



## The Foundation Building the Future: Family and the Psychosocial Development of the Child

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### Abstract

This article deals with the psychosocial development perspective of the family in the fact that the individual can integrate with the society in a healthy way and to become a productive, harmonious adult in the future. Psychosocial development, which includes psychological, social and emotional dimensions, is decisive in the structure of both the internal world and the relationships it has established with its environment. In this context, the family is the primary social environment in which the child established the first attachment relations, that the basic sense of trust is shaped, that he meets social norms and the foundations of identity development is laid. Research shows that warm, supportive and constructive family environments have positive effects on the capacity of cope with the child's self-esteem, empathy level, social skills and stress. On the other hand, non-functional family attitudes such as neglect, excessive authoritarianism, inconsistent parental behaviors or excessive protection lead to psychological problems, social mismatch and emotional disorders in the individual. The article analyzes the role of the family in the development of the child, based on the theoretical frameworks such as Erikson's theory of psychosocial development, Bowlby's attachment theory and Bronfenbrenner's theory of ecological systems. In addition, the change of family structures in today's conditions, digital parenting, the impact of economic and cultural factors on the family-child relationship is evaluated extensively. As a result, in order to grow healthy generations, the impact of the family on psychosocial development should be understood scientifically, the development of supportive policies and preventive intervention programs should be expanded. This article aims to make theoretical and practical contributions to academics, educators, social workers and policy makers working in the field of child development.

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### 1. Introduction

The family, which is accepted as the basic building block of society, serves as not only a biological union, but also as the primary social environment in which the individual's psychosocial development is shaped. It is known that the self-perception of the individual, the way of establishing social relations, value judgments and emotional regulation skills develop in a family environment. In this context, family experiences in the early years of the child's life directly affect his psychological strength, social adaptation and ability to cope with social roles. Developmental Psychology Literature emphasizes that the attachment relations established in the early stages of life play a basic role in meeting the individual's emotional security needs (Bowlby, 1969) [5]. At the same time, Erikson's theory of psychosocial development reveals the necessity of a safe and supportive social environment, especially in childhood in order to overcome these conflicts in a healthy way (Erikson, 1959). The family is the

first and most effective system to meet these needs. The social changes experienced especially in contemporary societies have led to transformations in family structures. Factors such as transition from wide family to nuclear family, diversification of double -parent models, increased divorce rates, economic pressures and the effect of digitalization on family dynamics directly affect the child's psychosocial development. In this context, not only the traditional family structure; It is also necessary to analyze the family forms of single -parent, restructured (united after divorce) and adopted children. The aim of the article is to examine the role of the family in the psychosocial development process in a multi -faceted way based on a theoretical basis. In this context, the child's developmental processes, attachment patterns, parenting styles, social learning mechanisms and cultural effects will be examined. At the same time, the reflections of contemporary family structures and transformation in the parent-child relationship on the social skills of the child, self-efficacy perception, empathy level and stress skills with stress will be evaluated. In this context, the study not only contributes to the field of developmental psychology; It also aims to provide suggestions for shaping education policies, developing family support programs and strengthening children's rights -based practices. Because the healthy development of each individual, strong family foundations; Strong families need conscious, supportive and inclusive social policies.

## 2. Attachment Theory and Family Dynamics: The First Step into Life

The theory of attachment is a developmental approach that suggests that the emotional bond established with the caregivers of the individual in the early life of the individual greatly affects his psychological and social development in his progressive life. According to John Bowlby, the pioneer of the theory, the attachment is an internal security system established between the child and the caregiver; Through this system, the child succeeds in getting to know the world and learning his emotional regulation skills (Bowlby, 1969) <sup>[5]</sup>. The structure of the family, parental attitudes and emotional continuity level are among the main factors that determine the nature of this bond. Connection styles - safe, avoiding, anxious and irregular - shape the child's view of the world, self -perception and attitudes in his relationships (Ainsworth *et al.*, 1978) <sup>[1]</sup>. Children who are safely connected; While growing up as individuals who wonder, develop autonomy and establish healthy relationships with others; Insecure attachment styles are associated with psychological challenges such as depression, anxiety disorders, low self -esteem and relationship problems. Family dynamics express the structural and relational elements that determine both the floor and functioning of the attachment process. The emotional sensitivity of the parents, in a timely and consistently meeting of the child's needs, directly affects the relationship between physical contact and verbal communication. In addition to motherhood function, the active role of paternity contributes to the reinforcement of the child's sense of trust and to establish healthy contact with the social world (Lamb, 2010) <sup>[13]</sup>. The attachment theory also provides the opportunity to analyze inter -generation transfers. Individuals who cannot establish secure attachment in their own childhood are more likely to transfer similar attachment problems to their children when they are parent. This provides a strong explanation of how emotional

