



THE IMPORTANCE OF TENDER LOVING CARE FOR FOUNDING THE GROWTH AND DEVELOPMENT OF CHILDREN

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ABSTRACT

Objectives: Tender Loving Care (TLC) or caring with gentle loving care is very important given to children especially at the age of 0 - 5 years (Golden Period). However, not many parents understand that TLC is very important to optimize the growth and development of children. This article aims to examine the importance of Tender Loving Care (TLC) in founding of children's development, through literature studies from several journals and resource books. **Method:** The method used in writing this article was to review some journals and complete from various sources that already exist, then analyzed from various points of view. Several studies found several factors that caused neglected in founding of development, there were: busyness and negligence of parents, family disharmonization, and diversioncaregiving in institution. **Conclusion:**The impact of neglecting children's development couldmade: children's growth was not monitored properly, often got health problems, and tend to had bad behavior or psychic. This conditions require parental involvement in caregiving that could be given by attention, comfortable, warmth, and protection to their children. Loving care of their parent which form of care, responsibility, respect, and knowledge wouldmadechildren feltbeen loved and cared, so they could growth with good psychic and emotional condition. Thus, founding of children growth and development should be done by fulfilling their need on basic health and nutrition, also character building through by friendly education.

Keywords : Tender loving care, founding, growth, parenting, child

INTRODUCTION

Children were a valuable asset as the next generation of the nation that was an important period on growth and development in the toddler age (0 - 5 years). Life period from conception to 5 years old was the most optimal period of brain development and critical stage that affected their healthy, learning, and behavior, so this age was often referred to the Golden Period. The development of the brain was influenced by biological risk factors (malnutrition, infectious diseases, and teratogens),

social risk factors (carer concern and responsibility), and contextual risk factors (pregnancy depression). Many parents did not understand that children not only needed physical needs, but also attention and affection for psychic and emotional development. Tender Loving Care (TLC) was routine or habit associated with caring, sanitation, feeding, giving attention and affection for children. It played an important role in survival, growth, and development of children (WHO, 2004). This lack of understanding and parental affection could cause problems with child development. Approximately 200 million children had brain development disorders due to lack of cognitive stimulation, mental retardation, anemia, and lack of iodine and iron (UNESCO, 2012). As many as 29% of children complained of not getting enough affection from parents when they needed roles of mother to be more loving and caring (Pannilage, 2017). Remember the first 5 years of age is very important for the child, then all efforts should be directed to optimize the period.

Some results of research indicate that nutritional factors and environmental care could affect the occurrence of problems in child growth and development as presented in the following explanation. The first was the nutritional adequacy factor, based on studies of Maria & Adriani (2009) in mothers of children aged 1-3 years in Gresik, concluded that there was a relationship between the fulfillment of nutrition with the growth of toddlers. As many as 60.9% of children under five whose less nutrition fulfillment got less optimal growth. Children who got enough nutrition tend to have a strong body resistance, so it could decrease risk health problems.

Second was environmental factors of parenting. Family disharmonization, lack of love and care, child abuse, family income, family discrimination and divorce would decrease the quality of care. Based on results of comparative research between child care in institutions (orphanages) and family environment on 208 children under 3 years old in Romania showed that the children treated in orphanages had delays in cognitive, physical, and emotional development, also had less competency than raised in the family environment. In addition, if the children treated in orphanages tend to have uncorrected adaptability and irregular behaviors (Smyke, et al., 2007). Children who were treated in an orphanage tend to have problems in growing up, because caregivers had a duty to keep more than one child, it means they tend to not give optimal care and affection to each child. In contrast, children who were treated in their own family environment would feel prioritized and given more affection. Lacking of affection and attention of parents could lead to emergency behavioral disorders in children. Studied of 30 working mothers and 30 unemployed mothers indicated that there was a significant relationship ($Y^2 = 0.006$) between pre-school behavioral problems and working mothers. In working mothers there were 89.34% of children had moderate behavior problems and in non-working mothers only 10% of children had mild behavior problems (Alexander & Shetty, 2014). The length of time togetherness is very important because child will learn from the environment and more easily frustrated, so they need someone who can accompany them in learning.

