CHAPTER-I
INTRODUCTION

It would be difficult to over-estimate the effect of parental behaviour on children’s psychological growth and development. Home influences probably outweigh the effects of all other environmental impacts in determining the fundamental organisation of children’s behaviour. The foundation of children’s social attitudes and skills are obviously laid in the home. Affectional tendencies which are so important to psychological adjustment in adult life are depended on the nature of parent child relationship. Therefore, it is rightly said that – “THE HAND THAT ROCKS THE CRADLE RULES THE WORLD.”

Women are essentially perceived as wives, mothers and home-makers. They are expected to be the main source of nurturance and emotional support for their children. The early preparation for an assignment of the home maker role is deeply ingrained in the girl-child. Her primary role is to fulfill wifely and motherly duties and devote her priorities and energies to domestic obligation and responsibilities. She is expected to learn to manage a household and raise the family and do this well according to society’s standard, for good mothering. The years before a women becomes a mother are the crucial years when she prepares herself for the important role of motherhood. Her abilities - physical, mental, emotional, social and intellectual, determine the quality of life she holds for her children.
The ultimate existence of humanity undoubtedly rests upon the women. An important aspect of motherhood is to rear children in the best possible manner. At birth, a human baby is totally helpless. Without proper care and nourishment, a new born baby would probably perish.

Nothing can be important as our children. They are the future of our families and the world. They grow up by observing and interacting socially with others, first with their parents, other care-givers and members of their own family and later on with people outside the family circle. Notwithstanding therefore, the family is the child’s fundamental socializing group and natural environment for growing up.

Motherhood is an ancient and powerful magic which shapes the world. There is a exquisite, powerful and healing connection between every mother and her child.

Child Rearing Practice is very important and plays an important role in the most formative years of a child’s life. It is a process by which the child gains the knowledge and skill needed to function successfully in adult life.

Parental attitudes which are so important to psychological adjustment in adult life are dependent on the very process of how a child has been reared. The “Home” is probably the most influential factor of all the environmental impacts in determining the process of child-rearing. Further, it is a mother who plays a central role in the family as regards the nurturing of children.
1.1 Importance of Effective Parenting:

Parenthood can be best described as a deeply personal human experience. It is one of the greatest events of a lifetime, both physically and emotionally. The ability of both the mother and father to develop a successful relationship with the new born depends on a number of factors. These include the parents own personalities and temperaments, the response of the new born infants to the parents, the history of the interpersonal relationships the parents share with their own families.

All children are born with their own unique character. Raising children is a matter of intellect, immense experiences, love and sensitivity. An effective parent is not one who passively is “Superior” to the children, but one who guides them in the right direction. Parents, at certain times need to be a strict parent, at other times an inspiring or fun loving parent. So parenting is an opportunity to shape their life for the better. Because right from the moment of birth, their children’s little eyes watch them everytime and their brain notes down every action they do, to reproduce, modify or duplicate later.

As parents, they should never transmit their sense of inadequacies of their failures, to their children. They should inculcate in their children the belief that nothing is impossible and that everything can be achieved if they believe in their dreams. The most significant of the home environment is the warmth of relationship between parent and child. Affection, acceptance, encouragement and praise lay the foundation of such a relationship, which in turn lead to conscience development and foster respect for authority.

To parents is given the priceless privilege of giving guidance that will ensure that all the meanings are rich and fine, that all the understandings are true, that all the abilities
find their expression in useful loving actions. With such guidance, everyday of the child’s living can be a thing of joyous activity, of deep and abiding contentment.

The mother is the most significant person during the early formative years of a child’s life. From birth to 5 or 6 years a child is very much dependent on his/her mother. The attention a child receives during these years is irreplaceable. Young children usually think of their mother as a person who does things for them, who takes care of their hunger and thirst and who gives them affection and attention. If the child rearing practices are favourable when children are small, they are able to cope better as teenagers. It has been seen that the mother’s relationship with her child, especially during these years of life (birth to 6 years) is the most formative factor in the child’s development.

A mother can be effective in raising her children by talking a great deal to them. By making them feel that whatever they do is interesting and meaningful by providing access to many objects and diverse situation. Therefore, to a mother, the most precious gift in the world is a new born baby. She knows her baby better than anyone else. By watching, listening and having confidence to their natural ability, a mother will know, how to use the information she has in her hands, for the benefit of the baby in her arms. To, the little ones she is the centre of the universe, and by following her most basic instincts to touch, hold and talk to her body she provides the best start to a happy healthy life. A mother care and love through the medium of touch can develop a deep, loving bond that transcends all others.
1.2 **Impact of home on child rearing practices:**

Home provides children with feelings of security and stability that are essential to good personal as well as social adjustments. Studies of many mothers’ child rearing practices reveal that, treatment during infancy is significantly related to later treatment. Children who grow up in a home marked by fractional family relationship often develop personality maladjustments that persists into adult life.

Hence, child rearing practices has a great impact on children’s physical and emotional development. It plays an important role in the most formative years of a child’s life. On the other hand, poor child rearing practices is hazardous and affects not only the child alone but other family members as well.

1.3 **Child rearing practices: traditional versus modern child rearing practices:**

Child rearing is the process by which children are nurtured and taken care of in their all round development and growth. It is an integral and core factor in the process of socialization and shapping the personality of the child. The chief agency in the process of child rearing is the family since it has full and nearly exclusive access to the child during the early formative years of life. Maternal child rearing practices are significantly related to later growth and development. Therefore ‘Motherhood’ is one of the few universal roles assigned to women. Young children usually think of their mother as the person who does things for them, who cares for their hunger and thirst and who gives them affection and attention.
Child Rearing Practices differ from society to society, from country to country and from nation to nation. It depends in custom, tradition, methods, religion and also it depends on the family and their background.

India is extremely pre-naturalistic society and a desire to have a male child is greatly stressed and is considered by some to be a man’s highest duty, a religious necessity and a sense of emotional and familial gratification (Kakor 1981).

In Indian tradition, a male child is desired more than female who are raised to be more assertive, more tolerance, and are dominated by the family members (Kumar and Rohtag 1987). They are socialized from an early age to be self-sacrificing, docile, nurturing, religious and to value family above all (Kumar and Rohtgi 1987).

Child Rearing Practices in India tend to be permissive and children are not encouraged to be independent and self-sufficient. The family is to expect an environment within the context of the Hindu beliefs and practices.

The differences of traditional and modern Child Reading Practices are compared with the parameters taken for the study. In the present study thirteen parameters are taken. They are as follows:

1) Breast feeding:

In traditional practices, Breast feeding was the most important factor where the babies are given breast milk till the age of six years. This is because in a traditional Indian family, women are entrusted with the responsibility of looking after the home and caring for children. They are not engaged in any employment as it was against their
tradition. They also follow some beliefs and religious practices, that, while breast feeding the child, they cover the baby either with a sari (traditional dress of an Indian women) so that the child is not touched by an evil sight unless the child is one month old. The mother would stay in a separate room and breast feed the child whether it is a male or a female child. There is no fixed time for breast feeding and whenever the child demand it is given.

