



Module for parenting education

TABLE OF CONTENT

TABLE OF CONTENT	1
INTRODUCTION.....	2
PURPOSE OF THIS PARENTING EDUCATION MODULE.....	2
SECTION 1. Conflict Resolution in the family.....	3
SECTION 2. BASIC KNOWLEDGE ON CHILD DEVELOPMENT	10
SECTION 3. POSITIVE PARENTING	14
SECTION 4. TEACHING CHILDREN THROUGH PLAY.....	20
SECTION 5. TEACHING CHILDREN TO COUNT, READ AND WRITE.....	22
SECTION 6. BALANCED DIET OF LOCALLY AVAILABLE FOOD	29
SECTION 7. CLEANLINESS IN THE FAMILY	36
SECTION 8. COOPERATION OF BOTH PARENTS IN THE EDUCATION OF CHILDREN	40
SECTION 9. CHILD PROTECTION	46

INTRODUCTION

Parenting refers to the process of raising a child. During this process, parents promote and support the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting is usually a responsibility of the biological parents both husband and wife. In some cases, governments and society take a role as well and how a child is raised, from the womb to adulthood. A child needs attention from the moment a woman conceives him until at least he is old enough to support himself.

Various studies show that 80% of a child's brain development takes place in the brain the first three (3) years after the child is born. In other words, parents should put more effort in raising and caring for a young child because when he is at least six years old, it becomes difficult to change his behavior even if it is possible. This can be compared to the Kinyarwanda proverb translated as “The tree is straightened when it is young.”

PURPOSE OF THIS PARENTING EDUCATION MODULE

This parenting education module is intended to be used by parents who attend the parenting sessions organized by Parenting Child Care Rwanda on positive parenting skills. It will help parents gain enough skills on how to raise children in an efficient way in order to prepare them to be useful to their families, their place of residence and to the country at large.

The main content in this parenting education module

This module includes the following:

- Introduction to child development
- Resolving family conflicts
- Positive parenting
- Learning through play
- Teaching children how to count, read and write
- Preparing healthy and balanced diet using locally available food
- Protecting children from harm and violence
- Gender balance in the upbringing of children

- Hygiene in the family

SECTION 1. CONFLICT RESOLUTION IN THE FAMILY

In our daily life we face conflicts but how we deal with them differ from an individual to another. Some deal with them in a friendly way while others use abusive techniques to solve them.

Research shows that conflict between spouses affects children. When conflicts between couples are not well handled, it negatively affects children both physical emotional and psychological. This results in school dropout, drug abuse, depression and this may result into committing suicide. Also, when children grow up in family conflicts environment, when they grow up they imitate their parents and become abusive in their family as well.

1.1. Definition of Conflicts

Conflict is when two or more people have different views, opinions or even different interests. Conflict is a part of our daily life and that is why it is impossible to avoid it instead we try to find a way to solve it without harming anyone.

Family conflict is different from other conflicts because family members are always together on a daily basis. Thus, family conflict is defined as: "Any disagreement between husband and wife, children and parents, siblings or other family members".

1.2. Causes of family conflicts

Some of the causes of family conflicts are as follows:

Poverty: Poverty in the family causes conflict. When a family is unable to meet the basic needs of life (food, clothing, shelter, medical care), the family always have conflicts as they are not able to meet their basic needs.

Producing many children: Having many children when the family is poor cause conflicts in the family because parents are not able to meet their children's basic needs (food, clothing, shelter, medical care). This makes parents always sad and constant arguing accusing each other of not fulfilling their responsibilities.

Alcoholism/drug abuse: Alcoholism or drug abuse is a constant cause of family conflict. When one or more members of the family is an alcoholic, it causes constant and frequent conflicts in the family and it leads to violence in the family.

Management of family assets: When family members cannot agree on how to manage family assets or there is misuse of them, it attracts family conflict.

Adultery: Adultery in marriage is a source of conflict in families and can lead to complete separation. Infidelity of spouse causes grief, harms the love of the couple and harms the education of the children not to mention the transmission of diseases such as HIV/AIDS.

Lack of trust and respect: Family is based on trust between family members. When there is no trust in the family, there is constant bickering and people are always fighting each other. It is also important that in a family members respect each other so that they can be characterized by harmony. When there is a lack of trust and respect in a family, conflicts inevitably arise.

Lack of communication: Not having enough time to talk between the family members is one of the causes of conflict in the family. This is where you will find a family member complaining that their partner is not being given time, children have problems with their parents and there is no mutual attachment between children and their parents and this results into conflicts.

Sex (between spouses): Sex is an issue that destroys many marriages if the couple does not agree on how best it is done. Sex is one of the pillars that sustains the love of a couple and is the foundation of a family happiness. If it is not done properly, conflicts arise that may lead to separation. Remember that family conflicts can be between spouses (parents), between parents and children or even between children themselves.

1.3. Effects of conflicts

Conflict has many consequences including chronic poverty, isolation, chronic grief, depression, heart breaking, violent etc. Conflicts that affect children include:

Behavioral Effects: Being Violent, Drug Abuse, Depression, Running away from home, Rejecting parents, Hasty and careless, Talks badly/too much, Quiet, too much anger and lying all the time

Emotional Effects: Isolation, constant fear/avoidance, deciding never to marry, extreme sadness, lack of confidence in life, lack of hope for the future.

Effects on learning: Non-attendance in school, forgetting what has been learned, skipping school all, apathy accompanied by severe failure, loss of will to study, dropping out.

1.4. Difference between conflict and violence

As explained above, **conflict** is when two people or a group of people have different goals, different interests or even do not understand the same things. **Violence** is any act that hurts or breaks the heart.

There are two types of violence: **visible and invisible**.

Visible violence includes all actions that hurt the body such as hitting, kneeling, killing, pushing and others.

Invisible violence is all acts that hurt the heart, such as cursing, comforting someone briefly, saying bad words, yelling, etc.

Another difference is that conflict is natural and part of our daily lives, in other words it is difficult to avoid conflict but it is possible to resolve it effectively by preventing the negative consequences that may arise from failure to understand. On the other hand, violence is a human choice and can be avoided.

1.5. Commonly used Conflict Resolution methods

Conflicts that are not resolved effectively lead to violence and even to the breakdown of the family. But when conflicts are resolved well, family members live happily and their home grows faster.

Here are 6 commonly used methods of conflict resolution:

Ignoring: This is when one side ignores the problem, as if it never happened. People who use this method tend to run away, deny, and this makes things worse. This makes the problem unsolvable and weakens the relationship between the people who had the problem.

Acceptance: A person who behaves this way in times of conflict, is characterized by trusting, accepting and praising the opinions of others during times of conflict. For him, he doesn't look at

his own interests, but he cares more about the relationship he has with the person he has a problem with. This method therefore makes the user's wishes often unattainable.

Confrontation: This is a method that is often used in times of conflict. People who use this method, often do not care about the interests of their peers, but are interested in their own interests and use any possible means (including violence) to achieve their goals. This approach can lead to violence between the conflicting parties.

