



Philippine Pediatric Society

22.02.2022

Dear Colleagues,

Greetings of Love and Peace! I hope this letter finds everyone in good health as we start off 2022.

We have just entered another year with the same uncertainty and fear as we did in 2021, yet we remain steadfast and hopeful that we will all see an end to this COVID pandemic soon. The global response has taught us that we all have different ways to approach a crisis. And to date, the Philippines is the only country with the longest lockdown in history. In addition to COVID, we have have also experienced devastating earthquakes, volcanic eruptions, and typhoons...and yet the Filipino people have remained resilient, strong, and positive in their attitude as they carry on with their lives. Humor has become one of our "relief" albeit transient tools as we grapple with all these challenges.

To date, all these events have only pushed us forward to join hands to support our pediatric community in the midst of the COVID-19 pandemic and the overwhelming strain it has already dealt our society. Together, we have learned to bounce back, and give back to the Filipino people, sharing with them whatever blessings we continue to receive in these dire times.

As we celebrate a-milestone this 2022, on the occasion of our 75th Blue Diamond Year, we have come up with the theme PPS4theWIN - to stand for and dramatize WellnessInclusionNutrition (WIN).





Philippine Pediatric Society

The PPS is committed to improve the health of the people we serve, especially those who are marginalized and vulnerable, even as we continue to share new knowledge as we work together.

Bellow please find our proposed calendar and program based on the theme "PPS4theWIN"!

I. WELLNESS: "LIVING HOLISTICALLY AND HOPEFULLY"

FIRST QUADRIMESTER - January to April 2022 -

#NoHealthWithoutMentalHealth

“Holistic” Health is “characterized by comprehension of all aspects of health as intimately interconnected and explicable only by reference to the whole well-being of a person.” In medicine, it means treating the **WHOLE** person, rather than just taking care of particular organ system or limiting care to symptom relief.

We cannot dismiss the interconnectedness between wellness of the body, the mind, the spirit, and the material. Environment. In the first four months or quadrimester of this year, we will be exploring the importance of physical health, spiritual health, occupational health and adolescent health in relation to mental health. It is our hope that by the end of this period, we will all have a deeper, more empathetic, and better appreciation for the gestalt of wellness.

The state of our bodies affects the chemical cocktail in which our brains can function, and vice versa. The approach used by Holistic Medicine can foster peace of mind, sense of purpose, sense of hope, and ability to cope. Ignoring the connection between the mind, body and spirit can lead to stress, anxiety, and low self-esteem.



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Acknowledging the impact of limited access to and proper management of fiscal resources, in society where there is extreme socioeconomic disparity. We will explore wellness beyond these inequities in the context of the most universal scenarios, such as in puberty or in an occupation, as well as in the most extraordinary circumstances, as in when a population is impacted by a disaster.

JANUARY “Our mindset can affect our physical health”.	NCR	MH & Physical Health
FEBRUARY “Hope is behind every medical miracle, and Faith is essential to see real change in your life”	NOC Negros Occidental Chapter	MH & Spiritual Health
MARCH “Working to Thrive Together”/ “Preparing Together to Survive” “Reset your Gut to Reset your Health”	CL Central Luzon Chapter PSPGHAN	MH & Occupational Health Accident and Disaster Preparedness Mar 8: MH & Digestive Health Philippine Digestive Health Week A Virtual Lay Forum
APRIL You Only Live Once (YOLO)	NL Northern Luzon Chapter PSAMS	YOLO YouOnlyLiveOnce Program MH & Transitioning Adolescent Mindset Shift and What Matters Most



II. INCLUSION - “Inclusion is not a program; It is a mindset”

SECOND QUADRIMESTER - May to August 2022 - #NoChildIgnored

In this quadrimester, we will be turning our attention to the most historically vulnerable and neglected populations.

We will be discussing the dangers posed to patients by Smoking and Vaping. According to the International Union Against Tuberculosis and Lung Disease, 17.3 million adults - 28% of the national population - are tobacco users. As a result, most Filipino children between the ages of thirteen (13) and fifteen (15) years are already exposed to second-hand smoke.

We will address the handling of sexual orientation, gender identity expression (SOGIE) in the context of pediatrics. While the LGBTQ+ community is tolerated in the community, this does not necessarily mean that they are accepted. A “Love the sin, hate the sinner” mentality is pervasive and can negatively impact the emotional development and self-esteem of a child, even while large swaths of the population may perceive this to be an acceptable compromise.

Persons with disabilities continue to be marginalized, due to both lack of sympathy and lack of understanding. Many of our community’s spaces are not designed for accessibility for the physically disabled. Mental disabilities remain misunderstood for being “invisible” to outside observers. We hope to highlight the challenges these patients face and what we can do to help them overcome their obstacles.



