

ST. STEPHEN'S HOSPITAL COLLEGE OF NURSING

Lesson plan
on



A place for families to learn, grow and fulfill their potential

BY:
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NAME OF THE TEACHER

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COURSE

M.Sc. Nursing 1st Year

CLINICAL SPECIALITY

Obstetrical & Gynaecological Nursing

SUBJECT

Obstetrical & Gynaecological Nursing

TOPIC

Family Life Education

TIME

40-50 Minutes

GROUP

M.Sc. Nursing 1st Year

SIZE OF THE CLASS

5 Students

VENUE

Classroom

METHOD OF TEACHING

Lecture cum Discussion

AUDIOVISUAL AIDS

PowerPoint, Charts, Chalkboard

Handouts

GENERAL OBJECTIVES: At the end of the teaching the group will acquire knowledge about family life education and will apply in nursing practice.

SPECIFIC OBJECTIVES: At the end of the teaching the students:

- a) Describe the family life in Indian context.
- b) Define family life education
- c) Enumerate the operational principles and objectives of Family life education
- d) Explain the content of family life education
- e) Explain the need of family life education
- f) Describes the importance of family life education
- g) Enlist the advantages of family life education
- h) Describes the role of individual, family, home, school and community in family life education
- i) Explain the methods of imparting family life education

TIME	SPECIFIC OBJECTIVES	CONTENT	TEACHING-LEARNING ACTIVITIES AND AV AIDS	EVALUATION
1min		<p><u>FAMILY LIFE EDUCATION</u></p> <p>India has an extensive tradition of closely bonded family system. Families cannot be in accessible from the impact of rapid social and technological changes, yet, they have demonstrated to turn difficulties into challenges through offering support and security to each of its members in a fast changing society. Each family is recognized with a unique sense of shared family traditions, shared experiences, and stability of behavioural patterns through generations.</p> <p>Technological progress often contributes to development but sometimes it generates a sense of depersonalization and deprivation from one's own identity. That is why family life education is essential and relevant in the present day context.</p> <p>In North America, family life education developed as an educational specialty around the turn of the twentieth century in response to the changing social conditions of the time (Lewis-Rowley et al. 1993).</p>	The teacher introduces the topic with the help of examples.	
1 min.	Student describes the family life in Indian context	<p><u>FAMILY LIFE IN INDIAN CONTEXT</u></p> <p>Society is an aggregation of small communities of families which live together and co-operate with one another to ensure their own growth and survival.</p> <p>Family is the smallest community of people consisting of an adult male and a female who make free agreement through the institution of marriage to live together, have children, rearing and educating them.</p> <p>These are also functions for which parents need the help of other families particularly from the kinship circles and the society at large. The traditional Indian family still continues to be a joint family. When sons and daughters (matrilineal) get married, they do not leave their family. They continue to live in it with the spouse and children. The joint family works as a clan in which each member knows his/her role and count on the - solidarity and support of other members in times of need. The father/mother gets the respect and obedience from children and grandchildren.</p>	The teacher describes the family life in Indian context with the help of PPT.	What is the family life in Indian context?