Sacrifice: People who use this method, try to sacrifice something to solve problems. To understand this better, you should look at how people in the market trade prices. It starts with the seller saying the price, the buyer saying what he feels like offering, but after the two agree there is money to be sacrificed to settle the middle. This way people try to reach the solution of the problem in a way that is beneficial for each person.

Collaboration/Agreement: This process allows the parties to a problem to be able to look at all possible solutions together and decide on the best solution. In using this method, it takes a lot of time as each side shows how they feel and why they feel that way. This approach allows for consistent decision-making and solves the problem in a sustainable way.

Mediation: As the name itself suggests, mediating is a way to accompany those who have a problem and find a solution to the problem. Mediation is used when disputants fail to resolve the issue. In helping the parties to resolve the conflict, the mediator must not be biased towards any side. Also, the mediator must be a confidential and patient person because connecting people requires time and space.

In all of these methods mentioned above, we encourage couples to use collaboration method that leads to harmony. Other methods can also be used depending on what caused the conflicts and how best the conflicting parties think they can solve them.

1.6. Preventing conflict through dialogue

What we say and how we say it determines our own behavior. Good non-judgmental communication is important in preventing any conflict. If there is a problem, the way you communicate with the person you are dealing with can help resolve it quickly and efficiently or it can lead to conflict that can lead to violence.

Here are some tips for using positive language that doesn't hurt:

- Avoid words that accuse or judge others (You are always late).
- Avoid insulting or accusing words (You always make me angry)
- Avoid giving orders (You have to do this and that)
- Avoid offensive words and insults (You are useless)
- Try to express how you feel or what your emotions are (I'm sad, angry, sad, surprised, etc.)
- Try to tell the reason why you have these feelings (because I find that the food is not fresh, because I missed lessons, because I don't have water to use, the cows didn't eat...)
- Try to express what you want (next time I would like food to be available at 12:00, we would agree on the use of household resources, grass for cattle will be available at least before 10am, etc.)
- Try to speak starting the phrase with "I".

Example: I am angry because the food is not cooked and I am hungry. It would be nice next time the food is available before 12:30.

I am emotionally upset.

1.7. How to Train Your Child to Handle Conflict Effectively

As a parent, you set the principles for your family and your children will follow your behavior. If you push them or use force to resolve conflicts, children will also think that this is the way to solve problems.

It is good to start training the child how to deal with conflicts in a good way, whether it is by setting a good example or encourage him to start practicing it at a young age.

Here are three common methods used by parents to resolve problems or conflicts with their children:

Must: If there is a disagreement between the child and the parent, the parent is the one who decides what the child should do. When the child refuses to do so, the parent threatens the child using all the power and ability to get the child to do what the parent told him to do.

This method works when the child is young because he is afraid of punishment from his parents or what he might lose from his parents. The disadvantage of this method is that when the child is older, nothing threatens him, he is able to experience everything without any fear.

Do what you want: When there is a disagreement about something between the child and the parent, the parent tries to push the child so that the child follows the parent's wishes. When the child continues to be stubborn, it causes the parent to become discouraged; so he gives the child the freedom to do what he wants. This method is often used by parents who have failed to use the parenting method because their children are determined to challenge them. Then you will find that the child is misbehaving.

Discuss or find a solution together: This is a method that helps the child and the parent find a solution to the problem or conflict that has arisen between them. The child is given a chance to show his/her way of solving the problem, the mother also offers different ways to solve the problem. They all look together and agree so that no one interferes in solving the problem. This is the method we encourage parents to use.

Here's an example of how the "find a solution together" approach works:

Mother: I am very sorry that you skipped school. Skipping class breaks the course so you don't know what others have learned. This makes me worry that in the long run it will be difficult for you to get a job since you did not succeed in school.

Child: I don't like to study.

Mother: Do you really not like to study?

Child: I don't like it at all, I hate it.

Mother: I understand, but let's talk and see what we can do because learning is good. How do you feel about that?

Child: I will go fetch the water, find grass for domestic animals and help you with the housework.

Mother: No, it will abuse you and prevent you from becoming a great person in the years to come. So what do you need to do to love school?

Child: Unless you don't give me too much domestic work before I go to school. Because I am late all the time and the teacher beat me in front of other children and I get embarrassed.

Mother: Is that right? I really feel sorry for you and it is very embarrassing to be beaten in front of other children. What do you think can be done to avoid this?

Child: Reduction of what I was doing before going to school.

Mother: Let's look at the work that needs to be done here at home and find the time to do it. What do you think you would do before going to school?

Child: Bring water only.

Mother: Very good. But remember that we also have cows that need to eat and as you know me and your father have gone to different jobs.

Child: I'm going to feed the cows after school and I will be bringing much grass for evening and morning.

Mother: Oh that is true! There let's do it like that, I totally agree. I hope you don't skip school again. Isn't that right?

Child: Yes, mom, I won't skip school again.

Mom: I promise you won't skip school again

Child: I promise you.

This third method, follows 6 main steps which are:

Step 1: Identify the problem

Step 2: Identify possible solutions

Step 3: Analyze the results presented

Step 4: Make a joint decision on what is agreed to be done

Step 5: Implementation of agreed upon actions

Step 6: Check if the agreed to be done is done.

“STRUGGLE TO HAVE A FAMILY WELL TOGETHER IN PEACE BECAUSE IT IS THE BASIS OF RAISING OUR CHILDREN WELL AND DEVELOPMENT”

SECTION 2. BASIC KNOWLEDGE ON CHILD DEVELOPMENT

2.1. What is child development?

Child development is a series of many different factors that all come together to help a child grows in four (4) different developmental areas which are:

- **Physical development**
- **Cognitive development**
- **Social emotional development**
- **Language development.**

All the above developmental areas are interlinked and when one fails, the rest also get affected and can affect the child for the rest of his life.

To help you understand, here are some questions to ask yourself:

- Have you ever seen a child with outstanding physical development but who is mentally retarded and doesn't socialize well with others?
- Have you ever seen a child who is very talented but always fights with others and has no friends?
- Have you ever seen a child over the age of four (4) who does not know how to speak?

After answering these different questions, you will find that in order for the child to become normal he/she must grow in all the pillars as mentioned above.

2.2. When does a child start growing?

Normally, the life of the child begins after the female's egg meets the male's egg. Taking care of a child in the above mentioned four developmental areas should start when a child is still in the mother's womb.

The following are some of the activities that parents should do to the baby in the womb to help her/him develop well:

- Sing different songs to the child
- Touching the belly
- Tell him stories, talk to him, or read children's books to him
- Saying good words to a pregnant woman
- Protecting the pregnant woman from manual labor
- Feeding the pregnant woman, a balanced diet
- A father must accompany his wife to the doctor for a check-up during pregnancy.

2.3. Child development in the first 12 months (0-12)

After the baby is born, he needs to continue to be cared for by his parents who help him socialize with him, provide him with nutritious food including breastfeeding up to 2 years, teach him to speak many other things. Here are some things you can do to help your child develop well in the four developmental areas:

- Touching her hair
- Talk to him: when the child is talking in what are often called children's languages, it is good to answer him because it makes the child feel that what he is saying is understandable and increases his desire to continue learning to speak
- Avoiding talking abusively the child's mother because it would make her anxious and cause her to lose energy and this will directly affect the baby.
- Provide the child and mother with nutritious food and balanced diet.

