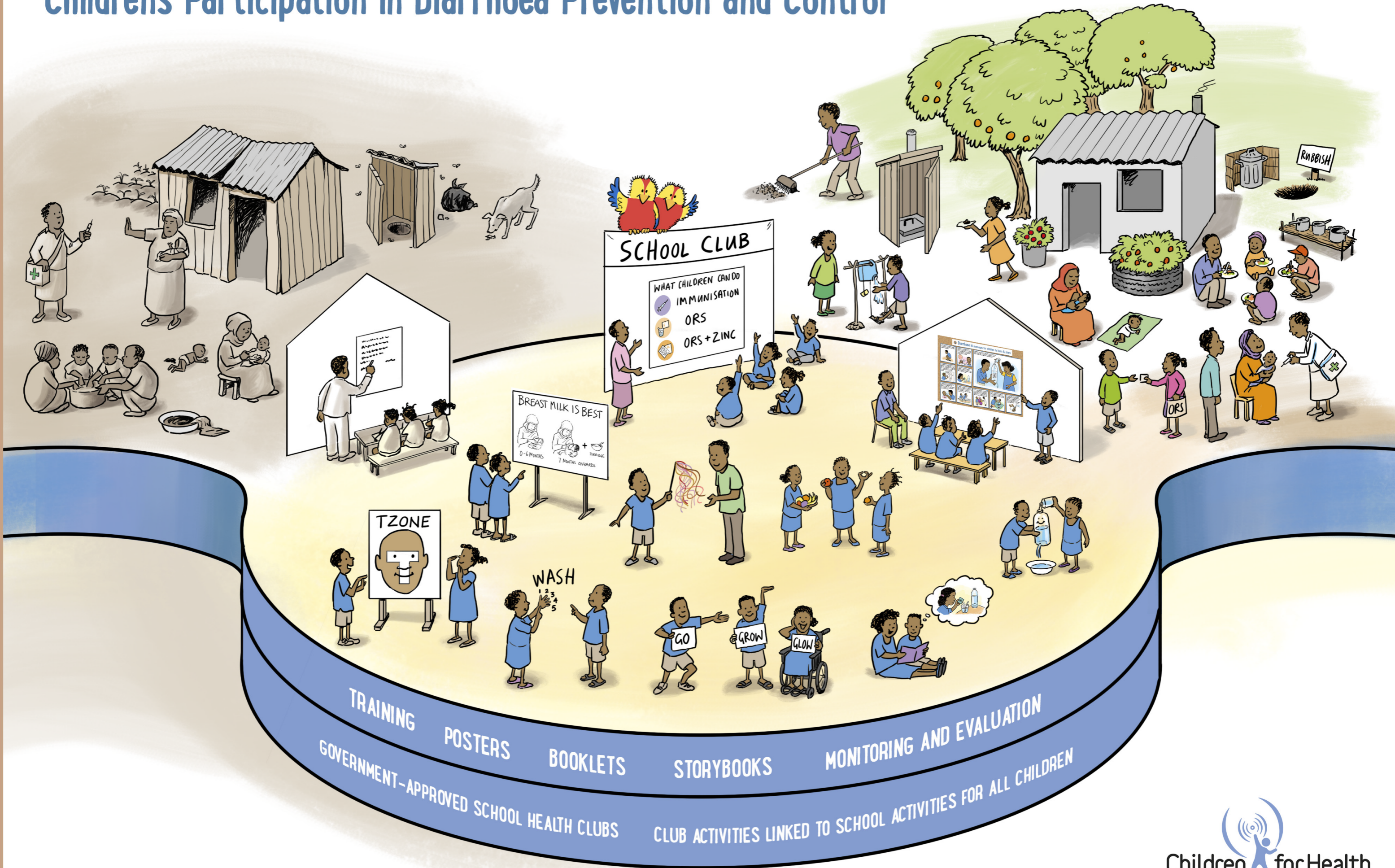
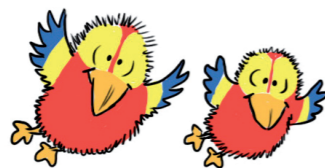


Children's Participation in Diarrhoea Prevention and Control





The 12 messages

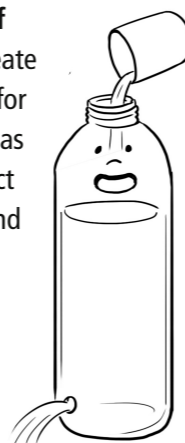


- 1 Wash your hands properly: use water, a little soap. Rub for 20 seconds, rinse and air-dry.
- 2 Wash your hands properly before touching the T-zone on your face (eyes, nose and mouth), as this is where germs enter the body. Avoid touching the T-zone when you can.
- 3 Wash your hands at five critical times. 1. After urinating or stooling 2. After cleaning the baby or helping someone who is ill 3. After handling animals or garbage. 4. Before preparing food. 5. Before eating or giving food to babies.
- 4 Always use a latrine for poo and pee. Doing this will protect you and others from illnesses like diarrhoea.
- 5 To have a balanced healthy diet, eat food of different kinds. Go, Grow and Glow for strong bodies and healthy minds.
- 6 Be a breast milk champion! Breastmilk is always fresh and clean and the ONLY food and drink a baby needs from birth to 6 months.
- 7 Eat a rainbow of fruits and vegetables, including leaves (red, orange, yellow and green). They contain micronutrients, too small to see but vital for our body and mind.
- 8 Millions of parents all over the world take their children to be immunised to make sure they are safe, strong and protected from diseases like measles and rotavirus.
- 9 Diarrhoea causes us to lose vital fluids from our bodies. We need to replace fluids and salts to keep the body strong and prevent serious illness or even death from dehydration.
- 10 ORS stands for Oral Rehydration Solution, the best drink to prevent and treat dehydration. Find packets, to make ORS, at clinics and shops.
- 11 Prevent dehydration with ORS as soon as diarrhoea begins. Mix it correctly with clean, safe water following the instructions on the packet. Breast milk is best for babies.
- 12 Zinc tablets can reduce the amount of poo and can help children recover more quickly from diarrhoea. Health workers instruct us how to take Zinc with ORS. Give fluids, too, to prevent dehydration.



