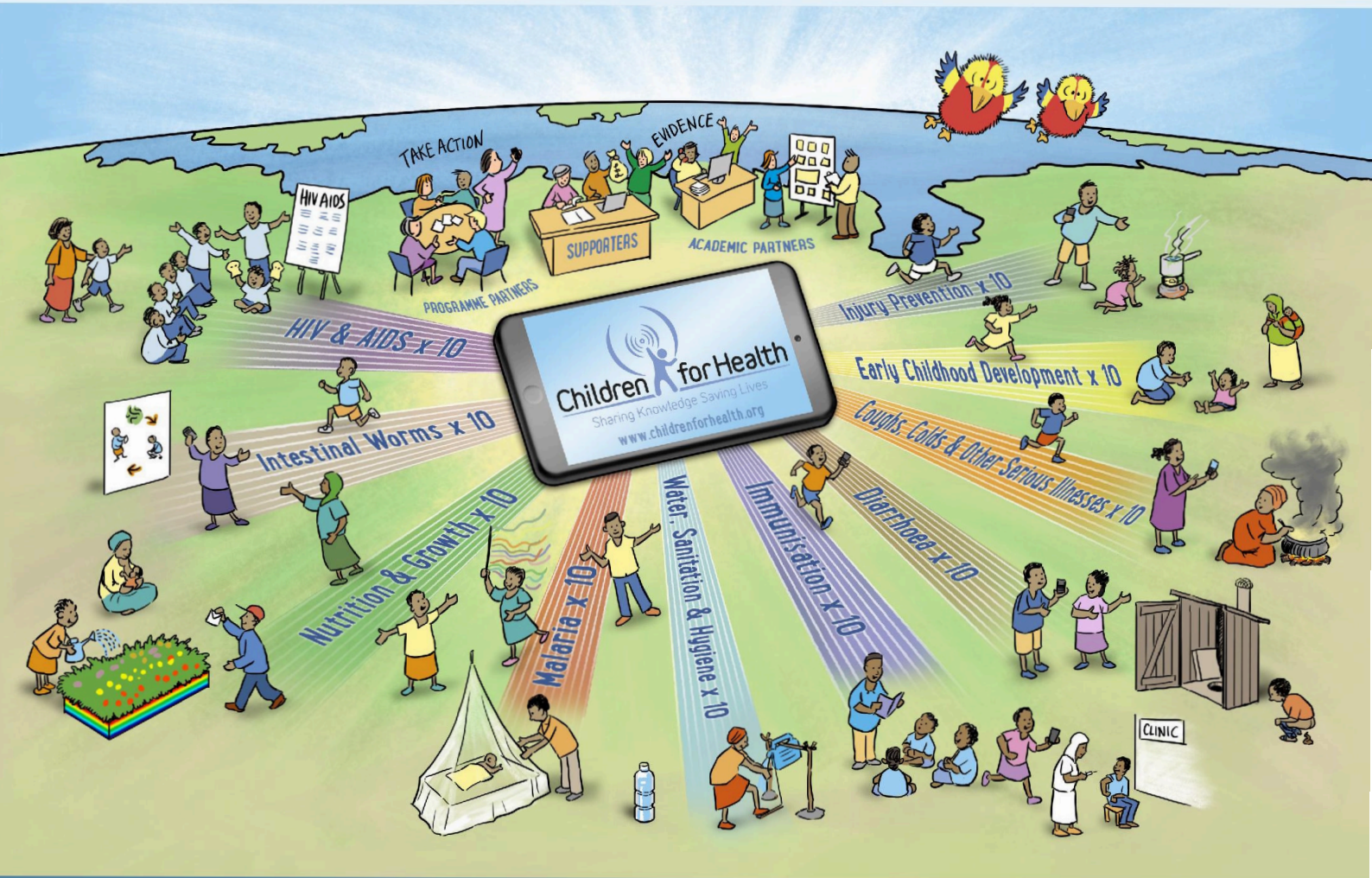
Children for Health

Sharing Knowledge Saving Lives

100 Messages

Health messages to learn and share



A Children for Health book

About this Book

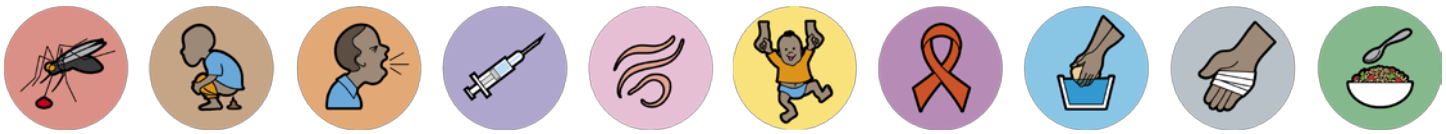
Children for Health is dedicated to the promotion of health education in developing countries, focused on developing children as agents of change and communicators of essential health messages in their families and communities. This book covers our original 10 topics with 10 messages each:

Caring for Babies & Young Children 3
Coughs, Colds & Pneumonia 6
Immunisation.....9
Malaria 12
Diarrhoea 15
Water, Sanitation & Hygiene..... 18
Nutrition 22
Intestinal Worms..... 26
Accidents & Injury Prevention 30
HIV & AIDS 33

Each topic section has two or three pages, one with the messages that can be handed out to children to help them learn and another with lots of ideas for what children can **make**, **do** and **ask** about each topic to help them understand the messages better. These pages can be given to children, but an educator could use these to aid discussion or to create a lesson plan.

With each topic, children should be encouraged to:

- **MAKE** their own messages using their own words in their own language
- **LEARN** these messages so they never forget them
- **ADD** these messages to their rainbow stick collection (see back page)
- **SHARE** these messages with their families and in the community.



All 10 Caring for Babies & Young Children Messages

1. Play games, cuddle, talk, show, laugh and sing to babies and young children as much as you can.
2. Babies and young children become angry, afraid and tearful easily & can't explain their feelings. Always be kind.
3. Young children learn fast: 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 & show them good 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 or 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 speak, walk & talk.
9. Prevent diseases by helping adults and older siblings to check that babies & young children are clean (especially hands and faces), drink safe water & eat enough good food.
10. Give loving care to babies & young children but don't forget about yourself. You are important too!

Caring for Babies & Young Children

What can children do?

CHILDREN can mime/act out an emotion/feeling only with gestures and face expressions. The other children guess what the feeling or emotion is.

AT SCHOOL, a class can 'adopt a baby' from the local community. The mother can come into the class every month or two to discuss with the children how the baby is growing and developing.

MAKE a song or songs to describe the actions necessary to prevent diseases (wash hands, take a bath, wear clean cloths, drink safe water). They can sing them at home with their younger siblings.

OLDER children can interview parents to find out what was most difficult for them when caring for their babies and young children and what helped them the most.

What can children ask?

ASK a health worker or a science teacher to tell you more about how the brain grows and changes during childhood.

CHILDREN can ask their parents and grandparents why and what makes babies cry and laugh. They can share with the class what they have found out.

OLDER children can ask an elder members of the community to teach them songs, stories and games. Then they can share them with babies and younger children.

CHILDREN can ask adults what do they think it is important to do to prevent babies from getting diseases.

What can children make?

DIVIDE children into groups of 'boys' and 'girls'; have boys play 'girls games' and girls play 'boys games'. Afterwards, have both groups discuss the game. For example, do you agree with the games being called BOYS or GIRLS games? Why or why not?

CHILDREN can discuss what good and bad behaviours are at home (or in the school) and why. They can make poster to show their ideas or do a role play about this topic.

ORGANISE 'toy-making competitions' with children. Such as mobiles, rattles, building blocks, dolls, animals and picture books. The competition can be at home, run by community groups or in school.

MAKE drawings and posters to show some of the things that need to be done to prevent diseases.

WRITE a short play about caregivers playing with young children the right way. They can play out the dialogue between two mothers; one who believes young children should be kept quiet and one who believes in playing!

CARING FOR BABIES AND YOUNG CHILDREN 10 messages for children to learn & share

1. Cuddle, talk, laugh, sing and play games with babies and young children as much as you can. They learn from the fun things you do with them!

2. Babies and young children become angry, afraid and tearful easily, and can't explain their feelings. All emotions are normal! Comfort them and be gentle and kind.

3. Young children learn quickly: how to move and walk, make sounds, eat and drink. Help them, but let them feel cared for and safe.

4. All young children are important. Include all young children in fun activities—especially those who are sick or who have special needs.

5. Young children will copy your actions and those of others. Look after yourself, behave well near them, and show them good habits.

6. When young children cry, there is a reason (hunger, fear, fever, pain, anger). Be curious and stay close by to help them.

7. Help prepare young children for learning by playing number and word games, painting and drawing. Read stories together, enjoy playful rhymes, and sing and dance together.

8. As a group, watch and record in a notebook or with audio how babies and young children grow and develop — showing when they do important 'firsts' like rolling over, speaking and walking.

9. Help prevent diseases by checking babies and young children are clean especially washing their hands and faces, helping them to drink safe water and eat enough good food.

