

HEALTH

CHILDREN 0 - 5 YEARS

1.

1. WHEN TO GO TO THE CLINIC?

Do you take your child to the clinic even when they are healthy? Why?



Try this in the group!

Divide into small groups. Share quiz questions.

The group that gets most answers correct, wins!

- How many times should you take your newborn to the clinic? (4 times in the first month)
- How often should you come to the clinic before the child turns 1 year? (monthly)
- How often should you take the child aged 1-2 years to the clinic? (every 3 months)
- And how often should you take your child between 3 and 5 years to the clinic? (every 6 months)
- Why should children get Vitamin A every 6 months? (to prevent blindness)
- Why do children get weighed and measured? (to check for malnutrition)
- Why do nurses check milestones like talking or walking? (to see that there are no disabilities)



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The Why

Children should visit the clinic even when they are not sick. These are called *Child Welfare Clinic* visits, and they prevent diseases and problems in children before they happen.

For example, weighing and measuring the child helps prevent malnutrition; checking milestones helps identify and correct disabilities or delays; vaccines prevent many dangerous diseases such as TB, measles and tetanus; and Vitamin A prevents blindness. Deworming pills prevent or treat parasites, which can make your child sick.



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CHILDREN 6 MONTHS TO 5 YEARS

2. HOME ACCIDENTS

What do you do to make sure that your children at home are safe from accidents?



Try this in the group!

Close your eyes and imagine you are sitting on the floor of your home.

What can you easily reach and grab, if you were a 1-year-old baby? What can you pull down? What can you open? Are some of these things dangerous for your child?

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The Why

As children begin to move around, from about 6-8 months, families need to make sure that the home is safe for them to prevent accidents.



Try this at home

Make your home safe for your baby and child:

Hot stove: Keep the cooking area closed off from children

Medicine/batteries/pesticides: Keep them on top shelves or hanging in a bag where the child cannot reach

Sharp knives, spikes: Put them where child cannot reach

Large water containers: Keep all water containers covered

Electric sockets: Put some heavy furniture in front of the sockets



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CHILDREN 6 MONTHS TO 5 YEARS



DAILY ROUTINES

What are some of the things you do with your children every day? What are your routines?

Having routines helps your child feel safe. Routines provide a predictable structure to their life.

A regular wake up and bed time from about 6 months of age is important for the child's health. It supports emotional wellbeing and thinking skills. Even at 3-5 years, children still need 10-13 hours of sleep.



Doing things together daily, like bedtime routines, also helps with family bonding. Your child will learn that caring adults will always be there for them.

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Try this at home

From 6 months on, **help your child to go to bed and wake up at the same time** each day.

Based on your schedule, **choose 2 daily routines** you can do together with your child, such as breakfast or dinner, bath time, or bedtime. **What can you do during this time, that you both enjoy?**

For example, at bedtime you may tell a story, sing a lullaby (such as Lala Toto Lala), and snuggle.



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CHILDREN 6 MONTHS TO 5 YEARS

4. screen time

How much time does your child spend on the screen (phone, TV)? What do you think about it?

Screens (television, computers, smartphones) are becoming common in our lives. Children can learn songs, letters and numbers by using screens. They can have video calls with family members when far away.



However, too much screen time may have negative influence on children, especially when they are young.

Children's brains are not fully developed. They need many direct, face-to-face activities to be healthy. Too much screen time also disrupts healthy routines such as sleeping and playing outdoors.

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Try this at home

1. **Do not give phones to children under 2** to keep them busy. It is also best not to let them sit and watch TV.
2. For children 3-5, you can have **maximum 1 hour** of agreed daily screen time (phone or TV) but less is better. Know what your child is watching or playing, by asking questions.
3. Make a plan to stop any screen use at least **2 hours before bedtime**. Engage children in other calm activities in the evening, like storytelling, drawing, colouring or reading.



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CHILDREN 18 MONTHS TO 5 YEARS



WASH, WASH, WASH YOUR HANDS



Try this in the group!



1. Explain to the child that:

- There are very tiny nasty germs that like to stick to our hands and try to make us sick.
- Every time you wash your hands, **you win** against these germs. Every time you forget, **they win!**
- You need to wash hands **after using the toilet** and **before eating** to win.

2. Show to the child how to wash hands well and make up a song about washing hands.



Prepare 2-3 homemade tippy taps.

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The Why

Poor hygiene can cause illness (such as diarrhoea) and even death among children. Children can easily pass on illnesses to their family.

Germs and parasites live on unclean surfaces such as skin. Since we can't see them, it is important to follow daily hygiene practices.

Use soap or ashes, and clean water, to teach children how to wash their hands every time after they use a toilet and before they eat. Be a good role model!



Try this at home! (Bonus)

Make a **tippy tap** in your home, if you have not yet done it already. Ask your facilitator or community health promoter for help.



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CHILDREN 6 MONTHS TO 3 YEARS

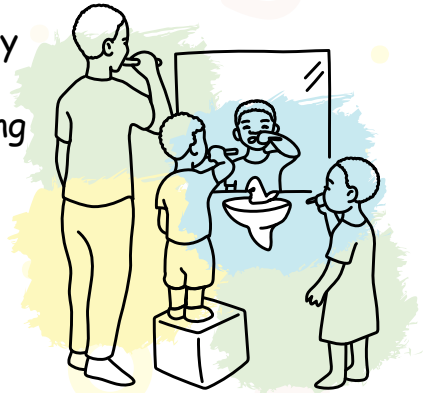
6. MY CLEAN TEETH

How do you help your child learn to brush teeth?

Cleaning your child's teeth regularly will prevent infection, gum diseases, cavities, and pain. Avoiding foods with "added sugars" can reduce tooth decay and damage to permanent teeth.

Baby's first teeth need to be cleaned twice a day with a clean cloth or a soft infant toothbrush and water.

Children can begin brushing teeth with salt or toothpaste from 18 months. You can make a special toothbrushing song to help them brush.



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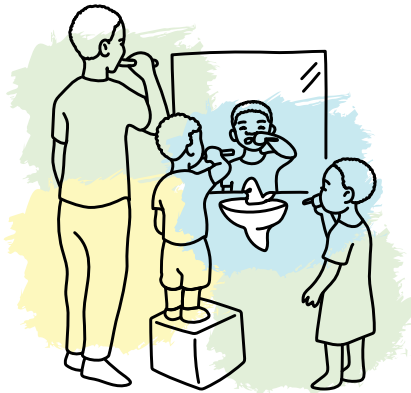


Try this at home! (Bonus)

Brush your **baby's teeth** twice a day, in the morning and before bed. Brush for at least 2 minutes with a cloth or baby toothbrush and water.

From 18 months, teach your child to brush their teeth with salt or toothpaste, after breakfast and before bed.

Make up a song you can sing while your child is brushing!



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CHILDREN 2 - 5 YEARS

7. MY ACTIVE FAMILY

Do you sometimes run around with your young child or play sports together?

Being active is a good way to keep physically and mentally healthy. Low activity among children and adults may lead to excess weight and diabetes.

Being physically active improves sleep quality, emotion regulation, learning, and memory.

The best way is for the family to walk, exercise, or play sports together!



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Try this at home! (Bonus)

Make time for you and your family to **play games** such as football, run races, or just take a morning walk.

You can also play active games with children in **your yard**, such as hide-and-seek, kati, or doing an obstacle course.

Being out of breath is a good thing. It means your body is working hard and your fitness is improving!



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