

100 HEALTH MESSAGES

for children to learn and share



ENGLISH

A Children for Health Book

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The 100 Health Messages for Children to Learn & Share are simple, reliable health education messages aimed at children aged 8-14. So, this includes young adolescents aged 10-14. We feel that it is especially useful and important to make sure that young adolescents aged 10-14 are informed because this age group are often caring for young children in their families. Also, it's important to recognise and praise the work they are doing to help their families in this way.

The 100 messages comprise 10 messages in each of 10 key health topics: Malaria, Diarrhoea, Nutrition, Coughs Colds & Illness, Intestinal Worms, Water & Sanitation, Immunisation, HIV & Aids and Accidents, Injury and Early Childhood Development. The simple health messages are for parents and health educators to use with children at home, in schools, in clubs and in clinics.

The health messages have been developed and reviewed by health educators and medical experts. They can be translated and adapted provided that the health message remains correct. Great care has been taken to ensure that the health messages are accurate and updated. Health educators use these health messages to structure health education activities in their classrooms and projects, and to stimulate discussions and other activities.

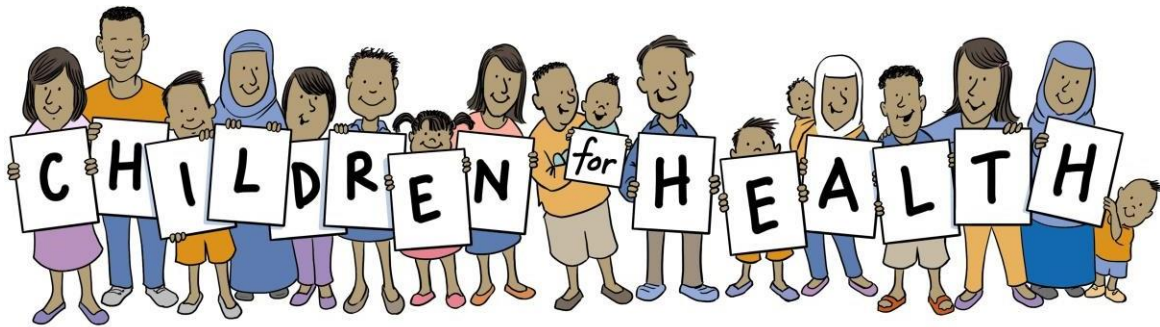
For example, after learning a message about proper hand washing, children can ask each other and their families *'What are the reasons people in our family and our community find it hard to wash their hands properly?'* Children chatting about this issue and deciding together how they might solve problems and thereby become agents of change, is the value underneath the learning of the health message. The message is like a doorway to discussion and action.

Parents or teachers can ask the children to memorise the health messages. Or, children can create actions to go with each health message, to help them memorise the message. Small prizes may be used to reward children who have learned AND shared a health message with others. For example, a ribbon or piece of coloured fabric can be given as prizes. Children can then tie these to a stick and enjoy creating a colourful **Rainbow Stick** to show the health messages they have learned and shared.

The 100 Health Messages for Children to Learn & Share have been created by Children for Health, a small NGO based in Cambridge in the UK. Children for Health works with health education partners all over the world.

The health messages have been reviewed by expert health educators and medical experts, and are available on the ORB health website: <http://www.health-orb.org>

About Us



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Here are the 10 messages on Topic 1:

CARING FOR BABIES



1. Play games, cuddle, talk, laugh and sing with babies and young children as much as you can.
2. Babies and young children become angry, afraid and tearful easily, and can't explain their feelings. Always be kind.
3. Young children learn quickly: how to walk, make sounds, eat and drink. Help them but let them make safe mistakes too!
4. All girls and all boys are as important as each other. Treat everyone well, especially children who are sick or who have disabilities.
5. Young children copy the actions of those around them. Look after yourself, behave well near them and show them effective ways.
6. When young children cry, there's a reason (hunger, fear, pain). Try to find out why.
7. Help prepare young children for learning at school by playing number and word games, painting and drawing. Tell them stories, sing songs and dance.
8. In a group, watch and record in a notebook how a baby grows into a toddler and when they do important 'firsts' like speaking, walking and talking.
9. Help prevent diseases by helping adult carers and older children check that babies and young children are clean (especially hands and faces), drink safe water and eat enough good food.
10. Give loving care to babies and young children but don't forget about yourself. You are important too.

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Here are some ideas for activities which children can do to understand more about the topic and share the messages with others.

Caring for Babies: What Can Children Do?