regulation skills and relationship patterns in the family move from generation to generation (Main & Hesse, 1990). Factors such as increasing divorce rates in modern societies, single -parent family structures, variability of caregivers, early nursery and digital attachment experiences at an early age complicate the attachment process and damage them in some cases. Therefore, not only the parental attitudes; It is also necessary to focus on domestic stress factors, socioeconomic conditions and cultural contexts. In short, while the theory of attachment sheds light on the most fragile and most decisive stages of the child's mental development, it is clear that family dynamics shape the quality of this process. Individuals who can establish a healthy attachment relationship become individuals who build the future of society not only with their strong personality structures, but also with their social cohesion and productivity.

## 3. The Effect of Parental Attitudes on the Child's Self-Development

Self -development is a multi -layered structure that includes the individual's thoughts, emotions and evaluations about the individual. This structure is shaped through environmental interactions since childhood; In particular, parents' attitudes and approaches play a decisive role in the formation of self -perception. Parenting is not only the process of providing physical care; It is also a guiding and modeling function that supports the child's emotional, social and cognitive development. The theory of classical parenting styles developed by Baumrind (1967) <sup>[2]</sup>; The authoritarian defines democratic (competent), permission and negligent attitudes. Each of these attitudes affects the child's self, self -confidence and self -esteem in different ways:

- **Democratic (competent) parenting:** In this approach, which is also supportive when setting a limit, the child is valued as an individual. Emotional temperature and open communication are dominant. Children who grow up with this attitude have high self-confidence, strong self-efficacy perception and a healthy self-image (Maccoby & Martin, 1983) <sup>[18]</sup>.
- **Authoritarian parenting:** Strict rules are characterized by obedience expectation and low emotional proximity. Children who grow up in this environment can often be obedient; However, they tend to improve low self -confidence, high anxiety and external -oriented self -perception. Their decisions weaken their own decisions.
- **Permissible parenting:** It is a form of hot but non -limit. Children who grow up in such families may have difficulty in taking responsibility and self -regulation, even though they live intensely the sense of freedom. This may cause inconsistency and external guidance in self -structures.
- **Negligent (indifferent) parenting:** This attitude, where both control and emotional intimacy is low, leads to the inability to meet the basic psychosocial needs of the child. In this case, the child may develop a sense of worthlessness, perception of inadequacy and weak self -esteem. In these individuals, attachment problems, social shyness and depressive tendencies are frequently seen in these individuals.

The effect of parental attitudes on the child's self -development includes not only the childhood period, but also the periods of puberty and adulthood. The confidence of the parent, the level of accepting it as an individual, the reactions

to failures and the emotional reflection form directly affect how the child builds his own value. Especially in the face of success, the understanding of the emotions and the love of the boundaries is the key to the child's development of a healthy self-structure. In addition, socio-cultural factors indirectly affect parental attitudes and shape self-development. Economic stress, the mental health of the parent, gender roles and traditional norms; The parent changes the interaction of the child with the child, which shapes the expression of the self. Only love is not enough for the child to develop a healthy self; At the same time, a constructive, consistent and respect-based parent approach is required. The self is the first identity mirror in the child, and the clarity of this mirror is largely determined by the nature of parental attitudes.

