



**UNIDAD EDUCATIVA PARTICULAR JAVIER
SCIENCES BACCALAUREATE**

MONOGRAPH

**“How does affectivity and/or presence of parents influence emotional growth development
on children from 0-5 years old?”**

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ACKNOWLEDGEMENT

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SUMMARY

In this monograph I am going to talk about the importance of the presence of a parent in a child from 0-5 years old. You will find many reasons that may not seem common from the perspective of a parent but, influences very much in the development of the child. From the minimum detail such as playing a game like hide and seek or acting like superheroes can affect a lot the development of the child as they grow up.

There are also sort of stages that a parent must know as the child grows, from the first day the baby is born he has to feel the love from part of his parents. Since they can't talk or walk they make noises and begins to identify a variety of stuff, which the parents should teach them and help them elaborate their brains.

You will find in this paper from the first movements of a child to controlling different fears of your child and from paternal and maternal cares to different behaviors of the child with the people who surrounds him. But, most importantly in the survey I applied to different sort of parents you can observe that they all agree with the use of technology is separating the kids from their parents. This is another subject that you will be able to find further in this paper. Last but not least it is great to have children and give them everything they want but mostly everything they need, but sometimes parents have to say no and not because the child is going to cry you have to concede, that is another topic in the monograph, which raising someone like this will mean that in the future he or she won't be able to be tolerating or will give up easily.

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INTRODUCTION

We all know that parents are a fundamental model in our life. They watch us grow from day one and are by our side every day hoping the best for us. They guide our path and even want us to succeed in life and be better than them. This is what a normal parent would want but what happens when a child isn't raised in a comfortable home and with values?

In this monograph I've decided to make an interesting research on behavior, possible consequences, and development of children from 0-5 years old. This means that from the day a child is born he or she needs the love and care from his parents in order to have a happy future or at least a good childhood.

A series of studies have been performed during centuries, concerning children development, especially by pediatrics and physiologists and most of them confirm that if a parent isn't constantly next to his child at least during the first 5 years of his life the child will probably grow with an emptiness or loneliness in his life and it would be really difficult for that child to socialize with others and grow being confident about himself.

This topic is very important to society because now-a-days the way children were raised 20 years isn't the same as the last decade, now thanks to technology most kids are obsessed and look like zombies connected to their cell phones or computers. Of course, people think this only happens to teenagers or adults but in fact since a baby is a year old they already know how to use this type of technology and the reason is because parents don't want to be bothered by them and use this technological method so parents can have some relaxed time.

In this monograph you will be able to learn more about raising a child in this decade and it's different emotions towards ones actions. Mostly my objective is to make parents that have children or want to have to make conscious and know what disorders their child can have if they aren't constantly present in their lives and how important and essential it is to at least pay more attention the first 5 years. "Children are a heritage of the Lord" –Psalm 127.

CHAPTER I

Psychological development of children 0-5 years old

CHAPTER 1

1.1 Mentality Change

We are where we are thanks to our childhood. The manner that we think occurs even before we couldn't talk. When one is a baby, we begin to grab a lot of things with our hands and we begin to see shapes and colors. Usually babies have their attention on noisy articles during the first 3 months and follow with their eyes everything that moves. After hearing the same sounds over and over again and watching familiar faces for a couple of times, all those moments will begin to be stored in the baby's memory and soon he or she will remember and recognize people and things, this usually happens during the first 3-6 months. The baby's personality will start to change depending on how much love and attention receives. For example if the mother or anyone who looks out after the child gives him/her a lot of love the person will evidence laughs when the baby is two months old approximately. When the child has turned 9 months- 1 year he can know what his name is and knows his parents and could tell who he likes and who he dislikes.

When the child has turned 2 years old he is able to tell the difference between what is big, small, squared etc. He can also demonstrate some parts of his body like head, arms, legs etc. At this age he can also tell apart the people who are around him and recognize who makes him feel safe, confident and loved. At this stage, they demand for more attention and get it throughout games and are constantly looking for company. When they turn 3-4 years they are more independent and want to do everything by themselves, like changing their clothes, eating alone, etc. At this age, they also begin to get along with other children age related, but it depends on how they are treated at home, in order to get the same result on every child, that is why some children are withdrawn and others are outgoing. As the child grows older, when they are bigger from the ages 4-5 they understand instructions and begin to tell the difference between what is correct or incorrect. They need to understand that not all of the attention is for them and need to get used to the idea of having the company of other children once they enter kindergarten.

