

Grade XII

Family Relation and Child Development Section A Family Relation (Theory)

Total Periods= 42

1 Period= 45min

S.No	Topics	Main Points	References	Periods
1	Knowing oneself	<ul style="list-style-type: none"> • knowledge of basic human needs, effect on behavior if these needs are met: Definition, classification, physiology and psychology needs, common ways of reactions when these needs are met • Defenses mechanism: Definition, types (introjections, identification, sublimation) • Friendship: Definition, difference between acquaintance and friends, basic processes in friendship. • Popularity: Definition, factors that affect popularity • Social conformity: Definition, categories of social acceptance (star ,accepted ,isolate ,climber) effects of social acceptance during childhood. 	1,4,5,6	4 3 3 2 3
2	Family	<ul style="list-style-type: none"> • Family its nature and functions: Definition, nature, (biological, economic ,psychological ,social) Functions of family: reproductive, parental, economic, status and prestige, love and affection. • Types of families in pre-literate societies: Paternal and maternal family 	4,5	4 2
3	Family in Pakistan	<ul style="list-style-type: none"> • Individual and joint family :Definition, types, advantages and disadvantages • Change from autocratic to democratic: Reasons for changing the families from autocratic to democratic. • Modern social changes affecting the family: from rural to urban, large to small, making of things, fixed to mobile, stable to unstable, rigid to flexible, provincial to at home in the world 	1,4,5	4 3 4

4	Individual and the family	<ul style="list-style-type: none"> • Parent child relationship and responsibilities: Building friendly feelings and relationship, role of family council, responsibilities and developmental tasks of the family • Influence of cultural environment: Definition, child in the cultural setting • Expectations and roles: Expectations of children and parent towards each other, role of mother, role of father, parents as teacher, influence of order of birth and sibling relationship, cultural conditioning 	1	3 3 4
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Grade XII**Family Relation and Child Development Section B Child Development (Theory)****Total Periods= 45****1 Period= 45min**

S.No	Topics	Main Points	References	Periods
1	Growth of the child	<ul style="list-style-type: none"> • Importance of knowing child development: Knowledge of the pattern of human development • Heredity: Definition, how life begins, process of heredity, structure of cell, chromosomes, genes, DNA, sex determination, types of twins. • Laws of heredity: Law of regression, mutation, variation. • Environment and its nature: Definition, factors affecting the baby`s pre-natal and post-natal environment. • Laws of growth: Cephalocoudal law, proximodistal law. • Development and care of the child • Physical development: Definition, physical growth cycle, patterns of physical growth. • Social development:: definition, process of socialization, essentials of socialization, social conformity, social development in early childhood, patterns of social development, behavior patterns in social situations. • Intellectual development: Definition, intellectual abilities, memory, imagination, creativity, reasoning and making decision, intellectual differences. • Emotional development: Definition, characteristics features of children`s emotions, common emotional patterns (pleasant and unpleasant) from birth to 5 years of life. 	1,2,3	2 4 2 3 2 3 3 3 3 3
2	Origin of behavior	<ul style="list-style-type: none"> • Motives and drives: Definition, motivation of behavior, physiological drives • Maturation and learning: Meaning, functions of maturation, meaning of learning. • Emotional stability: Definition, factors that 	1,3	2 2 2

		affect emotional stability.		
3	Importance of Play in child`s life	<ul style="list-style-type: none"> • Play equipment: meaning, definition, common play activities of childhood(active play, passive play) • Equipment to stimulate the young child`s development. • Theories of play: Surplus energy, recapitulation, relaxation, preparation for future life, pragmatic theory. • Some common behavior problems and how to deal with them: Definition, classification, common behavior problems, causes and treatment (bed wetting, thumb sucking, stealing, nail biting) 	1,2,3	4 3 2 5

BOOKS RECOMMENDED

1. Dr.Mrs Mehrunnisa Ahmed, Child Development, published by Naseer sonsLahore for Punjab text book board.1970
2. Elizabeth B.Hurlock, Child growth and development, published by TATA McGraw.hill.company, Naw Dehli, reprinted 2007, 5th Edition Elizabeth B.Hurlock, Child Development, published by McGraw.hill series in Psychology, 1978, 6th Edition
3. Borgess and Locke, The Family, published by The American book, company.
4. Dovall, Family Living, by the MacMillan Company.
5. Fred McKinney, Psychology of Personal Adjustment, John Wiley and Sons inc, Newyork. Champan and Hall ltd, London

Grade XII

Family Relation and Child Development (Practical)

Total Periods= 30

1 Period= 45min

S.No	Topics	Main Points	References	Periods
1	Assignments & Observations	<ul style="list-style-type: none">• Assignments: Definitions of nursery school, characteristics of nursery school building, time table, difference with other pre-schools, Techniques of child guidance, principles of observation.• Observations: list indoor and outdoor Play equipment and equipment which promote large and small muscles, creativity, imagination and dramatization in pre-school children.• Physical development; observe physical appearance, motor development (hand and leg skills) and stages of play (spectator, solitary, parallel, co-operative play) of pre-school children.• Social development: Observe different types of social behavior patterns like (sharing ideas, showing sympathy, waiting for their turn, and co-operation) and characteristics like, as a leader and as a follower in pre-school children.• Emotional development: some common behavior problems (stubbornness, destructiveness, temper tantrum) and their possible causes.• Intellectual development: speech development of pre-school children.	1,2	8 4 6 5 3 4

Grade XII

Family Relation and Child Development (Practical)

S.No	Project	Main Points
1	Objectives	<ul style="list-style-type: none">• Related with any one development of young children.
2	Marks distribution	<ul style="list-style-type: none">• Total 25 marks• (10 marks: project• 10 marks: final practical copy• 3 marks: viva• 2 marks: Assignments and observations.
3	Learning	<ul style="list-style-type: none">• Clear concept about nursery school & developmental areas of pre-school children.• Time, money, resources management.• Recycling, sharing ideas, sympathy, empathy.• Adjustment in group, patience, and socialization

BOOKS RECOMMENDED

1. Dr. Mrs. Mehrunnisa Ahmed, Child Development, Published by Naseer sons Lahore 1970
2. Elizabeth.B.Hurlock, Child Development, (6 edition) Mcgraw.hill Book Co- Singapore, 1978