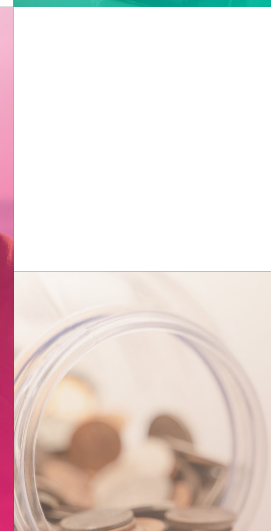
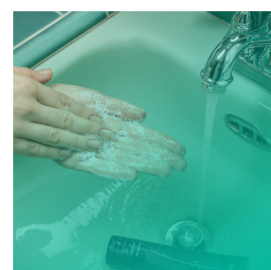
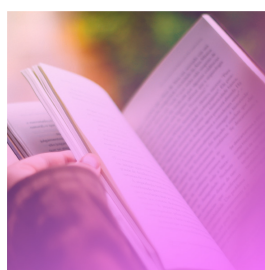


Life Skills

CW4WAfghan's Life Skills Guide for Literacy Students

2019



Downloaded from darakhtdanesh.org

Table of Contents:

Preface	1
Chapter 1: Family Budgeting.....	2
Chapter 2: Health	7
Chapter 3: Hygiene	16
Chapter 4: Healthy Nutrition	23
Chapter 5: Menstruation cycle and pregnancy care	29
Chapter 6: First Aid	42
Chapter 7: Personal Development.	53
Chapter 8: Parenting	57
Chapter 9: Children's Rights	63
Chapter 10: Relationships and Communities	67



Preface

The chance to expand one's life skills is an integral part of CW4WAfghan's adult literacy education program. Our experience shows that literacy education by itself does not provide sustained reading and writing skills. Literacy education must be relevant and meaningful for adult learners to ensure they retain their reading and writing skills and are able to use them in everyday life. This manual was developed to support adult literacy learners to make informed decisions in day to day life, to play a positive role in their own and their families' lives, and to foster continuous personal development. Ultimately, its primary goal is to improve people's quality of life, by exposing them to healthy physical and social lifestyle choices, and ensuring they have practical skills and knowledge like First Aid, childhood nutrition, and maternal health - information that could even mean one day saving a person's life.

The topics in this manual have been selected based on the needs and desires of the adult literacy learners and their fellow community members in areas of Afghanistan where the Afghanistan Lowalee! I Afghanistan Reads! Adult literacy program has been delivered to date. These topics include family budgeting, health, hygiene, nutrition, maternal health, first aid, personal development, parenting, children's rights, and relationships and communities. It is our hope that these topics will help the learner effectively manage their family economy, support their own well-being, foster good communication practices, and nurture skills that develop healthy relationships and happy families; at the same time that the content covered by the manual also helps prevent violent and unsafe behaviors, particularly against children, and increases learners' self-confidence and their competence in navigating daily life during changing times.

We hope this manual lights a path to improved quality of life for our literacy learners, and complements their literacy education by further empowering them to gain agency over their lives and their goals.

Murwarid Ziayee
Senior Director, CW4WAfghan



Chapter One

Family Budgeting

How to Manage a Family Budget

Family budgeting can be defined as the process by which a household manages its resources, which includes every family member's income. Every family needs financial resources to cover its expenses. In order to properly use these resources, it is essential to take into consideration some important points discussed briefly below.

Choice and Its Role in Family Budgeting

The desire for a better and more prosperous life is natural. Every family wishes to provide their children with better food and good clothing, to live in a suitable house that is equipped with appropriate and necessary appliances, and to provide the best education for the family's children. Although every family has these wishes, the reality is that not all families are able to fulfil them. Some families can only fulfil some of their wants and there are families who cannot even meet the very basic needs of their families. The income of an average family can only meet a limited number of its wants; therefore, the family must, from the very beginning, be able to recognize the difference between its needs and its wants, and establish priorities around the most important needs of the household. This need for prioritizing is there at all stages of life. Each member of the household should think carefully about purchasing non-essential items. For instance, if you buy a dress you want for a party, it could limit you from purchasing your children's school supplies. Or, if you buy something non-essential but desirable for the house, you may not be able to purchase a new pair of shoes for your daughter. In daily life individuals face hundreds of these kinds of situations and must make decisions about what to do. Besides these day to day decisions, each family also faces larger decisions such as who in the family should work and what kind of livelihood they should have, whether to live in an apartment or a house, in which

part of the city, in a town or the countryside, or whether to live in an extended family or smaller nuclear family, among many others. This chapter is intended to help you navigate such questions and adopt habits that will help you to make good decisions for your family's budgeting needs.

How to Manage our Expenses

Below we highlight some tips that help in good family budgeting, including controlling expenses, savings, and managing the contributions of different family members' income to the household.

1. Preparing an accurate list of necessary goods

After calculating your household's total income by month, prepare your household's list of needs. Begin by ignoring 15 % of your money; that is, just act as if you don't have this money at all. Then use this adjusted amount to budget for the costs of all needs for the next month. Review your list a few times to ensure you've remembered to include all your household's expenses.

Let's try this out. Imagine that your monthly income is 20,000 Afs. First, ignore 3,000 Afs; that is, assume that your monthly income is 17,000. Now based on this amount of 17,000 Afs, make your list of needs for the next month.

	Goods	Amount (Afs)
1	Grains: rice, flour, peas, beans. Oil	2,700
2	Bread, vegetable, fruit and meat	2,100
3	Electricity, gas	Electricity – 700 Gas 12 kg – 600
4	Transportation for all family members	2,000
5	House rent	4,000
6	Money for emergency	2,000
7	Money for clothing for family members	1500
8	School fees and supplies	Stationary – 600 Fees – 800
9	Total	17,000
Note From the total income, after needs are covered, you can save 3000 Afs each month, or use this amount to pay towards a debt.		

Note: The table above is only an example. You can use it to make your own list based on your own household's income and needs. Remember, not every rich person inherited his/her money. Most of them started from saving very small amounts of money, but regularly over a long period of time and increasing this amount gradually.

2. Separating Wants and Needs

Once the list is ready, review it once again. Underline the most basic, essential goods, and determine which goods are not essential, and can be considered second or third priorities. Try to eliminate items from the second and third priority categories. Also track what items you purchase that were not on your initial list. Essential items are those that you really need, such as food for your family's monthly consumption. Wants are your 'nice-to-haves,' for example, expensive dishes or luxury goods that cost a lot. To build savings, it's important to purchase only what you need. It's also important to cultivate good spending habits such as training yourself to resist the urge to buy something you don't need only because it's on sale; or indulging impractical desires such as having many pairs of shoes when you only wear two or three pairs usually.

3. Saving Money

Deposit the money you have remaining after your basic needs are covered right away into your bank account or put it in a safe and secure place. This helps you to save your money and not spend it unless absolutely necessary. Having savings also helps you avoid needing to go into debt if an unexpected situation should arise.

4. Purchase All Your Goods in Bulk

If possible, purchase long lasting food items such as grains and cooking oil in bulk, as well as any household items you use in great quantities, such as soap, that are not perishable. For instance, if a 1 kg bag of rice costs 120 Afs and a 1 seher (7 kg) bag costs 750 Afs, it is more economical to purchase the larger amount. Purchasing in bulk not only will cost you less, but will also save you time. However, some goods like vegetables, meat and fruit are perishable so must be purchased on a weekly basis.

5. Bargain When You Are Shopping

Sometimes the prices for goods are fixed; however, often it's possible to bargain or negotiate a discount. Therefore, do your best to bargain with the seller as much as possible to obtain goods at lower prices. Also, identify markets where quality goods are sold at reasonable prices and where it's possible to buy in bulk.

6. Low Price Is Not Always A Reason to Buy

Price is often the major determinant when making a decision to buy something; however, even if an item is very cheap there may be other "costs," such as a reduction in the quality or durability or freshness in exchange for the low price. It's important to consider value, that is, a good and fair price for an item of good value. [could add here the Afghan expression, arzan bi illat, qimat bi hekmat nest]

7. Teach Your Children How to Save Money

When your children receive money as a gift during occasions like Eid or if you give them money (called an 'allowance'), this is an excellent opportunity to teach them some basics about money management, by encouraging them not to waste the gifted money on, for example, buying junk food. Over time, saving



up accumulated gifts and allowances is a way to teach children to plan ahead, think about the future, and manage their own personal money well. This gives them direct practice in saving money. In addition, since children learn so many behaviours by observing those around them -- especially their parents -- if your children witness you saving your money and budgeting expenses, they will learn to do the same.

8. Reduce Your Expenses

a. Saving on gas

While you are cooking, keep the gas flame at an appropriate level, and turn it off as soon as you're done. On cold days you can use the stove for both cooking and heating. In the summertime you can use the sunshine to warm up the water.

b. Saving on water

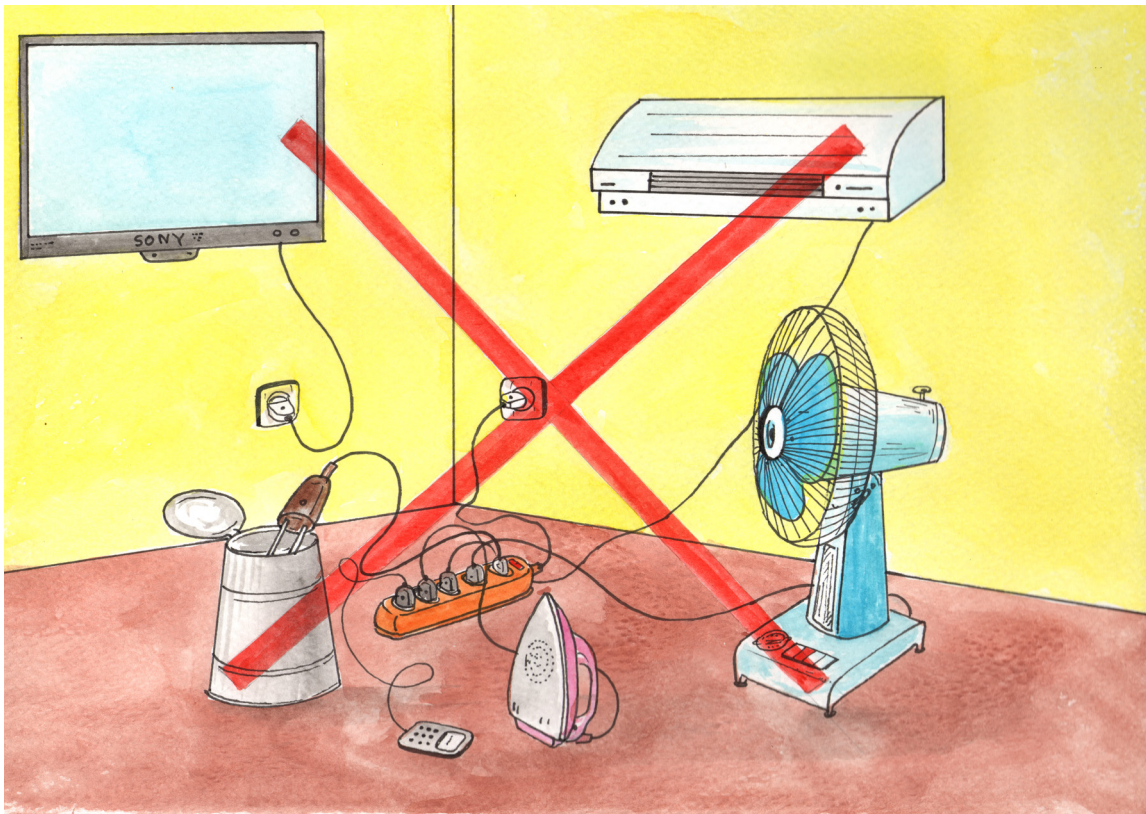
Some of the ways you can save water include:

- Instead of running the tap when you wash your hands, face or teeth, turn it off and reopen it only when using the water.
- Wash dishes soon after use which will take less water and promote cleanliness in your home by reducing food scraps that could attract pests. Dishes with dried on food demand more water and dishwashing liquid to clean.
- Use grey water. Grey water is used water, such as the water you used to clean dishes or take a shower. Grey water can be re-used, such as for watering a kitchen garden.

c. Saving on electricity

Some of the ways you can save on electricity include:

- Use energy saving light bulbs.
- Do not use electrical power or use less of it at peak times (e.g. evenings that most families use electricity for cooking and in winter for heating).
- Turnoff the lights in rooms not being used.
- To save energy, unplug electronics when they are not in use.



9. Be proactive in controlling resources, reducing expenses and increasing income

Think creatively about ways to improve your household's economic status. You can draw ideas from others. For instance, try to learn new skills from friends such as cutting your children's hair yourself and making or repairing clothing at home, or cooking food more often found in restaurants like samosas, shoornakhood (peas) and Chapli kabab. If you have a small garden in your backyard, you can grow vegetables and herbs, helping you save money on buying vegetable and spend your money to fulfil other needs. Try to use your own skills to benefit your household's income. For instance, if you know how to make pickles or jam you can start a small business with no or very little investment, earning a small profit that can help cover some of your needs.



Chapter Two

Health

Health means physical and mental wellbeing. In order to stay healthy, we need to take some basic precautions.

General Prevention

It is generally easier to prevent illness rather than treating it after you get sick. There are many steps that can be taken in day to day life to help prevent illness:

- Maintain a clean home environment: avoid having insects or rodents in your home, clean kitchen and bathroom spaces regularly
- Maintain good personal hygiene and washing your hands regularly
- Eat a healthy selection of foods especially fresh fruits and vegetables every day, and avoid heavily processed foods
- Drink plenty of water every day: most people should drink around 2 liters per day, particularly when it is hot outside.
- Ensure your water supply is clean
- Ensure meat is cooked through before eating
- Sterilize fruit and vegetables before eating such as by cleaning the outside or removing the peel with clean utensils
- • Exercise regularly: you should generally exercise at least 150 minutes



Types of Disease and Methods for Prevention

There are generally two types of disease:

1. Infectious diseases
1. Non-infectious diseases

Infectious diseases:

Infectious diseases easily transfer from person to person, and examples of these include the flu, tuberculosis or TB, stomach diarrhea, bird flu, and AIDS, among others.

The methods of transmission vary by the type of disease. For instance, the flu can be transmitted when an infected person sneezes, coughs, talks or shares a hookah with an infected person. TB is transmitted through airborne particles. Diarrhea can be caused by consuming contaminated food or water, or by contact with any contaminated surface (for example, by someone's unwashed hands). AIDS is transmitted through body fluids. You should wash your hands regularly and maintain good hygiene practices, especially when caring for a sick person. If you are sick, be sure to cover your mouth with your sleeve when you sneeze or cough. Here is some information about some common infectious diseases:

a. Acute respiratory diseases:

These include different illnesses such as the flu, sore throat, throat pain, laryngeal inflammation, inflammation of the uvea and throat, constricted chest due to phlegm, measles, diphtheria, and influenza. Each of these diseases has their own specific causes, but the symptoms of these diseases are very similar to one another. If you see the following symptoms in somebody, take that person to the nearest clinic as soon as possible, especially if the person is an infant:

