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LEADING SCOLARS ABOUT CHILD'S HEALTH AND CONSCIOUS PARENTHOOD

Resume. This article dwells upon the investigation of parents' role in the formation of healthy children in the works of prominent scientists. The publication focuses on social, psychological and pedagogical aspects of upbringing process.

Key words: conscious parenthood, nurture, co-understanding, co-operation pedagogy, self-perfection, self-education.

Резюме. У статті за даними досліджень провідних вчених висвітлено роль батьків у формуванні здорових дітей. Стаття фокусується на соціальних, психологічних і педагогічних аспектах виховного процесу.

Ключові слова: усвідомлене батьківство, виховання, взаєморозуміння, співпраця, педагогіка, самовдосконалення, самоосвіта.

Family is the most important collective in the human life. Upbringing and education are two closely connected tasks for parents and their children. Unfortunately, in Ukraine there is not special governmental programme of the education for just-married couples and future parents. They have to understand that being of parents is a very responsible process. Usually, we define nurture like overseeing the children, formation of vital and work skills [1]. We should take into account that education helps to form in children a definite way and principles of existence in the nature and among people, following the principles of self-education, self-development, caused by inner intention.

Parents share with their children by a sum of new knowledge and skills. They can use different systems of upbringing, but some principles are necessary for all of them:

1. First of all, this system should not harm natural development of a child.
2. Upbringing process is a long and interesting way full of troubles and small advances. Parents should always take care of their children.
3. Explain that all the people have the right to have their own point of view, and tolerance and patient-

ce are nice and necessary features of character for human being.

4. In all the cases parents have to support their child.
5. Acknowledge your mistakes. It will help you to correct them.
6. Remember that your child has unlimited capacities and potential of self-perfection.
7. Each adult can be taught by a child.

Love between mother and father and mutual co-understanding have to be the basic principles of family formation. Without that healthy and happy life of the growing generation will be problematic [2].

Thesis of own responsibility for the health has to be clear for the majority of people. Knowledge about healthy way of life children should get from their parents. Their example is the most valuable in this understanding.

Family forms the personality of a child. With the parents' help children should cognize the joy of existence and first difficulties, games and movement activity, communication and understanding of nature [1, P. 134].

Self-reliance and diffidence are also formed by the family. These features of character influence on the successful or not very successful realization of young

people in their life.

Parents should not interfere in the process of self-definition of their children. Ukrainian philosopher Hryhorii Skovoroda developed the theory of "labour by calling". From his point of view the formation of positive features of character in each individual cannot be connected with a desire for enrichment. Happiness of a person, from his point of view, is in labour. The aim of human life from his point of view was the happiness of "labour by calling". It has to be the activity, which took into account all human talents. Person without any activity cannot have the chance to feel specific kind of happiness from the realized idea. The ideal of thinker, for H. Skovoroda, was the spiritual person focused on self-perfection, independent in opinion and cognition, and joyful. Friendship with close in spirit people is the source of emotional health. H. Skovoroda was nearly the first philosopher of the New Age, who offered the idea of transformation of the labour from the mean of existence into the vital need and the highest satisfaction. Upbringing process has to help in the development of all the talents of a person. The person, who works without taking into account the particular inner wishes does not realize the mission and feels unhappiness.

Life of unhappy person is the disaster for the surrounding people.

There is a specific trend in pedagogy. It got the name "psychagogy". The main principle of education in this sphere is upbringing by the soul. The practice of family "psychagogy" was embodied in V. Sukhomlynsky system [3].

Parents have to develop the best qualities of their children. Human pedagogical approaches are the main points of upbringing process for successful and happy members of society. Respect and dignity of a child have to be the basis of any education [4]. It is the basic principle of "human pedagogy", which has been developed by Georgian teacher Shalva Amonashvili.

Positive attitude to the world is very important. It is a big point of a special field of science "Positive Psychotherapy", founded by Dr. Nossrat Peseschkian (1933 – 2010) in 1968, based on a cross-cultural approach [5]. Positive thinking will help people to keep fit and be healthy. Investigations of Bruce Lipton, a famous American molecular and cellular biologist proof that. He substantiates the point that achievements of contemporary quantum physics gives people very important information about influence of consciousness and sub-consciousness on the formation and functioning of human cells [6].

