

Republika ng Pilipinas  
(Republic of the Philippines)  
MINISTRI NG EDUKASYON AT KULTURA  
(MINISTRY OF EDUCATION AND CULTURE)  
Manila

January 4, 1979

REC MEMORANDUM  
No. 1, s. 1979

1979 NATIONAL MENTAL HEALTH WEEK CELEBRATION

To: Bureau Directors  
Regional Directors  
Coordinator, State Colleges and Universities  
Schools Superintendents  
Heads of Private Schools, Colleges  
and Universities

1. National Mental Health Week this year will be celebrated from January 14 to 20 pursuant to Presidential Proclamation No. 432 dated August 12, 1957. Its aim is to create and sustain among the people an awareness of the great significance of mental health to the quality of life. The Philippine Mental Health Association, a civic organization created to promote mental health in the Philippines, will lead the nation in the celebration.
2. The theme of the celebration "Wholesome Child Rearing Practices Make Mentally Sound Individuals" underscores the fact that the future well-being of an individual is determined to a considerable extent by his infancy and childhood.  
  
It is suggested that the Week be fittingly observed in all schools. Examples of activities that may be undertaken are (a) research and reports on child rearing practices; (b) demonstration sessions with nurse maids and mothers; and (c) convocations and symposia that develop the theme to which the public may be invited. The Philippine Mental Health Association will send, upon request, representatives to speak on the theme. A copy of the guidelines for the celebration of the Week is enclosed.
3. Schools superintendents should send to the regional director a brief report on the activities undertaken in the division furnishing the Philippine Mental Health Association, Inc., 18 East Avenue, Cebu, P.O. Box 40, not later than January 31, 1979 with a copy to the regional office. The annual report of the regional office should also mention the activities undertaken.







5. It is requested that this information be disseminated to all schools for compliance.

(SGD.) JUAN L. MANUEL  
Minister of Education and Culture

Incl.:

As stated

Reference:

Department Memorandum: No. 245, s. 1973

..llotment: 1-2-3-4--(D.C. 1-76)

To be indicated in the Perpetual Index  
under the following subjects:

- CELEBRATIONS & FESTIVALS  
HEALTH EDUCATION  
REPORTS  
SCHOOLS









1979 NATIONAL MENTAL HEALTH WEEK  
ACTIVITIES TO BE UNDERTAKEN BY THE DIFFERENT SCHOOLS THROUGHOUT THE COUNTRY  
(January 14 - 20, 1979)

THEME: "Wholesome Child-Rearing Practices Make Mentally Sound Individuals"

OBJECTIVES:

1. To promote understanding of basic mental health concepts on child rearing practices among parents, teachers, guidance counselors, parent surrogates and household helps from the different sectors of the community.
2. To bring about awareness on the positive and negative effects of the different types of practices in child rearing on the mental health development of children.
3. To develop educational and informational systems to promote the utilization of child rearing practices supportive of sound mental health development.
4. To develop a coordinated action plan and a feed-back system with the various agencies engaged in child care to promote child rearing practices that will bring about mental health in children.

January 14 - Opening Day

Activity: Convocation on the "Role Played by Siblings in Rearing a Child in the Family"

Target Participants: Students, Teachers and Guidance Counselors

Suggested Speakers: Homebased Organizations

January 15 - Sharing Session on Filipino Family Rearing Practices for 4-7 years old children (Classroom Activity)

Guide Questions:

- a) What are the problems commonly encountered by your family when there is a baby in the house?
- b) How does your family solve these problems and how are you affected?

c) In what ways are you involved in the care of your baby? What is your participation?

d) How do you, as a sister, brother, yourself or other family members, are involved in taking care of your baby brother or sister? How do you help him or her? How do these affect you?

e) Consider Child Rearing Practices in the following:

- a) physical, medical and health aspects such as nutrition, hygiene, sanitation, clothing/grooming



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January 16

Sharing Session on Rearing Practices for 4-6 years old children (Classroom Activity)

Guide Questions:

1. As the child has more refined motor skills, how has already the ability to love and be loved as well as the ability to handle feeling of rivalry and jealousy, what type of problems does your family encounter now as compared to the period when the child was 0-3 years old?
2. How are these problems handled? and how do these affect you?
3. What is now your role in the care of your lit- tle brother or sister? Are you expected to share in the responsibilities of watching over him?
4. How do you relate with him? Is he a competi- tor or a friend?

Role of Facilitator: Take note of the rearing practices that promote sound development in the areas of growth stated earlier.

January 17

Sharing Session on Rearing Practices for 7-9 year old children (Classroom Activity)

Guide Questions:

1. As the child now goes to school, what are some of his habits/behaviors that usually calls the attention of your parents?
2. How were the wrong habits corrected?
3. What are some of your problems in relating with your 7-9 years old brother/sister?

January 18

Sharing Session on Rearing Practices for 10-12 year old children (Classroom Activity)

Guide Questions:

1. What are the problems that baffle your family in rearing a 10-12 years old child?

How were these solved? What is the participation of each member of your family?

What are the resources that you have used such as family counselling agencies, priests, nurse, psychi-

atrist, etc. Share your experiences about Information Gathering and your discussions in the Classroom.



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