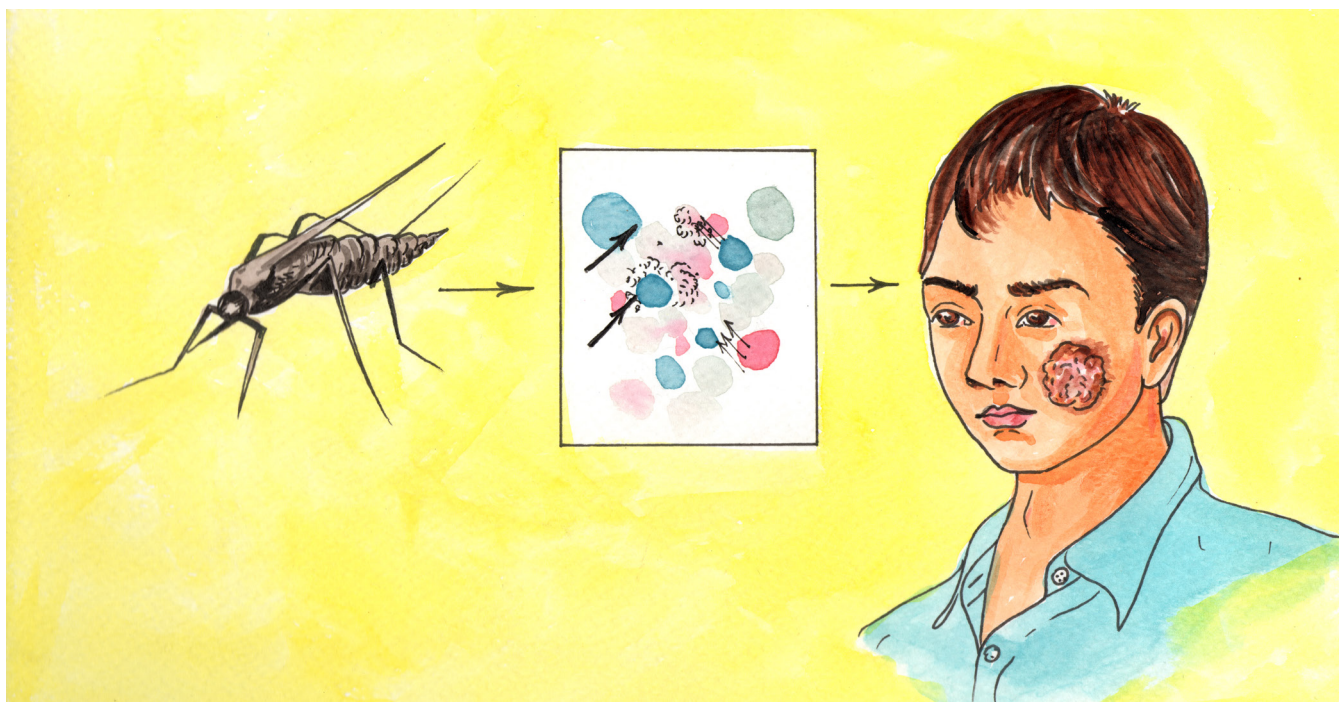
- High temperature - more than 38 C. High fevers can cause seizures in very young children.
 - Rapid breathing
 - Working hard to breathe; this can include flaring of the nostrils, belly breathing, or movement of the muscles between the ribs
 - Loss of appetite or poor feeding
 - Cough, red eyes and change of skin color (red and sometimes small bumps on skin)
 - Dizziness and/ or fainting
- The flu is the most common contagious disease that transfers from one person to another, by a virus. To help stop the spread of germs, if you are sick you should take steps to stop the transmission of droplets from your mouth, such as covering your mouth when they cough, sneezing into the crook of your arm, washing your hands with soap frequently, not sharing dishes, cups or utensils with others, and staying home while you are ill. The flu should normally go away in around three days and usually no drugs are prescribed: however, if it lasts more than one week, see a doctor.

b. Malaria:

Malaria is a contagious disease and is typically transmitted through the bite of an infected mosquito. Common symptoms of malaria include: fever, shaking chills, extreme fatigue and symptoms similar to influenza. If someone infected with malaria is not properly treated, they may face severe health complications which could become lethal. People infected with this disease must see a doctor or visit a hospital as soon as possible, where a blood test will be taken to detect malaria -- this is the only way to diagnose this illness. Malaria can be prevented by taking steps to avoid contact with mosquitoes: you should sleep with a bed net during warm weather months, get rid of any stagnant body of water that is attracting mosquitoes, and cover exposed skin to reduce bites.

c. Leishmaniasis:

Leishmaniasis is a disease caused by parasites carried by sandflies. The insect usually bites uncovered parts of body and predominantly during the night. A small red bump appears and continues to grow for weeks or months, and can turn into an ulcer or large skin sore, which can leave a scar after healing. The infection can also damage organs and lead to anemia. You can prevent this disease by using insect nets, anti-bug sprays in houses, and treating infected animals. An infected person must be treated as early as possible after infection to stop further spread of the disease, which can be deadly.



d. Hepatitis:

Hepatitis is an infectious disease that affects the liver. There are three types of this illness common in Afghanistan: Hepatitis A, B, and E.

Hepatitis A is spread when a person who is not infected has contact with the stool of a person who is infected, such as by drinking untreated water or eating food made by someone who did not wash their hands.

Hepatitis B is spread when blood or other body fluid infected with Hepatitis B virus enters the body of a person who is not infected. The most common ways this disease is transmitted are by:

- Sharing contaminated needles or syringes
- An infected mother can transfer Hepatitis B to her newborn during birth
- Transmission of disease from one child to another through contact with blood
- Transmission of disease through sexual activity with an infected person

Hepatitis E is spread by drinking contaminated water or eating undercooked meat. This disease is seen in all ages, but in children Hepatitis B can cause chronic and fatal disorders in the future. Some people infected never show symptoms, or show symptoms only long after infection, while others get sick soon after infection.

Symptoms may include one or more of the following: vomiting, yellowish skin, fatigue, dark urine, and abdominal pain. If you have these symptoms you should see your doctor.

Preventive measures such as vaccination for Hepatitis A and B is the best, cheapest and most effective way to prevent this disease.

Hepatitis A can also be prevented by washing your hands and using only clean water. Hepatitis E can also be prevented by using only clean water and thoroughly cooking meat.

Hepatitis B can also be prevented by:

- Using clean, disposable needles and syringes and never sharing needles with other people
- For ear and nose piercing, and tattooing use separate needles for each person.
- Donated blood must be screened for evidence of Hepatitis B infection.
- Hepatitis B can be transmitted through sex with an infected partner. If your partner is infected with Hepatitis B, use a condom when you have sex.
- When you get a haircut, make sure that the equipment used has been sterilized.

e) Tuberculosis:

Tuberculosis (TB) is an infectious disease usually caused by a bacterium which is not visible to the naked eye. Tuberculosis generally affects the lungs, but can also affect other parts of the body. Tuberculosis is a contagious disease and can infect people of any age. It could be fatal for children in particular, especially those under age 5.

Symptoms of Tuberculosis:

- Coughing that lasts two or more weeks.
- Night sweats and fever.
- Coughing up blood.
- Chest pain and blood in phlegm.
- Unintentional weight loss.
- Reduction of appetite.

How Tuberculosis Spreads

Tuberculosis usually spreads directly and indirectly. When the TB bacteria is spread through the air from one person to another, it is called direct transmission. In this case, the TB bacteria are put into the air when a person with TB of the lungs or throat coughs, speaks, or sneezes. People nearby may breathe in these bacteria and become infected. Also, when children and others sleep in the same room with an infected person, they can become infected with the disease. Tuberculosis also spreads when an infected person spits sputum openly (indirect transmission). When an infected person spits on the ground, it mixes with the soil, and when it dries and becomes dust, it can spread into air and infect other people.

f) Polio:

Polio is dangerous disease caused by the poliovirus. The virus spreads from person to person by eating food or drinking water contaminated with the human waste of a person infected with polio.

Symptoms

- Fever
- Neck pain or stiffness
- Pain or stiffness in the arms or legs

These symptoms can cause permanent paralysis.

It is possible to prevent polio with a vaccination. Vaccinating individuals, especially young children, can establish lifelong immunity to the disease. The inactivated polio vaccine needs to be given to children at the ages of 2 months, 4 months, and between 6 and 18 months of age with a booster between ages 4-6 year. Make sure your children are vaccinated, and be up to date on your vaccinations as well.

g) Diarrhea:

Diarrhea is one of the leading causes of death, especially among children under age 5 in Afghanistan. Lack of access to healthy drinking water, improper human waste treatment and failure to observe proper sanitation are the main reasons for the spread of this disease. In order to effectively prevent diarrhea, you must use safe drinking water, wash your hands with soap and water before and after feeding infants, after using the toilet, and after changing an infant's diapers; or otherwise after coming into contact with toilets such as after cleaning a toilet. Try to use covered toilets, and in case you don't have access to those kinds of toilets, bury the waste in a pit or hole.

If you do get a diarrheal disease, it is very important to replace the fluids you have lost. If you become very dehydrated you may need special rehydration fluids from a health clinic or hospital.

h) Typhoid:

Typhoid fever is an infectious disease caused by contaminated food or drink. Symptoms of this illness include a high fever, weakness, confusion, stomach pain, constipation, and headache; some people also get rose-coloured spots on their chest. Antibiotics are required to treat this disease and prevent serious complications. Sanitation and hygiene are key in preventing this disease. Make sure to wash your hands regularly, especially before preparing food or after using the toilet.

i) Crimean-Congo Hemorrhagic Fever:

Crimean-Congo Hemorrhagic Fever is a dangerous sickness caused by ticks. It can be spread by the bite of an infected tick, contact with infected animals or their blood, or contact with infected people. The disease starts suddenly with fever, muscle aches, dizziness, headache, confusion, and vomiting. After the first

symptoms, bruising and bleeding can happen; complications can be severe, including death. Antiviral drugs have some effect in treating the disease, but preventing it is the best approach. You should be sure to use insect repellents and other precautions to avoid being bitten by ticks, and be careful to avoid contact with blood when slaughtering animals.

j) Rabies:

Rabies is a dangerous viral disease caused by a bite or scratch from an infected animal. Dogs are the main source of infection. After a bite, wash the area carefully with soap and water, and seek a doctor's care. You should go to a doctor as soon as you are bitten, as once symptoms develop the illness is often deadly. You can prevent rabies by vaccinating yourself and your dogs, and avoiding bites from possibly infected animals.

k) HIV/AIDS:

HIV, human immunodeficiency virus, is the virus that can lead to acquired immunodeficiency syndrome, or AIDS, if not treated. It is spread by contact with the body fluids of infected persons. There is no cure currently for HIV, but medications can help you keep the illness under control.

The most common ways this disease is transmitted are by:

- Sharing contaminated needles or syringes
- An infected untreated mother can transfer HIV to her newborn during birth or breastfeeding
- Transmission of disease from one person to another through contact with blood
- Transmission of disease through sexual activity with an infected person HIV is not spread through casual contact, sharing toilets or dishes, through the air, or by insects.

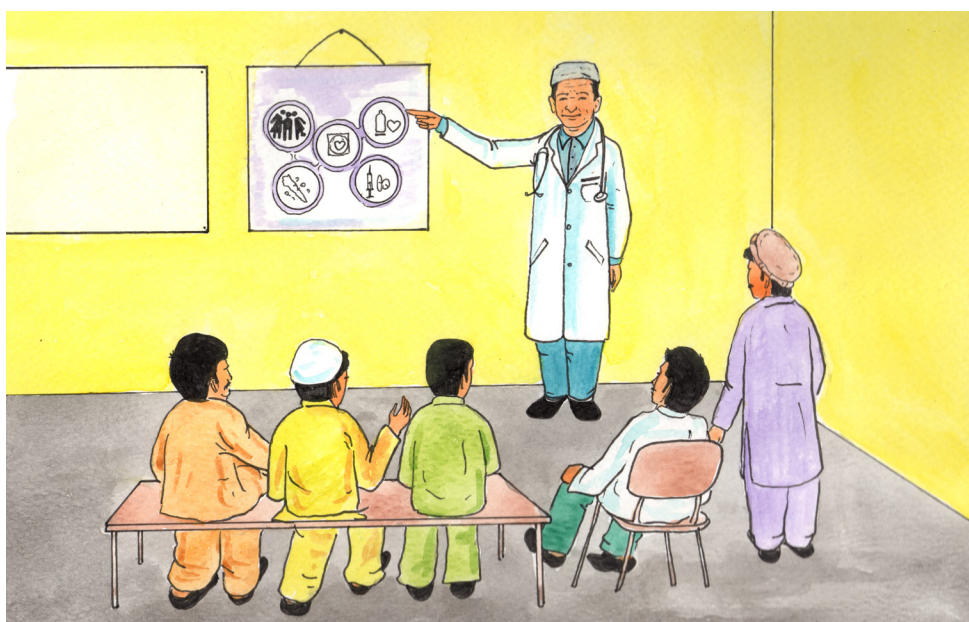
Early symptoms of HIV are very similar to a bad flu: fever, chills, muscle aches, and possibly sores in the mouth. If you do not get treatment, the illness can progress to AIDS. Symptoms of AIDS include: recurring fevers, rapid weight loss, sores on the body, diarrhea, blotches on the skin, and illnesses like pneumonia.

If you think you might have HIV, it is important to get testing from a health clinic. If you have HIV you will need to take medications called antiretrovirals to prevent the illness from progressing. These medications also make it less likely that you will pass the disease on to others.

Methods to prevent HIV include:

- If you are at high risk, there are daily medicines you can take to reduce your risk of catching HIV
- Using clean, disposable needles and syringes and never sharing needles with other people
- For ear and nose piercing, and tattooing use separate needles for each person.
- Donated blood must be screened for evidence of HIV.
- HIV can be transmitted through sex with an infected partner. If your partner is infected with HIV, use a condom when you have sex.

- Babies born to mothers with HIV should be given antiretrovirals and should not breastfeed



1) Tetanus:

Tetanus, also called lockjaw, is a serious illness caused by a dirty cut or wound. This illness is particularly dangerous for newborns, many of whom die. Muscle stiffness is the most common sign, especially in the jaw and neck, which can cause difficulty swallowing. Vaccination is the best way to prevent tetanus. Babies should be vaccinated at 2, 4, 6, and 15-18 months, with a booster at 4-6 and 11-12 years. As an adult, you should get a tetanus vaccine every 10 years. Hygiene and sanitation are also important, particularly during childbirth.

Non Infectious Diseases

Non-transmittable diseases, such as heart disease, don't transmit from one person to another, but are caused by other factors such as lifestyle or hereditary factors. These diseases require continuous treatment, and when they are very advanced, they can cause the death of the person with the disease. The main way to prevent these diseases is to evaluate your diet and do your best to eat healthy, balanced meals, as well as to exercise and get a good sleep every night. Below we will describe some of these diseases that are common in our country.

a. Blood pressure:

This disease is usually caused by unhealthy diet and stress. In case of high blood pressure the patient feels severe headache and fever. The symptoms of low blood pressure are dizziness or lightheadedness and nausea. Those with abnormal blood pressure follow the doctor's recommendations, and avoid eating fatty and fried or very oily food. High blood pressure can eventually lead to conditions like brain stroke or heart stroke.

b. Diabetes:

This disease is usually caused by an unbalanced and unhealthy diet, by genetic factors, by being overweight and by overeating sweets and starchy foods.

People with diabetes should avoid eating unhealthy foods, high sugar foods and starchy foods, and should be under medical observation from the earliest stages. Controlling body weight is very effective for treatment of this disease.

c. Joint pain:

This is one of the very common diseases in Afghanistan. It is usually caused by not moving or moving incorrectly. Sometimes it can also be caused by high levels of humidity in our homes. Individuals must be careful about their daily physical activities and do exercises for muscle relaxation. Moving the body leads to general relaxation and takes away muscle pain. Spend some time in the sun daily and eat full, balanced, healthy meals including fresh fruits and vegetables every day. In case muscle pain doesn't go away by doing the above mentioned activities, see a doctor.

d. Cancer:

Cancer is the name for a group of illnesses caused when your cells, which are the tiny pieces that make up your body, begin to grow abnormally. This can happen in any part of your body, such as your lungs, skin, or breasts. These cells can form a mass called a tumour, and can also spread to other parts of your body. The signs and treatment of cancer depend on where it is, how big it is, and whether it has spread. Common treatments include surgery to remove the cancerous area, special medications called chemotherapy, and radiation treatment. Many different things can contribute to causing cancer, such as smoking cigarettes, genetics (inheriting from our parents), being overweight and not physically active, and certain viruses. In addition to healthy practices like exercising and not smoking, you should also watch for lumps that don't go away, or other symptoms which last for a long time and are not usual for you.

e. Respiratory disease:

Non-infectious respiratory diseases, which include asthma, chronic bronchitis, and emphysema, affect the lungs and make it difficult to breathe. These are long-term conditions that often require you to use inhalers or other breathing treatments. One of the most important things you can do to avoid making breathing problems worse is to not smoke and to avoid other lung irritants like air pollution and dust.

**f. Mental illness:**

Mental illnesses are occasional or long-term problems with your thinking, mood, and behavior. These problems are common at every stage of life. Some of these problems include:

- Anxiety disorders - feelings of fear, stress, or panic that do not go away or happen in situations where they don't seem to make sense. You may have physical symptoms like a racing heart, muscle tension, or an upset stomach. One type of anxiety disorder is post-traumatic stress, which happens after you

live through a traumatic events; it can cause you to have nightmares, to feel like the event is happening again, or to feel guilt or anger.

