

Ngoana eo ke oa mang?



# Flip Book



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Since 2002, with the invitation of the Lesotho Catholic Bishops Conference, CRS has been working in Lesotho. Over the last 10 years, CRS has focused on helping rural Basotho to meet their food security needs and mitigate the effects of HIV and AIDS. This period has been marked by recurring drought combined with high HIV prevalence throughout the country, underscoring the need for CRS to support families, especially most vulnerable children, infected and affected by HIV and AIDS.

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# Letter from CRS/Lesotho Country Representative

Dear friends,

Catholic Relief Services Lesotho is pleased to present our Ngoana eo ke oa mang: Early Learning Flip Book for Parents and Family Caregivers. This flip book has come to fruition as part of the Whose Child is This? project, with generous support from the Sieben Foundation.

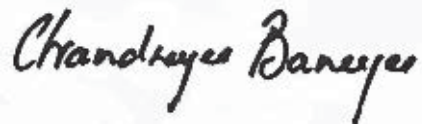
Parents and caregivers have the potential to play a vital role in educating and ensuring the development of young children. It is our hope that this flip book addresses the critical need to strengthen the skills of family caregivers in Lesotho.

CRS Lesotho has a wealth of experience in developing training guides for rural Basotho communities. This new flip book enriches our existing materials and allows us to bring our efforts into homes and classrooms, focusing our attention on the country's most vulnerable children. While the flip book is designed to complement preschool education programs, its holistic approach touches not only upon education but also includes the five critical elements of integrated child development: Nutrition, Health, Sanitation, Child Rights and Protection, and Parental Education.

A primary goal of the Whose Child is This? project is disseminating best practices and lessons learned. We look forward to collaborating with our governmental and nongovernmental partners as they begin to use the flip book in their own work. We are confident that the use of the flip book will generate important learning that will be shared both nationally and internationally.

As you support family caregivers to improve child development, I encourage you to share your experiences using this flip book with others and with CRS. By working together, I am certain that we can help guarantee a brighter future for the children of Lesotho.

Khotso Pula Nala



Chandreyee Banerjee

# Purpose of the Flipbook

Integrated early childhood care and development (IECCD) is an approach that seeks to deliver key services to children during the most critical developmental period of their lives<sup>1</sup>. Research suggests that the impact of IECCD on the development of children in developing countries is substantial. Children under the age of 5 in these environments are exposed to multiple risks, including poverty, malnutrition, poor health, and non-stimulating home environments, which detrimentally affect their cognitive, motor, and social-emotional development<sup>2</sup>. In the Lesotho context, where over half of the population lives below the international poverty line,<sup>3</sup> the combination of risks makes these children more likely to experience developmental delays and growth deficits<sup>4</sup>. Despite economic poverty, communities feel strongly about the importance of education for their children. Opportunities and resources for teachers and family caregivers to learn how to effectively support their children's development and provide appropriate stimulation in different care settings have been extremely limited.

Through the generous support of the Sieben Foundation, the following Flip Book is part of a growing set of materials that Catholic Relief Services Lesotho will be developing to address this lack of resources as part of a project called *Ngoana eo ke oa mang? or Whose Child Is This?*.

***The flipbook contains simple, child-friendly messages and strategies for parents and family caregivers that are easy to implement at home. Each message comes with a picture, explaining its importance and ways for caregivers to do this at home. We believe that the flip book is a tool for bringing children and caregivers together in a fun and interactive way.***

In closing, we welcome your feedback and suggestions on how to further improve this flip book. We hope that it will be incorporated as one of the tools that service providers throughout the country will use in their work with children, parents, and caregivers. For additional information about the project, please contact the CRS Lesotho Education Program Manager, Blain Cerney, [blain.cerney@crs.org](mailto:blain.cerney@crs.org).

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1 While international standards define this period from 0-8, in Lesotho the reference period for IECCD is 0-6 years of age.

2 "Child development in developing countries: Developmental potential in the first 5 years for children in developing countries"; Grantham-McGregor, Sally; Lancet 2007; 369: 60-70

3 UN Human Development Report 2010

4 "Socioeconomic status and child development"; Bradley, R. H.; Corwyn, R. F.; Annual Review of Psychology 2002; 53:371-399

## Why this is important

- Your child develops in his own way and at his own pace. For example, your baby may start to walk at 10 months, which is earlier than his older sister who started to walk at 12 months.
- Your child is different from adults and has different ways of looking at the world.
- Your child deserves to be treated in the same way, whether a boy or a girl, with a disability or without.
- Your child is too young to look after himself and needs to be protected and cared for.

## What you can do

- Give your child plenty of opportunities to develop and learn in his own way.
  - Let him try out his own ideas to find out how something feels or sounds and what it can do.
  - Follow his lead rather than show him what to do when he is playing.
  - Ask questions that help him work things out for himself, e.g. “Why do you think the water spilled?” “How could you do it differently?”
- Give lots of encouragement, love and attention. Praise your child when he has tried hard.



Your child is special.

## Why this is important

- When you go for your check-up you will get advice on how to care for your baby before and after birth.
- The health worker will check that you and your unborn baby are healthy and that there are no problems.
- You will receive important nutrition advice and vitamin supplements for meeting you and your unborn baby's nutritional needs
- The health worker will test you for HIV and AIDS status and provide counselling and resources to help prevent parent to child transmission.
- You will receive vaccinations like tetanus and polio for your unborn child.
- At all hospitals and government health clinics the health worker will provide you with a Mother-Baby Pack.

## What you can do

- Try to visit the health centre every month, or at least four times during your pregnancy. After the 8th month, try to visit your health centre on a weekly basis.
- Review the list of warning signs that you receive from your health care provider. If you are experiencing one of these signs, visit your health centre immediately.
- Exercise on a regular basis according to your health care provider's guidance
- Follow your health care provider's advice for eating properly. Remember you are eating for yourself and your baby.
- Be tested for HIV and encourage your partner to be tested as well.
- Encourage your partner to visit the health centre with you.



Visit the health centre when you are pregnant for regular check-ups.



## Why this is important

- Your breastmilk contains all the nutrients your baby needs and in the right amount.
- Your breastmilk protects your baby against infections and illnesses like diarrhoea and meningitis.
- When you breastfeed you have a special closeness with your baby.

## What you can do

- Breastfeed your baby only breastmilk for the first six months.
- If you are infected with HIV, and are breastfeeding, a health worker will give you a special medicine called nevirapine to take at the same time.
- Do not give your baby any other food or drink for the first six months, even water.
- Even after your baby starts eating solid food, continue with breastfeeding until the child is at least two years old (or one year if you are infected with HIV.)
- If you choose not to breastfeed or are unable to, ask your health care provider about the suitable formula for your child.



Breastfeed your baby for the first six months.

## Why this is important

- After each visit the Bukana is filled out by the health care provider which will allow you to keep track of how your child is growing and developing.
- Your child is weighed at each visit.
- Your child is immunised according to his age on the routine schedule during each visit.
- If your child is not growing normally the health worker will provide recommendations for improving her nutrition. This may include nutritional supplements and/or the child may be referred to find out if there is any health problem. If your child is moderately malnourished she may be given additional supplements like plumpy nut bars<sup>®</sup>.
- Visiting your health centre regularly with your child helps to prevent illness rather than waiting until she gets sick.
- Your child must get all the immunisations.

## What you can do

- Always check your Bukana for the date of your next visit to the Health Centre.
- Make sure you take your child to each visit.
- Follow the advice you are given during your visit to keep your child healthy.



Take your Bukana to the health centre to have your child weighed and immunised.

## Why this is important

- Your child needs different kinds of clean and healthy foods for energy, growth and protection from disease.
- If your child does not get enough of the right kinds of food she will probably get sick.
- Vitamin A protects your child against chest infections and diarrhoea.
- Your child needs iron to protect her physical and mental abilities and protect her from getting anaemia. Babies moving on to solid foods need lots of iron.
- Iodine helps your child grow and develop. It is very important for normal brain development.

