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## Family Assessment

### **Family Identification**

My family of choice is Young's family. The family consists of Jacob Young, a four-year-old man who is the head of the family; Lenah Young, a thirty-five-year-old lady who is the mother; Maria Young, thirteen years old and Gladys Young, seven years who are the daughters. Young's nuclear family. A nuclear family consists of a father, a mother, and children. The Young's are Hispanic Americans, an ethnic group characterized by Cubans, Mexicans, Puerto Ricans, South or Central American, and other Spanish cultures. The Young's have their origin in Puerto Rica, where Mr. Young's parents reside. Ideally, the Young's are Christian precisely Catholics, and attend mass at least three Sundays in a month. The common activities that Young's family like engaging in during their free time are swimming, playing video games, going to the movies, watching television at home, and eating out at restaurants. The primary parental roles for MR. and Mrs. Young are protecting their two daughters from harm and providing them with the basic needs; food, clothing, s and shelter. Also, Mr. and Mrs. Young offers financial support to their two daughters.

### **Developmental Stage**

Young's family is at the child-rearing stage. The child-rearing stage is the third family developmental stage after the founding and childbearing stages (McGoldrick & Carter, 2003). In the founding stage, Mr. and Mrs. Young from Puerto Rico established a home and became emotionally dependent on one another. Jacob and Lenah cohabitated for three years before getting officially married to each other at a church wedding. One year after their marriage, Mr. and Mrs. Young entered the childbearing stage and were blessed with their first daughter Maria Young and

later their second daughter Gladys Young. Currently, the family is in its child-rearing stage where Mr. and Mrs. Young continue to learn about children and adjust their financial and housing plans to meet their two daughters' needs. Also, at this stage, Mr. and Mrs. Young are becoming more alert to the particular needs of their two daughters at different ages. Ideally, the two daughters of Mr. and Mrs. Young are at two different developmental stages. Gladys young, seven years old, is in the school-age developmental stage. At this stage, Mr. and Mrs. Young must allow her to establish new relationships outside the family. On the other hand, Maria Young, thirteen years old, is in the teenage stage and needs more independence than her younger sister Gladys. As a result, Mr. and Mrs. Young need to adjust their parental roles and provide opportunities for Maria's growth.

### **Environmental Data**

Mr. and Mrs. Young live in a gated community where they own a mansion. At their home, Mr. and Mrs. Young have an adequate water supply and depend on electricity as the power source. The Young family has only domesticated two animals, a dog, and a cat, their pets. For security purposes, Young's family has fenced their homestead with an electric fence and has several surveillance cameras at different corners of their house. Various social amenities, including a healthcare center, schools, churches, a social hall, and recreational facilities, characterize the neighborhoods. Also, almost all of The Young's' neighbors are rich individuals owning their mansions in the gated community. Ideally, Young's family like traveling by their two private vehicles each belonging to each parent which they use to commute to work, drop the children off at school, go shopping, and for other purposes. The Young's family has a well-established relationship with community members, especially their church mates.

### **Family Structure**

The Young's family lives under one roof; thus, most of their communication is verbal and physical. Every member of Young's family is a decision-maker to a certain level. For instance, the parents decide on bigger issues like where to enroll their daughters in school where to go for vacation, and where to shop. Mr. Young makes almost all the financial decisions, while Mrs. Young decides what to cook for the family. Maria and Gladys make minor decisions like which cartoon to watch. Fortunately, Mr. and Mrs. Young are meeting their two daughter's affection, love, and understanding needs. To meet these needs, the parents usually spend adequate time, especially on Saturdays and Sunday afternoon, with the daughters and listens to them. Also, Young's family is fortunate because both parents have well-paying jobs and, thus, adequate economic resources to meet the family's basic needs. The Young family is founded on Christian values like the value of humanity and respect for the sole creator.

### **Health History**

Fortunately, Mr. Young, the head of the family, has no past medical conditions. According to him, regular exercise and good eating habits have helped him evade most typical illnesses. However, Mrs. Young had postpartum depression after giving birth to their first daughter Maria. Typically, postpartum depression is a type of depression that many parents experience after having a baby (Stewart & Vigod, 2019). Fortunately, she overcame three months after giving birth through the right counseling. Maria, the firstborn daughter of Mr. and Mrs. Young has an allergy to peanuts. Anytime Maria takes peanuts and their related products, she usually has stomach cramps and itching around the mouth. On the other hand, Gladys the lastborn daughter, was diagnosed with common cold three weeks ago. Fortunately, Mr. and Mrs. Young feeds their children with a well-balanced diet, and in most meals, Mrs. Young serves her family using the MyPlate diet plan. Besides good eating habits, Mr. and Mrs. Young often ensure that their daughters engage in

extracurricular activities, and precisely cycling, swimming, and dancing for both girls to ensure they keep fit. Due to their regular engagement in extracurricular activities, both Maria Young and Gladys Young have established and maintained healthy relationships with their friends and peers.

### **Family Coping Patterns**

Like any other family, Young's family is sometimes faced with stressors. Common long-term stressors that often affect Mr. and Mrs. Young are trying to balance work and parenting and worrying about the children's safety in public settings. To cope with the work-life balance stressor Mr. and Mrs. Young have learned to leave issues at work and home issues at home. Ideally, to cope with the long-term stressor of thinking about their daughter's safety, Mr. and Mrs. Young often teach their children about self-care techniques. The typical short-term stressor that affects Mr. and Mrs. Young is visiting and hosting visitors. To dress this stressor, the Young family barely overstays during their visits, and when they are hosting a visitor, they adjust themselves during the few days of hosting.

## References

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