NAME:

COURSE TITLE:

TUTOR:

DATE:

**Nowadays, more and more families are choosing to have only one or two children. Are smaller families better than larger ones?**

Have you noticed how many children most families in your area have? Do you notice the difference with families a few decades ago? Before the onset of the twentieth century, most people preferred larger families to smaller ones. It was attributed to either their faith, cultural beliefs and expectations, personal preference, or lack of updated methods of birth control. However, recent statistics indicate that in the present day, more and more couples are preferring smaller families to larger ones because they are cost-effective, parents can spend quality time with their children, parents can have some quality alone time, decreased levels of stress, women empowerment, and parents can combine having jobs and parenthood (Black 34).

When it comes to costs, having a small family enables parents to cut back on costs that would have otherwise been hard to evade in a larger family. Costs like house shopping, paying for education, pediatric fees, buying toys, size of the family car, size of the house, recreational activities are considerably lower in families with one or two kids. Additionally, parents or guardians can better plan their finances and increase their level of savings. As such, they will not have to work extra hard even when they are old to fulfill their parental duties to their children (Naar 12). An example is a family with two children going to Disney World. The expenses incurred for the recreational activities at Disney world and the food expenditure, and the size of the car, compared to a family with more than three children, are substantially lower.

Smaller families give room to women's empowerment. Families that have less than two children allow the equal distribution of responsibility between parents. In comparison to families with more than three children where the women are expected to stay at home mothers and wives to cater to their children's needs and do other domestic duties, mothers of less than two children can enjoy planned parenting where they can space out their children. When the children are old enough and off to school, then the women can get back to their employment or businesses. Additionally, women are allowed to make life-impacting decisions in smaller households, and being drowned out by relatives or spouses becomes less likely.

Lowered stress levels and parents being able to spend quality alone time are all made possible by having small families. Having a maximum of two children will mean that sibling rivalry which could, in turn, lead to sibling fights, is absent or considerably reduced. Therefore, the possible stress that parents could have faced when trying to break the fights or reconcile their children is lowered or wholly evaded (Mantz 1). Especially in one-child households, since there are no other siblings in the house, the stress levels that could arise because of disagreements between the children are entirely missing. Conversely, parents are also able to spend quality alone time. Babysitters are more likely to work for people with few children. As such, parents with one or two children have the luxury of appointing a babysitter to look after their kids and go and reconnect with their spouses away from the distraction of their kids, which would typically not be the case in large families.

In conclusion, parents stand to gain some advantages when they choose to have a one or two children family. Financial costs become less, and it is easy to manage few children. Bringing up children is not an easy task considering that you needed to dedicate time for all of them. Having fewer children allows the parents to have some time to themselves and work on their dreams and still be there for their children. These are factors that have contributed to having families with fewer children in the current era. A few decades ago, fewer people knew about contraceptives since the awareness was not common.

**Works Cited**

Black, Sandra E., Paul J. Devereux, and Kjell G. Salvanes. "Small family, smart family? Family size and the IQ scores of young men." Journal of Human Resources 45.1 (2010): 33-58.

Mantz, Erika. "UNH Research Finds US Children Growing Up in Smaller Families." (2017).

Naar, David. “Which Is Better — A Small Family Or Big Family?” Reference, 14 Apr. 2021, www.reference.com/world-view/advantages-disadvantages-small-big-family-6577e6f7c13715a4