- MAKE our own messages on **Caring for Babies** in our own words and our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!
- DIVIDE into groups of 'boys' and 'girls'; have boys play 'girls games' and girls play 'boys games'. Afterwards, have both groups discuss the games. For example, do you agree with the games being called BOYS or GIRLS games? Why or why not?
- DISCUSS 'good' and 'bad' behavior at home or in the school and why they are described like this.
- MAKE posters to show others what we know about this topic.
- ORGANISE Toy-Making Competitions like mobiles, rattles, building blocks, dolls, animals and picture books - at home, in school or community groups.
- MAKE drawings and posters to show simple steps to prevent disease like washing hands with soap, Immunisation, and eating a balanced diet.
- MAKE a short play about caregivers playing with young children. They can play out the dialogue between two mothers; one who believes young children should be kept quiet and one who believes in having fun! Mime/act out an emotion/feeling only with gestures and facial expressions. Other children guess what the feeling or emotion is.
- ASK parents and grandparents why and what makes babies cry and laugh and share with the class what they find out.
- A class or group can ADOPT A BABY from the local community. The mother visits the group each month to share how baby is growing.
- MAKE up a song to describe simple steps to prevent diseases like keeping clean and drinking safe water and sing them at home with younger siblings.
- OLDER children interview parents and ask what was most difficult for them when caring for their babies and young children, and what helped them the most.
- ASK a health worker or a science teacher to tell you more about how a baby's brain grows.
- OLDER children can ask the elderly in the community to teach them songs, stories and games, and sing songs for babies and younger children.
- CHILDREN can ask adults what they think it is important to do to prevent babies from getting diseases.

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

Here are the 10 messages on Topic 2: **COUGHS, COLDS & ILLNESS**



1. Smoke from cooking fires has tiny bits in it that can go into the lungs and cause illness. Avoid smoke by cooking outside or where fresh air can come in and smoke can escape.
2. Smoking tobacco makes lungs weak. Breathing smoke from other people smoking is also harmful.
3. Everyone gets coughs and colds. Most get better quickly. If a cough or cold lasts more than 3 weeks, go to a health clinic.
4. There are types of germs called bacteria and others called viruses. Viruses cause most coughs and colds and can't be killed using medicine.
5. Lungs are the part of the body that breathe. Coughs and colds make lungs weak. Pneumonia is a bacteria germ that causes serious illness in weak lungs.
6. A sign of pneumonia (a serious illness) is fast breathing. Listen to the breathing. Watch the chest going up and down. Other signs are fever, sickness and chest pain.
7. An infant less than 2 month old, breathing 60 breaths a minute or more must go to a health worker FAST! Quick breathing in children 1-5 years old is more than 20-30 breaths per minute.
8. A good diet (and breastfeeding babies), a smoke-free home and immunisation help to prevent serious illnesses like pneumonia.
9. Treat a cough or cold by keeping warm, drinking tasty drinks often (like soup and juice), resting and keeping your nose clean.
10. Stop coughs, colds and other illnesses spreading from one to another. Keep hands and eating and drinking utensils clean, and cough into paper.

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COUGHS, COLDS & ILLNESS: What Can Children Do?



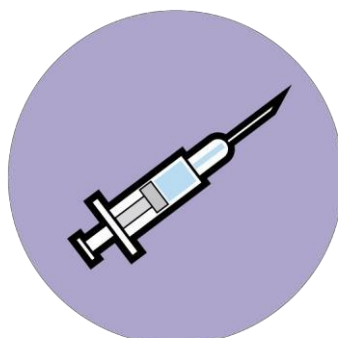
- MAKE our own messages on Coughs, Colds & Illness in our own words and our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!



- MAKE a plan of your house. Where is smoky, where is not? Where is safe for young children to play away from smoke?
- MAKE a poster to encourage parents to take their children for Immunisation against dangerous diseases like measles and whooping cough.
- MAKE up a song about pneumonia and share it with our family and friends!
- MAKE a *Pendulum* with a string and stone to help us count when breathing is fast and when breathing is normal and show what we have learnt to our families.
- MAKE our own play about breastfeeding babies.
- MAKE a play about keeping cool with a fever and keeping warm with a cold.
- MAKE a *Tippy Tap* for home and school to help wash our hands with soap before eating and after using the toilet.
- LEARN how to wash your hands with soap and water to stop germs spreading and protect yourself against coughs and colds.
- TEST our knowledge of pneumonia by acting out different scenarios that could be pneumonia or could be a cold.
- ASK what are the danger signs for pneumonia? Share what we learn with our families.
- ASK where is smoking banned? Is your school smoke free?
- ASK what makes us breathe fast? We can measure our breathing to learn to identify fast breathing when someone is in danger from pneumonia.
- ASK what are new and old ways to treat coughs and colds?
- ASK how are germs spread? Learn by playing *The Handshaking Game*.

