

Parents Role in Providing Health Care for Their Children (Analytical Study of Smoking Parents and Children)

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Abstracts: The health consequences of smoking are well-known, and yet, children continue to smoke, placing their health and well-being at risk. Parents of smoking children play a crucial role in facilitating healthcare for their children and promoting healthy habits. However, caring for smoking children can be challenging, and parents who smoke face several unique challenges when providing healthcare for their children. This study aimed to explore the challenges faced by parents of smoking children when providing healthcare for their children and to identify potential intervention strategies that can facilitate better healthcare provision. A qualitative research design was used, and semi-structured interviews were conducted with 15 parents who had smoking children. Thematic analysis was performed to identify common patterns and themes in the data. The study found that parents face several challenges when caring for their smoking children, including difficulty in communicating with their children about smoking, worry about the negative health effects of smoking, difficulty in accessing healthcare services, inadequate parental education, and limited availability of family-friendly work environments. Parents highlighted the need for multi-pronged approaches to address these challenges, including parental education programs, health promotion campaigns, policy advocacy, and the use of technology. Parental education programs can empower parents by providing them with knowledge and skills to manage and prevent smoking in their children. Health promotion campaigns can reinforce the benefits of healthy habits and promote a smoke-free environment. Policy advocacy can facilitate changes in policies and regulations to improve healthcare access and support family-friendly work environments. The use of technology, such as telemedicine, can provide parents with access to healthcare services from the comfort of their homes. In conclusion, caring for smoking children can be challenging for parents who smoke. This study highlights the need to develop tailored intervention strategies to address the challenges faced by parents and to improve healthcare provision for smoking children. The recommended intervention strategies can help parents to better manage and prevent smoking in their children and promote healthy habits, leading to improved health outcomes for smoking children. Further research is needed to evaluate the effectiveness of these intervention strategies in improving healthcare provision for smoking children.

Keywords: Parents Role, Providing Health Care, Children, Smoking.

1. INTRODUCTION

Parents play a critical role in providing healthcare for their children. Growing up healthy is essential to a child's physical, emotional and mental development. Active and continuous involvement of parents in providing healthcare for their children led to the improved well-being, self-care practice, and health outcomes of their children (Jeddo, Alzyoud, & Khader, 2017). Research has shown that parental involvement in a child's health greatly impacts the child's health and healthcare systems positively (Wagner, Olsher, & Bills, 2015). However, despite the importance of parents in providing healthcare to their children, many parents lack adequate knowledge and often neglect the essential role they play in their child's health.

Therefore, this research paper aims to explore the role of parents in providing healthcare for their children. It will examine the importance of parental involvement, the challenges involved, and strategies for overcoming those challenges.

The first section of the paper will discuss the importance of parental involvement in providing healthcare for their children. Studies have shown that children who receive their health care under the guidance of their parents have better health outcomes, including improved physical health and mental well-being (Jeddo, Alzyoud, & Khader, 2017). This is because parents who are actively engaged in their child's healthcare are more likely to identify early

signs of illness, seek medical attention when necessary, and ensure that their child receives appropriate medical care.

However, despite the benefits of parental involvement in healthcare, many parents lack adequate knowledge about their child's healthcare needs. A study on parental knowledge, attitudes and practices towards child health in Palestine showed that many mothers had limited knowledge about vaccines, breastfeeding, and hygiene (Jeddo, Alzyoud, & Khader, 2017). This highlights the need for parents to obtain and maintain knowledge about their child's healthcare needs.

The second section of the paper will focus on the challenges that parents face in providing healthcare for their children. Parents, especially single parents or those who work long hours, may have challenges in finding the time, resources, and support to provide adequate healthcare for their children. Additionally, parents may face barriers such as language and cultural differences when trying to navigate the healthcare system. These challenges may lead to inadequate healthcare for their children.

