



Small hands, big things

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Abstract

Due to the fact that at least half of human behavior based on skill or Childhood Trauma him. Any person having personal and social life in normal circumstances, adult behavior and understands that in order to injure his experience and roots in childhood.

Therefore purpose of this study was to investigate and gather information on the recognition of the potential damage children's personal and social life that in the future the cognitive strategies for prevention, correction and ultimately contribute to the life of this stratum of our present society, almost eighty percent of this group of people because of family circumstances poverty and inadequate housing and living environment has undergone emotions and factors such as:

Stress, anxiety, depression and failure-prone conditions, lack of mental health-education, nutrition, unhealthy, deprived of proper conditions and training for the games live and grow, violence, lack of understanding of the conditions of puberty, to remain in pressure situations psychological and lack of proper emotional development, lack of love, etc. and in a manner that will be flowing mastic such as feelings of inferiority and low self-importance, my poor, neglected and ... Along with these people, and unfortunately they compensate for unconscious extreme mental corms and weaknesses are that usually in the order was incorrect and offense, such as theft begins in childhood or adolescence and substance abuse, extortion.

Therefore, identifying and studying the situation and to inform the people and authorities in the field can be a great first step and to prevent the destruction of the innocent members of a small community and God willing in the near future with the introduction of a therapeutic strategies and reforms, this small arms and light to dark the next morning heading for the powerful hands.

Keywords: *Small hands, big things*



Introduction

Toddler seedlings every life, hope for the future of human society and every nation of the world. Children are precious capital and reserves of dignity, honor and dignity of every nation depends on the quality of growth and development of children in that country.

Nowadays psychologists believe that to achieve higher stages, should be taken seriously basis of initial growth, because if not well-trodden early stages of growth being in the later stages of the disorders.

Do not forget that children are also among the episodes but have been ignored.

Knowledge of the environment and the needs of their children they could lead to better growth and less damage.

And to hope for the day when there are no other terms as child labor and children's childhood.

Structure of the article

Article text reflects the damage that child labor is threatening the paper is organized as follows.

Look at the children in the world

Missing children

Different types of child Labor

Stress

Anxiety and depression

Shyness, withdrawal and isolation.

Emotional development

Lack of love, of deviations

Puberty

Child abuse

Psychological pressure-conflict

Safety and mental health in children

Psychological trauma-educational

Child Nutrition

Look at the working children in the world:

According to the International Labor Organization, ILO, around 220 million child laborers around the world are working among which about 72 million of them, are aged under 14 years.



Key ILO abolition of child labor and compulsory education part of the program considered that its two main objectives in 2015 include:

1 - No Child Left is not finished elementary school.

2 - Between girls and boys in education; there is no gender discrimination.

According to the report, 126 million children are engaged in physically demanding work. The world's worst child labor in sub-Saharan Africa belongs. Because there is high population growth rates, low population and abundant young age, and on the other hand, the high rate of HIV infection and HIV virus and because children are the main breadwinner of the family. About 50 million children are living in this area.

ILO Worst Forms of Child Labor in terms of the following: buying and selling of children, participating in military actions and wars, child sex work or play in pornographic films, the use of children in illegal activities such as distribution and sale of drugs and ...

According to the report, the main form of child labor remains hidden in the observations and field work, child labor at home that mainly consists of girls to boys. This form of child labor, from ILO recently in 2008, is recognized as child labor.

The same report adds that as a result of active NGO activities in this area, worldwide, between 2004 and 2008, about 11 percent of child labor has been reduced. In the worst forms of child labor; sex workers; in the same period is 26 percent.

