



TRINITY COLLEGE FOR WOMEN NAMAKKAL

DEPARTMENT OF NUTRITION & DIETETICS

**GENERAL HOME SCIENCE-II
EVEN SEMESTER**

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FAMILY

MEANING OF FAMILY

A group of people living together in the same household is called the family. A complete family comprises grandparents, parents, uncles, aunts, brothers, sisters and other cousins. A family is the smallest part of society, and the family may be smaller with mother, father and their siblings or a big family with all relations.

TYPES OF FAMILY

The families are of two types: Nuclear family and Joint family.

Nuclear Family

It is also called a small family, which includes husband, wife and their little children. Most of the people in the cities live in nuclear families.

Joint Family

It is also called a big family, including grandparents, parents, their little children and many people who live in joint families. In a joint family, people of several generations live together, where all the family members depend on one another. Even today, most joint families exist, and people prefer to live in joint families.

RESPONSIBILITIES OF PARENTS

Children are most precious to all parents. The parent's responsibility is to raise them with proper care, guidelines, instructions, and all other basic requirements. Children of all ages tend to copy and follow their parents, therefore, make sure to behave appropriately in their presence, which helps them develop good habits and good values during this period. It is the responsibility of the parents that their children become good citizens.

THE PROPER ROLE AND RESPONSIBILITIES OF THE PARENT TOWARDS THEIR CHILDREN ARE :

It is necessary to take care of the health of the children right from their birth.

The children should be given proper food, and parents should regularly monitor their growth and development.

Along with good nutrition, a child should be regularly vaccinated and appropriate medical treatment should be given for illness/disease.

3 to 6 years is the most critical age for a child; teach them good habits to acquire good values and practices.

Make sure your kids develop the proper manners, such as being honest, respect for elders, truthfulness, understanding their social responsibilities. If a child is physically or mentally weak, then the responsibility of the parent's increases. Make sure your child is active and take part in all cultural and physical activities.

THE STATUS OF GIRLS AND WOMEN IN THE SOCIETY

The status of girls and women is lower compared to that of boys and men. Girls are given less importance right from their birth, many bad practices are followed, and many differences are observed between the boys and girls at home, in the market or in the community, such as:

The killing of the girl child before or after the birth.

Not providing proper education.

A girl child is not allowed to speak in front of everybody and a lot more.

Inequalities among women and men have been there for ages. The government has taken many measures to eliminate this inequality between girls and boys and women and men.

The government has made several special laws for the welfare of women, such as:

Law of equal work wages

Law against domestic violence

Law for equal rights in the property

Law of getting allowance from husband even after divorce

Fifty per cent of total seats are reserved for women in Panchayats and other local elections.

THANK YOU

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