1.1.1 New discoveries

During the first year of life the most important thing for a baby is food, since the first day they are born, they are used to breast feeding or drinking out of a bottle, soon after this, they begin chewing and think that their world is all about food. And at this point they start to put everything they find into their mouths.

When they are new born babies, they can't even recognize anything that is 20 cm away from them, but their vision begins to improve when they turn 3 months; they can turn their heads 180 degrees and when they turn 6 months, they can recognize everything and everyone.

It is necessary to differentiate two stages or moments in the development of the child: the sensorimotor stage and the preoperative stage.

In the first stage, in the sensorimotor (0-2 years), the child learns by trial and error. Even if the child learns, he has to explore his environment; observe, touch, feel ... the objects he finds there.

“In the preoperative stage (2-6 years), however, the child tends to symbolism. In this second stage or development stage, he will mainly develop aspects such as language, intuitive thinking, self-esteem, sociability ... Likewise, the realities and experiences of the child are usually quite egocentric”(Piaget ,2012).

1.1.2 Socialization before others

When the baby is a first born it's a rough stage of their lives because from 0-1 year, it's the time they need to trust the adult they are with. Babies are really smart and they can trust or distrust one. At that age, they need to feel secure or else they might grow up with neurotic symptoms. Later on, when they grow, they begin to demand attention and begin to talk; this occurs at the ages 1-3 and they will both talk a lot and be self-efficient around people, on the contrary they might grow up being afraid and shy and doubt about their capacities. If parents give their children a balance of being there for them and also teaching them to wait for things and not being so overprotective, they will surely grow up being confident and like all humans doubting but he or she will know that their parents loves them.

Baby's emotions are the reflection of all the things and sounds around them. They are very intelligent and in the stage from 0-5 years; they begin to learn quicker than any other stage. During the first few weeks, you could see them smiling when they are dreaming; it's called REM (Rapid Eye Movement) caused by the senses and sounds that the baby hears during the day. Later on, the next few months they are smiling or laughing when they see shapes and colors and they relate to more people. Normally, babies like to be surrounded by people and it's really good for and during their development.

Since babies can't talk they also cry and get angry, maybe because they are hungry, they are dirty, sick, have a fever or feel pain. They begin to cry and a mother can identify what is happening to their baby. As time passes and the baby grows you can see more facial expressions and can tell whether the child is upset or has a problem.

1.2 Attitude towards situations

As they grow up they begin to control their emotions and depending on how the parents educated their child, they might always cry when they want something or get mad and start to shout or hit the first thing they see. That's when you can tell that the child might have an attitude problem and at this crucial moment the parents need to correct them, because unless it's necessary, the child can't always get what he wants. Now a day's, many parents, thanks to the technology, gives their child a cell phone or computer so they can watch series or play a game just so they will stay still and not bother them.

That can be really damaging because they watch things that are aggressive and the second they don't get what they want or the phone is taken away from them they get really angry. The child's attitude depends on what they see around them, that's why, even when things are difficult or tough, they should know that even problems are good in life because they teach us good experiences.

1.2.1 Tolerating frustration

We all have experienced frustrations in our lives, it's something we can't control and is part of our growth. Kids also get frustrated when there is an unmet need or impulse. Adults can control it with patience, love and always being there for them. Most of them can be overcome but others might even make them lower their self-esteem and cause them to make a lot of fits of fury and that would make them lose time and energy. Some reasons why children get frustrated are because of: adults, other children, objects, size or length.

1.2.2 Relating to nature (Helps no to stress)

We all need some fresh air and get disconnected from electronics every now and than. The problem now-a-days, is that parents do not even allow their kids to get dirty.. In fact, being disconnected from nature is called "Nature deficit disorder", this can cause some secondary effects on children as obesity, hyperactivity, insomnia and even decrease levels of vitamin D. Nature provides us peace and calms us, our organism and our mind are designed to live in nature. Relating to nature can make kids improve within academic area, have a better appetite, sleep better, have more self-esteem, reduces stress and even communicate better with other people.