When the child is six months old, start taking your child for a walk, showing him different places and things because the child will have started to see clearly after 3 months.

2.4. Development of a child between one and three years (1-3)

At this age, there are things that the child speaks with words, gestures, signs and so on.

Example: When a child does something inappropriate, he looks at the face of someone close to him to assess if he likes it or dislikes it.

At this age, the child begins to know:

Good and bad: Good is what pleases the guardians, bad is what hurts.

He begins to have a purpose in what he does, he understands where the action is going and what it will be like when it ends. A child of this age is very curious and inquisitive.

From three to six years old, he begins to wonder how a child is born, wondering if his parents were ever children, and wondering about the origin of existence.

A child who has reached this age feels that he is complete and strong person: he discovers that he can have his own opinion, he feels that he is capable of many things.

He imitates the tasks of adults and sometimes he tries to do what he can't do. At this time, when he fails something don't discourage him instead praise him and show him that he did all he could.

Discouraging him makes him loose self-confidence and feels helpless when he is among others.

Between 2 and 3 years old, it is good for the mother to start showing him pictures, and telling him content of the book. Books containing large pictures are advised. Slowly by slowly the child starts to understand contents of the book and this makes his brain develop creative intelligence. It also makes him/ her love to learn.

Here are some things you can do to help your child develop differently:

- Play different games with the child
- Traveling with the child in different places
- Talk to the child and try to answer different questions he asks you because a child between two and three years old is very curious.

- Feed him, bathe him or put lotion body on him/ her because it increases the relationship between the child and the parent.
- Tell him stories, sing to him/ her and read books to him/ her.
- Teach him/ her to distinguish between right and wrong. He would do bad things if you show him/ her that it is bad and he would do good things if you praise him/ her.

2.5. Development of a child between the ages of three and six years (3-6)

A child who is in this age group, should start preprimary in order to be ready for primary school. Experts show that a child who had the opportunity to study in preprimary school has potentials to learn and succeed in other schools, that is, from primary school, secondary school to university.

In preprimary, children learn how to socialize and live with others, obey rules, memorize where they are taught different words, learn about the world and context, vocabulary and much more.

Children in this age group are well-developed physically, they can walk and play with other children, they know how to express their emotions, they can take care of toys and share what they have with others, they know how to speak almost all words in their native language, they also have basic knowledge in mathematics such as counting, sorting, classifying things and so on.

In order for the child to have all the knowledge we have seen above, it is necessary that all parents work together instead of just the mother.

When a child starts preprimary, a parent can:

- Accompany him to school and picking him up after school
- Ask him different questions about what he learned at school
- Read to him children's books, tell him fairy tales and sing to him
- Teach him different games
- Take him for a walk
- Explain to the child what he is curious about and more.

When parents do the things we mentioned above and many others that we have not mentioned, it helps the child to grow in the four developmental areas that we have seen. Research show that 80 % of the child's brain grow by the age of 3. This means that parents should put a lot of effort into raising a child from birth to three years of age, because what is lost at this age is never reverted.

SECTION 3. POSITIVE PARENTING

Adults behave differently. Some of them get along well with others, they behave well in the places they live and work with, in short they are moral and ethical.

On the other hand, there are others who are hard to deal with, they always cause problems to those around them and are not social. All these characters stem from their upbringing. How you raise a child from 0-6 years determines what she/he will do/be in future.

In this section, we look at how parents build a bond of love between her and her child that will make him a desirable person for his family, where he lives, and for the country at large.

3.1. What is parental love?

It is a special relationship that a child has with his parents from conception, in the womb, after birth, and in his first years, which is a series that accompanies him until he becomes an adult. The way a person was loved during childhood is the way he will love. Both parents should start teaching morals and values to their children at an early age in order to grow as responsive adults.

3.2. Why does a child need so much love and attention?

Of all the creatures, the human child is born weak, and needs an older person to take care of her. A baby uses crying to communicate what it needs. He may moan, scream, or move his legs and arms. It's his way of calling someone who cares about him.

Everything that is done to the child accompanies him throughout his life. When a child is abandoned without someone to care for him, touch him, listen to him, talk to him, that child loses his confidence, loses his body's defenses and becomes ill, and may even die.

We can say that a child needs food that nourishes his heart to the same extent (even greater) as he needs physical sustenance. What feeds his heart and soul is expressed by both of his parents.

A child who has not shown affection at an early age, when he grows up there is no one he believes. He feels very insecure and useless

3.3. How does a child learn to love his parents?

The child and his parents are usually in constant contact. Here's what a parent would do:

Touching is the first way they see each other to communicate and understand each other. It calms the child, makes him healthy and grows well. Face-to-face contact also builds relationships.

The child learns from this and often begins to imitate the signs he sees in his mother, especially the faces.

The child soon discovers that speaking in voice is the way people communicate and exchange messages, make their thoughts clear. So he likes to listen to those who talk to him, which makes him imitate them.

3.4. How the relationship between the two parents determines the love between the child and the parent

In general, female parents may have various problems that can damage the relationship between them and their children. Some of these issues include:

- Pelvic pain before and after childbirth
- Postpartum stress
- Parental concern for the child's health
- Emotional stress
- Extreme fear.

All these problems mentioned above, the father of a man can play a role in causing them but he is also the one who has a lot of responsibility in making a mother not have these problems.

Some of the reasons why women may have these problems include:

- Physical and emotional abuse
- Not helping the woman to hold the baby
- Not getting enough food for pregnant and lactating women
- Not paying visits to a woman after giving birth.

As a man who wants the best for his family, who wants children to be well-educated and have good relationships with others, you are required to take care of your wife from conception, pregnancy, during childbirth and during breastfeeding. You can do this by saying kind words to him, providing him with everything he needs, including full food, clothes and baby equipment, honoring her among others, being close to him when he shows depression, loneliness or if there is something wrong with her is a strong encouragement for her.

3.5. Impact of parental connection to the children

As explained above, how a child is raised is what makes him who he is. When raised well, He benefits his family, his neighbors, his place of residence and the country as a whole. However, if he is brought up badly, he becomes a weak person, who is always a threat to his family, neighbors and friends, refuse to go to school, become lazy, and prevent the safety and freedom of others.

Both parents are required to do the following to build a loving family that provides peace and security and prepares the child to become a useful person:

- Spend more time with the child
- Talk to the baby and practice his voice

A male parent should do the following to help the mother:

- Waking up at night to change the baby's clothes;
- Give milk to the baby at night;
- Bathing the baby;
- Praying for her and sing to her;
- Read him a story from a book while he is learning to listen to stories
- Tell him stories.

Note: Parents should not compete for their child's affection, but should help each other to make the child feel safe.

How does a warm relationship between a child and his father affect his development?

A warm relationship between children and their fathers help the children to be confidence, safe, have purpose in life and have vision for the future.

A child who does not spend much time with his father, or who is absent to the extent that there is no relationship between them, tends to become weak in his commitments, even during adolescence and young adulthood he tends to ask himself "who am I?", "whose son am I", the answer usually comes from his father. So when he is happy, it makes life easier for him, and when there are problems, he feels that he is missing something, he feels that he has no place in society.

