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LIFE SKILLS PLAY A VITAL ROLE IN DEVELOPMENT OF A CHILD

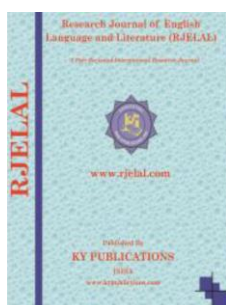
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ABSTRACT

Skills play a vital role in any youth development. They are very important set of characteristics defining every candidate. Life skills are valuable liaisons kids use throughout their life time. Traits such as personality, communication, language, habits, social interaction, optimism, emotions, feelings, insights and friendliness define a person's relationship with other people. Indian youths need to acquire skills and knowledge to gain employability. Life skills help young people to navigate challenges of everyday life. They enable them to develop into healthy, responsible, and productive adults. The purpose of this chapter is to define the key life skills in young Kids and identify their core domains,

KEYWORDS: Life skills, Social skills

Introduction:

Have you ever wondered how independent your child actually is? Will your child be able to look after themselves if left alone for a while? Do you think your child is well equipped with essential life skills to face the world? It is absolutely important for children to learn more than just academically.

Why Life Skills:

Most individuals do not think of the need of being aware of 'SELF'. Most often, we do not pay attention on understanding our own strengths and weakness and the opportunities available and ahead of us. This sometimes results in low self-esteem, inability to handle pressures at work and in personal lives, eventually ending up in depression. So to keep a balance with all these things in life we need life skills.

What are Life Skills?

There are various definitions to explain this. Life skills are skills that are necessary or desirable for full participation in everyday life. Life skills education is a structured program of needs and outcomes-based participatory learning that aims to increase positive and adaptive behavior by assisting individuals to develop and practice psycho-social skills that minimize risk factors and maximize protective factors.

According to World health Organization's definition of life skills" Life skills are abilities that help us to adapt and behave positively so that we can deal effectively with the challenges of everyday life"

UNICEF (2002) defines life skills as psycho- social and interpersonal skills that help people make informed decisions, communicate effectively, and develop the coping and self-management skills needed for a healthy and productive life. Life skills can be applied to actions directed at either the self, other people,

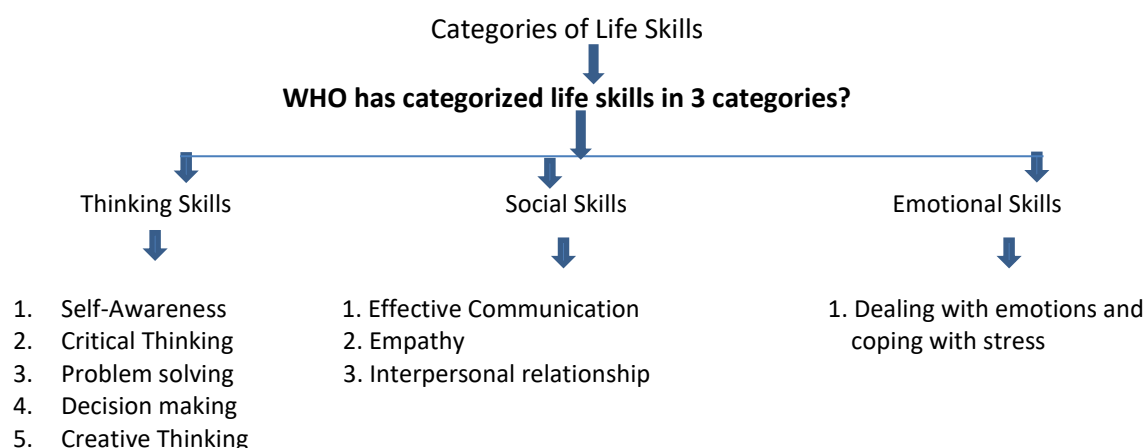
or the local environment; their goal is to promote health and well-being at all these levels.- The Pan-American Health Organization defines life skills as social and interpersonal skills (including communication, refusal skills, assertiveness and empathy), cognitive skills (including decision-making, demands by drawing on and mobilizing all of one's psychosocial resources (including skills) in a given context. Thus, life skills include not only behavior, but also attitudes and knowledge.

Who requires this?

"When you want your child to grow up strong, you teach by example. It's not easy being a parent. It's even more difficult to work on self-improvement while raising a child"

So, let's look at a few skills that are essential to lean in order for them to find it easy to deal with adulthood. Let's also look at how you can teach your child these skills.

Life skills are needed for everyone from childhood to adults. It is needed to be most successful in career and look for a quality personal life. Ideally if these skills are given from school age, the effect will be seen when the individual is ready to take decisions related to their choice of career and accordingly the selection of courses, be it professional or otherwise. Sometimes we are babbled with indecisive situations and to find answers become a herculean task. In such tricky situations, life skills help to bridge the gap. Life skills act as a key resource for enhancing positive and productive development in youth. Scholars, practitioners, and institutional administrators agree that having life skills help young people navigate these societal challenges, thereby contributing to their healthy, positive, and productive development. But what are these life skills, and how do they develop?



If a student develops life skills than following qualities can be developed in youths.

