

HOME ECONOMICS

CHILD DEVELOPMENT

CHILD DEVELOPMENT is an increase in the capacity of the body part of a child. A child that is born normal develops and grows. There may be variation between the rate of growth and development in children. The child passes through different stages of development.

GROWTH is an increase in the physical size of the whole body or any of its parts. A child grows in size, height and weight. Growth is measured in metres and kilograms.

DEVELOPMENT is an increase in skill and complexity of function. A child is developing when he/she does with his/her mind and body, such as holding up the head, holding a toy, gaining understanding, etc.

Stages in Child Development

AGE	DEVELOPMENT
1st month	<ol style="list-style-type: none">1) Head sags and needs support.2) Hands tightly fist or curled.3) Sleeps most of the time, feeds and cries.4) Stare indefinitely at surroundings as eyes do not Focus. He can hear sounds.
2nd month	<ol style="list-style-type: none">1) Waves Arms about when lying on his back.2) Can turn head towards the direction of sounds.3) May have a regular routine, such as sleeping all night.
3rd month	<ol style="list-style-type: none">1) Looks at people and follow their movements. Hearing is fairly developed.2) Smiles and enjoys colours and light.3) Can hold head up slightly.4) Can hold an object placed in his hand, e.g. a rattle.
4th month	<ol style="list-style-type: none">1) Holds head erect.2) Can smile and show excitement.3) Eyes can follow moving objects slowly.4) Can reach for his toes.
5th month	<ol style="list-style-type: none">1) Can reach for an object.2) Puts everything within reach into the mouth.3) Can pull dress over the face.4) Sits with slight support.5) Birth weight may be doubled.6) Can be selective in taste.
6th month	<ol style="list-style-type: none">1) Birth weight doubled.2) Recognizing constant members of the family.3) Sits without support.4) Makes distinguishable sounds.5) Hands and eyes work more together.6) May start teething (milk teeth).

7th month and 8th month	1) Sits confidently and can crawl. 2) Uses toys freely. 3) Can transfer objects from one hand to another. 4) May begin to associate words with people, ideas or objects.
9th month to 12th month	1) Crosses very well, stands holding on the object. 2) Gradually stand unaided. 3) Takes the first steps. 4) Cuts more teeth. 5) Birth weight triples. 6) Understand some words and can say very few.

FACTORS THAT INFLUENCE CHILD DEVELOPMENT.

1. Heredity.
2. Environment.

Heredity is the tendency for a child's parent to transfer his/her characteristics to his/her child, e.g. colour of skin, eyes, nose etc. It is heredity that makes a child to resemble the parents in body features such as skin, colour, eyes, nose and height.

Gene is the units that bear the hereditary factors in our body cells.

Environment is everything that is outside the child, e.g. love and care he/she receives, the family, feeding toys, home surrounding, clothing and shelter.

AREAS OF DEVELOPMENT

1. **PHYSICAL DEVELOPMENT** is the development of the physical structures and function e.g. the brain, muscles, nerves, bones and their functions.
2. **MENTAL DEVELOPMENT** is the development of intellectual abilities. It involves the ability to think, understand, solve problems, etc. They learn through experience and play.
3. **SOCIAL DEVELOPMENT** are:
 - A. The development of behaviours approved by society or social groups.
 - B. Playing socially approved roles.
 - C. Development of social attitudes.
1. **EMOTIONAL DEVELOPMENT** is feeling and how a person expresses such feelings, for instance, by smiling, crying, frowning etc. Emotions are the first language with which parent and infant communicate before the infant acquires speech.
2. **MORAL DEVELOPMENT** shows in behaviour and in how children treat others. Children learn to base their behaviours on what they believe are right or wrong from the family. Most often, children between the ages of five and seven years begin to develop a conscience.

CONDITION NECESSARY FOR CHILD DEVELOPMENT

- 1. LOVE AND CARE FROM FAMILY:** The family should shower the child with utmost love and care in order to make the child develop good sense of reasoning. Love from the family helps to develop the affective domain of the child.
- 2. GOOD NUTRITION:** Children are growing at a rapid rate and need plenty of nutritious foods to help them grow and develop strong and healthy bodies.
- 3. REGULAR EXERCISE:** Children need plenty of opportunities for exercises. These help them to develop strong bones, muscles and motor skills.
- 4. CLOTHING:** Children need clothing that is suitable for different weather conditions like cold and catarrh. The child should be suitably clothed at all time.
- 5. ADEQUATE REST:** The child should not be subjected to strenuous conditions such as child labour and sleeplessness.
- 6. MEDICAL CARE:** This is very important. The child should be regularly examined to know when there is ill-health a child that lacks medical care may easily be affected by physiological and atomical diseases.
- 7. SAFE CONDUCIVE AND EDUCATIVE ENVIRONMENT:** The surroundings of the child should not contain harmful object. The environment should be decorated with beautiful toys, charts and colours in order to help in the development of mental and psychomotor domain of the child.