3.6. Different ways of strengthening child- parent relationship

Some of the activities that lead to this child-parent relationship include:

- Playing different games with the child
- Singing to the child
- Lifting the child, touching
- Making Jokes with the child
- Answering questions asked by the child without pressuring him
- Walking with the child

The bond of love between a child and a parent have a positive impact on children.

3.7. The consequences of separation between the child and the parents

A child under six months knows that the mother is always for him. Spending more time with the parents, makes the baby feel safe, while being away from them would make her feel lonely.

If a child becomes an orphan at an early age, another adult should be urgently be found to give the baby love and warmth that he needs. The loss of one of the parents, perhaps one passed away or separated affects the development of the child.

A child who has lost the warmth of his mother or another adult replacement experiences grief and fear that is often expressed by the following:

- Crying and wheezing
- Underweight
- Isolation
- Not being able to build long-lasting friendships with others, so that even when he gets to the point where he wants someone they love to build a home, it doesn't last long.
- Being afraid without knowing why
- Depression
- Suffering from various diseases including mental illness.

3.8. Different styles of behavior of parents in raising their children

There are different parenting styles and each style determines the child's behavior as an adult.

The method is divided into two main parts which are:

Loving parenting: This style is shown by parents who are close to their children, giving them the warmth and love they need. Research shows that children raised by these kind of parents develop well, are secure in their emotions and relationships with others, and know how to choose good friends. They are self-confident and have moral standards to follow.

Controlling parenting: This is shown by parents who comfort their children and ask them to grow up early and learn, and the rules that are imposed on them are strict.

Loving parenting combined with controlling parenting produces four (4) other important parenting styles and are as follows:

Controlling style: Parents ask children for perfect behavior, but are around them, give them love and communicate with them. To help them grow well, they use positive parenting skills, and help children decide what is best for them and help them take decisions to their life's choices. All that the parents want is that their children get along well with others, trust each other and learn to cooperate.

Spoiling style: In this style, a parent does not require anything from the child. It does not make his behavior grow, the child does not learn how to behave, but finds the mother always taking care of him. Parents don't even control how the children live, they don't get involved in what they do.

Bossy style: These parents tend to demand things from their children. They give orders but no parental warmth to the children. They want to be respected, and the rules they give are obeyed without further explanation.

Uncaring style: Here parents don't control the children, they don't give them the warmth of parents' love. When the distance is too much, these parents can abandon their children, forgetting their responsibilities.

Note: In all of these parenting styles, we encourage parents to use controlling style. It is an effective method where a parent shows love to his child, and is close to him and shows him the right path to follow.

3.9. Action taken by parents to raise them well

There are things a parent should do to help their child have a desire to learn, have good behavior and get along well with others. Some of these include:

Instilling in children a sense of humor: Praise him for what he has done, and encourage him to continue.

Listening to children: Give your child time, listen to what he has to say and answer his questions.

Refrain (recovery): Refrain from saying bad words or insults to the child. When you are angry, it is best to avoid punishing or arguing with the child. When you are arguing with your spouse or anyone else, it is not good for the child to hear it.

Communication: Effective parent-child communication enhances their self-esteem and boosts their confidence.

Position yourself in the same situation: when a stubborn child does something you don't think he should do, try to put yourself in his situation before punishing him. You may ask yourself, "If I were to do this, what punishment would I be happy to receive or give?"

Conflict resolution: In case there is a disagreement, try to resolve the issue without rushing the child but resolve the issue amicably (We will discuss this in another section on conflict resolution)

Participate in what the child is doing: When the child is doing a certain activity such as studying, doing homework, playing or any other activity, it would be better to approach him and help him. Another thing you can do is visit him at school, participate in events organized or participate in etc.

SECTION 4. TEACHING CHILDREN THROUGH PLAY/ GAME

Young children spend most of their time playing different games. You will often find children of the same age group playing games of their own age. When the children are playing, they are happy, they laugh and you can see that they like it, but sometimes their parents beat and insult them and is not advised at all to beat children because of playing.

Research shows that games and entertainment build a child's intellectual development, physical development, language development and the development of children and relationships with others.

4.1. Importance of games and sports

Games are very important for children because they help children develop physically, mentally, emotionally and socially. This development is achieved through: Games, entertainment and conversation.

Play is important because it helps the child relax, socialize and learn. Every game has its own rules. Teaching a child to follow the rules of the game will help him develop respect and follow other rules in real life. Children enjoy playing different games. It is good that you teach your child different games because each game has something to teach the child. It is better if both parents play with their children at least 2 hours a week. Remember to ask your child different questions during play.

4.2. How do young children learn?

Young children learn in the following ways:

Imitation: Children learn by imitating what is around them which may be good or bad

Asking questions: The questions a child asks reveal his curiosity, feelings and thoughts. It is important to value it. Parents and caregivers should be kind to him without scolding him, without hurrying him and without belittling him. When parents don't have an answer or time they promise to get back to the child and keep it the promise. Children need an adult to help them understand what they are doing and ask them questions. When a child is playing, it is important to pay attention to the game and ask him what he is doing, why, what he wants to achieve, how he feels, etc.

Through senses: In games, children get the opportunity to use their senses. Learning through different senses makes the child better understand and take what he learns easily. It develops key competencies which are knowledge, skills and competence. It is good that when you see your child doing different things, doing little things in private, be close to him, ask him what he is doing to you and if you see something he has done wrong, you should support him/her.

Observation: Children learn by observing what they see around them. If you can, you can buy your child different toys, different videos related to what you want your child to know, take him to different places where you see your child can learn and more.

4.3. Effective way of keeping children's toys

Children's tools and toys should be kept in line with what the child is learning. In this context, the child should have a different place to store his equipment, which is called a corner. These corners are as follows:

Numeracy corner: In this corner all materials used to teach the child to count are kept here.

Reading corner: This is where the materials used to teach the child to read and write are kept.

Role play corner: This is where different toys are kept, whether you have bought them or drawn them.

Arts and crafts corner: This is where you can find different crafts whether you bought them or made by your child.

SECTION 5. TEACHING CHILDREN TO COUNT, READ AND WRITE

A person's social life depends on the education and training he is given from childhood to adulthood. Knowledge (education) can be learned at home, at school or elsewhere. A child spends many hours at home with his parents and hence parents should help their children learn the basic skills at home. Parents should use simple conversations to help children think deeply and discover the world around them. Games give children opportunities to grow and develop skills and knowledge. Parents should help children learn through play using locally available materials.

5.1. Teaching children about measurement

Children under the age of six have the ability to distinguish objects based on their size. As a parent, you would teach your child the following:

Length: Focus on short and long. show a child long and short objects and ask her to show you which is short or long.

Weight: Focus on light and heavy. Show a child heavy and light equipment and ask her to differentiate what is heavy from what is light.

Fractions: When teaching a child about fractions, focus on the ones that carry many things and the ones that carry few things. Here you can give examples such as buckets, cups, jugs, baskets and ask a child to tell you what carries many things and what carries few things

Time: First, teach children that there are long and short times.

