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Identification of Child Rearing Practices of Nomadic Mothers Residing In Urban Areas of Lahore City

Abstract

Good child rearing practices always transform children into enlightened persons who are equipped with higher level of mental, physical, social, and intellectual faculties which lead their way to build a healthy and productive society. Nomads are persons without a fixed place of usual residence who move from one place to another, usually according to well established patterns of geographical mobility. The present study was conducted to identify child rearing practices adopted by nomadic mothers living in urban areas of Lahore city. The population of study consisted of all nomads of Mustafa Town, Sabzazar Scheme, and Thokar Niaz Baig Lahore, Pakistan. The sample of study comprised fifteen nomads, five from each of three locations. A semi-structured interview schedule with open ended questions including fifteen types of standardized child rearing practices was developed. All responses were recorded on audio-tape. Collected data were analyzed through NVIVO program. Major findings were reported. Conclusions were drawn and recommendations were made.

Key words: Child rearing practices, nomadic mothers, urban areas

Introduction

Child rearing practices are the training or brining up of children by parents or parent substitutes. Different child rearing practices are used for rearing children in different societies and ethnic groups at different economic levels. The values and life styles of families in various subcultures also differ, due to their resources and financial security. It is also evident that the standards of desirable values of the parents strongly influence their child rearing practices. The stability and peace of society influence the child rearing practices. These practices include looking after children until they are old enough to look after themselves (Heinig, 2001). Child care till early childhood (0- 8years) includes, feeding, weaning, resting, elimination (cleaning), eating, toilet training, playing, safety, school education, dressing, copying, reading, writing, teaching, self-confidence. In order to

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accomplish this daunting task of rearing their children, parents rely on their own socialization into parenting, their intuitive sense of right and wrong, and their overall cultural beliefs. Influence of culture may focus on a combination of the following: race, ethnicity, social class, religion, region, gender, or poverty (Gullotta, Walberg & Weissberg, 2006).

Child rearing practices from 0-2 years include activities that parents perform for their babies i.e. feeding; weaning; resting; and elimination (cleaning). A baby needs only breast milk or formula for at least the first four months of life. Most new-born babies feed every two to four hours. Solid foods are generally not begun before six months of age. Practically, everything that the infant needs may be summed up in the one word nutrition. A sufficient supply of pure milk from the mother is the one supreme requirement of babies (Heinig, 2001; Satter, 2000). A baby needs at least eight hours of sleep per day. A new born may sleep as much as 16 hours a day (or even more), often in stretches of 3 to 4 hours at a time. As babies grow, their periods of wakefulness increase. Many paediatricians recommend that parents should not let a new-born sleep too long without feeding. Parents should always keep sleep safety in mind. By 2 months most babies are sleeping 6 to 8 hours through the night. Parents may want to talk with the doctor if their baby seems overly irritable and cannot be adequately soothed. (Schoenborn & Adams, 2010).

The major child needs, in the age of 3-5 year are: eating; toilet training; playing; safety and school education. In the age of three a child feeds completely and enjoys mealtimes, parents can help the child by providing him with cereals and sandwiches. Fast foods should be limited. Instead, they should be served simply prepared foods. Parents should teach them about the foods (Agar & Young 2005). At least one serving of fruit per day should be a citrus fruit or juice. A yellow or dark green vegetable should be served at least 3 to 4 times a week. Continue good dental care. Brush child's teeth twice a day. The child will need to be taken to the dentist for a first check-up. Some dentists recommend fluoride to be continued through age 8, others recommend continuing age 12 or 16. (Wrieden, 2003), Parents should provide complete toilet training to the children about hand washing. Proper place should be in use. Parents should check whether their child washed his hands with soap or not (Schmitt, 2004).

A child may be riding a tricycle or some sort of vehicle with pedals. A child can jump with both feet or stand on one foot for a few seconds or may even try to dance. Parents should provide opportunities for child to climb, run, and crawl, using all his large muscle groups. Musical toys provide an excellent channel or releasing energy and encouraging creativity (Curtis & Carter, 2003). A child needs to know his/her and parent's full names, address, and phone numbers. Parents should teach the child never to get into a strange car. Parents must balance opportunities for healthy interaction with the need for protection especially with pre-schoolers. Children need to know a comprehensive vocabulary. Parents must educate their children about preventing accidents, especially outside the home (Curtis, 2001). A child may start going kindergarten in these years. A child needs to know that s/he still have some special time with parents. It will help him to enjoy his entry into the formal education system (Walker, 2000; Habif, 2010).

