

HEALTH

Quarter 2 – Module 11: Parenting



Health – Grade 8

Alternative Delivery Mode

Quarter 2 – Module 11: Parenting

First Edition, 2020

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Published by the Department of Education

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Printed in the Philippines by _____

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HEALTH
Quarter 2 – Module 11:
Parenting

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to help you master the maternal nutrition. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module contains: Role of Parents in Raising a Child

After going through this module, you're expected to:

1. Examine the important roles and responsibilities of parents in child rearing and care (H8FH-IIg-h-39);
 - a. define responsible parenthood;
 - b. identify roles and responsibilities of parent in child rearing and care;
 - c. examines the important roles and responsibilities of parent in child rearing and care;



What I Know

I. Directions: Match the items in column A to column B. Write the letter of the correct answer in your activity notebook.

A

1. Parent should provide their children opportunities to develop and grow their whole person by focusing on their spiritual life.
2. Children should develop their ability to uphold the law and promote peace and order in the community.
3. Children should develop social competence in order to acquire the ability to consider another's perspective concerning a situation and learn from past experiences.
4. It is the duty of parents to nurture their children's education so that they will acquire knowledge and develop skills and habits that will guide the way they think and feel.
5. This refers to the will and ability of parents to respond to the needs and aspirations of the family and children.

B

- A. Train children to become good citizen
- B. Responsible Parenthood
- C. Guide Children to grow spiritually
- D. Develop social competence
- E. Inculcate discipline
- F. Provide education

II. Directions: Identify the duties and responsibilities of parents that are described in each given situation. Write the correct answer in your activity notebook.

1. Maria was given one hundred pesos by her father for her allowance in one week.
 - A. Provide Physical Care and Love
 - B. Teach Children to be Financially Responsible
 - C. Inculcate Discipline
 - D. Guide Children to Grow Spiritually
2. Amber is three months old, her mother and father set monthly visit to the health center for her immunization.
 - A. Inculcate Discipline
 - B. Provide Physical Care and Love
 - C. Develop Social Competence
 - D. Provide Education

3. Jahzarra was scolded by her parents for coming home late at night.
A. Inculcate Discipline C. Develop Social Competence
B. Provide Physical Care and Love D. Provide Education

4. Vries had a Bank Account for his saving when he was still 8 years old.
A. Guide Children to grow Spiritually
B. Train children to become a good Citizen
C. Teach Children to be Financially Responsible
D. Provide Education

5. Jhamy was sent by her parents to USA to study Medicine at Harvard University.
A. Provide Physical Care and Love C. Provide Education
B. Inculcate Discipline D. Guide Children to Grow Spiritually

6. Nathalia ensures to buy vitamins for her children to prevent them from getting sick.
A. Provide Education C. Develop Social Competence
B. Provide Physical Care and Love D. Inculcate Discipline

7. Jamel's family go to church every Sunday as their usual weekend routine.
A. Guide Children to grow Spiritually
B. Train children to become a good Citizen
C. Teach Children to be Financially Responsible
D. Provide Education

8. Liza a single mother, strives hard to send her daughter to school.
A. Inculcate Discipline C. Develop Social Competence
B. Provide Physical Care and Love D. Provide Education

C. **Essay** (2points)

Why is it important to become a responsible parent?



Lesson 1

Role of Parents in Raising a Child

In Filipino family setting, we are taught and bounded by the idea that being a parent is for a lifetime. Parenthood does not end at birth because it never ends. Responsible parenthood is the ability of both mother and father to provide the physical, emotional, mental, social and spiritual needs of the children.



What's In

Let us see what you have learned in the previous lesson!