2 min	Student defines Family life education	<p><u>DEFINING FAMILY LIFE EDUCATION</u> “Family life education refers to those educational concepts and experiences that power attitudes towards family living, personal relationships and sexual development. One comprehensive and attractive approach perceives family life education as catering for individual needs leading to personal growth and enabling the individual to function as a responsible member of the family and society. “ “Family life education comprises a study of self-awareness, understanding of others, of sexuality, marriage, and parenthood. The knowledge gained and skills urbanized will contribute to the individual’s ability to cope both with social change and with relationships in society as a citizen, spouse, and parent.”</p>	The teacher defines Family life education with the help of PPT	What is Family life education?
5min.	Student enumerates the operational principles and objectives of Family life education	<p><u>THE OPERATIONAL PRINCIPLES OF FAMILY LIFE EDUCATION</u> Family life education operational principles are as follows-</p> <ul style="list-style-type: none"> ❖ Family Life Education is related to individuals in the families throughout the life span, both as individuals and families. ❖ Family Life Education should be based on the need of individuals in families. ❖ Family Life Education is a multidisciplinary area of a study and practice. ❖ Family life Education takes an educational rather than a therapeutic approach. ❖ Family Life Education should present and respect differing family. <p><u>OBJECTIVES OF FAMILY LIFE EDUCATION</u> Family life education is concerned with assisting prospective candidates for learning the procedure of living in the family, continuing family life to the after that generation and sustaining the social, cultural, religious and traditional practices and values. The major objectives of family life education are:</p> <ul style="list-style-type: none"> ❖ <i>To develop knowledge concerning the concept of family, its roles and functions:</i> Family life education aims at developing the ability to deal with family relationship and responsibility of family life education helps in establishing and maintaining satisfying relationships with members of the family, with friends and with others whom they come into get in touch with in the context of family life. ❖ <i>Family life education aims at developing life skills to cope with dissimilar</i> 	The teacher defines the operational principles and objectives of Family life education	What are the operational principles and objectives of Family life education?

situations:

Family life education develops the knowledge, values and skills necessary for adult life, marriage, parenthood and participation in the social life of a community.

❖ ***Family life education aims at helping in understanding and coping with changes in one's own life and changes in the society:***

Family life education helps an individual to understand and cope with changes in the adolescent life and cope with the society in which one lives

❖ ***Family life education aims at developing knowledge in relation to the physiological processes in one's own body especially the procedure of human conception and birth:***

It also creates an awareness concerning the consequences of adolescent pregnancies and parenting and of alternatives to pregnancies and contraception.

❖ ***Family life education seeks to create responsible and useful young citizens:***

The ultimate aim of family life education is to create responsible and productive young citizens through helping them to achieve the objectives.

SPECIFIC OBJECTIVES OF FAMILY LIFE EDUCATION

The specific objectives of each of the components of family life education are illustrated below:

Components Objectives:

Concept of family

- a) To identify the historical kinds and purpose functions of a family and its varying structure;
- b) To describe the term family
- c) To identify several kinds of families;
- d) To enumerate the functions of the family

Family relationship

- a) To explore the concept responsibility relationship
- b) To identify rights and responsibilities in the family
- c) To understand the factor that affect family relationship
- d) To cite common conflicts that arise in the family
- e) To identify the causes arising from differences in the middle of individuals

10 min	Student explains the content of family life education	<p>f) To recognize the several tasks that need to be undertaken for the wellbeing and maintenance of the family.</p> <p>Family life cycle to understand the several stages of family life cycle.</p> <p>Family needs and possessions</p> <p>a) To identify events in the life of a large family and to determine the stages that place heavy demands on the family possessions</p> <p>b) To understand the vital family needs and to identify the possessions accessible to achieve them</p> <p>c) To understand the impact of family size on the vital needs of family members</p> <p>d) To develop skills for budgeting and managing family economy</p> <p>Marriage</p> <p>a) To understand the marriage customs, laws, norms and practices under several cultures</p> <p>b) To understand the concept of marriage and the responsibilities associated with marriage. Responsible parenthood</p> <p>a) To understand the roles and responsibilities</p> <p>b) To appreciate the responsibilities involved in having children</p> <p>c) To be able to explore and acknowledge the youths attitudes and values concerning parenting</p> <p>d) To talk about the concept and importance of family planning and the advantages of practicing family planning</p> <p>e) To identify the dissimilar methods of birth control, their effectiveness, side effects and safety.</p> <p><u>CONTENT OF FAMILY LIFE EDUCATION</u></p> <p>The content of Family Life Education is related to the needs of those for whom these are meant. It is vital to ask young people while preparing them for adult life concerning the kind of educational input to be provided to them which will help them in taking decisions and developing their skills. This brings us to analyse several subcomponents of Family Life Education.</p>	The teacher explains the content of family life education with the help of PPT	What is the content of family life education?
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❖ **Family: Meaning, Kinds, and Functions**

Family is the vital unit of society.