#### **4. Emotional Intelligence and Empathy: Social Skills Learned in the Family**

Emotional intelligence expresses the capacity of the individual to recognize his / her own feelings, to understand the feelings of others, to manage his feelings and to maintain relationships in a healthy way (Goleman, 1995) <sup>[11]</sup>. This capacity is one of the main determinants of being successful in social interactions and psychological strength. Empathy, an important component of emotional intelligence, is the ability to understand the emotional state of others with sensitivity. The foundations of these skills are laid in childhood and mostly in the family environment. The family is the child's first social learning area. Children develop emotional regulation and empathy skills by observing their parents' emotional reactions and shaping their behavior according to their reactions. In particular, the emotional reflection levels of parent figures, the quality of communication with the child and the problem solving methods play a role in the development of these skills (Denham, 1998) <sup>[9]</sup>. In democratic and supportive family environments, children are encouraged to express their emotions clearly, which facilitates the development of emotional awareness and self-control. In such families, the empathic communication model is adopted; Children are directed to be sensitive to the emotions of others and learn to respect their different perspectives. On the contrary, children growing up in authoritarian or neglectful families often learn to suppress their feelings; This can cause problems in both internal conflicts and social relations. Empathy affects not only inter-individual relations, but also the moral development and social responsibility awareness. The empathic interactions in the family form the basis of behaviors such as respecting the rights of others, cares about social justice and solving conflicts. In this respect, empathy is not just an emotional skill; It is also the carrier of social harmony, social participation and ethical behaviors. The development of emotional intelligence affects not only individual health, but also academic success in the long run, performance in business life and life satisfaction. Research shows that individuals with high levels of emotional awareness and empathy at an early age have less behavioral problems and can establish healthier social relationships (Mayer, Salovey & Caruso, 2004). Factors such as increase in digital communication in the modern age and the decrease in face-to-face social interactions have caused new difficulties in terms of emotional intelligence and empathy development. This makes the quality of domestic communication even more important. For this reason, parents, active empathic listening with their children, help

them naming their emotions, and encourage emotional expressions, is critical of the development of these skills. Emotional intelligence and empathy are the skills that are largely learned in social environment with innate tendencies. The family is the most effective and lasting environment of this learning process. These social skills that develop in the family directly shape the individual's psychological health, but also the relationship he established with social life.

#### **5. Intra-Family Communication Accidents: The Effect of Silent Conflicts on Children**

The communication established in the family is one of the most important elements that directly affect the child's perception of self, emotional security and attitudes towards social relations. However, this communication may not always be open, healthy and constructive. In some cases, although it seems that there is no visible conflict between family members; In fact, there are intense emotional tensions, resentments, repressed anger and silent conflicts with unprocessed disagreements. Such communication accidents can have much deeper effects than what appears on the child's mental development. Silent conflicts define the situations in which the conflict is often avoided, feelings and thoughts are suppressed, communication continues on the surface but the emotional bond is damaged. These situations are confusing and anxiety enhancing, especially for children of developmental age. Because children may sense the contradiction between what is said and felt, but they cannot make sense of this contradiction. As a result, symptoms such as insecurity, guilt, inward closure, anxiety disorders and anger burst may occur (Minuchin, 1974) <sup>[20]</sup>. Passive-aggressive attitudes between family members, punishment with silence, communication through imam, emotional distance or role conflicts cause the child to internalize the unhealthy nature of relationships in the eyes of the child. By modeling such communication patterns, the child can develop a tendency to establish similar relationships in later life. This prepares the ground for problematic communication patterns in both friendship and romantic relationships. In addition, in families where conflicts are suppressed or ignored, children often take the role of "responsible for the peace environment. In particular, sensitive children position themselves as "balancing" by sensing emotional tensions between parents. This leads to the emergence of psychosocial loads such as parentification (parentification) and reversal of roles in the child (Boszormenyi-Nagy & Spark, 1973) <sup>[4]</sup>." The effect of these communication accidents on the child is not limited to short-term behavioral consequences; Long-term psychological structures such as self-esteem, self-efficacy, emotion regulation skills and interpersonal trust are also affected by this process. In particular, continuously suppressed emotions and non-resolved silent conflicts leave traces of "invisible but effective" in the inner world of the child. However, the presence of silent conflicts does not mean that it is healthy to avoid the conflict. Research is that the clashes carried out clearly but respectfully are instructive for children; It shows that children who have witnessed the solution processes develop skills such as problem solving, expressing emotion and limiting healthier (Cummings & Davies, 2002) <sup>[7]</sup>. This reveals that as well as the prevention of communication accidents, how the current conflicts are handled. Silent conflicts in the family are a risky form of communication that can be felt deeply, even though it does not appear by the child. The ability of parents to express their

emotions in clear and healthy ways, the fact that honesty and emotional accessibility in communication with the child are at the forefront is critical in terms of the developmental integrity of the child.