I. Directions: Encircle the letter of the correct answer.

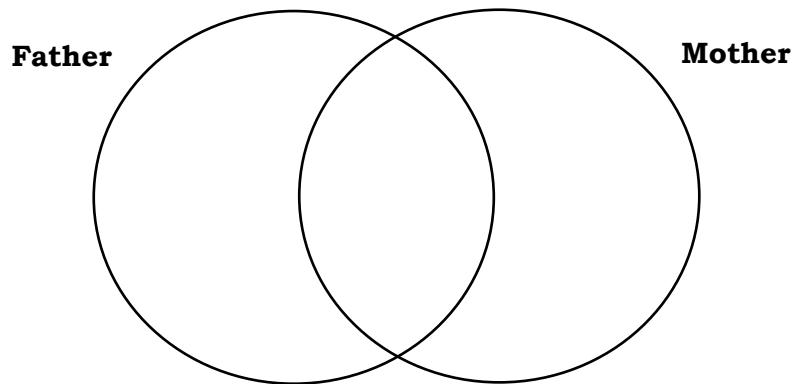
- What reproductive process refers to the fusion of the male and female genes to form a single cell?
A. implantation C. fertilization
B. ovulation D. pregnancy
 - Which simple procedure is conducted to determine if the baby has a congenital metabolic disorder?
A. newborn Screening C. polio vaccination
B. immunization D. vaccination
 - What stages of labor begin with the first contraction and last until the cervix has opened, enough to allow the baby to pass through?
A. 1st Stage C. 3rd Stage
B. 2nd Stage D. None of the above
 - On what period shows when a new cell is formed during fertilization, grows, and develops into a baby in the woman's uterus?
A. implantation C. fertilization
B. ovulation D. pregnancy
 - Which of the pregnancy phase fell on the week 1 through week 12?
A. First Trimester C. Third Trimester
B. Second Trimester D. None of the above



What's New

Activity 1: Let's Check

Directions: Using a Venn Diagram, write similarities and differences of the responsibilities of the mother and the father in the family.



breastfeeding	cook
provide the financial need	fix cars
changes diaper	assist homework of children
clean the house	wash clothes
imposes discipline	fetch water
do household chores	take care of the baby



What is It

What is responsible parenthood?

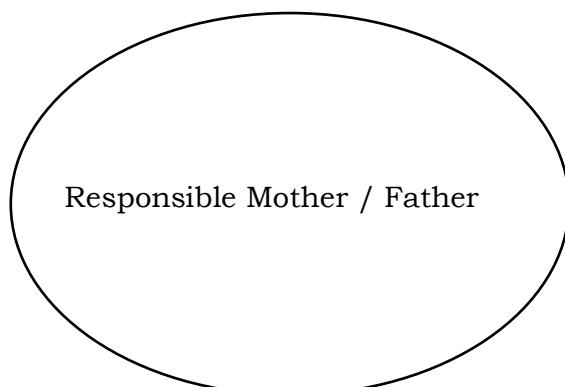
As defined in the Directional Plan of POPCOM, **Responsible Parenthood** is the will and ability of parents to provide the basic needs and support the goals of each member of the family. It is a shared responsibility between the husband and wife to plan and achieve the desired number, spacing, and timing of their children according to their own family life objectives, taking into consideration the psychological preparedness, health status, socio-cultural, and economic concerns.

Duties and Responsibilities of Parents

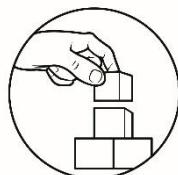
1. Provide physical care and love
 - The duties and responsibilities of the parents start during the prenatal stage. The physical, emotional and mental condition of children depend on the quality of prenatal care they received.
2. Inculcate Discipline
 - The parents should be role models in inculcating discipline in their children.
3. Develop Social Competence
 - The children should develop social competence in order to acquire the ability to consider another person's perspective concerning a situation and learn from past experiences.
4. Provide Education
 - It is the duty of parents to nurture their children's education so that they will acquire knowledge and develop skills and habits that will guide the way they think and feel.
5. Train children to become good citizens
 - Parent should serve as the role models in enhancing their children's social responsibility and commitment to contribute to the development of their communities. The children should develop their ability to uphold the law and promote peace and order in the community.
6. Teach children to be financially responsible
 - Parent should provide opportunities for their children to develop their ability to manage money and other assets in a manner that is considered productive and in the best interest of the individual or family.
7. Guide children to grow spiritually
 - Parent should provide their children opportunities to develop and grow their whole person by focusing on their spiritual life.

