

TIPS FOR STRENGTHENING CHILD POWER

In the most of the Indian families, children – the older ones in particular – play the role of a child-minder or baby-sitter. This role can be nurtured in different dimensions and used for the development of the society. By doing so, we can make the children – who are the right holders – the duty bearers. What all we have to do is to help them develop and exhibit their latent skills and, learn newer ideas. The urge for development is quite natural and inheritance to every child. They need only stimulation from outside. Here are some activities that can be tried by all of us and you can adapt novel ideas beyond these:

- Form children's clubs in villages.
- Involve children in play activities.



- Let them have regular playtime in the evening. This will refresh their minds from the drudgery of routine school hours.
- Enact skits on moral stories and health, so that children will follow ethics and personal hygiene.
- Make the parents of the malnourished children practice hygienic practices at home.
- Teach handicrafts – making toys out of waste materials to children. This will help them develop creativity.



- Ensure the periodical visit of the village health nurse and assist them in their interventions.

- Ensure that all children in your locality are immunised promptly.



- Play with the disabled children. Teach them songs and games that a school-going child does. Tell them stories emphasising self-confidence and social development.
- Involve school dropouts in all your activities. This will motivate them to continue their education further. Playing along with the school-going children will help the dropouts cast away the feeling of inferiority complex.

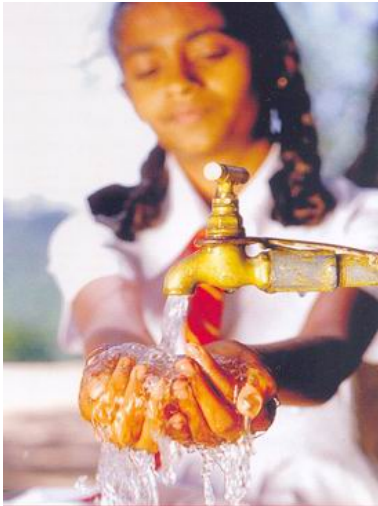


- Teach them the importance of afforestation and let each one plant at least one tree in every house.
- Make the parents aware of the hazards of open-air defecation and motivate them to install a toilet in every house for the sake their children's health.
- Teach them the importance of water and environmental hygiene, so that they will realise the importance of effective water management, which is the need of the hour.

Teach the children the techniques of water management in school and at home:

- Do not let the water run while you are brushing your teeth or washing your face.
- Do not wastefully drain the water – you can use it for watering your plants.
- When you drink water from the tap, do not use your hand for it will waste a large volume of water. Use a cup for fetching water.
- Avoid washing utensils and hands with running water. When you have to, do not open the tap to the maximum.
- Avoid washing clothes at street tap for it will pollute the surrounding and contaminate the water resources.

- Water leakage in your tank and pipes must be immediately checked.
- It is not needed to water the plants daily and watering the plants can be done early in the morning or in the evening to avoid unnecessary evaporation.
- When you have to fetch water for the next day, do not drain the yesterday's water – if anything remains – on to the ground. Store it in a separate container, so that you can use it for other household utility – washing, bathing, watering the plants and the like.
- Avoid using utensils, plates, tumblers and the like lavishly. It will help you save labour of cleaning, time and water.
- Involve in the community management of surface water bodies, which the main agents for recharging the ground water.



Do not waste water



Do not open the tap to the maximum

Use a cup for drinking water



Avoid washing clothes at street tap