## What you can do

- Give your child a varied diet to include some of the following vitamins and minerals:
  - Vitamin A (breastmilk and vegetables and fruit like pumpkin, carrots, spinach, tinned fish, liver, egg yolks, milk.
  - Iron found in leafy green vegetables, liver, meats, fish (where available), and eggs
  - Iodine found in iodised salt
- Follow the advice you receive from your health care provider.



Keep your children strong and healthy with good nutrition.

## Why this is important

- You need to get your child to the health centre or get medical help immediately when your child is very sick. This could save his life.
- If your child has diarrhoea and loses too much water he can dehydrate and die. Give your child oral rehydration solution to prevent him drying out. To make the mixture add 8 level teaspoons of sugar and  $\frac{1}{2}$  level teaspoon of salt to 1 litre of clean (boiled and cooled) water. Mix until the sugar and salt are dissolved.
- If your child is breathing rapidly or finds it difficult to breathe might have pneumonia.
- A cough that lasts for more than 21 days could be a symptom of tuberculosis.

## What you can do

- Learn these signs that your child is dangerously sick and needs medical help urgently:
  - your baby will not breastfeed
  - your child cannot drink
  - your child vomits everything
  - your child has convulsions (fits) with his or her illness
  - your child is unconscious
  - your child is unusually tired
  - your child is having a fit now
  - your child has a very high fever



Know the signs that your child is very sick.



## Why this is important

- Germs make us sick with illnesses like diarrhoea, worms and cholera if they get inside our bodies. They are spread in many ways:
  - through the air when we sneeze or cough
  - through contact with human faeces or urine
  - by touching something that has germs on it
  - through contact with blood and other body fluids
- The best way to stop germs from spreading is to practice good hygiene.

## What you can do

- Make sure all family members wash their hands well to prevent germs from spreading. Hands should be washed:
  - before eating or preparing food
  - after using the toilet or latrine
  - before and after changing baby's nappy
  - after caring for someone who is sick
  - before breastfeeding
  - after playing or working outside
  - after touching animals.
- Cover food containers and bins to keep out the flies and cockroaches.
- Bury or burn the rubbish. Make sure it is buried deep enough to keep animals and rodents away.
- Put all faeces in the toilet or latrine. If you do not have a latrine, take your child far from the house. After the child has finished, cover the waste material with dirt or sand.
- Work with other people in your community to build and use pit latrines and trash pits.



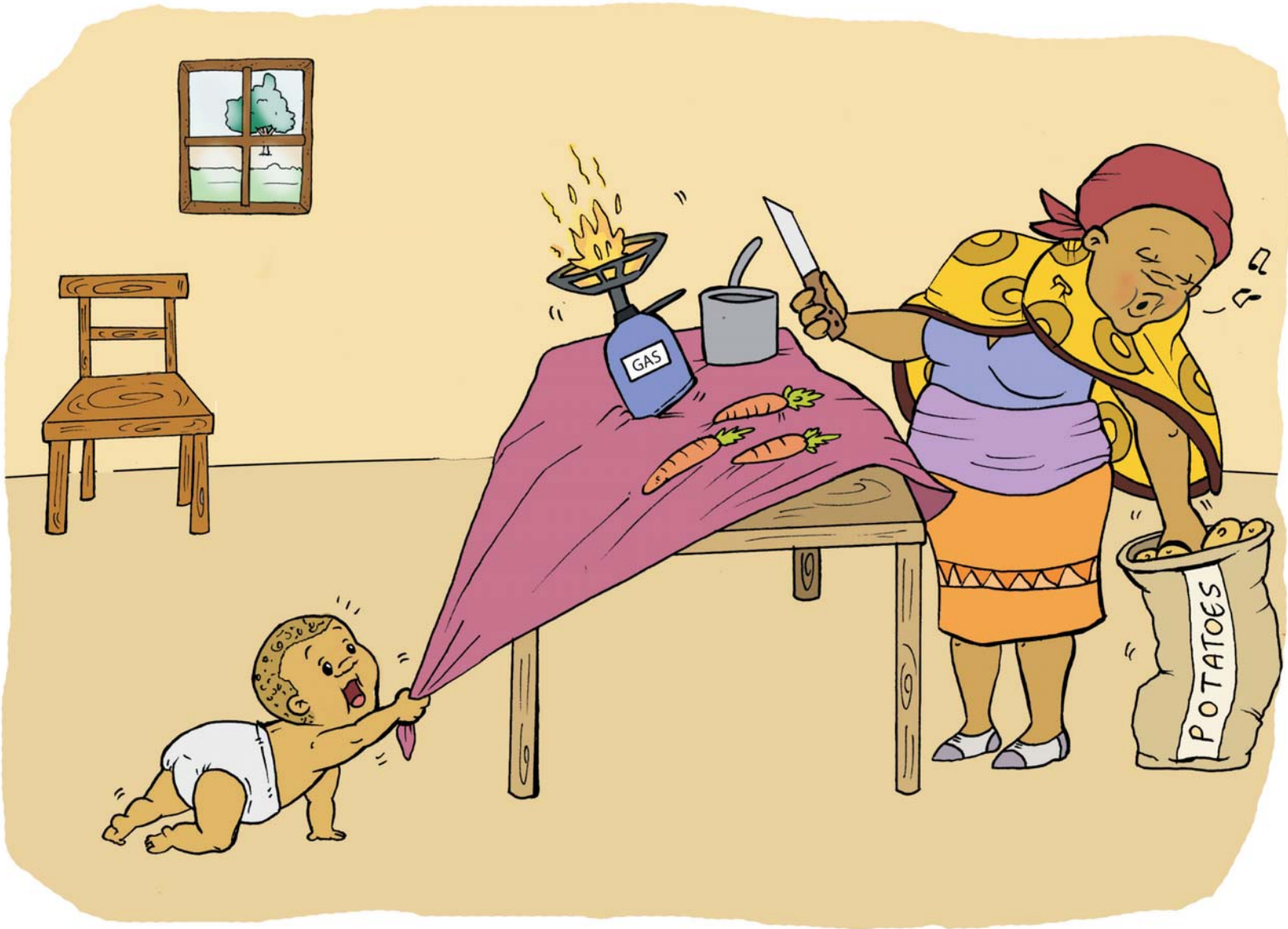
Use good hygiene to stop germs from spreading.

## Why this is important

- Your child is curious and learns by exploring things around your home and outside.
- You need to protect her from getting hurt in and around the home.

## What you can do

- Put things away or out of reach that you don't want children to touch.
- Keep your child away from fire and heat.
- Don't let baby put small things in her mouth.
- Don't leave your child unattended.
- Don't leave your child near water.
- Make sure the area around your home is safe for your child. Pick up anything that might be dangerous to a curious child and discard them in an appropriate place, e.g. pieces of broken glass, old metal, etc.



Make your home safe.

## Why this is important

- When you take care of your baby's needs quickly he will feel safe and secure. Building trust is the most important thing you can do to meet the needs of your baby.
- When your baby feels safe she will feel confident to explore his world and the people in it.

## What you can do

- Respond quickly to your baby's needs
- To be fed
- To have her nappy changed
- To be played with
- You do not spoil babies when you meet their needs on demand (when they cry).
- Give your baby lots of attention - talk and sing to her, cuddle and pat her, play with her.



Make your baby feel safe and loved.

## Why this is important

- Your baby learns about the world by exploring with her eyes, mouth, hands, fingers and feet.
- When your baby uses her hands and fingers, she develops her small muscles.
- Your baby finds out she can make things happen which is an important part of development.

## What you can do

- Find safe play things for your baby to look at, hold and put in the mouth.
- Let your baby look at a mirror and touch it.
- Make sure baby will not swallow or choke on the play things.
- Make a mobile using things that are both colourful and make sounds when played with, e.g. shells, seedpods, sticks, paper clips or coloured paper shapes. Join two sticks together to make a cross and hang pieces of string from the sticks. Then attach the mobile decorations to the pieces of string.
- Make a rattle. You can make a rattle by filling a plastic bottle with small objects that make noise, e.g. seeds. Close and seal the lid.