According to George Peter Murdoc: The family is a social group characterized through common residence, economic co-operation and reproduction. It comprises adults of both sexes, at least two of whom uphold a socially approved sexual relationship, and one or more children, own or adopted, of the sexually co-habiting adults.

As per this definition, the family members live together, produce offspring, work together, and pool possessions together. The sexual relationships and reproduction of the offsprings through the male and female adults take place as per the norms of their scrupulous society.

Basically there are two kinds of families: the nuclear family and the extended family (joint family).

In extended family, parents, grand parents and even great grand parents live in the same home or in neighborhood.

❖ **Family Roles, Relationships, and Responsibilities**

In Indian Family set-up, children below ten years of age too are expected to play significant roles in socio-economic activities such as taking care of cows and buffaloes, collecting cow manure, fetching drinking water, washing clothes, taking care of their siblings and so on.

❖ **Family Life Cycle**

A study of family life cycle gives a foundation for the study of the composition, growth, and development of families. An understanding of the stress and strains experienced at each stage of the cycle paves the way for better understanding and co-operation in the middle of family members. There are basically eight stages in family life cycle.

Stage I: Bearing families-At this stage, a couple learns to synchronize its ideas, habits values and so on. The married partners are learning to live with each other for the first time. Differences are found to appear from time to time and it is significant that a couple irons them out and establishes a meaningful marriage.

Stage II: Child bearing families- The couple enters this stage at the time of first conception. With the coming of a child, finance, leisure time, entertainment, and

privacy will undergo changes. Proper child care becomes very significant at this stage. Attention is diverted or shared flanked by the newcomer and the spouse.

Stage III: Families with pre-school children-At this stage, parents need to cater for the critical needs and interests of pre-school children to stimulate their growth and development. Through this time parents think in relation to the question of having or not having more children.

Stage IV: Families with school children- Families with school going children have to pay attention to the child’s education and growth needs. The parents are also expected to collaborate with the demands and expectations of the school in helping the child in his/ her studies and in development characteristics.

Stage V: Families with adolescents-Adolescents have special troubles that need the help of parents and this stage can be very crucial for them and their children. As the teenagers approach adulthood parent’s necessity ensure a balance flanked by freedom and responsibility through helping their children to plan and then to execute the plans which will be beneficial and productive in several life situations.

Stage VI: Families as launching centers- After the young adults have gone into work or studies, parents begin to feel a sure sense of loneliness. It is often referred to as the ‘empty nest syndrome’. At the same time they also have the need to uphold a supportive home base for the children. Children need support and guidance for several cultural, religious and traditional family based events like marriage, birthday celebration and other ceremonies in the company of parents and relatives.

Stage VII: Families in the middle years- This is a trying time for a couple who have to adjust to a dissimilar life again absent from the children and absent from work. It is significant at this stage that hobbies are urbanized in life can stay their occupied throughout the time after retirement. The reduction in the income makes it significant to adopt a more modest standard of living.

Stage VIII: Families in the late years-The family members need to learn to cope with bereavement and living alone at this stage. Society’s expectations will stay children absent from the concerns of aged parents. Very often helpers like home nurses may have to give the required services to the parents.

❖ **Family Possessions**
Family needs are related to the vital human needs as described through Abraham