Take child labor in Iran

Children in Iran, including child labor in the livestock, poultry, felting to make the felt (often a family with brothers and father and Uncle done and wage group), children rugs woven homes, especially girls, with skills fingers to knot carpets, children in mechanics, in the form of an apprentice mechanic (cronies to take every bit of a wrench and bolt for his ability to open his hands, especially boys);

Children working in glass for tail childish, children tiller houses (From age three to 18, particularly girls, children aged three round so that the bricks are clean with a cloth); Child labor in the building (work in the hands of the white building and building ...); children working



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housewife (Particularly girls, in the absence of parents, taking work home from a very early age to train and maintain other siblings and elderly family are responsible); Child domestic labor (beaded, embroidered buttons, pins, scarves and large appliances will not work);

Child sex workers (male and female), child marriage; married children, children Tack (horse riding Turkmensahra); Children in saddle (the bags are embroidered); children working in sweatshops, chemical (Cargo container of chemicals); Children in the Quran Reader cemeteries, cleaning the graves, florist, children in the mirror candlestick maker; Writing workshops for children in stone near the cemeteries, children in municipal services (working crews dug canals, flooded streets and clean atmosphere of the street);

Children work in the building envelope; children in the home seamstress, sewing or production (boss, male and female buttons ...); children working in mines and drilling of wells with parents, child laborers florist and gum sales and the sale of the intersection horoscope , child beggars (Pakistani and Zabol and Zahedan); children employed (hired for home affairs in many homes, especially girls from the age of 6 or 7 years), child labor war children in the street, along with all forms of child labor, one of the specific characteristics of children in Iran is married children, particularly girls, who are more open.

So that sometimes we women under eighteen years of age, with children doll play. Of course is doubly unfortunate children are married, are divorced. So that Western newspapers recently quoted Mr. Farshid Yazdani, Iran announced that 37,000 children are divorced, Consider the number of girls under the age of 17 he divorced to marry, so that the other children almost never allows marriage after divorce cannot find a suitable, well-educated and added that abuse of a child girl in traditional Iranian society sees divorced.

Missing children

According to the Global Compact of the United Nations Rights of the Child, which was adopted in 1989, any person under 18 is considered a child and the Iranian government signed the treaty agreed in 1993 to implement the treaty's provisions in their laws. However, the criminal and civil laws of puberty for girls and 15 for boys and 9 lunar years full lunar year is all set. Of course Islamic Republic's general reservation to the Convention has stated that in case of conflict with domestic law or Islam, it does not care.



The definition of child labor in the ILO, often referred to as "working children from childhood, deprives talent, dignity and respect", is defined. Things mentally, physically, socially or morally dangerous and harmful for children and interfere with singing lessons. Here the question arises, regardless of the rules, conventions and various definitions, is early marriage, forced marriage, the family and the local community traditions, children apart from the child does not it? Are the children involved in sexual exploitation and not physical? To what extent has the child done early marriage on the basis of informed choice?

Different types of child Labor

Children of war:

War Child can be divided into two main categories. Child soldiers are fighting a group of children who come to serve in the armed militia. These children receive military training and are served during the war and military conflicts. This group of children exposed to war, sexual abuse, physical and psychological violence and are also used for other home services. Another group of children are affected by war are the consequences of the war.

These children in the wake of the loss of their family members, refugees are forced to work for their survival and in the meantime exposed to all kinds of sexual abuse, physical and psychological fall. Involved in war-related jobs such as collecting and mine, household Services hostile or friendly troops are, in a word alone are responsible for their livelihoods. Also another danger that threatens this group of children, they kidnapped by human traffickers and enter them into networks of slavery.

Domestic labor Child:

Another group of children who have recently taken their children home. This group of children are hidden from public view because of work at home that this issue be exploited to increase the risk of getting it adds. These children are forced to do household chores such as cooking and cleaning, childcare, care of elderly patients suffering from infectious diseases, households and so on. On the other hand, because these children are not directly involved in family income are family violence in other words, look them in the eyes of a consumer spending. These children are deprived of education and no skills are not learned.



Sex workers:

A group of children who either by family members or from mafia groups are forced to work as sex workers. Although a large part of these children are girls are boys should not be taken lightly. These relationship of unprotected children involved with violence, pornography and in some cases tortured relationship with the child's killing. Some of these children come in to partner sheikhs of the Persian Gulf.