10. Give loving care to babies and young children — and don't forget to take care of yourself too!

All 10 Coughs, Colds & Pneumonia Messages

1. Lungs help us breathe. Coughs and colds can weaken them. Pneumonia is an illness caused by bacteria germs that can make weak lungs very ill.
2. Everyone gets coughs and colds. Most get better quickly with good food and rest. If coughs or colds last more than two weeks, visit a health centre.
3. Handwashing with soap and water for at least 20 seconds at 5 critical times prevents the spread of germs and illnesses like pneumonia.
4. Keep babies and children away from cooking smoke to help prevent illnesses like pneumonia.
5. Smoking tobacco and breathing smoke from other people's cigarettes is harmful. Keep children away from cigarette smoke.
6. Pneumonia is a serious illness and can cause young children to breathe fast. Other signs are fever, vomiting and chest pain.
7. If an infant or young child is breathing more quickly than usual, take them to a health centre as they may need medicine fast.
8. A good diet, breastfeeding for babies, a smoke-free home and immunisation all help prevent coughs, colds and serious illnesses like pneumonia.
9. Treat a cough or cold by keeping warm, giving tasty drinks often (like soup and juice), eating nutritious food, resting and keeping the nose clean.
10. Stop coughs, colds and pneumonia spreading from one to another. Avoid close contact, keep hands and utensils clean and cough into a bent arm or paper.

Coughs, Colds & Pneumonia

What can children ask?

WHAT are the danger signs for pneumonia? Children should share what they learn with their families.

EVERYONE has a right to breathe clean, smoke free air. Where is smoking banned? Is their school smoke free?

WHAT makes us breathe fast? We can measure our breathing to learn to identify fast breathing when someone is in danger from pneumonia.

WHAT are new and old ways to treat coughs and colds?

HOW are germs spread? Learn by playing the Handshaking Game.

HOW can they stop illnesses spreading?

What can children do?

LEARN how to wash their hands with soap and water to stop germs spreading and protect themself and others against coughs and colds.

TEST their knowledge of pneumonia by acting out different scenarios that could be pneumonia or could be a cold.

READ the story about Meena and Rani's four visits for her immunisations.

LOOK up local immunisation schedules and ask parents or teachers to help get all the eligible children vaccinated.

What can children make?

DRAW a plan of their own house. Where is it smoky and where is not? Where is safe for young children to play away from smoke?

MAKE a poster that encourages 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 their family and friends!

MAKE a pendulum to help them learn when breathing is fast and when breathing is normal and show what they have learnt to their families.

MAKE a play about breastfeeding babies.

MAKE a play about keeping cool with a fever and warm with a cold.

MAKE a Tippy Tap for home and school to help them wash their hands with soap before eating and after using the toilet.

Coughs, colds and pneumonia 10 messages for children to learn & share

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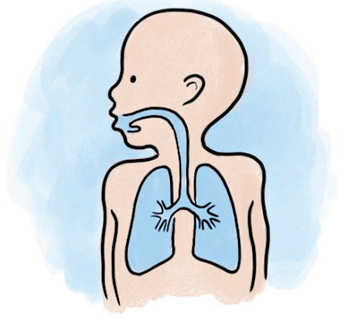

2. Everyone gets coughs and colds. Most get better quickly with good food and rest. If coughs or colds last more than two weeks, visit a health centre.

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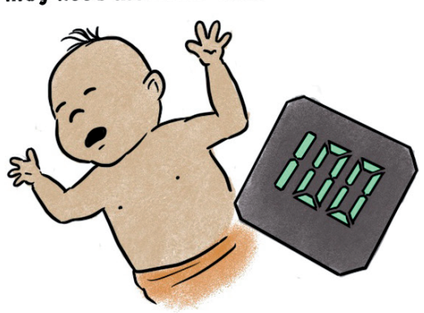

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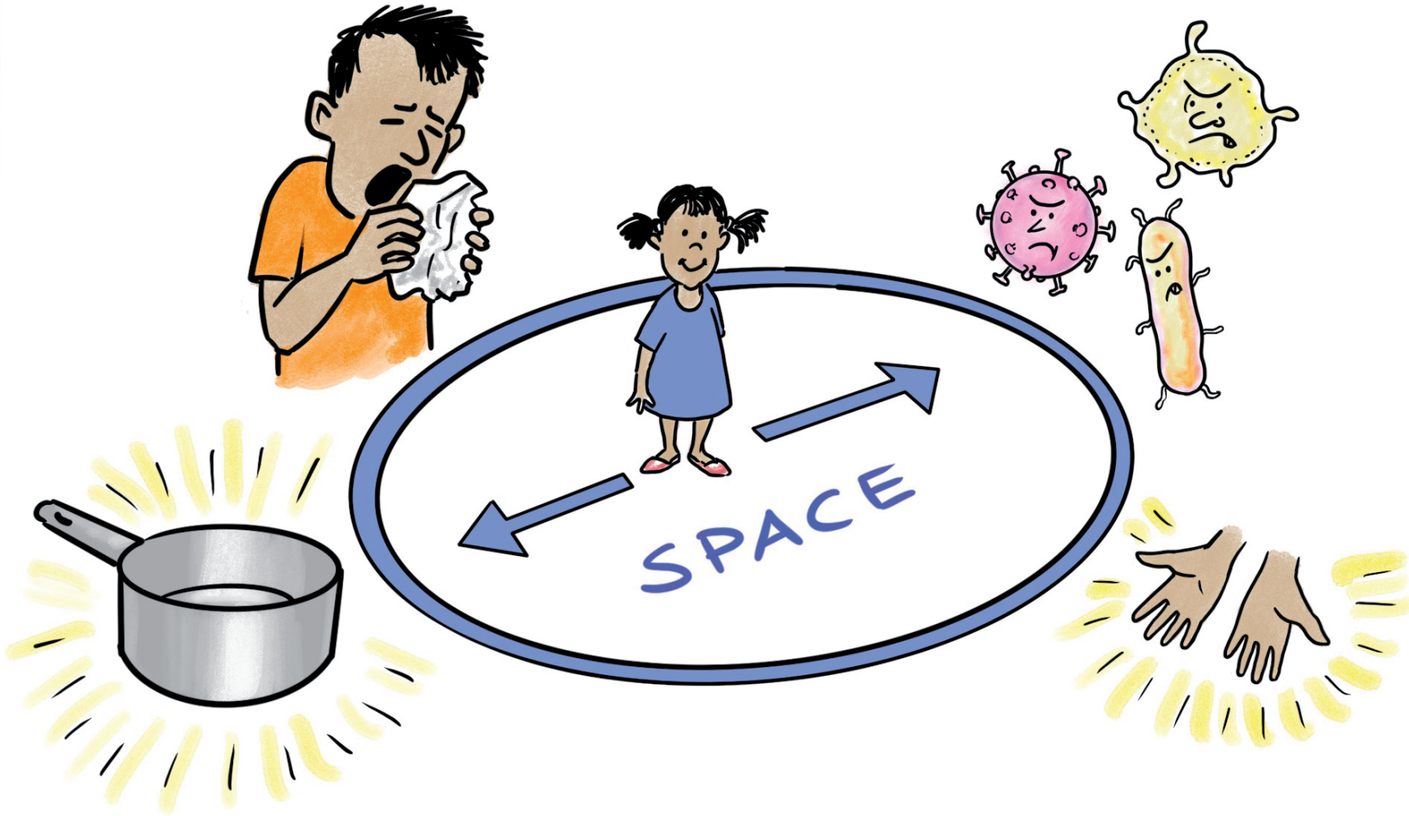

All 10 Immunisation Messages

1. Immunisation means being protected against a disease.
2. When we have a disease, harmful germs can enter our bodies and cause us to be ill.
3. To fight disease, our body produces antibodies and these antibodies fight the germs. After the fight, antibodies remember the germs and can fight even better if the germs come into the body again.
4. Vaccines by injection or mouth teach the body to make antibodies against a certain disease.
5. To be able to fight some diseases, you need to have vaccinations more than once to build up enough antibodies.
6. Vaccinations save millions of lives! They prevent or weaken the effect of diseases like measles, tuberculosis, diphtheria, whooping cough, polio, and tetanus and COVID-19.
7. To protect our body, it is best to be vaccinated before the germs enter our body BUT we can be vaccinated and protected at any age.
8. Every country has a vaccination schedule showing which vaccine to get at what age and how often to get it.
9. After some vaccinations, we can feel a little tired, weak or have a sore arm or develop a fever. This is normal. The body is using energy to develop antibodies to make the body stronger.
10. Some people are afraid of vaccines or can have strong feelings against them, but health workers and the scientists who created the vaccines want people to live healthy lives. Listen to their advice.

Immunisation

What can children make?

MAKE posters for immunisation days and display them where everyone can see them.

CREATE a play about stopping the killer diseases harming children in their community.

WRITE a story with pictures of superhero immunisations fighting the deadly diseases to protects us.

MAKE a poster that shows all 25 diseases (as microbes) that can be prevented by immunisation.

MAKE up a story about Aunty Body – the kind, strong protector that keeps them safe and well.

