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Week 7

Chapter 10 of JA book discusses puberty and adolescence, which is a time of rapid growth that typically starts between ages 11 and 14 and lasts about two years. It is marked by the development of secondary sex characteristics and ends with the onset of menarche in girls and sperm production in boys. Factors that affect puberty include heredity, climate, nutrition, sex, and socioeconomic status. Four significant changes occur during puberty, including rapid physical growth, changes in body proportions, development of primary and secondary sex characteristics. Parents need to understand what their children are feeling and struggling with developmentally, and understanding what is normal during this time is reassuring.

On the other hand, in the GG book the text describes the findings from a study on the impact of the loss of a parent on children. According to the study, the loss of a mother was generally more difficult for most children compared to the loss of a father, particularly during the second year of grieving. This is because the death of a mother can lead to more significant changes in daily life, and in most families, the mother is the emotional caretaker of the family. Losing a mother can have a significant emotional impact on children, and it is often associated with more emotional and behavioral problems. The passage highlights the importance of recognizing the unique challenges that children face when they lose a parent and underscores the need for appropriate support and counseling to help them cope with their grief.

Lastly but not least, in chapter four of MAC's book, the author talks about how to deal with uncertain losses, which are losses that are unclear or uncertain. The author suggests that instead of trying to find closure, we should focus on building resilience, which means being able to adapt to difficult situations and bounce back from them. To build resilience, we should try to stay hopeful, find meaning in the situation, and connect with others for support. It's also important to take care of ourselves and seek professional help if needed. This is especially important in the current context of the COVID-19 pandemic and other global changes.