Married children:

Married children are in some way involved in the problems of child domestic labor and on the other hand, officially and legally forced to have sex with their spouse, which in most cases is an adult. Most of these marriages end in divorce during the last few years, followed by divorced women and child victims of social problems in Third World countries and then life will not damage involved.

Children and trafficking:

Trafficked children involved in two different forms. On the one hand, children who lost their trafficking and the gangs they are used. This phenomenon can be seen in the border areas. Children involved in drug trafficking, fuel, goods, etc., and also at risk of sexual abuse, physical and mental are. Another group of children who are victims of trafficking networks. These children are usually very poor families are bought or kidnapped from poor countries. These children enter the sex trade networks, slavery, beggary, some entertainment industry (which is discussed later) and at worst trafficking are members.

Farm children:

Children, or from their families or from slavery networks (especially in Africa) are forced to work in the fields. In addition to heavy and exhausting Labor in different weather conditions, these children are at risk of poisoning resulting from the use of agricultural pesticides, use of sharp tools and in some cases the bite by bite biting animals such as snakes and scorpions, etc. are located.

Children's livestock:



Children ranchers often involved in pastoral Labor or with the protection and care of animals. Long working hours, zoonotic diseases, polluted environment in the area of pastoral Labor and travel long distances and sometimes difficult to find better pastures and conflicts with the beasts of the problems of this working area for children.

Children carpets:

Children carpets of child labor, like most groups, the different groups involved in the profession. Partner in the family business, working in a large workshop capitalists or networks slavery. Problems and physical ailments caused by continuous work with heavy tools for children there, use of cutting, long working hours in a dark environment of the most polluted and the damage that these children are involved with them. Children involved in slavery networks in all network areas, such as slavery, sexual violence, physical and verbal.

Child rider:

The most important and the most significant area that has involved children in this group, children riding camels in the Persian Gulf and some parts of North Africa. This group of children, mostly victims of human trafficking networks and have been only a few of the families involved in this work. The work of this group of children can be considered quite subset entertainment industries.

Due to this feature, such as sexual violence, physical and verbal, long hours of Labor and practice, severe malnutrition in order to keep the weight down ride can be a subset of child slavery also take into account. Many children from ages three or four years old ride camels are employed, after reaching their teens or sold to slavery networks and professional without being taught or are abandoned in the streets.

Child beggars:

According to the definitions of child beggars should be defined sociology or economics. This definition also covers vendors in many cases children. Child beggars in general and its traditional esteem and psychological trauma also suffer from an inferiority complex. These children work very long hours in the street because of the skin, eye, hearing, heart and respiratory disease and the risk of traffic accidents also threaten them, are exposed to all kinds of abuses. Due to the



presence of the public in the first group of children who are opposed by municipal authorities. Moreover, these children may be involved in the work to be organized mafia groups or categories.

Street and Working Children:

Trauma these children as described above is very similar to children beggars. Although some of these children because of the nature of their work, such as shining shoes under the above definition are included.

Fishermen child:

In some countries, according to the working conditions of professional fishing is one of the worst forms of child labor. In some African fishing lakes and hunting pearls are one of those cases.

Children Market:

There's a broad market definition. The children involved in the freight market, the child literally stuck next to a seller's errand, child who sits behind the counter next to one of your family members fall in this area. Some violent relations in the market, and work hard to dusk on the market bearing part of the damage that's been involved in this area.

Children's Workshop:

Children's workshops are working with several activities. Can be shared between different kinds of jobs are affected. Lack of air pollution to environmental problems at work or darkness workshop (Many workshops are located in the basement of lime such as sewing s), Noise (turning on), contact with toxic substances or substances that are harmful to health (paste of cumin footwear), lack of safety equipment at work (almost all shops), working with dangerous tools (turning on), working in tough conditions (glass), the work in dangerous situations (construction jobs), etc. The most significant of these factors. Like other hidden job postings children, are at risk of abuse.