## 6. Digital Parenting: Raising Children in the Virtual World

Today, technological transformation deeply affects not only social structures, but also family relations and child-raising practices. In this context, the concept of “digital parenting” defines the way parents have established with their children in the face of digital media, internet, social networks and technological devices. Digital parenting; It is a new generation of parenting, which includes the child's access to the digital world, providing online security, directing digital behaviors and shaping the relationship with technology (Livingstone & Hellsper, 2008) <sup>[17]</sup>. Children are now growing in a world intertwined with screens from birth. This provides new opportunities in cognitive and social development of children, while at the same time bringing risks. Parents' approach to technology directly affects the child's digital literacy, attention time, social skills, self-perception and even psychological health (Chassiakos *et al.*, 2016) <sup>[6]</sup>. Digital parenting is evaluated through three basic strategies:

- **Active Media Guidance:** The parent's follow-up of digital content with the child, discussing and interpreting contents together. This method supports the child's critical thinking skills and increases media literacy.
- **Restrictive Media Audit:** External arrangements such as certain time limitations, application filters, time controls. This approach is particularly effective to reduce screen exposure of young age groups.
- **Unattended or indifferent attitude:** The parent's unrelated to the child's activities in the digital world or his inability to provide control due to technological inadequacy. In such environments, children become vulnerable to the risks of the digital environment (Lauricella *et al.*, 2015) <sup>[14]</sup>.

However, digital parenting is not only a matter of implementing boundaries or control. At the same time, the fact that the parent himself is aware of his relationship with technology is that he is responsible for becoming a role model and to maintain emotional accessibility in digital environment. For example, the bond of a parent who lives with a “digital attention division - for example, a mother or father who constantly looking at the phone - with the child - with the child weakens, emotional needs remain unrequited and a sense of worthlessness in the child may develop (Radesky *et al.*, 2014) <sup>[21]</sup>. In addition, the concept of privacy in the age of digital parent is redefined. The fact that parents share their children's children on social media revealed a new phenomenon called “Sharenting (sharing parent). This may cause the child's personal boundaries and digital identity to be shaped outside the parental control; In the long run, the child can lead to emotions such as loss of control, shame or anger. Digital parenting is the process of establishing a conscious balance that is compatible with technology but prioritizes the child's developmental needs. Parents should not only protect them from digital risks, but also a guide that gives their children the ethics of digital ethics, the value of privacy and the habits of healthy technology. In the digital age, raising a child requires not only technological

knowledge, but also psychological awareness and emotional labor.

## 7. Developing Psychological Resilience Through Family-Based Interventions

Psychological resistance is the capacity of the individual to adapt, recover and even strengthen these experiences in the face of stress, trauma, crisis or difficulties (Masten, 2001). This capacity, especially for children in the developmental process, is not only with individual predispositions; It is also shaped by environmental support sources. The most effective of these support systems is undoubtedly the family. Family-based interventions play a vital role in supporting the child's psychological resistance and strengthening protective factors. Durability is not a fixed personality trait, but a set of cognitive, emotional and social skills that can be learned and improved. Emotional support within the family, open communication, consistent limits, problem solving skills and cope strategies in times of crisis facilitates the child's dealing with stress in a healthy way (Walsh, 2003) <sup>[25]</sup>. Family-based psychosocial interventions are for the following basic goals:

- **Strengthening protective family relations:** Reconstruction or reinforcement of the safe bond between parent-child is the basis of durability. Safe bond increases the sense of belonging in the child, hope and self-efficacy.
- **Gaining positive parenting skills:** Empatic listening, emotion regulatory models, supportive disciplinary methods and constructive guidance activate the child's internal power. Research shows that positive parenting approaches significantly increases children's post-traumatic harmony (Luthar & Cicchetti, 2000) <sup>[16]</sup>.
- **Increasing emotional awareness in the family:** Developing the skills of family members to recognize, express and sharing within the framework of mutual respect strengthens both individual and collective endurance.
- **Domestic crisis management and problem solving skills:** Families' practices to produce solutions together in the face of stressful situations are transferred to children through modeling. This allows the child to learn coping strategies that he can use throughout his life.
- **Access to Community Based Support Mechanisms:** Connecting families with social support networks increases the level of durability, especially for disadvantaged groups. Such supports, prevents loneliness and nourishes hope.