Activity 1.1

Directions: Draw or describe a responsible mother and/or father and explain your work in your activity notebook.



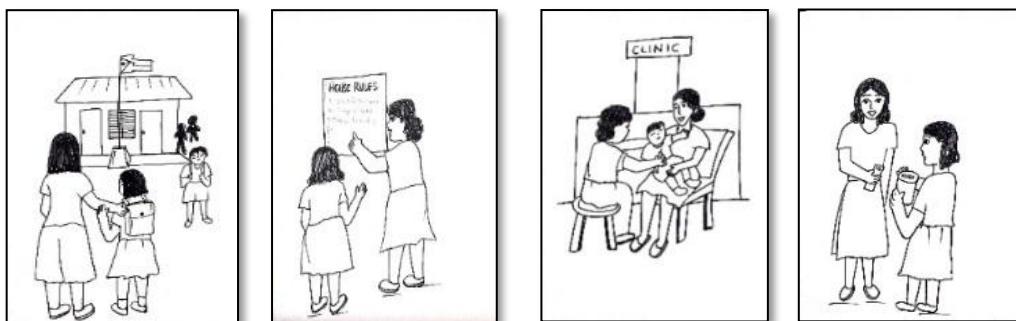
Explanation



What's More

Activity 1.2

Directions: Analyze the picture collage below write a short description regarding the picture. Start your description with the phrase “*The picture shows ...*”.



Illustrated by: Krizza M. Ibardolaza

The picture shows _____

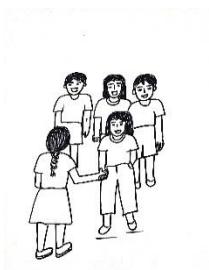
Activity 1.3

Directions: Identify the duties and responsibilities of a parent shown in the picture. Choose your answer in the box.

Provide Physical Care and Love	Inculcate Discipline
Develop Social Competence	Provide Education
Train Children to become good Citizen	Guide Children to Grow Spiritually
Teach Children to be Financially Responsible	



1. _____



2. _____



3. _____



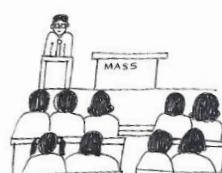
4. _____



5. _____



6. _____



7. _____

Illustrated by: Krizza M. Ibardolaza



What I Have Learned

Well done! This time let us know if you have mastered the lesson by providing situations that would show the duties and responsibilities of parents.

- a. Provide Physical Care and Love.

Situation: _____

- b. Inculcate Discipline.

Situation: _____

- c. Develop Social Competence

Situation: _____

- d. Provide Education

Situation: _____

- e. Train Children to become good Citizen.

Situation: _____

- f. Teach Children to be Financially Responsible.

Situation: _____

- g. Guide Children to Grow Spiritually

Situation: _____



What I Can Do

Directions: In an essay, recall an unforgettable experienced with your parents from the time you were a child up to the present. Write it in at least 100 words and create a catchy title for your essay.

(TITLE OF THE ESSAY)



Assessment

I. Multiple Choice

Directions: Identify the duties and responsibilities of a parent that are described in each given situation. Write the correct answer in your activity notebook.