Waste children together:



Children gather at the damage caused by waste from the streets with street children and child beggars in common due to constant contact with municipal waste, construction or workshop are exposed to numerous diseases. These children carrying heavy loads because, in their physical growth also grappling with large anomalies. Children's Home Cooking Stoves: Children's Home Cooking stoves, hard physical work is involved injuries. Carrying heavy loads, physical stress, environmental pollution and long working hours are the most important things that this group of children to deal with it. It is noteworthy that this group of children to a family in the brickwork of work and the final salary received by the head of the family.

Slave children:

In many branches above you can see traces of slave children. Children are born slaves or older are bought or kidnapped. These children are usually dependent on his master for survival. Torture and harsh punishment because of their less to escape. In case of disobedience or wrong may even be murdered. Simply are exposed to all kinds of abuses.

Maid child:

The other branch of children are either on loan or for a fixed salary as a maid in the house of the rich are employed. In addition to the damage that is facing child domestic labor, physical insults and harsh punishment is common for these children from their employers.

Most of the psychological factors that affect children negatively corms:

Stress:

Stress and pressure means the force, in other words, causes stress and loss of balance one's body and soul, stress or stress factors.

In the words of Dr. Hans Selye on stress general adaptation syndrome has identified three steps:

Emergency response:

Physiologically

Siren will continue to grow in the brain, heart rate, breathing is changed.



Step resistance:

During this phase, which may last from several hours to several days, if the body is actually fighting to mobilize the operating pressure for a long time continue to be mobilized, gradually depleted reserves

Step burnout:

Means that all the body's energy and greatly against disease and malfunction is vulnerable members. This is where the problems start to manifest and may from colds and flu to ... begin to manifest.

Stress disorders

Diseases and disorders that cause, or it can intensify the stress, many example mischief mouth - Digestive muscle and joint - Cardiovascular - lung - reproductive - mental disorders - endocrine and metabolism

Anxiety and depression:

All men experience anxiety in your life and it is natural that people become anxious when confronted with stressful situations threatening, but in the absence of clear cause severe and chronic anxiety, is unusual. Anxiety includes feelings of uncertainty, helplessness and physiological arousal. In general, published Anxiety is a feeling, a very unpleasant and often vague sense of anxiety that has one or more physical like an empty feeling heartburn, chest tightness, palpitations, sweating and headache and so on.

Signs and symptoms of anxiety

Nervousness, calm and no - stress, fatigue, dizziness increased urination, lethargy, shortness of breath, sweating, palpitations and anxiety, insomnia, difficulty with concentration concerns vibration alert

When locating of the new situation as many children face new people, feel anxious and are embarrassing to parents, family members or relatives of the so-called "hanging" are. Separation Anxiety, Exam Anxiety, Social Anxiety, School Phobia



The most common anxiety disorder in children and adolescents include:

Depression

Depression may occur only once in one's life. However, often repeated attacks over a lifetime with periods without depression occurs in between them, or can be a chronic condition that requires continuous treatment throughout life.

Depression is a disorder that affects your thoughts, moods, feelings, behavior and physical health effects.

●● Signs and symptoms

Loss of interest in normal daily activities - depression - sleep disturbances - Impaired thinking or concentration Significant weight loss or weight gain - aggression or slowing of body movements - fatigue - Low self-esteem - decreased interest in sexual activity - thoughts of death

Shyness, withdrawal and isolation.

Isolation, shyness and isolation is a condition that makes children and adolescents abstain from communicating with people and the environment and this children typically reduced mental and emotional interests of the people are deprived of having close friends.

One relatively common behaviors that the person is severely irritating.