For more information on the Tippy Tap, the Pendulum or the Handshaking game, or for any other information, please contact www.childrenforhealth.org or clare@childrenforhealth.org

Here are the 10 messages on Topic 3: IMMUNISATION



1. Millions of parents all over the world every year make sure their children grow strong and are protected from diseases by taking them for immunisation.
2. When you are ill with an infectious disease, a tiny, invisible germ has entered your body. This germ makes more germs and stops your body working well.
3. Your body has special soldier-like protectors called antibodies to fight germs. When germs are killed, antibodies stay in your body ready to fight again.
4. Immunisation puts antigens into your body (by injection or by mouth). They teach your body to make the soldier-like antibodies to fight a disease.
5. Some immunisations must be given more than once to help your body build up enough antibodies to protect against a disease.
6. Horrible diseases that cause death and suffering, like measles, tuberculosis, diphtheria, whooping cough, polio and tetanus (and more!), can be prevented by immunisation.
7. To protect your body, you need to be immunised before the disease strikes.
8. To protect children right away immunisations are given to babies. If a baby misses their chance they can be immunised later.
9. Children can be immunised at different times for different diseases. Find out when and where your community immunises children.
10. If babies or young children are a little unwell on the day of Immunisation they can still be immunized.

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IMMUNISATION: What Can Children Do?

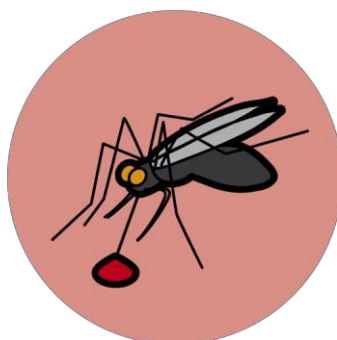


- MAKE our own IMMUNISATION messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!
- MAKE posters for Immunisation days and display them where everyone can see them.
- MAKE a play about stopping killer diseases harming children in our village.
- MAKE a story with pictures of superhero Immunisations fighting the deadly diseases to protect us.
- MAKE A POSTER of one or more diseases that can be prevented by Immunisation like *Diphtheria, Measles & Rubella, Pertussis, Tuberculosis, Tetanus & Polio*
- MAKE up a play or story about *Aunty Body*, a kind, strong protector that keeps us safe and well.
- LEARN about each of the diseases and share what we learn with other children and our families
- MAKE a special *Birthday Card* for a new baby and their mother with the times of their Immunisations to wish them a happy and healthy first year of life!
- FIND out more about the many diseases that Immunisations protect us against.
- FIND out more about helping children with disabilities.
- MAKE UP AND TAKE A QUIZ to find how much we know about Immunisation. Share it with friends and family.
- FIND out which Immunisations we need more than once. And help FIND children who missed Immunisations.
- FIND out what are the disease's SUPER POWERS and how Immunisation defeats these powers.
- CHECK everyone in our class and our teachers have all had their Immunisations.
- FIND out if there are special Immunisation events or days and health weeks when all children and babies can go for Immunisations.
- FIND out if anyone in my family has missed their Immunisations so they can catch up.
- ASK about Immunisations in my country and WHEN we can get immunized.
- FIND OUT if anyone in our family had one of the killer diseases and find out what happened to them.

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

Here are the 10 messages on Topic 4:

MALARIA



1. Malaria is a disease spread by the bite of an infected mosquito.
2. Malaria is dangerous. It causes fever and can kill, especially children and pregnant women.
3. Prevent malaria by sleeping under insecticide-treated bed nets that kill mosquitoes and stop them biting.
4. Malaria mosquitoes often bite between sunset and sunrise.
5. When children get malaria, they may grow and develop more slowly.
6. There are three types of insecticide spraying to kill malaria mosquitos: in houses, in the air and ontowater.
7. Thesignsformalariaarehighfever, headaches, muscleandstomachpain, and chills. Rapid tests and treatment saves lives.
8. Malaria can be prevented and treated with medicine as directed by a health worker.
9. Malaria lives in an infected person's blood and can cause anaemia, which makes them tired and weak.
10. Anti-malaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.

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Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

MALARIA: What Can Children Do?



