

Child Management

By Ananda Meithian*

The child has two basic fears—fear of insecurity and fear of loud noises. A baby always likes to be held firmly and confidently in its mother's arms. Sometimes young mothers feel jealous of grandmothers who settle down the crying baby tactfully in their arms.

The baby wants security and is happy with anybody who is able to give it. This is why it is said that the baby should not be exposed to bright light if it has been in a dark room. The child should not be lowered too suddenly into his cot from the mother's arms, but be placed slowly but firmly to make him feel easy.

One cannot really protect the baby from loud noise especially in the towns. But it should not be disturbed during the feeding time. If we try to frighten the child in its early age it might do a great deal of psychological harm when it grows up.

Vaccination is the first unpleasant experience in a child's life. The first time the baby is inoculated, it may not even whimper if the mother holds him confidently and firmly. But what happens often is that the child is left in the hands of the nurse since the mother cannot bear the look of the needle in the tender flesh of the loving baby. This way she has saved herself from a highly unpleasant experience, little realising the psychological effect on the child which lost the sole support of its mother. Experience shows that such children cry at the very sight of a nurse.

Have you noticed babies attempting their first walking steps. The first fall may give it a bit of shock. It forgets the failure soon and makes constant effort when encouraged. Never over-protect the baby; do not nag him all the time. Let him make discoveries. The world is an exciting place for the baby. When the child asks questions, however foolish it may sound to us, we should not lose our patience. Try to answer the baby to its satisfaction. Treat your child as a

rational being, he will grow as such.

A child's education begins almost the minute he is born. It should learn the right things in the right way. The toys play an important part in its education. Watch the child's interest and provide him with appropriate materials which are not harmful. The things that are valuable to us may not be so with children. The world that children create for themselves is a real world to them.

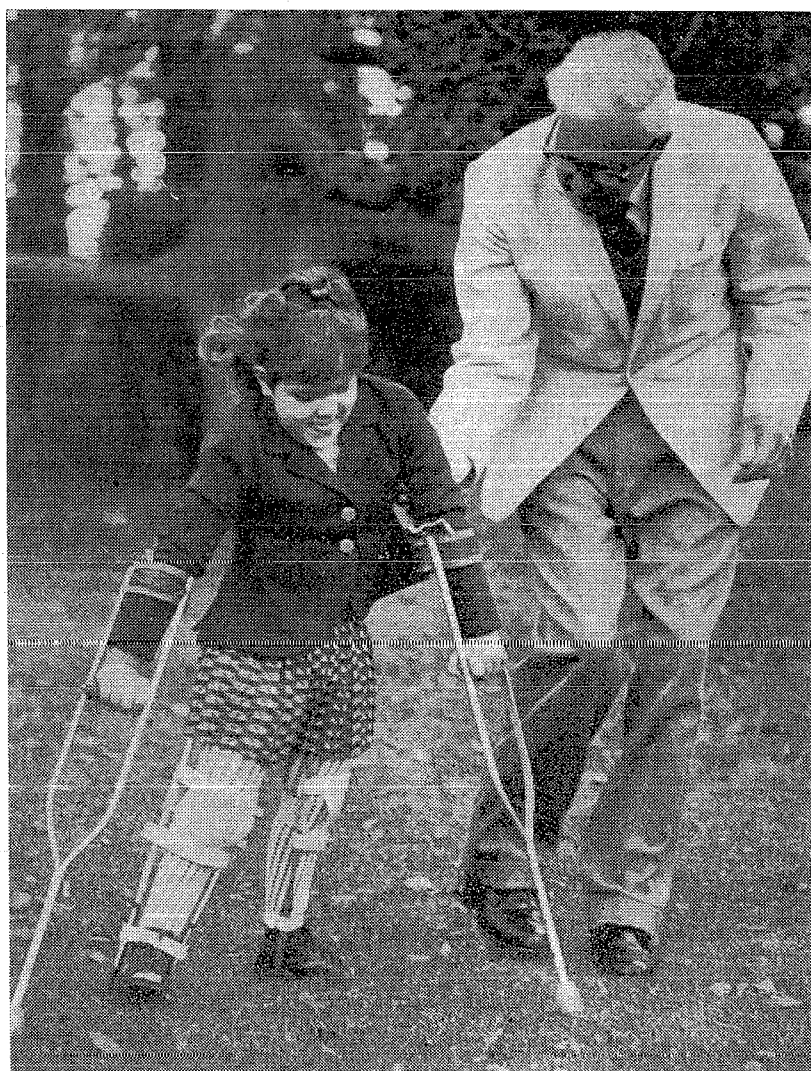
If we are constantly telling the baby not to do this and that, it

will tend to learn that all things it values as pleasures must be hidden from you. A nagging mother is the worst hinderance to a child's progress.

Encourage them to go out and play with the children of their age. Teach them good manners and habits to keep themselves healthy and wise and give them the freedom they deserve, and let them grow.

Give them a few words of praise when they do a good job at school or at home. This will work wonders as they would realise the value of doing things correctly.

References : 1. The Nursing Book of India (2) The Paediatric Nursing (3) The Tamil Magazine—*Rani*.



HELPING CRIPPLED CHILDREN : Sir Barnes Wallis of England is at present helping the Bath Institute with his engineering knowledge to discover lighter and efficient walking aids

*Staff Nurse, St. Martin's Hospital, Ramanathapuram, Tamil Nadu.