Background

This poster has been created alongside a Save the Children (SC) programme in the **Democratic Republic of the Congo**. SC is working in seven provinces of the DRC alongside partners and community members to create a safe and protective environment for children. Through this work, SC are actively engaged in being a voice for children, promoting **Children's Rights** and improving the well-being of every last child. In recent years SC has been working on an **Integrated Project for the Battle Against Childhood Diseases (PRIME)**. This project seeks to 1) improve the supply of health services through improving systems and structures, 2) create demand for services and health rights and ensures the active participation of communities; and 3) advocates for stronger health policies. SC mobilises community groups to promote messages on healthy household practices to prevent childhood diseases. This approach includes strengthening the participation of children through schools. This poster is part of the SC effort to design, implement and monitor a school health club approach. The approach supports children as agents of change in their communities to learn and share messages and practices on good nutrition and hygiene habits, with their peers, families and the entire community. The poster is a visual outline for the school health club approach.



For more information please visit www.childrenforhealth.org or contact clare@childrenforhealth.org



A Basket of Ideas

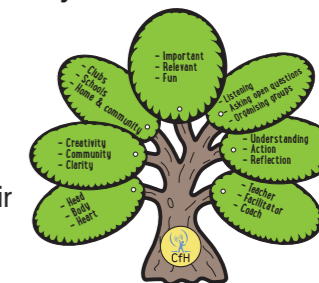
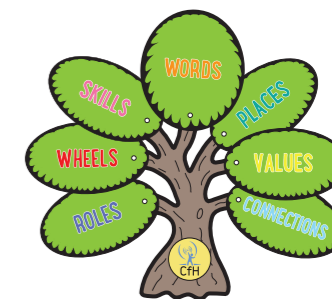
- Wash the hands properly using a tippy tap, soap and remembering to air-dry and remind others to do the same.
- Know when to wash the hands, at five critical times!
- Make a tippy tap! Help to keep it full of water and soap nearby.
- Use a latrine and cover it after use and help dispose of babies' and young children's faeces safely.
- Help to take younger siblings to the clinic for immunisation
- Know and promote the need for exclusive breastfeeding for six months
- Help to make and give weaning foods that will help young child go, grow and glow!
- Help to keep clean the home and environment around the home.
- Keep all animals and animal dirt away from places where food is being prepared or eaten.
- Help to give clean, safe drinks to a baby or young child with diarrhoea.
- Talk to the family about sharing food fairly and making sure everyone in the family gets a balanced diet.
- Know where in the community to get ORS to give to someone with diarrhoea.
- Know where to get Zinc tablets for children to take with ORS when they have diarrhoea
- Keep an eye on babies at all times, make eye contact! Sing and talk to them.
- Make a diarrhoea bottle doll to understand rehydration.



The Rainbow Tree

The Rainbow Tree is a training tool used in workshops focused on children's participation in health education. It is used alongside **The Rainbow Flower**, a tool for children. **The Rainbow Tree** helps educators understand seven distinctions between a participatory model and a more traditional health education model and each one is like a branch of the tree.

1. **ROLES** The roles of the teachers. In this work, teachers 'dance' between 3 ROLES of **teacher, facilitator** and **coach**.
2. **WHEELS** The three elements of a project are like wheels that must be turning together. They include: **understanding, taking action** and **reflection**.
3. **SKILLS** These are the skills that teachers must use and include **listening, asking open questions** and **organising groups**.
4. **WORDS** The kind of activities that children do are guided by these three words, **IMPORTANT, RELEVANT AND FUN!**
5. **PLACES** Move the learning and sharing of information and activities between where smaller groups of children learn (in a **club** or a class) to larger groups (**school**), and then on to the **home and community**. Then ALL children are reached.
6. **VALUES** The values at the heart of the activities include: **CREATIVITY** with a sense of **COMMUNITY** and with **CLARITY** of purpose and shared understanding.
7. **CONNECTIONS** Making connections that ensure healthy habits are effective and long-lasting - It's not enough for children or their teachers just to **KNOW** something! Real and lasting changes happen when connections are made between what they know in their **HEAD** what they **DO** in their body and what they **FEEL** in their heart.



In training workshops, each leaf or petal is introduced to the participants separately, and the concepts understood using discussions, games, movement and choral speaking. The challenges and examples of implementing this approach are tackled one by one. After this, the ideas are brought together into one unified piece of speech and actions. The result looks a lot like a dance! Then the participants work in pairs as they cut out and assemble a craft version of **The Rainbow Tree**, reinforcing their learning. **The Rainbow Trees** made by the participants are then displayed and taken away by the participants at the end of the workshop.

This poster was supported by