Child needs help to learn reading. Parents must make books available to the child and send them to the library periodically. Parents must provide the child opportunities for child to make change and to print own name and short names of favourite people and objects. Most children learn to read and write, although some don't until after age seven. Parents should promote child's reading and writing (e.g., letters to relations and friends, opportunity to create stories (Tyrrell, 1992; Cugmas, 2011).

A child needs to teach to think about death, dying, killing, violence. Parents must teach the child to where he has to express his feelings and where not. Parents should use fairy tales to provide examples to develop awareness about good or bad deeds. Children also try to be perfect and need reminding that no one is perfect or should be perfect. A seven years old child argue with parents in a sense asking "why", over and over, more almost as a stalling technique for whatever parents asked them to do. Do not over talk to them. At the age of seven children get conscious about their demands and reaching the age of eight they begin to think about their perceptions. In this age child should be guided about religious or spiritual aspects of life, even if there is no specific religious or spiritual learning in household (Eccles, 1999). Nomads are persons without a fixed place of usual residence who move from one site to another. Nomads don't stay at one place, taking sheep, cattle and assesses with them they keep on moving from one place to other. Main categories of nomads are hunter gatherer nomads, pastoral nomads, Roma nomads. Pastoral nomads are further classified into four classes: Pastoral nomads; nomads rendering special services; trading nomads; miscellaneous nomads (Gilbert, 2014).The purpose of this study was to explore and describe child rearing practices of nomads residing in urban areas. This survey research will be significant for providing information about families of nomads and helping them to improve their child rearing practices.

Objectives of the Study

The study was conducted to achieve the following objectives:

- To explore the awareness of nomadic mothers about child rearing practices
- To identify child rearing practices of nomads residing in urban areas
- To investigate the problems of nomadic mothers regarding child rearing practices
- To identify the cultural patterns of nomads for fulfilling their children's needs.

Method& Procedure

Qualitative research approach was employed in this study. The study was ethnographic in nature. The population of study consisted of all nomads from Mustafa Town, Sabzazar Scheme, Thokar Niaz Baig, Lahore. The study was delimited to the mothers of young children from 0-8 years. Sample of the study consisted of 5 female nomads from each place: Mustafa Town; Sabzazar Scheme and Thokar Niaz Baig, Lahore. The subjects were selected by using convenient

sampling technique. A semi-structured interview schedule, which was validated by experts in the field of education, was used to gain insight into the child rearing practices of nomads residing in urban areas. The interview schedule consisted of fifteen (15) child rearing practices containing one hundred (100) statements. Researchers visited residing areas of nomads of Mustafa Town, Sabzazar Scheme and Thokar Niaz Baig, Lahore. After getting the consent of nomadic mothers, they were assured of keeping their identity confidential. Semi structured interview schedule was employed and the responses of each statement were recorded on audio tapes carefully. Themes were identified and results were converted into percentages.

Results

The information collected through a semi-structured interview schedule is being presented after analysis. The results have been presented in percentages. The interview schedule consisted of fifteen parts including statements about, feeding, weaning, resting, eliminating (cleaning), eating, toilet training, playing, safety, school education, dressing, copying, reading, writing, teaching, self-confidence.

Table of Child Rearing Practices in Early Childhood

Statements	Child rearing practices
1-11	Feeding
12-19	Weaning
20-26	Resting
27-38	Elimination (cleaning)
39-45	Eating
46-52	Toilet training
53-57	Playing
58-63	Safety
64-71	School education
80-85	Dressing
86-87	Copying
88-89	Reading
90-92	Writing
93-98	Teaching
99-100	Self confidence

The results of the study are being presented below:

Responses of the Nomadic Mothers about Child Rearing Practices Regarding Mother Feed