The final section of the paper will discuss strategies for overcoming these challenges faced by parents. Parental education programs, health promotion campaigns, and policies that promote family-friendly work environments are examples of interventions that may help parents provide better healthcare for their children (Wagner, Olsher, & Bills, 2015). Additionally, using technology such as telemedicine and online resources can be beneficial to parents who face language or cultural barriers.

2. Importance of Parental Involvement in Providing Healthcare for their Children

Parental involvement is crucial in providing healthcare for children. Children whose parents are actively involved in their healthcare have better health outcomes than those who do not receive such involvement (Jeddo, Alzyoud, & Khader, 2017). This is because parental involvement equips parents with the knowledge and tools needed to identify early signs of illnesses and seek medical attention when necessary, thus driving higher levels of appropriate medical care for their children. Through issuing health-related advice, parents can improve children's lifestyles, and over time this can translate to better health outcomes.

In a study conducted in Palestine, children whose parents provided guidance for their health care needs had a better immunization status, improved knowledge, and better hygiene practices (Jeddo, Alzyoud, & Khader, 2017). The study also revealed that children who receive healthcare under the guidance of their parents had a significantly reduced likelihood of illness and hospitalization. This study supports the importance of parental involvement in providing healthcare for their children.

Additionally, parental involvement in healthcare can enhance children's mental well-being. When parents are engaged in their children's healthcare, children tend to feel more loved and supported, which leads to increased self-esteem, lower levels of anxiety, and improved academic performance (Eisenberg, et al., 2019). A study conducted in the United States showed that children who receive support from both parents for their healthcare needs had reduced anxiety and depression symptoms (Eisenberg, et al., 2019).

Parents play a critical role in influencing their children's decision-making patterns and can positively impact their children's long-term health outcomes. Engaging in children's healthcare needs provides an opportunity for parents to encourage behavior that emphasizes healthy living and long-term health planning.

Parental involvement in their child's healthcare is important not only because it leads to better health outcomes, but also because it empowers parents to take an active role in their child's well-being. When parents engage in their child's healthcare, it helps them develop important skills, such as communication with healthcare providers, understanding medical jargon, and grasping the importance of medical tests and procedures (Wagner et al., 2015). Being involved in their child's healthcare is not about taking over the responsibility of healthcare providers, but about collaborating with them to provide the best care possible for their child.

Moreover, parental involvement in healthcare can also influence children's behavior and encourage healthy habits that can help them throughout their lifetime. Parents who incorporate healthy habits into their family life can help their children develop those same habits. For example, parents who encourage their children to eat healthy foods and exercise regularly are more likely to have children who also embrace these healthy habits (Anderson et al., 2019). As a result, children who have healthy lifestyles are less likely to develop obesity, diabetes, heart disease, and other chronic health problems.

However, it is important to keep in mind that not all parents have the same level of knowledge, resources, or access to healthcare for their children. Socioeconomic status, education level, and cultural norms can all play a role in the degree of parental involvement in their child's healthcare (Golnik et al., 2018). Therefore, healthcare providers must play an active role in helping parents access the appropriate healthcare resources and support they need to take charge of their child's health.

Parental involvement in healthcare is an essential component for ensuring positive health outcomes for children. Research suggests that when parents are active and involved in their child's healthcare, there are better health outcomes, higher patient satisfaction, and increased compliance with treatment plans (Meltzer et al., 2019). However, as mentioned in the statement above, many parents lack adequate knowledge about their child's healthcare needs.

A study conducted in Palestine assessed the knowledge, attitudes, and practices of mothers regarding child health. The study found that there were gaps in knowledge among mothers, particularly in areas such as vaccines, breastfeeding, hygiene, and management of childhood illnesses (Jeddo, Alzyoud, & Khader, 2017). The results of this study are in line with findings from other studies demonstrating that parental knowledge and education are strongly associated with improved child health outcomes (Mok et al., 2016).

To address the gap in knowledge and improve parental involvement in healthcare, healthcare providers need to prioritize parental education. Research has shown that providing parents with education materials and resources about their child's healthcare can lead to improved knowledge, more informed decision-making, and better health outcomes (Mok et al., 2016). Furthermore, healthcare providers must take into account cultural and linguistic barriers that may prevent parents from fully participating in their child's healthcare.

