

Care and Understanding

Stories of Positive Discipline



Save the Children

Australian
Aid





Care and Understanding

Stories of Positive Discipline



*For all the children as they may claim a safe and righteous world.
For all the parents and guardians who tirelessly support their children,
and chose the positive way of disciplining and nurturing.*

The copyright of this book belongs to Save the Children Philippines, Australian Aid, writer, and illustrator. No part of this publication may be reproduced, transmitted, downloaded, decompiled, reverse engineered or stored in or introduced into any information storage and retrieval system, in any form or by any means, whether electronic or mechanical, without the express written permission of Save the Children Philippines. The contents of this book may not be sold, redistributed, or used in any manner for profit or for commercial purposes, without the prior written permission from Save the Children Philippines.

Copyright 2020 © of Save the Children Philippines

All rights reserved.

No part of this book can be copied, or reproduced in any format without the permission of the Save the Children Philippines.

Published by Save the Children Philippines

4th Floor Sunnymede IT Center, 1614 Quezon Avenue, Diliman,
Quezon City, Philippines

Telephone number: (+632) 8682 - 7283 (8682-SAVE)

www.savethechildren.org.ph

Message from Save the Children Philippines' Chief Executive Officer

Raising a child brings joy and fulfillment to parents and caregivers. For us to see them grow healthy, educated, protected from harm and able to achieve their dreams—is our fulfillment as parents and caregivers.

However, the impact of the COVID-19 pandemic has resulted to increasing cases of violence against children globally. In the Philippines, many families from the poorest sector of society are facing compounding problems and challenges brought about by the community quarantine restrictions.

Many families lost their source of income resulting in the difficulty in accessing nutritious food, healthcare, and social protection. Children also missed going to school to learn and interact with teachers and friends. Poor households have been restricted in cramped spaces and are often unable to move around.

These and the continuing uncertainties of the situation increase the stress of parents and children. Sometimes, parents are unable to control our emotions because of exhaustion and anxiety, causing them to hurt their children.

Save the Children Philippines believes that positive discipline methods can improve the relationship of parents and caregivers with their children. The stories here were adapted from the narratives of actual people who, just like everyone else, have gone through extreme hardships during the pandemic. They were able to find ways to discipline their children with care and understanding.

Save the Children hopes that the comics will inspire us to become role models to other parents and caregivers in the way we treat children, as well as instruments in eliminating the cycle of violence in the home.

ATTY. ALBERTO T. MUYOT

CEO

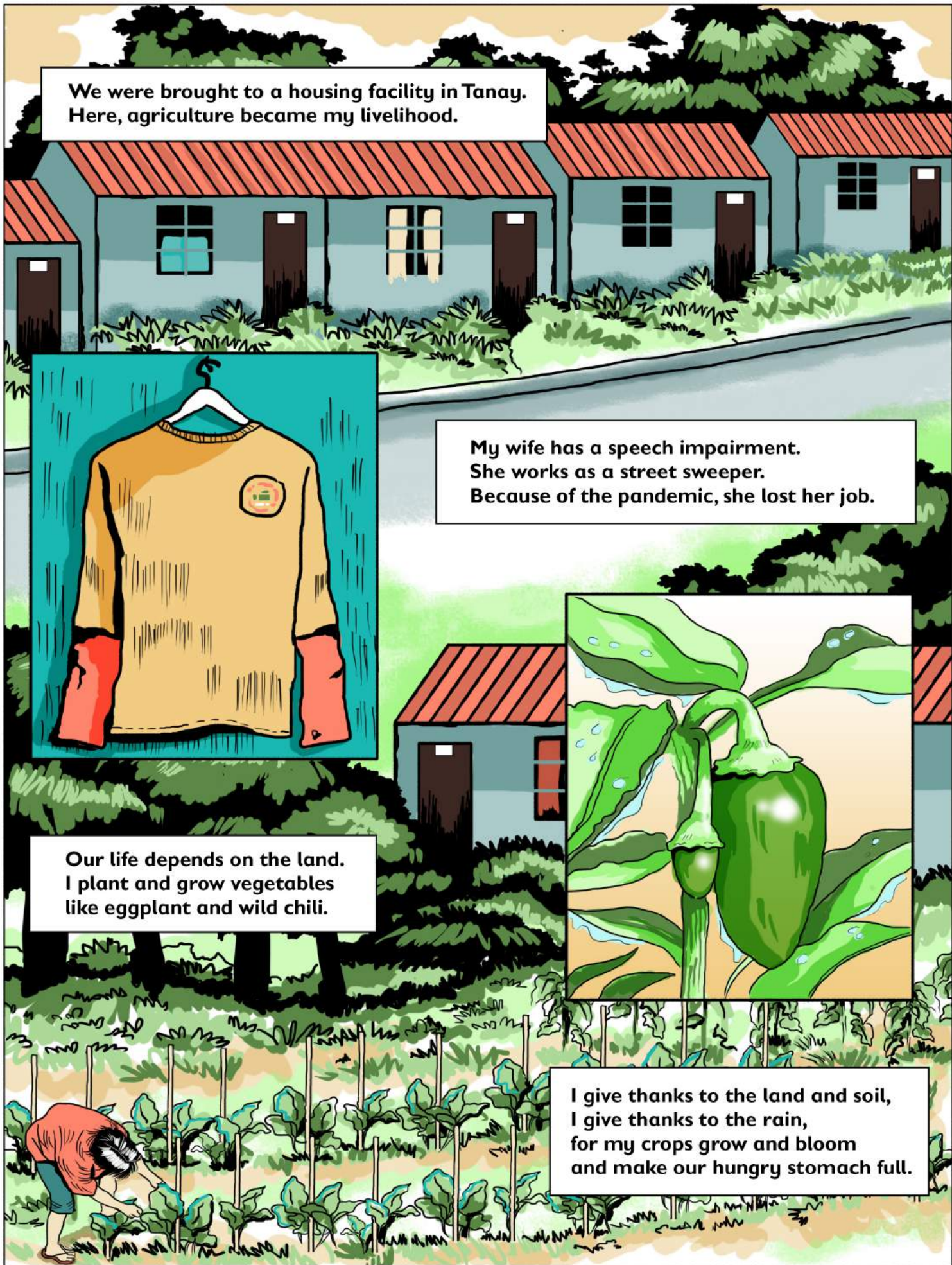
Save the Children Philippines



KITE

My family and I used to live in the city,
by the riverside,
but our home was gone,
affected by the demolition.



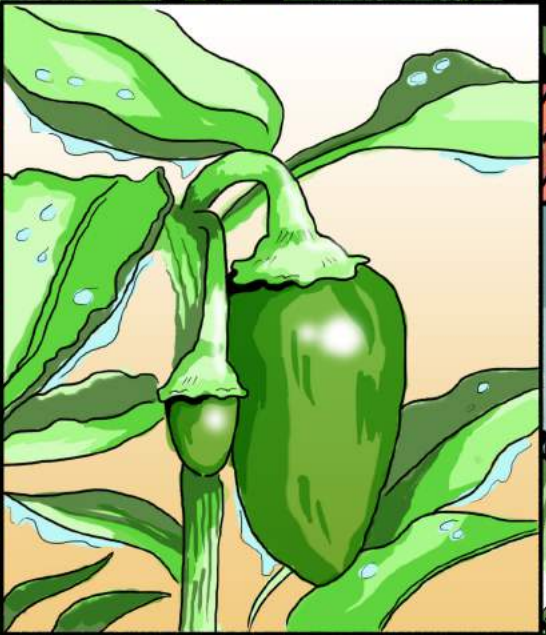


We were brought to a housing facility in Tanay. Here, agriculture became my livelihood.