But in modern practices, it depends on the women whether she is a working or a non working women. For a working women, the child is given breast milk upto 3 or 4 months and after that, bottle feeding is given unless and until the mother returns from her work. In rural areas after the birth of the child, the women drop her job to breast feed the child if she belongs to a lower income group.

2) Burping :

Babies swallow wind while feeding and crying. Bottle fed babies are likely to swallow more air if hole in the teat is too small or big. If a baby is not properly burp after a feed, it might get stomach pain and may spit out some of the undigested milk.

This process is followed both in the traditional and modern practices, where in traditional practices they burp the child without knowing the scientific cause. They are taught by their elderly persons specially grand-parents who also in the same way followed their elderly ones.
3) Weaning:

Traditionally, this process starts after 2 years, as babies are given breast milk as the main food. However, in olden days, the mother feeds the baby with a spoon and a bowl or if the baby is 1½ to 2 years old, in a small glass.

But in modern age, weaning starts usually after six months and if it is a working mother then it starts from 3 to 4 months. Besides that, the baby is given different medicated cereal product like nestum, cerelac which contains all the nutritiants, but in traditional method, babies are give mashed potatoes, bread, home made cereals as they are believed to be nutritious, natural and pure.

4) Bottle Feeding:

Unless there is a very good reasons, no baby should be taken off the breast during the first six months. But bottle feeding is best until the baby is seven to eight months old.

In olden days, babies are fed with a spoon and a cup or bowl when the child is 1 to 2 years old. Bottle feeding was avoided as they traditionally believe that it might hamper his development from all angles. Moreover, there was no/ or few nuclear families and the child is grown up in a joint family where there are many members to look after the child in regards to feeding. Hardly few womens are employed in different work and they fully spent enough time with their child or children. So, they devote and toiled a lot to feed the baby with spoon and cup.
But in modern child rearing practices, bottle feeding is much accepted whether they are working or non-working mothers. This is due to the fact that it is very easy and time saving and comfortable for those mothers who are employed. They just have to trained the other family members as to how the baby should be bottle feed. Another important fact is that if the mother has to go out with the baby, she could carry the preparation of the child’s food in a bottle for 2 hours.

5) Massage:

It is a process where babies are exercised by applying oil in their bodies for proper blood circulation and makes them physically fit and helps in strong growth of bones.

In olden days, the babies are massaged at the initial stage, by a domestic nurse (locally known as Dhaima). They are given pure mustard oil, slightly warmed up, keep the baby between their legs and give them a massage, exercised their legs, arms, back, front, face, ears i.e. right from head to toe at least for 45 minutes to one hour. After taking a rest for 5 to 10 minutes they are given a spong bath if the baby is 1-2 months old and if the baby is above 2 months in a big tumbler. This process was very strong in traditional method.

In modern days, the massage is given to the child usually after two months by a nurse if available or by the mother if it is a nuclear family and by both the mother or elderly female members if it is a joint family. Unlike traditional method, the baby is massaged with Johnson’s baby oil or Olive oil or any other medicated massage oil,
though some apply mustard oil also. The baby is kept on the bed and massage is given for 10-20 minutes. After that, the baby is washed and cleaned. But if it is working mother though they continue the process but in between they discontinue due to working constraint.

6) Immunization and Vaccination:

It refers to the overall ability of a living body to fight against diseases. Immunization and vaccination is the process of killing pathogens (diseases causing organism e.g. amoeba) to generate the immune response/antibody of a child.

In olden days, parents are not at all aware of immunization and vaccination for the child as the child’s birth was natural, i.e. mothers give birth to the child at home with the help of expert domestic nurse (Dhai) along with few elderly women. There is a belief in old traditional method that, if the child gets sick or fever due to negligence of vaccination or immunization, they are taken to quacks (locally known as ‘Oija’. The child is given an armlet (Tabis) or a religious thread to cure the child and sometimes the mother had to worship God with flowers and fruits to cure the child or hang different religious threads around the bed of the child to avoid evil spirit. During those days no vaccination was given.

But in modern child rearing practices precautionary measure were taken as soon as the mother becomes pregnant and after the birth of the child the serial vaccinations are given like BCG-1, DPT, OPV, Measles, DT and T.T. Now parents are alert whether working, non-working, literate or illiterate to immunize the child at proper time.
Moreover, due to the advancement of Science and Technology, Mass media and free medicine supply, has made the parents alert to protect the child from all hazards.

7) **Care of Teeth:**

Teething starts usually from the 6th month, sometimes accompanied with fever.

In traditional child rearing practices, the mother never shows the baby’s face in a mirror. There is a belief that, a baby’s teeth never comes out if the reflection of the mirror falls on the baby. Besides that, it was found that some mothers give a long piece of sugarcane or a cucumber to the baby to chew for strong gums. Brushing of teeth was not done for fear of bleeding. Of course, some mothers just clean the teeth either with fingers or with a soft towel. At the age of 4 to 6 years, mostly the rural women brush the child’s teeth with neem stick (A herbal tree).

Regarding extractions of tooth a thread is tied on the edge of the teeth (specially in Assam (India) and are pulled gently to and fro until the teeth comes out.

But in modern age, the child is given a baby brush with medicated tooth paste to brush his/ her teeth at least twice a day. This process depends on the educated and uneducated women. For a highly educated mother dental check-up is done when needed. Tooth extracts are also done will the help of a dentist though maximum children’s extraction are done at home.
8) **Bathing:**

Bathing helps the child to maintain cleanliness, free from diseases like skin irritation and helps the baby to remain fresh without any foul smell.

Here in traditional child rearing practices, as soon as the child is born, the baby is cleaned with a soft cloth/ or given an oil bath to remove the white material left on the skin after birth. For some months, the baby is given sponge bath by the domestic nurse (locally known as Dhaima). Then after completing 2 months the baby takes a bath in a big silver tumbler sprinkled with flowers, Tulsi and neem leaves for the child’s long healthy life and to be free from evil elements.

Besides that, the water is allowed to warm in the sunshine, so that the child gets blessings from the Sun God which will make the child strong and healthy.

Where as in modern practices, as recommended by the doctors, a baby when cleaned after delivery could not be given sponge bath and the white materials left on the skin after birth should be left on, until, it disappears naturally. Sponge bath is given to the baby for at least two months and later the baby is given a warm bath either in a big plastic tumbler or baby bath tub (specially meant for the babies). Antiseptic like dettol in given one drop on the tumbler and the baby is carefully washed with medicated soap and oil. But gradually when the child get older he takes a bath with a bucket and a mug either inside or outside the house.
9) Sterilizing:

Sterilization means complete removal of all viable micro-organism. All the utensils that come into contact with the milk mixture after it has been boiled must be sterilized - boiled or steamed for fifteen minutes to destroy the germs.