LEARN about each of the diseases and share what they learn with their parents. Make a poster of the diseases and how to recognise them.

MAKE a 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!

What can children ask?

ABOUT immunisations in their country and when they can get immunised.

DO they know the six killer diseases? Diphtheria, Measles & Rubella, Pertussis, Tuberculosis, Tetanus & Polio.

IF anyone in their family has had one of the killer diseases and find out what happened to them.

ASK if their country has special immunisation days and/or health weeks when all children and babies can go for immunisations.

ASK if anyone in their family has missed their immunisations and encourage them to catch up.

What can children do?

FIND out about the 25 diseases immunisations protect us against.

FIND out more about polio and helping children with disabilities.

READ the story about the Killers' Committee and then make a story of their own.

TAKE a quiz to find how much they know about immunisation.

FIND out which immunisations they need more than once. They can help find children who have missed immunisations and remind them on immunisation day.

FIND out what the disease's evil super powers are and how immunisation protects them.

CHECK everyone in their class/group and their teachers/leaders have all had their immunisations.

Immunisation – 10 messages for children to learn & share

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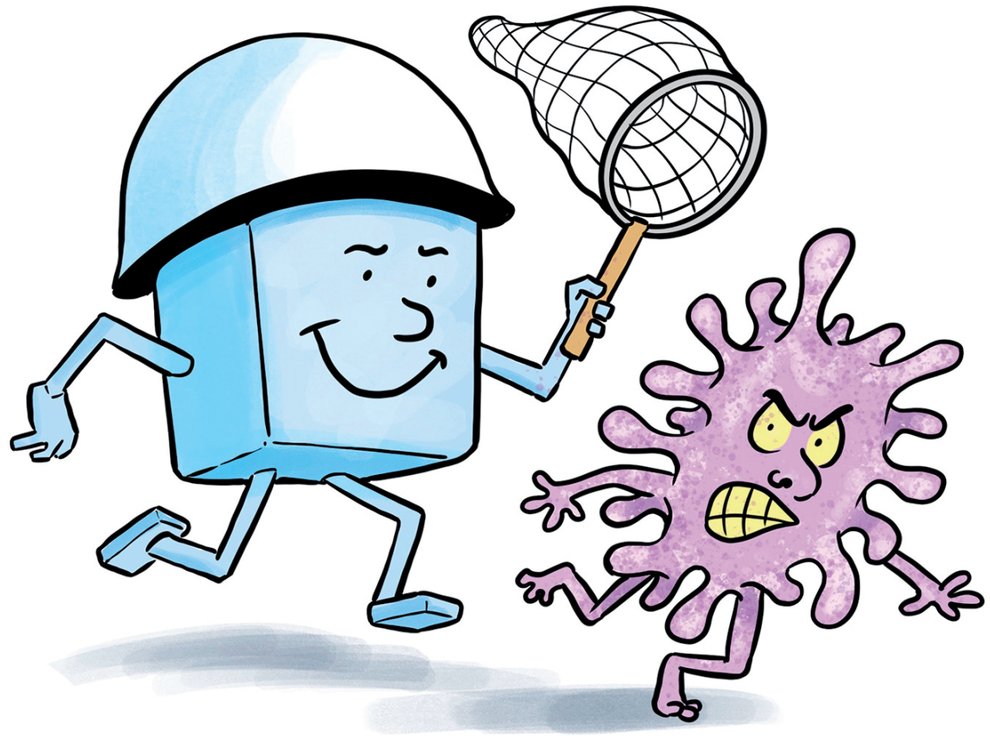
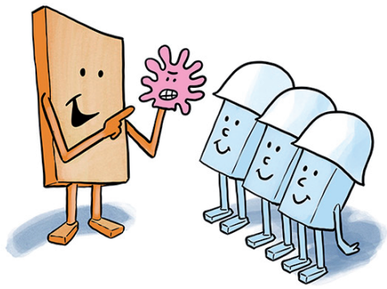
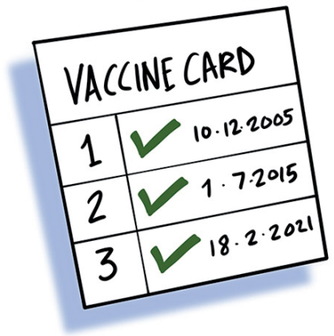


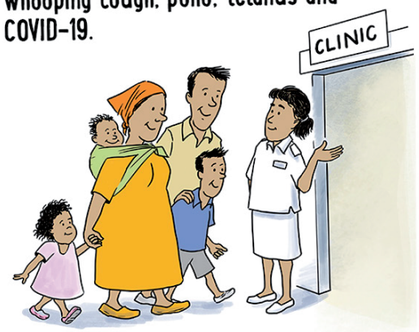
4. Vaccines by injection or mouth teach the body to make antibodies against a certain disease.



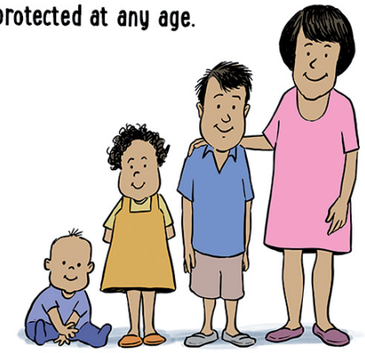
5. To be able to fight some diseases, you need to have vaccinations more than once to build up enough antibodies.



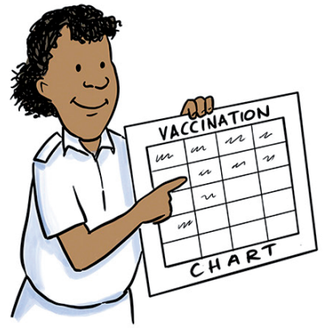
6. Vaccinations save millions of lives! They prevent or weaken the effect of diseases like measles, tuberculosis, diphtheria, whooping cough, polio, tetanus and COVID-19.



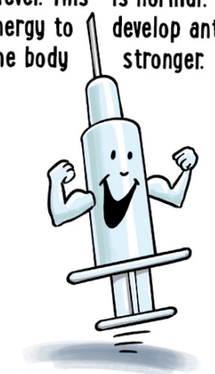
7. To protect our body, it is best to be vaccinated before the germs enter our body BUT we can be vaccinated and protected at any age.



8. Every country has a vaccination schedule showing which vaccine to get at what age and how often to get it.

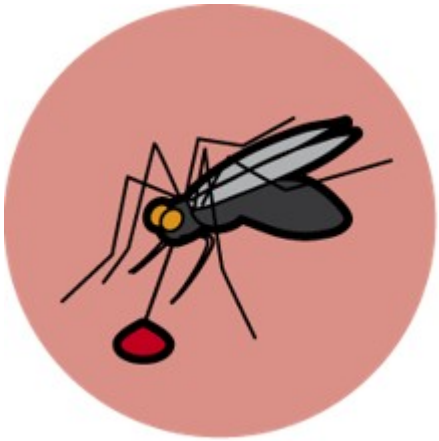


9. After some vaccinations, we can feel a little tired, weak or have a sore arm or develop a fever. This is normal. The body is using energy to develop antibodies to make the body stronger.



10. Some people are afraid of vaccines or can have strong feelings against them, but health workers and the scientists who created the vaccines want people to live healthy lives. Listen to their advice.

All 10 Malaria Messages



1. Malaria is a disease spread by the bit of an infected mosquito. Mosquitoes often bite between sunset and sunrise.
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. The malaria vaccine helps protect children from getting extremely ill with malaria and can even save their lives.
5. When children get malaria they may grow and develop more slowly.
6. There are three types of insecticide spraying to kill malaria mosquitoes: in houses, in the air and onto water.
7. The signs for malaria are high fever, headaches, muscle & stomach aches & chills. Rapid tests and treatment will save lives.
8. Malaria can be prevented & treated with medicine as directed by a health worker.
9. Malaria lives in an infected person's blood and can cause anaemia that makes us tired and weak.
10. Antimalaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.

Malaria

What can children make?

MAKE posters to show others how malaria spreads and how they can join the fight to prevent malaria.

MAKE up stories or plays about the life cycle of the anopheles mosquito to tell or perform to other children.

MAKE posters to show others how to use bed nets.

TELL stories and make posters to show others how to prevent mosquitoes biting.

CREATE stories or dramas to show how a child recognises the signs of malaria in another child and ask the adults to take them for a test.

CREATE stories or drama about the signs for malaria and anaemia, how worms lead to anaemia and how malaria leads to anaemia too.

MAKE posters about iron rich food in their community.

What can children do?

HELP younger children stay under the net when mosquitoes are biting.

ENSURE nets are tucked in properly and have no holes.

CREATE stories or drama about why people do and don't like nets and what they believe the nets do and don't do.

ORGANISE a campaign to show people how to use nets.

INVITE a health worker to visit the school and talk to older children about the tests.

USE song, dance and drama to share these message with others.

LOOK up local malaria immunisation schedules and encourage each other to be vaccinated.

What can children ask?

HOW many people in their families have had malaria?

HOW we can prevent malaria?