1.2.3 Builds self-esteem

We are always told that we are clever, creative, funny etc. But, at one point of a child's life they are told that they are dumb, small, weak etc. If a kid hears those words, their self-esteem can decrease in an impressive manner. That's why the best tool for having an elevated self-esteem is our parents. The best way a parent can assure their child grows up being confident and having self-esteem is by recognizing his qualities and never judging too much, because no one is perfect and the parent should rather make the child improve more in the areas he or she is good at by making the child receive more classes of a subject they like rather than pushing them to succeed in a subject they do not like.. The adult could also help the child in the area he is not good at. The child also needs to feel the adults love and even hugs, kisses, smooth talking etc. If the child feels supported, he would surely be confident. Another recommendation that would come in handy is the fact that parents should trust their kids since they are really small, because if they feel that their parents trust them he would also have trust in himself.

1.3 Fears

From the instant that a baby is born, he or she suffers from anxiety and fears, it might be an unpleasant moment for the child but it helps them to difference what is and what isn't safe for them, for example, if the child is scared of fire he won't play with matches.

Normally, newborn babies are scared of people that aren't their parents due to the fact that they are just getting used to recognizing their parents faces and their voices. Once they know who their parents are, they feel safe only with them, knowing that their parents are always going to protect them. During the stage from 10-18 months babies begins to feel fear of being separated from their parents, they start to be absent more often and that scares the baby. At the age of three they begin to fear of monsters, the dark, ghosts etc. It's an ideal time to read them stories at night because if they imagine themselves as a hero, they can overcome the things they are scared of. Fears are mostly dangerous at the age of 5 because they are conscious of what is death and they begin to ask a lot of questions about death and why this happens. The best advice to parents is that they should answer all their children's questions.

1.3.1 Signs that detect anxiety suffering

Some symptoms that parents should be alert, in the case if their child is suffering from anxiety are the following:

- Problems with their sleep: The child might be experiencing a problem at school or at home and is not able to stop thinking about it, so at night he won't be able to get enough sleep as he continues to think about his problem.
- Nervous movements (such as spasms)
- Sweaty hands
- Heart rhythm accelerated
- Nauseas
- Headaches

These are the most common symptoms however, a parent knows their child best and is able to notice if the child is acting weird or uncomfortable as sign of some sort of problem.

The best idea and solution is that parents should talk often with their children and make them know that they are supported.

1.3.3 Phobias

Many children overcome fears and anxiety but, what happens when they don't overcome them? That is called a phobia. The root of all phobias is when a child is not able to make his fears go away, therefore becoming a permanent fear. This occasionally happens when the parent doesn't listen to the child and says things like "that's silly ghosts don't exist" the child still goes to bed worried if something is going to come out of the closet, that's why instead of leaving aside the fear or not facing it, the parent should talk and listen, they can also do some strategies that the child will know there is no harm around. But once it becomes a phobia it can be really dangerous even causing the child to faint or have a low pressure. When that happens, the child will need to see a doctor to cure his phobia. Another way to help the child overcome his phobia is by doing some relaxing therapies. A phobia can be ungrateful because if the child develops a phobia since he's a little boy it can affect his future.

CHAPTER II

Necessary care which influences on children

2.1 Parental care

An important part of children's development is indeed the presence and love of a masculine figure which would be our father. Although, a paternal figure influences in different ways on the child's process depending if the child is a girl or a boy. Normally we see our father as our guidance and protector. We know that we are safe if he is around, we see no harm or danger what so ever, yet a father also helps us to overcome something dangerous and face it. They do it through games and bonding time with their child. Our father will always be our hero and our role model.

We know this topic is really important but, why do scientists put emphasis towards parental care? The Chilean psychologist Patricio Asenjo says:

It is the mental-emotional construction that we make of our father. This image is tainted with our experiences, comments from others and how we elaborate the experiences and, especially, how the mother looks at the father, what creates or not an access to the children.

Parental care is more about dedicating time and resources necessary for the child. This helps the child develop a social-emotional capital, it makes them be secure of themselves which in the future will help them make a good decision on their daily lives and it will help them have success when they are an adult.

Researchers indicate that in the United States the certainty of growing up without a father causes a high probability of child mortality.

2.1.1 The fundamental role in psychic development

We could in fact notice the presence of a father even before the child is born, which means in the process that the mother is pregnant. The father can have physiological effects on his children through genetic and epigenetic mechanisms that begin to emerge shortly after conception and that may affect the mother's disposition during pregnancy.