Sterilization was not a strong process in olden days as people are not aware of its advantages, except milk which was boiled for the babies to kill the micro-organism. Babies are mostly breast feed by their mothers and when they are given solid food, the utensils of the babies are just washed with ashes, produced from fire-woods (believed to contain antiseptic ingredients) and plain water. These waters are mostly from wells, tube-wells and some uses pond water also. So, babies falls sick on and often which was again taken as superstition belief that either witches or goblins had cast spell on them. But in some families, the utensils are cleaned and washed properly in hot water.

But now-a-days, mothers sterilize the utensils, bottle, teats, spoon, bowl in water as recommended by doctors. Instead of ashes, they use detergent washing soap to clean the babies utensils and later sterilized the same. For some, they continue the process after each interval for feeding, others once in a day. It varies from families to families.

10) Toileting:

According to psychanalytic theory, methods of toilet training can have a long term consequences for later personality development. It is a part of learning process that begins in the first year and ends several years later. It is the foundation of life long
preferences for unsticky hands, clean cloths, a neat home which helps them to develop a sense of responsibility.

In traditional child rearing practices, toilet training method was not followed. It was very casual for the mother to hold the baby and produced a “Shoosing sound” whereby the baby urinate as a conditioned response. As the child grows older, they are allowed to urinate or excrete stool inside the house till the age of one year and after that the process is followed in open areas or place. Some mothers uses paper or banana leaves for stool excretion specially in rural areas. This is because the resistance may be due to the novelty of the situation and the conditioned fears among the children or becomes fearful when the toilet is flushed or if they lose their balance while on toilet. The baby was then washed with simple hands.

But gradually in modern ages, though the same above mentioned process is followed, specially among the rural women and to some extent by the urban women also, yet mostly the babies are given a potties either inside or outside the house to have a comfortable and fearless urination and stool excretion. Later they are gently washed and dried up either with cotton or a piece of soft cloths. Soap is hardly used for this process. At the age of 5 to 6 years they are given toilet training in the bathroom. This depends on how the mother trained up the child.

11) Solid food:

Proper nutrition in childhood can reinforce life-long eating habits that contribute to the children’s overall well being and help them to grow-up to their full potential and
a healthy life. Healthy solid food takes many forms and is understood differently in different countries and cultures. Healthy nutritions solid food should be an integral part of daily life that contributes to the psychological, mental and social well being of individuals. Therefore the child should have a balance diet that contains adequate amounts of nutrients in relation to bodily requirements.

There are customs and beliefs in olden days that babies should be breast-feed till one year. However, solid food was given after 6 to 9 months with home-made grounded rice (commonly known as Luthari in Assamese culture). Besides that, in Indian families the child is given boiled vermicilliian, ripe-mashed banana, papaya, boiled potatoes. But before starting solid food, a child has to follow a religious function known as “Annaprasanna” i.e. the first solid food given to a child from the maternal side. Gradually, the child is given boiled rice, dal, vegetables including ripe fruits which are easily digestible by the child.

However, in modern child rearing practices, though the same process is followed, the baby after entering six months are given medicated solid food like nestum, cerelac and other branded solid products. Gradually when the child grows up he/she is given a separate diet, grind in a mixy or boiled in the pressure cooker. Due to urbanization, children are mostly given those ready-made packet food whether juice or dried vegetable, easily available in the bazar, though it is sometimes acceptable and sometimes not for the children. This depends on the food habit practiced by the family. It sometimes causes harm to the baby leading to various diseases. So compared to the modern practices of giving solid food, traditional practices was much better.
12) Clothing:

Clothes should be selected according to the seasons. Pre-caution should be taken during the first six months of the child as to what type of clothes the baby should wear. Cotton clothes help in the observation of sweat. Woolen clothes help in preserving bodily heat.

Cleanliness of clothes is also as important as (bodily) cleanliness. Dirty clothes may produce bad adour and may develop many skin diseases in children.

When a child was born in olden days, he was first wrap up in a traditional towel (in Assamese known as *Anakata Gamosa* a religious piece of clothes) by the paternal family members and hand over the child to its mother believing that the child will be wrapped up by the blessing of God. Later the child is kept in *Katha* (home made handloom towels specially used in Assam) or for every change of nappis soft cotton old cloths already kept prepared by the family members before the birth of the child. Later as the child grows older, he or she was given home made nappies or small inner to wear. In winter days also, the baby is covered with *Aree Chadar* (a thin quilt produce at home in Assam) to keep the baby warm and comfortable. When the childs grows up he/she was given simple cotton clothes to wear.

But in modern practices, in same families, though they follow the traditional method but usually readymade clothes are used to wrap up the baby. As the child grows big, he is given readymade garments either made of cotton or synthetic (specially used by the rural people) to wear. Again clothing depends on what type of family the child is being reared. Those women who are well aware of the types of clothes does not face any problems. They usually select soft cotton clothes to wear for the baby.
13) Cleanliness of the home surrounding:

A new maxim which states that “Cleanliness is next to Godliness”. A clean home environment makes the child safe and free from any diseases. So, the surrounding environment whether inside or outside the home should be hygienic.

Cleanliness was followed in traditional child rearing practices where the baby and the mother was kept in a separate room and the room was mopped with cow dung, and mud, if it is a thatched house, lit fire to remove the virus (as believed traditionally) and sandals were kept outside the room. The campus of the house were broomed and mopped with cow-dung and mud as an antiseptic method. An earthen lamp was lit to attract insects, and outside the campus, fire wood are lit to produce smoke to remove mosquitoes and other poisonous insects. But in some families, the outside campus are not kept in a hygienic condition, specially people having domestic animals. But, the drainage system was far away from the houses which keeps the environment safe and sound. Besides, but in olden days as people are very religious and orthodox, they usually keeps the surroundings healthy and clean for the protection of their children.

Cleanliness is highly followed in modern child rearing practices as people are aware of health and hygienic. They broomed and mopped the house with medicated antiseptic liquid like dettol, phenol and bleaching powder. In some houses, where drainage system is not well organized, they take precautionary measures to keep the inside environment clean by spraying anti-septic liquid before the child enters the room. In some houses, windows are fitted with nets to prevent entering mosquitoes and insects. Families who keeps domestic and pet animals are also aware to keep them neat and clean.
From the above parameters we can see that, as time changes the child rearing practices also changes except some universal traditional practices which are still followed in Indian society as they stick to religious and cultural beliefs and practices.

1.4 Need of an Impact Assessment of Child Rearing Practices on the physical development of the children:

Children are more than the objects of their parent’s attention and love; they are also a biological and social necessity. The human species perpetuates itself through children, families maintain their linkage through children and individual pass on their genetic and social heritage through children. The ultimate value of children is the continuity of humanity (Arnold et. al 1975).