HOW and **WHEN** to hang up bed nets and use window screens and how do they work?

WHERE do people get LLINs in the community (e.g. at a health centre on child health days)?

HOW can malaria kill?

HOW dangerous is malaria for pregnant women and children?

WHY do children get malaria more easily?

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 anaemia?

HOW to protect ourselves and each other from mosquito bites?

WHAT are the special tests to check if malaria is present in the blood called?

Children for Health
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Malaria 10 messages for children to learn & share

Sponsored by ARM

1. Malaria is a disease spread by the bite of an infected mosquito. Mosquitoes often bite between sunset and sunrise.

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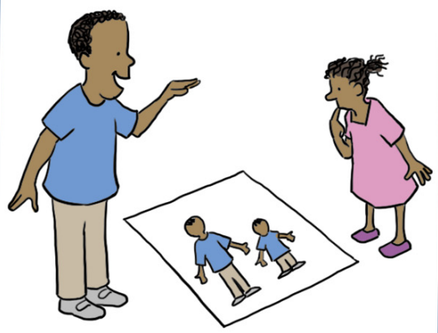

6. There are three types of insecticide spraying to kill malaria mosquitoes: in houses, in the air and onto water.

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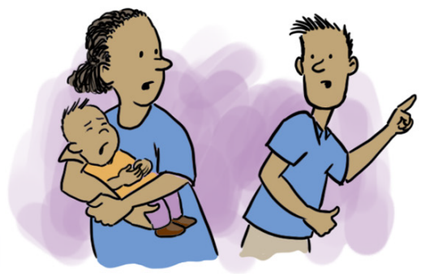

8. Malaria can be prevented and treated with medicine as directed by a health worker. Even for babies.

9. Malaria lives in an infected person's blood and can cause anaemia, which makes us tired and weak.

10. Antimalaria pills can prevent or reduce malaria and anaemia in places and at times when there is lots of malaria in a community.

All 10 Diarrhoea Messages

1. Diarrhoea is watery poo that happens three or more times a day. It can lead to dangerous dehydration.

2. Diarrhoea is caused by tiny germs that are too small to see. Germs live all around us! Germs travel easily from our fingers, food, drinks, cups and spoons and into our mouths and bodies.

3. 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.

4. A child with dehydration can have a dry mouth and tongue, sunken eyes, no tears, loose skin, cool hands and feet. Babies can have a sunken soft spot on the head. Spot these signs? Take them to a clinic urgently.

5. ORS stands for Oral Rehydration Solution, the best drink to prevent and treat dehydration. Find packets, to make ORS, at clinics and shops.

6. Prevent dehydration by using ORS as soon as diarrhoea begins. Mix ORS correctly with clean, safe water following the instructions on the packet. Breast milk is best for babies.

7. Children doing more than three watery poos a day or bloody poo or who start to vomit too MUST be seen by a health worker. Give ORS or other fluids while waiting to be seen.

8. 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.

9. Young children with diarrhoea need every day tasty, mashed food and soups as often as possible to make their body stronger.

10. Prevent germs spreading! Develop everyday habits like proper handwashing with soap, good hygiene after toilet, before eating and preparing food. Breastfeed babies and immunise against measles and rotavirus.

Diarrhoea

What can children make?

MAKE a simple fly trap to keep flies that carry germs away from food.

MAKE a poster to show others the danger signs of diarrhoea so they can get help when they need to.

CREATE a short play about when they need to call the health worker to help.

MAKE a snakes and ladders game to help them learn how to stop diarrhoea.

MAKE first aid kits for home and school and include ORS.

What can children do?

ROLE PLAY as two mothers talking about how to help their babies with diarrhoea get better.

PLAY a labelling game to test their knowledge of all the signs of dehydration in a baby.

LOOK at how plants need water to grow – find out what happens when plants don't have water.

HELP prevent diarrhoea by keeping their bodies and their homes clean.

PLAY the handshaking game to see how quickly germs can spread.

What can children ask?

HOW long were their parents breastfed? How long were they breastfed? Is there a difference? Why?

HOW to treat diarrhoea at home with ORS and zinc?

WHAT are the danger signs that mean they need to get help from a health worker?

WHAT drinks are safe when they have diarrhoea?

HOW can they make water safe to drink by using sunlight?

WHICH drinks are safe when they don't have any ORS?

WHAT are dysentery and cholera and how do they spread?

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Diarrhoea 10 messages for children to learn & share

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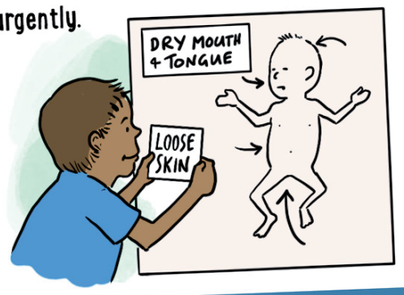

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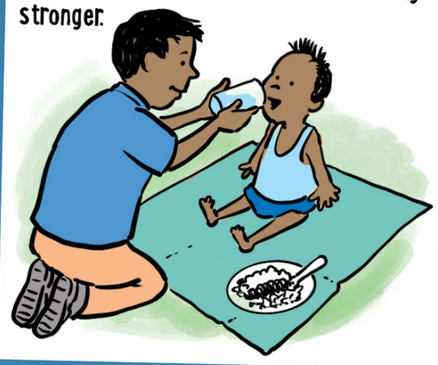
8. Zinc tablets can reduce the amount of poo and can help children recover more quickly from diarrhoea. Health workers instruct us how to take Zinc with ORS. Give fluids too, to prevent dehydration.

9. Young children with diarrhoea need every day tasty, mashed food and soups as often as possible to make their body stronger.



10. Prevent germs spreading! Develop everyday habits like proper handwashing with soap, good hygiene after toilet, before eating and preparing food. Breastfeed babies and immunise against measles and rotavirus.

All 10 Water, Sanitation & Hygiene Messages

1. Always wash your hands well. Pour water on your hands and use a little soap. Rub your hands for 10 seconds, rinse and air dry, or dry with a clean cloth, not on dirty clothes.

2. Wash your hands before touching your T-zone – your eyes, nose, and mouth. Germs get into your body through these places. Try not to touch the T-zone.

3. We should wash our hands BEFORE 1. preparing and eating food; 2. holding or giving food to babies. And AFTER 3. using the toilet; 4. touching animals or garbage; 5. looking after a sick person.

4. To protect ourselves from worms, keep the face and body clean and wear shoes or sandals.

5. Flies land on poo and then on daces and our food. Use a lid on a pit latrine, close a toilet lid and the door to keep flies away from spreading germs.

6. Use the super-helper SUN to dry utensils after washing them. This destroys the germs.

7. Avoid touching drinking water with dirty hands! Use lids and cups with handles to keep water clean and free from germs.

8. Sunlight makes water safer to drink! Filter water into clear, plastic bottles. Leave it for 6+ hours in sunshine before drinking. Adding chlorine tabs or boiling works too.

9. Keep your face clean. When flies touch your eyes or face, wash it with clean water and use a clean face towel.

10. Keep our home and community clean from garbage and dirt! Store and cover garbage until it's collected, buried or burnt. Prevent flies spreading germs.

Water, Sanitation & Hygiene

What can children do?

LEARN a song to help them wash their hands properly.

ACT out a play to show what happens to the 'germ family' when the 'clean family' move into their village.

HELP their younger siblings to make sure they know how to wash their hands.

SPEND an hour observing a group of people; watch and record how often they touch their faces, clothes and other people.

THINK of all the ways that germs can spread from hands.

WORK together to make the school toilets clean.

LEARN how to clean water using a filter.

CLEAR the yard of poo and rubbish, then wash their hands.

START a hygiene club at school and improve their hygiene.

MAKE sure there is always plenty of firewood or fuel at home to boil water for drinking.

CLEAN up their school yard and keep it free from rubbish and dirt.

SHARE what they know about flies, dirt and germs with their families.

KEEP their water container clean and covered and always use a scoop, never their cup or hands. Show their younger siblings how to safely take water from the pot.

What can children ask?

HOW do they keep their hands clean and free from germs?

DO they have soap to use for washing hands at home?

HOW much does soap cost at the local shop?

HOW do they keep their bodies clean?

HOW should they brush their teeth?

WHERE do germs come from? Where do they live? How do they spread?

HOW do flies live, eat and breed?

HOW do flies carry dirt on their legs?

WHAT are the local water sources?

HOW can they make dirty water safe to drink?

WHERE can they get plastic bottles?

WHAT cloths can be used as a water filter?

WHAT hygiene practises do family members use when they prepare food?

WHERE are the places in the house that might have the most germs?

What can children make?

WORK together to make a Tippy Tap!

MAKE a wash mitt to hold soap for washing their bodies.

MAKE the toilet a good place to have a pee and a poo.

MAKE a fly trap out of a plastic bottle and some sugar water or poo!

CREATE a song about sunshine making water safer.

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 their community and whether it is safe to drink or not.