The impact of the child who lacked parental affection was the child would have growth problems such as: children will tend to have less controlled attitudes and behaviors; less than optimal learning achievement, lack of socialization skills, and decreased health and intelligence. Children who received caregiving without love and affection become more often get illness; significantly learning ability deteriorates; withdrawing from the environment and failing to grow up, insomnia, and constantly depressed (Liao, 2005). In addition, the children would more easily fall into mischief (Pannilage, 2017).

The efforts to optimize Golden Period could be done by providing adequate nutrition, responsive care, supportive environment, providing positive support, good love and affection, time and healthy environment. All of those was a basic need of children to be fulfilled by parents to minimize bad

behavior of children (Rehman & Sadruddin, 2012). Providing adequate nutrition to child's growth was a form of loving care that was the responsibility to meet the physical needs and understanding the nutritional needs for growth and development of children. Brain areas associated with social, emotional and cognitive functions require specific stimulation through appropriate parenting. This care becomes the basis for secure attachment, communication and learning between the child and the parent or caregiver. (Woodhead, 2007).

Careful parenting could be an important solution in founding future gold generation. Concern (care), responsibility, attention (respect), and willingness to increase knowledge (knowledge) of parents would be an important provision in monitoring child growth (Fromm, 1998). Loving care tenders should be applied in caring for optimal growth of the child.

MATERIAL AND METHODS

LITERATURE REVIEW

Konsep Tender Loving Care (TLC)

Tender Loving Care (TLC) were caregiving that reflects caring and loving. Loving was shown through the efforts of helping others, and improving well-being. The orientation of love was unconditional and must be done by realism. Many people thought that love was simple, but to get people who loved and be loved properly was difficult (Kendrick & Robinson, 2002). Erich Fromm in his book *The Art of Loving* (1998) revealed that love required knowledge and effort, maintaining one's integrity and individuality. Love was selfless so that the most obvious activity in loved and loving activities called giving. Giving was the potential and vitality of human beings that generate tremendous excitement instead of receiving. There were 4 elements of love, namely: care, responsibility, respect, and knowledge (Fromm, 1998).

1. Care (Caring)

Caring was indispensable in a behavior which called love in order to understand life, development, goodness and well-being of a loved object. Caring was a behavior in provided helping or supporting to individuals who were done as a whole (holistic). Caring persons means having a very good soul empathy, caring for others, and had ability to brought comfort to the people around them. Pure love was loving of mother to her child as feeds, take a bath, and gives comfortable psychic (Fromm, 1998). In Watson's theory, caring must be practiced in a thorough and comprehensible context. For example, nurse capable to detected and understood the patient's condition, providing answers to each question, and reducing tension. This form of awareness could be seen through pure communication with patients and empathy by exploring what they felt was related to their health (Rivero & Erdmann, 2007).

According to Watson, awareness built on 10 factors of love are: 1). Humanistic-altruistic value. 2). Instilling / enabling faith and hope. 3). Cultivation of sensitivity to one self and others. 4). Developing a helping-trusting, human caring relationship. 5). Promoting and accepting expression of positive and negative feelings. 6). creative) problem solving caring proses. 7). Promoting transpersonal teaching learning. 8). Providing for a supportive, protective, and / or corrective mental, social, spiritual environment. 9). Assisting with gratification of human needs. 10). Allowing for existential phenomenological spiritual dimentions (Watson, 2008).

2. Responsibility (Responsibility)

Responsibility was required in a relationship, because without any responsibility there would be not balance. Responsibility means involvement in object life whom we loved. Responsibility was an act

entirely voluntary to needs of other human beings. Being responsible means be able and ready to respond (Fromm, 1998). Responsibility was understood from as a moral commitment to respond consequences of the intervention or to suggested and to accomplished obligations (Rivero & Erdmann, 2007)

3. Respect (Respect, respect)

Respect was acknowledging, appreciating, accepting, not fooling fools, openly accepting opinions and viewing of others without criticism or judgment, opening to communicate, providing psychological security and experience for success. Respect emphasizes how to appreciated and accepted object's loved for what they were and not to be at would. Respect means caring that others need to grew and developed as they were. Respect implies the absence of exploitation. Level of sense of respect to another could be divided into 5 scales that were 1) How to communicated that shows lacked of respect; 2) Respond to communication, but tend to be passive or ignorant; 3) Be able to showed attention and potential of the other person; 4) Respond deeply (give opportunity communicant to be yourself); 5) Payed attention and committed to appreciate the value of others (Patterson, 1985).