Therefore to produce a healthy child, the impact of physical development is very important because it influences children’s behaviour both directly and indirectly. Directly physical development determines what children can do. For e.g. if a child is well develop, he can adjust with his peer groups in playing, running, jumping, games and sports. Indirectly physical development influences attitudes towards self and others.

Here in this study, the investigator tried to focus on some aspects of physical development which had its impact on child rearing practices.
1) **Body size**:

The body size is controlled by both heredity and environment. Environmental control of body size comes from conditions in both pre-natal and post-natal environment (Pg. 59 G. Goswamee).

Body size is measured in terms of weight and height. Generally after birth till 4 months, the weight of the baby per day should increase to 30 grams from 5-8 months and 20 grams per day 9-10 months. Again from 1 to 2 years 3 kg. per day and 3 to 12 years 2 kg per day.

In case of height the neonate measures between 17-21 inches, at 4 months the baby measures 23-24 inches, at 8 months 26-28 inches at 1 year 28 to 30 inches. At 2 years the child is 32-34 inches tall and by 6 years, birth height has doubled, then there is a slow gain, of approximately 3 inches annually, until the onset of the puberty. The conditions influencing body size are as follows:

A) Family influences are both on heredity and environment. At every age, environment has a greater influence on weight than on height.

B) Nutrition: Well nourished children are taller than under nourished ones.

Besides that emotional disturbances ethnic backgrounds, differences of sexes are also some factors of height fluctuation. Children of high intelligence tend to be slightly taller and heavier than low intelligence. Besides that, children who possesses good health and who suffers frequent and minor illness tend to be larger than children who are sickly. Another impact of physical development is **play**. Active play is essential for children to develop their muscles and exercises all parts of their body. It also acts as an
outlet of surplus energy. Children basically from 6 months onwards tends to play through different body movement. For example holding objects, stretching both hands and body to get the object. As the child grows up, they play active games like running, jumping, climbing. These activities helps them in gaining weight, height and muscles.

Individual differences are seen in children in their way of walking. The difference also depends on their health. Running, jumping, leaping and riding may be regarded as different forms of walking. At the age of five, a child can play various games of running.

Jumping is another aspect of physical development. Gutteridge in his experiment noticed that 42 per cent children at the age of three years and 81% at the age of five could jump well.

In climbing stairs, Gutteridge in his study found that, at the age of 3 years, children learn to ascend. He noticed that two, three and six years of age boys are more skillful in walking than girls, but in the fourth and fifth years both have equal ability.

Again in his experiment Gutteridge noticed that 17% children at the age of two years and 63% at three years and 100% at the age of four years are able to ride a bicycle.

Elimination is also one aspect of physical development. If it is more regular and systematic in this process, higher the physical development takes place. If the child eats and drinks well, his elimination process will be clear. He does not fall sick and thereby can adjust in any situation.

For good physical development, sleep of the baby is also significant. Sleeping helps the baby to digest properly and keep him fresh and healthy to take his next
food. It also helps in elimination also. After birth, the infant sleeps virtually all the time, waking only to eat. But gradually it decreases at the age five to six years. This is because the child does not want to be left out of any activities by going to sleep early. Sometimes reluctance to go to sleep is accompanied by emotional responses reflecting fear on the part of the child. Loud noise, sudden sounds and unfamiliar light hampers them. Thus when the child is disturb, his eating habits changes thus leads to poor physical development.

1.5 Need of impact assessment of child rearing practices on the Emotional Development of the child:

(Mizan- al-Hikmat) Voll. No. pg. 712 stated that “Heaven is under the feet of mothers”. This is because a child in the womb from 6 to 9 months extracts his/her physical, mental, emotional and spiritual need from the body of the mother. In fact, a child is the product of her/his mother and a reflection of all her qualities. French quotation from the Frech Emperor Napoleon was asked, “Which was the most valuable nation?”. In his opinion he said: “The one with the most mothers”. Therefore a mother should honour her motherhood to raise her children so that they do not develop any spiritual and emotional deficiencies.

Emotion, play an important role in children’s lives and they have a great influence on their personal and social adjustment.

The ability to respond emotionally is present in the new born infant. Babies display an increasing repertoire of emotional responses. By about two years, infants display emotional behaviour.
In the present study, five emotional responses are taken for the need of impact assessment of child rearing practices on the emotional development of the child. They are Love, Fear, Anger, Jealously and Joy though there are other emotional responses like disgust, elation, affection, hatred, aggressive and cranky, anxiety, worry and annoyance. This mass excitement is the first expression of emotion.

Infancy and childhood are the most formative periods of life and strong emotional experiences are likely to have lasting effects on habits and attitudes on children.

So, child rearing practices should be strong and healthy so that the impact of emotional development does not hinder the child. A good home environment in general and a good mother in particular will react to children’s emotion. Today, while it is conceded that there may be genetic differences in emotionality, evidence points to environmental conditions as largely responsible for differences in emotionality. Differences in emotionality of new born infants have been attributed, in part, to differences in emotional stress experienced by the mothers during pregnancy.

So, to raise wise, strong, polite and good children, a mother must be pure with a healthy mind and humane ethics. Every child is born with the potential for emotional development. It covers conditions of positive character like eager, zestful and jubilant and negative character like disturbed and distressed.

All emotions play an important role in the life of a child which contributes to the social and personal adjustment of the individual. By the end of the first year the baby develops fear, anger, jealously, envy, curiosity, joy and affection. The negative reactions predominant in the second half of the first year of life. The positive reactions are highest at the age of 3 and from 3 to 6 years both the positive and negative character reflect
according to how they are reared. Besides that, home environment and good influences of family members also had an impact on the emotional development of the children.

In the present study the five important emotions are taken. They are -

1. Love and Affection:

   It is an emotional reaction expressed towards person, an animal or a thing. The relationship between the child and his parents, conditions the intensity of love. The infant has a greater love and affection for his mother than for his father because she spends most of her time with the child and mother expresses her love by uttering or murmuring soft words to the child and patting the face or the body while breast feeding. In traditional practices, as the child is basically reared in a joint family, gets love and affection from all the family members, specially by the grand-parents who holds the child in high esteem. The child is thus emotionally satisfied if he is loved by people. If the parents show their love to a child by making him feel valuable such love has a great impact on his mental and emotional development.

   A 5-6 months old child shows his feeling of love and affection by waving his arms, smiling and later by reaching for the loved ones. So, mothers should be very careful and alert in attending the child’s emotional behaviour and to create a homely environment.

   By the end of three years they show their feeling by kissing, patting and hugging specially to those person whom they loved most besides the mother. On the other hand, the same emotion should be return back to the child, so that the child does not feel neglected.
In some families parents and other family members sometimes get irritated and react to the child either by pushing back, turning big eyes to them or scolds them. These produce a negative emotional impact on the child.

2. Fear:

Fear is also an instinct among the living beings. It is a defensive fight from any circumstances which threaten a person’s well being e.g. sudden noise, strange objects, unfamiliar situation or persons can be a source of fear for the child.