- MAKE our own MALARIA messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!
- MAKE posters to show others how malaria spreads and how we can join the fight to prevent malaria!
- MAKE up stories or plays about the life cycle of the mosquito to tell or perform to other children!
- MAKE posters to show how to use and take care of insecticide treated bed nets!
- TELL stories and make posters to show others how to prevent mosquitoes biting.
- CREATE stories or dramas to show how a child recognizes the signs of malaria in another child and asks the adults to take her for a test!
- CREATE stories or drama about the signs for malaria and anemia, how worms lead to anemia and how malaria leads to anemia too.
- MAKE posters about iron rich food in our community.
- HELP younger children stay under the net when mosquitoes are biting!
- Make sure bed nets are tucked in properly and have no holes!
- CREATE stories or drama about why people do and don't like bed nets and what they believe the bed nets do and don't do!
- ORGANISE a campaign to show people how to use bed nets!
- INVITE a health worker to visit our school and talk to older children about bed nets and tests!
- USE song, dance and drama to share the messages with others!
- ASK how many people in our family have had malaria? How we can prevent malaria? How and when to hang up long lasting insecticide treated bed nets (LLINs) and use window screens and how do they work? When can people get LLINs in the community? How does malaria kill? Why is malaria especially dangerous for pregnant women and children? What do health workers give women who are having a baby to stop them getting malaria and when do they get it? How do iron and iron rich foods rich foods (meat, some cereals and green leafy vegetables) help to prevent anemia? How can people protect themselves and each other from mosquito bites? What do you call the special tests to check if malaria is present in the blood?

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

Here are the 10 messages on Topic 5: DIARRHOEA



1. Diarrhoea is watery poo that happens three or more times a day.
2. Diarrhoea is caused by germs getting into the mouth from contaminated food or drink or touching the mouth with dirty fingers or using dirty spoons or cups.
3. The loss of water and salts (fluids) makes the body weak. If fluids are not replaced, diarrhoea can kill young children quickly from dehydration.



4. Diarrhoea can be prevented by giving extra safe drinks like safe water, or coconut or rice water. Babies need breast milk most of all.
5. A child with diarrhoea may have a dry mouth and tongue, sunken eyes, no tears, loose skin, and cool hands and feet. Babies may also have a sunken soft spot on the head.
6. Children doing more than five watery poos a day or bloody poo or who start to vomit too MUST be seen by a health worker.
7. ORS stands for Oral Rehydration Solution. Find ORS at clinics and shops. Mix it correctly with clean safe water to make the best drink for diarrhoea.
8. Most diarrhoea medicines do not work but zinc pills stop diarrhoea sooner for children over 6 months. ORS drinks MUST be given as well.
9. Young children with diarrhoea need tasty, mashed food as often as possible to make their bodies stronger.
10. Diarrhoea can be prevented by breastfeeding babies, good hygiene habits, immunisation (especially against rotavirus and measles) and making sure food is safe.

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Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

DIARRHOEA: What Can Children Do?



- MAKE our own DIARRHOEA messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families!
- MAKE a simple *Fly Trap* to keep flies that carry germs away from our food.
- MAKE a poster to show others the diarrhoea danger signs.
- CREATE a short play about when we need to call the health worker to help.
- MAKE a snakes and ladders game to help us learn how to stop diarrhoea.
- MAKE *First Aid Kits* for home and school that has ORS.
- ROLE PLAY two mothers talking about how to help their babies with diarrhoea get better.
- PLAY a game to label a picture of a baby with diarrhoea to test what we know about the signs of dehydration.
- LOOK at how plants need water to grow – find out what happens when plants don't have water.
- HELP prevent diarrhoea by keeping ourselves and the places we live, clean.
- PLAY *The Handshaking Game* to find out how quickly germs can spread.
- ASK, how long were our parents breastfed? How do we treat diarrhoea at home with ORS and zinc? What are the danger signs that mean we need to get help from a health worker? What drinks are safe when we have diarrhoea? How we can make water safe to drink *by using sunlight*? Which drinks are safe when we don't have any ORS? *What are dysentery and cholera and how do they spread?*

For more specific information on making a *Fly Trap*, *The Handshaking Game* or on *sunshine sterilizing water* or on anything else, please contact: www.childrenforhealth.org or clare@childrenforhealth.org