Let your baby explore.

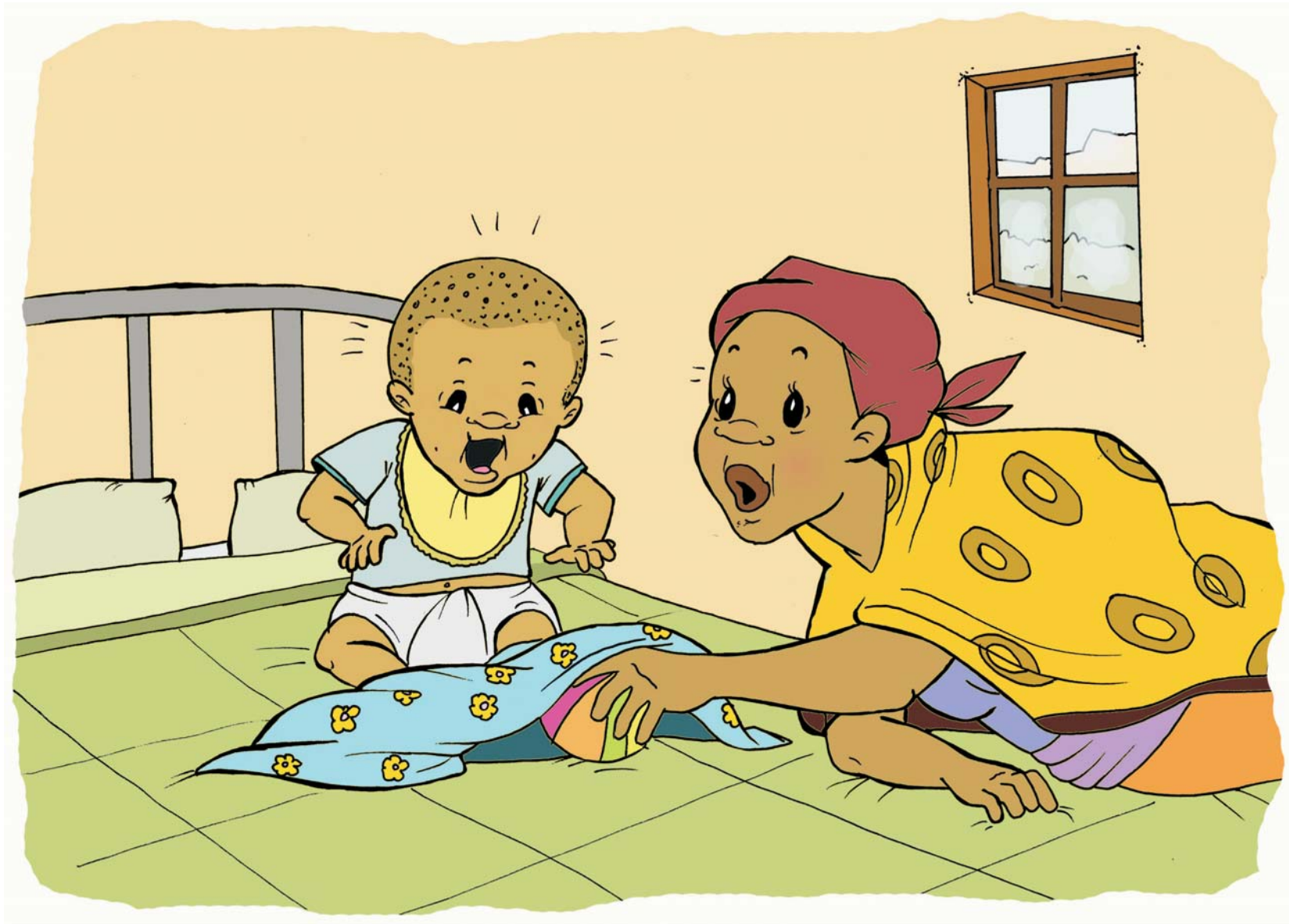


## Why this is important

- Your baby develops his thinking skills when you play hide and seek with him.
- Your baby learns that even though he can't see something it still exists.
- When you spend time playing together you form a close, trusting relationship. When your baby knows and trusts that you are there he will want to try new things.

## What you can do

- Hide and seek games (Bolekeba 'maipatile) are best for babies over 8 months.
- Give baby a toy or object to play with and then let him watch as you hide it under a cloth. Can he find it?
- Hide something in a box and cover the box with a lid.
- Hide your face behind your hands and let baby find you. Encourage your baby to hide his face as well.
- Encourage older brothers and sisters to play hide and seek games as well.



Play hide and seek games together.

## Why this is important

- Singing helps your baby learn language skills because she develops an awareness of sound.
- Talking to your baby encourages her listening skills and helps her to understand words.
- Listening is an important skill which will later help your child to read and write.

## What you can do

- Sing songs when washing, changing the nappy or putting him to sleep.
- Talk to baby about what you are doing and the things you see around you.
- Talk to baby about what you or he is doing e.g.
  - “Look, you are smiling.”
  - “You found your feet.”
  - “You touched your nose.”
  - ”I am going to roll you over now.”
  - “I am tickling you.”



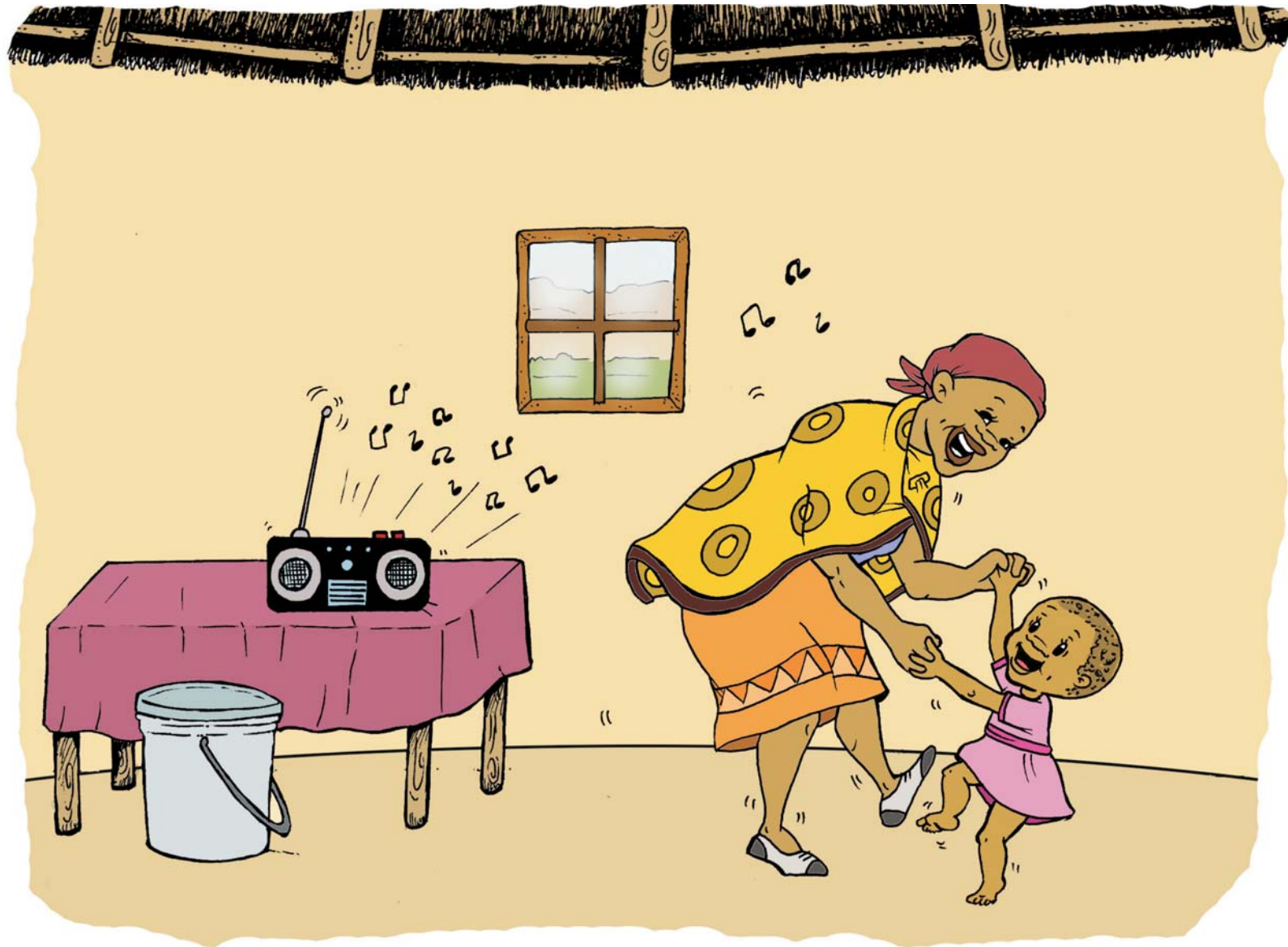
Sing and talk to your baby every day.