The fear of unfamiliar objects or loud noise are very common in the first two years. Children of 6 years show fear of the supernatural like ghosts, witches and elements like thunder, rain, wind and fire. The mother who is afraid of dogs, thunder, lighting, displays more of her anxiety to the child who later develops the emotions.

Fear emotion have got both positive and negative impact on the child. Positive implies that children are forced to accept sleeping and eating habits when parents or elderly person makes various sounds of animals and objects. Till 6 years fear emotions on supernatural elements makes them disciplined and help them to develop good habits.

On the other hand if fear emotions are negative they might hesitate to do anything like sleeping or eating alone. If these emotions are high they might develop phobia and thus parents might face different harassment. So, the mother or any household member, should give them encouragement when they are extremely fearful and should be practical
to explain at the same time.

In traditional child rearing practices the baby’s room was lit up by a lamp to remove the fear of darkness as well as from evil eyes, so that a child never get a shock from darkness. However, children who are frequently ill seems to exhibit more fears than healthy children.

3. Anger:

Anger is a response to a threatening circumstances. It is an impulse to move against from the source of the disturbance.

This emotional impact is different to every child. During the first few months the child shows his anger at his inability to make himself understood through his babbling sounds.

At the age of 2(two) when a child’s physical habits are getting established, the interruption of play, arouses anger. The second year is the age when the child is rough with his friends, siblings, animals and toys and show anger by throwing himself on the floor. The may hit or bite other children.

At 3-4 years he expresses his anger through the means of language. At 4-6 years, as his relation with other people increases, he express his anger by hurting the feelings rather than physically.

To deal with these children, adults should be tolerant in handling with the situation. Too much strictness may lead to repression by the child resulting, in accumulation of
emotional tension and conflict. Therefore, specially mother should shower love and affection to the child, making them understand the situation and alternatively praising them in their activities. So, the child’s anger is controlled in a small, well regulated families but it is difficult to control anger if he is living in a large, over-demanding and emotional instable family.

4. Jealousy:

Jealousy occurs mostly in combination with anger, feelings of inferiority, self-pity and grief specially sibling rivalry. Jealousy may be direct like kicking, hitting or scratching or indirect by sucking their thumbs, bed wetting or may revert to infanitile habits such as demand to be feed and dressed when actually he is able to do so.

Jealousy of the baby is strongest at the age of five because he is much more dependent on his parents and has fewer interest outside the family circle whereas a child of six has drawn away a little from his parents and is building a position for himself among his friends.

So, to have a balanced emotional impact, the mother should give equal emphasis to both the child if they are siblings or act in a such way to the only child that he is loved most. The first offer should be given to him whether food, toys, dress and the like. In case of siblings which is most common, the elder one feels neglected, jealous on arrival of the second issue as besides mother, other members of the family give emphasis on the child. Therefore, care-takers should be alert enough to listen to both the child to encourage and praise both of them simultaneously otherwise the neglected child will have an imbalance emotional development.
5. Joy and Pleasure (happiness) :

Joy is the emotion to express delight or happiness. It varies on different situations. (According to some children by gifts, games, new place and things for others when stay with companion or other members of the family).

Joyful emotions are accompanied by smiling and laughing. At the very young stages, children express emotion by jumping up and down, clapping their hands, rolling on the floor, hugging. Many pleasant emotions appear from physical well-being like cooling, babbling, standing, walking.

From 3-6 years, they express joy while playing either with their toys or with their friends both inside and outside their houses.

So, parents should allow the child to be happy and joy because it helps him to adjust socially and personally and physically it gives him a pleasant look. It helps the child to develop a favourable self-concept based on reasonable self-satisfaction. If a child is reared in a joyful atmosphere, emotions like fear, anger, jealously, hatred, aggressiveness and cranky reduces and thereby can adjust very well in the family, school and the playground because joy act as a magnet to attract good habits, manners, behaviour, personality and character development. Moreover it shows the mental well-being of a child.
1.6 Different parameters of Child Rearing Practices:

The moment a woman learns she is to become a mother is one of the happiest in her life. Child-bearing is women’s priceless privilege. When a woman conceives and bears a child she is truly fulfilling the role of which she is born.

An important aspect of motherhood is to rear children in the best possible manner. So child rearing practice is very important and plays an important role in the most formative years of a child’s life. It is a process by which the child gains the knowledge and skill needed to function successfully in adult-life.

The child’s physical, emotional, social, mental, moral development depends on how they are reared specially by their mothers. There are different parameters in child rearing practices and the most essential are as follows:

Breast feeding:

The baby needs the right nutrition to grow into a healthy, contended child and eventually a healthy adult. So, the first important nutrition is breast feeding because babies are protected against a number of infections and allergies. The more the baby sucks, the better will be the flow of milk. During the first few days, the baby should suck five minutes on each breast during the first few days and by the end of the first month it increases to thirty minutes. Breast feeding seems to work better if the mother use both the breasts at each feeding. Breast milk has been termed the “ultimate health food” (Olds & Elger 1973) because it offers so many benefits to babies. Breast fed children are protected in varying degrees against diarrhea, allergy, colds, bronchitis.
They are likely to have healthy teeth and less likely to be obese.

Since vigorous sucking is essential for the ample production of milk, a baby’s personality and behaviour can affect the nursing relationship (Newton & Newton 1967). The mother’s physical and emotional attitudes also matter. Although a poorly nourished women can nurse for the first few months, the better nourished she is, the longer she will be able to breast feed (Kon & Coule 1961).

Mothers with favourable attitudes toward breast feeding give more milk and are more successful than mothers with negative attitudes (Newton 1955). All drugs-medicines, tobacco, alcohol and so forth - go through the milk to reach the baby. Although some have little or no effect, others should not be taken by nursing mothers (Catz 1972, Arena 1970). Breast feeding should continue till 4 years though the frequency reduces after $2\frac{1}{2}$ to 3 years. The baby should be breast feed as often as he demands. If the baby sleeps continuously for 3 hours with breast milk, the mother should wake up the child to feed him. Atleast for one and a $\frac{1}{2}$ year the baby should take mother’s milk 8-10 times in a day. The quantity of mother’s milk increases with the breast feeding of the child.

Therefore, for both the baby and the mother breast-feeding gives a special closeness. The baby feels the security of warmth and close cudding and the mother realises the fulfillment of her maternal instincts.
Weaning:

Weaning means that the mother stops giving her baby her breast milk. Partial weaning means that the baby gets part of his nourishment from his mother’s milk and part in the form of other foods, such as cow’s milk mixture, cereals and vegetables. Complete weaning means that the baby gets none of his mother’s milk.