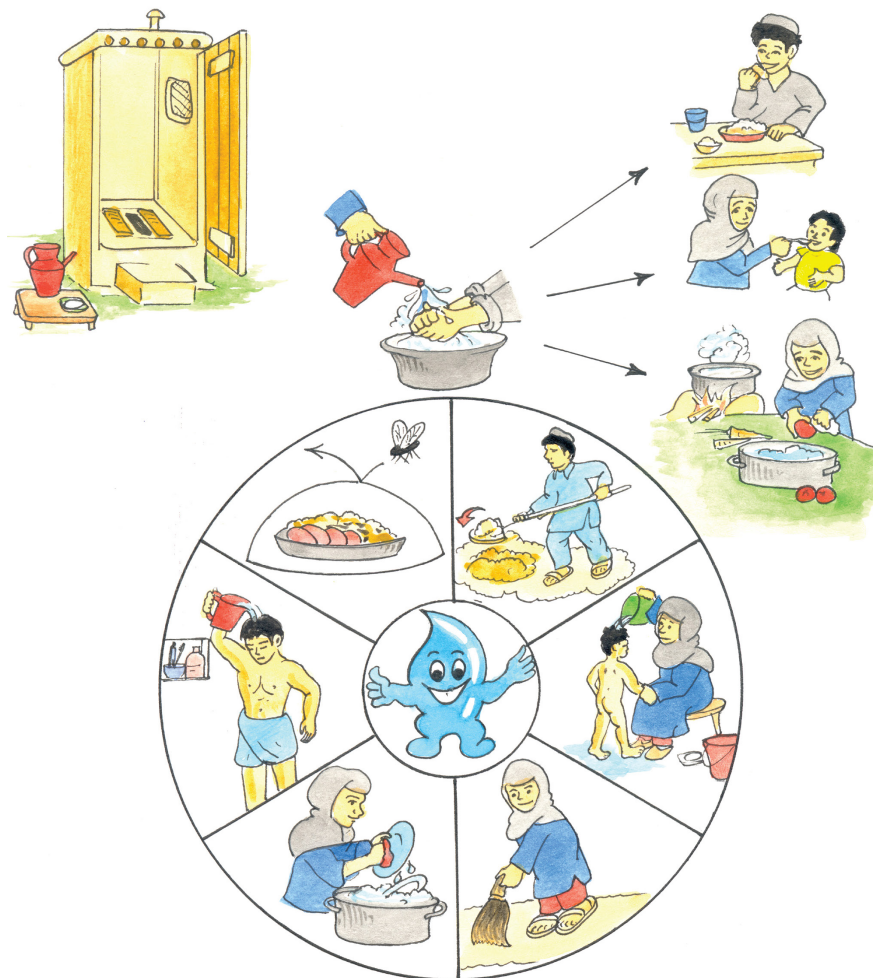
- Depression - feelings of sadness that don't go away and interfere with your everyday life. Some women get postpartum depression after giving birth. If not treated, depression can make you feel like hurting yourself. Other signs of depression include loss of interest in activities, changes to sleep and eating, and loss of energy.
- Eating disorders - deliberately eating more or less than is healthy
- Psychotic disorders - illnesses that cause you to believe things that aren't true or see or hear things that aren't real.
- Learning disorders - conditions that make it difficult for you to learn by causing problems with your ability to read, write, do math, or pay attention
- Dementias - illnesses that cause memory loss, difficulties in communication, and changes in personality. Dementias like Alzheimer's disease are most common in the elderly
- Addiction - a feeling of being compelled to continue taking a substance (such as a drug) or participating in an activity (such as gambling), despite negative consequences

Mental illnesses are usually treated with medication, therapy, or both. Medications help resolve issues in brain chemistry that can contribute to mental illness. Therapy can include techniques to recognize and change distorted thinking, address issues within relationships, or learn self-help strategies like mindfulness or stress management.

From what we have learned in this section, it is clear that good health requires that we take good care of our bodies, manage our hygiene well, keep away ourselves from sources of contagious diseases, commit to exercising regularly and eat a healthy diet.

Chapter Three

Hygiene



As discussed in the previous chapter, we know that contagious diseases are common and pose serious hazards to our health and that of our families. These diseases are often caused by not maintaining a good level of personal hygiene which then leads to microbial growth. By maintaining a good standard of personal and environmental hygiene we can easily prevent many of the diseases discussed in the last chapter like the flu, diarrhea, skin infections, and more. Here, we will go through some of the steps that can be taken to maintain personal and environmental hygiene, and prevent the spread of diseases.

Personal Hygiene

1. Hair Washing and Combing

Combing our hair every day and regularly washing our hair is important in preventing diseases. Dirty and greasy hair can lead to the accumulation of germs and conditions like hair loss. You can also keep your hair clean by regularly washing your chador (headscarf) or turban. Everyone should use their own personal comb and hairbrush rather than sharing with others.

2. Care for Wounds

It is common to get minor scratches on your skin, but it is important to keep any kind of injury clean where the skin has opened because bacteria on the skin can enter the bloodstream even through a small injury. Keep any kind of open wound -- even very small ones -- clean by disinfecting it with alcohol or soap and water, and then keep the area dry and clean, such as by covering it with a bandage.

3. Keeping Your Body and Clothing Clean

Dust, sweat and body secretions that are not cleaned well or regularly off the body can create an ideal environment for the accumulation of germs that then allows for the growth of bacteria and germs. To prevent this, it's important to wash your body and clothing thoroughly and regularly. Clothing should also be allowed to dry completely to avoid the growth of mildew, which is a type of fungus that grows on damp cloth such as towels or clothing, and which has a foul smell.

4. Nail Hygiene

Dirt can accumulate under the nails. Therefore, it's recommended to keep your nails short and clean regularly under each nail to remove dirt.

5. Hand Washing

Washing your hands is a simple, fast and effective way to fight germs. It's important to wash your hands before and after cooking, after using the toilet, after touching animals, after using public transportation and after shaking hands with someone who is sick with an infectious illness like the flu. It is especially important to thoroughly wash your hands after handling any kind of raw meat, as bacteria on meat can transfer to other things you handle like vegetables or kitchen utensils. It's recommended to wash hands with soap and water, brush nails and dry your hands with a clean and dry towel that belongs only to you.



6. Private Parts Hygiene

Urinary and genital infections are common. In case of infection, you should see your doctor. However, following some simple recommendations, it's possible to avoid these infections. Proper washing of the genital area when showering or bathing, using soap and warm water, after using the toilet, regularly changing underwear (putting on a clean pair daily), and keeping the genital area dry can stop the spread of bacteria that can cause infections. When you are menstruating, use a clean sanitary napkin if possible, or a clean cloth that you wash and dry thoroughly in the sun.

7. Dental Hygiene

Teeth are an ideal place for the growth of germs, which if not eliminated, can cause decay of teeth and inflammation of the gums. We can avoid this by brushing with a proper toothbrush or using Maswak on your teeth.

- Consider the following when you brush your teeth:
- A very hard toothbrush can damage your gums and the enamel, which is the outer layer of tissue on your teeth that serves as a protective layer to the inner tissue.
- Brush your teeth for two minutes each time you brush.
- Brush all your teeth, on all sides so that no areas are missed, allowing places for dirt and germs to accumulate on surface of teeth or in gaps.
- Daily use of dental floss removes remaining food not removed by brushing.
- Change your toothbrush every 4-6 months.
- See a dentist at least once a year, where your teeth will be checked and cleaned.
- Regular visits to the dentist are very important for preventing later problems



with teeth.

- Brush your teeth at least twice per day.

Keeping a Clean Home

1. Keeping the home clean and organized

Ideally, one's home is the centre of peace, security and comfort for every family. So, in order to realize this goal of a peaceful and pleasant environment, the home must be kept clean, which has a positive impact on the bodies and minds of those living in the house. Here are some general tips:

- To allow in fresh air, open the windows twice a day. In the summertime, open the windows for most of the day but make sure that all windows have a bug screen with no holes or leaks that allow in insects.
- Everything inside the home should be kept in a specific place so things can easily be found when they are needed.
- Try to keep spaces clutter free, giving away items that you don't need or don't use, so there are less items to gather dust and germs.
- In the old days, natural ingredients were widely used for cleaning, and this had many benefits for maintaining a healthy environment, along with being economical. Your mother and grandmother likely never used chemical products to clean their houses. Next, we will discuss methods of cleaning kitchen wares with natural products and other simple and easy ways to keep the home clean and tidy.

2. Kitchen and Bathroom Hygiene

The kitchen is an important part of the house. Traditionally, women spend lots of time in the kitchen. For them, besides preparing good food, another big task is keeping the kitchen and bathroom clean.



There are a variety of products available to clean and disinfect surfaces, kitchenware, toilets, appliances such as an oven, water jets, bathroom fixtures, glasses, sink, sink pipe; and to remove spots on patches and clothes; to clean and polish metal equipment and to eliminate unpleasant odors. Many of these products contain harmful chemicals, and some of them also pose a danger to children if children get into cupboards and open them. It is highly recommended to avoid toxic, store-bought cleaning items and as much as possible, use natural solutions which are equally effective. Here, we will introduce some simple cleaning products based on ingredients usually found at home.

White vinegar is the most suitable mild disinfectant cleaner for areas such as oven tops, refrigerators (inside and outside), cabinets, bookcases, stove top and washing machines. Vinegar does not leave any stains on surfaces and its smell, though strong initially, also goes away quickly. Mix about $\frac{1}{4}$ cup of vinegar with 1 cup of water and apply the mixture to the surface that you want to clean, then clean it with a dry towel. Another highly useful and multi-purpose home cleaning ingredient is baking soda. To clean oil and fat, or food remains on the stove top, mix equal amounts of salt and baking soda with water and apply the resulting paste to the spot you wish to clean with a dry, clean towel.

For cleaning an old, set-in grease spot, make a paste from baking soda and water, and apply it to spot you want to clean and leave it. After a few hours, clean the spot with a soft and damp cloth. You can use the same remedy for cleaning food that has dried onto and is stuck to pots and pans. A baking soda and water paste can also be used for cleaning lime and grime from bath tubs, and even for removing stains for clothing.

A mixture of vinegar and a little amount of salt can also be used as a disinfectant and detergent solution for cleaning kitchen and bathroom tiles. This solution can also be used for cleaning and polishing glasses and china sets.

3. Cleaning Glass and Mirrors

Try to clean glass when the sun is not shining directly on it or when it's still warm from the sun shining on it, because it will leave streaks on the glass. To clean glass or a mirror, mix $\frac{1}{4}$ cup of vinegar with one liter of water and apply the mixture with a cotton cloth to clean. You may also apply to crumpled up newspaper pages to clean glass.

4. Cleaning and Unclogging The Sink Drain

A solution made from equal amounts of baking soda and vinegar will help you unclog a sink that is fully or partially blocked and not draining correctly. For this, pour the solution down the sink then pour one liter of hot water down the sink afterwards. This will help to eliminate grease buildup that is clogging the efficient draining of water down the sink.

5. Cleaning the Samovar and Tea Kettle

To clean calcareous and mineral deposits from the samovar and tea kettle mix vinegar and water in equal amounts and then boil this mixture in the samovar or

tea kettle for 30 minutes, then remove the buildup with cleaning wire. Or, boil the solution of water and vinegar in the tea kettle or samovar and leave it there overnight. You can alternatively mix the juice of three lemons with one liter of water and apply the same as above, instead of vinegar.

Environmental Hygiene

1. Water

Of utmost importance in proper environmental hygiene is the cleanliness of water sources, especially drinking water, but also the water that we use at home for washing fruits and vegetables, dish washing, cooking, etc. Water used for these purposes should be sanitized. It should either come from a treated source, such as from the tap if tap water in your community is known to be safe to drink, or from a covered deep well. If the water sources accessible to you are not safe to drink, or if you are not sure, the best way to sanitize water is to boil it for three minutes. Boiling water kills bacteria and germs that may be present in the water. Although we cannot see those germs and bacteria, they exist and they can be extremely harmful, and even deadly, especially to infants and children. Dirty water causes most of the incidence of common diseases such as diarrhea and amoebic dysentery.

2. Hygiene for Traditional Toilets and Septic Wells

Another habit that causes serious infections in people that can lead to a variety of diseases is the improper disposal of human and animal waste. In our country, people still use traditional open pit toilets, which can cause the spread of various diseases. Whenever possible, these types of toilets must be changed to covered, enclosed bathrooms that are located away from living spaces. To maintain a healthy and hygienic bathroom in your home, apply the following:

- Take steps to keep flies out by ensuring toilets are covered with lids that close, windows have bug screens securely placed over them, and the bathroom is regularly cleaned so that flies and bugs are not attracted to the space.
- Prevent people from being exposed to contaminated stool by enforcing rules like insisting everyone in the house wash their hands with soap and water after using the toilet, and wash thoroughly any items that have come into contact such as clothing or rags.
- Cover the bathrooms and septic wells, especially for houses with children



residing in them.

- Ensure that outdoor toilet areas cannot contaminate drinking water

3. Outdoor Areas

Keep livestock and wild animals away from food preparation areas and family water sources, and dispose of rubbish away from the home to avoid attracting animals. Also be sure to drain or screen any standing water to avoid providing a breeding ground for mosquitoes.



Chapter Four

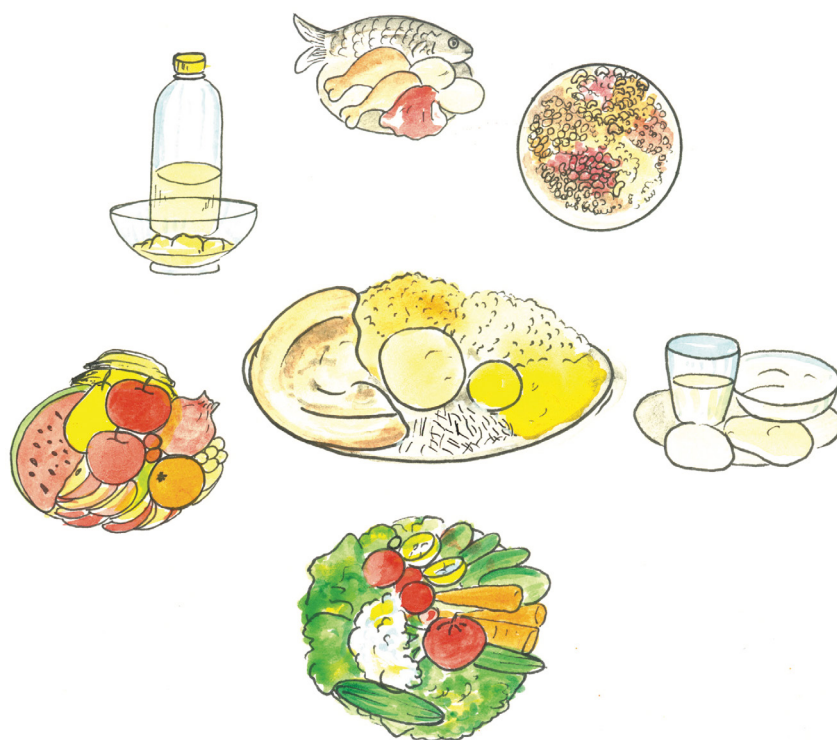
Healthy Nutrition

Although eating is one of the fundamental needs for sustaining human life, unfortunately many people don't pay sufficient attention to what they eat and drink, treating eating merely as a process to resolve hunger. But eating is intimately related to all aspects of our health, and it's critically important to pay attention to what you put in your body for this reason. Therefore when you plan what your family will eat at each meal, use this as an opportunity to plan their nutritional intake too. One of the basic elements of good nutrition is a balanced diet, which means eating food from the seven food groups. Below, we give more information on the food groups.

Food Groups

Food groups are usually classified into seven categories. The best way to make sure that your body's nutritional needs are met are by ensuring you are eating foods in all food groups:

- Vegetables and legumes
- Fruits
- Lean meats, poultry, fish, eggs, tofu,
- Dairy foods like milk, yogurt, and cheese
- Pulses, beans, nuts and seeds
- Cereals & tubers
- Fats & oils - minimize your intake of this group



A. Fruits and Vegetables

Fruit and vegetables contain various vitamins, especially vitamin A, C, mineral and fiber. This group includes lettuce, carrots, tomatoes, potatoes and various fresh fruits. Eating fruits and vegetables as part of your daily diet plays a major role in preventing diseases like cancers, cardiovascular disease, diabetes, etc. Even in case of infectious diseases, eating fruits and vegetables may help to reduce the symptoms and effects of disease, and aids in achieving quicker recovery. The following are some tips to maximize the benefits of regularly eating fruits and vegetable:

1. Wash fruits and vegetables before eating. Never use dishwashing liquid to wash fruits or vegetables. To wash fruits and vegetables you can use salt or chlorine, and sometimes just water is adequate as long as the foods are washed thoroughly.
2. Fruits and vegetables are the best sources of vitamins, so should be included in the daily nutritional intake of children in particular. Parents and other caregivers should make sure to always have foods like carrots and apples on hand for preparing snacks and meals for children, as well as in a place easily accessible to everyone, where older children can help themselves to healthy snacks when they're hungry.
3. As much as possible, eat fresh seasonal fruits and vegetables. Cooking fruits and vegetables removes some of their nutrients, though the amount of nutrients lost varies by the method of cooking. For example, boiling vegetables in water loses more nutrients than baking or roasting vegetables in the oven.
4. Don't eat moldy or spoiled fruits and vegetables.
5. The skin of fruits is rich in fiber, and even the bottom layer of some fruits are a rich source of iron and salt. For this reason it's recommended to eat some fruits without peeling the skin off, like apples, roasting potatoes and carrots in their skins; however, you must wash them properly before eating.