4. Knowledge

Knowledge was needed to knew the details of beloved by the waysto recognized personality, background and inclinations. The knowledge becomes one aspect of love was knowledge not only outside, but also penetrates to its core. One could not be concerned and responsible without knowledge and motivation of interest. Knowledge was one of the foundations one could loved (Fromm, 1998). It means when a person loves they would understood needs, potential, and habits so that they can be closer and stronger inner bonds.

Care, responsibility, respect, and knowladge were interconnected whose behavior and development could be found in adults. In infants, the moment of birth gave a different life that they could not recognized and distinguished objects around them. It is complemented by a mother who had warmth, provides food, and gave a sense of security to the baby so that they could grew and developed. This suggested that the relationship of the child to the mother was vital, and the father's role was essential when the child learns to walked, talked, and explored their potential (Fromm, 1998).

Mother's loved was so natural and unconditional that she loved the child without expected certain things. It was undeniable that a mother's loved was attached to a child even as an adult too. The loved of the father could not be compared with the loved of mother, because the love of the father was manifested in existence, discipline, protection and adventure (Fromm, 1998). TLC to children can be realized with appropriate caregiving, comforting, and protecting children. This role should be optimize with parental involvement as it naturally has grown loved between parents and children. If parenting has left to the caregiver, caregiving should be taken of the caregiver's abilities and behaviors.

Children had the right to be loved because they were entitled to a good life. Children have the right to be loved not only empty rhetoric, but also the object of proper obligation. The duty of loving children was not only in the parents because they really needed to be loved for developed the important capacity needed for a good life, so the community tasked also to realized the welfare of the child. Parents loved to their child was done by interacting intensely with appreciating, manifesting and keeping their physical and psychological (Liao, 2005).

Tender of Loving Care in Parenting

The caregiver was the person who played an important role for the child. It provided food, affection, communication, and responds the needs of the child. If the child was sick, the caregiver would also took it to the health care center. The primary and vital caregiver of the role was the mother, because she was able to breastfeed. In some communities, children may had more than one caregiver such as grandparents, aunts, older siblings, neighbors, or caregivers at day care institutions (WHO & UNICEF, 2012) The nurturing process contributes significantly to the development of children, as there would be interacted may affected adaptation of children to their environment. The long-term effects of parenting practice had been demonstrated, that proper parenting would benefit to children in terms of educational attainment, employment status, and some indicators of integration into modern urban life (Nonoyama, Tarumi, & Ota, 2010).

Parenting had important role in child development. Parental stimulation and responsiveness to children not only promoted healthy socioemotional development, but also led to increased physical and cognitive growth (Nonoyama, Tarumi, & Ota, 2010). So that parents or family should provided children with a healthy, safety and loving environment to grew up (UNESCO, 2012). Family was the first place to socialized. It was not only a gathering place for fathers, mothers and children, but also a place of physical and psychological fulfillment so it becomes one of the important sources of supporting its development. The development of the age brought many changes in parenting. Today many parents were both working, so they had less time togetherness with their children. Parents who worked outside the home from morning and evening had a lacked of attention to the child, so parenting should be replaced by a caregiver or a daycare provider (Digest, 2016).

Qualitative research on both working couples showed that they realized that parenting was the responsibility of parents, so they always tried to did parenting in a balanced ways. This way could made children got the time, affection, and considerate suffecient attending. The way of parenting was done alternately and worked together whom had free time then they handles. This co-parenting provided benefits for children's development such as children feeling the affection of father and mother, the child easily mingle with peers, and improved the intellectual ability of children (Essence, 2016). So, shared caring and leisuring time for a child could had a good effects on the child, even if both father and mother were worked.

Families provided care for children's development by providing loved, attention, and learning opportunities (WHO & UNICEF, 2012). The involvement of a father through interaction with his child in his early years can help improved the child's well-being, the development of cognitive, socio-emotional and physical abilities, and the readiness to cope with the life cycle. In contrast, children with poor cognitive, socio-emotional and physical health development, when entering primary school were more likely to had higher absenteeism, repetition of classes and eventually drop out (UNESCO, 2012).