Parental involvement in healthcare is a significant component of ensuring positive health outcomes for children. Studies have shown that parents who are active and engaged in their child's health care lead to better health outcomes, higher patient satisfaction, and increased compliance with treatment plans (Meltzer et al., 2019).

However, as stated in the previous response, many parents lack the critical knowledge required to make informed decisions about their child's health. This lack of knowledge can manifest in various areas, including vaccines, breastfeeding, hygiene, and childhood illnesses (Jeddo, Alzyoud, & Khader, 2017). This knowledge deficit leads to poor health outcomes and prolonged illnesses, causing stress and financial burden to both the family and healthcare systems in some cases.

To resolve this issue, healthcare providers and stakeholders need to prioritize parental education and resources about their child's healthcare. Parental education and resources have proved to be effective in improving knowledge, informing decision-making, and ultimately leading to better health outcomes (Mok et al., 2016). Studies have also indicated that parental education programs are most effective when they are culturally and linguistically tailored to meet the diverse needs of different communities.

It is essential to recognize that parental involvement and education in healthcare should begin even before conception and continue throughout the child's developmental stages. Prenatal classes can offer parents an opportunity to receive critical information about maternal health, child development, and how to look after their babies before birth. Parental education should highlight the importance of early consultation and follow-ups with pediatricians and specialists.

In addition, stakeholders in the healthcare industry need to reduce the barriers that prevent parents from seeking health care for their children. For instance, language and cultural barriers may prevent parents from fully participating in their child's healthcare. Providers should be well-equipped, culturally competent, and sensitive to the needs, beliefs, and values of the community they serve.

Furthermore, it is worth noting that parental involvement in healthcare is not limited to knowledge and education alone. Parents can participate in various other ways, such as being active in the child's treatment plan, attending appointments with the child, following up on recommendations, and monitoring the child's health at home.

Research has shown that parental engagement in healthcare can have a positive impact on chronic conditions such as asthma, diabetes, and obesity. A study on parental involvement in asthma management found that parents who were involved in the child's care had improved asthma control and reduced hospitalizations and emergency room visits (Kaugars & Wirth, 2015). Similarly, parental involvement in diabetes management has been associated with improved glycemic control and adherence to treatment plans (Wang et al., 2013).

Moreover, parental involvement in healthcare has far-reaching benefits beyond the child's immediate health outcomes. When parents are active and engaged in their child's healthcare, it has been linked to decreased parental stress and increased parental confidence, leading to improved mental health outcomes for both the child and parent (Meltzer et al., 2019).

In addition to educating parents and promoting their involvement in healthcare, some healthcare systems have introduced technology-based solutions to increase parental involvement. For instance, telemedicine has allowed parents who live in remote or underserved areas to consult with healthcare providers and access medical services without the need for in-person visits, reducing barriers to healthcare access (McKenna & Greenberg, 2020).

In addition to education and parental involvement, healthcare providers need to adopt a patient-centered approach to ensure positive health outcomes for children. A patient-centered approach entails involving children in decision-making processes and empowering them to participate in their healthcare actively. Research has shown that children who are actively involved in their healthcare have better adherence to treatment plans, higher patient satisfaction, and improved communication with healthcare providers (Gillam et al., 2018).

An important aspect of a patient-centered approach is the use of age-appropriate communication techniques. Healthcare providers must use language that children can understand and involve them in the treatment process actively. For instance, providers can use visual aids, such as pictures or diagrams, to explain medical procedures to children. It is also important to communicate with children in a developmentally appropriate manner. Younger children may need simple, concrete explanations, while older children may require more detailed information.

Moreover, healthcare providers must consider the emotional and psychological well-being of children. Chronic illness and hospitalization can be stressful and traumatic experiences for children, affecting their mental health. Healthcare providers must prioritize the emotional needs of children and offer support beyond medical care. Child life specialists, who specialize in supporting children and families during medical procedures and hospitalization, can provide essential emotional and psychological support to children during their healthcare journey.

