



Parenting Within REACH: Achieving Emotional Wellness For the Children and the Youth

PPS-PSCAP Task Force on Mental
Health for Children and Youth



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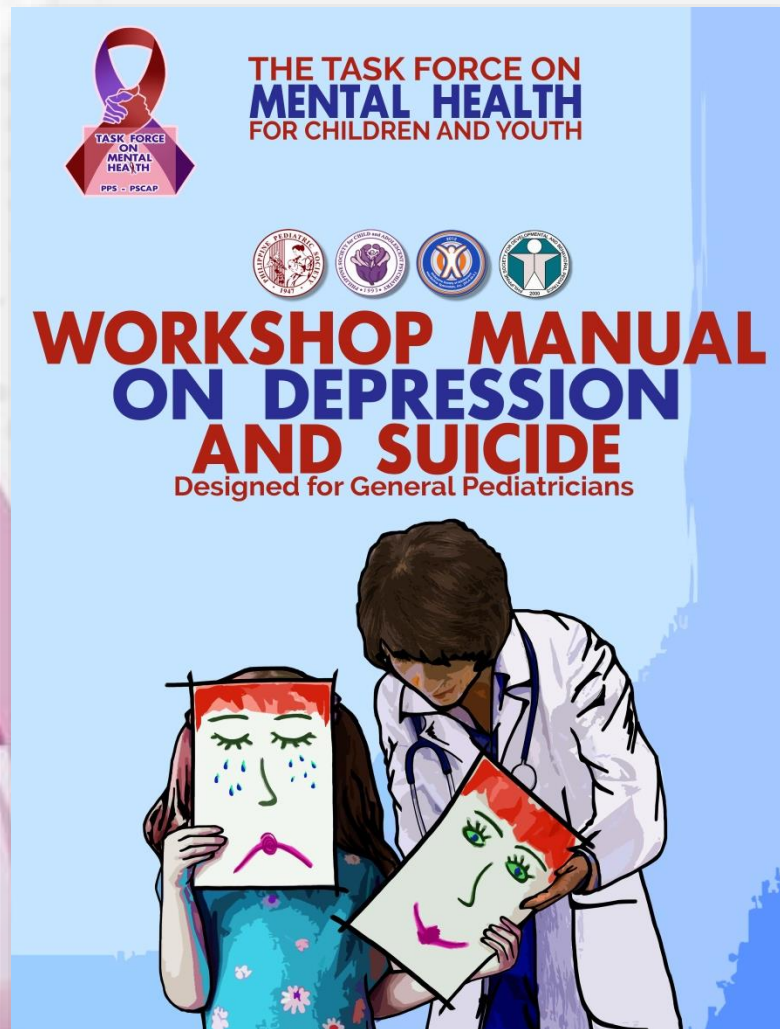
Partnership of the Philippine Pediatric Society and
Philippine Society for Child and Adolescent Psychiatry



Involvement of the Philippine Society of Adolescent
Medicine Specialists and the Philippine Society for
Developmental and Behavioral Pediatrics



Module on Depression and Suicide



- Objective : To enhance and strengthen the capacity of primary care physicians and pediatricians in the early management of depression and suicide among children and youth



Training Nationwide



Moving On

- Modules targeting parents, teachers, school administrators and guidance counselors
- Modules targeting the children and adolescents
- Partnering with corporations and socio-civic organizations





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Objectives

- Understand the basic needs of children and the youth in the context of parenting roles
- Understand and apply the concepts of positive discipline in parenting
- Be equipped with the knowledge of the dangers of digital media and bullying and be empowered with the skills to ameliorate its harmful effects
- Comprehend their roles as parents in promoting resiliency in children and the youth



Program

- Basic Needs of Children and the Youth
- Positive Parenting Styles
- Addressing the Issue of Bullying
- Parenting in the Digital Age
- Building Resilience in Children and Teens



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ACADEMIC BACKGROUND

- Fellowship, Developmental-Behavioral Pediatrics
John Hunter Children's Hospital, NSW, Australia
- Master of Clinical Epidemiology, University of
Newcastle, NSW, Australia
- Pediatric Residency, The Medical City
- Doctor of Medicine, UP-PGH

CURRENT POSITIONS

Training Officer, Department of Pediatrics, The
Medical City

Consultant Director, Center for Developmental
Pediatrics, The Medical City

Secretary, BOT, PSDBP

Co-Chair, PPS Committee on Research Forums



BASIC NEEDS OF CHILDREN AND THE YOUTH



Objective

- Understand the scope of emotional wellness
- Understand the basic needs of children and the youth
- Apply the knowledge of basic needs to match parenting goals and help parents set the foundations for emotional wellness



Emotional Wellness



WHAT IS EMOTIONAL WELLNESS?



