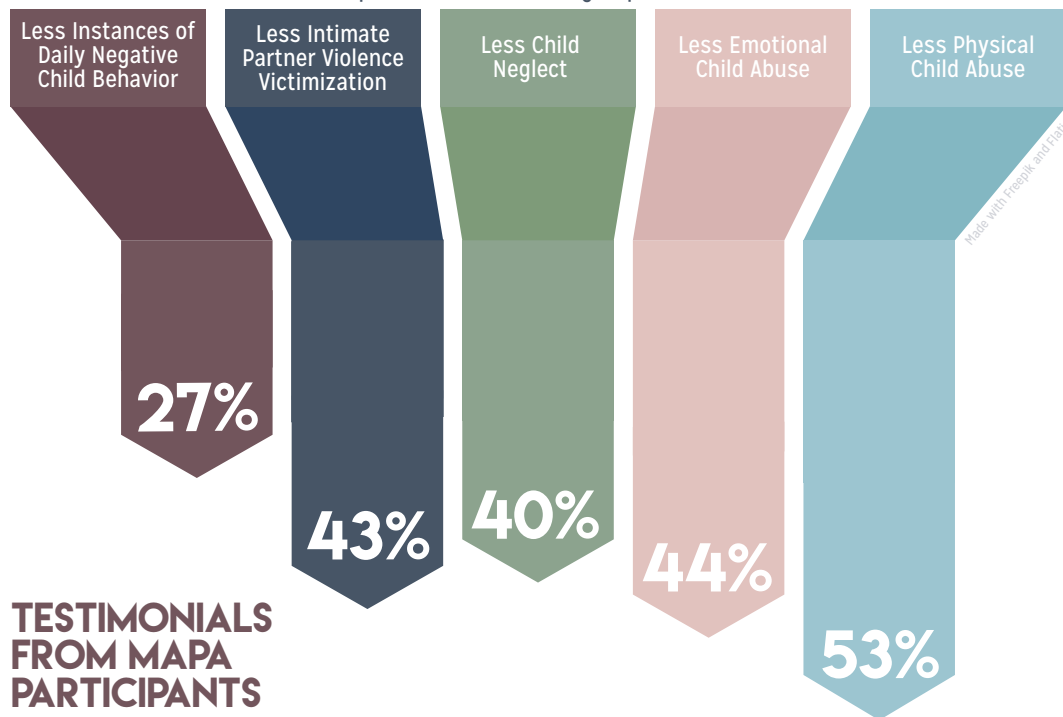


## EVIDENCE OF EFFECTIVENESS

At post-test, families who attended MaPa reported significant differences in parenting behavior in comparison to the control group of families:



## TESTIMONIALS FROM MAPA PARTICIPANTS

*"Dahil OK kami ng anak ko, di lang naman siya yung nagbago, pati ako. Nakakaless stress na rin... Tsaka yung pag di na kami madalas mag-away ng anak ko, di na rin kami madalas mag-away ng asawa ko."* (Because my child and I are OK, it's not only my child who changed, but I also did. The stress has decreased...And when my child and I no longer fight often, my husband and I also no longer fight often.)

*"[Ang epekto ng MaPa ay] yung nagiging close ka sa mga anak mo. Diba? Kasi ay kailangan pala namin ng one-on-one, lalo na yung 3 years old, diba? Kasi yun kailangan bigyan mo ng atensyon eh. Yun, kailangan pala hindi lang yung basta pakainin mo. Yung bihisan, paliguan mo. Kailangan mo rin pala makipaglaro or makipag-ano [bonding] sa anak mo."* [The effect of MaPa is that] you become close to your children. Right? Because we need one-on-one, especially the 3-year-old, right? Because you need to give them attention. That's what is needed, not just that you feed her. Dress her, bathe her. You also need to play and bond with your child.

One hundred twenty (120) families from a community in Metro Manila were recruited to participate in the small-scale randomized controlled trial (RCT). The families were beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps) and had at least one child aged 2-6 years old. Baseline data were collected from the 120 caregivers, after which 60 were randomly allocated to receive the MaPa program, and the other 60 continued to receive the Family Development Session (FDS) under 4Ps. Post-test data were collected from the 120 families one month after the 12 MaPa sessions ended.

The figure above summarizes the effects of MaPa compared to FDS families. However, there were no differences between MaPa families and FDS families for positive involvement, parental monitoring, proactive parenting, attitudes supporting corporal punishment, parenting stress and mental health, child behavior problems, child development, and, marital satisfaction.



PLH  
PHILIPPINES



PROGRAM  
OVERVIEW



EVIDENCE OF  
EFFECTIVENESS

# MAPA

## MASAYANG PAMILYA PARA SA BATANG PILIPINO PROGRAM

The Masayang Pamilya Program is a group-based parenting program for families with children ages 2 to 6. It is designed specifically for vulnerable families facing challenges with their children's behavior with the goal of promoting positive parenting to reduce the risk of child abuse and neglect in low-income communities.

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A Project of Parenting  
for Lifelong Health - Philippines

# THE PROBLEM OF VIOLENCE AGAINST CHILDREN IN THE PHILIPPINES

The Council for the Welfare of Children spearheaded the 2015 national baseline survey on violence against children (VAC), which involved 3,866 male and female youth between the ages of 13-24 across the 17 regions in the Philippines. Eighty percent of youth reported that they experienced some form of violence in their

childhood; 66% experienced physical violence in particular, with 60% of these cases occurring in the home. Psychological forms of violence such as verbal abuse, threatening, or abandonment were experienced by 63% of respondents, and 38% percent reported that family members perpetrated this in the home.