53% (8) nomadic mothers thought milk as the first diet for the child so, the ratio of rendering this standardized child rearing practice was high. 10% (1) nomadic mothers thought breast milk for the child as a better diet. 20% (3) women give cow milk in addition to mother milk which is a standardized child rearing practice. Majority of the mothers answered that milk was given to the child when he demanded. 100% women answered that breast milk was better for the child than cow milk which is a standardized child rearing practice. Majority of the mothers

thought that milk of some other woman was not better for the child. Only 53 % (8) mothers thought that milk was given to the child till age 2 and 47% (7) mothers answered that milk was given to the child after two years, so, the ratio of rendering this standardized child rearing practice was high. 27 % (4) women used bottle for feeding cow milk. The ratio of rendering this standardized child rearing practice was low. 73% (11) women used other open pots for feeding milk. The ratio of rendering this standardized child rearing practice was high. 13% (2) women washed bottle before use. The ratio of rendering this standardized child rearing practice was low. 100% women thought that cow milk should be boiled before use which is a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding

Weaning Need

87% (13) women thought that child should eat other things in addition to mother's milk. The ratio of rendering this standardized child rearing practice is high. Majority of women thought that child should be given some other things in addition to mother's milk. But child's liking or disliking was not taken into consideration. So, the ratio of rendering this standardized child rearing practice was low. Majority of women thought that food with milk was good for child's health which is a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Resting Need

93% (14) women took care of child's sleep so, the ratio of rendering this standardized child rearing practice was high. 87% (13) women took care of child's resting place so, the ratio of rendering this standardized child rearing practice was high. 93% (14) women took care of the complete rest of the child. 67% (10) women took care of temperature while resting so, the ratio of rendering this standardized child rearing practice was high. No mother took care of the child in case he did sleep more than routine time which is not a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding

Elimination (cleaning)

7% (1) nomadic mothers made their child's atmosphere clean so, the ratio of rendering this standardized child rearing practice was low. Only 7% (1) nomadic mothers use diapers so, the ratio of rendering this standardized child rearing practice was low and 100% women used nappi cloth which is not a standardized practice. 87% (13) women or nomadic mothers changed diaper or cloth nappi after some time and washed cloth nappi with soap so, the ratio of rendering this standardized child rearing practice was high. 100% (15) women bathed child after twenty four hours with soap which is a standardized child rearing practice. No nomadic mother used proper place for bathing a child which is not a standardized child rearing practice. 93% nomadic mothers used to give improper medication to child in case of rashes which is not a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Eating

80% (12) nomadic mothers used to give two times meal to the child. 87% (13) nomadic mothers gave Rusk in breakfast and bread in lunch and nothing was given in dinner. Moreover, no care was taken if child did not take meal. 80% (12) nomadic mothers used vegetables, meat and pulses for the child in food which can be taken as a standardized child rearing practice. Only 60% (9) women did clean the teeth of their children with (Missi) that was made by them and 40% (6) women did not take care of it so, the ratio of rendering this standardized child rearing practice was high.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Toilet Training

53% (8) nomadic mothers gave toilet training to the children. 27% (4) women used strict behavior if child didn't tell before passing stool, so, the ratio of rendering this standardized child rearing practice is low. 100% (15) nomadic mothers gave hand washing training to their children after passing stool and personally checked washed hands of children which is a standardized practice. Only 60% women did care if child did go to washroom again and again and gave him proper medication and 40% (6) women didn't bother about it so, the ratio of rendering this standardized child rearing practice was high. Majority of nomadic mothers used liquids in limited quantity during winter which is a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Playing

66% (10) nomadic mothers provided opportunity to children for playing. 33% (5) nomadic mothers provided no facilities for playing so, the ratio of rendering this standardized child rearing practice is high and 80% (12) mothers didn't know playing being good for health or not. Only 53% (8) nomadic mothers set time for the child to play so, the ratio of rendering this standardized child rearing practice is low. 60% (9) women provided some ordinary toys to children for playing so, the ratio of rendering this standardized child rearing practice is high.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Safety

40% (6) nomadic mothers thought that children should visit different places, so, the ratio of rendering this standardized child rearing practice is low. 7% (1) nomadic mothers teach their children their full name, address and phone number at the age of four years so, the ratio of rendering this standardized child rearing practice is low. 100% (15) nomadic mothers taught children to keep away from knives, medicines and harmful things. 100% (15) nomadic mothers taught children to be cautious of deep water and busy roads which are standardized child rearing practices.

