

Rahima Sultani 2014833

BSC Health And Social Care

Children, Young People and Families

BMHP5004 BIRM

Dr Mohammad Hossain

Introduction:

This essay will cover the topic and provide a brief overview of the current challenges that children and families alike in Britain have to face in this current period time these issues are even more critical now than ever due to the COVID-19 pandemic which had resulted in the increase or even emergence of some of these issues. Then analyse the key issues that impact them in their everyday life and the concerns for safeguarding them and their families in their situations and specifically the recent pandemic of coronavirus. This will also identify the thing that they already have in place to combat these issues like policies, rules, organisations and more.

Body:

This main body is the text and the section which will include the most detail and which will primarily fill the 2500 words required for this essay which brings me to our first point which is the overview of families and children face in the UK such as lack of education, abuse, mental health and more which shows us a pattern and cycle which indicates that children being abused leads to mental health issues in children which then results in them having a lack of education which means the main issue is that children are being abused far too much and not only there are problems in children but in families as a whole because the main cause of child abuse is the parent's mental health and struggles they may face like addiction, alcoholism, poverty depression and more. Over 1/14 have been abused or are being abused recently there has been a 60% increase in children being abused and in the USA in 2019 alone there were 656 thousand reports of child abuse this can lead to being affiliated with gangs and starting to drink at a young age which starts another cycle which indicates that a child being abused can lead them to have certain mental health issues, addictions, disorders and more which leads to them having an either wanted or unwanted and neglected child which could be the case them being unable to be taken care of which leads to them being abused and more which then carries on the cycle of an abused child gaining issues and so on and so forth which is why associations like childline and social services that deal with these issues but yet they are clearly failing with the rising amount of these incidents the problem is clear, the lack of money and care of governments around the world is why there are still diseases and problems that have been around for years and the reason is that the the governments main focus and care is about the economy and not the people supporting the economy. Child maltreatment is virtually always avoidable. It necessitates a level of acceptance from parents and caregivers. Adults in a child's life must also struggle to overcome the obstacles, sentiments, or beliefs that contribute to these actions. This job, however, is well worth the effort. Families can become stronger by overcoming abuse and neglect. It can also assist young people in reducing their chance of developing future issues.

About one out of every six kids suffers from cognitive fitness problems. Sadness, fear, and behaviour disease (a type of behavioural problem) live all typical responses to what is moving on in their power. Yet, alarmingly, 75% of kids and immature individuals who hold cognitive fitness states do not accept the medicine they need. Additional features, such as handling valued, charged, apprehended, and saved, are too important. Kids who live positive,

resilient, keep some power over their stamina and sense like they belong include more useful cognitive mental fitness.

Most kids rise up to live mentally fit, while votes indicate that today's kids and immature individuals include more significant cognitive fitness problems than those of 30 years back. For kids and immature individuals who are already sensitive, traumatic conditions can pour mental fitness tests. Moving houses, switching academics, or the delivery of a unique sibling live all models of catalysts. Some kids are happy to fulfil unique individuals and experience in recent actions when they begin academy, while others may live scared.

Emotive pain is shared among teenagers as their brainiacs and bodies grow. Operating out and assuming who you are are both important parts of developing up. Some immature people work to adapt to maturity and may test with drink, medications, or different meanings that can carry a harmful effect on cognitive health. Is it true that some adolescents and teenagers are additionally inclined to mind fitness topics? Individual hazard elements can cause some kids and teenagers to be additionally weaker in their mental condition than others. However, simply because a child carries them accomplishes means he or she chooses their own cognitive fitness problems to last along.

The emotional well-being of kids is equally as important as their material well-being. They can make the strength to manage with anything energy hurls at them and develop into okay-round, fit grown-ups with sound mind fitness. Bodily misuse, is a kind of misuse in which a child is hit, bounced, tossed, embittered, boiled or burned, flooded, choked, or otherwise physically damaged. When a parent or guardian simulates disorder signs in a kid or intentionally makes disease in a minor, material injury might happen. Misuse of the feelings, Continuous dynamic misuse of a child that includes prolonged-term adverse outcomes for the kid moving story. Parents/guardians not bonding with kids, living severely required, a deficiency of heat and small like of the kid doing are only a rare instances

Abuse of a sexual nature, Whether or not the child is conscious of what is running on, interests clear or enticing a minor or immature individual to experience in sexual manners that accomplish not have a substantial group of brutality. Non-contact sports such as inviting kids in the viewing or development of sexual ideas, managing sexual acts, enabling kids to engage in sexually inappropriate exercises, or grooming a child in practice for misuse are instances of this. Neglect, The incapacity to address a child's fundamental physical and/or psychological requirements on a regular basis, which is likely to have a negative effect on the kid's health or growth.