## Why this is important

- Moving in time to music lets your child explore what her body can do.
- Music is one way for your child to express feelings and ideas.
- Your child will develop her large muscles and learn how to use them.
- It introduces your child to cultural songs and dances.

## What you can do

- Turn on the radio and encourage your child to dance to the beat together.
- Clap or bang a pot with a spoon and let your child move to the beat in different ways, e.g. “Can you swing your hands in the air? Can you gallop like a horse?”
- Sing traditional songs or do traditional dances with your child (litolobonya, mokhibo, ntlamo).



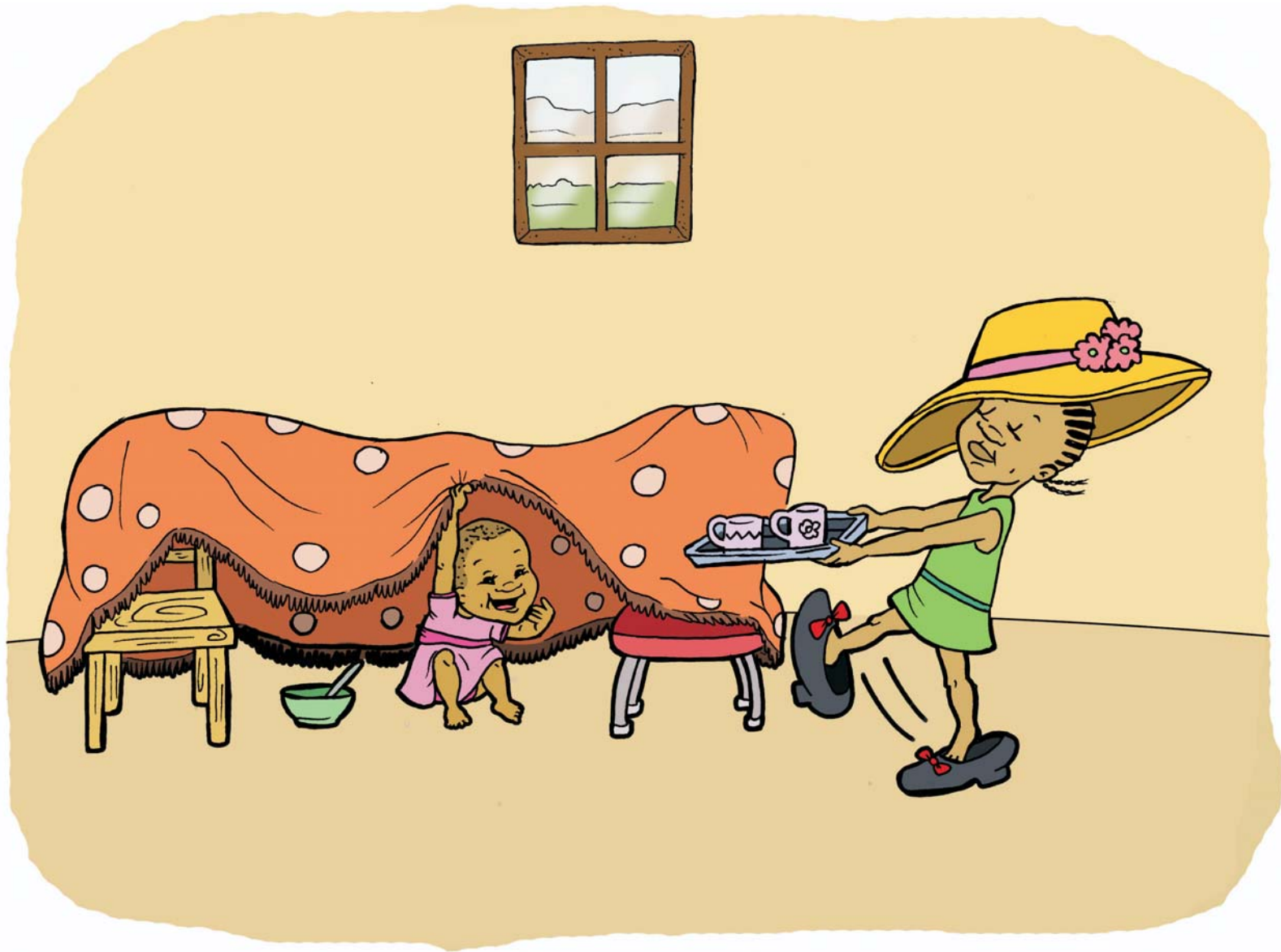
Dance with your child.

## Why this is important

- Fantasy play encourages your child to learn about the world and the people and places in it. He watches you and others around him and then imitates what he sees.
- When children play pretend games they learn to cooperate and take turns and to communicate with one another.
- Your child will learn how things work by experimenting with them.

## What you can do

- Help your child make a 'house' outside with cardboard and rocks. Let him invite their friends to play, e.g. prepare 'food'.
- When it is raining, put out a few blankets or sheets to throw over chairs and make a 'house'.
- Encourage your child to 'serve you meals' and talk about how the food looks and tastes.
- Let your child dress up in your (and daddy's) old clothes.
- Provide other things to pretend with, like pots and pans, cardboard boxes, blankets and home-made dolls.
- Talk to your child about what work people do.



Encourage fantasy play.



## Why this is important

### Building activities.

- When your child builds she learns about mathematics: height, space, size, shape colour and number.
- She develops his large and small muscles as well as balance and coordination.

### Sorting and matching

- Your child is developing important thinking skills when she recognises that things are the same and not the same.

### Counting

- Your child needs to count real objects to help her understand about numbers.

## What you can do

- Make building blocks from cardboard boxes of different sizes. Encourage your child to use her own ideas to make things from her imagination, stack the blocks, count them, put them side by side, etc.
- Sort and match the clean washing together:
- Put all the things that are the same together, e.g. underwear, T-shirts, socks, clothes belonging to different family members etc.
- Give your child opportunities to count real things during daily activities, e.g. cups, plates, spoons, washing pegs, food items. Encourage the child to touch the items as she counts.



Use household objects to teach your child.

## Why this is important

- Your child will learn to be creative and use his imagination.
- Your child will develop his small muscle skills in his hands and fingers by playing with pencils, crayons, markers, etc. This will later help him when he learns to write.

## What you can do

- Encourage your child to draw on paper or in clean sand.
- Provide your child with paper for drawing.
- Encourage your child to draw and colour his own picture. Ask him to tell you about the picture.
- Do not ask the child to copy something or tell him what to make.
- Praise your child's efforts no matter how it looks.