My wife has a speech impairment. She works as a street sweeper. Because of the pandemic, she lost her job.



Our life depends on the land. I plant and grow vegetables like eggplant and wild chili.



I give thanks to the land and soil, I give thanks to the rain, for my crops grow and bloom and make our hungry stomach full.



I feel like a kite, that wherever the wind takes me, is where I go. and I pursue to not lose, in any challenge that life brings.

Our children are still young, and my wife has a disability. Life goes on even if I am exposed with heat or get drenched by the rain.

Like the rain and the soil, I take good care of my children and my wife.

I always remind them not to be grimy and dirty to avoid getting sick, To wash their hands, before and after eating. And to sleep early every night.



Just like a kite, that is brought by the wind anywhere, I take my dreams and fly high through the sky.



Hard work, diligence and perseverance— this is our life, despite the struggle, we strive towards a better future.

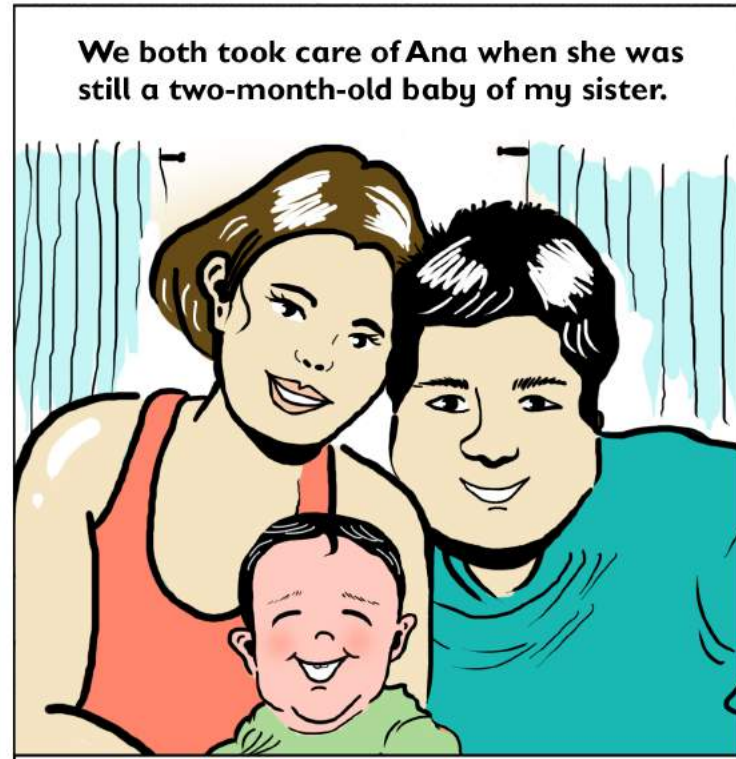
*This story is adapted from the life of a father who takes care of his children. As well as, his wife who has a disability.

In this time of the pandemic caused by COVID-19, it is a priority to consider the safety of the whole family. Children should be made aware of the situation and likewise, be taught of what needs to be done to prevent getting the disease. However, this protection is not just one-way, but rather it is two-way. It means that for the children to be protected, parents should also take good care of themselves.

“DADDY”



I am Isa, and I am living with my partner for 20 years.



We both took care of Ana when she was still a two-month-old baby of my sister.

Children do not interest me at all. Before.



The world lightens up when a baby smiles. A city that was once crowded seems to become bright and spacious.

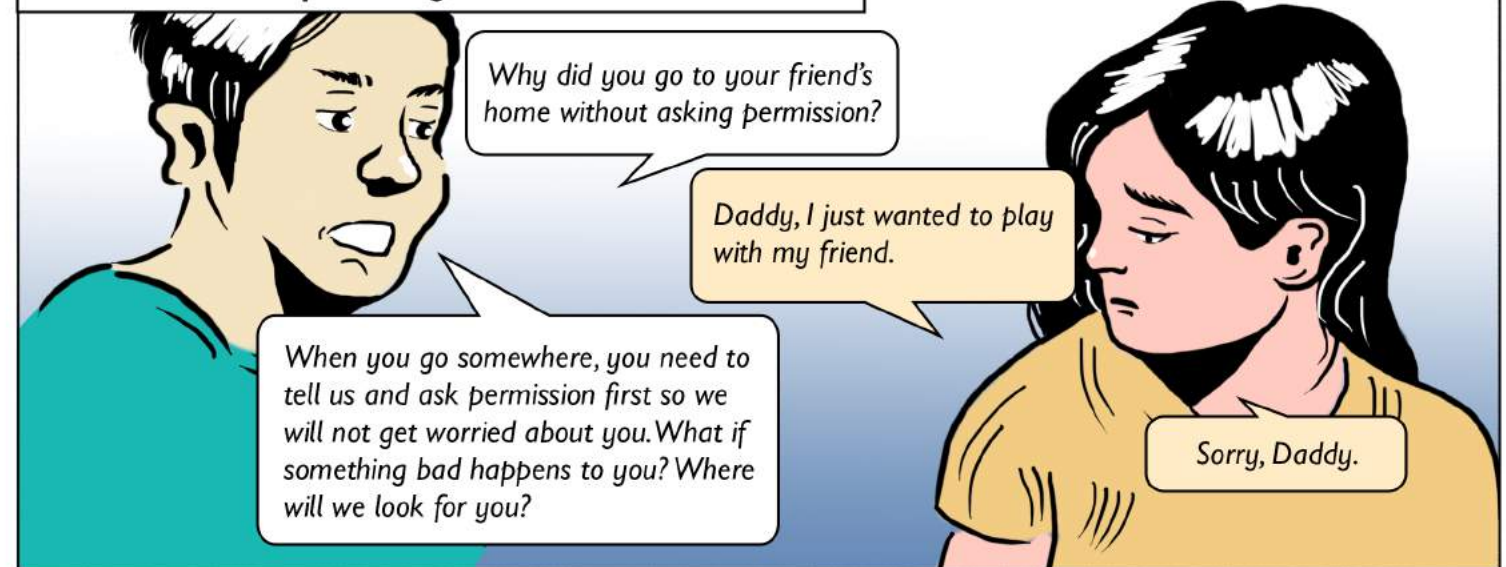


We promised to raise Ana to become a good person. Someone caring and helpful to others. We want her to grow up in a home full of love.

Her favorite subject is English, that is why I trained her well in declamation. She also learned Taekwondo.

Whenever Ana competes and I am busy, I always make sure to come and watch her. I also bring my friends with me to give our full support to her.

Whenever I scold her at home, I always make sure to talk to her and explain why I said such words.