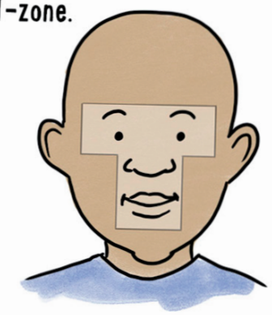
BUILD a drying rack for cooking pots and plates so they can dry in the sun.

MAKE a play about where germs like to hide.

WASH 10 messages for children to learn & share

1. Always wash your hands well. Pour water on your hands and use a little soap. Rub your hands for 10 seconds. rinse and air dry, or dry with a clean cloth, not on dirty clothes..

2. Wash your hands before touching your T-zone – your eyes, nose, and mouth. Germs get into your body through these places. Try not to touch the T-zone.



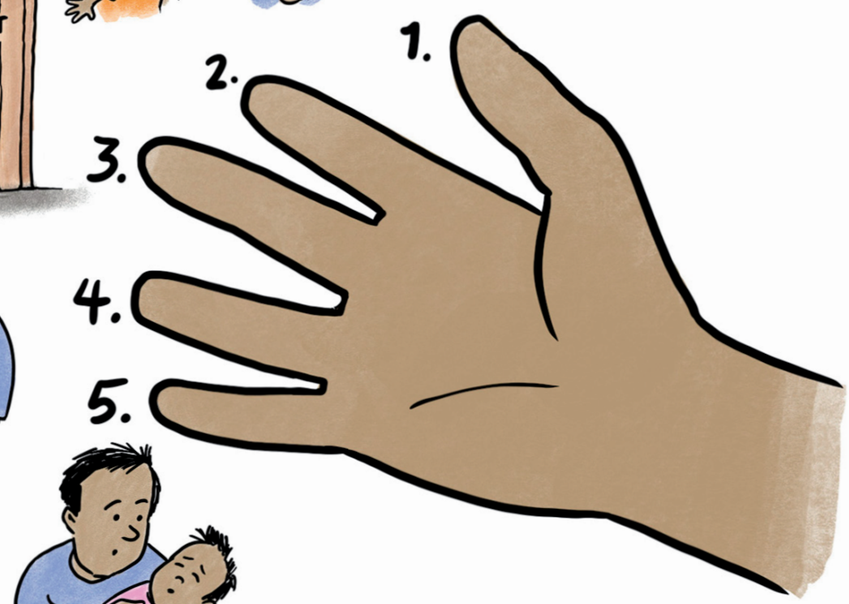
3. We should wash our hands BEFORE...

1. Preparing food and eating
2. Holding or giving food to babies

And AFTER...

3. Using the toilet
4. Touching animals or garbage
5. Looking after a sick person.

CAN YOU THINK OF ANY MORE?



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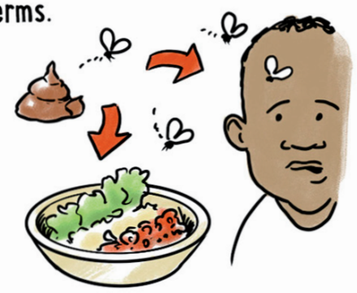

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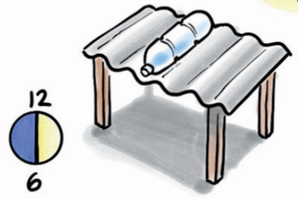

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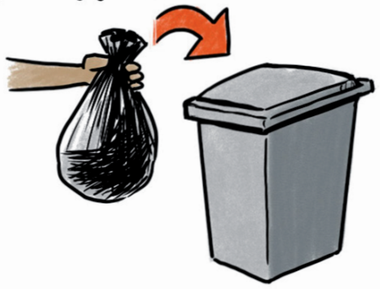

All 10 Nutrition Messages

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 lengths and weight at a clinic as often as instructed by a health worker.
4. Help avoid lifelong harm to young children. Tell adults to have them checked if you see their arms or body looking thin or their face or feet looking swollen.
5. When young children are ill they may not eat well. Give them healthy drinks e.g. breast milk, milk or home-made soup. Also, give extra food when they start to feel better.
6. Be a breast milk champion! Breast milk 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.

Nutrition

What can children do?

LOOK at a growth chart together and ask an adult to explain what all the lines mean.

CHILDREN can ask to attend health clinics and watch while babies and young children are weighed and measured and the data recorded on growth charts.

ASK health workers and others how a growth chart works to check a baby is growing well.

DISCUSS if there are any children they know who are or might be malnourished and what they can do to help.

THEY can ask friends and neighbours to tell them stories about when food caused illness.

CHILDREN can find out from parents, health workers or others how they know if a child is malnourished.

CHILDREN can ask at home and in the community what methods are used to dry or bottle food or other ways to keep food fresh.

CHILDREN can ask other children and people in the community why it's important to eat naturally colourful food.

IN the market or at home children can find out which vitamin rich foods are available to most people in the community and how these foods are prepared.

AT home, children can observe exactly (and without helping!) how food is prepared, how plates and utensils are washed and dried and when the person preparing the food washes their hands, if they do so properly etc.

ASK family members to tell them about a child they knew who became malnourished and why this happened.

What can children make?

DRAW pictures and/or write about the foods they eat each day over a week. They can add colour to the pictures or write colour labels for all food.

WHAT do mothers give their babies to eat as their first food? And after 6 months? How often do they feed their babies? They can record the answers and later make a chart with their friends that show the results.

LEARN which foods are good or bad for babies and young children and why? They can draw pictures of these foods and make a picture chart that showing our results.

What can children ask?

WHAT do we eat each day/each week? Is it enough? How do we store our food?

HOW many natural colours do we eat each week?

COULD we eat more colourful food?

DOES everyone in our family get enough food to make sure they GROW, GLOW and GO? How do we know?

IS there anyone especially old or especially young that needs someone to notice who much or how little they are eating?

WHAT happened last time someone in the family was ill? What did they eat and drink? What did they eat afterwards? What helped and what didn't? Find out from a health worker what foods are good for people to eat when they are ill and afterwards.

SOME mothers in your area if they breastfed their babies and the reasons for their choice.

What can children ask?

HEATH workers about breastfeeding and the reasons why it is the best choice.

PEOPLE in the community to give their reasons why bottles can be dangerous for the health of a baby.

HEALTH workers how breast milk changes as the baby gets older.

CHILDREN can ask older children, parents and other adults what micronutrients are and what they do.

CHILDREN can ask a health worker or community leader what they think the best foods are for children to eat and why.

CHILDREN can ask their older siblings and others how to tell if food is no longer safe to eat.

Children for Health
Sharing Knowledge Saving Lives

Nutrition 10 messages for children to learn and share

Sponsored by ARM

1. To have a balanced healthy diet eat different food of different kinds.
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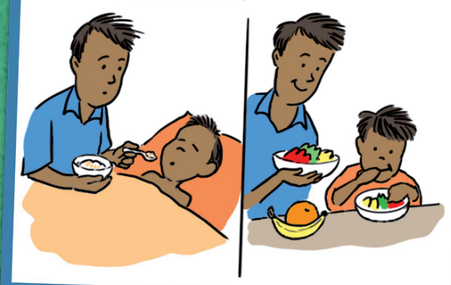
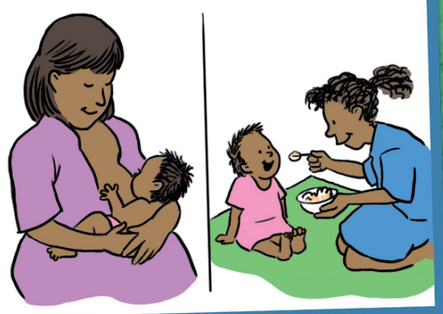
4. Help avoid lifelong harm to young children. Tell adults to have them checked if you see the arms or body looking thin or the face or feet looking swollen.

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.

All 10 Intestinal Worms Messages

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 digested by our bodies.

2. Different kinds of worms can live in our bodies: roundworms, whipworms, hookworms and trematode worms (blood flukes). There are others too!

3. Stop worm eggs getting into the body by washing hands with soap after a pee or poo before preparing food or eating, by washing fruit and vegetables and by wearing shoes or sandals.

4. Worms can cause stomach pain, coughs, fevers, diarrhoea and other signs of illness. Worms in the body can also make people feel weak or tired.

5. Worms can live inside your body so you might now know they are there, but sometimes you can see worms in your poo.

6. Worms and their eggs get inside our bodies in different ways. Drinking unsafe water and eating food that has worms too small to see is one way. Other worms live on the ground and get inside the skin on our feet from walking barefoot.

7. Taking a de-worming pill kills the worms. The pills are given at health centres and sometimes all children are treated at the same time to prevent worms from coming back.

8. Worm eggs and other germs can live in pee and poo. Use latrines. Do not poo outside in the open.

9. Some worms live in the soil so wash your hands with soap after handling animals, playing outside, farming or gardening.

10. Water that contains animal or human pee or poo can mean worm eggs are on the vegetables and fruit we eat. Wash, peel and cook food properly before eating.

Intestinal Worms

What can children do?

USE 'vote with your feet' to quiz children on what they know about worms.

WATCH a video about Schistosomiasis and find out more about worms in dirty water.