For example: It takes longer to walk to school than run to school. It takes longer to build a house than to design it. It takes longer to cook beans than to eat.

Also, help your child learn the important times of the day such as: **morning, noon, lunch, dinner and night.**

Example: In the morning my father goes to work. At lunch, my mother will eat. in the evening. John leaves school and at night we pray before sleeping, and so on.

Teach also your child days of the week. You can also use examples of what happens at each day of the week.

Money: Help your child to know the money used in Rwanda and its value. Starting with the coins, go show your child how they differ (symbols and colors) and show him what each coin can buy. You can give your child different coins, and take them to the shop to buy something like soap, brushes, etc. and ask the child to be the one to pay.

5.2. Direction: where things are

When you are teaching your child about the location of objects, focus on key words such as:

Internal and external: You can use different examples. For example, you can tell the child that the bed is inside the house and the cow bridge is outside the house. You can also place different materials some inside the house and outside the house, then ask the child where each tool is. You can also use a cart, a bucket, bag, basin etc.

Right and left: Show a child arms and legs and show him the right hand and left hand, right leg and left leg. Put different things on the right and others on the left and ask the child to say where they are.

Top, middle and bottom: Put different materials one by one on top, middle and bottom show the child where they are. Help children identify the locations by exercising in daily life for example: Bring me the cup that's on the table, the bucket that's on the bottom of the table, the plate in the middle of the cupboard, etc.

5.3. Sorting and classification

Experts show that a kindergarten child should have basic knowledge related to sorting and classification.

Sorting: Mix sweet potatoes, Irish potatoes and cassava and ask the child to sort them. You can also ask the child to sort her clothes from her siblings' clothes.

Classification: Take different things and ask the child to sort them from smallest to largest or from largest to smallest.

5.4. Let the child count

If a child learns to count early, it will be easier for him when he gets to school because he has basic knowledge. As a parent, you can teach your child to count at every opportunity, whether you know how to write or not.

When a child learns to count, he/she starts from one (1) to five (5). Remember that children learn best when they play. The following are examples of how you can teach a child how to count: You can clap once and tell him it's one, then twice, three times, and so on, and then ask him to clap and count. It is not necessary that the child those numbers all at once.

Another way is to show him some of the parts of his body and let him count them. Example: a person has one head, two eyes, two hands, five fingers and so on. You can also use other materials you have at home, such as a table with 4 legs, a house with 4 corners, a stove with 3 legs and others.

After the child knows how to count to five, then you teach him/her how to count up to ten. The same way you used the teacher to count to 5, you would also use the teacher to count to 10. to 10. When the child knows how to count to 10, you can teach him to count to 20.

After the child knows how to count to 10, then teach him how to write numbers. You can first write all the numbers on cards and then hang them in his room. As he looks at it, the images of those numbers will stay with him.

Also, you can write a number on the floor, and ask him to copy it and write it too. Remember to do it in a playful way. Continue like this until you reach all 10 numbers.

Another thing you can teach your child is addition and subtraction. It is better if you to use visual aids. For example, if your child has two pairs of shoes, if you buy her another pair of shoes ask him how many they are. If you buy 5 candies to a child and give one candy to anther child, ask him how many candies he is remaining with. You can also use other methods until the child knows how to add and subtract.

5.5. Geometry

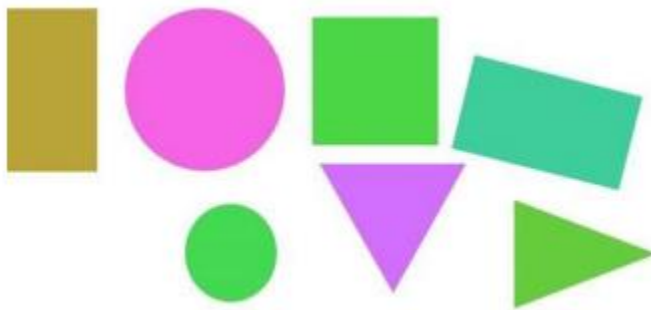
It is important that the child knows the basic shapes which are: circle, triangle and 4 sided (rectangle or square).

Circles: Use different round-shaped utensils such as bowls, cups, plates, buckets, etc. Explain that the shape is a circle. Ask the child if there are any other objects he knows that are shaped like circles. You and the child join hands and form a circle. Then, you can draw it on the floor and ask the child to try to copy the drawing until he recognizes it.

Triangle: If there is an object of something that has three sides, use it to explain to the child that a triangle has three sides. In case you cannot get it, you can draw something with three sides and be the reference.

Ask your child if there is a tool or anything else he knows that has three sides. Teach your child how to draw three sides until he learns.

Rectangle/ Square: Here it is not necessary to teach the child about rectangles squares. What is important is that he knows that everything has four sides. You can use the same method you used to teach your child about circles and triangles, to teach your child about squares/ circles.



5.6. Teaching the child to speak and listen

Researchers show that talking to a child helps him to gain vocabulary which is the basis of language learning. While conversing with the child, the parent is asked to tell the child different stories about what the child can see (what the child can hear) and then ask him different questions to help the child understand the story.

On the other hand, the mother also listens to the child and tells him the story of what he ate, the games he played with other children and so on. All this helps the child to benefit from the vocabulary and to be willing to speak.

Here are some ways to talk to your child:

- Talk to your child often. We know that children under the age of one year will say things that you can't understand but try to answer them by talking back to them, smiling, touching them, or making eye contact.

- Play communication games with your child. You may ask him "where is your mouth?" Then touch his mouth and say, "This is your mouth". Do this several times, then move from the mouth to other parts of the body such as the nose, ears, head etc. You can also play this game that teaches different tools. If you notice that the child is tired, let him rest and try again next time.

- Do things that make the child happy. Take turns singing different children's songs.

Talk to your child when you are bathing him, brushing him, dressing him, feeding him, etc. You can ask him to tell you or show you the clothes he wants to wear, how the oil smells, some of the foods he is eating and so on.

- Talk to your child while reading books. You can touch the picture and say what it is called and what it means. You can take turns and a child be the one to ask you questions.

- Teach your child to help you while doing household chores. For example, ask him to bring you a cup for drinking water, a pan for cooking, a basin for swimming, etc. You can also give him clothes and a basin while you are doing the laundry and he plays with them.

- Ask them different questions like "what are you doing?".

In everything you do, try to talk to your child to help him/ her understand what is going on. If you are going to fetch water, pray, market, etc. Ask your child some questions like what color did you see: red, white, green? Did you see/like it?

Try to help him think by asking him simple questions other than asking him questions that require "yes" or "no" as the answer.

Try to listen to the child's questions and answer them. If you don't know something, you can search it in a book and read it together. This encourages the child to read the book because he immediately realizes that there are many answers in the book.

Let the child tell you different stories. If he doesn't like to tell you about it, do it by asking him what he did that day. While he is telling you, ask questions about what you want to understand better.

You can tell the children a story at the end and ask them questions to make sure they follow along. You may ask: what is the name of this legend? How many people are there? Are there any animals involved, which ones? How did it go? And so on.