3min.	Student explains the need of family life education	<p>Maslow in his Hierarchy of Needs. According to this theory all human beings have five vital needs. They are: Physiological needs – food, drink, sex, clear air, and good health Safety needs – to have a roof in excess of one’s head, housing, clothing, etc. Love and belongingness need – to have a family or community to belong to, to have shoulder to lean on, the need for acceptance, giving and getting love. Esteem – Self-respect and respect for others. Self-actualization – Self-fulfillment and reaching one’s potential, to become somebody in life.</p> <p>❖ <u>Marriage</u> The Oxford Dictionary describes marriage as, ‘the legal union of man and a woman in order to live together and often to have children’. It is a legal union which has the sanction of the society, the state, and the religion. Its a union. Its a uniting of two hearts becoming one. Marriage is companionship and friendship. Its being together, acting together, doing things together, and not wanting it any other way. Courtship and marriage are two issues which mainly adolescents begin to be pre-occupied with. Some adolescents are forced into marriage because of pregnancies; others marry to escape family pressures, and a few others want to escape from schooling while some others get married because of the prevailing custom. Appropriate educational programmes are needed to prepare young people for marriage. After all, marriage in India is measured as a permanent relationship.</p> <p>❖ <u>Responsible Parenthood</u> Early marriage and parenthood have been the recognized pattern in several societies and remain so, despite the efforts of a number of governments to rise the legal minimum age at marriage.</p> <p><u>NEED OF FAMILY LIFE EDUCATION</u> Family life education is a new field and one that is moving towards the professional end of the continuum. The need of family life education is mentioned below: ❖ <i>Family life education is necessary for each individual:</i> Every individual needs to know in relation to the family life education. Every individual spends eight to ten hours in work for earning for living. For this we study a</p>	She explains the need of family life education with the help of PPT	What is the need of family life education?
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5min.	Student describes the importance of family life education	<p>number of courses in excess of several years. But there is no course for the fourteen to sixteen hours which we spend every day with our family. This needs a formal and compulsory orientation for each and every individual. So every individual should be provided a family life education as a life enrichment programme.</p> <p>❖ Professionals working in this area and allied fields need training: People who are working with NGOs in this area, paramedical professionals and teachers need an orientation on training in family life education.</p> <p>❖ The action becomes a full-time paid occupation: There are thousands of full time paid people practicing as Family Life Educators with specific qualification in several settings throughout the world and in India.</p> <p>❖ Training schools and curricula are recognized: Several departments and schools have been recognized at undergraduate and graduate stages of family life education and family studies. The first Ph.D programme in family life education and family studies was recognized in 1962 at Columbia University in New York. There is a unit for Family Studies at the Tata Institute of Social Sciences, Bombay.</p> <p>❖ Those who are trained, have recognized professional associations: The recognized professional associations are uniformly supportive of the development of the knowledge base and skills of the practitioners in family Life Education and that has played a key role in its definitions.</p> <p><u>IMPORTANCE OF FAMILY LIFE EDUCATION</u></p> <p>Initially family life education was started informally as people’s response to a felt need though, informally this education lived in society as part of social life. Ironically, family life education is a field which came into being as a result of public demand although it still has to fight for public acceptance as a field of education. The following reasons can be offered to indicate the importance of Family Life Education in today’s world:</p> <p>❖ Expectations of marriage and family life are changing: When marriage was for economic security and husbands rule the roost, the rules were more simple and straightforward. Expectations for affection were minimal as were options outside marriage.</p>	She describes the importance of family life education with the help of chart	What is the importance of family life Education?
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<p>3 min</p>	<p>Student enlists the advantages of family life education</p>	<p>❖ Terms of marriage and family are changing: At the turn of the century, the life span was shorter, more of marriage revolved approximately parenting, and couples often drew on the network of family and friend for support.</p> <p>❖ Life doesn't prepare mainly persons for new family roles: Couples face more demands and fewer supports, but few persons learn to be mature and be equal partners in families. Disagreement resolution and problem-solving skills are part of several job trainings and volunteer groups, yet couple communication remnants sorely neglected.</p> <p>❖ Benefits of happy family life and adjustment: Research finds happy families have lower rates of illness, depression, and disagreement in and outside their marriage. Well-adjusted partners make easier transitions to parenting and tend to be more supportive parents. For mainly persons, marital satisfaction is the best index of family satisfaction. Family satisfaction is the best prediction of wellbeing.</p> <p>❖ Consequences of marital breakdowns: Whether divorced or living under the same roof and being totally separated from each other emotionally, partners, their children, and their relatives experience emotional and financial stress which may have extensive-term effects</p> <p><u>ADVANTAGES OF FAMILY LIFE EDUCATION</u> Researchers have successfully shown the benefits of training programs in relation to increased couples skills and satisfaction for extensive-term, lowered marital disagreement rates, and reduced family violence rates.</p> <p>❖ Family life education provides an educational role: The family has always lived as vital social grouping in the middle of human beings irrespective of the variation in its structure and functioning.</p> <p>❖ Family life education acts as a crisis manager: Adolescents are rising up in a world in which they will have to make more decisions for themselves compared to previous generations. They tend to experiment more with their life, make choices and take risks and learn through their own experiences rather than through those of others. So family life education has an significant role to play in</p>	<p>The teacher enlists the advantages of family life education with the help of PPT</p>	<p>What importance of family life Education?</p>
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order to help people avoid all sorts of crisis.