6. Eating junk food such as fried foods like french fries, or store-bought, manufactured foods that are high in salt and oils used to preserve them and enhance flavour like crisps (potato chips) or crackers, and junk drinks sold in stores that have added sugars causes obesity and other dangerous conditions. Such foods are also designed to be addictive, enticing you to eat more than you need, while offering little in nutritional value. If you have a habit of eating such foods, do your best to stop eating them or greatly reduce how much of them you eat. Try to gradually replace junk foods and drinks with fresh fruits and fresh fruit juice for you and your family members.

7. Avoid frying vegetables to the extent possible. Even when you make spinach curry, steam the spinach instead of frying it. High amounts of cooking oil will reduce the nutrients in the vegetables, and may lead to other problems like:

- Depression and anxiety
- Stomach ache, nausea, and disruption in the bowel
- May contribute to cognitive problems
- Can contribute to causing heart disease, stroke, and obesity

Examples of the benefits of specific fruits

Oranges:

this fruit is high in vitamin C which is very important for keeping your immune system happy and healthy. Here are some benefits of oranges:

- Oranges are helpful in lowering cholesterol and supporting good blood circulation.
- Oranges have antiseptic effects
- Oranges help digestion by increasing stomach acidity
- Oranges are anti-inflammatory and anti-nausea
- Oranges protect the skin from free radicals and help prevent the signs of aging. You can apply a few orange peels of orange to your face and then wash your face after 15 minutes.
- Oranges help to fight cancer and heart diseases.



Pomegranate:

Pomegranate is another fruit that contains vitamin C as well as vitamin K, which are useful both for the strengthening one's immune system and for the treatment of anemia. Pomegranate also contains acids that are helpful in digestion. Drinking pomegranate juice once a day for four weeks can help reduce blood pressure and lipids.



B. Meat, Fish & Eggs:

Meat is the most important source of animal protein. This food group provides protein and iron to the body, and the food in this category is necessary for hematopoiesis, the development of the nervous system and the development of the fetus. Eating meat as a source of animal protein is especially important for children and pregnant women. It is very important that meat be completely cooked to prevent the spread of animal-borne diseases. Because meat spoils in a short time, it is also important to keep the area clean anywhere where meat is stored or prepared. Meat, especially red meat, is a rich source of iron, but for the prevention of chronic diseases in adulthood, meat consumption should not be excessive. Here are some tips to take into consideration when factoring in meat to your diet:

1. Lean meat is among the best options for consumption, and these include options like chicken and fish.
2. Meat contains its own fat naturally which means little oil needs to be used to cook meat. Consider grilling or steaming the meat rather than frying it.
3. All types of meat are simultaneously beneficial and harmful. For example, red meat is rich in magnesium and a nutrient that is very effective in protecting the health of individuals, especially children and adolescents. However, red meat is not recommended for some adults for whom it poses health risks such as those at risk of heart disease or who already have heart disease. Generally, we should all try to reduce the consumption of red meat to the minimum, and instead use a variety of white meat, including fish and chicken. While meat does not need to be removed entirely from one's diet, it should be consumed in moderation because excessive consumption of meat (red meat in particular) can lead to cancer, heart disease, and heart attacks.
4. Fish is one of the best sources of iron, playing an important role in hematopoiesis, which is the process of producing blood cells, as well as in boosting the body's resistance to microbes. Fish also play a major role in the prevention of anemia, which is a condition where a person doesn't have enough healthy red blood cells to carry adequate oxygen to the body's tissues. Fish oil strengthens people's skin cells. Fish is also a rich source of vitamin (D), which is useful for strengthening bones and teeth.
5. Fish are high in fats such as omega-3s that prevent a variety of diseases, including cardiovascular disease. It is recommended that mothers include fish in their diet at least once or twice a week.
6. Eggs are rich in protein and nutrients like Vitamin A. They can be consumed in moderation among those with no health problems.

C. Dairy

All types of dairy products contain calcium and protein content, which plays an important role in enhancing bones, teeth and skin. It's therefore important

to incorporate milk and other dairy products into one's daily diet to access the nutrients in this food group:

1. Everyone should drink up to two glasses of milk per day and consume yogurt or its derivatives daily.
2. It's important to check the date of production and date of expiration of the products when you purchase dairy products, and to shop from places where you trust the quality and freshness of the products.
3. As much as possible, produce your own dairy products. For instance, you can make yogurt and cheese yourself.
4. Buy natural products, for instance doogh instead of buying imported or manufactured beverages. Though be attentive when consuming local dairy products, which are not subject to the same hygiene conditions as manufactured products, generally. You should heat the milk to make it safe to drink.
5. Whey contains high protein and calcium, so can be used as snack for children and adolescents. Whey can also be found in dry form.

D. Pulses, Beans, Nuts & Seeds

Beans are rich in protein, so they are a good replacement for meat. Also, beans are full of fiber, which prevents cholesterol absorption in the body. Adding cooked beans twice a week to your menu offers many of the same benefits as meat, without the disadvantages that come with the consumption of meat, especially red meat. To prepare beans for eating, soak them in a bowl of water and then throw the water away or re-use it such as to water garden vegetables.

Nuts are also high in protein and fiber, but are also high in fat and can be high in salt, so it's a good idea not to eat too much of them. Both nuts and seeds can be eaten raw, or roasted without oil for a healthy snack.

E. Cereals & Tubers

Grains such as wheat or oats can be added to dishes, for enhanced nutrition. Important nutrients found in grains include some types of Vitamin B, iron and protein. Wholegrain cereals are healthier than those that have been refined, such as in white flour or desserts. Whole grains help to create a feeling of fullness and discourage overeating, and may help to prevent heart disease.

Tubers are starchy plants such as potatoes and yams. They can be cooked in a healthy way such as roasting (rather than frying) to provide a good source of carbohydrate.

F. Fats & Oils

Fats and oils are often used for cooking, and are found naturally in meats and other foods such as nuts. They can be used to enhance the flavour of foods, but should be consumed in moderation. Eating too much fat and oil can contribute to being overweight or having health problems like heart disease.

G. Vegetarianism

Some individuals choose not to eat meat. These people are known as vegetarians. People choose this lifestyle for a variety of reasons including health or diet, ethical concerns about eating animals, or simply because they don't like the taste of meat. If someone becomes a vegetarian, they will need to be sure they are getting the kinds nutrients found in meat from other foods, like nuts, beans, seeds and other protein and iron rich foods.

A photograph of two women wearing headscarves, one light-colored and one patterned, looking out of a window. The image is overlaid with a semi-transparent pink filter.

Chapter Five

Menstruation cycle and pregnancy care

Menstruation

When a girl is getting close to the end of puberty, she commences her menstruation cycle which is also called her period. Menstruation is the release of blood from a girl's uterus (womb). Although associated with pain and other negative effects, the occurrence of menstruation indicates normal functioning and the health of the female reproductive system. Menstruation shows that a woman's womb is ready for pregnancy. Women lose a lot of energy during their menstrual cycle, which lasts for approximately two to seven days per month. The period can cause many physical and mental problems. During this time, women can feel angry, nervous, lazy or bored, and may be embarrassed about their menstruation. Perhaps the correct recognition of the menstruation cycle will greatly help prevent the problems and pain associated with it. The menstruation cycle, which is usually in Afghanistan called the "monthly habit", is the result of the workings of the internal organs of a woman's body. The usual interval between menstrual cycles generally ranges between 21 to 35 days, with the majority of women having an average cycle of 28 days. This interval is called the ovulation phase. The period usually starts around the age of 12; this does not mean that all girls will experience a period at this age, but if the period begins before age of 9 or after the age of 16 you should see a doctor. The period cycle will continue until about the age of 51, when the woman enters what is called menopause. After this age a woman's body is unable to produce an ovum and can no longer become pregnant.

What are the common problems of menstruation?

1. Painful menstruation cycle:

A painful menstruation is one of the most common problems in women. More than half of women have pain during menstruation, and about 10 percent of them do not have the ability to do daily activities for 1-3 days. The pain is most often menstrual cramps and usually appears in the waist, under the abdomen, and in

the flanks, the severity of which is low and high. The pain on the first day is severe and gradually decreases. Sometimes it is accompanied by vomiting, weakness, fatigue and headache. It is noteworthy that the painful menstruation affects most young girls and usually decreases with increasing age and after the woman has given birth.

2. Severe, prolonged or irregular menstruation:

This problem may occur for various reasons, including anemia, catarrhal swelling, hormonal imbalance, blood disorders, or cysts. Also, severe menstruation may be a sign of uterine cancer in older women. Factors such as psychological stress, diet, exercise, contraceptives, drug use, and medication can contribute to these conditions.

3. Spotting:

Spotting, which some women face, can occur due to the use of contraceptives, ectopic pregnancy (pregnancy outside of the womb), uterine infection, or ovulation failure.

4. Postmenopausal bleeding:

the presence of microbes, dryness of the uterus, or thinning of the uterine wall can lead to bleeding after menopause (The term "menopause" can describe any of the changes a woman goes through either just before or after she stops menstruating, marking the end of her reproductive period). This also may be a sign of uterine cancer.

Useful tips to reduce and relieve severe menstrual pain

- Massage the abdomen, back, and flanks, and use a spa or hot water bag.
- Bend on the elbows and knees and walk
- Bathe in hot water.
- Avoid heavy foods and foods that cause intestinal gas, take decoctions such as chamomile or Echinium, and reduce your intake of caffeine and salt.

Traditional Medicine Recommendations to Reduce the menstrual pain

To reduce the cramping pain (pain under the stomach, hypogastric region) you should gently massage the area with chamomile oil twice a day 4 to 5 days before your menstruation cycle. However, this is not recommended during the menstruation period. Massage under umbilicus with ginger oil during periods when the bleeding is normal but associated with pain. A daily intake of one glass of cinnamon tea with breakfast will help to reduce pain.

Intake of cold-natured or temperate food such as yogurt or lettuce may increase your abdominal pain. In contrast, eating hot-natured foods like dates or whole

grains such as barley bread can significantly reduce pain. Ginger and ibuprofen is effective in reducing menstrual pain. If you are not comfortable taking fresh ginger, take ginger capsules.

Take Yarrow (Yarrow Acne), especially if you have a lot of pain with bleeding. Seven days before your menstruation cycle starts, begin drinking a glass of boiled Anise diluted with water and a glass of boiled yarrow diluted with water every morning. You can continue drinking this until the 2nd or 3rd days after your period ends. If you feel pain before starting bleeding, boil 3 tablespoons of salmon brine in eight ounces (about a glass) of water for 1 minute and cool the solution for 10 minutes. After 10 hours, you can again drink this solution.

Pour 3 tablespoons of Berberis into a glass of water and boil it for 1 minute and leave it for 10 minutes then drink it. You can drink this liquid each 10 hours.

Here are some basic hygiene measures that will help you to keep fresh during your menstruation cycle:

- Drink 8 glasses of water every day. Drinking enough water will replenish the water which the body loses during the period and gives the moisture to the body's bloodstream. Also, drinking plenty of fluids and water helps reduce negative effects of the period.
- Some people mistakenly believe that it is better not to have a bath during menstruation cycle. You should take baths during your period to improve your cleanliness.
- Using warm or semi-warm water for bathing during this period not only calm the person but also reduce the pain of the abdominal area. Due to the openness of the cervix during menstruation, attention to personal hygiene is very necessary and the lack of care may lead to the formation of germs and symptoms such as infertility in the future. Women should note that the washing and drying of the genital area should be from the front to back; to do otherwise leads to the transmission of infections from the anus.
- The most important thing about practicing high level of personal hygiene during period cycle is washing and drying your private area after urination or bowel movements and using sanitary pads or clean cloths to prevent itches and chaffing. Regularly changing the sanitary pads or cloths during menstruation period is very important. The pad or cloth must be changed within a short time, otherwise it can cause anoxia, microbial growth and will cause infection in the vaginal area.
- To avoid menstrual odor, wash your vaginal area with water and soap at least one or two times per day.
- During menstruation, it is advisable for women and girls to use cotton and cotton underwear, because cotton underwear feels less disgusting, air easily passes through, and it moderates body temperature. If you are physically active, change your underwear more often.
- To reduce the chance of any microbial contamination, wash your body with soap and water. It will remove any contamination caused by bleeding.

- Physical activity and light sports during this period should be continued. It relaxes the muscles and reduce physical and mental problems caused by menstruation. Lying down and staying immobile for a long time is not recommended.

The reason for menstruation odor

If you are a person who has a very intense odor during your menstruation cycle, you must change the sanitary pad or cloth more often. Lacking a timely change will cause an unpleasant smell. If you encounter excessive abnormal discharge or very unpleasant smell during your menstrual cycle, be sure to refer to a gynecologist to determine whether you have an infection. Having sexually transmitted diseases may also be considered by a specialist doctor if you have such symptoms.

Another cause of intense smell is genital cancer that should be examined by a specialist.

Also, women with diabetes may have such symptoms during their menstruation cycle. Women who take antibiotics may also have a severe scent in the vaginal area.

Pregnancy Care

Body Changes Resulting from Pregnancy

During pregnancy, women face many physical and emotional changes, though not all women experience all changes. Some common changes are the following:

Breasts

Throughout the pregnancy, a woman's breasts gradually grow larger and some women may experience pain in their breasts. Some women may be able to see veins under the skin of your breasts whereas these were not visible before pregnancy. With the growth of the milk ducts, the breasts are preparing for lactation. From the fifth month some women may begin to leak a small amount of thick yellowish substance, which is called colostrum. This is a perfectly normal and healthy sign of the body's preparation to feed a baby.

Like the rest of your body, you can keep your breasts clean by washing with soap and warm water.

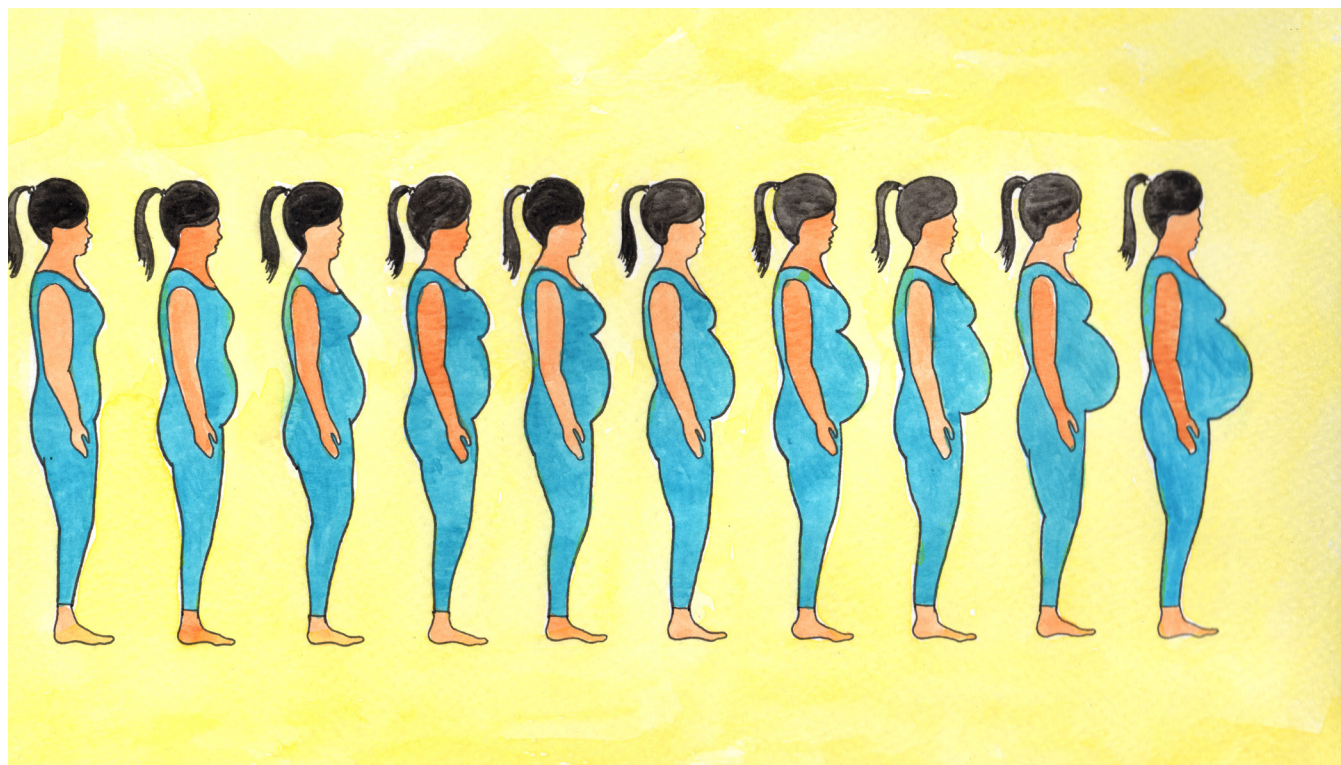
Skin

Throughout the pregnancy, dark-colored lines and cracks appear on the abdominal skin and occasionally on the breast and thighs, which is due to hormonal changes and is normal. In some women, irregular dark spots appear on the skin, particularly the face; these are known as a pregnancy mask. Usually, after the delivery of the baby, these patches disappear or become very faint.