It is important to talk to the child because it is the basis of knowing the different words that will help him to speak. As the child grows, you gradually change the way you talk to him, and you continue to build his ability in his speech.

5.7. Reading a book with a child

Reading a book with your toddler is a great way to help him understand that letters and writing exist. While you are reading, try to speak aloud. When you are reading show a picture/photo of that word if available. This will help the child understand that the letters make up the word and that the word has meaning. Another thing is that the child will learn that each word is pronounced differently, a very important thing that will help the child when he starts reading.

By the time most children reach the age of 4, they begin to be sure that every written word has its own meaning. By the time they reach the age of 5, they may know that one reads from left to right. This is a basic knowledge that will help to encourage the child to read.

At the age of six, some children begin to know some of the words and even have a desire to read. Let them read! It is not necessary that they understand what they are reading because just looking at the pictures and explaining them on their own is enough. It is not good to force a child to read because reading should be something the child enjoys rather than a lesson for the teacher.

Here's how you can read a book with your child:

- Children are fascinated and attracted by the book's texture, color and background images. They watch closely when you pick up a book to read and see how you go about it and treat them as you do. The way he walks and observes helps him understand the importance of the book, that it is something to read instead of something to destroy.

- While you are reading a book with a child between 4-6 years old, try to remind him of the following: read the title of book; discuss the pictures the front and back of the book; show him where the writings in that book begin and where they end; let him be the one who turns the pages while you read one page and go to the other; show where the text on each page begins and ends. This takes time for the child to get used to but once he gets used to it he likes it very much and enjoys it.

- If you are reading a picture book, ask a child lots of questions. For example: ask what the picture means, ask him what he sees and what is wrong with that picture, is there a story he can tell you that is related to the picture he saw? All these and other questions will help him to love and learn to read.

- You can write the letters of his name on the paper. Do it as you read each letter you write. Take all the letters you'll write in the name. You can hang the letters that make up his name in his room, in the living room or anywhere else he likes to reach. LHe will also add different colors if he wants.

- Teach them the song that goes with the alphabet. Sing along until he memorizes it.

Whenever you see a text with your child, read it and if possible read word by word. It could be a newspaper, a food label you buy, a poster you come across, etc.

When the child reaches the age of 4, encourage him to say the letters of his name one by one.

5.8. Teaching a child to write

In our daily life, we need to know how to read and write. Reading and writing go hand in hand. When a child is learning one thing, he is learning another. It's advised that while you are training a child to do one of these, give him the opportunity to do the other. For example, for a 2-year-old child, you can give him a pencil and help him draw, cut lines and color. The child will enjoy it very much and the more he does it, the more his hands will get used to holding the pencil. or cut lines as desired. This will help him develop a desire to learn to write well.

Here are some easy ways to teach your child to write:

Write together with the child. As he continues to observe you write, it will help him learn how to write. When a child begins to write, he begins to draw lines, even coloring. It is not necessary that what he writes is clear. The most important thing is that it helps him train his fine motor skills. Ask the child to tell any story, maybe what he did that day, who he played with and write it down.

Help the child start learning to write by writing his name. This will make him very happy. He/ she just remembers that s/he's not forced to memorize how to spell his name. He/ She can start with one letter, then another until he knows how to write it all. Try to praise him in his writing.

You can look at something else that your child likes, such as the fruit he likes to eat, the game he likes to play a lot, his friend's child likes to play, etc.

Write all the letters and hang them in the child's room or in the classroom. Because there are some words that the child already knows how to write, there are definitely some letters that he knows how to write well.

Encourage them to learn and write more but don't force them. Let them do it because they like it. Remember that doing it as a game is fun for him and makes him want to keep doing it.

Conclusion: As a parent, remember that you are the best teacher of her child and the task of teaching a child is not limited to a woman. Instead, even men, have a major role in educating their children. Despite being busy, try to make time for your child and teach him and play with him/ her.

SECTION 6. BALANCED DIET OF LOCALLY AVAILABLE FOOD

Nutrition is important for child development. When a child is well-nourished, it helps him to grow physically, emotionally, mentally and in relationships with others.

6.1. Importance of nutrients found in food

Foods that contain nutrients include energy-boosting, disease-fighting and immune-building nutrients.

Foods that provide energy: It includes foods that are important to give energy to the body, namely: sugars, fats and water. Examples of energy providing foods are: Irish, potatoes, sweet potatoes, rice, wheat, maize, cassava etc.



Foods that prevent disease: Include fruits, vegetables, vitamins and minerals

Fruits that protect against diseases are oranges, pineapple, mango and papaya...



Body-building foods: These foods are found in beef, goat, fish, chicken and eggs, and proteins found in legumes such as beans, peas and beans. There are also dairy products, such as cheese and crackers. The food should be nutritious and adequate.



6.2. Nutrients needed by the body

There are nutrients that the body needs more of and others that the body needs less of.

The most important nutrients in the body are:

Food that provide energy: for example: Irish potatoes, sweet potatoes, rice, wheat, maize, cassava etc.

Body building foods: Include animal products such as eggs, meat, fish, milk, cheese, butter, plant-based products such as dried vegetables (soya, peas, chickpeas, beans, etc.); as well as fats such as olive oil, soybean oil, beverages, canola oil, nuts and others.

Nutrients that are less needed in the body: Antioxidants that include vitamins and minerals. Examples of vitamins are vitamins A, B, C, D, etc. and examples of minerals include iodine, calcium, potassium, and others. In food we can find these vitamins in vegetables such as potatoes, carrots, and others, as well as fruits such as avocados, oranges, nuts, fruits, papayas, nuts and others.

6.3. Importance of a healthy diet for child development

A healthy diet helps a child develop physically, mentally, social-emotional.

Physically: A well-nourished child grows well, his weight corresponds to his age and height and he is not slow to perform tasks related to his age.

Mentally: A well-fed child's brain grows and works well.

Social Emotional: A child raised with a healthy diet is characterized by being always happy, playing and enjoying with his friends.

6.4. Meals for pregnant and lactating women

A pregnant woman should eat a diet rich in energy, building blocks, calcium and iron. In addition to iron, he should take iodine and zinc because they are also very important.

a. Food prepared for a pregnant woman



In order for the baby in the womb to grow properly, a pregnant woman must take enough food that is rich in the necessary nutrients.

In general, a pregnant woman should eat all the foods found in the three groups (Energy providing foods, disease preventing foods and body building foods). A pregnant and lactating woman also needs food that are rich in iodine and calcium (cow's milk, meat, fish, fruits).

A woman with poor economic status may not get these necessary nutrients (meat, milk, fruits and fats). That is why when the pregnancy reaches the 2nd trimester, doctors give pills rich in iron because the baby and the mother do not get enough of it in their diet because they cannot afford to buy them. Iodine is found in table salt.

A pregnant woman should not eat a lot but eat less often.

Depending on the family income, a pregnant woman should eat the following times/ day:

a) 4-5 per day for moderate income people (breakfast, mid-morning meal, lunch, tea, dinner)

b) 5-6 per day for middle income people

c) 6-7 per day for those with high income people.

It should not be ignored that pregnant women tend to have nausea in the first months, especially in the morning, which is why they should take something in the morning. (biscuits, bread) and avoid spicy foods.