Usually weaning is started when the baby is four to six months old (According to medical science weaning should start after 9-10 months old). At this time, as a rule, a cereal feeding is given an addition to the breast milk. The baby should not be weaked when he is suck, just getting over an illness or when the baby is 9(nine) months old, in addition to his other foods, the bread-fed baby is usually being nursed at 6 am, 10 am, 6 pm and in some cases 10 pm. To take the baby off the breast completely at this time, the first step is usually to give a cow’s milk mixture instead of the breast at 10 am, after the cereal. The milk mixture usually consists of four ounces of boiled cow’s milk, two ounces of water and half a level of tea spoonful of sugar, it is boiled for 3 minutes. Whenever possible, weaning should be done gradually.

Burping:

When baby had a bottle / breast feed, they need to expel the air they had digested. These air gets trapped in their tummies and makes baby very sick and upset. When baby swallow these gases, they need to get out that’s where burping comes in. This is the extra gas which is forced out of the stomach which contains nitrogen and oxygen.
In this process, the mother should place the baby over the shoulder and pat or stroke gently on their back until they burp. It’s just how much air they have manage to swallow not an indicator of how much milk went in. Before the mother starts to prepare the feed, she should wash and sterilize all the bottles and the utensils in the following way:

- The bottle caps, teats and any other utensils should be put into a large saucepan with enough water to cover everything on the store to boil.
- When the water has been boiled for 15 minutes the utensils are ready for the next feed.
- The sterilized articles should not come in contact with anything that has not been sterilized.
- Two small wide-mouthed covered jars, one for clean teats, bottle and utensils and the other for used ones should be used.
- The cover should be of glass or of a metal that does not rust.
- The process should continue after each interval for feeding.

Medicine and Vaccination:

Child care is perhaps the most important task any parent ever undertake. For that they need the doctor’s help in planning for the health of their baby. It is desirable that the doctor, who will be the mother’s main guide in caring for her baby, be one who is trained in the care of children.
Therefore, parents should be careful and alert in giving all the vaccination to the baby. Vaccination is the process of killing pathogens (diseases causing organism e.g. amoeba) to generate the immune response against the particular organisation. After the birth of the baby, a chart is given to follow the vaccination. They are as follows.

### IMMUNIZATION TIME-TABLE

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. B.C.G. (give protection against dangerous forms of TB)</td>
<td>Birth – 2 weeks Birth 6, 10, 14 weeks, 9 months, 15-18 months, 5 years</td>
</tr>
<tr>
<td>2. OPV (Oral Polio Vaccine protects against polio)</td>
<td>Birth 6 weeks, 6-9 months 10 years</td>
</tr>
<tr>
<td>3. HB (Hepatitis B Vaccine to protect against chronic liver diseases)</td>
<td>Birth 6 weeks, 6-9 months 10 years</td>
</tr>
<tr>
<td>4. DPT (protects against tetanus, diptheria) (Most practitioners give DT (Diptheria and tetanus) at 5 years.</td>
<td>14 weeks, 15-18 months, 5 years</td>
</tr>
<tr>
<td>5. Measles</td>
<td>9 months plus</td>
</tr>
<tr>
<td>6. MMR (Measles, Mumps and Rubella (Dogs)</td>
<td>15-18 months</td>
</tr>
<tr>
<td>7. T.T. (Tetanus toxoid against tetanus)</td>
<td>10-16 years</td>
</tr>
</tbody>
</table>
But it is found that people living in remote and rural areas who are very orthodox believes in local quacks and thereby give them medical treatment through amulet given for different fever and diseases though some are herbal. This is because they are religiously biased and think that due to evil eyes of ghost the child is being attacked by these dangerous diseases or the Almighty is not pleased with them. But in the age of science and technology people are aware of immunization, medicines and vaccination though the traditional practices continues in some parts of the state.

Sterilization:

Sterilization means complete removal of or destruction of all viable micro-organism. All the utensils that come into contact with the milk mixture after it has been boiled must be sterilized– boiled or steamed for five minutes; those used before the mixture is boiled need only be washed thoroughly with hot water and soap.

After a feeding the nursing bottle and his mother may find it helpful to waken him for regular feedings during the day.

Bathing:

Bathing helps the child to maintain cleanliness, free from diseases like skin irritation and helps the baby to remain fresh without any foul smell.

Atleast 12(twelve) hours after the baby is born, and sometimes before the end of
the first day, most babies are given the first bath an oil bath, which is to remove the white material left on the skin after birth. But some doctors however, recommend that this material should be left on until it disappears naturally. In this case, it is usual to wipe the material from the baby’s face and skin with a little cotton wool dipped in oil and not to give the complete bath until the baby is one or two weeks old. But some mothers, however, prefer to keep on giving sponge baths for some months.

The water for the baby’s bath should be luke warm (about 100°F) and mother should feel the water with there elbow to see own warm it is. If it feels neither hot nor cold, it will be right for the baby. Bathing should be made pleasurable to the child; but sometimes a baby dislikes it. Sometimes bath frightened a baby. This is because water some times might be too cold or too hot. If this is so, the baby should be given a sponge bath for a few days, each day bringing him closer to the bath, and using more water over his body. In a short time, the baby will go into bath willingly.

Teeth Care :

Originally, the firth temporarily tooth cuts through the baby’s gum between the sixth and eight months, but the time of eruption depends upon health, heredity, nutrition before and after birth, race, sex and other factors. By 9 months, the average baby has three teeth. Between 2 and 2½ years of age, most young children have all 20 of their baby teeth. On the average, the child at 6 years of age has 1 or 2 permanent teeth.

But some people fail to realize that teeth are likely to have a long lasting impact on
children’s behaviour and on their self-concept.¹

Therefore, brushing of teeth should be taught to the child as early as possible. He should be taught to clean his teeth regularly in the morning and after every meal to avoid any dental problem. So, we must encourage the child to wash his mouth to avoid holes or cavities which helps bacterial growth leading to further production of lactic acid and enlargement of cavities from further destruction of teeth. Child’s dental care is very much essential, but it has been observed mostly among the illiterate section residing in both urban and rural areas, that babies are allowed to brush their teeth after six years and that too with their fingers or else by their mothers or any one from the family members. In some remote areas, the traditional practices of brushing their teeth with herbal stick like (neem stick from neem trees) which if not properly used helps to swollen their gums or either with charcoal produced from fire wood. But among the literate section the mother’s are aware of healthy teeth and make the child brush twice a day with soft baby brush and medicated tooth paste. They are also careful enough for the child to have proper teething, to make the child a normal appearance of their face.

Toileting:

Babies pass urine very frequently in infancy. This is because the kidneys of the young child are unable to concentrate urine well. By the time the child is a year old he will pass urine only about 4 to 8 times a day. The frequencies of urination decreases as the child grows older.
Toilet training should start when the baby is about one year old. The child should be taken to the toilet or put in the ‘potty’ every three or four hours to help him get used to the idea of going to the toilet or using a ‘potty’. Later as the grows, he will indicate to pass urine or stools. It is usual and normal for a child to have bowel movement once a day. So, a regular time for this should be fixed.