PLAY the word game fill-in-the-blanks to test their knowledge about worms.

LISTEN to a story about worms so they understand how to stop worms spreading by washing hands and wearing shoes/sandals.

FIND out how food is prepared in their school and how the cook keeps food safe and free from worms.

ALWAYS use the toilet or latrine to stop worm eggs spreading from poo into the soil and water.

LEARN how to properly wash their hands – they need soap and water.

TAKE a quiz to ensure the children know when and how often they to wash their hands.

DO a survey at home to find out what their families know about worms.

LISTEN to a story about Meena or read the comic book about how Meena learns about worms.

WATCH a video about digestive system function.

WATCH a video about how to clean water so that it is safe using sunlight.

What can children make?

MAKE up a play about wicked worms and how children can 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 the class to use.

MAKE up a song about how to stop worms spreading.

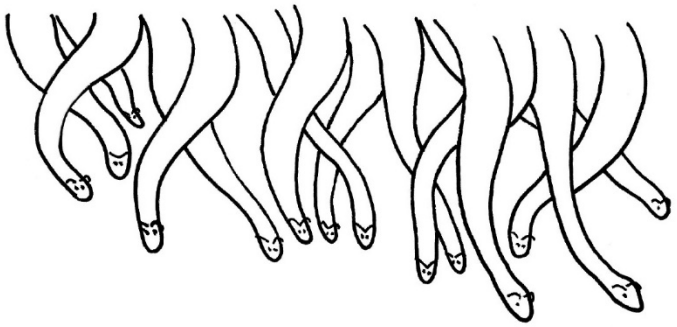
MAKE a poster to remind everyone to wash vegetables and fruit before preparing them or eating them.

MAKE a role play or puppet show about how we can stop worms spreading.

MAKE up a song about hand washing to remind us when and how to wash our hands.

Intestinal Worms

What can children ask?



HOW does the food they eat get used by their bodies?

HOW do worms eat our food?

HOW long can a tape worm grow?

HOW many types of worm do they know?

WHAT kind of worms are most common where they live?

WHAT are the signs that they could have worms?

WHERE can they get de-worming medicine and who needs to take it? (Everyone in their family!)

HOW many eggs can a worm make every day?

WORMS may take other nutrients like Vitamin A from their bodies as well as food – can they find out why they need Vitamin A?

WORM babies are called larvae. Which worm larvae get into their bodies through skin?

HOW does using the toilet or latrine and getting rid of poo safely help stop worms spreading?

WHEN are the school de-worming days? 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 human digestive systems: how long is the large intestine? How does it work? What do worms do to stop it working?

HOW small is a worm egg? What is the smallest thing you know?

HOW can they tell if water is clean or dirty?

WHAT do plants need to grow? How can they make fertiliser that is safe to feed to plants?

Worms 10 messages for children to learn & share

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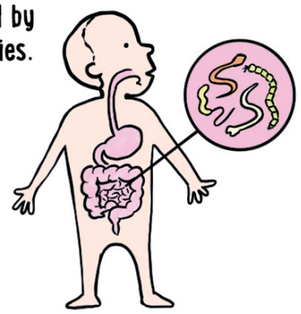

2. Different kinds of worms can live in our bodies: roundworms, whipworms, hookworms and trematode worms (blood flukes). There are others too!

3. Stop worm eggs getting into the body by washing hands with soap after a pee or poo before preparing food or eating, by washing fruit and vegetables and by wearing shoes or sandals.

WASH HANDS

WASH FOOD

WEAR SHOES

4. Worms can cause stomach pain, coughs, fevers, diarrhea and other signs of illness. Worms in the body can also make people feel weak or tired.

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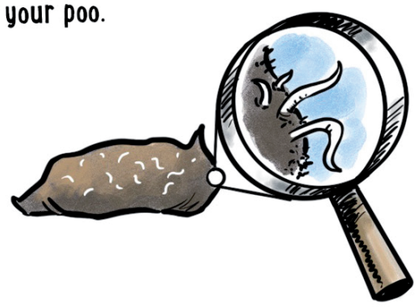

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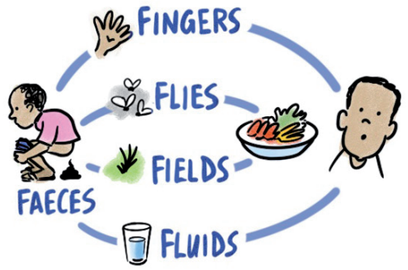

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All 10 Accidents & Injury Prevention Messages

1. Cooking areas may be dangerous! Keep young children away from stoves, fires, hot pots and pans, boiling water, electrical items and sharp or heavy things.
2. Inhaling very hot air, soot, smoke from fires, tobacco smoke, burning plastic and other chemical fumes cause us harm now and later.
3. Poisons like fertilisers, week killers, pesticides, fuels and all medicines should be labelled, stored or locked away and kept our of the reach of children.
4. If you or someone else is burned, put cold water on the burn immediately for 10-30 minutes and get help from a health worker.
5. Vehicles, motorbikes and bicycles can seriously hurt children. Be aware! Help others stay safe! Learn and share road safety rules!
6. Don't play with, keep out of reach or lock up dangerous items like knives, sharp tools, glass, electric plugs, wire, nails and pins etc.
7. Be alert! Babies and young children explore using their mouths. They can put dirt & small objects in their mouths like small toys, batteries, coins and buttons. These can block their breathing.
8. Pay attention when young children play near water like rivers, lakes, ponds or wells. Learn how to float or to swim if you live or go near water.
9. Understand the risks from poisonous plants and creatures like snakes, insects and other animals. Know where to get help if you are bitten or injured.
10. With your family, create and learn how to use a first-aid kit with items like: oral rehydration salts; hand sanitiser; thermometer; disinfectant; plastic gloves; antiseptic cream; soap; cotton wool; scissors and bandages.

Accidents & Injury Prevention

What can children make?

MAKE posters about storing poisons safely: how to store them, how they should be labelled and how to keep them away from children.

MAKE a first aid kit together for use if someone is injured. Discuss what items are needed and why. Demonstrate safe and hygienic handling of the first aid items.

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 the school.

CREATE a safety campaign to raise everyone's awareness of children's safety.

MAKE a survey to find out where there is water that may put children at risk of drowning and what can be done to keep children safe.

What can children ask?

WHAT are the risks of burns at home?

WHAT should they do if someone is burnt?

HOW we can keep safe people from hot things and hot liquids in the kitchen?

WHAT ways do people keep babies and young children away from hazards?

WHY are babies and young children at higher risk from choking than older children or adults?

ASK a health worker to explain first aid and what they need in their first aid kit.

WHY do we need a first aid kit and how do they make one for their home?

HOW do they help someone who is in trouble in the water without putting themselves at risk?

What can children do?

PLAY the 'But why? game' about accidents at home.

THINK of ways to make their homes safer and share ideas with posters, songs and plays.

PLAY 'Spot the accident' and see if they 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 they are looking after a child.

LEARN basic first aid so they can help in an emergency.

FIND any dangers for young children that might be in their homes.

SHARE what they 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 siblings.

LEARN to spot common hazards where there is a risk of burns, falls, drowning or busy roads with traffic.

DO role playing to practise basic first aid skills.

LEARN first aid skills and share them with our family – then tell our friends and family to learn first aid too!

ACCIDENTS 10 messages for children to learn & share

1. Cooking areas may be dangerous! Keep young children away from stoves, fires, hot pots and pans, boiling water, electrical items and sharp or heavy objects.

2. Inhaling very hot air, soot, smoke from fires, tobacco smoke, burning plastic and other chemical fumes cause us harm now and later.

3. Poisons like fertilisers, weed killers, pesticides, fuels and all medicines should be labelled, stored or locked away and kept out of the reach of children.