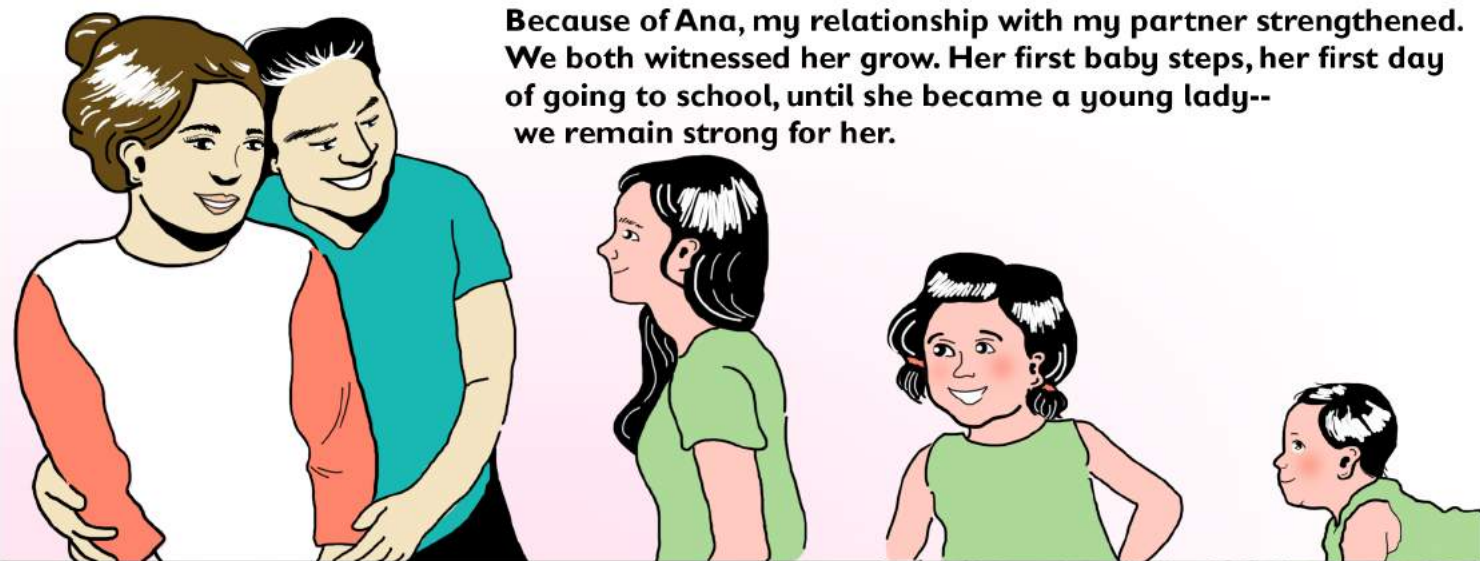
Why did you go to your friend's home without asking permission?

Daddy, I just wanted to play with my friend.

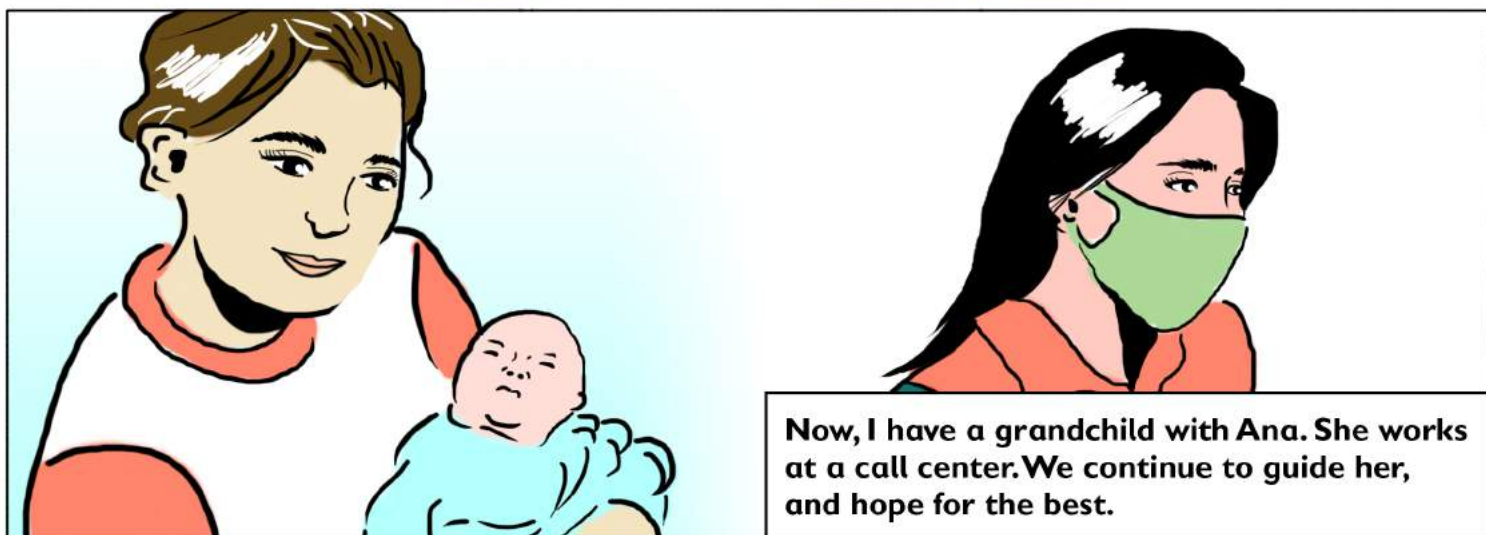
When you go somewhere, you need to tell us and ask permission first so we will not get worried about you. What if something bad happens to you? Where will we look for you?

Sorry, Daddy.

Because of Ana, my relationship with my partner strengthened. We both witnessed her grow. Her first baby steps, her first day of going to school, until she became a young lady-- we remain strong for her.



Whenever I look at Ana, I remember her very first smile at me. And my chest bursts with joy.



Now, I have a grandchild with Ana. She works at a call center. We continue to guide her, and hope for the best.

*This story comes from a guardian who is a member of the LGBT (Lesbian, Gay, Bisexual, Transgender) community, and tells the story of raising their home filled with compassion and love.

Besides giving a child the primary needs such as food, shelter, clothing, among others, it is important to show and let the child feel that he or she is being loved, being understood at all times, and most importantly, being well appreciated for his or her feelings and thoughts.

“IN GAME”





Since the movement restrictions were put to ease during the pandemic, Papa was able to go back to selling pillows in the streets.

During the lockdown, our family faced some difficulties. There were days when we had nothing to eat, and we do not know where to ask for help.