Family was the most important social institution in the history of human civilization as a place of nurturing commitment, loved, character, social and personal responsibility. United Nations Convention on the Rights of the Child recognized that for fulling and harmonious development, children must grew in a facilitative family environment in an atmosphere of happiness and love given by their parents. Parents usually provided love and affection it took a child to grew a healthy flower. (Hojat, 2007). A 35-year study by Harvard University, Russek and Schwartz (1997) found that 91% of graduates who used to had a less warm and friendly relationship with their mothers had serious health problems in middle age (eg, arterial disease coronary, high blood pressure, and alcoholism) compared to graduates who used to had warm and friendly relationships with their

mothers. Why do mothers had a more important role in the development of prosocial behavior and empathy for children? Because nature had given them some unique privileges that allowed them to perform their parenting roles. The bond between mother and child strengthens at birthskin-to-skin contact between mother and newborn (Hojat, 2007).

According to Bradley and Caldwell there were five main things related to nurture functions that could not be separated from each other, namely sustenance, stimulation, support, structure, and surveillance. 1) Rezeki to promote biological integrity through the provision of food and shelter. 2) Stimulation to attract attention, provide experience and information. 3) Support to meet social, emotional needs and to strengthen goal-directed behavior. 4) Structure to differentiate inputs according to the needs and abilities of the child. 5) Surveillance to keep track and monitor child activities (WHO, 2004).

Dr. D.W. Winnicott describes the criteria of "good enough mother" in giving TLC to children including emotional availability, guidance and control, parental mental health, young children needs, and emotional commitment.

1. Emotional availability was to provide care with adequate emotional warmth that would develop the feelings of affection and care.
2. Guidance and control was to provide direction to the child through a sensitive and supportive protection.
3. Parental mental health was a condition of parents health that could affect child development. Some studies suggest that depressed and expressed mothers in front of their children would increase the risk of emotional development disorders. For that mother must always keep emotions when dealing with children.
4. Young children needs was a mother's understanding of children's physical and mental needs.
5. Emotional commitment is the commitment of parents to spend time in caring for children. Parents who do not spend enough time for the child would be exposed to the possibility of a child relationship and developmental problem (Mrazierk, 2013).

Observations of Rene Spitz, Melanie Klein, Donald Winnicott and child psychoanalysts shown that children had sensitivity to the emotions of others. Children tend to develop an imitative attitude from their caregiver. Parents who want their children to have optimal growth and development should provide careful parenting, because it could develop a child's sensitivity and affection to the surrounding environment. Conversely, negligence in childcare could caused children to be insensitive and developmentally inhibited (WHO, 2004).

Tender of Loving Care in Founding of Child Development

The founding of children's development is aimed at improving the quality of children before entering formal education, and improving the health status, nutrition, cognitive, mental, and psychosocial of children (Permenkes RI Number 66 Year 2014). In addition to improving knowledge, attitude, behavior, and skills of parents and other family members in raising and nurturing the growth of infants with physical stimulation, intelligence, emotional, social, and spiritual through effective interaction between parents and children (Mardiyono, 2012) .

Development of children's growth in Indonesia was done through services for early childhood, namely Posyandu, BinaKeluargaBalita (BKB), Play Group, and Child Care Center (Mardiyono, 2012). This monitoring was jointly conducted by parents, teachers, and health personnel through adequate stimulation, early detection and early intervention. 1) Adequate stimulation means to stimulate the brain to ability of movement, speech and language, socialization and independence of

children optimally according to age of children. 2) Early detection means to stimulate the child's brain and follow up the problem of growth and development. 3) early intervention means taking corrective action against the deviation in order to grow children back to normal (Permenkes RI Number 66 Year 2014). Some things to consider in the development and supervision of child growth there were (WHO & UNICEF, 2012):

1. Many things were very important to learn as a child

The brain developed most rapidly before birth and during the first two years of life. Nutrition and good health were very important all along. ASI played a special role in brain development and helps children stayed free of disease. In order for their brains to develop, children also need to move, to touch things and explore, and played with others. Children also need loved and affection. All these experiences help the brain develop.

2. Children need a safe environment as they learn

Children are always exploring and learning new skills. They need a clean, safe, and protected physical environment to be safe from injuries and accidents while they play and learn. Children should also be protected from violence and anger. When a child wants to play with something unsafe or unclean, the caregiver may have to gently say "no". While the child was learning, try to exchange these toys with something safe and clean. This was done because children can be easily drawn from things that should not be done.