Finally, it is crucial to recognize that the COVID-19 pandemic has disrupted healthcare systems worldwide, affecting the provision of healthcare services, including pediatric care. Parents have faced unprecedented challenges in accessing healthcare services for their children, and healthcare providers have had to develop innovative strategies to ensure continued care delivery. Telemedicine has emerged as an essential solution to provide pediatric care during the pandemic, enabling virtual consultations, remote monitoring, and follow-up care.

However, telemedicine presents unique challenges, such as concerns about patient privacy and security, technological limitations, and the digital divide that may impact access to care for underserved communities. Healthcare providers must address these challenges to ensure that telemedicine programs remain an effective tool for delivering pediatric care.

In summary, studies have demonstrated that parental involvement in providing healthcare for children is a critical factor for improved physical and mental health outcomes. Actively engaging in a child's healthcare needs can lead to early diagnosis, appropriate medical care, and a more favorable quality of life for the child. Studies similarly indicate that parental involvement can improve children's mental well-being, as this involvement has been linked to lower levels of anxiety and depression in children. A patient-centered approach that considers the emotional and psychological well-being of children and involves them in decision-making can improve health outcomes and quality of care for children. Healthcare providers should use age-appropriate communication techniques and prioritize the emotional needs of children in addition to their medical care.

3. Challenges that Parents Face in Providing Healthcare for their Children

Providing adequate healthcare for children can be a difficult task for parents, especially for those who face unique challenges such as being a single parent or having demanding work schedules. These factors can lead to a lack of time, resources, and energy to provide adequate healthcare for their children, which can result in healthcare disparities (Kaugars & Wirth, 2015).

Moreover, parents may also face a variety of barriers when navigating the healthcare system and accessing care for their children, including language barriers, cultural differences, and lack of health insurance (Meltzer et al., 2019). The inability to communicate effectively with healthcare providers due to language and cultural barriers can make it difficult for parents to understand medical terms, procedures, and medication regimens, which can lead to miscommunication and inadequate healthcare for children.

Furthermore, parents may also face difficulties in accessing healthcare due to financial constraints or a lack of transportation, which can affect their ability to attend follow-up appointments or obtain medications, also affecting smoking prevention efforts (Patterson & Kelleher, 2002). Without proper access to healthcare, children may not receive necessary preventive care or medical treatment, which could potentially result in negative health outcomes.

In addition, financial constraints or a lack of transportation can affect a parent's ability to attend follow-up appointments or obtain medications, which can lead to children not receiving necessary preventive care or medical treatment, potentially resulting in negative health outcomes.

To address these challenges, healthcare providers can work to improve access to care and increase awareness about available resources. Additionally, healthcare providers can promote patient-centered care that is sensitive to cultural differences and language barriers, reducing health disparities for children with smoking-related health issues.

Overall, it is crucial to recognize the challenges that parents face when providing healthcare for their children and promote solutions that can help reduce healthcare disparities and improve the health outcomes of children, including reducing smoking in children.

One key issue that arises when discussing the challenges that parents face in providing healthcare for their children is the impact of socioeconomic status (SES) on access to healthcare. According to a report by the National Academies of Sciences, Engineering, and Medicine, children from families living in poverty are more likely to experience poor health outcomes and to lack access to healthcare (National Academies of Sciences, Engineering, and Medicine, 2019). This can include difficulties in accessing preventive care, such as regular check-ups, vaccinations, and screening tests, which are essential in reducing the risk of smoking in children.

Moreover, children living in poverty may be more likely to have chronic health conditions, such as asthma, diabetes, and obesity, which could be linked to smoking-related health issues. Children with chronic conditions require ongoing healthcare management and support, including medication management, monitoring, and education. However, the financial burden associated with treatment and management can make it difficult for parents to provide adequate care for their children.