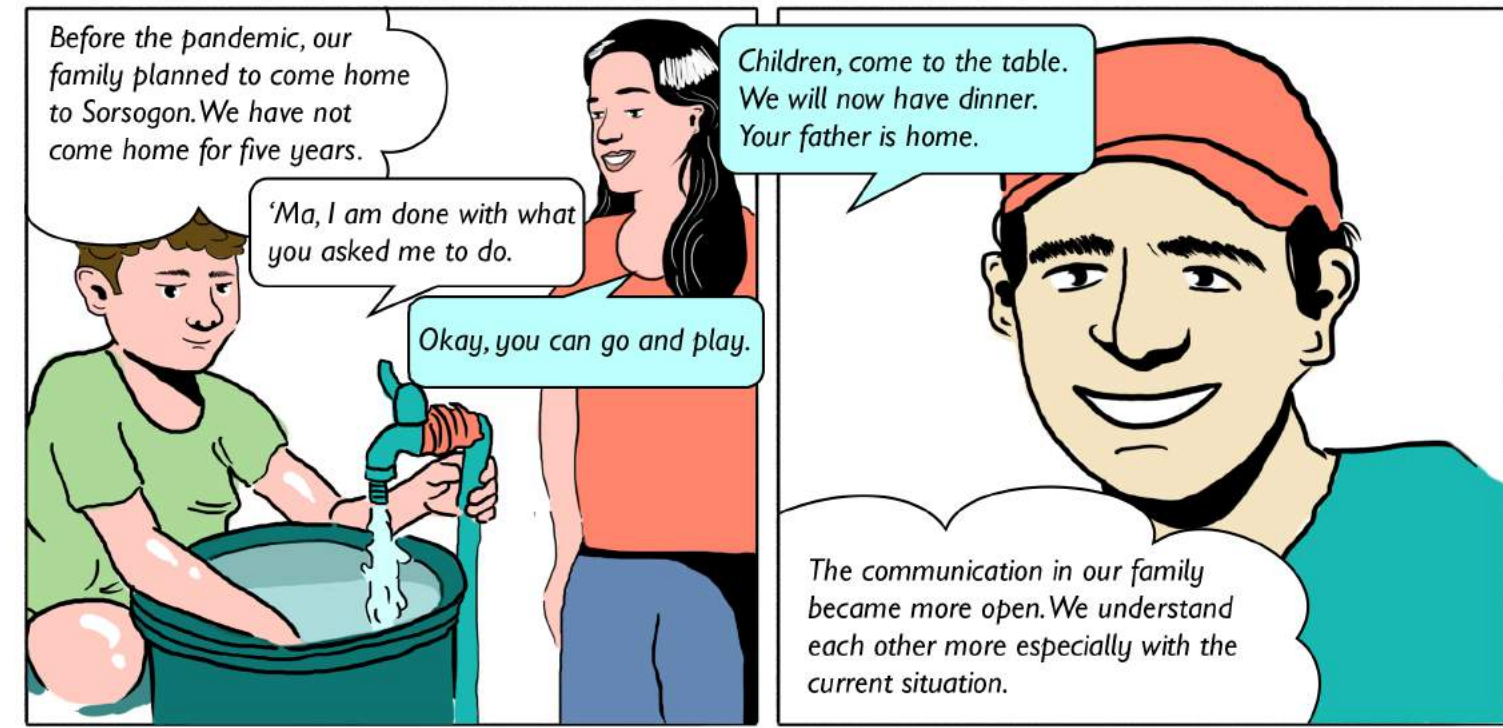


Good thing that we were able to receive some emergency items from Save the Children Philippines.



I always feel anxious whenever I watch the news. The virus spreads fast.

Every night, I always pray that my parents will have good health.



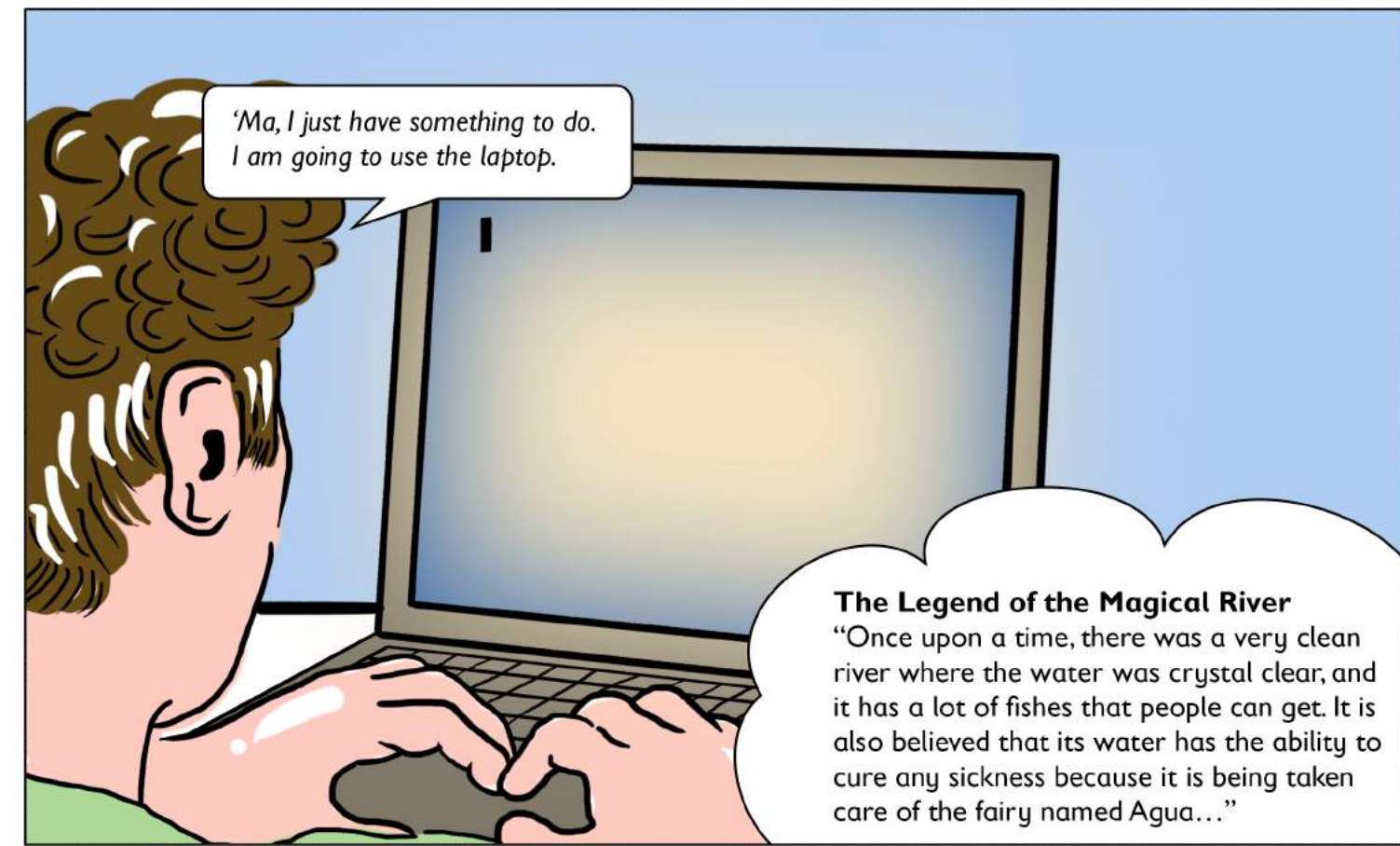
Before the pandemic, our family planned to come home to Sorsogon. We have not come home for five years.

'Ma, I am done with what you asked me to do.

Children, come to the table. We will now have dinner. Your father is home.

Okay, you can go and play.

The communication in our family became more open. We understand each other more especially with the current situation.



'Ma, I just have something to do. I am going to use the laptop.

The Legend of the Magical River
"Once upon a time, there was a very clean river where the water was crystal clear, and it has a lot of fishes that people can get. It is also believed that its water has the ability to cure any sickness because it is being taken care of the fairy named Agua..."

*This story is about the life of a teenage boy and his family who help each other especially during the time of the pandemic.

Having open communication can help parents understand their children better. Children have the capability to understand the situation of their family. It is also important for children to have their own private time and space.

OPHELIA



I need to finish sewing this bed sheet.