Some family-based programs aim to support children who have experienced trauma, found in disaster, migrated or under socioeconomic risk. Structured intervention models such as “Triple P” (Positive Parenting Program) and “Strengthening Families Program” increase parenting skills while developing children's self-processing and stress skills (Sanders *et al.*, 2000) <sup>[23]</sup>. Furthermore, the development of psychological resistance is not only specific to crisis times. Positive interactions that are constantly repeated in daily family life - eating together, playing games, celebrating achievements, evaluating failures together - increases the child's psychological flexibility and life satisfaction. In this respect, the family serves as a kind of “emotional buffer” and provides the child a security circle against the uncertainties of the outside world. Psychological resistance is one of the most powerful tools in the struggle of an individual with life,



and the first and most effective place in which this tool is shaped is the inside of the family. Family -based interventions support the psychosocial health of the whole family, but also contribute to the growth of more resistant and healthy individuals.

### **8. Trauma and psychosocial traces transmitted from generation to generation**

Trauma is a state of intense stress, fear, helplessness and inability to deal with an extraordinary event or situation that threatens the physical or psychological integrity of the individual. However, the effect of trauma is not limited to the moment of event; When not appropriately processed, the individual can pass to the next generation through inter -generation transfer, leaving traces in the form of a relationship, in the form of a relationship and even in parenting attitudes (Danieli, 1998) <sup>[8]</sup>. This transfer usually occurs without being aware and may overshadow the child's psychosocial development. Inter -generation trauma transfer was first observed in the children of Holocaust survivors and later examined with similar spices in societies that have experienced war, migration, natural disaster, poverty, domestic violence, neglect, abuse and mass traumas (Kellermann, 2001) <sup>[12]</sup>. The individual exposed to trauma can often exist by suppressing or denying the emotional pain. However, these suppressed emotions infiltrate the spiritual world of new generations by means of anxious parenting models, excessive protection, emotional distance or inconsistency. Especially young children may sense the emotional atmosphere, even if they cannot make sense of their traumatic lives of their parents; They can develop psychological problems such as concerns, feelings of guilt and worthlessness, which cannot be explained by carrying these intensities to their inner worlds. At this point, the child begins to carry emotional loads that actually do not belong to him. This phenomenon is called "Representation of Trauma" or "Silent Carriage in the literature (Volkan, 2001) <sup>[24]</sup>. Trauma transfer between generations is not limited to domestic relations; Collective traumas (forced migration, genocide, war, cultural assimilation, etc.) are also important sources of this transfer. Such social breaks can cause traumatic gaps in the construction of individuals. For example, the story of a exiled grandmother can become a constant alert against the anxiety of belonging, a sense of insecurity or the world in his grandson years later. In such transmission processes, especially the effect of uncommon traumas on children is deeper. The pain that has become taboo in the family becomes an unconscious burden because it is not explained by the child. This may weaken the child's psychological strength and make it difficult for him to cope with stressful situations in his own life (Fonagy *et al.*, 2002) <sup>[10]</sup>. However, this process is not an absolute destiny. The transfer of traumas between generations can be stopped or converted. For this:

- Establishing an open and supportive communication environment in the family,
- The traumatic past can be spoken in a health manner,
- Parents volunteer to confront their mental wounds,
- With professional support, psychoeducation and family therapy processes must be activated.

In addition, the strategies of durability developed against trauma in the family can be part of the treatment processes. For example, paths such as solidarity, humor, belief system,

bonding with the past through narrative, symbols and rituals can serve the transformation of trauma. Traumas leave deep marks that affect not only individuals but family systems and generations. However, the recognition, voicing and transforming of these traces allows the treatment of psychosocial development and the start of inter -generation recovery. It should be noted that the family has both the carrier and the healing power of trauma.

### **9. A Multidisciplinary approach to the future of psychosocial development**

Psychosocial development is not only a matter of the individual's inner world or family; It is directly related to many fields such as education, health, social service, media, law and technology. Therefore, the healthy development of the child should not only be left to the family, and a multi -disciplined ecosystem should be built that supports, encompasses and strengthens the family. Educators, social workers who work directly with children, psychologists, school guides and public policy makers; It should provide information, guidance and services that support the family from a developmental point of view. At the same time, digital media platforms should follow more responsible policies about content that may harm child development and open space for social campaigns that will raise awareness of parents. Health systems should give priority to protective programs to increase their mental and social parenting capacities by admitting that parenting is not only a biological responsibility. Family -based psychosocial development studies should target not only risky individuals, but also all family systems; Individual -oriented interventions should evolve to relationship -oriented and context -sensitive approaches. Especially for disadvantaged groups, accessible, culturally adapted and sustainable support systems should be installed. This multidimensional understanding builds a psychosocial infrastructure that will provide not only individual well -being but also social peace, social justice and the balance between generations. In this context, every society that wants to build the future of children should first strengthen the family; Every system that wants to strengthen the family should center the interdisciplinary cooperation.