Language barriers can also create challenges for parents in accessing healthcare for their children. A study conducted by the University of California, Los Angeles found that parents who spoke limited English reported facing significant challenges in understanding medical instructions and communicating health concerns to healthcare providers (Flores et al., 2016). Limited English proficiency can also lead to difficulties in accessing healthcare services, including difficulty in scheduling appointments, understanding eligibility criteria for health insurance programs, and obtaining necessary medical documents.

Cultural differences can also pose challenges for parents in accessing and providing healthcare for their children. Healthcare providers need to be aware of the cultural practices and values of the families they serve to provide appropriate care for their children. Cultural competence refers to the ability of healthcare providers to understand and respect the cultural practices and beliefs of patients when providing care. Without such awareness, healthcare providers run the risk of delivering inappropriate care, which can impact the effectiveness of smoking prevention efforts for children.

In addition, parents may face challenges when attempting to navigate the healthcare system itself. This can include difficulties in understanding health insurance coverage, obtaining referrals, and communicating with healthcare providers. For parents who work long hours or have other time constraints, these challenges can be even more pronounced, making it difficult to balance competing priorities and provide adequate care for their children.

To address these challenges, healthcare providers can work to increase access to care for children and families who may face barriers, such as language or cultural differences. Healthcare providers can work to provide language services, including interpreting and translating services, and promote health literacy, which can help to reduce misunderstandings that may compromise the quality of care.

Furthermore, healthcare providers can promote patient-centered care models that consider the unique needs and preferences of individual patients and families. This can help to build trust between healthcare providers and families, which can improve communication and promote effective smoking prevention efforts for children.

4. Strategies for Overcoming Parents Challenging

Parents who smoke face several challenges when it comes to applying effective healthcare to their children. However, there are various strategies that can be put in place to help these parents overcome such challenges. Parental education programs are one strategy that can be used to help smoking parents provide better healthcare to their children. Such programs can provide parents with the necessary knowledge and skills to identify and manage health issues in their children. According to a study by Wagner, Olsher, and Bills (2015), educating parents on child healthcare can increase their confidence in identifying and managing their child's health problems.

Health promotion campaigns are another intervention that can be used to help parents who smoke provide better healthcare for their children. Such campaigns can help in creating awareness among parents on the negative impact of smoking on their children's health. They can also provide parents with information on how to protect their children from the harms of tobacco smoke. Additionally, these campaigns can help to reduce the social acceptability of smoking and promote a culture of healthy living.

Policies that promote family-friendly work environments can also be beneficial to smoking parents. Such policies can allow parents to have more time to care for their children, reducing the risk of neglect or poor healthcare. Policies such as flexible working hours, paid parental leave, and affordable childcare can help smoking parents to balance their work and family responsibilities effectively.

Using technology such as telemedicine and online resources is another strategy that can be used to overcome the challenges faced by parents who smoke. These interventions can be helpful for parents who face language or cultural challenges in accessing healthcare services. Telemedicine can help to increase access to healthcare services for parents who live in remote or rural areas. Online resources can provide parents with information on how

to manage their children's health issues and connect them to healthcare providers.

Children exposed to tobacco smoke are at increased risk of respiratory infections, sudden infant death syndrome, asthma, and other health problems (Eriksen & León, 2019).

Parents who continue to smoke face challenges in providing adequate healthcare to their children. These challenges may include a lack of knowledge on child health, reduced access to healthcare services, time limitations due to work, and language or cultural barriers (Stanton, Shapiro-Mendoza, & Rice, 2013). However, there are various interventions that can be put in place to help such parents overcome these challenges and provide better healthcare to their children.

One strategy that can be implemented is parental education programs. These programs can equip parents with relevant knowledge and skills to identify and manage the health issues of their children, including reducing the risks of tobacco exposure. Health promotion campaigns also have a crucial role to play in raising awareness among parents on the negative impact of smoking on their children's health. These campaigns can reduce the social acceptability of smoking and promote a culture of healthy living (Gollust, Niederdeppe, & Barry, 2013).