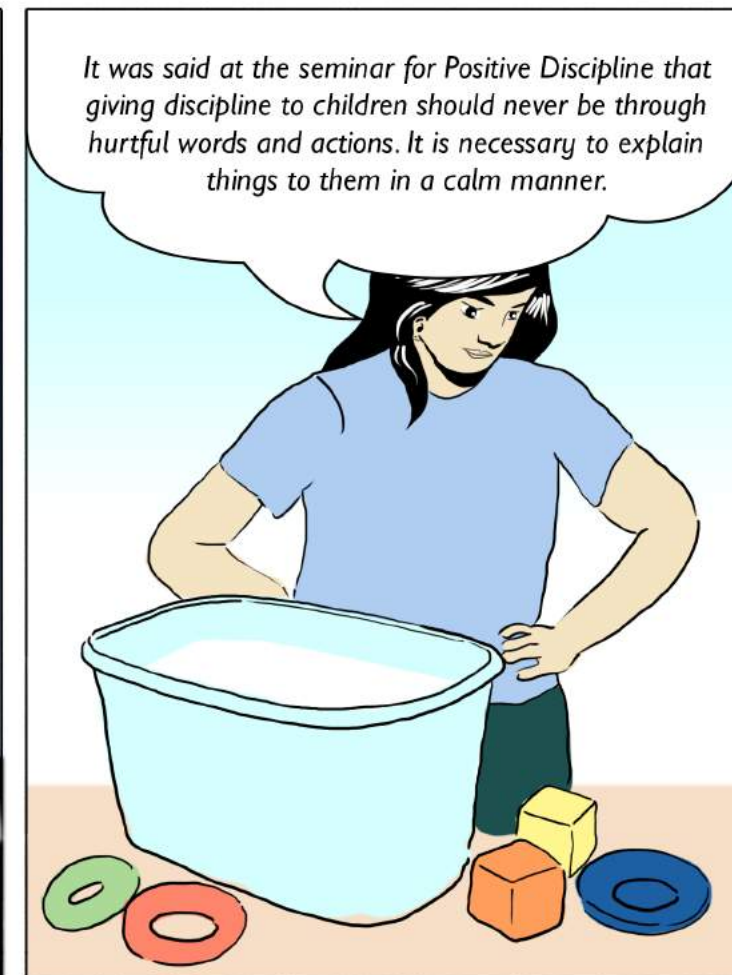
There, I am done!
I can now rest for a bit.



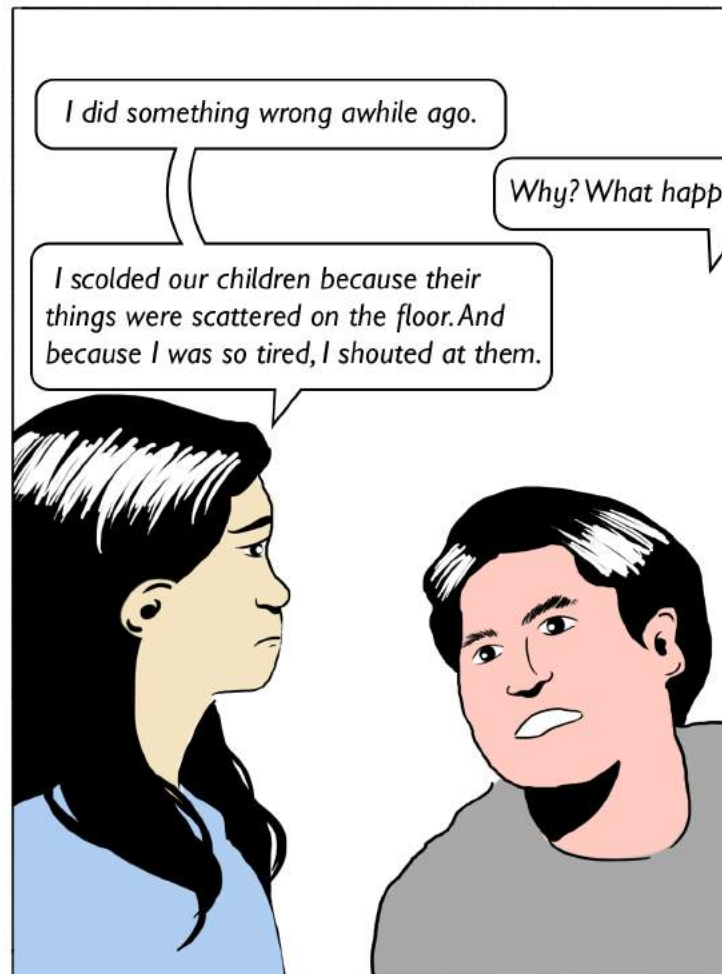
I am tired from sewing and yet both of you are adding more things to what I need to do.



Wait, what I did and say was wrong. I should never blame my children, and I should never blame my children from being too tired.



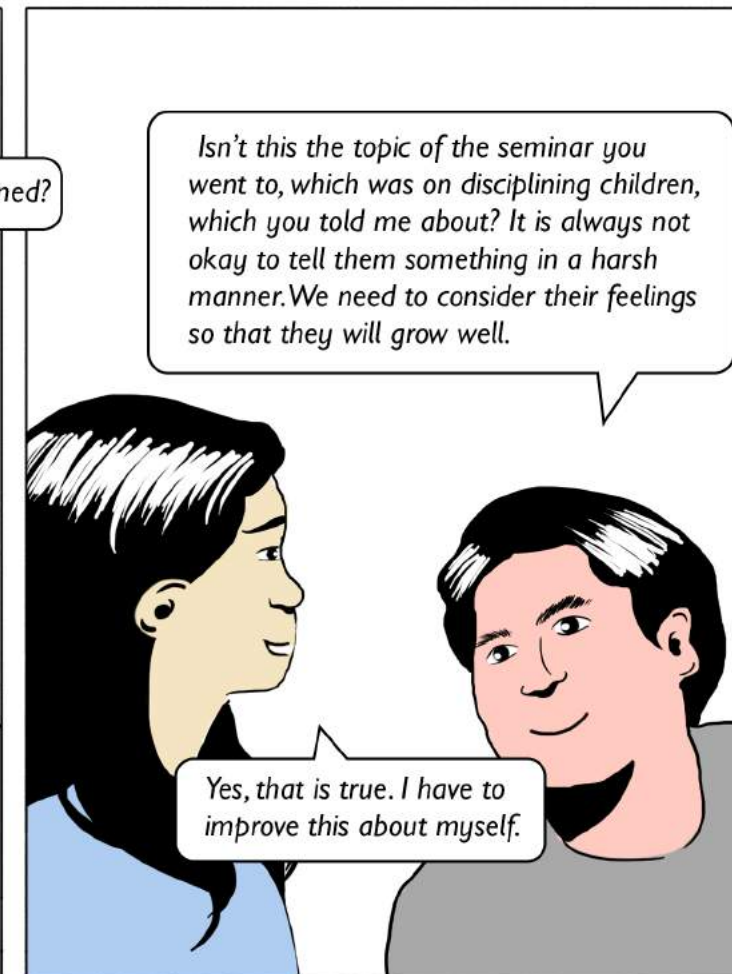
It was said at the seminar for Positive Discipline that giving discipline to children should never be through hurtful words and actions. It is necessary to explain things to them in a calm manner.



I did something wrong awhile ago.

