

a child that have to be fulfilled so that emotional and mental disorders can be avoided. These are:

acceptance by the parent, warmth, nutrition, care, parental support as he faces life's tasks, to be allowed to grow at his own rate, protection from deprivation and exploitation of others, emotional satisfactions during feedings, family reassurance when faced with problems, help in development of emotional responses, help in accepting his own sex, help in learning how to behave toward self and others, help in accepting authority, affection and personal interest, education that helps develop his creative talents, consistent rules and ideas about conduct, and a warm, secure home and school environment.

Mason et al. (1976) propose the following to promote the cause of better mental health in children: Awareness of own influence, love, values (p.153: "Children need guidance. They need something to believe in and hold onto with reasonable assurance that it will last."), praise (recognition for a well done job), identity (maturing child increases independence), time (children need some of the adults' time), sensitivity (effort to discover the reason underlying "disturbing" behavior), consistency. According to Williams (1972)

...there are four major areas of emotional and social