❖ ***Family life education provides skills for preventive action and knowledge for decision making particularly in the middle of adolescents:***

Each new generation of children face health challenges, but those faced through today's school age group seem particularly daunting. Children are confronted at an early age through situations that require knowledge for decision making and skills for preventive action. These issues should be addressed to the young and adolescents through family life education.

❖ ***Family life education helps in understanding one's own role with the changing family structure and functions:***

The rate of social change in mainly societies needs to redefine the role of adult family members. Where tradition once recognized the norms for family behaviour, parents are now being challenged to re-look at their roles and to accommodate to the demands of changing family structure and functions.

❖ ***Family life education helps in proper understanding of family life cycle:***

The impetus for family life education programme is based on the pervasive nature of the family life cycle. Some of these activities are now being offered as family life education through formal learning programmes.

❖ ***National programmes of Planned Parenthood :***

They have been recognized in a number of countries to curtail population growth and to promote improved standard of living. The belief too, that parenting, skills, knowledge and attitudes can be learned through programmes of education as opposed to learning through observation has given rise to a host of such programmes approximately the world.

❖ ***Starting early prevents breakdowns:***

Couples who are aware of the principles of family dynamics, of problem solving methods, and of the support and social possessions, become more aware and more capable of handling the challenges of family life. Proactive couples tend to avoid relationship-treating crises and enjoy the benefits of life together.

❖ ***The pandemic of HIV/AIDS:***

One of the salutary side effects the otherwise disastrous pandemic of HIV/AIDS is that it helps us to turn our attention once again to the values of love, marital fidelity, etc.

<p>6min.</p>	<p>Student describes the role of individual, family, home, school and community in family life education</p>	<p>which are the bedrock of the institution of family. Though AIDS spread is not only through sexual relations, it necessity be admitted that in a majority of cases sexual get in touch with is the main source of infection.</p> <p><u>ROLE OF INDIVIDUAL, FAMILY AND COMMUNITY IN FAMILY LIFE EDUCATION</u></p> <p><u>Role of Individual</u> Family life education focuses on how individuals as constituent parts and fruits of family life may become physically healthy, emotionally mature, disciplined, responsible and tolerant human beings. Its goal is to help individuals develop interpersonal skills and more enriching human relationships through learning how to relate effectively within their families.</p> <p><u>Role of Family</u> Family Life Education. <i>Biological Functions-</i> The sexual functions also help to stabilize the society. Parenting also has extensive term functions as a child is very helpless and dependent on its parents for food and shelter for a number of years. <i>Cultural Functions-</i> Family helps the child to acquire values, beliefs, customs and traditions of the society. It is in the family that the child’s vital attitudes develop. If prayer is performed in a family in the morning, then children also learn and acquire this value of prayer and religiosity. <i>Economic Functions-</i> There is a concept of optimum utilization of income and labour. Families pool their possessions so that they can have maximum satisfaction through budgeting efficiently. This economic co-operation within the family not only goes an extensive way towards fulfilling the economic function for society as a whole, but provides rewarding experiences for the spouses working together which cement their union to work towards family goals such as providing good education, health and comforts to their children. <i>Emotional Psychological Functions-</i> Human beings are emotionally and psychologically sensitive and need the family to recharge themselves for their thrash about in the world. In times of crisis particularly, the family works as a shock absorber, provides stability and anchors the members emotionally.</p>	<p>The teacher describes the role of individual, family, home, school and community in family life education help of PPT</p>	<p>What is the role of individual, family and community in family life education?</p>
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Educational Function- Beginning with toilet training, language skills, or socially acceptable behaviour, a family performs the significant functions of education of children and their socialization. Vocational skills of varying nature are also learnt at times within the family. Vital education is given through the family.