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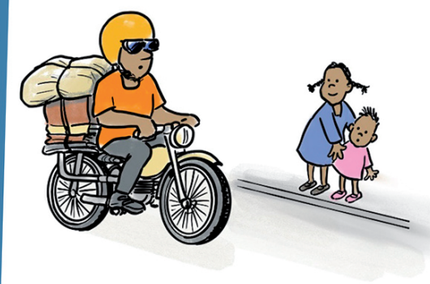

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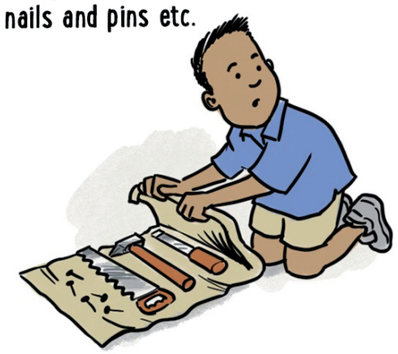

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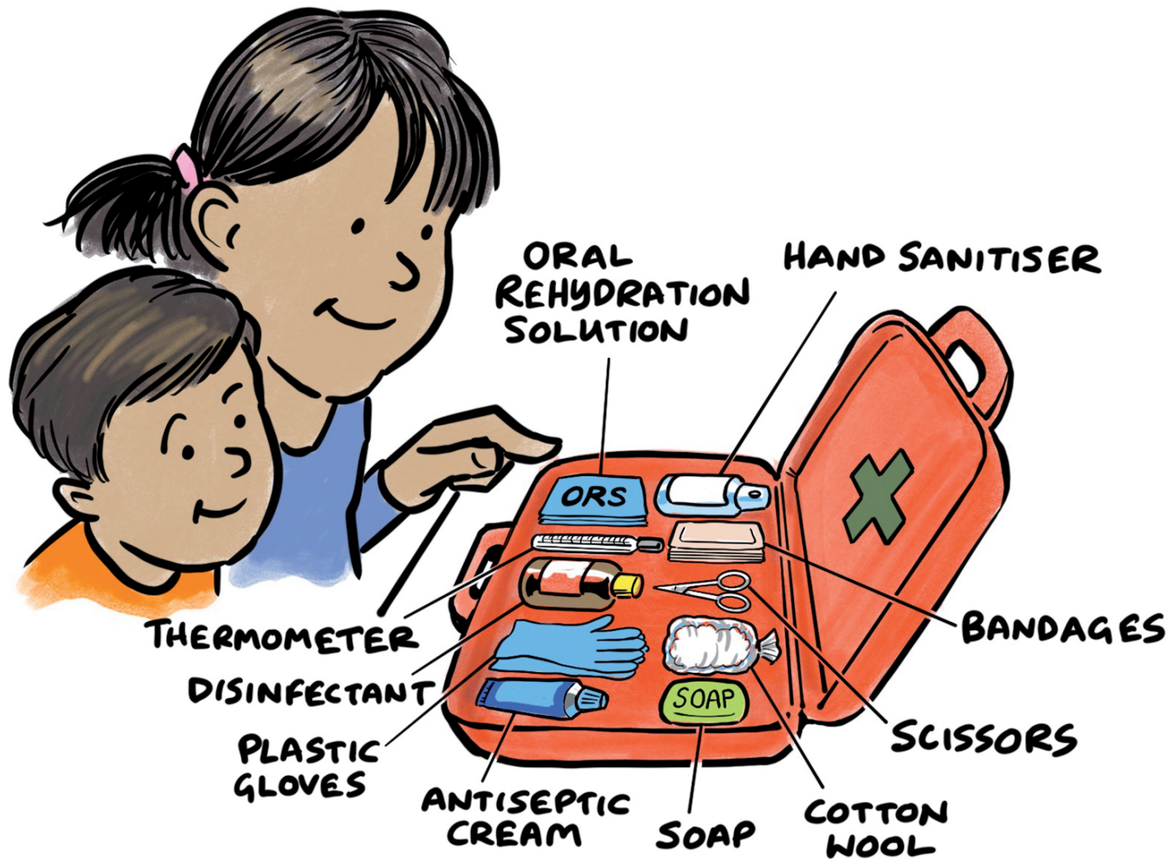


All 10 HIV & AIDS Messages

1. Our body is amazing. We have an immune system, and this protects us from germs cause diseases.
2. Human Immunodeficiency Virus (HIV) is a virus that weakens our immune system and stops our bodies protecting us well from everyday germs. IF HIV is not treated, it can lead to AIDS (Acquired Immuno Deficiency Syndrome).
3. HIV lives in the blood and other bodily fluids and is invisible to the eye. It can be passed on (1) through sex (2) from HIV positive mothers to their babies during pregnancy, delivery or breastfeeding (3) in needles or syringes, and (4) through a blood transfusion.
4. Medicines called AntiRetroVirals (ARVs) keep HIV levels low so a person can live a long time. ARVs prevent the spread of the virus to others.
5. Children with HIV need strong support from their family, friends and teachers and encouragement to keep going with their medication to stay healthy.
6. People with HIV can play, share food and drink, hold hands, kiss and hug other people. People do not pass on the virus this way.
7. A medicine called PrEP (Pre-Exposure Prophylaxis) helps protect people who are at risk of getting HIV.
8. People protect themselves from getting HIV from sex by (1) having sex using condoms (protected sex) (2) being in a sexual relationship where both partners are HIV negative and do not have sex with others. (3) taking Pre-Exposure Prophylaxis (PrEP).
9. To help themselves and others, adults who think they may have HIV can do a simple test at a clinic or with a self-test at home.
10. Pregnant women should be tested for HIV at the antenatal clinic. If positive, they should get treatment to keep them healthy and stop HIV passing to their baby during pregnancy, delivery and breastfeeding.

HIV & AIDS

What can children make?

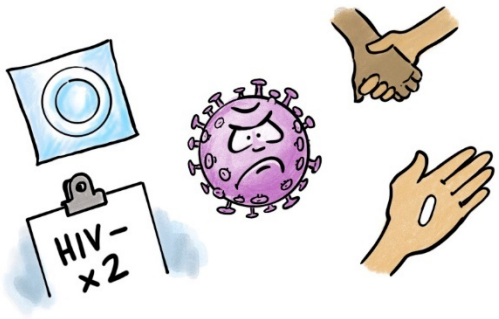
MAKE a quiz to find out what children already know about HIV & AIDS.

START a question box in their class/group for their questions on HIV & AIDS.

MAKE a poster for their school/meeting place about HIV & AIDS.

MAKE a play about Meena 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 & AIDS action club to raise awareness in their school and with their families.



What can children ask?

HOW do immune systems work?

WHAT foods help their 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 they protect themselves against it?

HOW are people tested and treated for HIV?

HOW can medicines help reduce the risk of mothers passing HIV to their babies?

WHAT other viruses can make us ill?

HOW does ART (anti-retroviral therapy) or PrEP work and when should someone take them?

WHEN and how do their friendships become sexual relationships?

HOW to use a condom correctly?

HOW can they support their friends and family who are living with HIV stay healthy and well?

WHERE is the clinic and what kind of counselling is available for young people?

WHERE is the health centre where someone can get PrEP or ART?

What can children do?

COLLECT leaflets and information about HIV & AIDS and share it with their community.

INVITE a health worker to share information and answer questions about HIV & AIDS.

FIND ways to help other children in their community who are affected by AIDS.

PLAY the lifeline game and find out about risky behaviours that could put them in contact with HIV.

PLAY true and false about ways to catch HIV and all the ways HIV can pass from person to person.

LEARN life skills to help them talk about special friendships and sexual feelings.

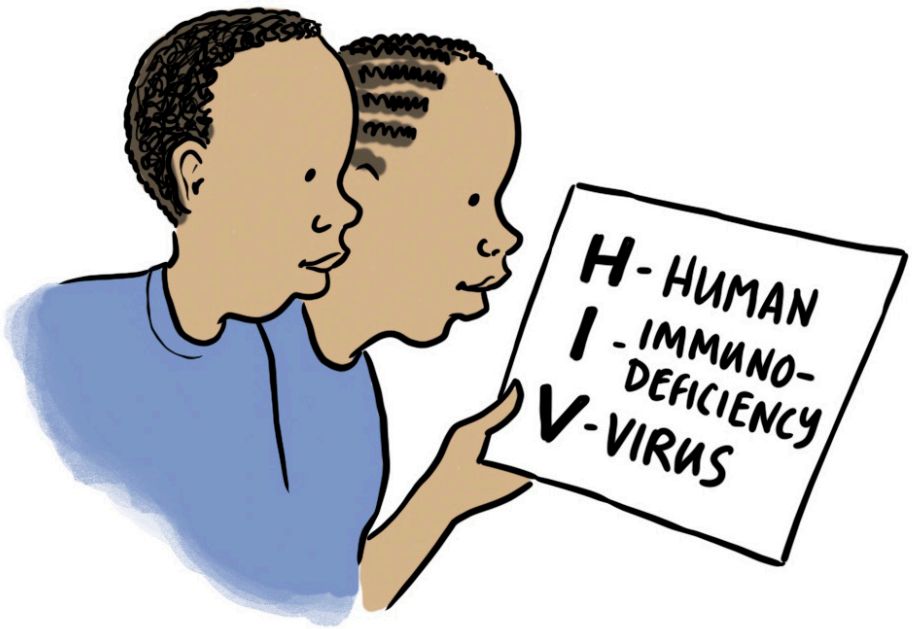
PLAY the fleet of hope and find out which safe behaviours they could choose to protect themselves from HIV in our special friendships.

THINK of all the difficulties someone with HIV or AIDS has to face and what they can do to help.

ROLE PLAY having HIV to find what it might be like to be someone with HIV.

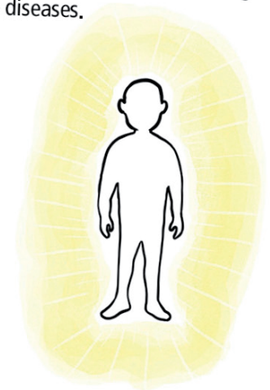
ASK someone who has HIV to come and talk to them about their experiences.

LISTEN to and discuss stories about people who are living with HIV and the problems they face.