CARE OF THE CHILD

The care given to a child influences the growth and development of the child. The care required by a child includes; Love and warmth, good food, clothing, good health, bath, play/exercises, immunization and comfort. Thus, it is important that you learn how to care for a child.

TYPES OF CHILD CARE

1. Feeding the baby
2. Bathing the baby
3. Clothing the baby
4. Common childhood ailment
Immunization.

Feeding the baby

Poor feeding in infancy can retard growth. The first six months of an infant life depends on feeding on milk.

- ii. Breastfeeding:** The breast milk is the best for a baby so there is need to encourage exclusive breast milk for the first six months. It is the only natural way of feeding a baby.

Advantages of breastfeeding

1. Breast milk contains all the nutrients needed by a baby more than any other food.
2. It contains antibodies which protect the child against disease infection.
3. It is produced in the right temperature.
4. It is easily digested and absorbed by the baby.
5. Breastfed babies are not easily constipated.
6. Breast milk never goes sour or bad. It is cheaper than artificial feeding.
7. Breastfeeding brings mother and child very close. It makes the baby happy.

COLOSTRUM is the first milk produced in the first few days by a nursing mother. It is yellowish in colour. It helps to clear the baby's first sticky stool called meconium.

Guidelines for breastfeeding

1. The mother washes her hands and cleanses her breast before feeding the baby.
2. She sits comfortably and carries the baby close to herself.
3. She holds the breast properly and always from the baby nose.
4. She lets the baby feed at both breasts, one at a time.
5. She also winds the baby at the end of the feeding.
6. She cleans nipples brassiere always.

Artificial or bottle feeding: It is the process of feeding a baby with artificial milk often through the feeding bottle. They are commonly made from cow milk.

It is necessary to bottle-feed babies when:

1. Mother works full-time outside the home.
2. When there are multiple births e.g. twins or triplets. The Mother's milk may not be sufficient for the babies.
3. When the mother cannot produce enough milk.
4. When the mother is sick and cannot breastfeed.

Disadvantages of Bottle Feeding

1. It is expensive.
2. The milk can easily be contaminated by disease germs.
3. Artificial-milk is not as rich as breast milk, it does not contain antibodies.
4. It requires elaborate preparation and sterilization of feeding unit.
5. It does not make for close contact between mother and child.
6. Constipation is common with bottle-fed babies.

Guidelines for Bottle Feeding

1. Boil all water used for the preparation of baby's food.
2. Sterilize baby's feeding unit after each meal.
3. The food should be made up when it is required, it should not be made before time.
4. Wash your hands before preparing baby's food.
5. Weaning a baby. **Weaning** is the process whereby feeding baby from the breast or a bottle is replaced by the use of unmodified cow's milk and other suitable foods.

Bathing the Baby

The baby's skin is delicate. It should not be allowed to get dirty. It is, therefore, important to give the baby a regular bath.

Material Needed for Baby's Bath

2. Baby's bathtub, this can be plastic or enamel.
3. Large soft towel for covering the baby.
 - a Small towel for drying the baby's skin.
 - b Face towel.
 - c Soft sponge.
 - d Baby's comb and brush.
 - e Baby's oil, cream or lotion and powder.
 - f Clean clothes for dressing baby after bathing.

Clothing the Baby:

Clothing the baby is very important; the baby requires good clothes for protection, warmth, comfort and good appearance.

Care of Baby's Clothes

4. Provide suitable storage for baby clothes.
5. Do not allow baby's clothes to become dirty before washing them.
6. Wash baby's clothes with mild soap.
7. Rinse baby's clothes thoroughly.
8. Dry baby's clothes in the sun.
9. Iron baby's clothes properly.
10. Wash Baby's napkins thoroughly and rinse well to prevent nappy rashes.
11. Provide a separate bucket with a lid for soaking baby's napkins.

COMMON CHILDHOOD AILMENT

(a) Colic (b) Constipation (c) Diarrhea (d) Nappy rash.

a. Colic: It is caused by cramps in the intestine of the baby. It causes the baby real discomfort or **b. Constipation:** This is the passing of hard stool at long interval or not passing it at all. Each child has his own pattern of passing stool or bowel movement.