Some kids and teenagers keep satisfied from living out of academia, while others work since the coronavirus epidemic supports them at home and out from their counterparts. Others may live trading with home problems, suffering, or differences in their live events. With federal and provincial boundaries existing assessed on a periodic foundation, children may hold to self-sequestration as a consequence of an academy epidemic or another time of academy closure, or they may exist concerned regarding contracting or extending the virus. It's yet dark what type of adjustments we'll visit in the end. For the most part, these emotions

will disappear with time, but there is still something you can accomplish to help them emotionally and allow them to negotiate with the problems they face. Numerous kids and teenagers are alleged to be deemed desolate during the lockdown, as a consequence of a shortage of material contact with their companions, families, and classmates, as well as lethargy and anger from the failure of all the actions they lived used to.

Loneliness is a significant risk element for kids and immature individuals cognitive fitness and well-being during the lockdown. Gains in kids and youthful individuals sharing loneliness may be related to cognitive fitness issues in kids and youthful individuals, according to a brief evaluation of the associations between loneliness and cognitive fitness. Nevertheless, it's worth mentioning that loneliness usually applies to some kind of colonial comparison, and in the UK, the shared experience of lockdown may help to ease loneliness's harmful consequences.

Yet, recent data on the COVID-19 pandemic's result shows that, despite the shared understanding of lockdown, kids and immature individuals stay lonely.

Every kid deserves to grow up in a loving, nurturing, and safe environment, with supportive connections and access to high-quality mental health and psychosocial care.

Historic underinvestment in mental health has resulted in significant holes in mind healthiness precluding and watching for kids, adolescents, and caretakers. COVID-19 controls put the whole era of mind fitness and well-being in danger. Numerous youthful individuals are scared, angry, and concerned regarding their destiny because of troubles to their practices, education, and recreation, as well as worries regarding household finances and fitness.

Also, it has been observed that lack of relations with others, lethargy, not living capable to follow academy, economic problems, and general apprehension regarding the end are critical elements concerning cognitive fitness and health in kids and immature individuals directly concerned with juvenile judge procedures. According to one study, the prevalence of experiencing parents indicates that their children maintain frequent video-chat contact with family and friends and get regular physical exercise, both of which are elements that can help children and young people's cognitive fitness and wellbeing. In one poll, however, parents were concerned about their children's lack of communication with others outside the family, and this was not the case with younger aged children.

The influence of quarantine on both the relational familial situations in which kids and immature individuals are isolated, as well as the effects on the cognitive fitness and well-being of parents in public, is an important issue. Given the extensive body of proof showing the extended-term fitness and well-being impacts of traumatic incidents that happen throughout youth, this is extremely important to read.

Such traumatic events can occur while not restricted to witnessing or participating in household brutality, misuse, and decay, as well as meaning abuse, cognitive fitness problems, parental alienation, and a widespread absence of feeling of security, peace, and connectedness.

The length of quarantine, for example, has been demonstrated to have an influence on stress and wellness. Fearful of illness, frustration, and lethargy, low reserves and details (directions, basis for actions, and part of trouble), employment failure or operating more extended hours than usual, or COVID-19-connected traumatic energy circumstances, such as loss or including an understanding contaminated In one study, the relationship between COVID-19-connected stressful life circumstances and more significant focus existed displayed yet of preexisting cognitive disease or youth concussion. Every child, yet of years, burden, gender reassignment, shade, faith or religion, coupling, or sexual exposure, includes the freedom similar security from risk.

Kids live secure from grown-ups and additional kids who may mean a risk if appropriate safeguarding practices and policies are set and tracked. Volunteer and neighbourhood associations, community gatherings, personal sector providers, academies, clinics, and marks companies are all incorporated. All people who own dealings with kids and immature individuals, including experts from fitness, academies, and the broader community, are accountable for their security. This suggests that trainee nurses in all disciplines of nursing are also reliable. But what precisely is protecting? The National Society for the Prevention of Cruelty to Kids defines it as the method of protecting kids and immature individuals from damage and permitting them to live an energy gratis of misuse, negligence, and maltreatment. Its purpose is to ensure that all kids and adolescents develop in a secure setting and reach the most significant potential impacts in energy.