### **10. The protective and repairing role of the family in children's mental health**

Mental health of children; It is not only the absence of psychiatric disorders, but also a multidimensional goodness that includes many structures such as self-songwriting, emotional balance, social skills, safe attachment and life satisfaction. The foundations of this structure are laid in early childhood, especially in a family environment. The family is the dominant system in which the child establishes his first emotional ties, learns to cope with stress, meets social norms and creates the value of self. For this reason, the family has a protective and repair -providing function on the child's mental health (Sameroff, 2010) <sup>[22]</sup>. The protective role encompasses interaction patterns that increase the psychological flexibility of the child against negative life events, strengthen their inner resources and serve as buffer against traumatic experiences. A loving attachment environment, consistent boundaries, emotional acceptance, empathic listening and safe communication are the main factors that maintain spiritual balance in the child. Research shows that children who grow up with positive parenting models are more resistant to psychopathologies such as

depression, anxiety disorder and behavioral problems (Belsky, 1984)<sup>[3]</sup>. The restorative role is of great importance for children who have been trauma, experienced developmental retardation or carry mentally fragile. In this case, family members do not only give the child care; It also plays a healing role by providing emotional security, reducing the effects of stress and strengthening the child's ability to reorganize with positive interactions. Especially after traumatic experiences, a parent who is with the child, accepts his emotions and reinforces his sense of trust becomes the most powerful source of spiritual support in addition to professional interventions (Lieberman *et al.*, 2005)<sup>[15]</sup>. The effect of families on child mental health should be considered not only at an individual but also at the systemic level. Risk factors such as domestic conflicts, economic deprivation, substance use, parental mental illnesses or violence environments can lead to destructive effects on the child's mental health. For this reason, it is important to support families by psychoagtan, to provide professional assistance when necessary, and to prioritize child-oriented family welfare in social policies in order to actively function of protective and restorative roles. In addition, mental health is shaped not only in moments of crisis, but also in daily life practices. Routines (such as eating together, reading books, playing books) contribute to the spiritual balance by strengthening the sense of predictability, belonging and safety in the child. The qualified time of the parent to the child makes him feel valuable, seen and understood, which is the basis of the long -term spiritual goodness. Family; It is not only an area where the child has his first social experience, but also a strong support system in his journey to develop psychological resistance, repairing trauma and becoming a healthy individual. Therefore, strengthening child mental health; It is possible by supporting families emotionally, socially and economically. Placing the family at the center of every child -oriented psychosocial intervention is an indispensable condition of building a healthy society.

## 11. Conclusion

The family is the most basic determinant of the individual's psychosocial development. In this context, family structure, parental attitudes, form of communication and emotional atmosphere; It directs a multidimensional psychosocial construction process from the child's self -development to emotional intelligence, from empathy skills to resistance. In this study, the decisive role of the family environment in the development of the child was examined around the basic headings such as attachment theory, parenting styles, emotional learning, communication patterns, digital parenting and inter -generation traumas. Research and theoretical framework show us that; Healthy family dynamics such as safe attachment, open communication, democratic parenting and emotional awareness function in terms of the child's psychological strength, social harmony and identity integrity. On the other hand, negative family patterns such as repressed conflicts, inconsistent parenting, neglect, emotional disconnection and digital disconnection appear as factors that damage the child's psychosocial development and create long -term risks. Factors such as changing family structures, digitalization, increasing individualization and cultural dissolution in the modern world have made child -breaking processes more complex. This transformation brings not only the new risk areas, but also the new support

mechanisms and intervention opportunities. In this context, it is essential to spread family -based intervention programs, parental education and psychosocial support services. The child's psychosocial development should be considered not only by individual or school -based processes, but with a holistic and systemic understanding. The family is located at the center of this holistic structure; not only a protective, but also a transformative role. It is necessary to be aware of the traumas as well as the values transferred from the generation to the generation, to increase the healing and resistance capacity.

In conclusion; Strong, highly awareness, emotionally accessible and supportive family structures are not only healthy individuals, but also the basic structures that build social integrity, social harmony and between generations. In this context, understanding and supporting the role of the family's psychosocial is vital for both child welfare and social sustainability.

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