Treatment

1. Give the child extra water to drink.
2. Add very small sugar or glucose to his feed.
3. Give him more fruit juice.
4. Serious cases should be taken to a doctor.

c. Diarrhoea: This is a sudden increase in the number of bowel movements especially if they are loose and watery e.g.

i. Unsuitable diet.

1. Over feeding.
2. Infection or disease.

Treatment

- ii. Give oral rehydration therapy (ORT) after each stool. ORT after each stool. ORT = level teaspoon spoonful of Salt + 10 level teaspoonful of sugar + 1/2litre of boiled water (1 bear bottle filled).
- iii. See the doctor if diarrhea persists.

d. **Nappy Rash:** It occurs when a child has rashes in the Nappy area caused by

1. Using dirty napkin on the baby.
2. Leaving soiled napkin on the baby for a long time.
3. Not rinsing baby's napkins properly after washing.
4. Not cleaning the napkin area (baby's buttocks) properly when changing napkin.

Treatment

1. Keep the areas clean.
2. Expose the area, stop the baby from wearing napkin until rashes disappear.
3. Apply special nappy rash lotion or ointment.

Immunization: Prevent children against diseases. Immunization is given to children in infant's welfare clinic immunization centres and hospitals.

What Is E.P.I: This is the expanded programme on immunization. It is a health programme designed to protect children of 0 to 2 years of age from six deadly diseases. They are tetanus, whooping cough, diphtheria, polio, measles and Tuberculosis.

TYPES OF IMMUNIZATION AND USES

1. **TRIPLE VACCINE (DTP):** This is mixture of three vaccines Tetanus, whooping cough and diphtheria vaccines. It is given by injection for protection against the three diseases.
2. **POLIO VACCINE:** This is for protection against polio.
3. **QUADRUPLE VACCINE:** This is four vaccines -Diphtheria, tetanus, whooping cough and polio vaccines. It protects the child from the four diseases.
4. **SMALLPOX VACCINE:** This is given by injection to protect against smallpox.
5. **MEASLES VACCINE:** This is given by injection to protect against missus.
6. **B.C.G VACCINE:** This protects against meaning of B.C.G= Bacillus Chalmette Guerin.

Immunization Schedule

Time	Immunization
At birth	B.C.G.
At 2nd month	1) First dose of D.T.P. 2) First dose of polio vaccine.
At 3rd month	1) Second dose of D.T.P. 2) Second dose of polio vaccine.
At 4th month	1) Third dose of D.T.P. 2) Third dose of polio vaccine.
At 9th month	Measles and yellow fever vaccine.

CONSUMER CHALLENGES AND RIGHTS

A consumer is a person who buys goods and services for his own use. Everybody is a consumer directly or indirectly. In other words, consumer is a person who depends on others to supply his needs.

A consumer can also be defined as any person who uses or acquires goods or services for personal or family purposes. This indicates that everyone is a consumer - the rich, the poor, the employed/unemployed, the young and old, even the producer/ sellers and so on.

CONSUMER RIGHT: These rights are the entitlement which are due to a person that buys goods and services for his own use.

RIGHTS OF THE CONSUMER ARE:

1. Right to buy quality products.
2. Right to demand a product.
3. Right to protect against low or substandard products.
4. Freedom to buy from any dealer.
5. Right to demand for product repacking.
6. Right to price a product.
7. Right to sue when guarantee is breached.

RIGHT OF CONSUMERS

1. **Basic need:** This guarantees survival. Examples of such needs are: adequate food, clothing, shelter, health care, education and sanitation.
2. **Healthy environment:** This is the right to have a physical environment that will enhance good quality of life. The consumer should be able to have and work in an environment.
3. **Consumer education:** The consumer has the right to acquire knowledge and skills necessary to be an informed consumer throughout life.
4. **Redress:** This denotes the right to a fair settlement of honest claims. There should also be availability of acceptable forms of legal aid or redress for small claims where necessary.
5. **Safety:** This indicates the right to be protected against the production and marketing of goods or the provision of services that are dangerous to health and life.
6. **Information:** The consumer has the right to receive the information and facts needed to make an informed choice or decision.

Choice: The consumer has right to choose products and services at competitive prices and where there is monopoly, they must have an assurance of satisfactory quality goods and services at fair prices.

1. **Representation or the right to be heard:** This implies representing the consumers in governmental and other policy making bodies as well as in the development of products and services before they are produced or set up.

Challenges of consumers: Challenges are situation that require wise decision and wise actions. At one point or another, the consumer can be faced with difficult issues that require wise decision and actions.