Many studies suggest that the father's involvement has a positive influence on the child's social competence, the child's subsequent IC, and other educational outcomes.

When the father spends time with his child this also influences in the results of some fields for example: social, educational and mostly in the familiar area. The fact that a child has had a parental figure decreases the chances of the child growing up being a criminal or having a negative attitude and in a girls case it decreases psychological problems when they are growing up.

Some consequences of the fathers absent in a child's life are: bailing school, failure at school or grades, disobeying authorities, bad behavior and worst physical and mental health.

2.1.2 Disorders

A child's self esteem depends on the love this one receives from its parents. When the masculine figure does not respond to the child's needs, this one tends to grow up insecure or feels indifference from his father. If the same lack of interest is maintained during growth, it's likely that the child will feel that his father doesn't love him and will cause emptiness. Some consequences that the child might suffer could be the following:

- Sadness
- Low self esteem
- Bad behavior at school and at house
- Lack of interest in activities
- Trust issues
- Loneliness
- Anxiety and phobia
- Difficulties to talk to other people and create a relationship

The Spanish Society of Outpatient Pediatrics and Primary Care affirms that these deficiencies are reflected through negative or even aggressive behavior. PA pediatricians have emphasized that

"We are getting more and more consultations for behavioral disorders. We can say that in Spain about 7% of children suffer from Attention Deficit Disorder and Hyperactivity (ADHD), 15% show challenging negativist disorder (TND) before age 16 and between 4% and 14.5% present dissocial disorders before the age of majority. "

2.2 Maternal Care

A mother unlike the father is the person that carried a human being inside her stomach throughout 9 months and is the first person to carry that baby when it's born. From the first instant that the mother holds her baby there is immediately a connection between both of them. It is crucial that the mother is present during the first year of the baby's life because in the first few months is when the baby determines partially his personality development and even in the first year of the baby's life the mother can tell how her child will act from 4-13 years old.

An interesting research between the University of Chicago and the University of Indiana reveals the following "They studied 1,863 babies and their mothers to determine that the temperament of the babies plus the stimulation received during this period helps determine future behavioral problems."

2.2.1 Relationship between mother and child

The bonding or attachment and love that a mother has toward her child are probably the strongest feeling in the world, other loves come and go but a mother's love will never disappear. A mother begins to love her child before he's born and this is caused by the brain because as due date is to come the brain produces increasing amounts of the hormone oxytocin which it's function is to strengthen maternal instincts.

Oxytocin isn't the only chemical component of love, there also exist dopamine, which is the basis of feelings of pleasure and well-being in the brain. The mother and the baby can both receive a dose of this component when the mother has the baby in her arms or whenever there is an attachment. Dopamine is really helpful for the baby since this makes the baby emotionally connect with his mother.

From the ages 1-3 years old normally parents have to go through the stage when their kids only do tantrums and are almost always crying, in fact this is a good signal because it shows that the child has confidence with the mother and it makes them bond more and it's stronger. One of the manners the child demonstrates it's love is by running toward his mother when something hurts or needs a hug.

2.2.2 Modifying the brain structure

Although it might be surprising for some people, the way a child is treated at home influences a lot on the brain structure. If the first 3 years of a child's life he receives all the love and care from his mother he will certainly have a bigger hippocampus brain which is important when it comes to respond to stress, learning and for the memory.

A new research conducted by a team of child psychiatrists and neuroscientists at the University of Washington School of Medicine in St. Louis (USA) states: "It's the first that shows that changes in that critical region of the anatomy of children's brains are linked to maternal care."

A study practiced a decade ago on a few group of children reveals that children between 3-6 years old already began to suffer depression, other psychiatric or mentally-sounding disorders, without known psychiatric problems.

The hippocampus is a fundamental part of the human brain. When someone is stressed the brain activates autonomic nervous system which releases hormones, hormones that helps us increase heart rate and deal with stress.

2.2.3 School success

Our education first comes from home, that's where we learn our values and how to face life in the future. Depending on how we are raised at home also causes our development at school. Now a day's thanks to technology most children spend time in their rooms watching TV or doing homework without an adult supervision and it's not their fault because most adults are focused on earning money for their child's education or doing house chores than dedicating time for their children. The parents' attitude and actions also reflects on their children and they take the same posture and this is reflected on their grades and academic achievement. Most of human actions is based on observation, on what they daily see so if in a family there is a divorce, violence, poverty etc and at the same time there is no interest on the child's education it is most likely that the child will not have a great academic development although in some cases the child has his friends and teachers so that they can lead him but, this doesn't mean that the presence of a parent is irrelevant on the contraire in every step of the way the parent plays a role really relevant.

