

# Be Fair, Honest With Children Michigan Study Group Advises

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County Health Officer

Today, as never before, there is an increasing interest in the subject of mental health. Community leaders are active in encouraging programs which range all the way from education to the establishment of clinics for out-patients and more mental institutions for those who are seriously ill. In California the Legislature has recently recognized the mental health problem in passing the Short-Doyle Act which

gives State subsidies to a wide variety of local programs.

IT HAS BEEN said for some time that more than half of the hospital beds in the United States are occupied by mental patients. As a rule, the roots of many mental illnesses can be traced to the formative years of life, hence parents are among the most interested groups in the whole subject of mental health.

Of interest to parents is the statement of Dr. Oliver E.

Byrd of Stanford University that parents are the first physicians of their children's minds.

ALONG THE same line the Children's Fund of Michigan as early as 1945 advised parents as follows.

1. Be fair and honest; that is, if you expect your child to be the same.
2. Be patient. Giving ideas to children is like planting seeds — the harvest is delayed.

3. Learn to endure. No child is perfect, nor can he be made perfect. Why make your child's life miserable over something that cannot be remedied?

4. Be firm. It is a child's nature many times to be extreme and violent. The only antidotes for extremity and violence are moderation, gentleness, and firmness.

5. Be persistent. It is an acknowledged fact that repetition is the most effective tool used in the learning process.

6. Be sure your child remains in good physical health. Mental health is most readily achieved if physical health is good.

7. Set a good example. Continual family quarrels frighten and disturb a child. Every child needs understanding, self-confidence, recognition, and a certain amount of freedom to do what he wants to do. It is a mistake to frighten a child, or threaten him with dire consequences. He should not be subjected to unfavorable comparisons with other children. His problems are entitled to careful consideration and investigation, rather than punishment based on snap decision.



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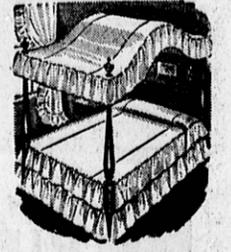
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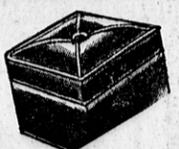
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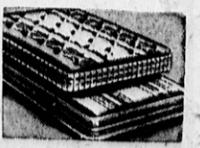
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