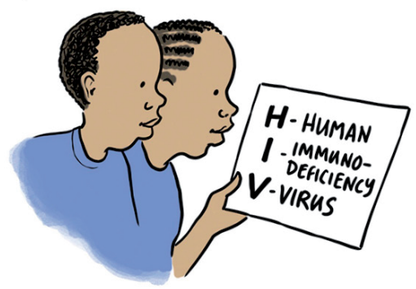


HIV/AIDS 10 messages for children to learn & share

1. Our body is amazing. We have an immune system and this protects us from germs that cause diseases.



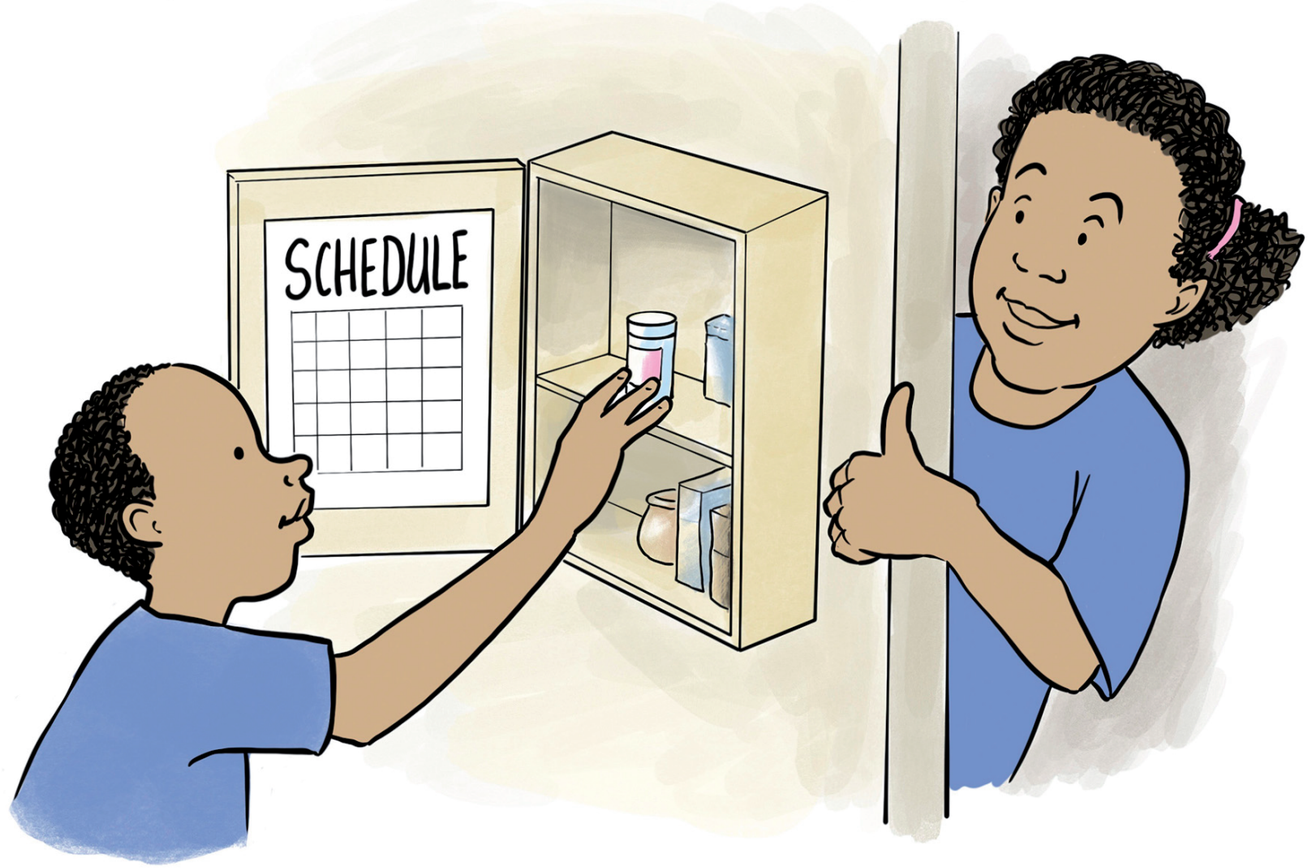
2. Human Immunodeficiency Virus (HIV) is a virus that weakens our immune system and stops our bodies protecting us well from everyday germs. If HIV is not treated, it can lead to AIDS (Acquired Immuno Deficiency Syndrome).



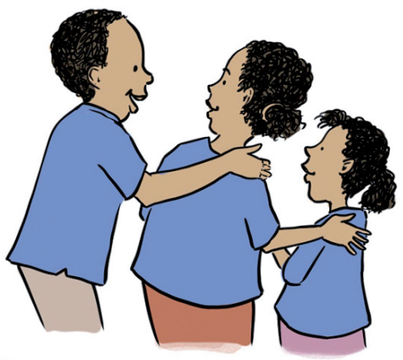
3. HIV lives in the blood and other body fluids and is invisible to the eye. It can be passed on (1) through sex, (2) from HIV positive mothers to their babies during pregnancy, delivery or breastfeeding, (3) in needles or syringes, and (4) through blood transfusions.

4. Medicines called antiretrovirals (ARVs), keep HIV levels low so a person can live a long time. ARVs prevent the spread of the virus to others.

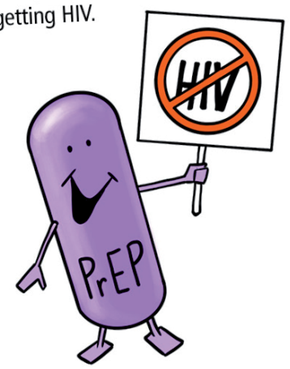
5. Children with HIV need strong support from their family, friends and teachers and encouragement to keep going with their medication to stay healthy.



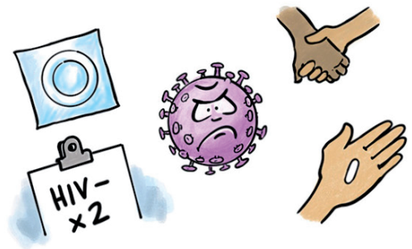
6. People with HIV can play, share food and drink, hold hands, kiss and hug other people. People do not pass on HIV this way.



7. A medicine called PrEP (Pre-Exposure Prophylaxis) helps protect people who are at risk of getting HIV.



8. People protect themselves from getting HIV from sex by (1) having sex using condoms (protected sex) (2) being in a sexual relationship where both partners are HIV negative and do not have sex with others (3) taking Pre-Exposure Prophylaxis (PrEP).

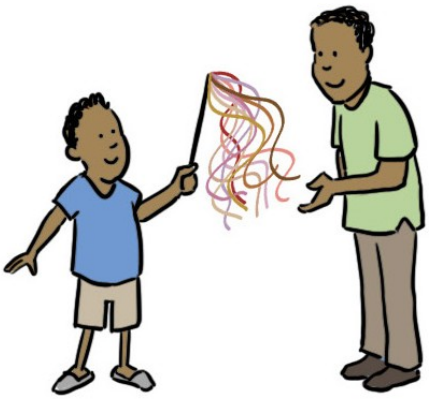


9. To help themselves and others, adults who think they may have HIV can do a simple test at a health clinic or with a self-test at home.

10. Pregnant women should be tested for HIV at the antenatal clinic. If positive, they should get treatment to keep them healthy and stop HIV passing to their baby during pregnancy, delivery and breastfeeding.

Other Resources

We suggest using **Rainbow Sticks** when teaching these messages.



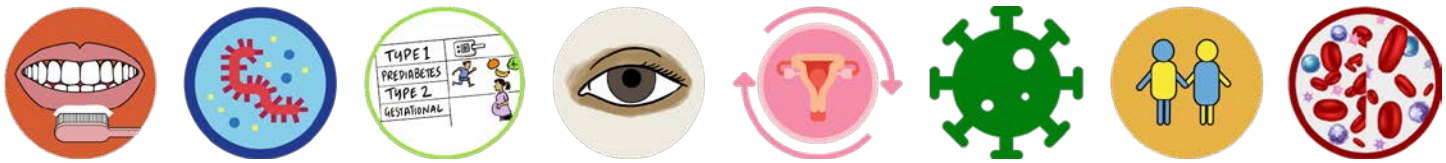
When a child learns and shares a message and returns with a story about how they shared that message, a teacher or other adult rewards the child with a strip of coloured fabric to tie to their stick. Children for Health has 100 messages and every child can leave primary school holding their Rainbow Stick with 100 coloured 'ribbons' tied on it showing everyone that they know 100 health messages. Learn more and see our other methods at:

https://childrenforhealth.org/teaching-the-messages/

There is a **second book** covering an additional eight topics with 111 messages:

Oral Health
Ebola
Diabetes
Eye & Vision Health
Menstruation Health
Coronavirus
Inclusion
Preventing Anaemia

https://childrenforhealth.org/ExtraTopics



Check out our Closing Games & Activities book to help keep children interested, engaged and excited about learning these messages.

https://childrenforhealth.org/Games

Children for Health
Sharing Knowledge Saving Lives

There is so much more available for free on our website!

https://ChildrenForHealth.org