



Student Name : Badmus Adeshola Omotosho

Student ID : 1914925

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Lecturer Name : BIANCA SANFILIPPO

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Introduction

Childhood is considered as the best period of a person's lifetime. It is the time when a person's character, behaviour, emotional attachments, and other qualities are framed. During this time, first experiences of life are mounted in their memory that affects a child's emotional and social characterization. Bonds and emotional attachments with family, society helps in optimising their future. From time to time changes in the childhood period are being noticed along with the development and fluctuations in society. Changes in the social structures and familial constructions have eventually affected the childhood of kids. Ultimately these factors are affecting a child's life both optimistically and pessimistically. Besides of bringing advancements in livelihood and developed child rights, these changes have brought sorts of vulnerabilities and inequalities among their privileges. Policies and changes are needed to be upheld to reduce these negative upshots or inequalities that are being perceived among children due to new changes and developments.

Definition of Childhood

Childhood represents the period in the human lifecycle from infancy years to the beginning of adolescence or youth period (Gorky and Holbrook, 2017). To be precise, these are the times and stages of being a child. Though this definition has varied from time to time and person to person. An Australian philosopher Rudolf Steiner (1861–1925) states that childhood is the time of human life span between the ages of seven and fourteen years, that can be identified via physical changes or the loss of milk teeth. Again, before the 90's according to UNICEF childhood period was defined as the period under the age of 18, but now the timespan has been extended to the age of 18. So, the modern description of childhood is far diverse from the early thoughts. Childhood is the time that helps to characterize a child's future. The knowledge and lessons kids learn from their families and environs in their childhood period help to build their moral senses. So apparently childhood is considered as the best time when their thoughts and morals can easily be reformed if they are being understood properly (Tolstoy, 2017).

Key elements of family life and childhood

Human behaviour relies heavily upon his childhood development phases. As humans do not come up with the knowledge of every sort of things after birth, he needs to attain that knowledge from his surrounding environs. And this learning phase starts from the family at home (Oxenbury, 2016). Family is the first place where a child learns new things and spends the most decisive instants of their life. That's so, children are considered as the most central and delicate members of any family. The structure and elements of a family help to form a child's character in all possible ways. Every family consists of some particular elements that execute its own structure and appeals along with the behavioural outcome of the children. These elements stand as a basic of the family. Such as the size of a family, the emotional bonding between the members, etiquettes and manners, upbringing policies, parenting skills, religious beliefs and knowledge, responsibilities, social connections and behaviours, educational backgrounds, scopes of recreation, and so on. All these elements and characters of a family rigidly affect a child's behaviour and background.

Development of the social construction of childhood from historical times to current times

Social Construction is defined as the beliefs of people that they consider to be true, from time to time without considering any other inherent facts. These thoughts and beliefs are contemporary and are often transient (Harré, 2018). Children are active social members who are definitely controlled by the societies they are a part of and thus childhood has always been considered as a global social construct depending upon thoughts and opinions. Beholding back into history, it is observed that the way childhood is being perceived has been altered to times. Far in the 16th century, childhood was defined as a different phase from adulthood and was being compared to wildness, who was filled with innocence but knew no boundaries. This phase was rather called the Dionysian childhood, where they were being treated as evils. In the 17th century, they were started being considered as innately good. Gradually childhood was being titled by innocence and with time, slowly the thoughts of an apollonian children, miniature adults, bubble wrap child, etc. developed. Later on, in the 19th – 20th century, this phase was said to be the period before youth and described as the

indirect consumer of adult perceptions, who conceived the things that happened around (Denzin, 2018). Now in recent times, this phase is being considered to last till the eighteens of a human. In this way, along with time, childhood got new explanations and depictions.