CHAPTER III

Survey

3.1 Survey applied to parents of children from 0-5 years old

This survey was applied to parents of children to find out what they think about this generation of children and make them conscious on their child’s behavior.

The universe:

Table 1. The universe

No.	Individual	Quantities
1	Parents of children from 0-5 years old	60
TOTAL		60

Author: Ivanna Andrade

Source: Parents of children from 0-5 years old.

The following formula was used in order to find the calculation of the sample:

The calculation was based on the following information:

n: Sample

PQ: Constant of population variance: 0.25

N: Population (110)

E: Maximum permissible error (0.05)

K: Error Correction Coefficient (2)

The following chart is fulfilled with the results according to the formula and the data collected:

Table 2: The Sample

No.	Individual	Quantities
1	Parents of children from 0-5 years old	60
TOTAL		60

Author: Ivanna Andrade

Source: Parents of children from 0-5 years old.

3.1.1 Surveys results:

Question 1: Do you have children?

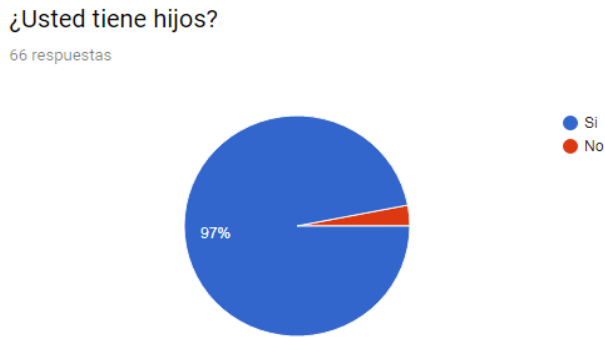


Figure 1. Parents with children.

Table 3.

Parents with children.

	QUANTITIES	PERCENTAGE
Yes	64	97%
No	2	3%
Total	66	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 2: What is your child's behavior?

¿Cuál es la actitud de su hijo/a?
 64 respuestas

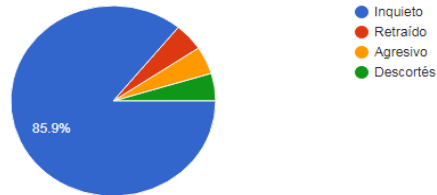


Figure 2. Children behavior

Table 4.

Children behavior

	QUANTITIES	PERCENTAGE
Restless	55	85.9%
Withdrawn	3	4.7%
Aggressive	3	4.7%
Impolite	3	4.7%
Total	64	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 3: Do you believe that the treatment received at home influences on the child's development?

¿Cree usted que el trato en casa influye en el desarrollo del niño?

65 respuestas

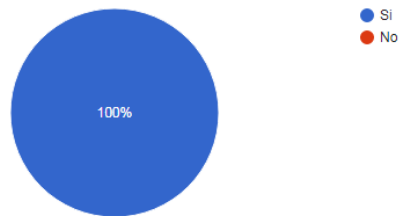


Figure 3: Home influences

Table 5.

Home influences

	QUANTITIES	PERCENTAGE
Yes	65	100%
No	0	0%
Total	65	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 4: From your point of view, do you think that a withdrawn child is being abused at home?

Si ve a un niño retraído, desde su criterio, cuál es la probabilidad que los papás sean agresivos en casa?

65 respuestas

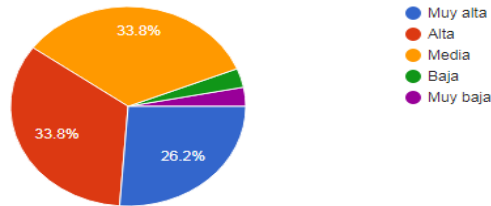


Figure 4: Home abused

Table 6.

Home abused

	QUANTITIES	PERCENTAGE
Really high	17	26.2%
High	22	33.8%
Middle	22	33.8%
Low	2	3.1%
Really Low	2	3.1%
Total	65	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 5: Do you think you dedicate enough quality time to your child or not?

¿Cree que le da mucho tiempo a su hijo o no le dedica lo suficiente?