Causes of withdrawal and shyness are:

1. The exclusion of family love
2. The physical and psychological injury or illness
3. Dialect and speech impaired
4. Multiple defeat and humiliation in front of children
5. of mental insecurity and stress at home and at school continues
6. Punishment, reprimand and censure children and adolescents by parents, especially the mother's emotions
7. Tight control of education and hard obsessive and irrational



Emotions in children (emotional development)

Emotions play an important role in children's lives and their child's daily activities enjoyable and he leads a variety of activities. The effect of emotions on the life and career of the child is always helpful and energizing effect and sometimes negatively. Especially some emotional stimuli, especially if it is severe and persistent impaired physical growth of the child. Damage that affects the physical growth of children exert disorders and disorders of the gastrointestinal tract, resulting in the child's sleep.

In this case, the child lost concentration power in school activities postponed. Success and failure in life, is largely a function of the state of childhood.

Undesirable emotions such as fear, anger, jealousy negative effects on child development and positive emotions such as love, joy, pleasure and curiosity are essential for normal childhood development. Balanced personality development of children was happiness and joy and they cause deficiencies in intellectual development of children.

The most important factor that makes emotional upset children covered include:

1. Fatigue
2. Lack of health
3. Various stages of the day
4. Intelligence
5. The social environment
6. Family relations

Lack of love = types of deviations

1. Discrimination: discrimination in the family and society less attention than others complex causes deficits and hatred and pessimism in children.
2. Violence: Some psychologists believe that the root cause of crime and violence in society, violence and corporal punishment which causes psychological complexes them.
3. Orphan: orphan of father or mother of one of the main reasons for failure - Tramp retardation in school and the community and is committed crime and criminals and other mental illnesses.



4. Divorce and conflict: the impact of family separation as ascertained in the anti-social behavior in children. Bowlby believes that the separation of children from their parents, especially the mother cause of disability in establishing a healthy emotional relationship is correct at the time of maturity. Divorce and disrupted family much more than the conflict between husband and wife would be upset children and their criminal actions and the causes of crime is considered exceptional.
5. The absence parents of family: parents at home, especially in the education of women pays emotional, mental, and children of each parent's absence causes problems educational and emotional disorders in children.
6. Diversion parents: parent's deviation or a member of their family and moral decay, communication Muslim children and adolescents deviation.
7. Sexual deviation: false education and emotional deficiencies and other social causes of the sexual deviation.

Puberty

The physical and physiological changes of puberty in humans and other animals is called.

this group of children after getting into the course of life due to lack of proper parental guidance and also lack of self-awareness irreparable trauma eat and according to research statistics obtained from them is very high abuse and sexual harassment, big door's especially the wife in this case is still open and there are many marriages between 9 and 18 years that sexual harassment as a result primarily of adult men and lack of understanding of their needs and... leading to divorce or the birth of a child is innocent and continue the cycle of child labor yard.

Child abuse usually takes place in four areas studied, child physical abuse (physical child abuse), child emotional abuse (emotional child abuse), child sexual abuse (sexual child abuse) and neglect (neglect)

Five major factor contributing to child abuse are:

1. Characteristics of the abuser (abusive)
2. Another feature of family members
3. Characteristics of children
4. Social fabric
5. Context of situation



The effects and consequences of child abuse

Including intense fear, anxiety, guilt, depression, interpersonal problems and behaviors are inappropriate. In addition to the immediate consequences of physical and mental, of children who are victims of domestic violence and population growth are prone to some problems.

The discovery of psychological abuse is difficult, although to introduce psychological abuse

Summary of 6 categories:

1. Defame and brushed off his capacities and wishes of children related to his ability he thought his comments.
2. Abandonment and separation from society
3. Threat
4. High expectations regardless of her age telling
5. Severe and aggressive actions ruins routines that use a lot of drugs and alcohol is obtained.
6. Not providing much needed for children who are intellectually seriously handicapped.

