

Family Life Cycle –

Each family passes through a cycle that begins with the marriage of two young persons, grows with the coming of children, and then again becomes a home of two persons.

In the earlier stages , only the two persons starting the new home are concerned. For the family with the children, the needs of the growing children and the family's place in the community are of paramount importance. During these stages, family demands often compete with personal desires of the adults, and thus cause conflicts or frustrations.

<u>Family Stage</u>	<u>Substage</u>
1. Beginning	I- Period of establishment
2. Expanding	II- Childbearing and preschool
	III- Elementary school
	IV- High school
	V- College
3. Contracting	VI- Vocational adjustment of children
	VII- Financial recovery
	VIII- Retirement

Changes in family life cycle –

Many changes have taken place in the family life cycle since 1890. The figure which are based on the median ages of both the wife and the husband at different stages or events in the cycle, indicate the following changes-

- 1- Today men and women are marrying at younger ages than formerly;**
- 2- The child- bearing period is shorter;**
- 3-The marriage of the last child comes sooner;**

Three Major Stages Of The Life Cycle-

Stage 1- The beginning family-

The first substage of the family life cycle is the period of establishment . It begins with marriage and continues until the first child is born. This stage is also one of adjustment. It is often called the “getting acquainted”stage, when the two partners in the marriage venture are learning to know each other.

Stage 2- The expanding family-

The expanding family covers a longer period than the beginning family and includes a number of substages. The first substage is designated as child bearing and preschool and is also marked by the accumulation of goods.

The high school period in the family cycle includes the time when children are 12 to 18 years of age the teen age period . The parents are now occupied with helping the children through highschool, vocational or trade school, and assisting them in solving their personality, social, recreational and vocational problems to aid them in becoming independent and self- reliant individuals.

The college phase covers the time when children are in college.

Stage 3- The contracting family-

The period of vocational adjustment , sometimes called the launching period, begins when the first child leaves home as a young adult and ends when the last child leaves home for a life of his or her own.

The period of financial recovery begins after the children leave home and become self- supporting current expenses drop rapidly.

The last substage is the time of retirement . The wants of individuals during this stage usually grow less intense and the need for care and protection increases.