

National Institute of Open Schooling
Secondary Course: Home Science
Lesson 19: My Family and I
Worksheet -19

1. During this COVID-19 Pandemic, we all spent almost all our time at home with our families. What role does your family play in a life? State any two instances to support our answer.
2. Radha has always been in a nuclear family and now she's getting married into a joint family. As a good friend, highlight the advantages of a joint family and help her to adjust in the new environment.
3. Elaborate the three styles of parenting with examples.
4. What are the things that should be taken care of by the parents of an adolescent? How is it different from care during childhood?
5. Saloni is a working woman and has recently delivered a baby. She lives in a nuclear family.
 - i. Suggest her ways to take care of her new born baby in a nuclear family set up.
 - ii. Do you think things would be easy if she would have lived in a joint family ?
6. A family life cycle starts as a couple and ends as a couple. Explain the different stages each family goes through and the milestones they achieve in each stage.
7. Family is a place where a child learns everything. A child spends most of his/ her time with their family. Describe the factors that are important for optimum growth and development of the child in a family.
8. Sahiba and Akash are siblings (twins) .Sahiba is not allowed to wear western outfits, step outside the house without permission and even participate in dancing competitions whereas Akash does whatever he wants. Based on the situation.
 - i. What does this reflect about their parents?
 - ii. Do you think this parenting style is appropriate?
 - iii. If you were Sahiba, what would you do in this case?
9. Grandparents play a very important role in the life of a child. Do you think they need special care and attention? How can we take care of them?
10. List any 5 areas of disagreements with your parents and how will you resolve them?