3. Children need consistent attention from at least one person

To be safe, young children need to had a special relationship with at least one person who could gave them love and attention. The feeling that they belong to the family would help them get along well with others. It will also give them the confidence to learn. Children certainly want to communicate with others from birth. They get very close to the caregivers who feed them, spend time communicating with them, and give them love and affection.

Love also grows between mother and baby during breastfeeding. They communicate by responding to every movement, sound, and smell. babies was "attached" to the person who consistently holds, loves, helps, feel safe. This relationship or bond lasts a lifetime. Sometimes mother and baby have difficulty in developing this special relationship. For that effort that could help the mother and other caregivers is to understand what the baby was trying to do when starting to communicate, and respond appropriately. This effort was done by responding to their children's words, actions, and interests with sounds, gestures, and gentle touches.

4. Children learn to play and try something by watching and copying

Children tend to have a sense of curiosity about what others are doing. They want to know how they can change and affect people and things around them. For example, if a mother wants her child to eat a different food, she needs to show it to the child by eating the food itself.

TLC for guidance and supervision of children's growth can be realized with the fulfillment of basic health and nutrition needs, as well as character building of children through friendly education. Fulfillment of basic needs and nutrition aims to meet the physical needs of children is the brain development more optimal and improve the immunity of children to avoid the disease. While character education with a friendly atmosphere aims to enable children to develop their potential well and able to become a moral person, ethical, and understand the environment.

1. Fulfilling Basic Health and Nutrition Needs

Children's health was influenced by nutritional intake, personal hygiene, environmental sanitation, water supply, and health services (Addise, 2003). Adequate nutrient intake will optimize brain development to more quickly accepted learning. Personal hygiene requires the participation of parents or carers by keeping the child's self-hygiene so that they more protected from disease-causing pathogenic microorganisms. Good environmental sanitation could minimize the risk of harmful agents and disease transmission, so parental responsibility to provide environment clean. Water supplied must be clean, safe, and sufficient. Water used should not contain harmful chemicals or other microorganisms. Health services were needed to keep children healthy and monitor their growth.

Some things to consider in healthy child were screening, immunization, and child growth. Screening was the physical assessment of the child at each visit to a health facility. This activity was very important to avoided loss of opportunity for children to got needs for growth. These needs include vaccination, child growth monitoring, and maternal needs planning in antenatal care. Immunization was the process of protecting a person from a specific disease by inserting an attenuated disease agent into the body to stimulated the tubes to form antibodies. Meanwhile, to achieved optimal growth needs to be supported by nutrition and good environment according to child age (Addise, 2003).

Nutritional intake was very important for the baby's brain development starting in the womb. Lacked of nutrients such as iron and iodine could interfere with cognitive and motor development, and these effects are often irreversible. DHA and essential fatty acids were the key components for producing synapt (linking) between cells (Urban Child Institute, 2011). The role of a parent or caregiver was to provided adequate, nutritious, and age-appropriate nutrition so that the child grew healthy and had a smart brain.

The best nutritional supplement been given to infants aged 0-6 months was breast milk. Breast milk could prevent children from diarrhea andto provided natural immunity to the body. The increased use of formula milk by mothers, especially in urban and semi-urban areas which could considered one of the main causes of diarrhea and malnutrition. Many mothers gave formula milk to their babies because of it flexibility and easy to consume, so they were free to worked. Problems arising were used of unsafe water and sterilization of bottles that could increase contamination and reduce nutrients (Addise, 2003). It needs to be considered in maintaining hygiene and sanitation by caregivers.

Things to consider in child feeding were safety, balance, and food insecurity. Food insecurity has been linked to malnutrition that caused learning and development problems, especially in infants and toddlers. One studied found that 90% of children given unsafe food were more likely to have health problems than families who provided food safety. This food insecurity could be seen from personal hygiene and food sanitation (Urban Child Institute, 2011).

Fulfilling basic of health and nutrition needs area form of TLC in caregiving. This feeling of gentleness and affection is accompanied by an attitude of concerned and responsibility to meet the needs of children. Parents who apply TLC will work to improve their knowledge of the child's needs according to his age, so he will not miss the golden period in the child's life. This TLC attitude must continually be built by parents because negligence can cause adverse effects for child growth.