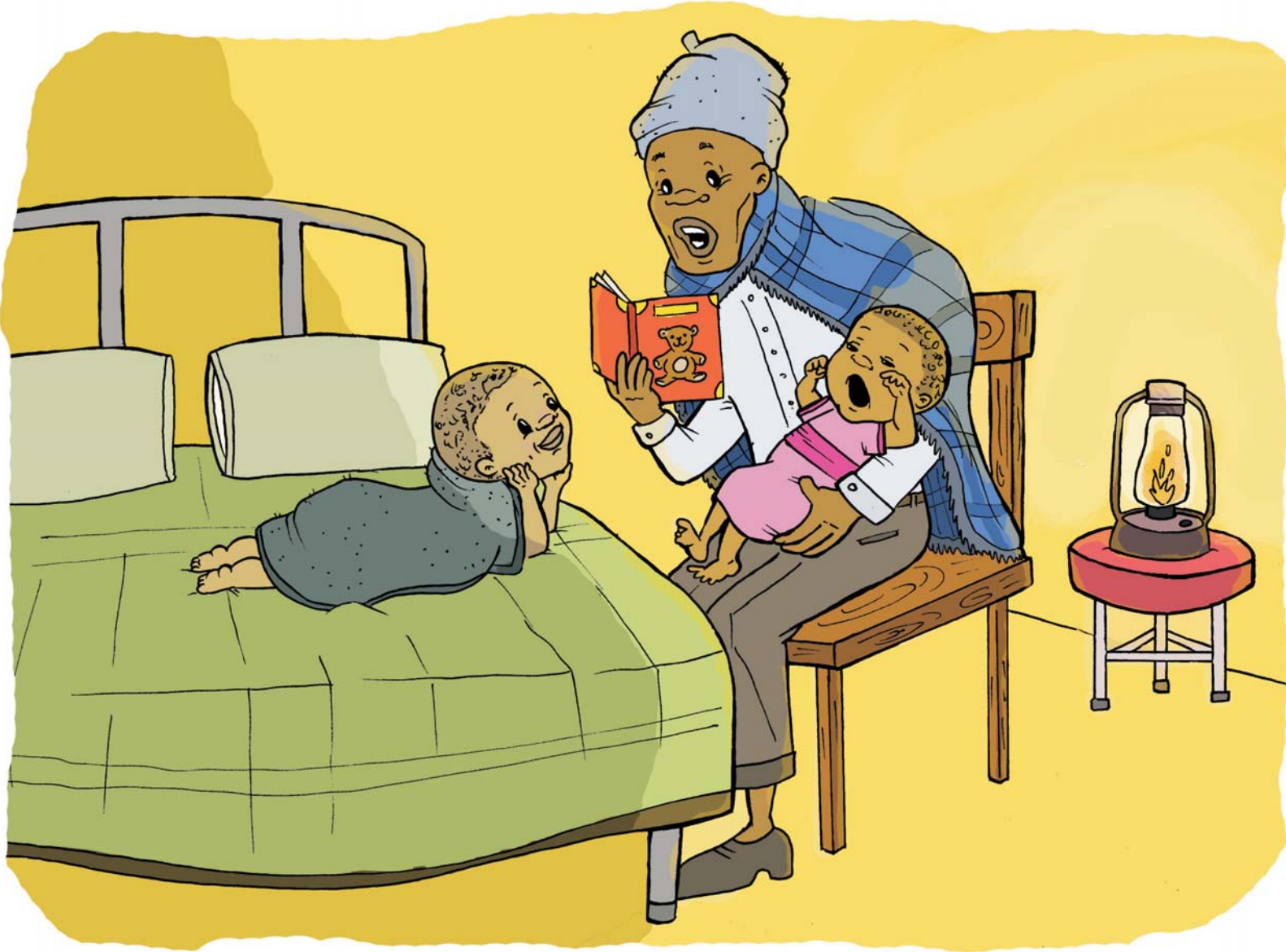
Draw and colour with your child.

## Why this is important

- Reading to your child will help him to become a reader:
  - Reading aloud helps your child understand why books are important: they contain information about things, people and places, as well as feelings.
  - Reading helps your child to learn to listen.
  - Reading helps your child learn new words.
- Looking at colourful picture books is a fun thing to do together.

## What you can do

- Collect magazines and newspapers with attractive and colourful pictures.
- Find a cosy place to sit with your child and make sure he can see the pictures.
- Point to, name and talk about the pictures or what is happening in the story.
- Let him turn the pages.
- Ask questions about the book to help him understand better, what might happen next, who is your favourite character, etc.



Read to and with your child.

## Why this is important

- Your children will feel more secure when their father protects, loves and takes part in their lives.
- Fathers need to be involved in their children's lives.
- Fathers act as important role models to their children and, in the case of their sons, help shape their gender identity, e.g. teach them to talk about their feelings.
- Children whose fathers are involved in their lives do better at school and feel more confident.

## What you can do

- Comfort your child when he or she is sad or needs reassurance.
- Let the boy children express their feelings when they are sad or hurt.
- Help with feeding, washing and dressing your children.
- Play with and take an interest in what your children are doing and saying.
- Be a good role model for your children.



Build a relationship between your child and his father.

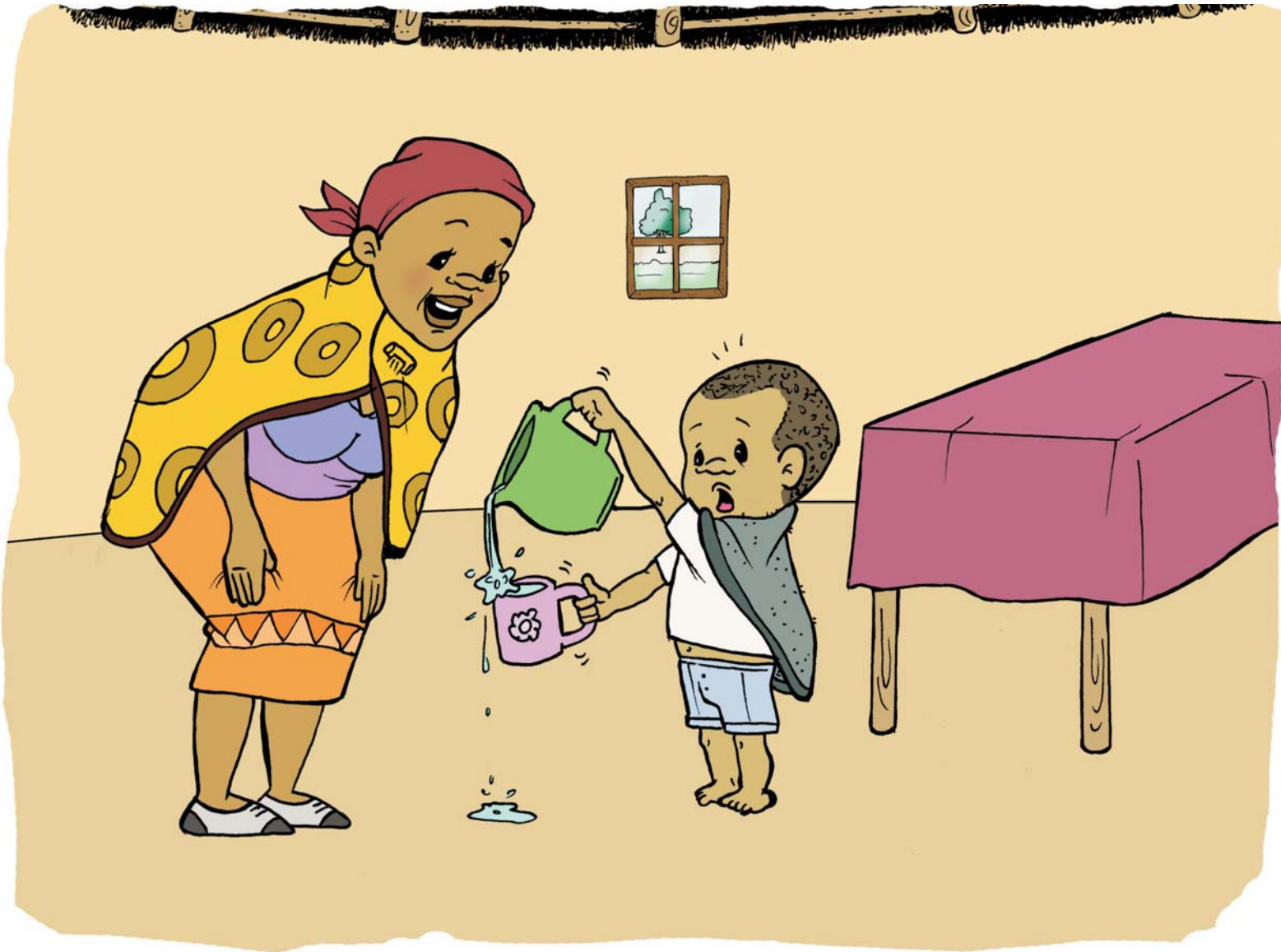


## Why this is important

- Your child needs to learn to be independent and help himself.
- When your child learns to do something new, he will develop pride and self-confidence.
- If your child is confident, he will want to learn to do more difficult things.