Here are the 10 messages on Topic 6: **WATER AND SANITATION**

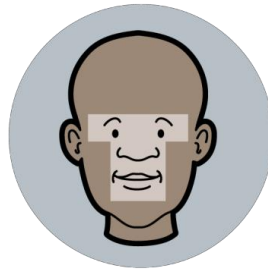


1. To wash hands properly use water and a little soap. Rub for 10 seconds, rinse and air-dry or dry with a clean cloth/paper, not on dirty clothes.
2. Wash your hands properly before touching the T-zone on your face (eyes, nose and mouth), as this is where germs enter the body. Avoid touching the T-zone when you can.
3. Wash your hands BEFORE preparing food, eating or giving food to babies, and AFTER pee-ing, poo-ing or cleaning a baby, or helping someone who is ill.
4. Keep your body and clothes fresh and clean. Keep your nails and toes, teeth and ears, face and hair CLEAN. Shoes/flip-flops protect against worms.
5. Keep human and animal poo and pee away from flies, which spread germs. Use latrines and afterwards wash your hands.
6. Keep your face fresh and clean. Wash well with a little clean water and soap morning and evening, and if flies buzz near sticky eyes.
7. Don't touch clean, safe water with dirty hands or cups. Keep it safe and free from germs.
8. Sunlight makes water safer. Filter it into a plastic bottles and leave for 6 hours until it's safer to drink.
9. When you can, use the sun to dry and destroy germs on plates and utensils after washing.
10. Kill or reduce flies by keeping the home and community free from rubbish and dirt. Store rubbish safely until it's collected, burned or buried.

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Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

WATER AND SANITATION: What Can Children Do?



- MAKE our own WATER AND SANITATION messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families
- LEARN a song to help us learn how to wash our hands.
- MAKE UP and ACT out a play to show what happens to the *Germ Family* when the *Clean Family* move into their village or a play about where germs like to hide.
- HELP our younger brothers and sisters and make sure they know how to wash their hands properly.
- SPEND an hour observing a group of people and watch and record how often they touch their faces, their clothes or other people.
- THINK of all the ways that germs can spread from the hands into the body.
- WORK together on a plan to make sure the school toilets are clean.
- LEARN how to clean water using a filter.
- MAKE a plan to keep the school compound clean and clear of rubbish.
- START a hygiene club at school.
- SHARE what we know about flies, dirt and germs with our families.
- KEEP our water container clean and covered and always use a scoop, never our cup or hands. Show our younger brothers and sisters how to take water from a pot.
- WORK together to make a *TippyTap*!
- HOW to make a *Wash Mitt* to hold soap for washing our bodies.
- MAKE a Fly Trap out of a plastic bottle and some sugar water or pool!
- HELP make clean water to drink at home *Using Sunlight*.
- MAKE a *Sand Filter* to clean dirty water.
- MAKE a map of water supplies in our community and whether it is safe to drink or not.
- BUILD a drying rack for cooking pots and our plates so they can dry in the sun.
- ASK how do we keep our hands clean and free from germs? Do we have soap to use for washing hands at home? How much does soap cost at the local shop? How to keep our bodies clean? How to brush our teeth? Where do germs come from, where they live and how do they spread? How do flies live, eat and breed? How do flies carry dirt on their legs? What are our water sources? How can we make dirty water safe to drink? Where can we get plastic bottles? What cloth can be used as a water filter? What hygiene practices do family members use when they prepare food? Where are the places in the house or community that might have the most germs?

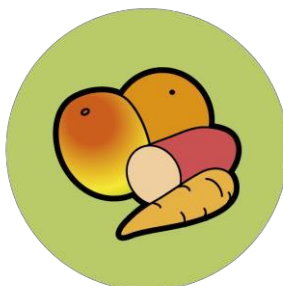
For more specific information on *The Fly Trap*, *Using Sunlight to sterilize water*, how to make a *Sand Filter*, a *Wash Mitt* or a *Tippy Tap*, or anything else, please contact www.childrenforhealth.org or clare@childrenforhealth.org

Here are the 10 messages on Topic 7:

NUTRITION



1. To have a balanced healthy diet eat different food of different kinds. GO, GROW and GLOW for strong bodies and happy minds!
2. Malnutrition means Bad Nutrition and happens if we eat too little, too much or mostly junk food. Avoid malnutrition! Sit and eat enough good food at mealtimes but not too much.
3. To check that babies and young children are growing well, watch and help record their length and weight at a clinic often and as instructed by a health worker.
4. Help avoid lifelong harm to young children. Tell adults to have them checked if you see the arms or body looking thin or the face or feet looking swollen.
5. When young children are ill they may not eat well. Give them healthy drinks e.g. breastmilk, milk or home-made soup. Also, give extra food when they start to feel better.
6. Be a breastmilk champion! Breastmilk is always fresh and clean and the ONLY food and drink a baby needs from birth to 6 months.
7. Help prepare and give older babies good food (6 months to 2 years). They need breast milk plus family food and snacks 3-4 times a day.



8. Eat a rainbow of fruits, vegetables including leaves (red, orange yellow and green) They contain micronutrients, too small to see but vital for our body and mind.
9. Wash your hands well using water and a little soap. Rub for 20 seconds, rinse, shake and air-dry after toilet and before preparing food and eating.
10. Wash fresh food well as you prepare it. Use cooked food immediately or make sure it's stored away from flies to make it safe to eat later.