Cosmic Function- Man feels adrift in the large impersonal universe. He becomes mainly alienated in the industrialized and urban society. Living in a family helps to provide him/her a place in the cosmos that makes him feel linked to others and rooted to earth.

Role of religious, social and professional organizations

The main comprehensive programs in educating for family living have been urbanized and implemented through religious and secular organizations. Hundreds of diverse organizations and agencies are involved in offering a wide array of courses, workshops, and services covering areas such as parent education, marriage preparation, marriage enrichment and child development. Traditionally invested with a belief in marriage and the family, the church is one institution in western society which encompasses all families and whose clientele spans the whole life cycle from birth to death. Several religious groups are involved in matters relevant to the well-being of families. **Community organizations** such as the Young Men's Christians Association (YMCA) and Young Women's Christians Association (YWCA) and Service Association of America as well as voluntary organizations that contain a focus on family education in the form of courses and workshops offered to adults on issues related to marriage and family living.

Mainly countries have urbanized organizations to deal with their scrupulous concerns in family life education. These often grow out of professional associations having a special interest in the family or government agencies giving leadership to educational, social and health concerns of the family. Some examples contain the International Union of Family Organizations. (France), the National Council on Family Relations (USA), the Study commission on Family (UK) and the Vanier Institute of the Family (Canada) Separately from these organizations, several international agencies also sponsor this kind of work. These organizations are UNESCO, International Red Cross Organizations for Economic Co-operation and Development (OECD), and Cooperative

for American Relief Everywhere (CARE)

Some examples of international family life education initiatives include the Marriage Encounter movement, founded in Spain but present in other countries; the International Family Life Education Institute, Taiwan; Marriage Care (formerly Catholic Marriage Guidance), United Kingdom; the Australian Family Life Institute; and family planning and sexuality education programs throughout the world. The United Nations named 1994 as the International Year of the Family, further attesting to the importance of providing support for families globally

ROLE OF HOME, SCHOOL AND RELIGION IN IMPARTING FAMILY LIFE EDUCATION

Role of Home in Imparting Family Life Education

Home is the ideal place to tell the story of life and to provide training in family life. The vital attitudes recognized in the home throughout the early years will dominate later attitudes. So the family has to take up the major role in imparting education at the several stages of a child's development i.e. physical, emotional, intellectual, social and spiritual. These are the basics for successful family life.

Parents as Educators Home is the school of schools and parents are teachers 'par excellence'. The child's intimacy with the parents throughout the formative years powers the personality of the child. If the parents are leading a harmonious life, children also can build similar marital life relationships. A child who feels the love, security and sense of belonging, and who was cared for in a secure happy home, makes a good start towards a responsible and matured family life.

Education for Marriage at Home

Family life education at home inspires the child to understand the nature and meaning of the home itself of which he/she is a part. It prepares him/her for his/her own future family life.

They learn the art of loving and being loved, giving and getting affection, adjusting and sacrificing from the family. The first lesson on the art of human relations and adjustments are learned from the family. Parents have the moral responsibility for preparing children for married life.

Role of Home in Sex Education

Sex education cannot be equated with family life education. Of course, sex has a vital role to play in family life. Today, researches show that intimacy, love and companionship are the mainly significant needs of couples. These needs are satisfied mostly from sex relations. This elevates sex to a position of new importance in marriage. According to several people, the success or failure of marriage depends upon satisfactory sex relations. This emphasizes the importance of sex education for a successful family life. Unfortunately, children are exposed to “too much too soon” and with little moral direction and guidance. So home has a major role to provide this direction and guidance in sex`.

Role of School in Imparting Family Life Education

School is an extension of the family. School age is the period at which a child’s world widens slowly, He/she comes into get in touch with other socializing agents such as teachers, other adults and peers. So school can give more opportunities to learn in relation to the family life. The school can provide more detailed and systematic teaching than the parents.