64 respuestas

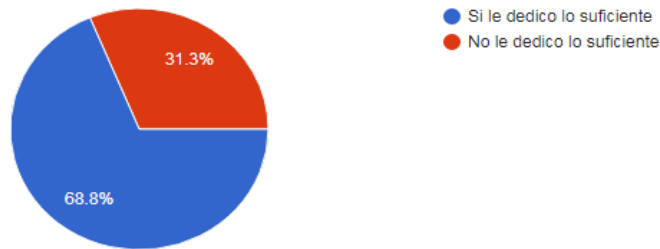


Figure 5: Child dedication

Table 7.

Child dedication

	QUANTITIES	PERCENTAGE
I dedicate my child enough time	44	68.8%
I don't dedicate my child enough time	20	31.3%
Total	64	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 6: Do you believe that the relationship between parents and children influences in the academic field?

¿Cree que la relación de los hijos con los padres influye en el ámbito académico?

65 respuestas

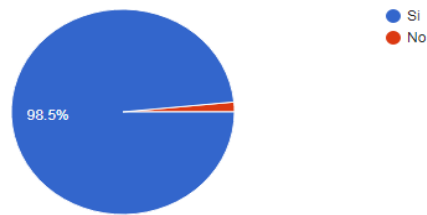


Figure 6. Children in the academic field

Table 8.

Children in the academic field

	QUANTITIES	PERCENTAGE
Yes	64	98.5%
No	1	1.5%
Total	65	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 7: Do you agree with parents who give their children cell phones from ages 0-5 years so they are able to watch series or play video games?

¿Está de acuerdo que los papás le den el celular a los niños de 0-5 años para que vean series o juegos?

65 respuestas

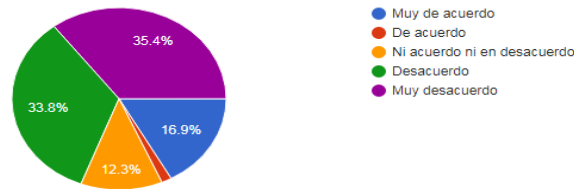


Figure 7. Children with technology

Table 9.

Children with technology

	QUANTITIES	PERCENTAGE
Strongly Agree	11	16.9%
Agree	1	1.5%
Neither agree or disagree	8	12.3%
Don't agree	22	33.8%
Strongly disagree	23	35.4%
Total	65	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 8: How does your child behave with the others?

¿Como se comporta su hijo con los demás?

64 respuestas

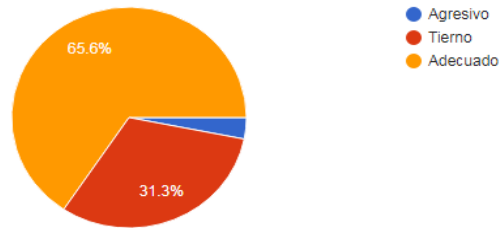


Figure 8. Socializing with others

Table 10.

Socializing with others

	QUANTITIES	PERCENTAGE
Aggressive	2	3.1%
Sweet	20	31.3%
Suitable	42	65.6%
Total	64	100%

Source: Parents of children from 0-5 years old.

Author: Ivanna Andrade

Question 9: What is your opinion about the children of the last decade?

¿Cuál es su opinión acerca de los niños de la última década?

49 respuestas

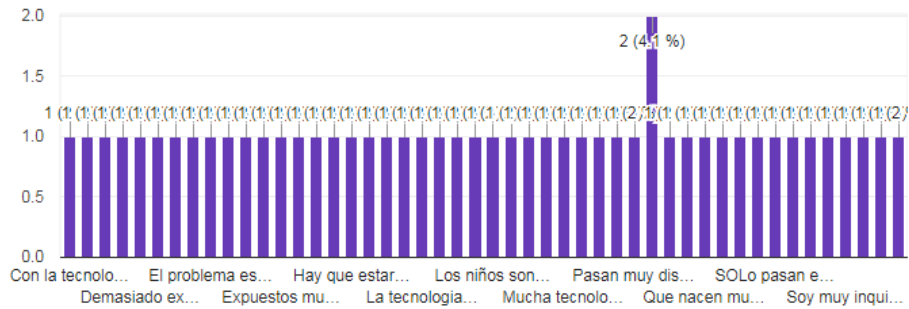


Figure 9. Parents opinion on children

Some answers:

- With technology children are more advanced.
- I think they are being educated in a manner too permissive and without limits.
- Regrettably, there exist a majority number of divorces and that affects the child.
- The problem is that parent's don't dedicate their children enough time or rather not enough quality time and therefore they raise their children capricious and disobedient.