In traditional child rearing practices, toilet and elimination of the child was a conditioned response by a particular sound uttered by the mother or an elderly person where by the baby passes urine or elimination on hearing it. Usually the child was used to toilet or eliminating training outside the house campus on bare land and basically the stool is removed with a spade and thrown outside. Toilet training was given in anywhere and any place and wiped out with a home made mopper. But gradually when parents came to know the hygienic condition of urine and elimination, they use diaper for the child though few still follows the old traditional practices. But it varies from families to families.

Massage:

It is a process where babies are exercised by applying oil in their babies for proper blood circulation and makes them physically fit and helps in strong growth of bones. It prevents the child from common diseases like cold, cough and fever. In traditional method, massage is given to the child after 1 1/2 months with pure mustard oil. The child is massaged for 15 to 20 minutes either by the mother or elderly persons mostly by the grand mothers. The process starts by putting oil all over the baby and a
little bit on the head. While massing, the legs and the hands are crossed slowly and gently. The fingers and toes are just pulled in a slow process. Later the baby is turned upside down, held in between the legs and massage the back and ribs. Some oils at the tip of the fingers are inserted on the ear and nose to prevent the baby from cough, cold and fever as believed. But in present trends, mothers are very much alert in giving massage to the child without getting advice from the doctors. New medicated oil like Olive oil, Johnson’s baby oil, Dabor oil are usually used for a massage. They are perfumed and contain a chemical that prevents rancidity. They are more expensive than plain oil and are mixtures of mineral and vegetable oil. After the massage the baby takes bath, cleaned and wipe off any oil remaining on the baby’s skin. All the parts of the baby should be well cleaned. When the bath is finished, the baby should be dried with a warm cloth or towel, little oil should be patted and then dress him up. Besides that, baby powder can also be used, but the excess powder should be wiped off in the folds of the skin.

Weaning:

Whenever possible weaning should be done gradually before he is nine months old. If the baby must be completing taken off the breast before he is nine months old, he is given at first, a milk mixture (of cows) made of equal parts of medicated milk and water in place of the breast milk. This is called Gradual weaning. The milk should contain two tea spoonfuls of cane sugar and should be given from a bottle or cup to
replace one of the breast feedings. In a few days a feeding of this milk mixture is given in place of breast feeding and so on until, in about ten days or two weeks, the baby is no longer getting any breast milk. After the baby is no longer feeds on breast milk, the cow’s milk mixture should be strengthened. If the baby is getting both breast milk and cow’s milk and for some reasons must be taken off the breast, enough milk mixture must be added to take the place of the breast feeding.

But in sudden weaning when the mother has a severe illness, and unless ordered by a doctor weaning should be stopped. Therefore, if the baby must be weaned in one day, the milk mixture should contain equal parts of water and milk with one tea spoonful of cane sugar that is the mixture should be proportionate. The feeding usually contains about two ounces more than the baby’s age in months, but not more than a total of eight ounces.

Clealiness :

The child’s physical, moral, emotional mental well being depends on health which enables a child to face any crisis in life with the outmost facility and grace. Health is seen as the consequence and the violence of a successful adoption in the conditions of existence, while physical and emotional disease is seen as a failure in adoption.

One of the important factor of health is cleanliness specially the physical environment where the child lives. The environment should be favourable to his welfare. One of the most critical problems is the pollution of the environment which affects the child’s health.
The baby should be protected by having a clean and healthy surroundings, free from any open drainage, garbages which could spread diseases like cholera, typhoid, malaria. The drinking water (if tube well or well) should be far away from drainage system. The surroundings should be sprinkled with bleaching powder, dettol, phenyl and the garbages should be far away from the house. Public health departments should controlled diseases like eradications of mosquitoes by spraying medicines. Water, both for drinking, washing and bathing should be prevented with bleaching powder, chlorine or potash. In traditional practices, the surroundings are kept clean by burning the garbage outside the campus and sprinkling of cowdung mixed with water as antiseptic or inside the house with Tulsi and Neem water. In the evening smokes, are spread in a bowl with the help of dry coconut skin and dhuna (a substance produce from the gums of Dhuna tree which is naturally perfumed) to eradicate mosquitoes, flies and small insects, making the environment holy and clean.

Cleanliness also depends on sterilizing the utensils, washing the babies clothes with soap, surf and dettol and make them dry well, changing babies clothes, along with bed sheets, pillow covers, blankets everyday. Any food whether solid or liquid should be clean and hygienic and should be given after appropriate boiling.

Besides that babies food, utensils, cloths should be covered properly to prevent him from diseases and fever.
Solid Food:

Solid food is a major step towards eventual independence. Being fed solid food is a whole new kind of experiences for the baby. Usually, the solid food starts with a religious functions known as “Annaprasanna” in Indian culture. Baby takes his first tiny tea spoonful of *kheer* (prepared with rice, milk and sugar) or *khichdi* (prepared with boiled rice, gram and vegetable, salt). Solid food is given after six months along with breast milk. Appetising meal can be made by blending different kinds of food to suit the baby’s plate.

When baby starts his adventure with solids it should not be introduced with many flavours at once. He should be given a small amount of rice, semolina, cereals and fruit. The food should be soft and mashed and should introduced new food at a time. A common starter is a single grain cereal, usually rice and in Assam known as *Luthuree* purely prepared at home. Specially, these solid food should be given which are easily digested and babies seem to like them. Too much of salt and sugar should be avoided because salt may cause dehydration, while sugar encourages ‘Sweet tooth’. But if the child refuses a solid food, he should not be forced to take it. Instead, mother should try different cereal. Besides that the food should not be too watery or sticky neither too hot or cold. After six months the baby should be given home made foods. Next the babies should be given food which he can hold or chew which helps him to develop healthy gums and teeth. Babies should not be given baby nuts, melon, corn potato chips or chocolate. There may be a change in his bowl movements due to variation in his feeding patterns. Gradually, when the child’s age increases, he can be given normal food along with the elders avoiding spicy food.
Clothing:

Among the need basic needs of human being clothing is also one of the significant factor specially in case of small child or children at the tender age of 0-6 years.

A new born childs cloth should always be soft, loose, without any buttons expect ribbons to tie the knot. Traditionally a new born child is wrapped with old soft cloths either from sari’s (Indian dress for women) or dhoti (Indian dress for man. These cloths should be washed and rinsed thoroughly with dettol or with soft detergent, so that the baby do not get any rashes. The home-made nappies should be changed after each urination and elimination.

In winter days, the babies till the age of one year should be given soft woolen cloths which helps in preserving bodily heat. As far as possible terrylene and nylon cloths though more durable and easily washable should be avoided as they catch fire easily. As the child grows, he should be allowed to wear cloths according to his convenience. Too many cloths should not be hanged to the child. He might feel uncomfortable. In winter days a home made woolen blanket should be given, the length and breadth should be big enough to tucked, in the inner cloths should not have an electric or zipper. When the baby starts walking he should be provided shoes and cotton socks and the shoe laces should be short. The shoes should not be a slippery one.