There are people who have stomach problems, they should eat less often and avoid fried foods.

For those who have problems with constipation, they should eat raw vegetables, fruits and drink water such as 4-6 glasses a day or lemon juice.

b. Food prepared for a lactating woman

After giving birth, the mother starts to breastfeed her baby and all the nutrients the baby will get from the breastmilk are at the rate of 500 ml per day in the first month; in the 4th month, they increase to a liter per day. The average breastmilk for a well-nourished mother is 850ml per day.

In the first 6 months, the mother's nutritional needs should be higher than at 12 months. These are found in stimulants, building blocks and B vitamins, which means that they should increase as the breast milk decreases. Non-strength supplements, calcium, vitamin A and vitamin C should be increased to the breastfeeding mother.



Examples of foods:

Rice (cereals), barley, Legumes, Milk and its products (butter, cheese), Green vegetables (beans) and colored vegetables (carrots)

A mother should drink between 500 ml and 325 ml/day of milk.

6.5. Measles in children aged 0-6 years

Diseases often affect young children due to poor nutrition. These diseases are as follows: dry skin disease (Marasmus) and skin disease (Kwashiorkor).

a. Signs of dry skin disease (Marasmus):

- **Less weight:** his face looks old and his skin has no oil.
- **Poor growth:** his peers weigh 10 kg, he weighs (5-6 kg), he vomits every now and then, he lacks water in his body, and vitamin A.
- **He always cries for no reason.**



b. Kwashiorkor

- **Excess water in the body**
- **Immaturity:** for example, a sick child at the age of 3 weighs 8 kg while a healthy child weighs 13.5 kg
- **Crying too much**
- **Hair loss** and severe swelling of the face and feet in children between 1-3 years of age
- **Getting sick**



Causes of Kwashiorkor

- Improper birth control of a young child
- Changing or delaying the feeding of solid foods to the child
- Rituals and taboos for different cultures that may prevent to give children balanced diet (eg it is forbidden in some countries to eat eggs)
- Poverty, poor sanitation
- Lack of understanding about the child's nutrition
- Inadequate nutrition for pregnant women.

a. How do you know if a child is suffering from Kwashiorkor?

Checking the child every month is the easiest way to find out how the child is doing;

There are measurements made for a child that show the relationship between weight, height and age. Measuring a child's arm circumference is one of the quickest and easiest way. Example: between one and five years, when the arm circumference is less than 13.5cm, you have to think why it's so light; Below 12.5 cm the disease becomes severe;

The doctor examines the child by observing (the throat, fluid in the body (oedema), Lack of appetite and the doctor makes an exam of nutrients missing from the blood.

b. How to treat Kwashiorkor?

- When the patient is seriously sick, he/ she gets admitted to the hospital, they are often unable to eat they pass it through syringes;
- When he/ she is able to eat; they give him energy and building blocks (grains, beans, cookies and milk; after a week the appetite is back.
- When the sickness is not too much, it is not necessary to take him to the hospital, they feed him stimulants and gets cured from home.

c. What can you do to prevent Kwashiorkor

- Taking care of the pregnant woman's diet and checking that she has enough weight every 3 months
- Breastfeeding the child for at least six months;
- Treating him when he is sick;
- Adherence to the immunization schedule

A healthy diet is mandatory for a child or a pregnant woman. Note that it should include:

- Bread, rice, potatoes and other starchy foods
- Milk and milk products
- Fruits and vegetables as a source of vitamins and minerals
- Meat, poultry, fish, eggs and other non-dairy sources of protein.

Conclusion: It would be a shame for a man if your child got sick. It shows that you don't care about your family. You must make sure that pregnant, lactating woman and children under 6 years of age receive a complete balanced diet.

SECTION 7. CLEANLINESS IN THE FAMILY

Many diseases in Rwanda can be prevented if people eat healthy, have good personal hygiene and in the homes where they live.

For example, among school children, 25% are suffering from intestinal worms where as 44% suffer from amoeba. The root cause of all these diseases is poor hygiene which come as a result of lack of proper waste disposal, drinking unclean water, not washing hands with clean water and soap.

7.1. Body hygiene

Our body is made up of many parts. Among these areas, there are some that need to be cleaned more than others because lack of hygiene can cause many diseases. Some of these areas are:

A. Hand Hygiene: Here are some good hand washing techniques to avoid germs.

- Wet your hands first.
- Apply soap to your hands. Shake both hands.
- Use your fingers and hands to clean the fingers of the other hand.
- Cross the palm of one hand with the other, wash back and forth, between the fingers and in the nails.
- Interlace your fingers and hold the hand of the other hand, continue like this.
- Wash your hands under running water.
- Don't wipe yourself with a wet towel that someone else has used, but use your own hands instead or wind.

When you are washing your hands, it is better to wash with running or splashing water than water in the basin. That's why it is encouraged for every household to have a handwashing stand.

Remember to wash your hands: After using the toilet, when you reach home, before eating, before feeding and breastfeeding the baby.

B. Oral hygiene: We brush the teeth, and the tongue using a brush and toothpaste. It is encouraged to brush at least twice a day: Morning and before going to bed. Adults should help children under 7 years of age to clean their teeth and prevent them from swallowing the toothpaste.

It is forbidden to use someone else's toothbrush. Remember to change toothbrush at least every 3 months.

Note:

Avoid eating sugary foods such as candy, chocolate, biscuits, cakes, honey, etc. because they damage the teeth and increase the risk of other diseases.

It is not good to open bottles with teeth or anything else that can damage them. It is not good to remove children's teeth because once it gets removed, there is no chance for a new one to grow. When a child is teething, he or she often has a fever. When the fever continues or other abnormal signs, take him to the doctor.

7.2. General body hygiene

It is good to wash your head every day with soap. A person should wash his face every time he wakes up.

It is good to brush your teeth twice a day; in the morning and in the evening after eating.

We should wash our hands and remove dirt with soap.

We should always cut the fingernails and toenails and prevent them from scratching, and clean them.

We should always wash our clothes so they don't stink.

One should wash the whole body at least once a day, washing the underwear as well is essential. Private spaces must be cleaned daily. Avoid sharing clothes and food. If you follow these guidelines, it will protect you from skin diseases, respiratory diseases and others.

7.3. Food hygiene

Eat well-cooked foods to prevent constipation/indigestion.

Cover food, and avoid dropping it on the floor.

Clean the house regularly, clean the cooking area, clean the animal's sleeping area and the chicken coop.

Keep the dishes in a clean place and store them properly after drying. It is important to have a place where to put the dishes after washing to dry them properly.

Dishcloths, if not cleaned properly or not enough, add dirt to the dishes instead of removing them.

Always put garbage in their designated areas, and be careful not to throw garbage in public areas.

7.4. Toilet hygiene

You should not urinate in the environment.

Do not fertilize the dirt from toilet when it is still fresh. Wait at least for 8 months until it gets dry.

Children should be make long calls to designated areas.

Child waste should be flushed down the toilet.

Do not allow dogs or pigs to eat human waste.

Clean the toilet every day to keep it clean and free of flies and other insects.