Responses of Nomadic Mothers about Child Rearing Practices Regarding School Education

33% (5) nomadic mothers used to teach their children before going to school so, the ratio of rendering this standardized child rearing practice is low. 96% (14) women sent their children to school at the age of four years so, the ratio of rendering this standardized child rearing practice is low. 73% (11) women gave lunch to the child for break in school and bread is given with improper spread, so, the ratio of rendering this standardized child rearing practice is low but lunch is not standardized. 47% (7) women did not care to control child's anger. 54% (8) women gave answers to the questions asked by children and 47% (7) nomadic mothers kept in touch with school so, the ratio of rendering this standardized child rearing practice is low. No nomadic mother had knowledge about different needs of every child. If child was not going to school then 100% (15) nomadic mothers gave him education which is a standardized practice. 100% (15) nomadic mothers were of the view that all children should be sent to school which is a standardized child rearing practice and no mother knew that children should be treated equally or not, which is not a standardized child rearing practice. 87% (13) mothers thought education being important and beneficial to children and 15 % (2) mothers opined that child should be permitted if he wanted to study more, so, the ratio of rendering this standardized child rearing practice is high.

Responses of Nomadic Mothers about Child Rearing Practices Regarding

Dressing

100% (15) nomadic mothers used full dress for their children and 82% (12) nomadic mothers dressed the child up according to temperature and thought that child should be told about importance of dressing so, the ratio of rendering this standardized child rearing practice is high. No nomadic mother took care of their children's liking or disliking and color selection which is not a standardized child rearing practice.

Responses of Nomadic Mothers about Child Rearing Practices Regarding

Copying

100% (15) nomadic mothers allow children to copy themselves and provided examples to children for copying which are standardized child rearing practices.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Reading

67% (10) nomadic mothers provided facilities of reading to the child so, the ratio of rendering this standardized child rearing practice was high and 47% (7) mothers used to send children on tuition, so, the ratio of rendering this standardized child rearing practice was low.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Writing

33% (5) nomadic mothers paid attention to teaching writing to their children so, the ratio of rendering this standardized child rearing practice was low and only

53% (8) children were sent to tuition and their home work and school work were checked so, the ratio of rendering this standardized child rearing practice was high.

Responses of Nomadic Mothers about Child Rearing Practices Regarding Self- confidence

Nomadic mothers did not appreciate their children when they performed well which is not a standardized child rearing practice. 100% (15) nomadic mothers provided guidance and limits to the child, which is a standardized child rearing practice.

Discussion

Child rearing practices of nomads residing in urban areas (M ustafa Town, Sabzazar Scheme, Thokar NiazBaig) of Lahore were examined. Most of their child rearing practices regarding feeding were standardized. Most of nomadic mothers preferred mothers' milk to cow milk. Most of nomads had high ratio of standardized child rearing practices regarding weaning. They used rice, rusk, fruit pulps, sweets and snacks for weaning with milk. Most of nomads had moderate ratio of standardized child rearing practices regarding resting. Most of nomadic mothers had high ratio of standardized child rearing practices regarding elimination (cleaning). Most of nomads had low ratio of standardized child rearing practices regarding eating. Most of nomads had high ratio of standardized child rearing practices regarding toilet training. Most of nomads had moderate ratio of standardized child rearing practices regarding playing. Most of nomads had high ratio of standardized child rearing practices regarding safety. Most of nomads had low ratio of standardized child rearing practices regarding school education. Most of nomads had moderate ratio of standardized child rearing practices regarding dressing. Most of nomadic mothers had high ratio of standardized child rearing practices regarding copying. Most of nomads had low ratio of standardized child rearing practices regarding reading and writing. Most of nomads have moderate ratio of standardized child rearing practices regarding teaching and self-confidence.

Recommendations

On the basis of major findings the following recommendations are made for Government of Pakistan and researchers:

1. Government should provide proper facilities (food, clothing and houses) to nomads residing in urban areas.
2. Government should establish resource centers of nomads residing in urban areas for networking and exchange of information.
3. Government should provide entirely free and compulsory education to all children of nomads residing in urban areas.
4. Government should open health centers near the residing areas of nomads.
5. Government should establish a committee for making plans to improve child rearing practices of nomads.

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