For small babies disposable diapers are used, but mothers should be caution enough to check the diapers if the baby urinates and might suffer from napkin rashes.
There are some basic rules for washing the cloths of the babies. The cloths should be kept for 5 minutes in boiling water mixed with detergent. It helps to kill the germs and also remove stains. After that it should be washed properly and rinsed. Later in the last wash antiseptic liquid should be mixed and should let it dry in the sunshine which again helps to kill germs. As far as possible babies cloths should not be dried at night. If the babies cloths are cleaned and hygienic, it prevents the baby from skin diseases and foul smell.

1.7 Need and Importance of child rearing practices:

Birth of a child is a unique phenomenon, bringing a new life into human society. The formative, growing and developing phase requires utmost care on the part of parents in general and mother in particular. Since birth, child remains more in the affectionating custody of mother for nutritional as well as emotional feeding. Therefore, mother must be aware of sound Child Rearing Practice.

There is a need and importance to study Child Rearing Practice because to produce a healthy child physically mentally, emotionally, socially and spiritually, parents should know the different practices like feeding, bathing, dressing, immunizing, social and interpersonal relationship which later makes him/her a perfect adult.

According to De Mause’s in his thesis “From horror to hope the evolution of Child Rearing Practice” Dec 11, 2006 speaks on the history of Child Rearing Practice where we see the lower level of child care, how they are killed, abandoned. He examined 800 historical events and yield some findings.
Following of traditional norms perpetrated by our forefathers.

Small children were thrown on rivers or exposed to die on roadside basically girl child.

In the 14th century, children are sacrificed to God.

In the European societies children are sold in the market being a burden to their families.

Child are used as servants and so on.

But as conducted by the investigator that today's parents put emphasis on the need and importance of Child Rearing Practice because our civilization is working hard to improve the quality of a child's life.

The need and importance of Child Rearing Practice is very much significant in the present day context as great emphasis has been laid on the all-round development of the child to produce an effective citizen of a nation. A country or a nation feels proud if they can evolve good academicians, technocrats, civilians, leaders and above all a holy, healthy and a happy individual because the destiny of a nation depends on a child.

The first need is a home because home influences probably outweigh the effects of all other environmental impacts in determining the fundamental organization of children's behaviour. It is at home where proper rearing is done specially by the mother. The importance of Child Rearing Practice also depends on different practices adopted by a mother; a mother who is alert, active and educated because a child's behaviour, habits, character personality, intelligence, physical and mental development along with...
social, emotional and intelligence depends on the rearing practices adopted by the family in general and the mother in particular. It is a process by which the child gains the knowledge and skill needed to function successfully in adult life.

In ancient days the need and significance of Child Rearing Practice was not held in high esteem. There was less or no competition among children in case of intelligent or economic development and people are less aware of the developmental of the child’s physical, mental, social and emotional growth. Besides beliefs, superstitions religious dogmas hampers the proper Child Rearing Practice. There was gender biasness where the male child is given importance than the female child specially in a country like India. A male child’s plate is always heavier than the female child which hampers the physical development of the later.

Besides that other practices like toilet training, medication, immunization, sterilization, health and hygiene were neglected. In most societies women not only bear and rare children but also are primary care takers of infants and other house hold members.

1.8 Theories of Child Rearing Practices :

There are many theories and opinion on Child Rearing Practices. Many parents create their own style from a combination of factor and these may evolve over time as that children develop their own personalities and more through life personalities and more through life stages. Parenting style is affected by both the parents and children temperaments and is largely based on the influence of ones own culture and parents.
“Most parents learn from their own parents”. Some they accept and some they discord.

Some of the theories are discussed below.

According to Diana Baumrind who proposed that parents should follow three categories.

1. AUTHORITARIAN (telling their children exactly what to do)
2. INDULGENT (allowing their children to do whatever they wish)
3. AUTHORITATIVE (providing rules and guidance without being over bearing)

A number of ethical parenting styles have been proposed, some based on the authoritarian model of strict obedience to spiritual law, others based on empathy with the emotional state of the child.

Theories was again proposed by Cate and Mars in 2010. These theories on child Rearing are specially intriguing to first time parents to offer special practices as they have no idea on unexplained crying, sleeping problem, vaccination and feeding. They are -

1. Ferberization VS attachment parenting:

What exhausted parents do when their baby does not sleep. Dr. Richard Feber advised putting the baby down on her own bed and letting her sort it out for herself. This technique is called Feberization and its advocate belief that if the child is well fed,
clean and healthy then the child can sleep well. But if the child is cuddled up the whole
night the child may get spoiled.

2. Philosophy of parenting libertarian:

This theory states that, the child will learn more if he is left alone and allows the
child to develop his/her own pace. For example, if the child crawl, he should be given
liberty to do so and parents should not obstruct except to guide the child.

3. Slow Parenting VS Concentrated Cultivation:

In slow parenting the baby should do his activities in his own way where as in
concentrated cultivation the baby should organised activities by themselves.

4. Over Parenting Theory:

This theory states that parents do all the things for the child, wants to eliminate all
obstacles and solve all the problems. In 1762, the French Philosopher Jean Jacques
Rousseau published a volume on education ‘Emile.’ Rousseau is more consistent on
‘Slow Parenting’ where as John Locke 1693 in his book “Some thoughts concerning
education” highlighted the importance of experience to a child’s their physical habits
first. So Locke supported “Concerted Cultivation.”
Erik Erikson a developmental psychologists proposed eight life stages through which each person must develop. The first five of his light stages occur in childhood. The virtue of hope requires balancing trust with mistrust which occurs from birth to one year.

Frank Furedi is a sociologist with interest in families and parenting. He describes the term ‘Infant determinism” as determination of a persons life prospects by what happens to them during infancy. He believes that children are capable of developing well in almost circumstances. Journalist Tim Gill has expressed concern about excessive “Risk Oversion” by parents and those responsible for children in his book “No Fear.” This oversion limits the opportunities for children to develop sufficient adult skills, particularly in dealing with risk but also in performing adventurous and imaginative activities.

Diana Baumrinal considered four basic elements on the theories of “Child Rearing” for successful parenting.

1. Responsiveness VS. unresponsiveness.
2. Demanding VS. undemanding.
3. Authoritative VS. unauthoritive.
4. Permissive VS. unpermissive.

She believed that parents should be not puritive rather they should develop rules for their children and be affectionate with them.
Though there are many theories on child Rearing Practices, yet its depends and varies from culture to culture, society to society and nation to nation. People in some countries still follows the traditional practices and stick to their dogmas and superstitious beliefs though at times they may harm the babies. But science and technology, spread of mass media has made the parents aware of healthy and effective practices. A child’s behaviour, intelligence, physical, mental and emotional growth depends on the family in which they are born and brought up and specially on the mother who is the main source of a child’s upbringing who is most effected by her. Therefore, a mother should honour her motherhood to raise her children to raise wise, strong and healthy children a mother should be pure with a healthy mind and human ethics.