation in families. It is the little things done together that not only create strong family ties, but also memories to last a lifetime. Quinn enjoyed his families' weekly game nights so much as a child that he plans to build the same tradition with his family someday.

Share Values

Values are the beliefs held by an individual, family, community, or society. They include feelings about the importance of acceptable behavior in terms of honesty, respect, responsibility, friendliness, kindness, and tolerance. The values that parents pass on to their children are largely shaped by the values that were passed on to them as children, their own life experiences, and their religious beliefs. Society also helps shape a family's values. Society relies on values, such as honesty, to keep order and to function well.

In a strong family, everyone is committed to one another. Family members respect one another and see that each person is different. The family is built on a foundation of shared values. For example, when parents and other caregivers teach children the value of honesty, they foster that trait in their children. When a problem or conflict arises, their children have learned to be honest and that the family will not judge or criticize them. Their children then communicate more openly, and, as a family, they work together to solve the problem.

With a strong foundation of shared values, children feel more at ease. People who learn trust in the family tend to see the world as a safe place. They experience more success when they venture, or proceed, away from the family to meet new people, take on challenges, and become valuable members of society.

Handle Family Conflict

There is no way around it. Families argue. Sometimes they bicker over seemingly minor issues such as what show to watch or whose turn it is to take out the trash. Other times the conflicts are more serious. Many families have conflicts about money or curfews, for example.

Whether the issue is big or small, families need to know how to resolve their differences. Parents and children need to try to understand each other's viewpoints and feelings. Strong families figure out ways to approach and solve their problems together.

When families resolve their conflicts successfully, the whole family is stronger. Here are some tips for handling conflicts effectively:

- **Keep cool.** When people are angry, they say and do things they do not really mean. It is always a good idea to calm down before trying to resolve a conflict. This lets you use reason and empathy to solve the issue. Physical conflict, such as hitting, should never be a part of teen or adult relationships. If a discussion gets heated, it is wise to call a time out.

- **Be an active listener.** Even in the middle of a conflict it is important to listen carefully to each other's concerns without immediately judging them. Repeat back what you heard to help avoid confusion about feelings and attitudes. Often people are so concerned about what they will say next that they fail to really listen. Active listening encourages problem solving and better communication.

Interacting with Grandparents
Grandparents can help teach children family values. *What are some other benefits of having an involved grandparent?*



Learning Through PLAY

Families Playing Together

One of the many rewards of parenthood is being able to play again! Play is more than just a time for fun; it is also a great learning experience for children. Play teaches children about trust, honesty, cooperation, taking turns, following rules, counting, colors, and having fun. With so much to learn, children need lots of opportunities for play. Parents should set aside time for play and have a variety of toys and games available. Some ideas for engaging in family play include singing nursery rhymes together; using puppets, dolls, or action figures for pretend play; or doing

puzzles and playing games together. Activities should be appropriate for the child's age. What a parent and child play is not important. What matters is that families spend time together playing, learning, and enjoying each other.

Think About It Your family is traveling by car to visit relatives in a different city. Your 10-year-old brother is bored and beginning to annoy you. What activities can you suggest your family do to help entertain your brother?

Functions of the Family

Each day after hand practice, Marisa picks up her little brother from the after-care program at his school. When they arrive home, they share a snack. Then they read, do homework, or watch television together. While this may sound routine, Marisa's actions show the importance of family. Family members help meet each other's basic needs.

Meet Basic Needs

Everyone needs food, clothing, and shelter. Families need to make sure that these basic needs, as well as health and safety needs, are met. Family members care for one another when they are sick and teach children basic rules about safety.

Strong families meet emotional and social needs, too. Family members have the chance to love and be loved, to care and be cared for, to help others and receive help. Living in a family teaches sharing and teamwork.

Strong families meet their members' intellectual needs as well. The family is a child's first teacher. The family teaches concepts such as language, numbers, and colors. The family's expectations, support, and involvement in learning can affect success in school.

Prepare Children to Live in Society

Author Robert Fulghum wrote a book called *All I Really Need to Know I Learned in Kindergarten*. His point was that children learn the basic rules of life in kindergarten, such as "share everything," "play fair," and "don't hit people." Fulghum could have said the same thing about family. By learning how to live with others in the family, children are prepared to live with others in society.

Adults teach children what is important to people in their society. They pass on these values in three ways:

- **Through Example** When adults treat children and each other with respect, they show children how to behave.
- **Through Communication** Parents who explain to toddlers why hitting is wrong, or talk to teens about respecting others' individuality, are passing on values through communication.
- **Through Religious Training** In houses of worship, of any faith, children learn the principles of what is right and what is wrong as taught by people of that faith.

Each society has its own way of life revealed through its art and music, its cooking and clothing styles, and its views of work and play.

Families introduce children to their society's way of life. Society can include neighborhoods, cities, states, countries, or nations.