## PARENTING FOR LIFELONG HEALTH PHILIPPINES



PLH - Philippines responds to the need to prevent child maltreatment and other forms of violence in Filipino families. PLH began as a collaboration between the World Health Organization (WHO), UNICEF, and universities in South Africa and the United Kingdom. PLH aims to develop and test a suite of low-cost parent interventions across the different stages of development in low and middle-income countries (LMICs). For more info, visit: [tinyurl.com/PLHPrevention](http://tinyurl.com/PLHPrevention)

PLH programs are being implemented and tested in the Democratic Republic of Congo, Kenya, Montenegro, South Sudan, Thailand, and the Philippines.

PLH-Philippines is a multi-sectoral collaboration between local and international scientists, child and family practitioners and service providers, and the Department of Social Welfare and Development (DSWD).

## CORE BUILDING BLOCKS OF THE MAPA PROGRAM

Working together with parents to solve problems

Parents engaging in activities with their children that are at the right developmental stage

Culturally sensitive ways of working together, including Filipino storytelling, dancing, and singing

The importance of child-led play and praise for the development of nurturing relationships

The need to establish clear limits, house rules, and appropriate forms of supervision

Helping parents learn alternative ways of dealing with challenging child behavior

Helping parents to look after themselves, through self-care and stress relief

## MASAYANG TAHANAN

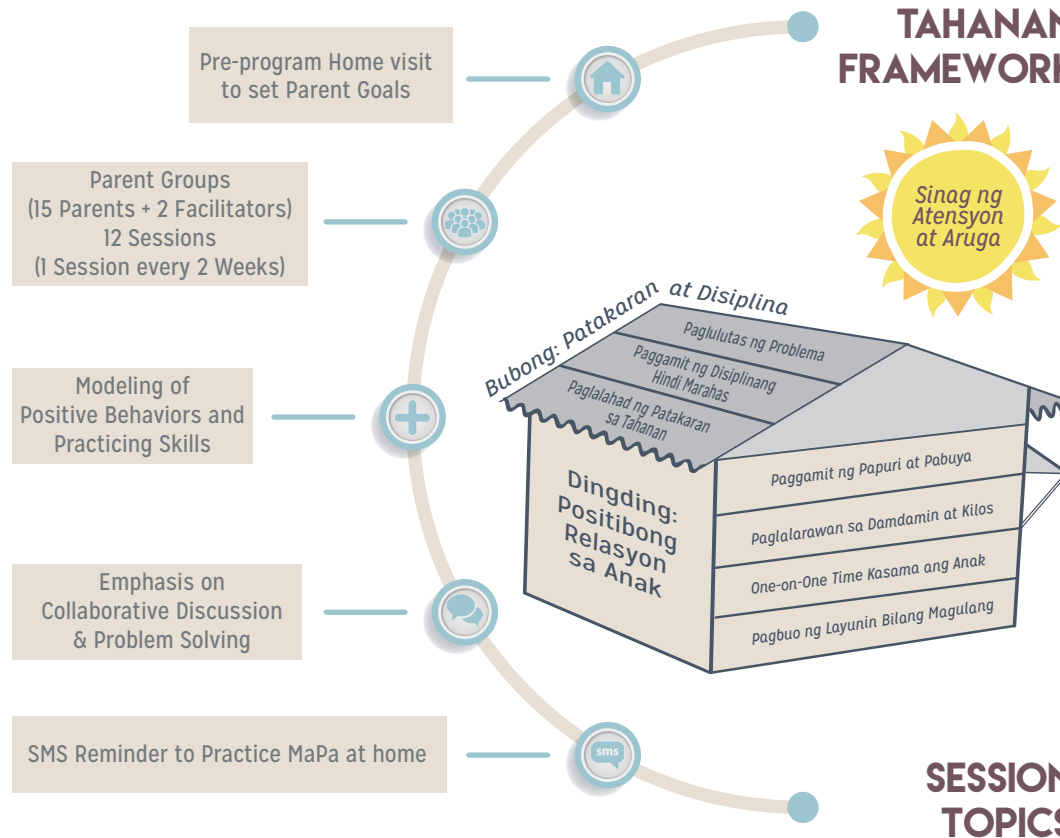
The Masayang Pamilya program uses the image of a Tahanan or a Filipino home.

The “Sunshine of Positive Attention” symbolizes the importance of children receiving as much positive attention as possible from their parents.

The walls (*dingding*) symbolize positive and healthy parent-child interactions - spending special time with children, building language skills, talking about feelings, and praising and supporting good behavior. The walls make the foundation for good parenting.

They are the most important part of the program. For the roof (*bubong*), the focus is on setting limits, establishing house rules, and dealing with difficult behavior. When parents spend more time building positive relationships with their children, they often spend less time managing difficult behaviors, and the less often their children will misbehave and seek attention for negative behavior. If the foundation of the house is strong, the roof will be easier to maintain.

## MASAYANG TAHANAN FRAMEWORK



## SESSION TOPICS

SESSION 01	SESSION 02	SESSION 03	SESSION 04	SESSION 05	SESSION 06	SESSION 07	SESSION 08	SESSION 09	SESSION 10	SESSION 11	SESSION 12
ONE-ON-ONE TIME WITH YOUR CHILD	SAY WHAT YOU SEE	TALKING ABOUT FEELINGS	PRAISING AND REWARDING OUR CHILDREN	GIVING SPECIFIC, POSITIVE & REALISTIC INSTRUCTIONS	HOUSEHOLD RULES AND ROUTINES	REDIRECTING NEGATIVE BEHAVIORS	IGNORING & GIVING ATTENTION TO OTHER BEHAVIORS	USING CONSEQUENCES FOR REFUSING TO FOLLOW INSTRUCTIONS	COOL-DOWN FOR AGGRESSIVE BEHAVIORS	RESOLVING CONFLICTS IN THE FAMILY	REFLECTING AND MOVING ON