

SUMMARY OF THE CLASSES TAKEN BY SR. TESSY JOSEPH TO THE PARENTS
IN 2020-21

Sr. Tessa animated the parents on theme Psycho-social development of persons and its significance in the growth of the individuals. She based her class on the findings of **Erick Erikson**.

Approximate Age	Psycho Social Crisis	Favourable Outcome	Unfavourable Outcome
Infant-18 Months (Pleasure Principle rule- gratification through oral means)	Trust vs Mistrust	Faith in the environment and future events	Suspicion, fear of future event
1 ½- 3 years (Gratification through expelling)	Autonomy vs Doubt	A sense of self-control and adequacy	Feelings of shame and self-doubt
3 – 5 years (Gratification through genitals- Oedipus complex for boys and Electra complex for girls)	Initiative vs GPuilt	Ability to be a self-starter , to initiative one's own activities	A sense of guilt and inadequacy to be on one's own
6- Puberty (loss interest in sexual activities, vigorous at play,)	Industry vs Inferiority	Ability to learn how things work, to understand and organize	A sense of inferiority at understand and organize
10-20 Adolescence	Identity vs Confusion	Seeing oneself as a unique and integrated person	Confusion over who and what one really is
20-30 Early Adulthood	Intimacy vs Isolation	Ability to make commitments to others, to love.	Inability to form affectionate relationship
40-50 Middle Adulthood	Generativity vs Stagnation	Concern for family and society in general	Concern only for self-one's own well-being and prosperity
60 –above Late Adulthood	Integrity vs Despair	A sense of integrity and fulfillment, willingness to face death	Dissatisfaction with life; despair over prospect of death

HEALTHY AND UNHEALTHY EXPRESSIONS OF THE SELF'S DEVELOPMENT

1. **Infant-18 Months: Trust vs Mistrust**

If needs are met, infant develops a sense of basic trust

Outward signs of Healthy Growth

1. Expressions of Trust

Investment in relationship
Open, Non-suspicious Attitudes
Lets mother go
Welcomes touching
Good Eye Contact
Shares self and possessions

Outward signs of Unhealthy Growth

1. Expressions of Mistrust

Avoids relationship
Suspicious, closed, guarded
Unwilling to let mother go
Loner and unhappy
Poor Eye Contact
Does not shares self and possessions

2. **½- 3 years: Toddler Autonomy vs Doubt**

Toddler strive to learn independence and self-confidence

11. Expressions of autonomy

Independent
Not easily led
Resist being dominate
Able to stand on own two feet
Works well alone or with others

11. Expressions of shame and doubt

Procrastinates frequently
Has trouble working alone
Need structure and directions
Has trouble making decisions
Embarrassed when complimented

3. **3-5 Pre-schooler: Initiative vs Guilt**

Pre-schooler learns to initiate tasks and grapples with self-control

111. Expression of initiative

Is a self-starter
Accepts challenges
Assumes leadership roles
Sets goals-goes after them
Moves easily, freely with body

111. Expressions of guilt

Gets depressed easily
Puts self down
Slumped posture
Poor eye contact
Has low energy level

4. 6- to puberty Elementary School Competency vs Inferiority

Children learn either to feel effective or inadequate

IV Expression of industry

Wonders how things work

Finishes what starts

Like Projects

Enjoys learning

Like to experiment

IV Expressions of inferiority

Timid, somewhat withdrawn

Overly obedient

Procrastinates often

An observer, not a producer

Questions own ability

5. Teen Years Adolescence Identity vs Role Confusion

Teenager works at developing a sense of self by testing roles, then integrating them to form a single identity.

V. Expressions of identity

Certain about sex role identity

Active interest in opposite sex

V. Expressions of identity confusion

Doubts about sex role identity

Lacks confidence

ANOTHER TOPIC DEALT WAS ON STYLE OF PARENTING

Parents need to understand their style of parenting: The parent-child relationship is primarily dependent on the parent's attitude. If parental attitudes are favourable, the relationship between parents and children will be far better. In order to understand an effective parenting style, we consider two dimensions of parenting: acceptance-responsiveness and demandingness-control. Acceptance-responsiveness refers to the extent to which parents are supportive and sensitive to their children's needs. Demandingness-control refers to the control of parents' over the decisions as opposed to the child and its interests.

Authoritarian Parenting

Authoritarian parenting is high in control and low in warmth/acceptance. Authoritarian parents set strict standards. Adolescents can turn out to be easily frustrated and less confident and at the same time aggressive and ambitious as they are meant to reach the targets set by the parents. Over strict, authoritarian parenting may be especially counterproductive as children enter adolescence and want to be treated more like adults.

Authoritative Parenting

Authoritative Parenting is high in both warmth/acceptance and control. Authoritative parents have high expectations, set standards, and enforce rules, but they also convey that the child is valued, loved, and accepted. They are affectionate and understanding, enjoy their child's company and take pride in their accomplishments. They try to direct their child's activities through the use of reason and explanation. Authoritative parents are more flexible in their approach. Authoritative parenting is characterized by rational power in which assertive discipline involving clear communication and logical consequence of children's actions. This is one of the best parenting forms most of the time. Children grow up under this style tend to have higher grades, more responsible, and self-reliant. They are also socially responsible and sensitive.

Permissive Parenting

Permissive parenting is high in warmth/ acceptance but low in control. Permissive parents also tend to give their children whatever they want and hope that they are appreciated for their accommodating style.

Neglectful Parenting

Such parents combine low demandingness-control and low-acceptance-responsiveness. As a result, these children are more likely to experience separation from a parent. Children of neglectful parents are more likely to associate with deviant peers, especially as they enter adolescence and young adulthood.

Parents listened attentively as Sir Pulak translated citing relevant examples. After the input session, the following agenda was taken for discussion. These classes were common for all the parents from classes one to ten. But the emphasis and explanation was given according to the age of their children.