

# **FAMILY LIFE AND YOU**

*A strong family unit is*

*The building block*

*Of a strong society*

**DR. GRACE LALANA PUBLICATIONS**

**FAMILY LIFE  
AND YOU**

**Dr. Grace Lalana Christopher**

First Edition 2017

Second Edition 2023

© Copyright: Dr. Grace Lalana Christopher: 2023

All rights are reserved under International and Pan-American Copyright conventions. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, chemical or mechanical, optical, photocopying, recording or otherwise without the prior permission of the Publisher, in case of any dispute, all legal matters to be settled under Bangalore jurisdiction.

NEW GEN PARENTING

DR. GRACE LALANA PUBLICATIONS

#6, 1st Floor, Maruthi Complex, Ramamurthy Nagar Main Road, Bangalore 560016, India

Mob: + 91 9980365600

Email: [drlalana@gmail.com](mailto:drlalana@gmail.com)

[drlalana@newgenparenting.com](mailto:drlalana@newgenparenting.com)

Order Hard copy or E-Book

@ [https:// www.newgenparenting.com](https://www.newgenparenting.com)

Published by Dr. Grace Lalana Christopher  
Bangalore, India

*Dedicated to my family*

**FAMILY IS THE CORE AND  
BASIS FOR THE WELL  
BEING OF FUTURE  
GENERATIONS**

## **FOREWORD**

The health of the society is linked to the health of the family. The family as a unit is faced with many changes and challenges. It is very vital that we understand the challenges that the family faces and the ways to cope with these challenges.

This book by Dr. Grace Lalana Christopher helps a family to move forward on these issues especially when dealing with the new Linkster generation who are growing up surrounded by sophisticated technology and gadgets which influence their outlook and character, hence the importance of a strong fabric of family life which will keep the family grounded on lasting values and family traditions.

This book is well written to explain family as a unit and has addressed some of the current challenging trends and gives ways to cope with the various issues. She has also integrated her medical knowledge and writing skills to produce a book of excellent information. I congratulate her for her nusus to help in enhancing this family unit to greater heights.

S. Renny Samuel  
Dean, Global School of Counselling  
Asst. Professor and Counsellor  
Global School of Counselling, Hennur -  
Bagalur Road, Kothanur - Bangalore 560077





## **PREFACE**

The family in the 21st century is confronted with many challenges. Changing trends in the social fabric, nuclear families with both working parents and loss of the influence of grandparents, aunts and uncles transmitting traditional family values often threatens the foundation of family life, compounded by the fact that a new generation of children born after 2002 or the Linked or Linkster generation, who now emerging into adolescence linked to technology from day one or also known as Generation X require skilled effective parenting to keep them on the right tract.

More couples now-a-days prefer a live relationship to legal sanction such as marriage. However the commitment that marriage offers cannot be undermined wherein children can grow up secure with both father and mother. Another common trend is single parenthood with either dad or mom.

Harmony in the family is important. This book also outlines various skills to strengthen family bonds and emotional ties as well as inculcation of character values for the healthy and happy growth of children but also enhancing the relationship between parents which takes priority over

the parent-child relationship. A child feels secure when marital bonding of parents is good.

Just as children evolve through sequential developmental stages of growth so does one's marriage evolve through several stages before moving on to a long term happy relationship. Being aware of the stage one is in and taking steps to avoid marital strain and opting for divorce citing irrevocable difference is common in most marriages. In fact these differences need to be worked out, establishing bonds, cherishing of one another as separate and unique individuals so as to develop long term love finding fulfilment, joy, passion, intimacy, happiness together.