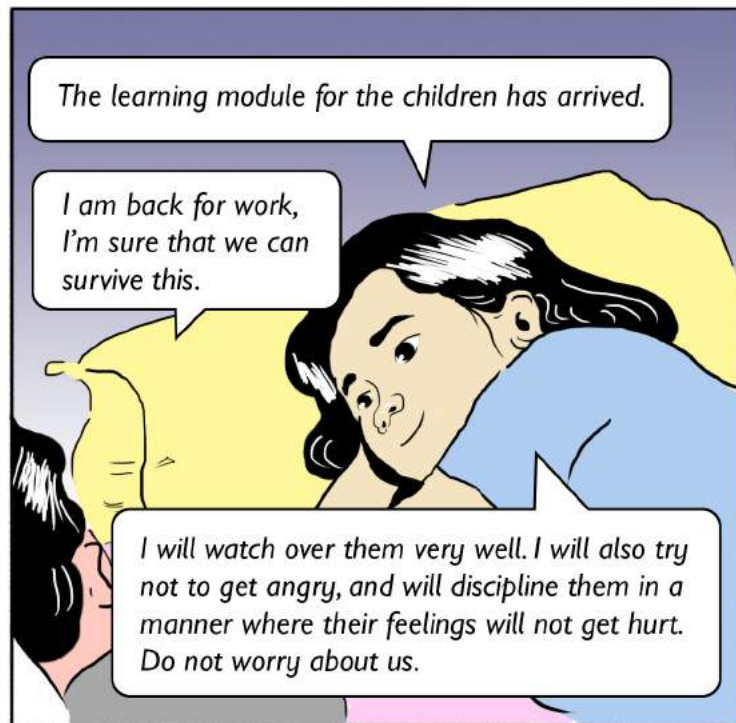
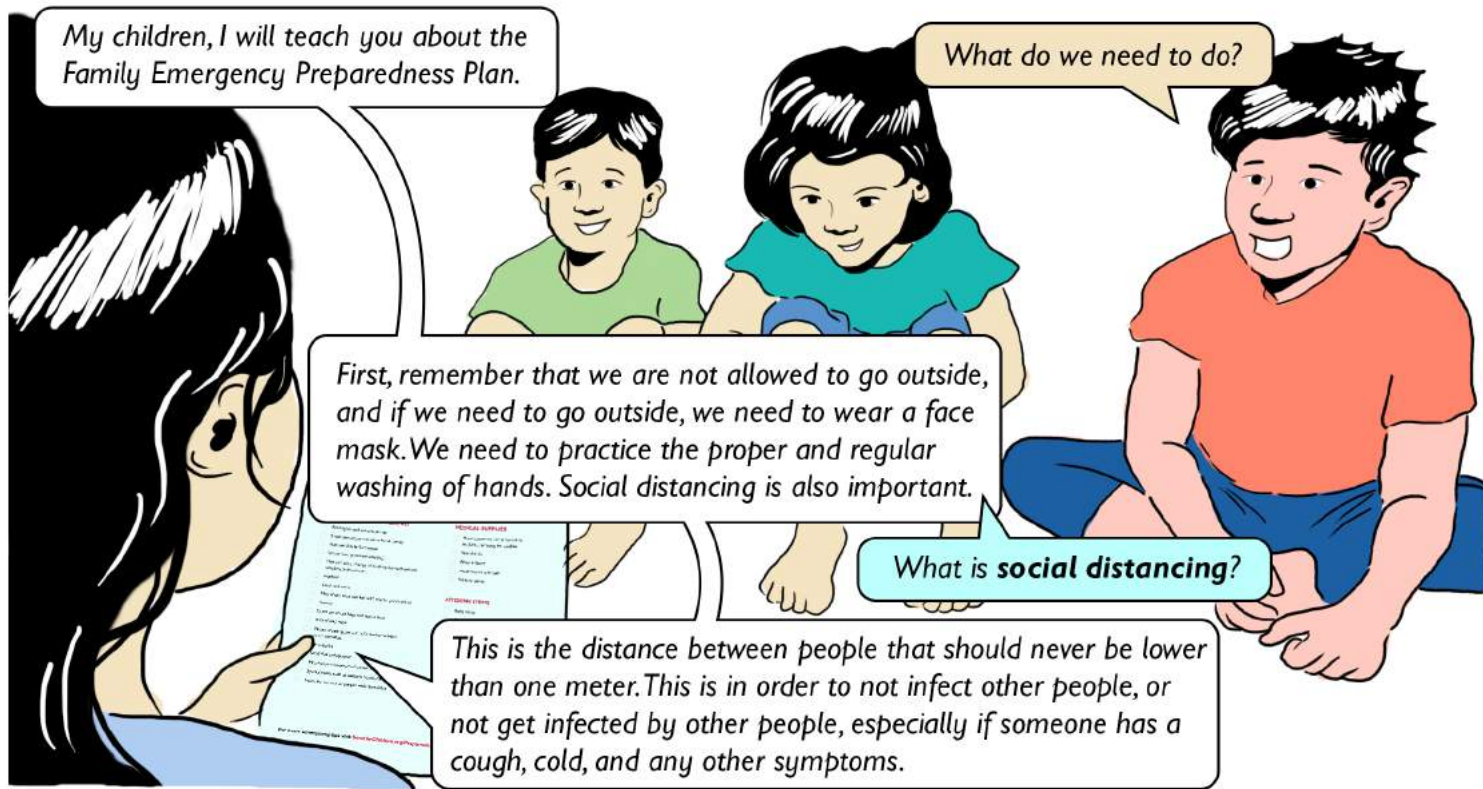
Why? What happened?

I scolded our children because their things were scattered on the floor. And because I was so tired, I shouted at them.



Isn't this the topic of the seminar you went to, which was on disciplining children, which you told me about? It is always not okay to tell them something in a harsh manner. We need to consider their feelings so that they will grow well.