Character Building of Children through Friendly Education

Education played a role in developing child's personality, values, culture, and potential from an early age. Potential intelligence and physical would provided opportunities for children to expressed themselves. So that, habituation need to be done by parents, teachers, and social environment (Permono, 2013). Education given with affection will be strong foundation to develop their potential and shape the better personality.

A longitudinal studied by the Effective Provision of Pre-School Education (EPPE) on 3,000 children showed that parental involvement in home-studied activities made a significant difference to achievement and social behavior of children on aged 3-10 years. This EPPE studied had found that some of these learning activities should be done by parents including: playing with letters and numbers, reading; learning to sing children's songs, painting and drawing; also visiting the library (Department for Children, 2008).

The importance of quality learning environment, qualified teachers, and family involvement with early caring and education programs planning had been identified as important factors in improving the child's learning experience and influencing their educational outcomes. Research in Nigeria showed that parental involvement include emotional care and support had enormous influence on early childhood education, especially children's academic achievement. This parental involvement helped broaden the horizons, improves social relationships, enhances self-esteem and self-efficacy of children. Child's academic achieving often had parents who were interested in learning their children from an early age and engaged in supportive learning activities, such as singing and reading books together (Fasina & Fagbeminiyi, 2011).

Walker et al. (2007) summarized seven causal studied which effected of cognitive stimulated interventions from developing countries. It found that cognitive function was significantly higher in under-fives who were given additional cognitive stimulating or learning opportunities than not stimulating. This cognitive stimulation includes maternal instruction on played techniques, verbal stimulation, motor skills and cognitive skills development, responsive improvement, and others (Nonoyama, Tarumi, & Ota, 2010).

Education with TLC's conducted by parents or caregivers should provide comfort, so that children felt been loved and given the opportunity to explore. Some role of parents in instilling character education in children (Permono, 2013), there were:

1. Providing an opportunity to asked questions and showed a game so that it could trigger their curiosity.
2. Understanding that children had a high ego to always obeyed all their desires. Parents must provided understanding with patience and attention, so that children wanted to decrease their ego. At this time it was expected that parents did not gave hard learning and coerciving. In the event of defiance, it was better to give cooling time (cooling down) or gave time to own, and then gav the advice with full of affection.
3. Children imitation process was so strong, they tended to imitated favorite characters. The role of a parent or caregiver was to provide a good roles model in their daily life, such as by introducing characters that had the protagonist character.
4. Parents or caregiver did not limit intercourse excessively. The benefit for children could socialized with others and further introduced them about caring and affection among others.

Character education in children not only teaches right and wrong, but also cultivates habituation about good things. It makes children become understand (cognitive) about what is right or wrong, able to feel (affective) good value, and can do it (psychomotor).

CONCLUSION

Sincere love and affection are very important be given to child especially during the Golden Period. But, not many children feel compassion due to lack of involvement, togetherness and protection from parents. The impact to the child will tend delaying in physical and mental development, increase illness, short emotional (easy to angry), and less regular behavior. The nurture must be applied elements of love, there are care, responsibility, respect, and knowladge. Caring is to give attention and comfort. Responsibility is sufficientchild's need. Respect is receiving and keeping. While knowladge is recognizing personality, so that parentknows how to behave. When a parent loves their child, they will give the best to make them happy. Parent's love is natural and needs to be developed daily.

TLC in parenting or caregivingcan be demonstrated by parental involvement, especially mother's involvement. Criteria for loving parenting include emotional availability or care with warmth, guidance and control or providing protection, parental mental health or maintaining health and emotions when dealing with children, young children needs or understanding children's needs, and emotional commitment or taking enough time for children . TLC in founding andsupervision of child growth and developmentare done by stimulating ability,early detection for development problems, and intervention to interference so that it can return to normal. In addition TLC can be done with sufficient basic of health and nutrition needs, also provide a friendly education. The efforts to maintain health are providing a healthy environment and bringing to health facilities for immunization and health screening. Nutritional needs are met by providing nutritious and appropriate foods. Friendly education is to buildgood characters and develop their potential. This is done by providing an opportunity to explore selves, provide good examples, invite others to recognize the environment, and not to snap. TLC is the basis for parents or caregivers canoptimize the golden childhood to be healthy, intelligent, polite, and ethical generations.

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