Psychological Changes

Pregnancy is always associated with changes in the psychological functioning

of pregnant women. These may be especially apparent during the first trimester when pregnancy is new so the changes are especially noticeable. Many women have fewer symptoms during the second trimester of pregnancy, and also start to enjoy the fetus movements. More new changes may come in the third and final trimester as the mother nears her due date, including growing excitement about the baby's arrival but also anxiety and restlessness, and what is known as nesting, when a woman intensively prepares the home for a baby.



Common Physical Complaints During Pregnancy

1. Nausea with or without vomiting:

Nausea, especially in the morning (hence, why it's often referred to as "morning sickness") could be one of the first signs of pregnancy, and this feeling is caused by the sudden surge in hormones your body is experiencing. This symptom is common in the first trimester of pregnancy and usually goes away by the end of the third month; however, some women experience it throughout pregnancy, while others don't experience it at all. Some women have nausea during one pregnancy, while not during another. To deal with this discomfort, try eating a piece of bread or other grain-based or starchy food before getting out of bed. Others find that eating small frequent meals throughout the day helps them. Some traditional at-home remedies for nausea include eating ginger (fresh, dried, candied or adding ginger to water or tea), mint, and sour foods like lemons. Drinking plenty of water to stay hydrated, and exercising during pregnancy helps too. Medicine is not normally prescribed for nausea during pregnancy, except in severe cases. In case of frequent and severe vomiting see your doctor.

2. Frequent urination:

This happens during early pregnancy because the expanding uterus presses against the bladder. By the last trimester of pregnancy frequent urination may be occurring because of the pressure from the fetus moving down into the pelvis. Avoid holding in urine because this can lead to urinary problems (as well as discomfort). If urinating gives a feeling of burning and/or pain, this may be a sign of a urinary infection and you should see your doctor who can prescribe medication to stop the infection.

3. Fatigue and sleepiness:

In early pregnancy, most women feel especially tired and sleepy. This usually resolves after the fourth month. Listen to your body and get lots of rest and proper nutrition during this period.

4. Shortness of breath:

Shortness of breath or rapid breathing may be experienced by some pregnant women due to the enlargement of the uterus and the increased pressure on the lower lungs, as well as the effects of pregnancy hormones. Putting a few pillows under the head and shoulders while sleeping, sitting up straight with shoulders back and avoiding overeating will reduce shortness of breath. If this does not help, see your doctor. In the final trimester the baby will drop lower, into the pelvis, and this symptom may ease

5. Increased vaginal discharge:

During pregnancy vaginal discharge increases. The discharge is white in color or may have no color, and be viscous and odorless. The vagina must be kept dry and clean. If discharge is yellow or greenish, if it smells unpleasant and/or causes pain, or if you have bleeding for more than a day, see your doctor.

6. Leg cramps during pregnancy:

In the second half of pregnancy the uterus enlarges and puts increased pressure on the nerves, cramping the leg muscles. To alleviate discomfort, try placing a warm cloth or hot water bottle and/or massaging the muscles. If the cramps persist or get worse, this may be due to calcium imbalance and you need to see a doctor.

7. Back pain:

In some women during pregnancy, hormonal changes and shifts in the center of gravity can lead to back and waist pain. Wearing comfortable shoes, using a pregnancy lumbar gel, walking for exercise and keeping the affected area warm can all be effective in reducing pain.

8. Sleep problems:

Many women face insomnia or other sleep problems during pregnancy, especially in the advanced stages, due to back pain, fetus movement, enlargement of the abdomen, or difficulty breathing. To help alleviate this problem, drink a glass of milk, avoid eating heavy meals before bed, avoid going to bed hungry, and do something that relaxes you before bed like reading, taking a bath, or listening to music. During the second half of pregnancy the weight of the uterus can compress a major blood vessel, disrupting the flow of blood to the baby, so it is advisable to turn frequently when sleeping, changing positions throughout the night. It is also recommended to sleep on your side rather than on your back during the third trimester

9. Heartburn:

Heartburn is one of the most common complaints in pregnant women. In most of pregnant women this problem is not severe and is managed by avoiding heavy, oily, fried and spicy foods. It's also advised to avoid eating chocolates, drinking tea and other drinks that carry caffeine like coffee or coca-cola and other sodas. If you do drink tea, you should limit yourself to one cup per day only. If the heartburn continues, see your doctor.

10. Itching:

From the second half of pregnancy, due to various causes, including enlargement of the uterus, muscles and abdomen, women may get cramps, which can lead to itching on the skin over the abdomen and sometimes on other parts of the body. Wearing loose clothing, bathing with warm water and avoiding too much soap at the site of itching (which can make the area dryer) may help reduce itching. Scratching the skin causes more itching, so it's best to refrain from doing this, and if you have severe itching or scaly skin lesions in the itchy area, see the doctor.

11. Feeling weak and faint:

Due to hormonal changes caused by pregnancy, the mother may feel weak and lethargic. This can be alleviated with fresh air, spending time outside in nature, taking some time for one's self in a quiet environment, deep breathing, and light exercise. Avoid standing for long periods of time, and avoid standing up suddenly - rather, get out of a sitting or lying position slowly. Faintness can also be avoided by eating regularly and a balanced, healthy diet. Finally, wear loose, comfortable clothing.

12. Sore gums:

Increased blood flow to the gums may lead to gingivitis, or inflammation of the gums, in some women, that may also lead to soreness, increased sensitivity, or bleeding of the gums.

Signs of Danger During Pregnancy

1. Bleeding:

While a minority of women experience some light bleeding during the first trimester, which is no reason for concern, bleeding can also be a sign of danger such as a miscarriage, so any more than a small amount of blood spots is reason to visit the doctor.

2. Reduction of fetus movements any time during the second half of pregnancy and especially in the final weeks:

You will be accustomed to the movements of your baby, so if you notice a sudden change, see your doctor. To detect movement, you can lie in a quiet place on your side and count how long it takes to feel 10 kicks from the baby. Do this regularly, so you know what is normal for your baby. If you normally feel 10 kicks in 30 minutes, but it takes two hours to feel 10 kicks, this may be a sign that something is wrong and you should see your doctor.

3. Vaginal discharge that is not clear or white, which is smelly, green, contains blood, or otherwise is abnormal.

4. Persistent headache

5. Dizziness that is severe

6. Fever

7. Seizure

8. Rashes anywhere on the body

9. Lower abdominal pain, particularly stabbing or cramping pain

10. Sudden increase in weight (one kilogram per week or more)

11. Burning urine

12. Jaundice (yellowing of the skin or eyes)

Healthcare During Pregnancy

1. Healthy Nutrition

During pregnancy, the fetus is completely dependent on the mother and the food the mother consumes, which reaches the baby from the placenta surrounding the fetus. For this reason proper nutrition in the pregnant mother plays an important role in the health and development of the baby in utero, as well as later. The daily intake of a pregnant woman should include all food groups, which were discussed in the Nutrition Chapter. During pregnancy, women require an additional 300-350 calories per day in the second trimester, and an additional 500 calories per day by the third trimester. This additional caloric need continues for the duration of the time that a child is breastfeeding.

Try to eat a variety of foods from each food group. Dark green and orange vegetables are particularly high in the vitamins you and your baby need. Consume dairy products, but make sure they are appropriately treated. Fish is especially

important and should be eaten every week if possible, if you have access to fish with low mercury levels.

Avoid eating raw or undercooked meat and seafood, as these can carry diseases that will be harmful to your baby. You should also make sure to cook eggs or foods containing eggs before eating them, and pasteurize (heat-treat) milk and cheeses. Avoid deli meat, meat spreads, smoked seafood, and raw sprouts. It is especially important to take care with storing and preparing foods to avoid food poisoning. Limit your caffeine intake. Certain herbs can also cause problems with the baby's development – consult a healthcare provider if you take herbs regularly.

Many women need to take supplements to meet their nutritional needs during pregnancy. You should consume 400-800 micrograms of folate or folic acid and 71 grams of protein per day. After the first three months you should consumer 27 milligrams of iron daily. Omega-3 fatty acids are found in fish; if you are not eating much fish, take a supplement of 1.4g daily. Add 2-3 grams of fibre to your usual diet. Calcium helps build strong bones and teeth; younger mothers generally need to take more than older ones. You should also consider supplements for iodine, vitamin D, and choline.

It is normal to gain weight during a pregnancy. The amount you gain will depend on whether you are having one baby or more than one, as well as how much you weighed before pregnancy. A woman who was under recommended weight should gain more than one who was overweight before getting pregnant. In general, women gain 2-4 pounds during the first three months and 1 pound per week afterwards.

2. Maintaining Health

Oral Health

Pregnant women should, as always, be sure to brush teeth at least twice a day (morning before breakfast and again before bedtime). Pregnancy causes hormonal changes that increase the risk of developing gum disease which, in turn, can affect the health of developing baby.

Mental Health

Pregnancy is a time of many psychological and emotional changes. These feelings are normal, but there may be occasions when a pregnant woman needs extra support, or even medical intervention. It is also useful to talk with trusted friends or relatives about how you are feeling, and to reach out for help if feelings ever become unmanageable.

Women who are under stress during their pregnancy may develop problems with anxiety and depression. This can interfere with sleep and can also impact the baby. If possible, avoid making major changes to your life during this time, such as moving houses. If you find negative feelings are making it difficult for you to

live your life as you normally do, you should speak to a healthcare provider. It is also important to get support from your husband and family during a pregnancy.

Taking Drugs

Most drugs can pass through the placenta and reach the fetus and may cause harmful effects on the fetus. These harmful effects from drugs may occur at any point during pregnancy. Do not take any drugs, whether prescription or non-prescription, without first consulting your doctor and ensuring your doctor is aware you are pregnant. Pregnant women should avoid using tobacco, whether smoking cigarettes or chewing tobacco, as well as performing any kind of ultrasound tests or X-rays without a doctor's permission. Radiation from X-rays can be harmful to the baby.

Exercise

It is perfectly safe to do most kinds of exercise during pregnancy, and in fact, it's good for you and your baby to keep fit during pregnancy. Many women who exercise during pregnancy report feeling better than those who don't. Walking in the open air is one option. Walking helps to strengthen the abdominal muscles and in the last months may help lead to an easier delivery. Exercise during pregnancy keeps your body fit and is effective in reducing pelvic contractions and reducing back pain. Exercises during pregnancy also prepares the mother physically and mentally for childbirth.

Postpartum Conditions

Distress and Anxiety after Childbirth

Some mothers feel sorrow and sadness in the first days or up to a few weeks after giving birth, which is usually transient and varies in different individuals. If this condition lasts longer than two weeks and/or is severe and constant, consult with the doctor. This may be postpartum depression, a type of mood disorder. Symptoms of postpartum depression include extreme sadness, irritability, anxiety, lack of energy, crying, or trouble sleeping or eating. There are treatments available for postpartum depression; you do not need to endure these feelings and untreated postpartum depression can negatively impact a newborn.

Postpartum Bleeding

After a baby is born, it is normal that bleeding occurs immediately thereafter and continues for up to several weeks during which the colour may vary. This happens even after caesarean. Your body produced extra blood during pregnancy, which it is now losing. This blood may include clots, especially in the first two weeks, and it can be quite heavy. It is best to use heavy sanitary pads during this time.

Signs of Postpartum Risk

There are various conditions that can arise after a woman gives birth, which may

indicate a serious underlying problem. If any of the following are experienced after childbirth, seek immediate medical attention:

- Fever and shivering
- Heavy bleeding that soaks a sanitary pad within two hours
- Any pain, redness and swelling of the breasts
- Green, smelly or unusual vaginal discharge
- Pain under the belly
- Swelling or pain in one leg only
- Incontinence of urination and pain or burning when urinating and excessive urination
- Severe depression
- Paleness and dizziness
- Difficulty breathing
- Seizures or loss of consciousness

Postpartum Care

Care of the Breasts

It is not necessary to wash the breasts every time the baby is fed. Once a day with soap and water is sufficient. It is normal to develop sore nipples in the first few days or weeks of breastfeeding if your baby is not getting enough of the breast into her/his mouth during nursing and as both mother and baby learn the technique for breastfeeding, which takes some practice. After feeding the baby, the mother can rub a drop of milk on her nipple to help heal nipple soreness. It's not recommended to use other products like creams or lotions as these can be harmful to the baby.

Breast milk flows through milk ducts in the breasts. If breast milk flow is obstructed, this can lead to a clogged duct which causes an infection. This may be visible by a tender, sore, red area or a lump and it usually only affects one breast. It's recommended to continue breastfeeding if possible so that fresh milk may unclog the pore and it will heal on its own. If it becomes too painful to continue, feed only with the other breast. A similar condition is known as Mastitis, which affects about 20% of women who breastfeed, and may be accompanied by fever and flu-like symptoms. Treat Mastitis with applying heat (such as a hot towel or hot water bottle, or submerging the breast in water) and massaging the infected area prior to feeding. If the problem doesn't clear on its own, see a doctor, who will likely prescribe antibiotics. Also see a doctor if the nipples become cracked and bleed. Avoid restrictive clothing such as wearing bras with wires, that can constrict milk flow.

Postpartum Pain

Due to shrinkage of the uterus as the remaining blood clots flow out, mothers may experience menstrual-like pain in the first days and weeks after a baby is born. In Afghanistan this pain has been called pasdarad ("following-pain"). The hormones

that your body releases when you breastfeed also cause muscle contractions in your uterus. If the pain is severe and persistent with fever or bleeding, you should see the doctor immediately.

Weight Loss After Childbirth

If a mother consumes a balanced and healthy daily diet, she will reach her normal weight pre-pregnancy normally within six months after delivery. At birth, a mother loses approximately 5 to 6 kilograms when the baby, blood, water and placenta come out. The remaining extra kilograms will gradually shed through breastfeeding.

Care of Wounds

During birth, if there was more than a minor vaginal tear, a doctor or nurse may stitch the tear so that it can properly heal. Tearing is common: 9 out of 10 women tear during childbirth, and about 3 in every 100 women have serious tears that may require a minor operation. All women who deliver through vaginal birth will also have bruising and swelling of the vagina. Taking care of stitches in the first week especially after the delivery is important. The mother should take steps to keep the stitches clean to prevent infection. Keep the area clean and dry. Wash stitches two or three times per day with diluted betadine solution, or rinse gently with soap and warm water. After using the toilet, wipe gently from front to back. Some types of stitches dissolve on their own after around two weeks, and some need to be removed by a midwife, nurse or doctor. If urinating is painful, try pouring warm water as you urinate, which can reduce stinging. Some women also find relief from placing something cold over underwear or clothing covering the affected area such as a package of frozen vegetables. Rest a lot and avoid sitting directly on the area. Wear loose clothing so that the air can freely circulate, to help the wound heal. Change sanitary pads frequently. Drink of plenty of water.

After a caesarean, your wound will normally be covered with a dressing for several days. If the dressing is not waterproof, keep the area dry. Once the dressing has been removed you can wash gently with water, but be sure to dry around it afterwards. Wear loose cotton clothing that doesn't press on the area. The doctor will remove the stitches after a few days. It can take up to ten weeks for the wound to heal, and you may need to take medication to handle the pain. Avoid lifting heavy things or being too active during this time, but do walk around regularly. If you see signs of infection in the wound, such as warmth, oozing, fever, or sudden sharp pain, talk to your healthcare provider. It is normal to have bleeding from your vagina for a week or more after a caesarean. Speak to your doctor if it seems very heavy or if you see a lot of blood clots. The bleeding should get lighter and change color over time.

Walking After Delivery

After a normal birth, the mother can walk a little in the room whenever she feels comfortable and ready to do so. After a C-section, it is necessary to wait at least 8

to 12 hours before getting up due to the effects of general anesthesia, or whenever a doctor advises is okay to do so.

Postpartum Anemia

Insufficient iron intake or uptake and iron loss through bleeding can cause an iron deficiency. Women may bleed severely at childbirth and many pregnant women already have anemia, which can worsen as a result of this bleeding. After delivery, you should take iron and nutritional supplements on a daily basis.