## What you can do

- Let your child help around the house, put out the plates at mealtimes, clean up their own spills, pack away groceries, sweep or dust.
- Encourage your child to help you with laundry.
- Let him pull out his own socks and underwear to wash them himself. While folding laundry, ask him to identify his own clothing and put these items away.
- Encourage your child to feed and dress himself and to wash his hands.



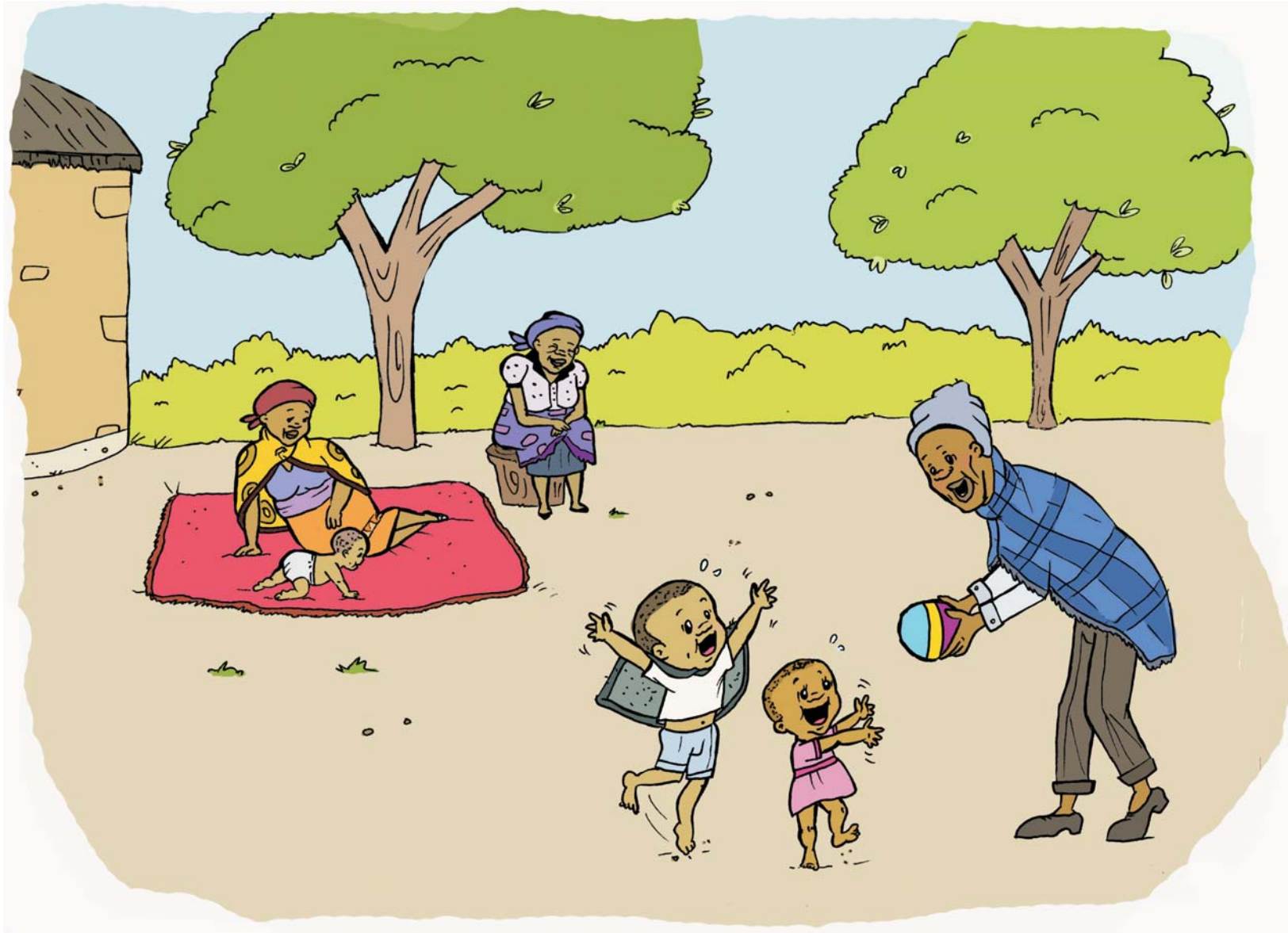
Let your child experiment and do things for himself.

## Why this is important

- Outdoors is the best place for your child to be active.
- He develops his large muscle skills as he runs, jumps, skips, hops and climbs.
- He develops his small muscle skills when he catches a ball or waters the vegetable garden.
- Sunlight contains Vitamin D which is needed for healthy bones.

## What you can do

- Take your child to a space where she can move around.
- Throw, catch and bounce a ball together.
- Invite your child's friends to play outdoor games, e.g. hopscotch, liketo, morabaraba, bolekeba 'maipatile, mantloane, etc.
- Make a ball by stuffing waste cloth with plastic bags.



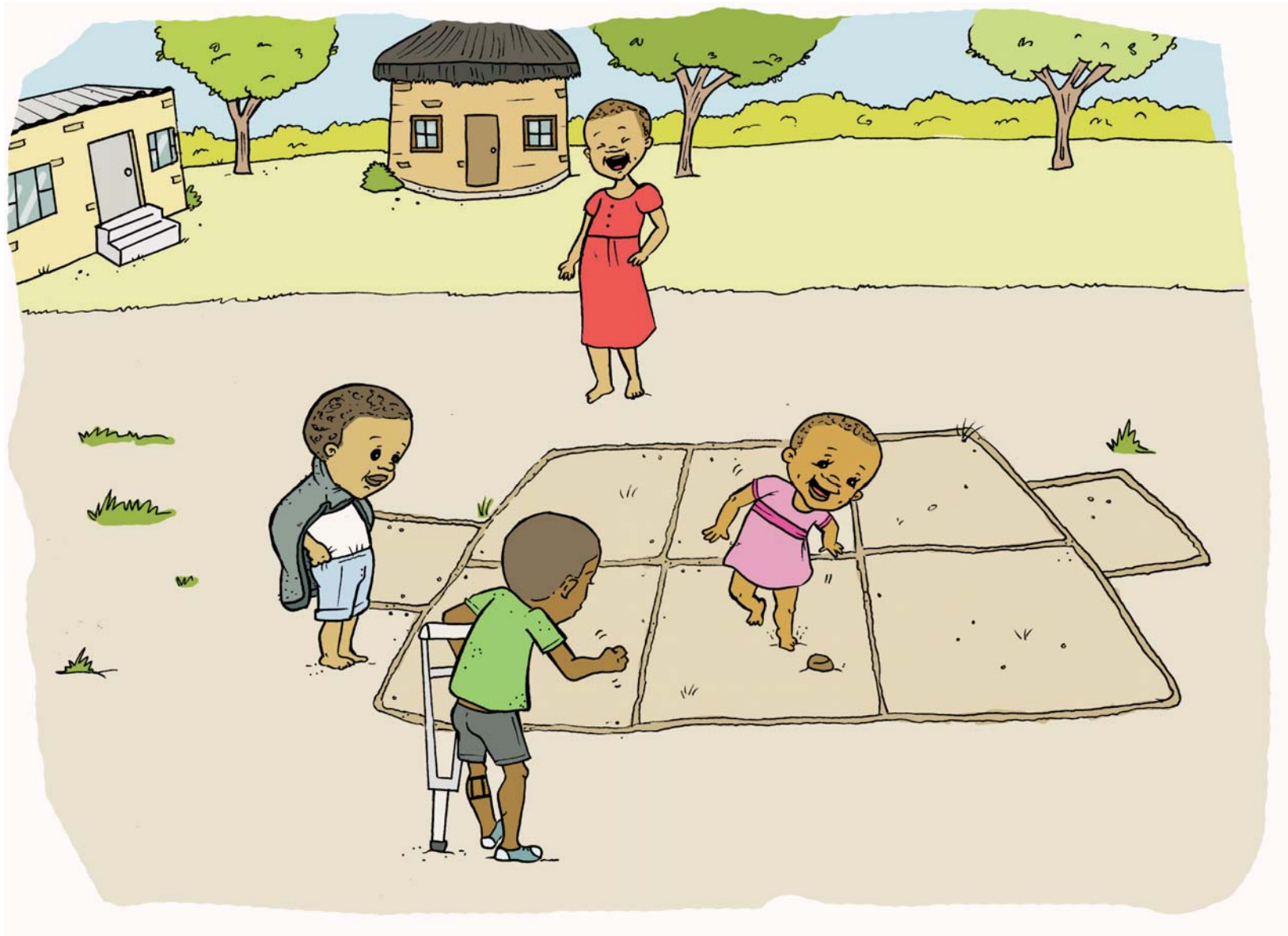
Take your child outside, often.

