

This is an example of a private company advertising on radio and TV a Tagalogized product intended for mothers and small children. The audience is brainwashed into believing that Tagalog is superior. Personally, I think that this overpriced product is similar to the Tagalog national language. Useless junk.  
<https://lifestyle.inquirer.net/361158/things-you-can-teach-your-kid-at-home-bonakid-batang-may-laban>

## Things you can teach your kid at home to help him become a ‘Batang May Laban’

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For parents, nurturing a *Batang May Laban* begins at home.

The role of the home is very important in helping small children become strong, active, and courageous. It is where a child makes his first connections with the world through their family. It is also where children begin to learn. Truly, a child’s life at home will determine how prepared they are to take on the outside world.

But, these days, the outside world can wait. Under strict measures such as community quarantine and social lockdown, families are encouraged to spend more time at home for their safety. While staying indoors can feel restrictive, parents can take this time to engage in fun, hands-on activities with their children that will help them to have *Laban ng Katawan*, *Laban ng Isip*, *Laban ng Kalooban*, at *Laban ng Sarili*. Kids can meanwhile enjoy spending time with their parents and siblings.

With this extra time, parents can double down on the love, support, and encouragement their children need to face tomorrow’s challenges. Here are some things you can teach your kid at home to help him become resilient through the quarantine period and grow into a true *Batang May Laban*:

### **Teach them to slowly do things by themselves.**

Make use of the extra time with your kids to encourage them to do things on their own. It would be a good time to introduce activities that will help them become more independent, such as letting them get dressed and using the toilet correctly on their own. Kids who are a little older should be able to take a bath by themselves without your assistance. Children who are able to achieve these basic skills develop *Laban ng Sarili*.

### **Let them get busy with hobbies and play.**

Enjoying being active is a good sign of a *Batang May Laban* who has *Laban ng Katawan*. If your home is wide enough, don’t let your kids miss out on the fun they would otherwise be having with their playmates—give them space to run around and play games. Take some time and play a game of hide and seek with your children. A strong and healthy child can play with vigor. You can also let them explore other hobbies such as drawing and storytelling.

### **Get them to help with chores.**

Encourage your children to start helping out at the house with simple tasks, such as helping you sort laundry by separating clothes into white and colored piles. Let your kids observe you when

doing tasks such as washing the dishes or sweeping the floor. Slowly introduce small tasks such as sorting and organizing their own toys to build *Laban ng Kalooban at Sarili*.

### **Spark their curiosity.**

Children are naturally curious and parents need only to allow their kids to express themselves in order to develop *Laban ng Isip*. Let your kids ask you simple questions—check that they can ask questions that begin with “who”, “what”, “why”, “when”, and “how”. Encourage them to speak in straight sentences by asking them to tell a story or express a feeling. Make sure that they know to use the appropriate greetings such as “po” and “opo” without prompting.

A child’s overall development is crucial to ensuring that they will have *Laban* in life. By ensuring *Laban ng Katawan, Isip, Kalooban at Sarili*, your children will be equipped to become a *Batang May Laban* and have a better life—which is what every Filipino child deserves.

A better life begins with proper nutrition. The NEW BONAKID PRE-SCHOOL® 3+ is committed to helping moms make sure that their kids are equipped with essential nutrients that children aged three and above need so they can take on the challenges that come with growing up. Every glass of NEW BONAKID PRE-SCHOOL® 3+ is full of nutrients, especially formulated for children aged three and above. NEW BONAKID PRE-SCHOOL® 3+ is fortified with a Triple Boost Formula and supports immunity, growth, and energy. Taken with a healthy diet and lifestyle, NEW BONAKID PRE-SCHOOL® 3+ helps your child to be a *Batang May Laban*.

Get busy with your kids during the quarantine period, check out these #LabanAtHome activities you can do with your 3 pataas child to ensure they have *Laban ng Katawan, Kalooban, Isip* and *Sarili*! To learn more, visit the BONAKID PRE-SCHOOL 3+ [website](#) and [Facebook page](#). You can also purchase BONAKID PRE-SCHOOL® 3+ on their official [Lazada](#) and [Shopee](#) stores.

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