Changes are seen in the lives of children and their families from historical to present times

From the very beginning periods of civilization, the ethics of families and their formation kept changing. These subtle changes are apparently changing the whole parenting and upbringing process that in the long run is impacting the childhood phase. From combined to nuclear family structures, educational backgrounds of parents, work life of parents, developed child laws, advancement of technology – all these have affected lives of children from back in the history. Native homely environment for children is changing incredibly. Families are getting divided, and they are likely to have children far later than they did in earlier times. In the previous times, children were considered as a common part of the family alike others in big families. But as families got divided, the focus was diverted to the upbringing of children. Children seek more attention and pamper in the nuclear families compared to the joint families (Pike et al., 2016). On a separate note, along with the development of social circumstances, educational progressions and work lives of parents started to impact on lives of children as well. Good educational backgrounds and social position helps to grow children in a better environment. These helps to develop their mental health and behavioural outcomes. In contrast, deficits of these components disrupt the healthy mental and physical growth of a child as well. Moreover, where improvements in child law and human rights policies and covering other social disarrays and inequalities of the past are fuelling better growth conditions for children, poverty and poor upbringing factors, inequalities in health and other privileges, increasing rates of single parents, divorce, breakage of families also affects negatively upon a child's growth (Gielen and Roopnarine, 2017).

Factors affecting the changes

To change is the ultimate rule of everything. Alike, factors and components related to the growth of children keep changing along with the lapse of time. These changes

include familial structures and morals, social developments, changes in law enforcement, etc. Though familial and social changes affect childhood phases of kids the most, other of these changes also impact profoundly on child growth (Lange, 2018). Some basic factors that effects these changes are,

Social construction of childhood and families

Childhood is the only period of time where human needs enough rooms to grow to full bloom and explore new thoughts (Remschmidt, 2019). So children need to be taken care of delicately. Thoughts and opinions related to childhood and families have been improvised over time. Development in these viewpoints has brought dimensional changes in children's upbringing situations. Where in ancient times, childhood was compared to evils, at present these are just mere myths, and children are treated as vital members of the society along with other members. Children replicate thoughts and morals of the society and often represents the culture of their society, for which they must be given enough scopes to nourish (Hodgson, 2020). On the other hand, social constructions for families have also changed over time and now nuclear families are developing thoroughly over big and joint families. In small and nuclear families, children are given more priorities over anybody else. So they get better chance to cherish and express their thoughts to others. In this way, social construction of childhood and families are bringing enormous changes to the parenting conditions.

Developments in policy and legislation

Child protection policies and legislations have been updated alongside modernity and the need of time. Every child needs to get equal rights and privileges for proper upbringing. Legislation is a vital part that ensures these policies and saves children from any harms and problems. Over time, these rules and regulations have been exalted according to the demands of children. Law enforcement policies have been strict and mandatory for all. Such as,

- The childcare act 2006 makes clear outlines about the duties of local authorities and other social bodies in England to the proper care and wellbeing of young people around.
- According to the Children and Families Act 2014, each and every child and young person should get proper access to special educational needs, health

accessories, and social features, and disable children should also get access to education.

- United Nations Convention on the Rights of the Child (1989) act conveys legal authorities upon children's fundamental rights including the right to survive and develop, protection from violence or enforcements, right to educate, be raised by parents, and right to express their opinions publicly to all.

All these policies and legislations are changing child upbringing situations all over the world.

Impact of the factors

Change bringing factors have affected vastly in the upbringing of children. These factors have made the life of children way easier and safer. And these factors have brought about rigid changes and developments which are perceived in the overall growth of children. Major impacts of these factors are,

Improving the lives of children, young people and families

Children represent their family and society with their manners and behaviours. They learn and execute the same things they experience in their life at the early stages. So, the way they will be treated or the things they will be taught, they will eventually implement the same in their lives as well. And for this reason, changes in the upbringing system of young peoples have improved livelihood conditions for humans in the long run (Vollay, 2019). When children get better opportunities to nourish, they attain a decent mental health along with good morals and ethics from their families and societies. Thus their morals and ethics and knowledge help them to develop lifestyles and social conditions for their families. They ultimately improve their standards of life along with their families'. In the future, these outcomes help them to give a better life to their children as well. So ultimately giving a nourished life to children creates further opportunities to a better life for both the family and the society.

Reducing inequalities in health and social care service provision for children, young people and families

Child protection and human rights law are the need of time. Projection of child protection laws and policies for each and every child helps in reducing inequalities in

health and social services. Law and legislation enforcement policies are the best ways to improvise better health and social conditions for both the children and their families. Equal health and social service opportunities ensures proper children growth and adequate assistances for better familial conditions as well. Due to uneven scopes to enjoy better health and social care service, often childhood growth hampers for children. Unsecured health and educational opportunities are big obstructs for the development and nourishment of children and young ones. But due to changes in the child related law and legislation policies, these drawbacks can easily be sorted, which secures health and other service provision for children and their families (McAuley et al., 2018). The Government and other social organisations are working relentlessly in each of the sectors of the society to ensure safe health and proper education along with other opportunities for children and young ones. Each child deserves proper and equal treatment in every sectors of life. Maltreatment towards children and younger ones is strictly prohibited and violation of the rules demands strict punishments (Skivenes and Søvig, 2020).