In frames of this problem he pays the attention on the necessity of specific preparing period for couples, who are planning a baby. He is absolutely sure that

parenthood has to be conscious and responsible. It is not enough to give the life for a baby. From his point of view it is not true that just genes define the future life of new-born child. Nurture and environment play an important role in this process. More than that emotional perception and reactions, parent's patterns of behavior, influence a lot on child's life, health and happiness. Nowadays, science recognizes the fact, which knew the majority of mothers and well up fathers: role of parents in the formation of their children is essential! B. Lipton paid the attention that there is an interesting field of researches Pre- and Perinatal Psychology. He mentioned that the pioneer investigations in it belonged to Dr. Thomas R. Verny, a psychiatrist, writer and academic, founder of Pre- and Perinatal Psychology association of North America. In his scientific publications he underlined that parents have a tremendous impact on mental and physical qualities of their reared children [7].

Unborn child is experiencing parental influence in the womb proved Thomas Verny in his book "The Secret Life of the Unborn Child" published in 1981. Since the scientific evidence on which he had relied, were still inconclusive, the so-called "experts" reacted to his conclusions with skepticism. At that time it was believed that the brain of the fetus and newborn child is functionally deficient and, therefore, the baby cannot have a memory and feel the pain (Sigmund Freud, used the term "infantile amnesia" to define a specific situation with the absence of 3-4 year-old memories).

Later, researchers in the field of Experimental Psychology and Neuroscience had broken that myth. It became clear that the brain of the fetus and newborn baby has a greater ability to perceive and training, as well as specific kind of memory that neuroscientists call "implicit". Another pioneer of pre- and perinatal psychology, David Chamberlain, in his book "The Mind for Your Newborn Baby" wrote: "To tell the truth, most of what we used to think of young children, is not true. They are characterized by complexity, which is not determined by the time of living. They are small creatures with unexpectedly large thoughts" – underlined he in his work [8].

The prenatal period of life has a tremendous impact on the health of human being and his/her nature. "The quality of life in the womb, where we stayed until the moment of birth, determines our predisposition to cardiovascular disease, stroke, diabetes, obesity and a host of other ailments", wrote in his book "Life in the womb: a source of health and disease" Dr. Peter Nathanielsz [9]. These representations of the prenatal period of life are forced to reconsider the concept of genetic determinism.

Bruce Lipton is analyzing the main ideas of Dr. Nathanielsz. The mechanisms of prenatal programming, which says P. Nathanielsz are the same epigenetic mechanisms by which stimuli from the environment govern gene activity. According Dr. Nathanielsz, parents quite able to improve the prenatal existence of their unborn child, and thus, play a role in his/her life, so to speak, "genetic engineering". Of course, this idea is Lamarckian and contradicts Darwinism. Peter Nathanielsz today is one of the few scientists, who are lacking the courage to directly mention the name of Lamarck: "... the transmission of acquired characteristics from generation to generation by means of non-genetic means does occur. Lamarck was right, even if such a transfer takes place through mechanisms unknown in his time" [9].

The influence of parents on the formation of the child continues after his/her birth, because it depends on them the conditions under which he/she has to live. In a recent book by Daniel Siegel "Development of Consciousness" author says that the important role parents play in the development of baby's brain: "For the developing child's brain world society becomes the source of the most important experiences influencing the expression of genes that determine how will bind together neurons in establishing the neural pathways that serve as the basis for mental activity" [10]. In other words, the activation of genes required for the formation of a healthy child's brain requires a beneficial external environment. The latest scientific findings indicate that parents continue to play a role of "genetic engineering" for their child, and after baby's birth!

All these points are the evidence of the close connection of mental, emotional and physical levels of co-existence and communication between human-beings.

In conclusion we have to underline that there are

some general rules, which can be used by parents. Ukrainian doctor Mykola Amosov formulated them in such a way:

1. Parent's task is defining of their child's peculiarities.
2. Child should be formed according to the laws of nature.
3. Parents have to be an example for their children in all spheres of life.
4. The age between 2 up to 5 is the determinative for the intellectual formation. Children follow parent's behavior at this period especially. Playing, they learn how to live.
5. Nurture is a process of feelings, needs, and convictions' formation.
6. From the early childhood children should get the satisfaction from different kinds of labour activity
7. Children learn to live in society going through the nursery school. So, they have to go there, approximately part-time.
8. Playing is the leading activity for children. They have to play with each other.
9. Labour in family or in the child's collective is one of the most important elements of life. It will help to form collectivism and normal human relations.
10. As soon as a child start to understand what is "good" and what is "bad" – starts the morality formation.
11. Child should know the limits. Parents' task is to restrain the expansion of children's rights on the basis of reasonable compromise.
12. The universal benevolence has to be the basis for the family climate and children's collective.
13. Children need the love. Parents and society pay the high price for the cruelty and violence over children. Hardening of children is a boomerang [1, p. 132-135].

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