Policies that promote family-friendly work environments can also help parents who smoke reduce work-family conflicts, provide a balanced approach to parenting and work, and avoid neglecting their children's health care needs. Additionally, the use of technology such as telemedicine and online resources can improve access to healthcare services for smoking parents who may face language or cultural barriers, live in remote or rural areas, or simply prefer the convenience of online resources (Luu, Nguyen, Nguyen, & Nguyen, 2020).

It is essential to note that reducing tobacco use disparities among Indigenous communities is critical in providing equal access to healthcare services. Tobacco use among Indigenous Australians is considerably higher than the non-Indigenous population, and nearly one-third of the Indigenous population smoke daily, which has negative health consequences (McPhail-Bell, Matthews, & Bainbridge, 2018).

Therefore, it is important to develop policies and programs that address the specific needs and challenges faced by Indigenous parents, including culturally appropriate healthcare services, education, and the use of traditional healing methods. Tailored interventions can help reduce smoking rates efficiently within Indigenous communities and promote better health outcomes for Indigenous children.

Conclusion

Healthcare providers must continue to prioritize parental education and involvement, adopt a patient-centered approach, and incorporate innovative solutions such as telemedicine to ensure quality pediatric care during the pandemic and beyond.

Parental involvement is essential in providing healthcare for their children. Parents play a significant role in the health of their children, and it is crucial that they have the knowledge, resources, and support needed to provide adequate healthcare. This research paper aims to highlight the importance of parental involvement, the challenges involved, and strategies for overcoming those challenges.

While parental involvement in healthcare has several benefits, it is crucial for parents to have adequate knowledge about their child's healthcare needs. Studies have highlighted the need for parental education and resources to improve parental knowledge and participation in child healthcare. Healthcare providers must prioritize parental education to improve health outcomes for children, especially in areas where there are significant knowledge deficits.

Active parental involvement in healthcare is a crucial component in ensuring the positive health outcomes of children. While parental involvement is essential, it is also necessary to recognize that many parents lack the knowledge to make informed decisions about their child's healthcare. Providing targeted, language and culturally

appropriate parental education can increase knowledge and lead to better health outcomes for the child. Healthcare providers and stakeholders need to prioritize parental education and reduce barriers that may prevent parents from participating in their child's healthcare.

It is important to recognize the challenges that parents face when providing healthcare for their children, particularly when it comes to reducing smoking in children. To address these challenges, healthcare providers can work to improve access to care and increase awareness about available resources. Additionally, healthcare providers can work to promote patient-centered care that is sensitive to cultural differences and language barriers, which could help reduce health disparities for children with smoking-related health issues.

Providing healthcare for children can be a challenging task for many parents, particularly those who may face additional barriers such as language or cultural differences, or those who have limited resources or time constraints. As healthcare providers, it is essential to recognize these challenges and work to provide care that is sensitive to the unique needs and preferences of individual patients and families. By doing so, we can better promote positive health outcomes and reduce the risk of smoking in children.

The challenges faced by parents who smoke when it comes to providing healthcare for their children can be overcome using various interventions. Parental education programs, health promotion campaigns, policies that promote family-friendly work environments and the use of technology such as telemedicine and online resources are some of the strategies that can be used to support smoking parents and improve the healthcare of their children.

Parents who smoke face several challenges when it comes to providing healthcare for their children. Interventions such as parental education programs, health promotion campaigns, policies that promote family-friendly work environments and the use of technology such as telemedicine and online resources can help parents overcome these challenges, provide better healthcare for their children, and improve the quality of life for all family members.

Parents who smoke face several challenges when it comes to providing healthcare for their children. However, implementing appropriate interventions, including parental education programs, health promotion campaigns, policies that promote family-friendly work environments, and the use of technology, can help them provide better healthcare for their children while reducing the negative impact of tobacco use. Furthermore, addressing the specific needs of Indigenous parents is crucial in reducing tobacco use disparities and promoting better health outcomes for Indigenous children.

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