



Health and wellness

3/2014

Wellness and family



Wydawnictwo Naukowe
NeuroCentrum
Lublin
ISSN 2300-0740
ISBN 978-83-61495-39-0

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Publisher
Wydawnictwo Naukowe
NeuroCentrum
ul. Hirszfelda 3/9 U
20-092 Lublin

ISSN 2300-0740
ISBN 978-83-61495-39-0

Print
'WSCHÓD' AG.Usł.
ul. Długa 5,
Lublin

WELLNESS AND FAMILY

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Lublin, 2014

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Foreword

Issues addressed in this monograph refers to the role and functions of the family as well as the factors influencing the health of individuals and society. The modern world issues are due to the dynamic development that have changed the family's daily life often making a threat to the health of it's members. The contents of this publication primarily relate to the factors that determine the health of children.

Among many factors that determine health are genetics and, certain properties of psychophysical self-activity of the individual, education and family economics. In average conditions of life, from birth through adolescence and adulthood time the family plays an important role, it's a natural circle of the environment to which the child is already included by the fact of birth. From that moment on, until they reach full maturity, parents have the primary responsibilities for meeting the needs of the child, upbringing and care of his health. The influence of family extends to all spheres of life, which results from the natural ties between the child with parents, siblings and relatives. The task of the family is to create conditions conducive to health, but to multiply it's potential that requires support of health care in all aspects of human life. Family is playing important role in preventing and health promotion, it can create conditions favorable for the development of both the child's health and negative for its operation. That is why it's so important that every member of the family was aware and convinced that he is responsible for the health of their loved ones. Then it will be perfected, protected and prevent diseases. A huge role in this process is played by health education, that is, to realize what damages health, what sustains them, which affects the prolongation of life, and reduces them, which contributes to inner harmony, and violates it.

A working family, in parallel with other tasks and functions, takes care of it's members, the healthy as well the sick once. Parents

give children appropriate behavior patterns of health, hygiene and creating conditions for proper nutrition. They will teach them a variety of leisure activities (with emphasis on physical activity), motivated to comply with the normal rules, realizing the benefits of "being healthy". More over, the family supports the emotional stage and care of its members in the case of chronic illness (asthma, epilepsy, etc.), allows you to recover from severe emotional stresses, adverse health, protects in difficult situations, carries the full support and assistance in self-service and other activities, teaches skillful use of health. Family can be concluded by the health of individuals, and ultimately the whole of society is largely contingent upon the proper functioning of the family.

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