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MAY	STC Southern Tagalog Chapter	Tobacco Control
JUNE	NCR	Gender Identity Pride Month
JULY	NEL North Eastern Luzon EV Eastern Visayas PSDBP	Persons with Disability (Nat'l Disability Prevention and Rehabilitation Week)
AUGUST	VW Western Visayas PIDSP	Dengue (National Immunization Month)



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III. NUTRITION

THIRD QUADRIMESTER - September to December 2022 -

#NoToSugar

The Philippines is facing a paradoxical, dual crisis in population nutrition: food scarcity and obesity. Many Filipino families lack the resources to optimally meet and satisfy their nutritional requirements. As Filipinos become increasingly reliant on lower quality, highly processed foods, the rates of obesity and diabetes have spiked in recent years. We will attempt to understand the effects of nutrition in its extremes: too much and too little.

SEPTEMBER	BICOL	Nutrition
OCTOBER	NCM North Central Mindanao	5-7 Expanded NB Screening 16 World Food Day
NOVEMBER	SWM South Western Mindanao PSNbM	First 1000 Days Over/Under Nutrition
DECEMBER	CV Central Visayas	Bone Health



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My dear Colleagues, we have an extensive and perhaps ambitious agenda, encompassing the common issues of today's children and youth. We are privileged to be part of a community that endeavors to share our gifts with each other and to the entire Filipino community, as well.

It is our hope that we will all be guided by the above agenda in promoting a renewed lifestyle in 2022, one that will address the needs of the present crises, and one that will promote preparedness for years to come. We hope that the changes that will be borne of this program, will suffice for the future generations to meet their ever evolving and complex needs. Remember, our role is to lift others up always.

As we realize and acknowledge all our blessings, let us thank God for His faithfulness to His children and for His gift of abundance for everyone that can only be more meaningful when shared.

May the Lord richly bless and keep us all!

Yours in the service of the Filipino Child,

Francis Xavier M. Dimalanta, MD, FPPS, FPSDBP

Program Director, 75th PPS Blue Diamond Anniversary Celebration

Joselyn A. Eusebio, MD, FPPS, FPSDBP

President, Philippine Pediatric Society





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As we celebrate a milestone this 2022, on the occasion of our **75th Blue Diamond Year**, we have come up with the theme PPS4theWIN - to stand for Wellness-Inclusion-Nutrition.

We, the PPS Board, are committed to improve the health of the people we serve, especially those who are vulnerable, while we share new knowledge as we work together.
1st Quadrimester: January to April

WELLNESS

#NoHealthWithoutMentalHealth

2nd Quadrimester: May to August

INCLUSION

#NoChildIgnored

3rd Quadrimester: September to December

NUTRITION

#NoToSugar





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Wellness

JANUARY

“Our mindset can affect our physical health”

< NCR >

MH & Physical Health

FEBRUARY

“Hope is behind every medical miracle, and Faith is essential to see real change in your life”

< NOC Negros Occidental Chapter >

MH & Spiritual Health

MARCH

“Working to Thrive Together” / “Preparing Together to Survive”

< CL Central Luzon Chapter >

MH & Occupational Health / Accidental Disaster Preparedness

“Reset your Gut to Reset your Health”

< PSPGHAN >

MH & Digestive Health

Philippine Digestive Health Week

A Virtual Lay Forum

APRIL

“YOLOYouOnlyLiveOnceProgram”

< NLNorthern Luzon Chapter >

MH & Adolescent Health

“Mindset Shift and What Matters Most”

< PSAMS >

MH & Transitioning Adolescents





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Inclusion

MAY

< STC Southern Tagalog Chapter >

Tobacco Control

JUNE

< NCR >

Gender Identity Pride Month

JULY

< NEL North Eastern Luzon >

< PSDBP >

Persons with Disability (Nat'l Disability Prevention and
Rehabilitation Week)

AUGUST

< VW Western Visayas >

Dengue (National Immunization Month)





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Nutrition

SEPTEMBER

< Bicol >

Nutrition

OCTOBER

< NCM North Central Mindanao >

Oct. 5 - 7 Expanded NB Screening

Oct. 16 World Food Day

NOVEMBER

< SWM South Western Mindanao >

< PSNbM >

First 1000 Day Over/Under Nutrition

DECEMBER

< CV Central Visayas >

Bone Health





In line with the theme for January: “Mental Health and Physical Health”, and with the emphasis on the connection between wellness of the body, mind, and spirit, the adage “there’s no health without mental health” comes to mind. It is known that our mental health and well-being plays a big role in our physical health and vice-versa.

Here are some tips to mindfully move your body at home, with information on different movement dynamics and the improvements they can make in our daily lives!

REFLEX DYNAMICS

Fun Fact: Humans are born with a variety of reflexes which exist for our protection and aid in our development!