Adults teach children about the traditions of their society, such as holidays. Adults also explain and demonstrate acceptable behavior. What kind of language is appropriate? How should children speak to adults? These and similar questions are first answered in families.

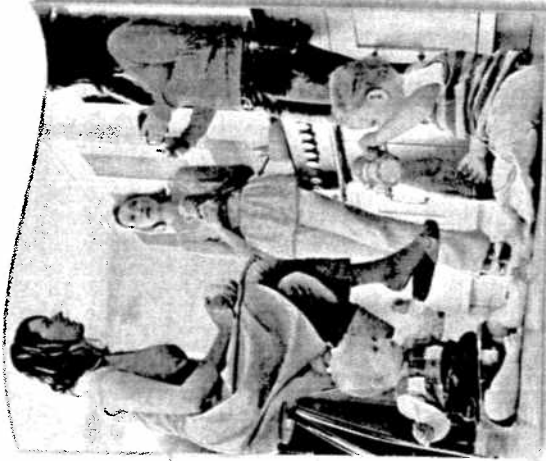
Provide Support

Family members support each other. However, with all the demands and stresses put on families, parents need to have a support system. This will help them get through rough spots and sometimes just everyday life. Talking to a friend, relative, or coworker can help. If these same people may be willing to watch the children so a parent can have a short break.

When stress causes health or relationship problems, it is helpful to consult a professional such as a family doctor, counselor, social worker, or religious advisor. Seeking additional sources of support can help a parent get through the more difficult times.

Form Traditions

Spending time together is the foundation to building a strong family. This includes doing special activities, such as a family vacation, as well as following everyday routines, such as eating dinner together. These activities and the ways that families do things are what become family traditions. A *tradition* is a custom that is followed over time. It can be simple or elaborate. Families that form many traditions form strong ties with each other. Friends will come and go through a lifetime, but your family is always there.



Seeking Help

It is important for parents to find help when they need it. Sometimes just having someone to listen to you or give another point of view helps a parent get through a difficult time. When might a parent seek help?

Reading Guide

Before You Read

Preview Write a list of what you want to know about qualities that contribute to a strong family, family structures, and trends that affect families.

Read to Learn

Key Concepts

- Summarize the qualities that contribute to building a strong family.
- Describe the different family structures.
- Discuss the trends affecting families.

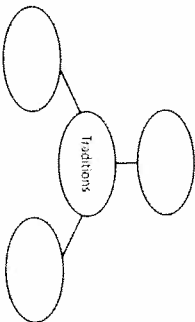
Main Idea

There are many different family structures. Family members must work together to overcome challenges and to build a strong foundation for the family.

Content Vocabulary

- ◇ nuclear family
- ◇ single-parent family
- ◇ custodial parent
- ◇ blended family
- ◇ extended family
- ◇ legal guardian
- ◇ foster child
- ◇ intergenerational

Graphic Organizer Go to this book's Online Learning Center at glencoe.com to print out this graphic organizer.



Academic Vocabulary

You will find these words in your reading and on your tests. Use the glossary to look up their definitions if necessary.

- vital
- venture

Graphic Organizer

As you read, list the three types of family traditions described in the text. Use a chart like the one shown to record your answers.

Qualities of Strong Families

Within every culture, there are families. A family can be different from group to group. In some cultures, family includes only parents and children. In others, aunts, uncles, grandmothers, and grandfathers are important parts of the family. Families are the foundation on which every human culture is built.

Families are not just a group of individuals who happen to be related. They are a group where all members can feel accepted and safe. In families, adults and children can learn and grow together. Families provide children with a sense of belonging, emotional support, nurturing, protection, and security. As families spend more time together, they form stronger bonds and traditions. Families also give children their first lessons in values and acceptable social behavior. These are lessons they will carry with them throughout their lives.

Developing family relationships is not an easy task. This is especially true when families are spread out. However, just living together under one roof does not guarantee smooth relationships. When individuals need to work together as a group, there are going to be differences of opinion, problems, and conflict. Each family member can help make a family stronger. Strong families can act as a buffer against many of life's problems.

Strong families have a variety of characteristics. Family members work together to provide for the needs of the family and prepare the children to live in our society. They spend time together, share responsibilities, and work together to resolve differences. They listen to each other with an open mind and allow each person to express opinions and share feelings. Families share goals and values and also show appreciation for each other. These are vital, or necessary, lessons for life.



Living in the Community
Many families participate in activities that help build strong communities. What family-friendly activities are available in your community?

Academic Standards

English Language Arts

NCTE 4 Use written language to communicate effectively.

Science

NSEF Develop understanding of science and technology in local, national, and global challenges.

NCTE National Council of Teachers of English

NCTM National Council of Mathematics

Social Studies

NCSS I A Culture Analyze and explain the ways groups, societies, and cultures address human needs and concerns.

NSES National Science Education Standards

NCSS National Council for the Social Studies