Examples of these challenges include:

1. Increase in price of goods and services.
2. Over payment.
3. Undersupply: This is where the goods provided are less than to the price paid.
4. Scarcity of a product.
5. Breach of marketing agreement.
6. Fake goods and services: This is where the consumers are given or supplied with imitation goods and services in place of original, e.g. automobile spare parts, drugs, etc.
7. Expired Goods: Expired goods are sold to consumers with their labels of expiring dates being changed to confuse the consumers e.g. drugs, food, etc.
8. Sub- Standard Goods are imported into Nigeria, e.g. automobile spare parts from some countries and inferior goods with low quality that could not meet up with the consumers quality demand.

High Price: Consumers are exploited with high cost of goods and services.

When the price of goods and services are high, some consumers cannot afford them because of their low income.

REDRESS OPTIONS FOR CONSUMERS

Redress is the money that someone has to pay to another person because of breach in agreement. Sometimes, a consumer might encounter some challenges that require redress.

Consumers redress options

- i. Sue the sellers that fail to honour the agreement to court.
1. Report to the police about breach in agreement.
2. Report to consumer protection council.
3. Report to human right volunteer corps.
4. Make press statement.
5. Confront and renegotiate with the seller.

TYPES OF REDRESS OPTIONS A CONSUMER CAN ACCESS

1. **Legal redress options:** This is where consumer/customer who is entitled to a redress, consult a lawyer to prosecute his offender (the seller).
2. **Customer services:** A professional or some professionals is/are hired to take calls or emails or respond to customer's inquiries.
3. **Guarantee:** This is where the consumer is given back his/her money, if they are not satisfied for any reason.
4. **Express warranty:** This is usually a written or verbal promises to repair or replace a defective product for a particular time or period.
5. **Religious redress option:** This option involves the consumer meeting a religious leader for advice and counsel.
6. **Traditional redress option:** This is usually possible when the seller and consumer are from the same town. The elder of the town can spear head the meeting.

Procedures for Seeking Redress

1. Check the quality of the product purchased based on the market price.
2. Recall the negotiation process that resulted in you paying eventually.
3. Re-read the product manual (it is supposed that you must have studied the products manual before buying).
4. Ask yourself relevant thought provoking questions.

How to Seek Redress

1. **Figure out if your complaints are legitimate:** As a consumer, there are times when your interaction with a business man is not entirely satisfactory. You should take time to think over the situation before taking steps to seek redress.
2. **Gather Data and Write Down Your Complaints:** You have to build the facts of the case. Get as many transaction details and documents as you can e.g. your payment receipt.
3. **Research your pertinent rights:** Make sure you know what the law says about such action and cite it on your complaint.
4. **Present your complaint.**
5. **Involve a third party:** If the company won't respond to you and you have exhausted all means collect all your data and send your complaint to the pertinent government.

RESPONSIBLE FOOD MANAGEMENT.

Responsible Food Management is the process of distributing safe food constantly, improved and advanced by continuous monitoring of mandatory legislation in house development and food safety guidelines.

Responsible management: This can be described as seeking to balance the interests of the entire world (people, companies, environment to prosper for the benefit of both, current and future generations).

Food management: It is the process of planning, organizing, implementing and coordinating the primary duties to oversee the activities of food services, kitchen managers and cooking staff.

Who is a food safety manager? This is a person who is responsible for ensuring that the food prepared under his or her management is safe for human or animal consumption.

Food safety manager: This is a person or group of persons responsible for organizing and providing hygienically prepared food.

FOOD SAFETY: This is the act of ensuring that the food provided for consumption does not contain substances. These harmful substances or micro-organisms are removed by sterilization.

In other words, food safety Manager is agency, group of people, person or organization that ensures the supply of uncontaminated food substances.

Responsibilities of Food Safety Managers to Consumers

- ii. Ensure the supply of uncontaminated food substances.
- iii. Inform consumers about the standards of protection that are being applied.
- iv. To provide safe products to consumer's food industry management.
- v. To ensure the supply of health promoting foods.
- vi. To meet the demands of customers.
- vii. To assure consumers of the safety of the food drinks they consume.
- viii. Ensure the total satisfaction of consumers.
- ix. Ensure consumers protection.
- x. Regulate the activities of food suppliers.
- xi. Inform consumers of the danger of buying unaccredited food products.
- xii. Ensure safe delivery of food.
- xiii. Catering for consumers who are potentially at risk of food borne illnesses, as well as those with allergies.

The major food regulating agency in Nigeria is: NATIONAL AGENCY FOR FOOD AND DRUGS ADMINISTRATION AND CONTROL (**NAFDAC**).