What to look out for: Sensory sensitivities, reflex reactions.

What it can improve: Challenges in body awareness, motor coordination, ability to sit still, focus, emotional regulation

Some proposed activities:

1. Balance on one leg for 10 seconds, repeat on the other leg
2. Balance on one leg for 10 seconds with your eyes closed, repeat on the other leg
3. Stop Dance





DEVELOPMENTAL DYNAMICS

Fun Fact: Developmental movements are agility-based body movements that require the body to move through developmental patterns.

What to look out for: Low neural tone, poor core strength

What it can improve: Posture, head & neck control, spacial awareness, proprioception, balance and coordination

Some proposed activities:

1. “Be Like an Animal”

A. With a floor mat, play different animal sounds and imitate the animal using body movement

I. Fish - “swim” on your mat like a fish!

II. Belly crawl like a crocodile (battle/belly crawl)

III. Roll like an armadillo

IV. Dog/Cat- Crawl on your hands and knees (baby crawl)

2. Crawling Race

A. With Invite your child to a crawling race where you both crawl like babies from one point to another. Next round, invite your child to do a battle crawl/belly crawl race from one point to another



BALANCE DYNAMICS

Fun Fact: Bi-pedal activities show us how well our bodies control our balance, motor plan movements, and how stable our bodies are on different surfaces!

What to look out for: Poor coordination, unilateral movement

What it can improve: Fine motor control

Some proposed activities:

1. Balance Challenge:

A. Balance on one foot with your eyes closed for 10 seconds, repeat on other leg

B. Step on an old rubber shoe and balance on it with one foot. Last one standing wins.

You may try this with your eyes closed as well and repeat on the other leg

2. Balance Stop Dance Balance Edition

A. Place a throw pillow or a short stool or a stack of books in the center of the room. Play music and dance around the pillow/stool/stack of books. When the music stops, jump and balance with both feet on the pillow/stool/stack of books.

3. Pick Up Socks

A. Toss 5-10 pairs of rolled up socks in the air and let them land freely on the ground. Set a timer for 1 minute. Hop on one foot to collect each sock. Whoever collects the most socks by the end of the timer wins



MIDLINE DYNAMICS

Fun Fact: The development of one's midline helps with the foundation for eye teaming and tracking! Midline development is also critical for the brain to be able to organize environmental input.

What to look out for: One's ability to cross midline.

What it can improve: Gross motor skills, coordination and balance of both sides of the body

Some proposed activities:

1. Balance on a stool or a cushion and spell your name out with your hand.
2. Crawling Place 5-10 tissue rolls on a zigzag pattern on the ground. Crawl around the tissue rolls making sure not to knock any of them down
3. Build a tower out of 5 rolls of tissue
 - A. Try to knock the tower down by tossing a rolled up sock or a ball at the tower.
Place the tower towards the upper left side of the participant and have them aim and shoot. Repeat on the upper right side. Place towers in different areas and distances as an extra challenge.
 - B. Toss a rolled up sock or a ball up in the air with one hand. Use your other hand as a 'baseball bat' and smack the ball/sock onto the tower



OCULAR DYNAMICS

Fun Fact: Ocular dynamics help with our visual processing and depth perception, This allows us to read, write, catch and throw, and function in the classroom and the playground! Our ocular dynamics show us the ability of our eyes to work together!

What to look out for: Visual perceptual skills, eye tracking/contact.

What it can improve: Visual processing skills, eye movement and tracking, visual motor integration

Some proposed activities:

1. Catching and throwing with rolled up socks or balls
2. Build a tower out of 5 rolls of tissue. Have participants take turns kicking a ball to knock the tower over
3. “Don’t Drop the Calamansi”
 - A. Prepare a spoon and a calamansi (May use grape, cherry or tomato.) Have participants place calamansi on the spoon.
 - I. Hold the spoon with one hand make 5 big circles starting and ending above your head. Challenge participants to not drop the calamansi. Repeat with the other hand.
 - II. Prepare a small obstacle course with books or pillows or rolls of tissue on the ground. Have participants walk with the spoon with calamansi on their hand and step over obstacles to reach an endpoint. Challenge participants to not drop the calamansi.

*Please make sure that a parent or guardian is there to assist at all times. When balancing on different surfaces, please make sure the participants will land safely by surrounding them with mats, towels, or blankets.

**IN COOPERATION
WITH:**





Philippine Pediatric Society

I am a **P.E.D.I.A.T.R.I.C.I.A.N.**

I support:

Parenting & Play

Education & Training

Development & Behavior

Inclusivity & Equality

Advocacy & Welfare

Tobacco Control & Drug
Abuse Prevention

Research

Information & Technology

Community Work

Immunization & Treatment of
Childhood Illnesses

Anticipatory Care &
Guidance

Nutrition & Growth