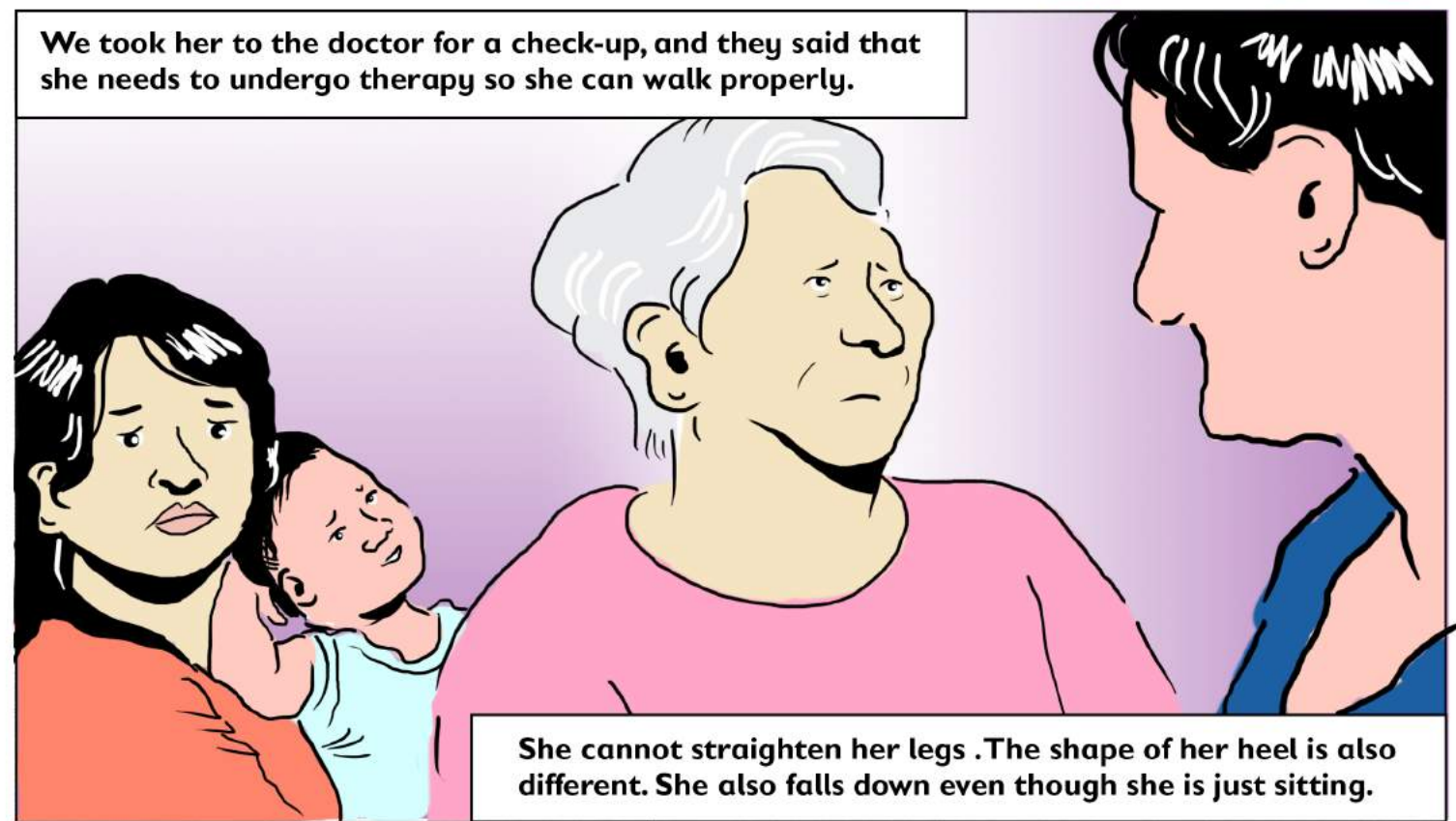
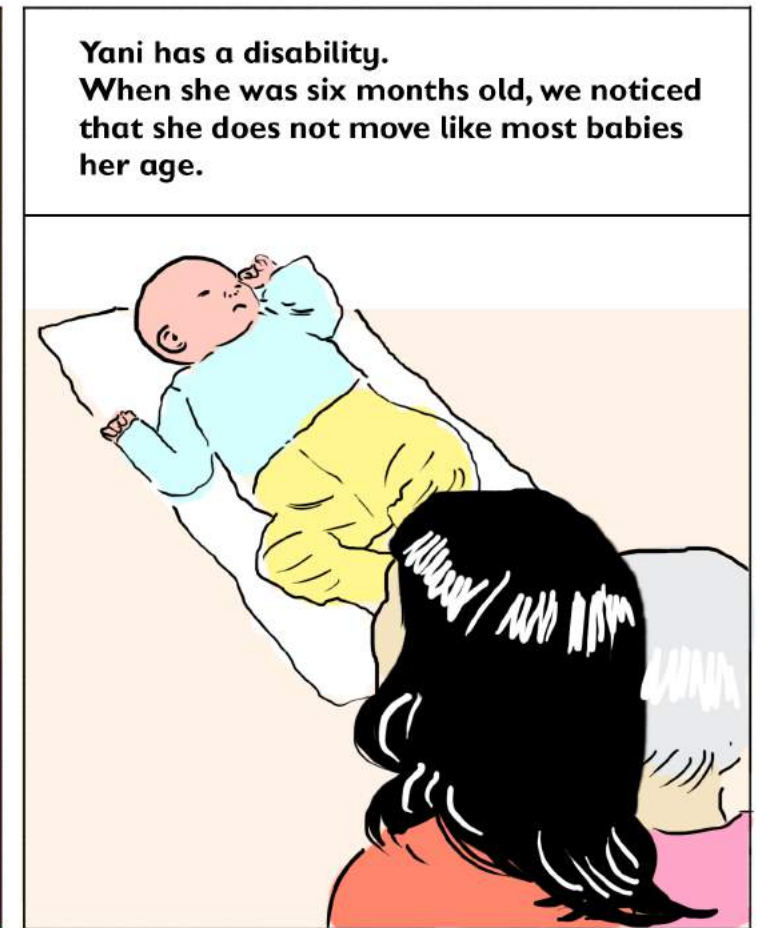
Yes, that is true. I have to improve this about myself.



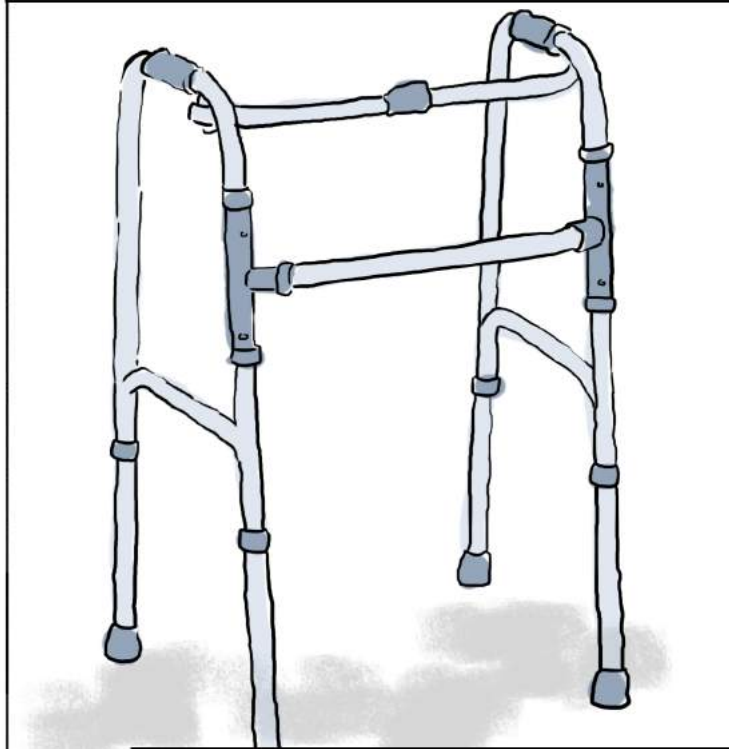
*The story is about a mother who is guiding and disciplining her children together with her husband. She teaches their children the right thing to do during the pandemic. Likewise, she practices Positive Discipline so that the children will continue to grow in a loving and caring home.

Each and every one of us commit mistakes, whether we are young or old, that is why disciplining should not be done through the use of harsh words and violent actions because this can harm a child and may affect them in the future. In times that this becomes unavoidable, when there is a conflict or misunderstanding, we need to calm ourselves first before we speak to a child to avoid doing any action or say any word that might hurt a child's emotion and even the parents' themselves.

WALKER

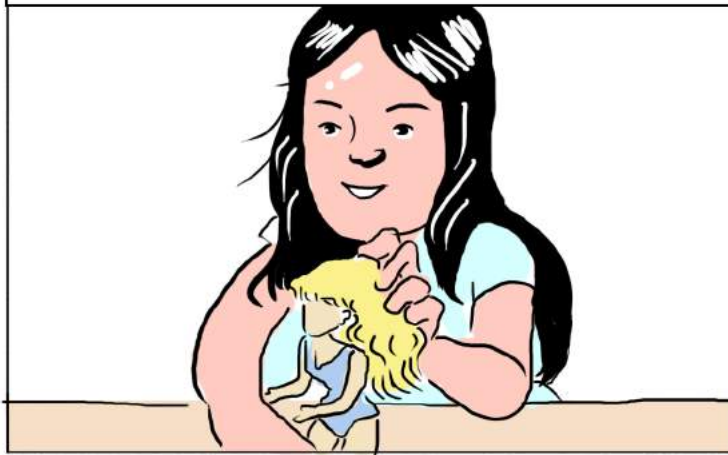


Many people gave us a helping hand. Someone even offered to give a wheelchair but we said that we do not need it. What we want is for her to be able to walk.