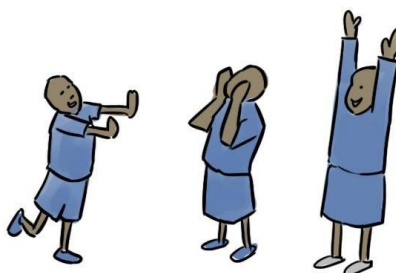
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Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

NUTRITION: What Can Children Do?



- HAVE a healthy breakfast every day.
- EAT lots of different fresh colourful food every day or week.
- ASK for more eggs, beans and colourful fresh food like fruit & vegetables.
- HAVE healthy snacks like fruit or orange sweet potatoes.
- WASH your hands with soap after toilet and before eating and help younger children too.
- AVOID a lot of deep-fried foods, sugary drinks and snacks.
- HELP to shop for food shopping and learn to READ & UNDERSTAND food labels.
- LEARN to prepare and cook healthy snacks and healthy meals.
- DISCUSS which street food is healthy/unhealthy and why.
- (with an adult) ADAPT the NUTRITION messages using your own words in your own language. MEMORISE the nutrition messages and SHARE the messages with many others.
- Create a STORY or SERIES of IMAGINARY PICTURES to help remember the nutrition messages.
- FIND OUT and RECORD *Which mothers in your community breastfeed their babies and why? *How does breast milk change as a baby gets older? *When are bottles dangerous for baby? *What do mothers give their babies as their first food after 6 months? *How often they breastfeed at different ages? MAKE a chart with friends to show the results to others.
- EXAMINE a baby's growth chart with adults to help (this is sometimes called a Road to Health chart).
- FIND OUT what the lines mean. OBSERVE babies & young children being weighed and measured and have their weight plotted onto their chart.



- FIND OUT & RECORD * What does your family eat each day/each week? * How much family food is naturally colourful? * Does everyone in your family get enough variety of food to GO, GROW, & GLOW? * Are there family members especially old or especially young that need others to OBSERVE & COMMENT on how little or how much they are eating? DRAW & WRTE about the foods we eat each day over a week.

- DISCUSS if there are any children you know who are, or might be, malnourished and PLAN what you can do to help.
- ASK & LISTEN to stories about when food made people ill (e.g. food stored too long)



- FIND OUT & have debates on topics like: * How to tell if a child is becoming malnourished * What micronutrient rich foods are available to most people in the community * How to prepare vegetables so they are tasty * Why it's important to eat naturally colourful food * What foods are good for people to eat when they are ill & afterwards * The reasons why, *Breast is Best* * The methods to keep food fresh like drying or bottling * How to tell if food had gone bad & is no longer safe to eat * How to help a child who is ill get good food & drink.
- OBSERVE * How food is prepared & cooked * How plates & utensils are washed & dried * If the person cooking washes their hands with soap before touching food.
- DRAW a picture chart showing foods that are unhealthy for babies & young children and WRITE next to each picture why this food is unhealthy. (e.g. sugar & empty calories).

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

Here are the 10 messages on Topic 8:

INTESTINAL WORMS



1. Millions of children have worms living inside their bodies, in a part of the body called the intestines and this is where the food we eat is used by our bodies.
2. Different kinds of worms can live in our bodies: roundworm, whipworm, hookworm and bilharzia (schistosomiasis). There are others too!
3. Worms can make us feel ill or weak. They can cause stomach pain, coughs, fever and sickness.
4. Worms live inside your body so you might not know they are there but sometimes you can see worms in your poo.
5. Worms and their eggs get into our bodies in different ways. Some get in from food or drink like unsafe water. Others get in through bare feet.
6. Killing worms with de-worming pills is easy and cheap. It's given by health workers every 6 or 12 months, or more for some worms.
7. Worm eggs live in pee and poo. Use latrines or get rid of pee and poo safely. Wash your hands with soap after you pee or poo and if you help someone younger, so worm eggs don't get on your hands.
8. Stop worms getting into your body by washing hands with soap after a pee or poo and before preparing food, eating or drinking, by washing fruit and vegetables, and by wearing shoes.
9. Some worms live in the soil so always wash your hands with soap after touching it.
10. When watering vegetables or fruit to eat, use water that cannot have human pee or poo in it.

These health messages have been reviewed by expert health educators and medical experts and are also available on the ORB health website:

<http://www.health-orb.org>

Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

INTESTINAL WORMS: What Can Children Do?



- MAKE our own Intestinal Worms messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families.
- USE 'vote with your feet' to take our quiz and find out how much you know about worms.
- LISTEN to a story about worms so we can understand how we can stop worms spreading by washing our hands and remembering to wear our shoes.
- FIND out how food is prepared in our school and how our cook keeps food safe and free from worms.
- ALWAYS use the toilet or latrine to stop worm eggs spreading from poo that gets into the soil and water.