Family Planning

Intervals of less than three years between deliveries, a fourth pregnancy or more, a pregnancy under the age of 20, and a pregnancy over the age of 35 puts both mother and baby at increased risk of many conditions. One of the most effective ways to reduce the risks of such pregnancies is to use family planning option. As both father and mother have a shared responsibility to reduce this risk, they should learn about the different options available and discuss the pros and cons of each to choose a suitable method of contraception (birth control) and use it appropriately.

Generally, mothers who breastfeed their babies can start using contraception six weeks after delivery and those who are not breastfeeding their babies may start three weeks following childbirth. However, this varies by the type of contraception used, so you should consult a healthcare provider.





Chapter Six

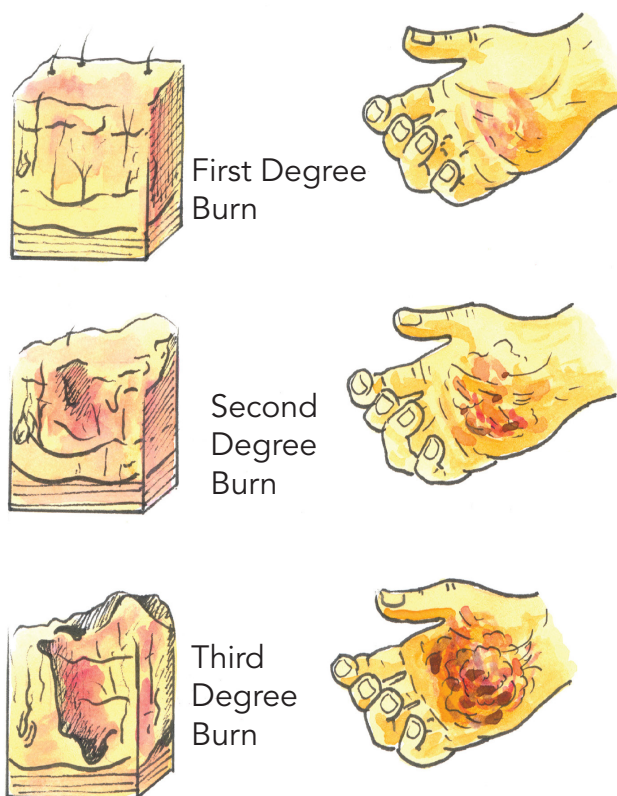
First Aid

By knowing a small amount of extremely valuable information, you can help the victims of unexpected or sudden accidents that cause injury, whether yourself, a family member, friend, neighbour or stranger. This basic education on First Aid will introduce you to the primary methods of first aid. With this information, you may one day find yourself in a position to help someone with a minor or serious injury or illness, or even save a life.

Burns

There are three types of burns, categorized on the basis of their severity. First degree burns are those that affect only the outer layer of the skin and are considered mild burns. Second degree burns reach below the first layer of skin and may lead to greater pain, redness, swelling and possibly blistering. Third degree burns are the most serious, sometimes even life threatening, having reached deeper skin tissues and causing charring to the skin, turning it black or white. Third degree burns are intensely painful and usually leave scarring.

If someone gets a burn, immediately remove the source of burning (fire, oven, brazier) and move the person to a safe place. The following applies to first and second degree burning or mild burning. For third degree burning, seek immediate medical attention, either calling an ambulance or transporting the victim to the nearest medical facility.



Burns From Fire

The following instructions may be helpful in the case of first- or second-degree burns:

1. First, stop the fire by throwing cold water on it. Lay the victim down on the part of their body that was not burned or which is the least affected.
2. Remove the burned person's clothing -- using scissors if you need to -- as well as any other burned items on them, and try to keep the person still. Never remove clothing that is stuck to the burn wounds.
3. Cool the burned area with cold and clean water for up to 20 minutes. In case you can't access cold water use any other non-toxic cold liquid you have access to, such as milk.
4. Remove rings or bracelets from burned area as they may become tight due to swelling.
5. Wash the wound with disinfectant (such as rubbing alcohol) and dress the wound with an antibiotic burn cream if available.
6. Get the burn victim to drink water.
7. Get medical treatment if the burn or pain is severe, if the burn affected the eyes or a large area of skin, if the burn does not begin healing or looks worse after a couple of days, or if you are concerned there is an infection.

Wounds

Wounds can range from a small cut to a life-threatening emergency. If someone has a wound, it is very important to stop it from bleeding.

1. Apply direct pressure to the point of bleeding

2. If bleeding has stopped, clean the wound, add a clean bandage and secure it
3. If bleeding continues and the wound is on a limb, use a tourniquet (a tight band) above the site of injury for transport to hospital. Do not leave the tourniquet in place too long without seeking medical attention.
4. If there is a lot of bleeding or you cannot control it, go to the hospital.

Scorpion Bite First Aid Treatment

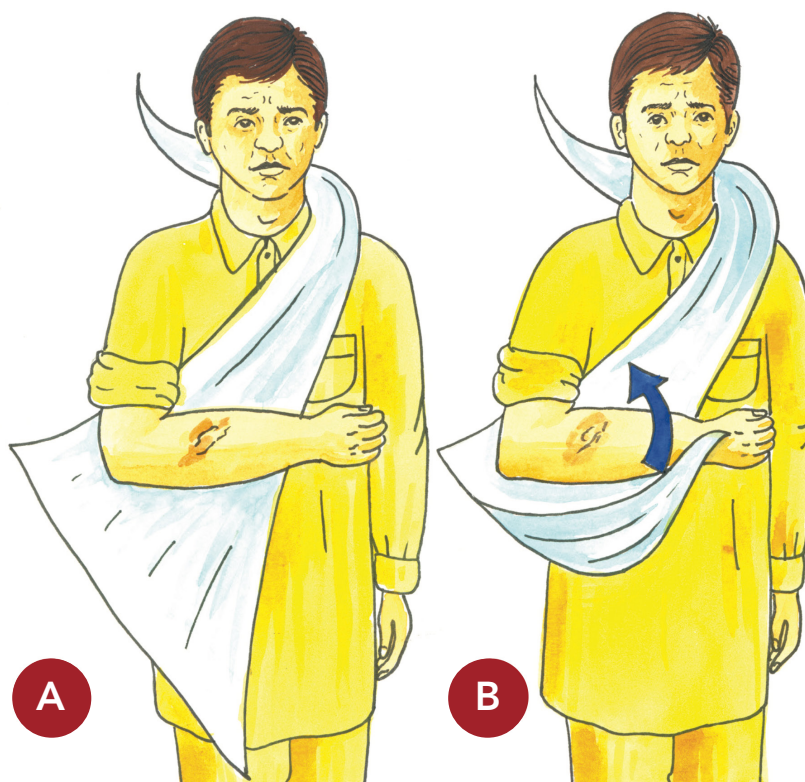
Scorpions are found in Afghanistan and are more active at night. To protect yourself from the risk of a scorpion bite, you can take measures such as wearing socks, shoes, and clothing that covers exposed areas of the skin and also check inside your shoes before putting them on and shake out clothing, because scorpions like to hide in small, dark places. If someone does get bitten by a scorpion, do the following:

1. Keep the injured person, especially the bitten area, motionless and steady.
2. Clean the area with water.
3. Cool the area of the bite. If using ice, wrap ice in a clean cloth.. Cooling slows down the spread of the poison.
4. Remove rings or bracelets in the affected area as they may become tight due to swelling.
5. Cover the affected area with clean tissue and keep cool to delay the flow of poison to other parts of the body. The tissue or bandage should not be so tight as to prevent blood flow.
6. Squeeze juice from garlic over the affected area.
7. Take the injured person to a clinic or hospital.
8. If the scorpion is dead, take care and bring it to the hospital in a secure container.

Bone Fracture and Muscular Injuries

In case of muscle or bone injuries, take the following actions:

1. Seek medical help as soon as you can.
2. Keep the respiratory tract open and the person's breathing unobstructed.
3. Try to keep the injured person alert.
4. Close all open wounds with clean gauze or cotton and control the bleeding (if any).
5. If there is a possibility of a fracture or broken bone, avoid taking any action to fix the fracture or bone. Leave that to medical professionals.
6. Use cold water to avoid more swelling and pain.
7. If you suspect the person has broken a bone in their neck or back, help them stay still as much as possible, and do not move them from the position in which you found them.
8. If you suspect they've broken a bone in one of their limbs, immobilize the area using a splint or sling or other method of keeping the limb from moving while ensuring blood flow to limb.



Heat Illness

When it is very hot or humid outside, a person may become sick from the heat, particularly if they are very young or old, have a chronic health condition, or are working or exercising in hot weather.

1. Move the person to a cooler place if possible
2. Pour cool water on their clothing
3. If ice is available, put it on their armpits or chest
4. If they are awake, give them milk or water to drink
5. If they are not awake, seek medical attention

First Aid for Drowning

Drowning is one of the leading causes of death in children and teenagers in Afghanistan. If you see a person in water who appears to be drowning or in distress, do the following to help them:

1. If you do not know how to swim, try to find someone immediately nearby who can swim and ask them to help.
2. Try to drag the person out of the water using a large ring, rope, branch or any other durable material that could reach them and which is available to you.
3. After getting the person out of the water, check to see if the person is breathing.
4. If the person is not breathing, check their pulse.
5. Check the person's pulse for 10 seconds.
6. If there is no pulse, start cardiopulmonary resuscitation (CPR)

First Aid in The Case of Heart Attack

A heart attack happens when the flow of oxygen-rich blood to a heart muscle suddenly becomes blocked and the heart can't get oxygen, which eventually causes the heartbeat to stop. In order to help someone who is having a heart attack you need to first be able to recognize the symptoms of one:

1. Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

First Aid During A Heart Attack

A heart attack is a life threatening emergency that requires immediate medical attention. Before anything, contact help: Call an ambulance, call for transportation to a hospital, or send someone to find a medical professional to come to the victim. If conscious, immediately give the victim an aspirin: have them chew and swallow it. If the person is not breathing then, administer cardiopulmonary resuscitation (CPR). Here is the process for CPR:

1. If the person is not breathing, check their pulse.
2. Check the person's pulse for 10 seconds.
3. If there is no pulse, Start CPR.

How to Administer CPR

4. Clear person's airway. If obstructed by vomit or other obstruction turn head to side and clear.
5. Carefully place person on back.
6. Kneel by the side of the victim



7. For an adult or child victim, place the heel of the palm of your hand flat on the patient's chest just over the lower part of the sternum (breast bone). For a baby, place two fingers on the breastbone.

8. For an adult or child place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.

9. For an adult or child, press down at least 2 inches. Make sure not to press on ribs. For an infant, press down about 1 and 1/2 inches. Make sure not to press on the end of the breastbone.

10. Do chest compressions only, at the rate of 100-120 per minute or more. Let the chest rise completely between pushes.

11. Check to see if the person has started breathing.

12. Repeat if person is still not breathing.

13. If you've been trained in CPR, you can now open the airway by tilting the head back and lifting the chin.

14. Pinch the nose of the victim closed. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give 2 one-second breaths as you watch for the chest to rise.

15. Give 2 breaths followed by 30 chest compressions.

16. Place your ear next to the person's mouth and nose. Do you feel air on your cheek?

17. Look to see if the person's chest is moving.

18. Continue this cycle of 30 compressions and 2 breaths



First Aid for A Brain Stroke

A stroke occurs when the blood supply to your brain is interrupted or reduced. This deprives your brain of oxygen and nutrients, which can cause your brain

cells to die. A stroke may be caused by a blocked artery (ischemic stroke) or by the leaking or bursting of a blood vessel (hemorrhagic stroke). Many families in Afghanistan do not follow a healthy diet, eating insufficient vegetables or fruits, and too much high-fat and heavily processed foods, do not exercise, and have anxiety, which are all factors in the rate and frequency of stroke events, even at an early age. Children with sickle cell anemia are also potentially at risk of a stroke.

A stroke can result in a person losing consciousness and falling into a coma, and a stroke can also lead to death. Many who survive a stroke will face permanent disabilities, paralysis of part of the body, and possibly loss of control over functions such as defecating or urinating. Survivors may also feel sudden feelings of numbness, reduced consciousness, severe headaches, dizziness, impaired vision and anesthesia.

Quick intervention can prevent a more serious outcome like a coma or death. There are common signs that may mean a person is having a stroke and requires immediate medical attention:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing or blurred vision in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Responding to a Stroke

- Help the patient sit or lie down and ensure they avoid moving around. While they are lying down, make sure that their breathing is constant and there is nothing blocking their respiratory tract.
- While you are doing this, if there is someone else around, instruct them to get help immediately, such as by calling an ambulance if available, finding transportation to a hospital or clinic, or sending someone to find a medical professional to come to the victim.



Choking in Children

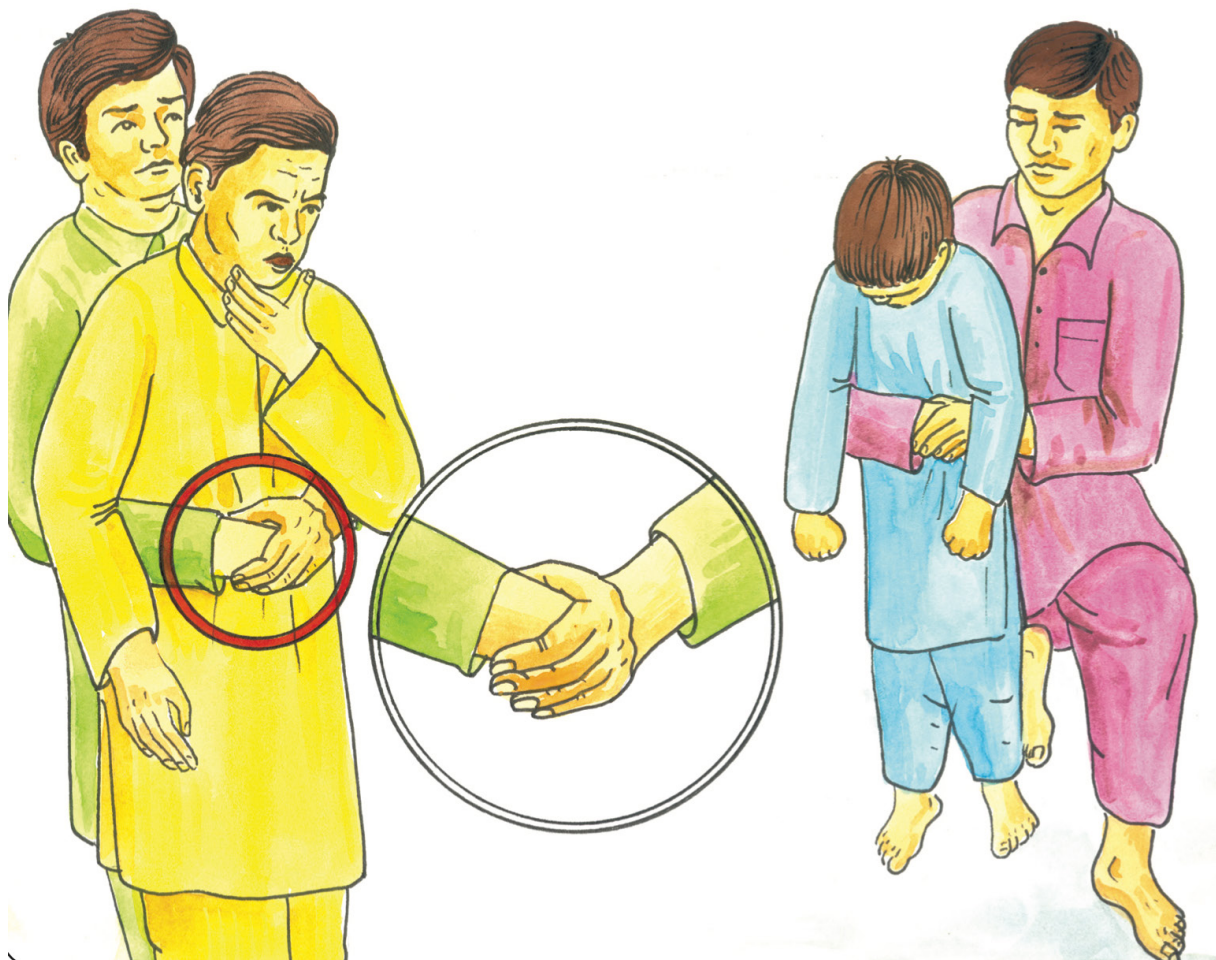
When a child is choking, it means that an object — usually food or object like a toy — is stuck in the trachea (the airway), keeping air from flowing normally into or out of the lungs, so the child can't breathe properly. Choking can lead to death by suffocation. A child or infant who seem to be choking and coughing but still can breathe and talk can usually recover without help. However, if the child suddenly appears to lose the ability to cough, cry, or scream, something may be blocking her breathing and you need to remove it immediately. The child may make strange sounds from the throat and/or her skin may turn light red or purple.