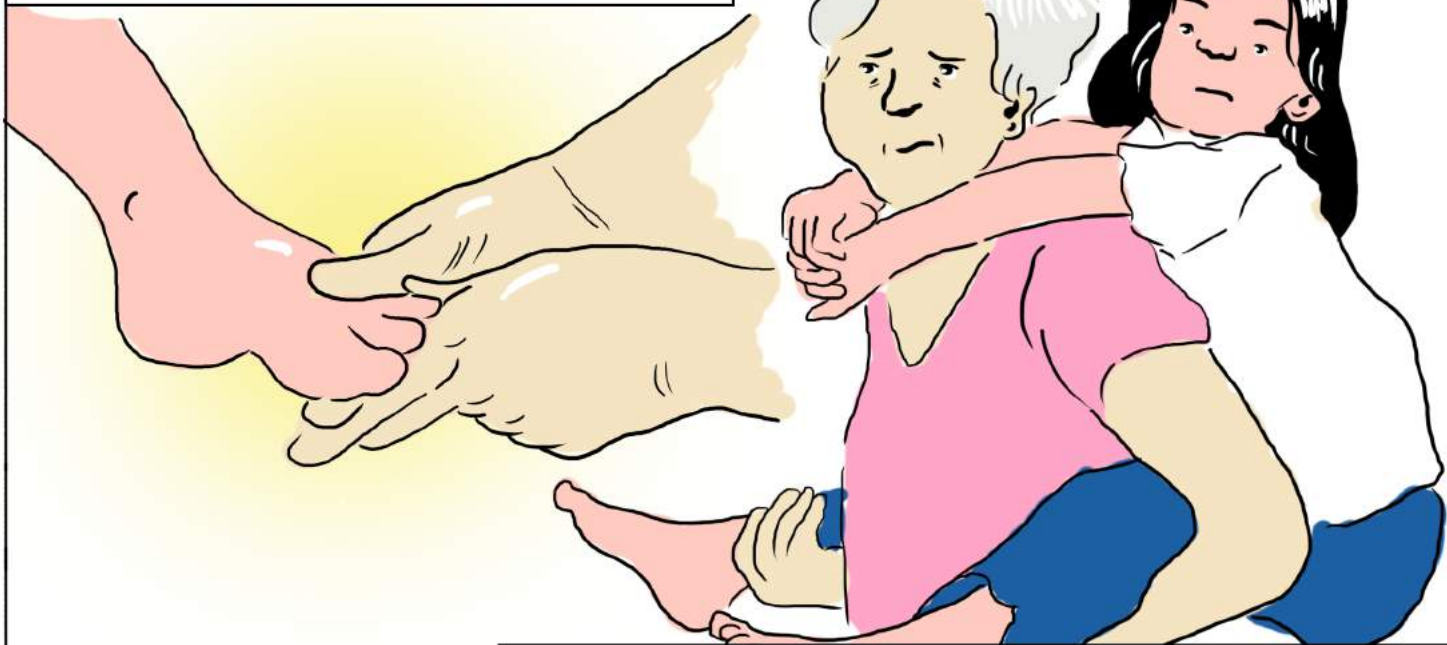


Yani uses a walker as she gradually learns to walk.

She likes to play with dolls. And she is diligent in her studies.



Every morning, before she goes to school, I always massage her feet.



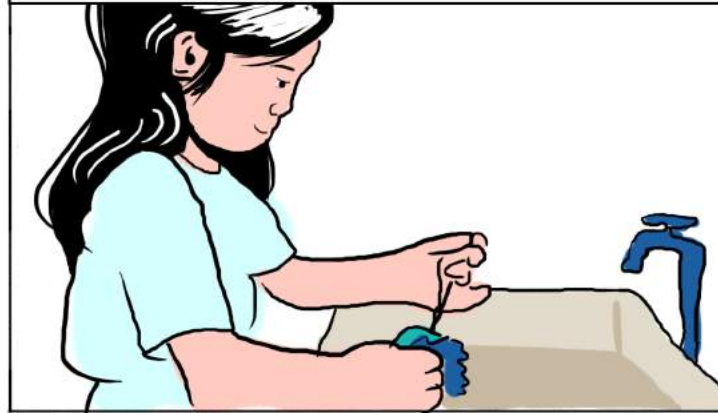
We accompany her to school using our *kuliglig*, a makeshift transport, to and fro. And upon arriving home, I carry her at my back especially when entering the house.

I do not have to bathe Yani these days. She already knows how to take a bath by herself.



I just have to prepare the things she needs while she waits sitting on a *bangkito*, a small chair. I still always watch over her whenever she takes a bath.

She washes the dishes every mIDDAY.



I will not be here forever to always carry you. You need to strive hard so you can be able to walk.



Do not cry just because I will not be here with you forever.

She helps us do household chores. She should not sit all day; she needs to move regularly so her feet can get used to walking.

I also teach her how to wipe our table clean.

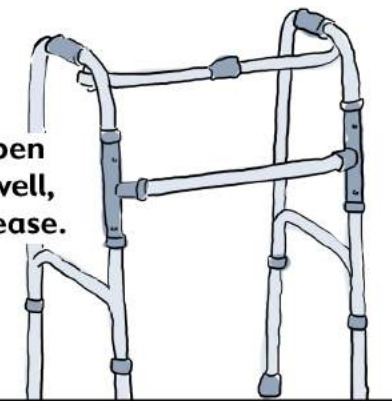


I always tell my grandchildren not to become stubborn. And to never be stressed by our current situation.



When it is unavoidable that I happen to scold them, I always tell them well, especially since I have a heart disease.

Nanay, here is a glass of water. We are very sorry.



I will always help Yani walk while I am still alive. Until the time that she won't be needing her walker.

*This story is from an interview with a grandmother and her grandchild, and how she guides the child with disability.

It would be helpful for a child to have a daily schedule of each task everyday. This can be a schedule of helping with household chores, reading, and telling stories with each other.



Acknowledgement

To the children and parents from the resettlement site and informal settlements in Naic, Pasay, and Tanay. For sharing their stories as inspirations to this comic.

Those who make the stories of the children and parents

Ms. Mikka Ann V. Cabangon, *Writer*
Ms. Gerimara Vinaya S. Manuel, *Illustrator*
Mr. Gian Carlo F. Delgado, *Translator*

From Save the Children Philippines for their guidance upon making this comic

Ms. Wilma T. Bañaga, *Child Protection Adviser*
Ms. Jerly Mae M. Villanada, *Child Protection Manager*
Mr. LJ G. Passion, *Information and Communications Coordinator*
Mr. George Oliver G. De La Rama, *ACCM Director*
Ms. Estrella S. Torres, *Media and Communications Head*

From Project BURST and the ardent team members

Ms. Lourdes L. Pambid, *Project Manager*
Ms. Marie Kathleen Denise D. Arce, *Partnership Coordinator*
Ms. Laarni M. Magayanes, *Project Officer*
Ms. Reena Carmela S. Cardenas, *MEAL Officer*
Ms. Myka Sarandria T. Viernes, *Area Coordinator*
Mr. Kim Clarence D. Enriquez, *Area Coordinator*
Mr. Rodel D. Caccam, *Area Coordinator*

Australian Aid
SCI - Asia Regional Office
COVID-19 Global Central Fund



If you are experiencing and witnessing abuse, please report to the Violence Against Women and Children (VAWC) of your barangay. You can also report to the following agencies:

Bantay Bata 163

Landline/Smart - 163

Globe - #163

Philippine National Police Aling Pulis Hotline

Landline – 8532-6690

Smart – 0919 777 7377

Globe – 0966 725 5961

Department of Social Welfare and Development

Text Hotline – 0918 912 2813

Landline – 8931-8101 to 07

Department of Social Welfare and Development - National Capital Region Crisis Intervention Unit

Landline – 8735-5413; 8734-8639; 8734-8626 to 27

Commission on Human Rights

Landline – 8294-8704

TM – 0936 068 0982

Smart – 0920 506 1194

Email – chad.pasco.chr@gmail.com

If you and your family members are experiencing anxieties, make a call at:

National Center for Mental Health

Crisis Hotline – 8989-8727

Mobile – 0917 899 8727

*Published by Save the Children Philippines through Project BURST
in support of SCI - Asia Regional Office, COVID-19 Global Central Fund, and Australian Aid.*