

MENTAL HYGIENE WORKSHOP

Purpose:

1. Emphasize several basic mental health principles concerning child development.
2. Offer basic training leaders in how to use mental health film.
3. Emphasized importance of early development of normal child.

Movies were shown to illustrate the above points.

They were "Know your Baby"

"Meeting the emotional need of Children"

"Palmour Street"

"Know Your Baby"-----The mental health concept brought out in the film were:

1. Normal for an infant in first year to be completely independent on persons around him to satisfy his biological and emotional needs. Physical closeness and emotional tenderness are essential.
2. Satisfaction from body function such as sucking wetting and eliminating are essential for infants. These are biological needs. If the infant is continually frustrated from enjoying full satisfaction of these by rigid controls, he will retain many of these infantile ways.
- 3.1 The baby knows how the mother or mother substitute feels when she is nursing or handling him he reacts trustingly to love and tenderness and reacts with emotional and physical upset to tenseness anxiety, disgust and annoyance.
4. The mother who offers the baby satisfaction and comfort when feeding him etc. is a wise mother for her infant has an outgoing eager acceptance of life about him, for he will later in turn offer to others the same tenderness and affection because he has had these qualities as an experience in his own life.

"MEETING THE EMOTIONAL NEED OF CHILDREN"

The film showed:

1. The sequence of changes that occur during the basic need for human closeness and companionship a sense of belonging, being wanted
 - a. The infant has this need satisfied by the mother's cuddling and caressing and

sensitive tender way in which she meets his physical needs.

- b. Later the baby recognizes brothers and sisters and other family members, wants to play with them and enjoy their company.
- c. Child develops companionship through talking.
- d. Child begins to enjoy adults and children outside his own family .
- e. Child begins to play in groups and enjoy the companionship of the gang.
2. Growth of independence the child making his first break from family independence.

"PALMOUR STREET"

Five mental health concept brought out in this film "PALMOUR STREET"

A child learns the first principles of citizenship in a democratic Society to give and take--in his immediate family setting.

Basic ingredients that make for wholesome parent-child relationships:

1. The family does things together
2. Home is a friendly place.
3. Everyone feels relaxed.
4. Each member feels wanted in spite of his mistakes.
5. Each member feels free to contribute knowing his contributions will be appreciated.