- WASHING our hands properly needs soap and water and clean cloths.
- DO a survey to find out what people in our family know about worms.
- MAKE up a play about Wicked Worms and how children stop Wicked Worms stealing their family's food!
- MAKE posters to show how to keep food safe and free from worms by washing it before eating raw vegetables, cooking meat properly and preparing food.
- FIND out how to make a *Tippy Tap* and make a *Hand Washing Station* for our family, class or group.
- MAKE a song about how to stop worms spreading or about hand washing to remind us when and how to wash our hands.
- MAKE a poster to remind us to wash vegetables and fruit before we eat them or prepare them.
- MAKE a role-play or puppet show about how we can stop worms spreading.

- CREATE and PLAY a *Fill in the Blanks Word Game* to test our knowledge about worms or CREATE and TAKE a quiz to find out if we know when to wash our hands **before** doing something and when to wash our hands **after** doing something. Use the questions below to help.
- ASK how do our bodies use the food we eat? How long is our large intestine? How do worms take our food? How long can a tapeworm grow? How many types of worm do you know? What kinds of worms are most common where you live? What are the signs you could have worms? Where can you get de-worming medicine and who needs to take it? How many eggs can a worm make every day? Worms may take other nutrients like Vitamin A from our bodies as well as food – can you find out what we need Vitamin A for? Worm babies are called larvae. Which worm larvae get into our bodies through our skin? How does using the toilet or latrine and getting rid of our poo safely help to stop worms spreading? Does our school have de-worming days? When are they? Why does everyone get de-worming tablets on the same day? How many children in the world have worms? Why is it important we stop worms spreading? About our digestive system – how does it work and what do worms do to stop it working? How small is a worm egg? What is the smallest thing you know? How can we tell if water is clean or dirty? What do plants need to grow? How can we make fertilizer that is safe to feed to plants?

For more specific information on how to make a *Tippy Tap* or a *Hand washing Station* or a *Fill in the Blanks Word Game*, or anything else, please contact www.childrenforhealth.org or clare@childrenforhealth.org

Here are the 10 messages on Topic 9: **ACCIDENTS & PREVENTING INJURIES**



1. Cooking areas are dangerous for young children. Keep them away from fires and from sharp or heavy objects.
2. Children need to avoid breathing smoke from fires. It causes illness and coughing.
3. Anything poisonous must be kept out of the reach of children. Don't put poisons in empty soft drink bottles.
4. If a child is burned, put cold water on the burn immediately until the pain lessens (10 minutes or more).
5. Vehicles and bicycles kill and injure children every day. Be aware of all vehicles and show others how to be safe, too.
6. Look out for dangers for young children like knives, glass, electric plugs, wire, nails, pins etc.
7. Stop young children eating dirt or putting small things into or near their mouths (e.g. coins, buttons) as these can block breathing.
8. Stop young children playing near to water where they may fall in (rivers, lakes, ponds, wells).
9. Create a first-aid kit for home or school (soap, scissors, disinfectant and antiseptic cream, cotton wool, thermometer, bandages/plasters and ORS).
10. When you go somewhere new with a young child, be aware! Look and ask about the dangers for young children

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Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

PREVENTING ACCIDENTS AND INJURIES: What Can Children Do?



- MAKE our own **PREVENTING ACCIDENTS AND INJURIES** messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE these messages with other children and our families!
- MAKE posters about keeping poisons safely: how to store them, label them and keep them away from children.
- MAKE a *First Aid Kit* that we can use if anyone gets injured.
- MAKE toys that are safe for young children to play with.
- MAKE a rope and float for the river or lake that can be used in an emergency.
- MAKE a *First Aid Station* for our school.
- CREATE a safety campaign to raise everyone's awareness of children's safety.
- MAKE a survey to find out where in our community there is water that may put children at risk of drowning, and what can be done to keep children safe
- PLAY the *But Why? Game* about accidents at home.
- THINK of ways to make our homes safer and share ideas with posters, songs and plays.
- FIND OUT from a health worker what we need in a *First Aid Kit* for home and school.
- CREATE and PLAY *Spot the Dangers* in a poster or sketch and see if we can find all the risks of accidents.
- START a campaign to raise awareness of children's safety on roads.
- ROLE PLAY being safety aware when we are looking after a child.
- LEARN basic First Aid so we can help in an emergency, role-play to develop and practice our first aid skills and share these with our family and friends.
- MAP OUT and FIND any dangers for young children in our homes.
- SHARE what we know about risks of injury to small children with adults.
- LEARN what to do when a baby is choking and show our parents, grandparents and brothers and sisters.
- LEARN to spot common hazards where there is a risk of burns, falls, drowning or busy roads with traffic.
- ASK what are the risks of burns at home? What should we do if someone is burnt? How can keep children safe from hot things and hot liquids in the kitchen? Do people keep babies and young children away from hazards in our community? – How? Why are babies and young children at higher risk from choking than older children or adults? How do we help someone who is in trouble in the water without putting ourselves at risk?

