

Note de lecture

Titre du livre: **Family planning and child upbringing in the third world**

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INTRODUCTION

Family Planning and Child Upbringing in the Third World is a short but informative book that explores the challenges and strategies surrounding reproductive health, family planning, and child-rearing in the Third World. The book provides a thorough analysis of how various forces come into play to shape family decisions, family wellbeing and the upbringing of children in the Global South with a focus on Cameroon.

OVERVIEW OF THE BOOK

The book is divided into seven chapters. The first chapter is basically the introduction that serves present the main argument which centres on the author's thought that families in the Third world are faced with diverse challenges which require a rethinking so as to ensure sustainable futures of families. The second chapter forages into the importance of family planning, discussing access to contraceptive methods, and how to apply these methods. The third section of the book delves into the reasons for high birth rates in many third world countries and notes the several socio-cultural and economic reasons that make a case for large families while on the flip side underlining the inconveniences of such families in this context. Chapter four moves from the question of family planning to address family dynamics through casting a lens on parent/child relations highlighting both the rights and responsibilities of parents and children respectively. Chapter five places its focus on the role of parents in child upbringing

emphasizing that as primary caregivers, parents play the central role in ensuring a wholesome development of their children. Chapter six handles the question of child education noting the fundamental issues to be considered by parents when choosing educational institutions and disciplines for their children. The final chapter seven looks into the aspect of the child and the internet, underscoring the necessity for parents to oversee their children's interaction with the internet which is a harbinger of both opportunities and potential dangers and should be accessed with utmost caution.

MY READING OF THE BOOK

This book constitutes a viable contribution to the discourse on family planning and child upbringing in Cameroon in several ways:

First of all, it steps out of the tendency to provide grand theories and focuses on the smaller details that are comprehensible and accessible to reader across the board. In discussing family planning, the author provides detailed, practical information on contraceptive methods, guiding the reader on their usages. The author has convincingly highlighted and corroborated the fact that population is not just about demographics but about livelihoods, wellbeing, quality of life and maternal and infant health and survival.

Equally, the focus on child-upbringing is presented with such elaborate and dedicated attention to specifics that it becomes a veritable handbook on responsible, positive and successful parenting. Its greatest strength lies in the step-by-step approach to parenting from a holistic perspective touching on aspects from the home through the school to the digital space and noting that it takes informed collaborative efforts to raise children successfully.

The book is a source of information for family empowerment first of all through the guidelines on effectively planning families to ensure quality over quantity, to break the cycle of poverty through the uninformed adherence to the notion of larger families and also provides necessary information on how parents can effectively accompany their children into better futures.

By placing family planning and child-upbringing side-by-side, the author already answers the yet unasked question as to whether planning when to have a child, what number and what spacing are enough to guarantee that the family succeeds. He clearly indicates that child upbringing especially in this era of intense interactions and the excess

in the availability of questionable information and values must be intentional and geared towards nurturing for healthy growth.

Readers of this small book will benefit from practical guidelines in starting and managing what the author terms sustainable families, which are families whose wellbeing, livelihoods and quality of life are ensured.

Even though the title of the book is seemingly ambitious and would have benefitted from a focus on Cameroon exclusively, that does not take from this book its inherent qualities which make it a roadmap towards a new and better dispensation for the family in Cameroon which is informed, empowered and thriving.

Family Planning and Child Upbringing in the Developing World is a highly recommended read for anyone interested in family dynamics, maternal health and successful child rearing. It offers a focused and well-elucidated perspective on how informed decision-making and proactive strategies can transform the lives of families in societies with limited resources like Cameroon.

CONCLUSION

The author emphasizes that starting a family should be both intentional, informed and organised and not simply emanate from the desire to fulfil some socio-cultural or personal expectations. The book highlights some cultural practices such as polygamous marriages as well as early and unplanned pregnancies. The book intends to provoke a shift in mentality from viewing children as assets or resources to had in large quantities to rather seeing them as full-fledge humans having rights and requiring quality life, livelihood and healthy environments for their evolution. Therefore, bringing them into the world must be a well-thought-out decision which this book helps the reader through.

The author invites the reader to rethink and be well informed before starting a family as this requires investments in emotions, finances and time. The book is not prescriptive but rather serves as a companion to potential and current parents. Its ease of reading make sit not only easy to read and digest but also enjoyable.

Yaoundé, 10 September 2025
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