Identifying and analysing a range of approaches and interventions which support vulnerable children, young people and families in present times and evaluate their effectiveness in reducing inequalities

Vulnerability generally refers to the attitude of people who are more fragile and sensitive to sudden subtle changes happening in their surroundings. Children, young people, and families often get vulnerable to neglect, rejections, deprivation of rights, and social and domestic violence due to poverty, enduring illness, and lack of health or other social support, opportunities, and education (Humana, 2018). Moreover in recent times, the COVID pandemic has fuelled vulnerability by increasing health risks and poverty issues. These conditions need to be sorted out for a better social and economic development worldwide. In present times governments and other social bodies are approaching forward to support and help these peoples who are lagging far behind from the developments. Some of these support systems are identified below,

- **Citizens Advice** is an operating name of the National Association of Citizens Advice Bureaux in England. This agency works actively in sorting out vulnerability and other human right problems for the citizens of England. In the 2019-2020 session, this organisation has helped over 2.8 million people in person, by phone, email or via web chat (Vollay, 2019). Inequality, child abuse, harassment, and other subtle problems are being solved by this organisation in recent times. Helping people to get out of their problems and situations they are passing through, this organisation has even saved millions of pounds from being wasted by public agencies too. This organisation has established a benchmark for human resource management organisations by sorting out public problems and issues related to child and human rights (Brettig and Sims, 2017). It needs to get active all over the UK as a renowned agency to support and help people to fight vulnerabilities, inequities, and human rights deprivations as well.
- **Action for children** is another child care agency that works for children's rights. The main motto of this organisation is to ensure a better childhood for children around the UK. They protect and help young peoples and make sure their voices are being heard. Anyone can get trapped in poverty, abuse, or violence (Gielen and Roopnarine, 2017). They spot down problems regarding child protection and health law and actively help them and their families before getting things at their worst. They also work against poverty issues, violence, or child abuse. They also run projects like "The Blues Programme", "Parent Talk" that helps children and their families as well to come back and fight their uncertainties. In 2019/20, they helped around 368,648 children, young people, and their families from severely vulnerable positions.
- **Barnardo's** is another renowned organisation in the UK that helps hundreds of thousands of children, young people, parents via their 800+ services across all over the UK.

Apart from all these organisations, there are UNESCO, WHO, UNDP, and other organisations all over the world that helps and supports vulnerable young peoples and families and works for solving their inequality and human rights issues (Butler and Roberts, 2017).

Recommendation for improvement

“Children are our most valuable resource.” – Herbert Hoover

Children are the most vital members of our society. They have the power to uphold or change the society via their activities. The way we will frame their childhood, they will bring out the same in their lives later on (Brettig and Sims, 2017). So it's very important to assure a secure future for them and save them from violations in the society. It is also a crucial part to maintain a good familial and domestic condition for them as well. Because family is the first and foremost place to build a children's future. Human and Children right violation and child abuse is a very common issue nowadays. In fact in this epidemic situation, these violations have even risen to a great extent. This is ultimately giving rise to vulnerable mental conditions and social disorders among the children. The government and other local and international organisations need to act much effectively these days to retrain all these disruptions. Ultimate poverty situations, domestic and other social violations, abuse, and rejections towards children should be answered as soon as possible (Butler and Roberts, 2017). Otherwise, it can be a great threat to the future of the children.

Conclusion

Today's children are the future of tomorrow. They need to be cherished and nourished properly. They can effortlessly be edged the way we want them to be in future. Though social and other disruptions are a part of our daily lives, it needs to be assured that these complications do not affect the childhood of the kids. Childhood is the best part of human life where a person's life story is being mounted. So it's very natural that if positive impacts can nourish those times, negative impacts will bring out the opposed. They should not be deprived of any rights and opportunities, they deserve. It is the duty of every parents to confirm a better and well adorned childhood for their children. Apart from them, society and the government agencies also need to solve these complications in the greater and nuclear sectors of the country. In this way we will be able to gift a wonderful childhood to all the children of the world.

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