1. Maria was given 100.00 pesos by her father for her allowance in 1 week.
 - A. Provide Physical Care and Love
 - B. Teach Children to be Financially Responsible
 - C. Inculcate Discipline
 - D. Guide Children to Grow Spiritually
 2. Amber is 3 months old, her mother and father set monthly visit to the health center for her immunization.
 - A. Inculcate Discipline
 - B. Provide Physical Care and Love
 - C. Develop Social Competence
 - D. Provide Education
 3. Sharmine was scolded by her parent for coming home late at night.
 - A. Inculcate Discipline
 - B. Provide Physical Care and Love
 - C. Develop Social Competence
 - D. Provide Education
 4. Nathaniel had a Bank Account for his saving when he was still 8 years old.
 - A. Guide Children to grow Spiritually
 - B. Train children to become a good Citizen
 - C. Teach Children to be Financially Responsible
 - D. Provide Education
 5. Hiro was sent by his parent in USA to study Medicine at Harvard University.
 - A. Provide Physical Care and Love
 - B. Inculcate Discipline
 - C. Provide Education
 - D. Guide Children to Grow Spiritually
 6. Christine ensures to buy vitamins for her children to avoid it from getting sick.
 - A. Provide Education
 - B. Provide Physical Care and Love
 - C. Develop Social Competence
 - D. Inculcate Discipline
 7. Joel's family go to church every Sunday as their usual weekend routine.
 - A. Guide Children to grow Spiritually
 - B. Train children to become a good Citizen
 - C. Teach Children to be Financially Responsible
 - D. Provide Education
 8. Liza a single mother, strive hard to send her daughter to school.
 - A. Inculcate Discipline
 - B. Develop Social Competence
 - C. Provide Physical Care and Love
 - D. Provide Education

B. Matching Type

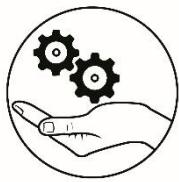
Directions: Match the items in column A to column B. Write the letter of the correct answer in your activity notebook.

A

- ____ 1. Parent should provide their children opportunities to develop and grow their whole person by focusing on their spiritual life.
- ____ 2. Children should develop their ability to uphold the law and promote peace and order in the community.
- ____ 3. Children should develop social competence in order to acquire the ability to consider another's perspective concerning a situation and learn from past experiences.
- ____ 4. It is the duty of parents to nurture their children's education so that they will acquire knowledge and develop skills and habits that will guide the way they think and feel.
- ____ 5. The will and ability of parents to respond to the needs and aspirations of the family and children.
- ____ 6. The children will be given proper nutrition and the love and comfort they need.
- ____ 7. Parents manages money and assets in a responsible way.

B

- A. Train children to become good citizen
- B. Responsible Parenthood
- C. Guide Children to Grow Spiritually
- D. Develop Social Competence
- E. Inculcate Discipline
- F. Provide Education
- G. Provide Physical Care and Love
- H. Teach Children to be Financially Responsible
- I. Responsible Parenthood



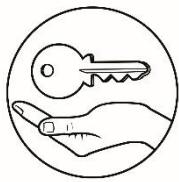
Additional Activities

I. Directions: For learners with internet access, watch the movie “Anak” (<https://www.youtube.com/watch?v=glDibP54qnY>) and answer the questions below.

1. What lessons did you get from the movie?
2. Is the mother a responsible mother or not?
3. What do you think could be done by the mother for her children?

II. Directions: For learners without internet access, interview your grandparents regarding the parenting style that they applied to their children and answer the following question.

1. What lessons did you get from your grandparent?
2. Is your grandparents a responsible parent or not?
3. What do you think a parent should do for his/her children in times of problems?



Answer Key

Assessment		What's In	What I Know	Activity 1.3	B.	A.	8. d	7. a	6. b	5. c	4. f	3. d	2. a	1. c	1. b	8. a	7. c	6. d	5. i	4. f	3. d	2. a	1. c	1. b	8. b	7. d	6. e	5. h	4. g	3. i	2. b	1. c	1. b	8. c	7. e	6. f	5. j	4. k	3. l	2. m	1. n	9-10. (Explanation)			
9. a		grow spiritually		7. Guide children to		6. Encourage discipline		5. Train children to		4. Provide physical care		3. Teach children to be		2. Develop social		1. Provide education		competence		3. a		financially		4. c		and love		5. c		become good citizens		6. b		7. a		grow spiritually		8. d.		7. a		grow spiritually		9. a	

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A. Book

Department of Education, 2013. Physical Education and Health 8, Learner's Module. Philippines: Vicarish Publication and Trading, Inc.

B. Electronic Sources

<https://www.youtube.com/watch?v=glDibP54qnY>. Accessed Date June 18, 2020.

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