If you see a child choking, do the following immediately:

1. If the child is able to cough and vomit, his/her respiratory tract is not completely blocked. Let the child cough. Coughing is the most effective way to remove the object.
2. Try to dislodge the object with back blows and abdominal/chest thrusts. If the child is unconscious you should immediately start CPR.
3. First do back blows.
4. If a child is conscious but can't cough, talk, or breathe, or is beginning to turn blue, stand or kneel slightly behind him. Provide support by placing one arm diagonally across his chest and lean him forward. If the child is very young, hold him with his head facing downward on your arm or knee.
5. Firmly strike the child between the shoulder blades with the heel of your other hand. Each back blow should be a separate and distinct attempt to dislodge the obstruction.
6. Give five of these back blows.
7. Then do abdominal/chest thrusts.
8. For an older child, stand with one foot in front of the other, or kneel behind the child, and wrap your arms around his waist.
9. Locate his belly button with one or two fingers. Make a fist with the other hand and place the thumb side against the middle of the child's abdomen, just above the navel and well below the lower tip of his breastbone.
10. Grab your fist with your other hand and give five quick, upward thrusts into the abdomen. Each abdominal thrust should be a separate and distinct attempt to dislodge the obstruction.
11. For a very young child, substitute chest thrusts. Place the child on a firm surface or your forearm, facing up. Use two fingers in the center of the breastbone to compress quickly five times.
12. Repeat back blows and abdominal/chest thrusts



13. Continue alternating five back blows and five abdominal thrusts until the object is forced out or the child starts to cough forcefully, speak, cry, breathe, or becomes unresponsive. If he's coughing, encourage him to cough up the object. If a child who is choking on something becomes unresponsive, you'll need to do a modified version of CPR:



14. Place the child on his back on a firm, flat surface. Kneel beside his upper chest. Place the heel of one hand on his sternum (breastbone), at the center of his chest. Place your other hand directly on top of the first hand. Try to keep your fingers off the chest by interlacing them or holding them upward.

15. Perform 30 compressions by pushing the child's sternum down about 2 inches. Allow the chest to return to its normal position before starting the next compression.

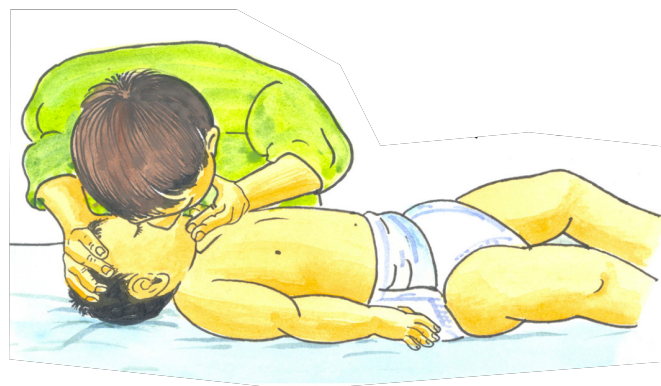


16. Open the child's mouth and look for a blockage. Never put your finger in his mouth unless you actually see a blockage. If you can't see one and you put your finger in his mouth, you might accidentally push the object deeper into his throat. If you see something, remove it with your fingers.

17. If you're unable to remove the blockage and the child is still unresponsive, give him two rescue breaths, like this:



18. Tilt the child's head back with one hand and lift his chin slightly with the other. This will open his airway. Pinch the child's nose shut, place your mouth over his, and exhale into his lungs until you see his chest rise. For a very young child, cover both the mouth and nose with your mouth.



19. If you don't see the chest rise, repeat the cycle of giving 30 compressions, checking for the object, and trying to give two rescue breaths until the object is removed and the child starts to breathe on his own, or help arrives.

20. While you are assisting the child, if there is someone else nearby, instruct them to seek immediate help such as calling an ambulance, arranging transportation to the nearest clinic, or sending for medical help to come to the child.

Poisonings

Toxic substances can be harmful and even deadly when ingested orally or sometimes, if exposed to the skin or body. Some substances are always toxic in any quantity, while others are usually safe but can become toxic and harmful if taken excessively and incorrectly, such as many kinds of medicines.

How People Are Exposed to Toxins

People can become exposed to poisons in various ways. One way is if a poisonous substance enters the digestive system such as if a child accidentally consumes a chemical cleaning product or a person takes too many pills. Another way to be poisoned is through exposure of toxins to the respiratory system, such as when

breathing toxic gas such as chlorine. Another type of poisoning is through dermal absorption, meaning when a toxic substance is exposed to the skin. Finally, one can be poisoned through intestinal absorption. The most common forms of poisoning are through the digestive system and respiratory tract.

First Aid for Oral Poison Cases

When a poisonous substance enters the body orally (through the mouth), depending on the strength and type of toxin, symptoms begin to emerge. These symptoms vary by the type of toxin, the proportion of toxin used and how long ago the toxin was ingested. In cases of poisoning, do the following:

1. Remove anything in the person's mouth.
2. If the person is conscious, ask them what they have swallowed, how much and when. Look for clues, like plants, berries or empty packaging and containers.
3. Make sure the airway is open, and that breathing is normal.
4. Keep them still, as moving around will increase their metabolism and speed up the poison circulating around their body.
5. Never try to make the person vomit, but if they vomit naturally then put some of their vomit into a bag or container and give it to the hospital. This may help them identify the poison.
6. Position the person in such a way as to prevent any vomit from choking or going back into the lungs.
7. Seek immediate medical help.

First Aid for Respiratory Poisoning

The main toxic gases are carbon monoxide, chlorine, nitrogen dioxide and phosgene. These gases take the form of vapors that rise from liquids such as oil, lighter fluids, plastic-based glues and paints, or from the burning of fuel. The inhalation of such gases causes many deaths by poisoning every year. Respiratory poisoning is typically characterized by the feeling of burning in the eyes and throat. The initial first aid for these poisonings include:

1. Immediately move the affected person away from the source of the poison. Do not make a rescue attempt that puts your own life at risk.
2. Once away from the risk monitor the patient for responsiveness and breathing.
3. If victim can sit upright get them to take slow deep breaths.
4. Seek medical attention, such as transporting the person to a clinic or calling an ambulance.



Chapter Seven

Personal Development

Personal development refers to gaining mental and emotional skills that facilitate personal growth. These include:

- handling stress and anger
- decision-making
- critical thinking and problem-solving
- self-confidence and self-value
- time management

Stress management

The word stress refers to the feeling of tension or worry you may feel in certain situations. Stress can be caused by major life events, whether traumatic or not, or from more minor issues like unexpected frustrations or pressure.

When you are stressed, you may feel emotionally upset, but you can also have physical symptoms like headache or an upset stomach. Stress can interfere with your ability to focus on tasks or remember details. You may have a harder time managing your emotions when you are stressed.

There are many things you can do to help manage stress. Take time to do activities that you enjoy, do relaxing things like pray or meditate, and exercise regularly. Get social support from family or friends to help you avoid becoming too stressed. Create a quiet place in your mind that you can use to take yourself out of a stressful situation for a minute or two. Take care of your body by eating properly and getting enough sleep.

Anger management

Everyone becomes angry sometimes. However, it is important to manage your anger to avoid lashing out in inappropriate ways, such as by being physically violent or emotionally abusive.

One of the best ways to manage your anger is to help yourself see things from a

different perspective. Some questions to ask yourself are:

- Is this really a big deal?
- is getting angry going to solve the problem?
- did someone do something on purpose to make you angry?

Other ways to manage anger include counting to ten, using relaxation techniques like meditating, exercising, or giving yourself space away from the person or situation making you angry.

You can express your feelings assertively, but you should not be aggressive and hurt others by doing so. Focus your anger on a constructive response.

Problem-solving

We encounter problems in our everyday life that require us to think creatively about how to solve them. This process requires us to analyze a situation to understand the issues involved, then to imagine ways in which we might address these issues using the resources available to us.

The first step in problem-solving is to clearly identify the problem to be solved. This is not always the immediate idea that comes to mind. You should always ask yourself “why” you believe something is a problem. This can help you understand whether the thing you thought first is really the problem, or whether there is something underlying it that you can address directly.

The next step is to consider the factors involved in the problem. You should understand why the problem exists and, if possible, how other people have resolved a similar problem.

Next you should generate ideas about how to solve the problem. Use a “challenge question” to think about ideas, such as “How might I...?” or “how could I...?”. Keep these questions very simple, addressing one challenge at a time. Try to think of at least 20 ideas of ways to respond to that challenge, even if you believe some of those ideas will not work.

Evaluate the various ideas you have come up with, seeing which ones solve the problem and do not create too many additional problems. As you do this, consider ways that an idea could be improved, or maybe merged with another idea on your list. Be sure to think about what resources you would need to implement an idea. After you have selected one or more ideas, consider the steps that you will need to implement your solution, and then carry out each step. If a problem arises that you had not considered, take a step back and see whether you need to reconsider which idea you chose. At the end, think about whether your problem has been solved; if not, you may need to start again.

Decision-making

Decision-making means to choose from different options. Like problem-solving, decision-making requires us to analyze a situation to understand the issues involved. We then have to evaluate different options for proceeding, taking into account all relevant factors, and then critically select an option based on our evaluation.

One of the most important parts of decision-making is understanding the likely outcomes of each choice - the benefits or consequences. Think about how your decisions will impact yourself and other people.

Self-esteem

Self-esteem means the worth that someone attaches to him or herself as a person. Having high self-esteem means that someone feels good about themselves, which can allow them to be confident in their decisions and actions. Self-esteem is important because it impacts what a person can accomplish: if you believe in yourself, you are better able to succeed at what you set out to do.

There are several techniques you can use to improve your self-esteem:

- Believe in yourself and your own abilities
- Spend time with people who support you, and avoid those who do not
- Don't judge yourself by looking at what someone else achieves - recognize your own talents and successes
- Be aware of your own qualities, and be realistic about your flaws
- Set goals for yourself that are achievable

Time management

If you have many tasks to get done, you may feel overwhelmed. There are several things you can do to help manage your time wisely.

- Plan ahead and make a realistic outline of what can possibly be done each day, keeping in mind that you will need time for regular activities like eating, sleeping, and spending time with family.
- Make a list of things that need to be done, putting the most important or time-sensitive things at the top, then go through the list one by one, checking off items as you accomplish them.
- Remember to take time to breathe and calm yourself down if you feel stressed.
- Don't worry about being perfect. If you have many things to be done, it is enough that what you accomplish works and is practical. Constantly trying to improve things that already work as they are is not a good use of time when there are other important things to be done.

Role play

These sample scenarios will help you practice the personal development skills you have learned.

Critical thinking

A wife is trying to tell her husband what to buy when he goes to the market. Last month their youngest child was sick and the doctor told them the child needed to eat more nutritious food. The wife is arguing that her husband needs to buy more fruits and vegetables each month for the children to eat at home. The husband is

arguing that they cannot afford more fruits and vegetables because he wants to buy an expensive item for himself.

1. What important problem is the wife presenting?
2. Is her solution realistic?
3. What arguments might she use to persuade her husband?

Problem solving

Two mothers, who are neighbors, are talking about their young children. One child is very sick and his mother is not sure what the problem is. The other mother encourages her to take her sick child to see the doctor but the sick child's mother is reluctant to go to the doctor because her husband says the clinic is too far away. The other mother tells her that a relative is coming to visit tomorrow in a rented truck and can bring her and her child to the clinic. The two mothers argue back and forth about what should be done.

1. What is the problem in this situation? Which mother understands the problem best?
2. What plan is presented to solve this problem? Is it a good plan?



Chapter Eight

Parenting

As a parent, you are one of the most important people in the lives of your children. From birth, children rely on and learn from you, and you play a key role in their development.

1. Babies

Breastfeeding

Benefits of Breastfeeding

Breastfeeding is very important for the baby. Besides many other benefits, breast milk adapts its composition to meet your baby's needs as they get older or become sick. Your baby can get most of the nutrients she/he needs from breastmilk, and in fact it is recommended that babies are exclusively breastfed for the first six months of life. Breastfed infants may require a vitamin D supplement. You can expect to breastfeed a newborn baby 8-12 times in a 24-hour period, or around every 2 or 3 hours, but sometimes more or less frequently. The number of feedings will gradually be reduced as the baby's stomach grows. In the beginning, feedings may last for long periods, such as up to 45 minutes, but this timing will decrease as the baby becomes more efficient at feeding, until it may take only 5-15 minutes per feeding after some months. But remember that all mothers and babies are different, and there are no "rules."

After six months, you can begin to introduce other foods to babies gradually, but it is advised that breastfeeding continue at least throughout the first year of life, and until two years or beyond if possible. Breast milk is the best thing for babies to digest, and it is sterile, making it safe for them to consume unlike other liquids that could be infected with bacteria or germs. Breastfeeding has been associated with a lower risk of numerous conditions in babies including asthma, allergies, ear infections, respiratory problems, and diarrhea; as well as a lower risk for conditions later in life like obesity. Breastfeeding gives your baby the best developmental start,

helping their brain and cognitive abilities to develop. In addition, breastfeeding is important in facilitating bonding between mother and baby as it allows for skin-to-skin contact that helps your baby feel secure. There are also important benefits for the mother as well. Breastfeeding burns calories, helping with weight loss for extra weight gained during pregnancy. It lowers women's risks of breast and ovarian cancer. And it's highly economical, because breast milk is free!

If for any reason the baby is unable to drink milk directly from breast temporarily, there are alternatives that can still allow for the baby to consume the mother's breast milk. Breast milk can be manually pumped into a sterile container and then fed to the baby by spoon or with a plastic syringe.

Breastfeeding Technique

Nurse your baby as soon as possible after birth, and every 1-3 hours for the first few weeks afterwards. Your milk supply will increase as you establish regular feedings. You should nurse in a peaceful, quiet place where you can relax and be comfortable.

There are three common positions for breastfeeding; you should use whatever position is most comfortable for you.

1. Cradle hold. In this position, you sit up straight and cradle your baby in your arm, with the baby's stomach against yours. Support your breast underneath with your free hand and pull the baby up to your breast, being sure that the baby's ear, shoulders, and hips are relatively aligned.
2. Underarm hold. This is a good position after a caesarean, for women with small babies or large breasts, or if the baby is fussy or sleepy. Position the baby with legs and body under your arm, with your hand holding the baby's head and the baby's body flexed at the hip.
3. Side-lying. This is another good option after caesarean section. Position yourself and the baby on your sides stomach-to-stomach, lift up your breast and pull the baby close to reach it.

In each position, you may need to help the baby latch on by touching your nipple to the lower lip and then pulling the baby in when their mouth opens, being sure to support their head. When the baby is done, slip your little finger into the corner of their mouth to release their grip, and burp the baby after feeding.

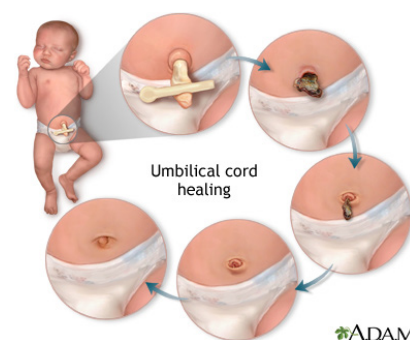


Care of A Newborn's Navel

The stump where the baby's umbilical cord was removed gradually dries and shrivels until it falls off, usually around two weeks after birth and this does not cause any pain for the baby. However, until the stump falls off, it's important to keep the area clean, and avoid contact with urine. In addition, the baby's underwear or diaper should be under the umbilical cord to allow the stump to not be obstructed and to be exposed to the air to help it heal. . Do not pick or scratch the stump; let it loosen and fall on its own.

The stump from a healthy umbilical cord is normally clean and odorless. The stump will remain moist for about three days, then it starts to become black in color and dry up. Call your baby's healthcare provider right away if any of these occur:

- The child has a fever of 100.4°F (38°C) or higher, or as directed by the provider. Seek treatment right away. Fever in a newborn can be a sign of a serious infection.
- If the belly button and area around it is red and swollen.
- There is a foul smelling odor from the stump.
- If there is any discharge from belly button.
- Bleeding before the umbilical cord stump falls off (though the cord stump might bleed slightly when it dies fall off).



Crying

Crying is the only way for young babies to communicate and express themselves. There are several reasons why a baby might cry, and so different approaches for you to settle the baby:

- Hunger: Offer the baby your breast to feed or suck.
- Comfort: Try gentle rocking, walking, whispering, or singing. Keep light and noise levels low.
- Tiredness: Try wrapping the baby gently but firmly and laying her to sleep in a safe place.
- Wet: Check that the baby has not soiled himself. If there is a rash, rinse his bottom with clean water and gently pat dry.
- Discomfort: Check that the baby's clothes or wraps are not too tight or rubbing, and are appropriate for the temperature. If the baby was fed recently, also try holding her upright and patting her back.
- Illness: Check the baby's temperature and look for other potential signs of an illness, such as a strange rash.