I. Decision making and Problem solving:

Making good decisions is a life skill every child should begin learning at a young age. Life skills help the youths to make his decisions and solve the problems quickly. Begin with basic decisions like chocolate versus vanilla ice cream, blue socks or white socks, playing trains or playing cars. When kids reach elementary school age they can begin with learning about the rewards of good decisions and the consequences of bad decisions. Walk them through the many steps of decision making. Help

them weigh their opinions, evaluate the pros and cons of their decisions and let them make the final decision to see how things play out.

eg: When a child encounters a problem, work together to develop a healthy solution. There are always opportunities to teach problem solving skills. Guiding kids without making all their decisions for them is an important part of helping them. Avoid being a helicopter parent and when it is date to do, allow your child to face some natural consequences. Mistakes can be a powerful tool.

3. **Impulse Control:**

Kids slowly develop impulse control as they grow older. Parents can help facilitate impulse control skills in several ways. Offering logical consequences is one way to motivate your child to practice delayed gratification. Praise can be another great way to help kids manage impulses. Praise your child for thinking before he acts, waiting for his turn in conversations or walking away when he feels angry. This will help them to keep control on nerves.

4. **Emotion Regulation:**

Teaching kid's healthy ways to deal with their emotions is a life skill that many parents overlook. When kids cannot express themselves verbally, or when they don't know how to cope with uncomfortable emotions, they often throw temper tantrums or become aggressive. Research shows that emotional intelligence is more important than IQ when it comes to life long success.

5. **Time Management:**

Time management helps younger children how to measure time and to stay on task and keep to a schedule help make your days easier, Learning Life skills helps them to become masters of time so that they can do everything from get up on schedule to someday getting to work on time.

They should know **"Time and Tide wait for none"**

6. **Money management:**

We teach our kids to count. We teach kids basic math's. We can take those lessons further and turn them into life skills. Money management is something adults have trouble with. It is very crucial to teach this so that they will be better prepared when they start earning a paycheck of their own. This will teach them how to save money, spend wisely, make change and understand that writing a check or using a credit card isn't free money. **Budget training develops a habit not to waste money and to respect its value.**

7. **Cleanliness:**

This is a missed opportunity for us to teach our kids how to keep our house clean. They will eventually need to know when they leave for college and

someday have a house of their own to take care of. Start with age- appropriate chore charts that include learning how to make the bed, empty the dishwasher and dust. Also think of the daily messes your kids make and how they can clean up after themselves. This will develop hygiene habit in them.

Set a daily housekeeping schedule to make clearing a part of their routine and stick to it.

8. **Comparison shopping:**

When we grow up we understand the value of the dollar and the importance of comparison shopping. This is a very valuable life skill and we should not overlook it. Teaching kids to be smart shoppers and taking time to comparison shop will help them save money everywhere they will go while also making smart decisions on the type of products they choose.

9. **Self-Discipline:**

Kids need to learn self-discipline in regards to money, chore homework and time management. The best way to teach self-discipline is by providing consistent consequences or misbehaviors well as positive consequences for good behavior.

10. **Develop Self Confidence:**

It helps them to develop self-confidence and successfully deal with significant life changes and challenges such as bullying and discrimination. It enables them to make a positive contribution by developing the expertise and experience they need to assert their rights and understand their responsibilities.

11. **Looking at situations from others' perspectives:**

When your child comes to a problem which he or she had with their friend or a problem that they witnessed, encourage them to look at the situation that took place from the perspective of others. Do explain them the emotional reactions of people every chance. Explain why someone is sad or angry. This increases their problem solving abilities and their level of understanding of the people around them greatly.

II Social Skills:

Good social skills are life skills that can make a big difference in your child's success throughout school and into adulthood. Most youth need a lot of help and practice—learning social skills.

Young kids need to learn how to share, use good manners, and speak kindly so they can develop healthy friendships.

1. Importance of Environmental Preservation:

Instilling the importance of environment and sustainability at an early age will teach your child to be more loving towards the planet. They should know preserving the environment is essential by making small lifestyle changes at home. They should practice eco-friendly habits in everything they do.

2. Gives the voice

It gives them a voice at school in their community and in society at large.

3. Effective Communication

Children should be taught how to effectively communicate with people. They should be taught to differentiate between good and bad strangers. There should be an open channel of communication to understand what the child is going through

4. Self-awareness and empathy

A young woman develops an awareness of her sexual feeling and how these feelings can "take over" sensible decisions. This awareness helps her avoid situations where she might risk unsafe sex.

5. Resilience and adaptability:

Another important skill is teaching child to be resilient. Child should be empowered to problem solve by themselves so that they are ready to face challenges as when they come.

III Coping with stress and Emotion

A child learns how to cope with the conflicting pressures of needing to work and wanting to study. A boy learns to cope with the anger he feels towards his abusive father.

Conclusion

These are the high-valued terms that are to be achieved through the Life Skill program of education. Through this, many mental, health and social problems can be controlled at very basic and initial levels. The basic goal of the life skills education system is to develop a mentally and moderate society with agreed and suitable lifestyle and behaviors even those that pertain to autism and other mental disorders. Thus if a child tries to develop these kind of life skills then he will really enhance positive personality traits. A child should be fairly independent in the way they function inside the house. They should also be following any safety rules that you lay down for them, which goes to show the personality trait of understanding and reasoning. Developing life skills is important so our kids have a brief idea of what they want to do in life and essentially keep in in the kind of person they want to be.

So let's focus on educating our children in a way that they find fun and entertaining so that we can be worry free when it comes to their morals and skills.

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