Role of Teacher in Imparting Family Life Education

In school a teacher is the key person in imparting family life education to children. The teacher should be competent, gifted and a prudent person. teacher’s task is to impart information, clarify doubts, and provide guidance – in short to be a mentor

The Role of the Peer Group

Peers have a greater power on the attitudes, interests and behaviour of a child than the family has. The peer group helps the youth to get socialized, conforming to social patterns and norms. The youth is more open and free with peer group. In spite of the powers of the peer group for better adjustment, there are sure risks involved in the experience and information gained from the peer group, especially concerning sex and marriage. Several troubles in married life like impotency, frigidity, guilt feelings, sex perversions, excessive sex interest are the result of some of the negative power of the peer group.

Role of Religion in Imparting Family Life Education

Family life education was given through the families, in an informal way through all religions. In the Indian context, religions occupy a significant place in the life of an

5min	Student explains the methods of imparting family life education	<p>individual. Marriage and family are measured sacred and holy through all religions. Each religion has its own laws and regulations for marriage and family. Today it has become a fashion in the middle of youth to disown God and provide importance only to the material world. All religions have the responsibility to give family life education for its members.</p> <p>Role of the mass media Mass media like T.V, radio, cinema, books etc. help to widen the child's knowledge in relation to these and family at this stage. Whatever the source the knowledge and value they gain will be part of their foundation for life.</p> <p><u>METHODS OF IMPARTING FAMILY LIFE EDUCATION</u> Family life education is a life extensive procedure. It comprises the knowledge, skills, attitudes and values involved in maturing into men and women. This education should help the individual to find his/her personal role as a member of one's own sex in marriage, family life and the community. Since family life education is mainly given through the home and school, therefore various methods are adopted through them at dissimilar stages of development-pre-school stage, primary stage (age-6-9) pre adolescent stage and adolescent stage. Let us consider them one through one.</p> <p><i>Pre-school Stage</i> This is the stage where the whole responsibility of family life education is on the family. The school does not come into the picture. The vital attitude recognized in the home throughout early years will dominate in the later attitudes. Children spend the early formative period with parents and other family members. So the initiative in family life education should come from home. Throughout infancy and early childhood, mothers have to take the lead. To a rising girl, the mother is the role model. The father's strength and confidence, his behaviour towards the daughter stamp the image of an ideal man in her young mind. A rising boy learns from his father and mother. The mother's concern, affection and care for little things tenderness, warmth, patience, all provide him the image of an ideal woman and that is what he is looking for</p>	The teacher explains the methods of imparting family life education with the help of chalkboard	What are the methods of imparting family life education?
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in this wife. The father shows him that a man can be firm and strong, yet kind and considerate. Pre-scholars are always curious. For them everything approximately them are new and exciting. According to Freud, the first six years are the formative years in the life of a person. Hence the experience received at this stage is very significant. The mainly crucial power an a child's development is the training given at home pertaining to orderliness, system, punctuality, cleanliness, books, art, music, prayer. These are vital factors in building up a family.

School years 6-9

At this age a child becomes aware of gender roles. Appropriate role models become necessary too. The attitude of the parents towards each other's work and duties will be reflected in through children's. thinking. If the father looks down upon the mother's work, or thinks that his is the 'provider and head' of the family, children will develop similar attitudes later on. The mother's attitude as a woman, wife and mother, her acceptance of her own family, and the father's attitude to his masculine role, his firmness, his sense of purpose are predominant factors in the formation of the personality of a child.

Pre-adolescent stage

This is the best stage for acquiring vital knowledge on family life. A rising child wants to learn, to know. He/she observes everything that happens in the social setting of home, school and neighbourhood. At this age he/she tries to understand and to work out the meaning of what he/she observes. So the home and school should give ample experiences for the child to understand life approximately him/her.

Adolescence

This stage has a tremendous impact on the rising youngsters. It is a transitional period in personality development bridging the years flanked by childhood and adulthood. Like any other period of transition, adolescence brings a number of adjustment troubles. Adolescent's needs, interests and troubles are dissimilar from those of childhood and adulthood.

SUMMARIZATION

Today I discussed about the Family life education in India. Family life education is the basis of a

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healthy and fruitful life. We discussed the objectives, content, importance and need of family life education.