Stress – Conflict

Regardless of coping (coping with) the extent to which problems are mighty, again in life that inevitably arise when we feel stress. Failure, whether caused by dams environment or due to personal shortcomings or emerging from conflict, however, some consequences to be followed, like staying in a mind full of anxiety and indecision surface errors resulting in aggression and mental instability in dealing with issues and people

Aggressiveness

Most of the children are restless and unhappy at that failure and that they kill and complained. Many children Labor not feel their anger, but they will be kept hatred in his presence and in the time of a peer or even adults show a more severe reaction.

Safety and mental health in children



Unfortunately, in this group of children is less common and neglected health and safety.

Babies, care Contacts things - pollution - cleaning - vaccination and usually do not see their children a good physical and mental health.

Psychological trauma - Educational

Withdrawn

Apparently the pressure of having in the community, but the heart and mentally introverted and isolated.

Punished

In overall view is that the punishment:

Before any work, discipline, child tandem is not true in any way.

This form of discipline, corporal punishment is a good way to foster ethics and dependence on corporal punishment of children. If we want our children instead of logic and argument resort to the power of hands, first of all, we should have been considered.

But this children are mostly this negative cuddle but also receive from their parents and employers.

The negative impact on family relationships

Unfortunately, society does not look at the positive and correct children. Society is unaware that children living in the home everything starts and ends in the street! Of a house with parents addicted and unemployed to the colorful street that has no mercy. People are unaware that children somewhere other than the streets! But what is responsible? They are unaware? Unaware that their children are small, but should be dealing with the big guys? Unaware that you become addicted to this community? Wolves are in the community? You are the thief society? The society you are in prison and perhaps the gallows and in this ignorance of the wishes of children is not news, because news of these guys are not going anywhere at all.



Academic failure

If you have won and to continue their education due to poor living conditions are usually fall behind in school.

56 percent are illiterate children in the learning of this lack of recognition of 64 percent, 61 percent, 61 percent or speech problems, mild mental deficiency, 32 percent lack of memory, learning difficulties, 30% and 21% of their lack of curiosity.

Child Nutrition

Free children's independence grows with the eating.

One of the most important ways to ensure the nutritional requirements of children, use of four major food groups, including dairy products, bread and cereals, meat, eggs, nuts and legumes, and fruits and vegetables.

"Proper nutrition" is the beginning of health. Proper nutrition can protect the individual against future illnesses.

Scientists emphasize that dietary calcium deficiency in childhood increases the risk of osteoporosis to old age remains hidden. A positive balance In the amount of calcium include: attracting more and less is excreted during childhood, adolescence and young adulthood causes their bone growth occurs with highest density.

Given the above information, which is part of the growth and nutrition of children

Children are not only deprived of food the right way but also reduces the appetite of the following factors:

1. Infectious and parasitic diseases (particularly gastrointestinal and respiratory)
2. Monotonous diet and lack of nutrients that have an effect on appetite (e.g. zinc, iron)
3. Malnutrition
4. Sorrow, envy and anxiety in children
5. Oral ulcers.

Health of working children gone



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According to investigations conducted in Iran, 86 percent of children have weight loss, skin disorders, 82 percent, 80 percent height reduction, 77 percent of dental disease, eye disease, 73 percent, 64 percent of heart disease, 61% of the diseases of the respiratory tract, 60 ear, nose and throat diseases, and 60 percent have gastro-intestinal diseases.

From centers that non-governmental and with donations and community are going on and can be worked with them, can be named because centers:

Operations, such as children's homes Trier

Child Protection Foundation Imam Ali

Community support for children

Sympathizers Foundation for Children and Adolescents

Conclusion:

We can raise awareness and training in different fields of their individual skills and abilities, to this people working in the service, we help with that physical and mental development process better, have less damage.

Another term in the hope that day before going to labor there as a child.

Recommendations

After learning that can harm this environment and living conditions of this group to teach his children the skills and techniques the following steps:

1. Life skills training for application
2. Understanding the factors that influence in the cognitive mechanisms
3. Behavioral self, awareness programs and stress management program
4. The use of play therapy to control stress and anxiety and...

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