

BANASTHALI VIDYAPITH
FACULTY OF HOME SCIENCE
COURSE HANDOUT (December 2024- May 2025)
Class Semester

Course Code and Title: BVF015 Parenthood and Family Relations	Total Lecture No.: 24
Course Teacher/s:	Class Timings:
Email:	Credits: 2
	Max. Marks: 100 (CA: 40 + ESA: 60)

Learning outcomes:

After the completion of the course, students will be able to:

- develop an insight about the various aspects of effective parenting
- understand the importance of family relations and harmony
- be effective in dealing with the issues of parenting and family

Reference Books:

1. Bhargav, B. (1999). *Family Health and Community Welfare*, University Book House Jaipur.
2. Hurlock, E.B. (1978). *Child Development*, (6th Ed.) Mc- Graw Hill, New Delhi.
3. Kulkarni, S. & Kulkarni, S. (1995). *Responsible parenthood and harmonious families*.
4. Minett, P. (2001). *Child Care and Development*, (4th Edition), John Murray Ltd.
5. Santrock, J.W. (1997). *Life Span Development*, NY Brown & Bench Mark.
6. Santrock, J.W. (2008). *Life Span Development*. New York: Tata McGraw Hill Companies, Inc.
7. Sharma, K., & Sharma, L. *Matrkala Evam Bal Vikas* (panchamsanskarn) Star Publication, Agra.
8. Singh, V. (2012). *Matrkala Evam Shishu Kalyan*, (5th Ed.). PanchsheelPrakashan Jaipur.

E-Resources:

- Childhood and Growing Up 1MB

- Preparing for Parenthood
<https://drive.google.com/file/d/0Bwk5FIsl0ctxTUNrazYzRFpSdms/view?resourcekey=0-W70KYYgsbNJLA7LX-7jkwg>
- Child Rearing Practices
https://www.gvisd.org/cms/lib/TX01001132/Centricity/Domain/37/CD-Ch_3_Notes.pdf
- Understanding the Menstrual Cycle
<https://egyankosh.ac.in/bitstream/123456789/23337/1/Unit-3.pdf>
- Fertilization
<https://www.youtube.com/watch?v=3Lt9I5LrWZw>
- Fertilization
https://www.youtube.com/watch?v=_5OvgQW6FG4
- Fertilization and Implantation
<https://www.youtube.com/watch?v=btp4jCYZ5K4>
- Fertilization, Implantation and Development
https://www.youtube.com/watch?v=hpPule_vG7I
- Fetal Development Week by Week Baby Growth in the Womb
<https://www.youtube.com/watch?v=XyqEqcYaDic>
- The process of fertilization and the formation of human
https://www.youtube.com/watch?v=-TXkZ_sjyUk
- सप्ताह दर सप्ताह भूषण का शिशु बनने का रोमांचक सफर देखिए। Pregnancy week by week.
<https://www.youtube.com/watch?v=I7h9FkIN0GU>
- Booklet for expecting mothers
https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/my_safe_motherhood_booklet_english.pdf
- Common Discomforts during Pregnancy
<https://www.stanfordchildrens.org/en/topic/default?id=common-discomforts-during-pregnancy-85-P01207>
- Guidelines for Antenatal Care and Skilled Attendance at Birth
https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/sba_guidelines_for_skilled_attendance_at_birth.pdf
- National Guidelines on Infant and Young Child Feeding
<https://wcd.nic.in/sites/default/files/nationalguidelines.pdf>
- 10-2: Physical Development
<https://www.youtube.com/watch?v=9wTnK32gJrY>
- Physical Development
https://www.youtube.com/watch?v=fYPs6g4H_ek
- Physical and Motor Development
<https://www.youtube.com/watch?v=yGLkyDT9ZPs>
- Speech and Language Development Milestones from Birth to Eight Years
<https://www.youtube.com/watch?v=CVH8D2GTvuM>
- Social and Emotional Development
<https://www.youtube.com/watch?v=K77HZ4MO7iw>
- Cognitive Development Piaget's theory and information processing
<https://www.youtube.com/watch?v=ZAIIf3tUoJU>
- Language Development I (PSY)

<https://www.youtube.com/watch?v=zDY8vQZMcY4>

- Language Development II (PSY)
<https://www.youtube.com/watch?v=1TWrcUP8IxU>
- Moral Development
<https://www.youtube.com/watch?v=pm2p961mTeU>
- Family Conflict Resolution
<https://positivepsychology.com/conflict-resolution-family-kids/>
- Family Conflict Resolution: Well Aware Wellness
https://www.youtube.com/playlist?list=PLaci0_cA3eDhXTAHqglYayt0grRJI_dv