Dr. Grace Lalana Christopher  
M.B., B. S. (Vellore), D.C.H, (Vellore), (D.N.B.)  
Consultant Pediatrician "GRACE SPECIALIST CLINIC"  
& "CHAYA SUPER SPECIALITY HOSPITAL, & SHIFA HOSPITAL,  
BANGALORE  
President & Founder CEO, "NEW GEN PARENTING"  
January 2023

## CONTENTS

Foreword	vii
Preface	ix
Introduction	xiii

### SECTION I

Chapter 1	The family	1
Chapter 2	Family life education	13
Chapter 3	Importance of premarital Counseling	40
Chapter 4	Sex education	56
Chapter 5	Sexual intercourse	69
Chapter 6	Preparing for pregnancy	73
Chapter 7	Contraception	78
Chapter 8	Marriage relationship	88
Chapter 9	Resentment and Jealousy	107
Chapter 10	Anger	111
	'ANGER'	126
Chapter 11	Social Anxiety Disorder	128
	'ANXIETY AND WORRY'	136
Chapter 12	Tips to overcome negative emotions	137
	'FAITH VERSUS FEAR	141
Chapter 13	Finances-How to Budget and Save Money	142

### SECTION II

Chapter 14	Personality Facets	153
Chapter 15	Problem Solving Skills	158
Chapter 16	Temperament	163
Chapter 17	Emotional Quotient (E.Q)	171

Chapter 18	Optimism	180
	'OPTIMISM'	185
Chapter 19	Effective Communication	188
	'COMMUNICATION'	197
Chapter 20	Attitude	199
Chapter 21	Resilency or Coping Skills	203
Chapter 22	Setting Goals	213
Chapter 23	Total Health	221
Chapter 24	Tips for Positive Living	225
	'POSITIVE LIVING'	233

### SECTION III

Chapter 25	Understanding Phases of Growing Children	236
Chapter 26	Sibling Rivalry	249
Chapter 27	Redefining Relationship with Growing Children	258
Chapter 28	Routine or Schedule	269
Chapter 29	Age Appropriate Rules or Boundaries	272
Chapter 30	Grand Parents	293
Chapter 31	Divorce	300
	<i>'TO PREDICT THE FUTURE CREATE IT NOW'</i>	308
Chapter 32	Single Parent	310
Chapter 33	Love that Hurts- Domestic Abuse	317

### SECTION IV

Chapter 34	Current Family Trends	321
Chapter 35	Nutrition	336
Chapter 36	The Present - Today	349
	<i>THE PRESENT - TODAY'</i>	353
Chapter 37	Dealing with Death	356
	Farewell speech	365
	Index	368

Bibliography refer to website: [newgenparenting.com](http://newgenparenting.com)

## INTRODUCTION

A family unit is the foundation of a strong society where children are raised who become leaders for the next generation. Hence the importance of a healthy family, it is up to parents to build and strengthen the emotional bonds of the family. The social, spiritual and moral values children learn growing up will hold them in good stead throughout their lives.

Premarital counselling gives insight to solving many a problem faced during marriage making the couple aware of how to overcome these roadblocks to lead a happy and long term married life and is important not only in first time marriages but also those who embark on their second or third marriage.

Family bond needs strengthening and this book outlines how families can rebuild togetherness by developing habits, routines, set of rules or patterns to deal with day-to-day life. Effective communication is important, listening to each other, sharing opinions joys and failures, feelings and experiences, making decisions, solving family problems and doing family work together Families also need to adapt to new needs and circumstances such as births, marriage, divorce, sickness and death. Family relationships

are most likely to remain healthy and strong if family members adapt to these changes — and support each other in dealing with change.

Other aspects of a healthy personality, how to maintain a positive attitude and overcome negative emotions of jealousy, resentment and anger etc. with chapters on divorce and death enable families to cope through various experiences and situations and to live in harmony with one another.

I hope the chapters outlined in this book will give insight into the many issues that families need to work out, so as to emerge as a stable unit in the midst of increasing pressure and stress of modern day living and changing social fabric.

Dr. Grace Lalana Christopher  
M.B., B.S. (Vellore), D.C.H, (Vellore), (D.N.B.)  
Consultant Paediatrician “GRACE SPECIALIST CLINIC”  
& “CHAYA SUPER SPECIALITY HOSPITAL,  
President & Founder CEO  
“NEW GEN PARENTING”  
DR. GRACE LALANA PUBLICATIONS  
Website: [www.parentingnewgen.com](http://www.parentingnewgen.com)  
January 2023