## Why this is important

- Playing with their friends helps children learn to share, and to take turns and to get along with others.
- Parents show their children that playing and getting along with others is important.
- Taking part in child play makes your child feel important and special.
- Playing with others helps children to develop social skills that will be helpful in the classroom.

## What you can do

- Invite children in the neighbourhood to come over and play e.g. hopscotch, like to, morabaraba bolekeba 'maipatile, mantloane and other outdoor games.
- Give children a rope to skip with. A skipping rope, khati, can be made by weaving plastic or straw.
- As a parent, participate in children's play from time to time. Encourage children to share, take turns, and follow rules without fighting.



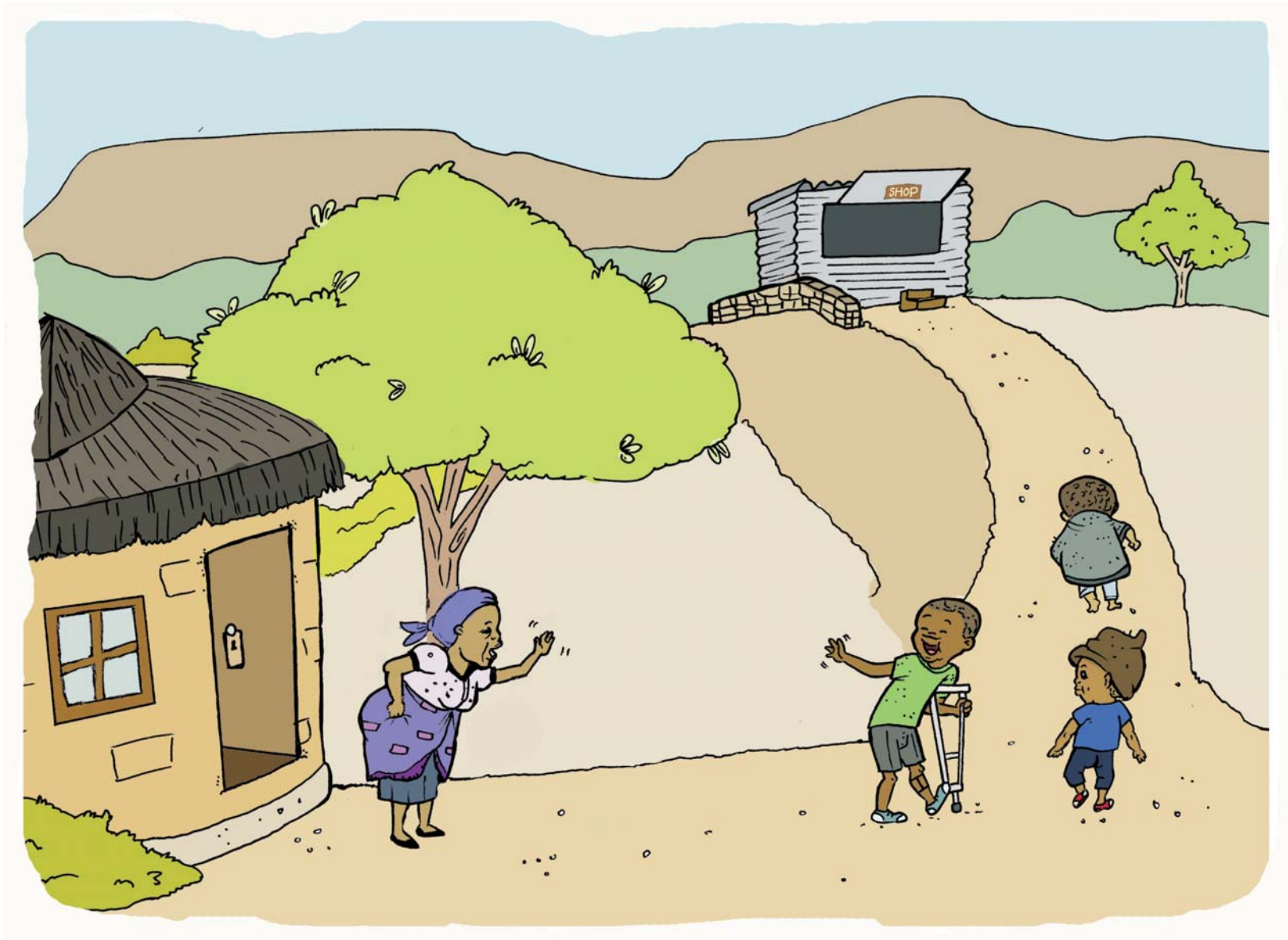
Encourage your child to play with others.

## Why this is important

- Children with disabilities often feel left out. When children play and do things together, they feel that they belong to a group.
- People overlook what a child with a disability can do.
- You and your community will benefit from inclusion by gaining a knowledge and understanding of disability.
- It breaks down barriers and prejudices, making it easier for integration of future children with disabilities.

## What you can do

- Encourage children to play games and do things together that will allow a child with a disability to succeed.
- Place things so that the child can reach for something without having to ask for help.
- Invite the child to do something together with his friend, e.g. carry the plates to the sink.
- Let a child with a disability do things for himself and give help only when he asks for it.
- Support parents with children with disabilities to include their children in regular activities.



Invite children with disabilities to join in with regular activities.



## Why this is important

- Your child may be stopped from doing what she wants because you expect her to behave in a certain way because she is a girl (or he is a boy).
- Playing together helps children learn many things and enjoy many activities.
- It helps children grow up without gender-based stereotypes (messages that they have received about how boys or girls should behave).
- Boys and girls are treated equally from an early age.

## What you can do

- Encourage boys and girls to play together and do many different things together.
- Let children play with who they want to play with, rather than telling them that certain activities are only for boys or for girls.



Let boys and girls play together.

## Why this is important

- Your child learns about the people, places and things in her world.
- She learns about his village and where important people are.
- Your child is safer because she is recognised by others and knows where not to go.
- She learns about important community activities.
- Your child learns about the natural environment that she lives in.