If the baby continues to cry and you are not able to determine why, try leaving her in a safe place for a short time - this will allow her a chance to learn to self-soothe, and you a chance to remain calm. Never shake a baby as this can damage the growing brain.

Safety

Babies rely entirely on their families to keep them safe. There are some steps you should take to make sure your baby is healthy:

- do not smoke around babies
- watch that the baby does not put things in their mouth that they should not, particularly small objects that might choke them
- once babies begin to move around, do not leave them alone around water or other potentially dangerous situations
- keep hot or sharp things out of reach
- get the appropriate immunizations for their age

Development

Baby's brains develop rapidly during their first few years of life as they learn to move around and begin to speak. Very young babies will spend most of their time sleeping or eating. You should talk or sing to your baby to encourage their development. You can give them time to play or be on their stomach while they are awake. Older babies will start to imitate the behaviour of others and follow simple instructions. You can play games with these babies to help them learn.

Sleep

Babies should always be laid to sleep on their backs, not on their stomachs. Be careful about putting a baby to sleep with things that may accidentally suffocate them, or around others who might roll onto them as they sleep. If you swaddle your baby in a blanket, make sure it is not too loose or too tight, and make sure the baby will not get too warm. Keep light and noise levels low to improve sleep.

Bathing and Hygiene

Young babies should be bathed for 5-10 minutes every other day. Bathing too often can dry out their skin, as can harsh soaps. Use a small amount of water that is not too hot or too cold, and never leave a baby alone in a bath. Support the baby's head and neck as you lower them into the bath. You can place your other hand on their stomach to make them feel more secure in the bath. Clean from top to bottom, including splashing some water over their head - young babies do not need shampoo. When you take them out, pat them dry with a towel; you may add lotion or oil if their skin is dry.

Use a clean piece of wool or cloth and clean water to wipe the baby's eyelids every day. Clean their gums and tongue using a clean cloth after morning and evening feeds; you can start using a toothbrush at around 12 months.

Infant Nutrition and Safe Eating

At around six months, your baby may be ready for solid foods. Suitable first foods for baby include soft foods or foods that can be mashed so as to be easily digestible

for babies and do not pose a choking hazard, such as banana. Offer your baby foods that contain iron a few times each day, and gradually increase both the range of foods offered and the number of times per day you offer food. Do not give the baby cow's milk before 9 months or honey before 12 months. Using an open cup will help the baby develop drinking skills. Do not give foods that may cause choking and never leave a baby alone when eating. If the baby has a bad reaction to a food, such as a rash or diarrhea, speak to a healthcare provider before offering that food again.

By around nine months, babies are generally able to start feeding themselves with their fingers. From one year of age, babies will generally have a regular schedule of meals and snacks, and should generally follow the same nutritional guidelines as adults. They may need higher-fat foods, and if not breastfeeding should have a glass of full-fat milk per day. When they are sick, be sure to have them drink more than usual.

2. Children

Safety

Older children can start to understand and avoid dangerous things on their own, with instruction from you. However, you should still be careful to not leave young children in potentially unsafe situations. Never leave a child under five alone near fire, water, animals, or traffic. Children under four are still at high risk of choking on food, or on other small objects that they may put in their mouths. They also may put small objects in their noses or ears. Be careful about stairs or other potential fall risks for young children.

Ensure all children get the appropriate immunizations for their age, and keep an eye out for signs of the diseases discussed in Chapter 2. Also watch for potential mental health issues, particularly in adolescence. If you have concerns about your child's health, consult a healthcare provider.

Teaching Children Healthy Eating

Starting at around two years old, most children can eat the same meals as the rest of the family, although they may initially need smaller portions. Children will not consider healthy eating habits important unless they observe the adults in their lives practicing them. As a parent, you are one of your child's models, so consider the following:

1. Eat in the way you want your child to eat.
2. Include a wide variety of different foods in your diet
3. Never force-feed your child. Try to encourage healthy eating in a positive way, to avoid children associating food with negative experiences.
4. During mealtimes talk to your child about the benefits of food.

5. Encourage your children to help you with cooking and preparing destarkhan (table).
6. Make mealtimes friendly and positive experiences for children.
7. Make sure every family member is present at destarkhan during mealtimes.

Sleep

Younger children will still need a lot of sleep - usually between 10-12 hours at night and 1-2 during the day. Children generally stop needing naps as they move into school age, but should still get 10-11 hours at night. Some children may experience nightmares, sleepwalking, or bedwetting, although most grow out of the latter by 7-8 years. Children 12-18 need 8-10 hours of sleep per night, but will often prefer to go to bed and wake up later than previously.



Hygiene

Between one and two years old, children can start following the same hygiene practices as adults. They are usually ready to begin using an adult toilet between 18 months and 3 years, depending on the child. Teach your child to wash her hands before eating or making food, after going to the toilet, and after touching dirty things. A child of around 2-3 can learn to wash themselves in the bath, but you should never leave a child under 5 alone in the water, and you should make sure the water is not too hot.

Development

Most children learn to walk between 1 and 2 years. Young children are very physically active - those aged 1-5 should do at least 3 hours of activity per day, and those older than that at least one hour. Young children learn best by playing, either alone or with siblings or parents. Beginning at about age 2-3, they can also assist with household chores.

Most children begin to talk between 1 and 2 years, and begin using sentences or even stories between 2 and 3. You can have simple conversations with a child to help her develop her language skills. Children at this age can also start to express their emotions, although they may have temper tantrums when they feel overwhelmed.

By age 6-7, children should be in school. Talk to them about what they're learning and encourage them to practice their skills. Children continue to gain more independence at this age, and are usually ready to be left home alone at around 10-11. They also begin to develop more complex feelings towards non-family

members, often beginning around age 13-14 (though with lots of variation by individual: children develop differently, with some maturing more slowly than others). Increased interest in and curiosity towards other people, as well as questions about changes in their own bodies, is completely normal as children develop from children into adolescents. It is important for you to offer them guidance in navigating these questions and changing feelings appropriately, and to encourage honest and open communication, rather than shame or punishment for what is a normal aspect of human development. Children and youth thrive most when they have a trusted adult, they can talk to about their feelings openly without fear of judgment. Practice active listening, and use the communication techniques outlined in Chapter 9.



Chapter Nine

Child's Rights

According to Afghanistan's civil code, the age of majority is set at 16 for girls and at 18 for boys—those below these ages are considered children. The prevention of child marriage is the primary and most significant issue for children's rights. According to the law, the marriage of girls under 16 and boys under 18 is illegal in Afghanistan. Moreover, underage marriage can cause severe physical and mental harm to the child, and can even lead to the death of the child. Girls are especially vulnerable to child marriage, which puts their lives at grave risk. Babies born to girls who are not full adults when they become pregnant are also at risk of death, disease, malnutrition and developmental disabilities, among other risks.

Children have the right to meet their basic needs, beyond the necessary requirements for survival and security. Basic rights also entitle children to the physical and mental development that they need to thrive in their families, with regard to their age and level of development. Having these rights protected helps ensure that children grow up to eventually be thriving members of their community in the future.

Right to Life

One of the basic rights of children is the right to life: This is the first and foremost right of every child and it includes the right to have access to food, shelter, security and health care.

Along with meeting the child's need for food and shelter, the parents must protect their child from harm, including physical, sexual and mental harassment, abuse and neglect. For healthy growth, children not only need a safe, friendly and intimate environment but also one that is clean and green. When a child grows up in such an environment, in adulthood he/she becomes a kind and respectful person, who in turn is treated with respect and kindness in their community.

Right to Education

The provision of educational facilities for children is the second basic right of a child. Therefore, governments are obligated to provide free primary education for children. Parents are also responsible for sending their children to school, and also have adequate facilities for school attendance and providing adequate assistance to them in their studies.

Right to Appropriate Treatment

Children should not be subjected to any form of abuse and violence. Children who have been subjected to violence and ill-treatment are fearful, resentful and violent, and in adulthood they treat others with revenge for the abuse they faced while they were children. This then becomes a vicious cycle where children who were victimized by abusers become the abusers of others in the future, contributing to the spread of violence and instability in the society.

Children who experience physical abuse can carry physical and emotional scars that last all their lives. Physical abuse is harmful to the fragile, developing bodies of children that cannot recover as easily as adults. Physical and psychological abuse can also cause permanent psychological damage, impacting children's abilities to interact normally with other people, to learn new things, to gain confidence and self esteem, and to develop in a healthy way. Children who experience abuse can develop depression, anxiety, stress, post-traumatic stress disorder, and other conditions that interfere with their ability to live a normal, happy life.

For these reasons, it is important not to intentionally physically harm your child in any way, including hitting, slapping, spanking, pinching, punching, whipping or throwing objects at him/her. It is also important to observe other adults who your child spends time around such as relatives, teachers, neighbours or others to also ensure no one else physically harms your child. In addition, make sure your child knows that they can tell you anything, and encourage them to be open with you about their worries, fears and secrets. This way, if an adult is harming them, there is a better chance they will inform you so you can stop it.

Children are also negatively impacted by witnessing the abuse of others, including of other children or adults. Aggressive behavior, acts of violence -- even if they seem minor -- and arguing in the presence of a child by a parent or by other adults harms children in several ways. Children who grow up in volatile environments will lose a sense of respect towards those causing the volatility as well as a sense of trust towards those inflicting harm on others, in the very environment where children need most to feel loved, protected and safe. Further, children who witness abuse are exposed to a negative model of behaviour: they learn to solve problems with violence and aggression. In contrast, children who are raised in a safe, loving and kind environment become kind and self-confident in turn.

A few helpful tips for raising children

There are many ways to discipline children without resorting to violence. Forms of discipline should be appropriate for the age of the child. Infants, babies and toddlers should not be punished or disciplined because they are not yet sufficiently developed to understand the meaning of their actions or the meaning of a punishment. As children grow and begin to communicate, it becomes easier to discipline them through communication, which is the very best tool a parent has for discipline. Reason with your child: simply tell them what they did wrong, how you would like them to do something differently, and most importantly: why. Don't focus only on what they are doing that you don't like, but describe for them what you want and why it will benefit them to listen to you. For example, if a child is running around too close to an infant, instead of saying only, "stop running!" try explaining to the child why: "When you run too close to your little brother, there is a risk that you will fall on him or step on him and he could be seriously hurt. You don't want that to happen, because you love your little brother, right? That's why I need you to be a good boy and walk more slowly and carefully when he is on the floor. Can you do that for me?"

Children can also be disciplined by denying their access to something they like, and even more more effectively, by rewarding positive behaviour, such as granting a child more responsibility in response to good behaviour. For example, if a child cleans up after doing an activity -- such as playing with toys and then tidying them up after -- then they can be given the opportunity to do that activity more often, or more independently and with less supervision. Or if a child helps with chores, they can earn a weekly allowance of a small amount of money. But often the best prize from a child's perspective is praise from her/his caregivers. Recognizing and pointing out good behavior is extremely effective. Often, bad behavior is a way of seeking attention from adults. If a child gets plenty of positive attention from the adults in their life, they have less need to misbehave. This approach is less stressful for both adult and child, and makes child rearing more joyful and rewarding.

- Choose a proper name for your child.
- Start educating your child from the very beginning of her/his life. Babies are capable of learning from their first seconds in the world and watch the people around them very carefully to learn from them. Keep this in mind and try to find opportunities to teach your child.
- Involve your child in family discussions according to her/his age. This encourages communication skills, logical thinking, social development and confidence in children.
- Don't berate your child in front of others, but talk to him/her about his/her mistakes alone, and engage your child in discussion about why they should change their behaviour.
- Make sure your child knows how much you love him/her. Tell them frequently

that you love them, how much you care for them, and how important they are to you.

- Treat boys and girls the same. Recognize that every child represents incredible potential and is a full human being deserving of love and care, regardless of their sex. Exercise fairness and equity as a parent.
- Give your child the opportunity make decisions on small matters, and discuss with them the reasons behind things. Never under-estimate even a young child's capacity to reason and think.
- Don't use children as workers, either in the household or outside. It's fine for children to do small chores at home appropriate to their age, but children should never be used for income earning for the household. They should be allowed to experience childhood properly, with plenty of time for play, socializing, learning and spending quality time with family. The greatest investment that can be made in a child is to send them to school. A child who grows up to be an educated adult has a higher income earning capacity and is better positioned to provide for her/his family in the future.



Chapter Ten

Relationships and Communities

Having a good relationship requires that you understand how to communicate effectively and resolve conflicts. This is true whether referring to relationships with you family, friends, acquaintances, or broader community. Having a strong community requires that you understand the roles and rights of individuals in the community, and your own roles and rights.

Assertiveness

Being assertive means that you can express your opinions and feelings with confidence but without violating the personal boundaries of others. You can stand up for your own viewpoint in a way that is reasonable and still allows others to have their own views.

Being assertive is important in getting help when you need it. Assertiveness also allows you to say “no” to situations or activities that make you feel uncomfortable. It is okay to say no when you have a good reason to do so; you do not need to apologize for saying no.

Effective communication

Communication is an essential skill in everyday life to allow you to convey and receive information, and to build relationships with others. We communicate in two ways: verbally and non-verbally. Verbal communication is when we talk to each other, and non-verbal communication refers to body language - things like our facial expressions or body movements that affect how people interpret our thoughts, feelings and words.

When you are speaking, emphasize a specific message so that your listeners can clearly understand your point before moving on to the next thought. Avoid going off on tangents or repeating yourself unnecessarily. Where appropriate, support your point of view with evidence or examples, and make sure your point makes sense.

Remember that communication goes both ways: you should take care to listen to what others are saying and understand their point of view. If you do not understand what someone is saying, ask for clarification or summarize what you think they have meant.

Non-verbal communication impacts the reception of what you have said. Take care to look interested in what the other person is saying by having open body language. Look at their body language to help you understand what they are feeling and how they are receiving what you have said.

Resolving conflicts

Conflict resolution refers to resolving a dispute or reaching an agreement with another person. Unresolved conflict can damage a relationship, so you should work to resolve conflicts where they happen as quickly and smoothly as possible.

One of the best ways to resolve a conflict is through negotiation. This involves meeting with the other person to try to reach a compromise that will suit everyone's needs. To do this, you should listen to and show respect for the other person's views, but you should also try to convince them of your own viewpoint. Be persuasive and aim for mutual happiness where possible. Where necessary, think about what you might be willing to accept as a reasonable medium between your view and that of the other person.

Where negotiation is not effective in reaching a mutual agreement, you might ask another person that you both trust and respect to act as a mediator to suggest possible solutions. Another perspective can be helpful in finding solutions to conflicts.

Rights

Rights are about respect and equality. Everyone, no matter their age, gender, or location, has a right to have their needs met, to have a say in their own life, and to live a life free from the intentional infliction of harm and violence, or from restrictions on one's freedoms of thought, movement and expression. Human rights include civil rights, such as freedom of speech and freedom from torture, and social rights, such as the right to health and the right to education.

The Universal Declaration of Human Rights says that everyone is born free and equal in dignity and rights, regardless of gender, age, location, religion, race, or any other factor. This Declaration is an agreement signed by every country in the world, which defines what human rights are and which rights all people are entitled to. Afghanistan signed and adopted this Declaration in 1948.

Governments have a responsibility to protect the human rights of citizens. However, in practice many countries struggle to do this adequately, failing to enforce all of the rights legally protected on paper. Yet human rights are essential to improving quality of life and developing societies economically, politically and socially. For citizens to do things like pursue education, participate in the economy, improve their neighbourhoods, invest in their communities, improve infrastructure and work towards a better life, they need to feel secure and that their basic rights are protected in the place where they live. When people do not feel secure and protected, they are more focused on day to day existence rather than planning and investing for the future. That is why it is important for all of Afghanistan's citizens -- women and men -- to work towards building a society where everyone's human rights are better protected.

Role play

These sample scenarios will help you practice the communication and conflict resolution skills you have learned.

Assertiveness

Three friends are at school together. It is time to go home. All three girls live in the same nearby village. Two of the girls want to go to a nearby market before going home and they try to convince the third girl to come with them. The third girl is trying to say "no" because she knows that her mother is expecting her to come home right away to help with the evening cooking. Her friends give many reasons why she should go with them to the market. She likes her friends but she is afraid of making her mother angry. She does not know what to do.

1. What should the third girl do? What would you do in this situation?



Global Affairs / Affaires mondiales
Canada / Canada



This manual is published under Creative Commons license - non commercial (CC-BY-NC).