Emotional Wellness

- Developing capacity of children to experience, regulate and express emotions, form close, secure, interpersonal relationships and explore the environment and learn all in the context of family and community



Emotional Wellness

- Can also be called as Mental Health, Emotional Intelligence and social/emotional development



Core Features of Emotional Development

- Ability to:
 - identify and understand one's own feelings
 - accurately read and comprehend the emotional states in others
 - manage strong emotions and their expression in a constructive manner
 - regulate one's own behavior
 - develop empathy for others
 - establish and sustain relationships

National Scientific Council on the Developing Child. Children's Emotional Development is Built into the Architecture of their Brains. Center on the Developing Child, Harvard University. Available from: www.developingchild.net





BASIC NEEDS OF CHILDREN AND THE YOUTH



Birth to 12 Months

BASIC NEEDS

- Utterly dependent upon adult caregivers for everything that he needs to survive including **food, love, warmth, safety, and nurturing**

PARENTS' ROLE

- Provide the food, clothing, warmth, loving affection and soothing
- Provide babies with responsive care
- Be affectionate and nurturing
- Help babies feel safe and secure



1 – 3 Years

BASIC NEEDS

- Opportunities to feel autonomy, meaning to make own choices and decisions
- Starting to develop sense of self-awareness

PARENTS' ROLE

- Be supportive and give children the safe space to make their own decisions and problem-solving skills without shaming or ridiculing the child.
- Provide opportunities for children to be independent. Allow them to make choices and provide reassurance that they have done a good job.
- Offer safe outlets where children are able to play independently with the support and guidance of a trusted caregiver.



1-3 Years

- Support the toddler's developing skills
- Help him understand his feelings
- Help children learn to resolve conflict in healthy appropriate ways
- Help your child feel safe and secure



3-6 Years

BASIC NEEDS

- asserting their power and control through directing play and other social interactions.
- learn how to take the initiative for their own growth and development.

PARENTS' ROLE

- Continue to give children a safe space to experiment and appropriate stimuli to learn



6-12 Years

BASIC NEEDS

- Develop a sense of pride in their accomplishments and activities through social interactions
- Get along well with other kids their age



PARENTS' ROLE

- Encourage and commend children so they will develop a feeling of competence and belief in their skills.



12-19 Years

BASIC NEEDS

- Develop a sense of personal identity



PARENTS' ROLES

- Provide proper encouragement and reinforcement through personal exploration





LAYING THE FOUNDATIONS FOR EMOTIONAL WELLNESS



1. Importance of High-Quality Relationships

- In the early years, “nurturing, stable and consistent relationships are the key to healthy growth, development and learning” (National Research Council and Institute of Medicine 2000, 412).
- High-quality relationships increase the likelihood of positive outcomes for young children (Shonkoff 2004)
- Early positive interactions promote emotional wellness throughout the lifespan



Parenting Styles

- Authoritative
- Authoritarian
- Permissive
- Uninvolved



Defined by the levels of control and responsiveness

HIGH

AUTHORITATIVE PARENT

Nurturing, Affectionate,
Non-punitive, Discipline
through guidance, open
communication

AUTHORITARIAN PARENT

Strict, inflexible, High expectations,
no secret with parent, high
supervision, obedience

HIGH

LOW

WARMTH/RESPONSIVENESS

WARMTH/RESPONSIVENESS

**C
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PERMISSIVE PARENT

Nurturing, Affectionate,
Few or inconsistent boundaries,
Takes the role of a friend rather than
a parent

UNINVOLVED PARENT

Emotionally detached, Self-
absorbed, Inconsistent or no
boundaries, slight interaction

LOW

HIGH

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LOW

Effects of Parenting Styles

EFFECTS	Self-Image	Emotions	Social Skills	Academics
Authoritative 	High self-esteem Assertive	Trust feelings Regulate well Self-control	Socially responsible Less peer pressure Get along Empathetic	Learn well More confident High achievement
Permissive 	High Self Esteem Self confident Less responsible Impulsive	Irregular Voice feeling	Trouble keeping friends	Low interest in school
Authoritarian 	Low self-esteem	Don't trust feeling Weak behavior	Don't get along Poor social skills	Hard to concentrate Mild achievement
Uninvolved 	Low self-esteem Little confidence Hates self/others	Hide feelings Irregular feelings Avoid feelings	Withdrawn Disrespectful Distrustful	Perform poorly on their own

Authoritative Parenting

- Provides a child with stability, love, and security.
- This style helps children adjust to society and gain self-confidence
- Allows a child to develop trust, autonomy, initiative, and industry



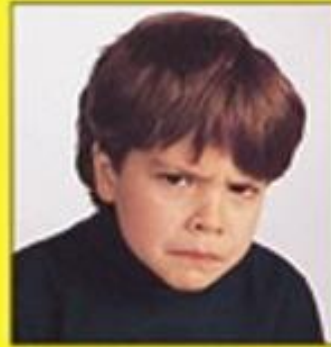
2. Help children label and identify emotions



happy



sad



angry



excited

3. Have appropriate expectations of your child's development



4. Reinforce positive social behaviors



SHARING



COMFORTING



HELPING



5. Be mindful of your own emotional well-being



Important Points

- Important to understand the scope of emotional wellness
- The foundations laid in early childhood are critical for later emotional and mental wellness
- Basic needs of children and youth should be understood as it is guide in laying the foundations for emotional wellness



Thank You!