For more specific information on how to make a *Tippy Tap* or what to include in a *First Aid Kit* or an example of a *Spot the Dangers Poster*, please contact www.childrenforhealth.org or clare@childrenforhealth.org

Here are the 10 messages on Topic 10:

HIV & AIDS



1. Our body is amazing, and every day there are special ways it protects us from getting diseases from the germs we breathe, eat, drink or touch.
2. HIV is a germ called a VIRUS (the V is for VIRUS). It is an especially DANGEROUS virus that stops our body protecting itself well from other germs.
3. Scientists have created medicines that stop the HIV from being dangerous, but no one has found a way to remove it from the body completely.
4. After time and without medicine, people with HIV develop AIDS. AIDS is a group of serious illnesses that make the body weaker and weaker.
5. HIV is invisible and lives in blood and other liquids in the body that are made during sex. HIV can be passed (1) during sex, (2) from infected mothers to babies and (3) in blood.
6. People protect themselves from getting HIV from sex by (1) not having sex, (2) being in a faithful relationship or (3) having sex using condoms (protected sex).
7. You can play, share food, drink, hold hands and hug people with HIV and AIDS. These actions are safe and you will not catch the virus this way.
8. People with HIV and AIDS sometimes feel afraid and sad. Like everyone, they need love and support, and so do their families. They need to talk about their worries.
9. To help themselves and others, people who think they may have HIV or AIDS must go to a clinic or hospital for testing and counselling.
10. In most countries, people who are HIV positive get help and treatment. A medicine called antiretroviral therapy (ART) helps them to live long lives.

These health messages have been reviewed by expert health educators and medical experts and are also available on the ORB health website: <http://www.health-orb.org>

Here are some ideas for activities children can do to understand more about the topic and share the messages with others.

HIV and AIDS: What Can Children Do?



- MAKE our own HIV and AIDS messages using our own words in our own language!
- MEMORISE the messages so we never forget them!
- SHARE the messages with other children and our families
- COLLECT leaflets and information about HIV and AIDS and share these with our community.
- INVITE a health worker to our school to answer our questions about HIV and AIDS.
- FIND ways to help any children in our community who are affected by AIDS.
- PLAY *The Lifeline Game* and find out about risky behaviours that could put us in contact with HIV.
- CREATE and PLAY a *True and False Game* about the ways HIV can pass from person to person. Use the *ASK* questions at the end to help.
- LEARN life skills to help us talk about special friendships and our sexual feelings.
- PLAY the *Fleet of Hope Game* and find out which safe behaviours we would choose to protect us from HIV in our special friendships.
- THINK of all the difficulties someone with HIV or AIDS has to face and what we can do to help.
- ROLE PLAY having HIV and find what it might be like to be someone with HIV.
- LISTEN to and discuss stories about people who are living with HIV and the problems they face.
- MAKE a quiz to find out what we know about HIV and AIDS.
- START a question box in our class for our questions on HIV and AIDS.
- MAKE a poster for our school about HIV and AIDS.
- MAKE a play about a girl called Meena or a boy called Rajeev and her mum who has HIV and how Meena persuades her mum to go to the clinic to get ART (anti-retroviral therapy) medicine.
- START an HIV and AIDS Action club to raise awareness in our school and with our families.
- ASK how does our immune system work? What foods help our immune system stay strong and ready for action? What is HIV and what is AIDS? What do the letters stand for? What happens when someone finds out they have HIV? What happens when someone develops AIDS? How is HIV passed from person to person? How is it not? How can we protect ourselves against it? How are people tested and treated for HIV? How can medicines help reduce the risk of mothers passing HIV to their babies? How does ART (anti-retroviral therapy) work and when should someone take it? When and how do our friendships become sexual relationships? How does a person use a condom correctly? (Male/female) What are the best ways to support our friends and

family who are living with HIV stay healthy and well? Where is the closest clinic that helps people with HIV and AIDS?

For more specific information on *The Lifeline Game* or the *Fleet of Hope Game* or an example of a *True or False Game*, or any other information please contact www.childrenforhealth.org or clare@childrenforhealth.org

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