Course Plan:

Lect. No.	Topics to be covered
1	✓ Preparation for parenthood: meaning and definition of parenthood
2-3	✓ Physical, psychological, social & financial preparation for parenthood
4	✓ Understanding the responsibilities of becoming a parent
5-6	✓ Pre and post-parenthood health issues and their management
7-8	✓ Signs and symptoms of pregnancy
9-10	✓ Common discomforts during pregnancy and their management
11-12	✓ Antenatal and postnatal care: medical and nutritional
13-14	✓ Infant care practices: feeding, weaning, toilet training, hygiene, sleep and rest
15-16	✓ Milestones of development and role of parents
17-20	✓ Effective parenting skills: <ul style="list-style-type: none">• Disciplinary practices and their impact on a child's personality• Handling behavioral problems among children: sibling rivalry, aggression, lying & stealing, loneliness• Strategies for positive parenting
21	✓ Family harmony in changing society
22-23	✓ Interpersonal relationships in the family ✓ Promoting positive interpersonal relationships in the family
24	✓ Family conflicts ✓ Resolution of family conflicts

Course completed

- BCA
- B.Des
- B.tech-(Sec -C)
- B.tech-(SOL -A)

Continuous Assessment:

Maximum marks: 100.

Continuous assessment marks: 40, End Semester assessment marks: 60.

Component	Marks	Submission/ Examination date	Allotment
Home assignment I	20	27 January, 2025	Topics shall be allotted in the class by 8 January 2025
Home assignment II	20	3 March, 2025	Topics shall be allotted in the class by 12 February, 2025
Semester Examination	60	19 April- 5 May, 2025*	-

*subject to change, if required, #Flexible as per lesson plan

List of questions for Assignment I**Max. Marks: 20**

1. Prepare a manual for pregnant women about the complications that may occur during pregnancy and how to manage those complications with home treatment methods.

गर्भवती महिलाओं के लिए गर्भावस्था के दौरान होने वाली जटिलताओं और घरेलू उपचार विधियों से उन जटिलताओं का प्रबंधन कैसे करें, इसके बारे में एक मैनुअल तैयार करें।

2. Prepare a booklet for expectant mothers depicting prenatal stages, birth and delivery process to help them become familiar with the entire process of motherhood.

गर्भवती माताओं के लिए प्रसवपूर्व चरणों, जन्म और प्रसव प्रक्रिया को दर्शाने वाली एक पुस्तिका तैयार करें ताकि उन्हें मातृत्व की पूरी प्रक्रिया से परिचित होने में मदद मिल सके।

List of questions for Assignment II**Max. Marks: 20**

1. Dealing with Eating Disorders in Adolescence
2. Poly Cystic Ovarian Syndrome
3. Breast Cancer Awareness
4. Effective ways to have good mental health in adults

5. Digital Addiction, Harming Human Socialization
6. Stress Management Strategies for Teenagers
7. How does nutrition affect a person's appearance?
8. Beauty Contests: Positive and Negative Effects on Women's Self-Esteem
9. Ways to Alleviate Insomnia
10. Effective Ways to Improve Old People's Health System
11. Psychological Impact of Online Games
12. Mobile Related Issues- FOMO (Fear Of Missing Out)
13. NOMOPHOBIA
14. How to Avoid Being Late
15. Health Impacts of Fast Foods on Teens
16. Why is Media Literacy Important for College Students?
17. Do's and Don'ts of Social Media
18. The Selfie Syndrome
19. Health Issues in Middle Adults: Lack of appropriate healthcare
20. Intoxicated Instagram and Snapchat
21. Tiktoker
22. Dating Apps: The Ugly Truth
23. Healthy Habits Before Exams
24. Obsessive Branding and Compulsive Buying Disorder
25. Internet Spoiling Our Creative Mind
26. Online Frauds: An Awareness Drive
27. STDs: Myths & Realities
28. Rearing and Caring Childhood Years
29. Challenges in Youth Life

B.Tech - Sec - C - 23/1/25,
22/1/25.

30. Integrated and Segregated Education
31. Person with Special Needs (You can take any one field)
32. Generating Awareness about Depression
33. Prostate Cancer in Males
34. Menopause: What, When & How
35. Strategies for Positive Parenting

Chandigarh
3/1/25