Mental Health Policies are steps taken by your government to define its vision for cognitive fitness. This article applies on procedures for dodging and dining mind conditions, as nicely as enabling cognitive fitness at job. The procedure should be used for all states of grief, and it is their responsibility to present it to their team and confirm that it is executed across the country. The procedure should say what you desire to accomplish as a nation to identify and support workers who are owning problems. One instance of a mind fitness approach is how you plan to dine cognitive fitness problems very. Select the start of the issue and perform with the target to fix it.

Conclusion:

I have come to the conclusion that to effectively prevent severe suffering of mental illness we must be aware and able to prevent and treat it to have an impact so here are all of the ways to treat it. Ask them how they're accomplishing on a frequent basis so kids evolve utilised to communicating their emotions and understand there's still somebody to attend to if

they require it. Understand how to set an atmosphere that enables them to flare up. Spend awareness of their emotions and conduct, and try to help them in overwhelming challenges. When faced with challenging conduct, try to understand what they're sharing and why they're handling it. Spend awareness of their emotions and conduct, and try to help them in overwhelming challenges. When faced with questioning conduct, try to understand what they're sharing and why they're handling it.

Living physically engaged or innovative, developing new talents, and existing as a member of a group all allow us to associate with individuals and are important practices that can benefit our cognitive health. Promote and help them in following their desires, whatever they may be. Attending and enjoying what they own to say, without giving decision on their feelings, causes them to feel valued. Think how you may help them in better constructively processing and operating via their emotions. Attempt to reinstate network about everyday practices, fine meals, and practice, actually if it's always hard. A proper evening rest is also important; try to bring them around into academy or university practices as shortly as potential.

Recognize that everyone keeps lows, irritation, or stress from moment to moment. Nevertheless, if these differences last for a prolonged time or deliver a significant effect on them, it may exist while pursuing skilled service. If you're concerned about your child's behaviour, consider whether there has been a major, long-term change in their behaviour. This might occur at home, school, or college; in groups or alone; or in response to specific events or changes in their lives. If you're worried or unsure, there's a lot of aid available, including professional help, which you can find in the support area of this website.

It can be difficult to parent or care for a kid or a young person. It's critical to take after your own mental health since it will enable you to assist yourself and the people you care about. When you're feeling down or stressed, try to recognise and acknowledge it. You are not a horrible parent or caregiver if you are struggling with anything or are dealing with your own mental health issues. It's quite natural to feel anxious, terrified, or helpless during stressful times, and you shouldn't feel bad about it. Is there someone you can confide in, such as a friend, a fellow parent, or a caregiver? Maybe you have relatives, friends, or a coworker that might help you or give you a break?

But yes in the end the best medication for mental health is surrounding yourself with family and friends and yes it might not cure all but anyone suffering from any of these illnesses would need the most amount of support they can get because keeping away from the negative but vital emotions would be the best way to keep away from being affected by a mental illness.

References

Albee, G. W. (1968). Conceptual models and manpower requirements in psychology. *American Psychologist*, 23, 317–320.

Aubrey, R. F. (1983). The odyssey of counselling and images of the future. *Personnel and Guidance Journal*, 62, 78–82.

Bickman, L. (1996). A continuum of care: More is not always better. *American Psychologist*, 51, 689–701.

Bierman, K. L., Miller, C. L., & Stabb, S. D. (1987). Improving the social behaviour and peer acceptance of rejected boys: Effects of social skill training with instructions and prohibitions. *Journal of Consulting and Clinical Psychology*, 55, 194–200.

Bums, B. J., Costello, E. J., Angold, A., Tweed, D., Stangl, D., Farmer, E. M. Z., & Erkanli, A. (1995). Children's mental health services are used across service sectors. *Health Affairs*, 14, 147–159.

Carlson, C. I., & Hickman, J. (1992). Family consultation in schools in special services. *Special Services in the Schools*, 6, 83–112.

Cecil, M. A., & Forman, S. G. (1990). Effects of stress inoculation training and coworker support groups on teachers' stress. *Journal of School Psychology*, 28, 105–118.

Dielman, T. E., Shope, J. T., Butchart, A. T., & Campanelli, P. C. (1986). Prevention of adolescent alcohol misuse: An elementary school program. *Journal of Paediatric Psychology*, 11, 259–282.

Dupper, D. R., & Krishef, C. H. (1993). School-based social-cognitive skills training for middle school students with school behaviour problems. *Children and Youth Services Review, 15*, 131–142.

Fuchs, D., & Fuchs, L. S. (1989). Exploring effective and efficient prereferral interventions: A component analysis of behavioural consultation. *School Psychology Review, 18*, 260–279.