3.1.2 Analysis and conclusions

Most parents' opinions of children of the last decade match that with technology they aren't receiving enough attention from their parents and they aren't enjoying their childhood how they should be. They also say that they are more withdrawn and don't socialize as they used to. Studies indicate that this is the generation with children more advanced in technology, always wanting to ask or learn more about life and this increases their knowledge, that's why in this generation children are smarter because they have the ease to find anything they want in less than a minute. Although it all depends on how one uses the possibilities that the technology offers us now a days. We could also differ that more than half of parents agree that the attention received at home influences in their development and helps them in the academic field. Lastly, we can notice that most children are restless they aren't rude or impolite they just want to have fun and play and they never get tired. It was interesting to carry out this survey and get to know parents opinion and make them reflect on what they need to do better in order for their child to succeed. It was also amazing to find out on how a 75% of parents agree on the same way of raising a child.

CONCLUSIONS

At the end of this monographic work we can conclude that the presence of a parent in a child's life is essential and necessary, from the first day our parent, beside giving us food or a stable place to live, they should give us love and care for us since every child is a gift from God and when someone has a gift they have to take care of it. We can now notice that the first few years of a child's development are also the most important, even more than when we grow up and we are teenagers because when we are teenagers we already have a personality defined and are very unlikely to change our attitude or our behavior. But, in fact when we are babies we need all the attention from our parents. This is due to a majority of reasons like giving them all the confident and security they need, helping them during the process of development, not making them feel lower or not letting them have the opportunity to talk and say everything they know because children are curious and that is a good thing because throughout the questions they make they learn more and more and it is unacceptable that some parents don't let their children interact or talk much with adults, this will be the result of a withdrawn or fearful child.

A parent should always guide their child and we could also tell that as the child grows there will be new things he would have to go through, the child never sees the limits in things and that is why the parent should be there by his side to show him what is good and what is bad. We can also conclude that the babies emotions depend on their surroundings, what is around them and people they constantly see and interact with. Another important factor that we could evidence and all parents agreed in the survey, is the fact that now a day's children are much separated from nature and family, thanks to technology children only want to see videos and play games or be on social media which affects or has as a consequence on the child's development, due to the fact that the child does not interact with people around him which makes him antisocial and that will bring repercussions in the future. As all kids we have fears and phobias, but as a parent his duty is to make his child overcome his fears and make them feel supported by his parents who would speed up the process of removing the fear or phobia.

As demonstrated, a father for a child is like a role model and a hero, he is a person we look up for and wish one day we could be like him, he shows us not to be afraid and to take risks and we know we are safe in his arms. That is why a parental figure is very important in a child's development, because we also see how the mother looks at the father and we can see there is love and care in the family. As well, a maternal figure is also fundamental in a baby's development because she is the one constantly looking after the baby and handling the toughest role and hard work.



To conclude my monograph, I wanted to state my opinion about my work. From my point of view parents should pay more attention to their children and enjoy all the time they have with them because while they are still young you can have great moments and memories with them, but when they grow they will soon be an adult and you will regret not spending enough time with them.

RECOMMENDATIONS

At the end of this work it is recommended that:

- 1) Parents should spend more time with their children and take away technology from them for a while and share some family time together while they can.
- 2) Although the majority of parents are constantly working, they should still be able to give the attention and love its child needs daily, even though they are tired they can still go to the park and play or help them with their homework.
- 3) Loving and caring for a child does not mean having to give them everything they want just to avoid receiving a fit from them, I recommend that when it is necessary or you are willing to pay for something you could buy it and if they have behaved correctly, but if the child doesn't behave in a correct manner or you don't have enough money you need to show him to wait or not to get stressed and let them cry all they want or otherwise they will get used to the idea that everything they want they will get it soon away. That would make spoiled children and that is not the point.
- 4) Constantly talk with your child and give them the confidence to be able to tell you everything, their secrets and their fears or phobias, once you know this you should make them overcome their fear and be by their side all the time so they won't think you don't care or don't believe them.

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