## What you can do

- Bring your child along to help with small tasks around the village, e.g. shopping, fetching water, fetching wood, etc
- Walk around and look for insects, plants, trees, animals, etc. Tell her the names of the things you see, talk about what they look and feel like, why they are important, how they move, what they eat, etc
- Walk to the local store, school, market church or taxi rank to see people at work.
- Explain to your child about the different places that you visit and people that you meet. Encourage her to ask questions.
- Introduce your child to community members, e.g. neighbours, chiefs, teachers, church leaders, shopkeepers, health workers, taxi drivers, etc.
- Take her to the homes of child friends to meet their parents.



Take trips around the neighbourhood together.

## Why this is important

- Children love to listen to stories.
- Storytelling is the way that traditions and beliefs are passed down and kept alive,
- Your child will learn to listen and develop memory skills.
- Your child will learn more about his culture and feel proud of who she is and where she comes from.

## What you can do

- Tell traditional folk tales, litsomo, that have been passed down over generations.
- Tell your child about your clan and the animal that it symbolizes.
- Tell your child about where your family is from.
- Highlight where different members of the family come from, like grandmother, nkhono, and grandfather, nstatemoholo, etc.
- Tell a story about something your child and you did during the day.
- Tell a story about something your child did when she was younger.
- Listen to a story on the radio.



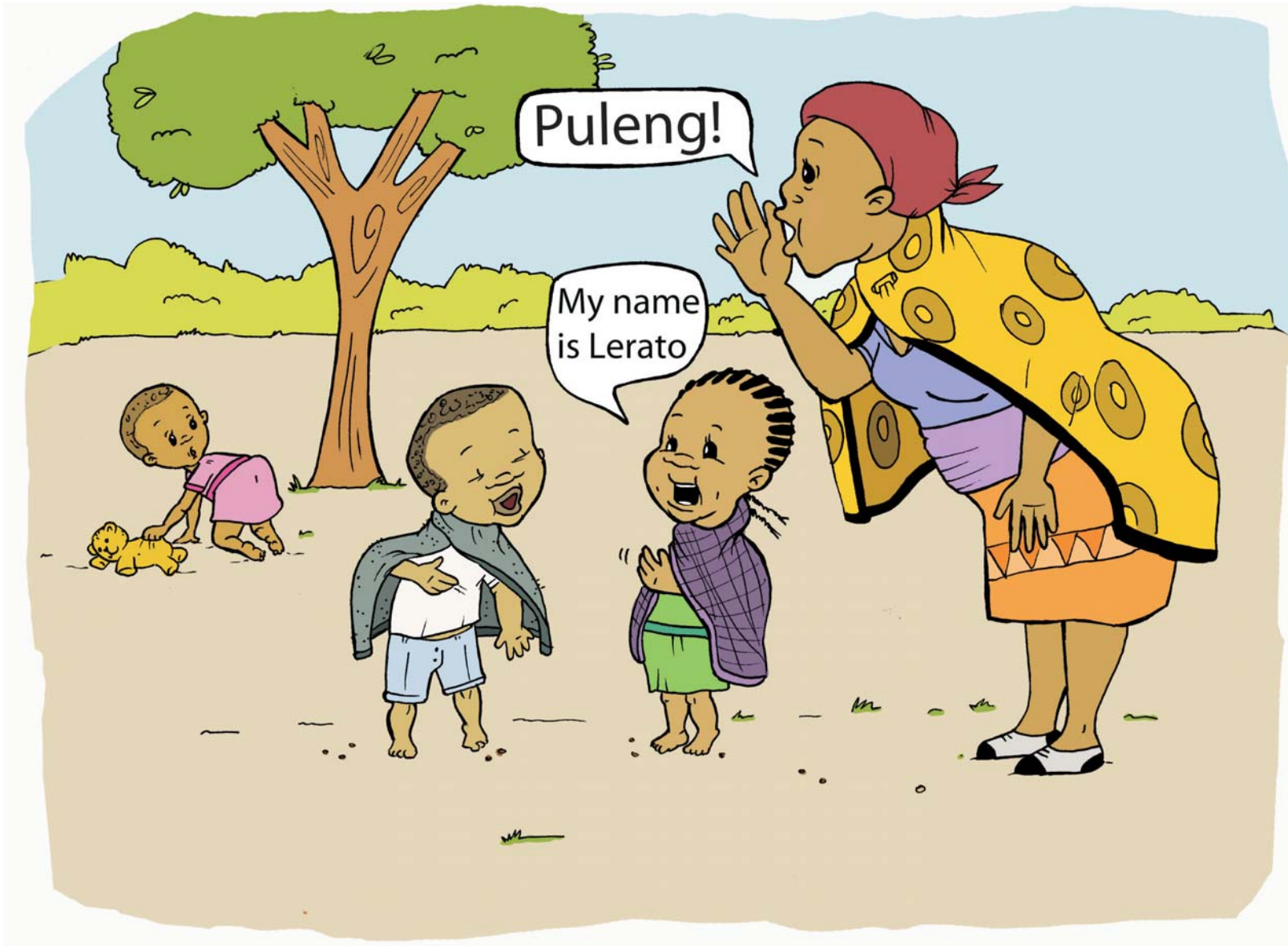
Tell stories to share knowledge and culture.

## Why this is important

- While it's important to respect cultural norms for name giving, naming your child as early as possible helps the child to develop self-esteem and a sense of self at an early age.
- Your child has the right to a name and a birth certificate. If your child does not have a birth certificate there is no proof that your child exists.
- A birth certificate allows your child to get admitted in a school.
- A birth certificate allows the government to organise the appropriate resources for your health centre, village and district, such as vaccinations, vitamin supplements, nurses and doctors, supplies for the health centre, teaching materials for the classroom, feeding programs, etc.

## What you can do

- If you are struggling with naming your baby due to lack of resources or other obstacles, don't delay to name your baby. Discuss options with your partner, the chief and the councillor.
- Register the baby's birth within the first six months of life.
- Report the birth of your baby at the local chief's office and ask for proof of the baby's birth.
- Before you go to register your child for his birth certificate go to the chief for proof of the baby's birth. Take this to the District Administrator's offices to apply for the birth certificate.
- Even children above the age of six months can be registered using the same process; speaking with the chief for proof of birth and meeting with the DA to apply for the birth certificate.



Give your child an identity.



## Why this is important

- Children feel good about themselves when they feel loved and valued. How the people in their lives treat them affects the way they feel about themselves.
- Your child has the right to be free from all forms of violence and no one should treat him in a cruel or degrading way.
- Harsh punishments are harmful to children and affect the way they develop and learn.

## What you can do

- Do not punish your child by hurting or shaming him.
  - Do not hit your child
  - Do not lock your child in a room. If you send her to another room, make sure the door is open.
  - Do not deprive the child of food and water as a punishment.
- Show your child the behaviour you expect – she will learn by observing and copying you.
- Set clear rules so that your child knows what she can and cannot do.
- Praise your child when she does things well.
- Here are some things to try when your child misbehaves:
  - Explain why she should not do it.
  - Help your child find words to express her feelings.
  - Remove her from the activity.
  - Hold him firmly if she is very upset.
  - Ignore the behaviour if she is just looking for attention.
  - Time out: let him sit on one side away from the activity for a few minutes (never longer than 10 minutes and never alone).



Discipline your child without hurting her.

## Why this is important

- Child abuse and neglect happens everywhere and every child is at risk.
- We all have the responsibility to make sure that all children are protected from harm and neglect.
- Some signs of abuse could be:
  - Physical, e.g. unusual bruises or marks
  - Sexual, e.g. stained underwear, injuries to genitals, difficulty walking or sitting
  - Emotional, e.g. sad, withdrawn, angry or aggressive, wets bed repeatedly, doesn't want to eat
  - Neglect, e.g. underweight, not dressed properly for the weather, tired, hungry

## What you can do

- When you notice signs of possible abuse report it to the nearest police station, local chief, social welfare office or other known community leaders.
- Encourage children to report any form of violence or abuse imposed on them or their friends.
- Think of people in your community who can provide support such as health workers, teachers and social workers church groups and other support groups.



Protect all children from abuse.