

HOW TO USE THE CHILD-TO-CHILD ACTIVITY SHEETS

THE IDEA

Child-to-Child is a way of teaching about health which encourages children to participate actively in the process of learning and to put into practice what they learn.

The Activity Sheets in this package are designed to help you teach health education in a more exciting way using the Child-to-Child approach.

In the Child-to-Child approach we select topics:

- which are really **important** for the health of children and communities.
- which can be **well understood** and are of **interest** to children.
- which children can **act** on.

Children enjoy being involved and it helps them to learn better. This makes teaching more fun and more effective.

What topics are most important?

Government health services and organisations such as WHO and UNICEF now know the main causes of most avoidable deaths and diseases. We now know how to prevent these, and how to care for people when they are sick so that they can be cured. Child-to-Child materials help to pass on this knowledge.

However, preventing people being sick is not enough. They must also live safe and happy lives. Child-to-Child ideas and activities also help children to **grow up happily and to develop their minds and bodies.**

What action can children take?

Child-to-Child activities all over the world have proved that children can improve their own health and that of others through:

- caring for younger brothers and sisters and other young children in the community (**Child-to-Child**).
- influencing other children in their community, especially those with fewer opportunities and education than themselves (**Children-to-Children**).



- sharing information with their families (**Child-with-Family**).
- spreading health ideas and messages within their own communities (**Children-and-Community**).

**BY SPREADING AND SHARING IDEAS
CHILDREN ALSO
IMPROVE THEIR OWN HEALTH.**

Experience has proved that Child-to-Child activities fall into distinct categories which are best introduced in the following sequence:

Understanding activities, e.g.

- the main causes of diarrhoea and dehydration.
- why dehydration kills.
- how to recognise it.