

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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B.Ed - IV Sem
Course - 1.4.11 (XI) - Optional

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FRIDAY

2018 SEPTEMBER

28

Unit - II

Mental Health and Role of home :-

Mental health is one of the key stones of childhood development, but difficult to gauge. The World Health Organization defines general health as "physical, mental and social well-being". This means parents need to be as cognizant of a child's mental status as they of a child's physical condition.

Good mental health goes beyond the absence of mental illness. The world Health Organization (WHO) defines mental health as a state of well-being that involves:

- Being able to recognize a persons own abilities.
- Coping with normal stressors
- Working Productively
- Contributing to society.

The "good mental health" of a child is a very elusive

PRIORITY	APPOINTMENTS	NOTES

	S	M	T	W	T	F	S
SEP 2018	30	3	4	5	6	7	1
	2	10	11	12	13	14	8
	9	17	18	19	20	21	15
	16	24	25	26	27	28	22
	23						29

concept, because kids are always changing. Mental Health affects the way people think, feel and act. Taking care of our mental health is just as important as having a healthy body.

Role of Home:-

- 1) Help children build strong, caring relationships
- 2) Help children and youth develop self-esteem, so that they feel good about themselves.
- 3) Listen and respect their feelings
- 4) Create a safe, positive home environment.
- 5) In difficult situation, help children and youth solve problems.
- 6) Their behavior must be sympathetic
- 7) They must not play authoritarian and dictatorial role.

PRIORITY

APPOINTMENTS

NOTES