Place ashes around the hole to prevent flies.

Always keep the toilet door closed to prevent animals/pets from entering

Always keep the toilet covered to prevent flies from entering.

Do not let anyone near the pit around the toilet

Prepare cleaning supplies (towels/hygienic paper or soap and water).

Install an air vent to reduce odors.

Place a filter over the air outlet to prevent flies.

Use a model that predicts how waste is composted

7.5. Safe water for drinking and domestic use

We should drink clean water for our families as follows:

Built water source protected from debris

Water tank found where you live in the village

Water provided by the WASAC: It is advising to take rain water and is used for various household tasks such as washing clothes, washing dishes, but not for drinking or cooking.

We should purify drinking water in this way:

- Cook it well

- Application of insecticide syrup.

It is forbidden to drink unclean water or water that does not contain syrup.

“PARENTS, REMEMBER THAT CLEANLINESS IS THE SOURCE OF LIFE”

SECTION 8. COOPERATION OF BOTH PARENTS IN THE EDUCATION OF CHILDREN

The cooperation of both parents is important for the development and growth of the family and the best of their children. There are jobs that men fail to do thinking that they can only be done by women. Remember that children learn by imitating. The way they see you behave at home will inform what they will do when they grow up.

8.1. A general definition of Gender

Gender refers to the characteristics of women, men, girls and boys that are socially constructed. This includes norms, behaviours and roles associated with being a woman, man, girl or boy, as well as relationships with each other. As a social construct, gender varies from society to society and can change over time. examples to illustrate this are as follow:

The game of football was considered a game for boys/men only. But now, women also play football and there are women's football competitions.

In Belgium, pink is considered to be the color of boys and blue is considered to be the color of girls while in other countries the color of rose is considered to be the color of girls.

In South Vietnam, all property belongs to women and every man takes his wife's name while in other countries almost all property is owned by men and women also take their husband's name.

8.2. Origin of gender imbalance

People are born female or male, learn to be girls or boys, and grow up to be women and men.

This changes as people change their habits and attitudes. The segregation of men and female job is learnt in:

Family: A child learns many things from his father, mother, extended family and neighbors. A child begins to hear at an early age and this informs how he behaves, what is forbidden, what is required, what is allowed, and especially what to look for in adults. Parents have an important role in teaching gender balance to their children. For example, not giving dolls to girls and guns to boys. Vice versa is a way of teaching children that what a boy can do a girl can also do it and vice versa.

Religion: Religion is one of the most powerful institutions in showing children that they are different from the opposite sex. Although all of them teach simplicity and good living, there are some behaviors that come from the religion's origin. For example, almost all religions are led by men.

Schools: In schools they indirectly encourage gender imbalance especially in books children read where a man is regarded to as bossy while the woman is just a subordinate and respects a man. The kind of work children receive at school also show some imbalance.

Media: Media (Radio, TV, Newspaper) also encourage gender imbalance in a way that it show different cultures worldwide and most of them are gender imbalance.

8.3. Division of responsibilities based on gender

In Rwandan culture, if you look at it, women's responsibilities are different from men's work. In general, the work is divided into three parts which are:

Productive work: It is all work that earns money for the private sector or wages for those who work for others. Often, these jobs are done by men, although attitudes are changing and now a large number of women are also working in this field.

Housework: These jobs include also taking care of children. They are usually done by girls and women. Sometimes they even give it the name "women's job". But should this really be called women's work?

Public works: These jobs are related to contributing to the well-being of the people in the society. They include irrigation works, taking patients to the doctor, escorting the deceased, caring for the sick in the hospital, etc. These jobs are usually done by men and women.

If we look at all the work mentioned above, you will find that women are the ones who do most of the work, but it is also the work that is not visible and does not get any reward. Most men tend to think that cooking, washing, cleaning are for women, but when they are given a job that pays money, they do it. Does it still belong to women?

It is necessary for a husband and wife to live together and agree on how to share the responsibilities and tasks they have at home so that they can work together to build their home. No one else will do it for you. As the husband, you are the ones who should take the initiative to understand that

your wife can also do something that will be profitable and help her find something profitable to do. As a husband ask yourself “What if something happens and I die, will the family life be over? who will provide financially for the children?”

8.4. Gender based violence

Gender-based violence is the term used for any painful act that is inflicted on a person against their will and is inflicted on the victim because he or she is male or female.

It includes acts of physical, sexual, mental, emotional or property abuse. These activities can take place at home (in private) or in public. Gender-based violence is often perpetrated against women and girls as a means of control. Boys and men can also be subjected to such violence.

Sexual violence occurs in four (4) main categories:

Physical violence: It is any act that hurts the body (example: beating, wounding, killing, harassing in any way);

Sexual violence: It is an act that harms others based on gender or sexuality, including rape, sexually transmitted diseases, sexual harassment, gender-based behaviors, including cultural ones, etc.

Emotional abuse: It is any act intended to break someone's heart through bad language, charges, insults, etc.)

Violence based on property: It is any action aimed at restraining a person to property rights. Example: depriving a spouse of rights of the household properties, depriving him/her rights to do developmental activities, etc.

Some of the reasons why men abuse women are as follows:

- When a man has grown up seeing his father abusing his mother at home and also in the neighborhood, it becomes normal for him and he abuses his wife as well.
- Culturally supported inequalities between women and men as well as between boys and girls
- Some societies protect the norms of what culture allows men.
- Rituals and taboos in some societies encourage men to have power over women.

Here's the solution to ending gender-based violence:

Men and women should confess and talk openly about the violence in their family

Treating men's gender trauma based on their history

Men should be role models of gender equality and empowerment of women

Men should and women should be free to do the same jobs.

A culture of harmony, simplicity should be promoted between men and women.

Everyone should be concerned; when we see one of the spouses abusing the other, we try to help them or even report it to the relevant authorities.

8.5. The role of the father in the upbringing of the child

In many Rwandan families, you still find that taking care of children is the responsibility of women. However, in reality, the cooperation of both parents is important in a child's development.

Various scientists and researchers show the irreplaceable role of the father in the upbringing of children from a young age. A good parenting system is one where husband and wife share the responsibility of education. A man's responsibilities are not limited to family's needs. His role is very important in the development of the child in all aspects, physically, intellectually, emotionally and in relationships with others.

Men's involvement in children's development has the following benefits for children:

The father as play partner: A child always wants to play with his father. When they play, the child is very happy and it increases the bond between the child and the father.

The father as a coach or teacher: A child trusts his father so much that he sees him as a coach or teacher to do many different things. The child thinks that nothing can fail his father. This trust should be kept as it helps the child to learn different things from his father.

The father as a guardian: When a child is with his father, he feels that nothing can disturb him. Thus, the child is proud to be with his father. The time a child spends with his father, teaches the child to stand up for himself, unlike a child who is always afraid of everything he sees.

The father as a traveling companion: Often the father is rarely at home as he is most of the time at work. It makes the child think that time is a precious thing. When the father finds time to be with his children, children are happy thinking that their father has given them precious thing-time of The time a father spends with a child playing and doing different activities together is very valuable because it builds something in the child's heart and also strengthens relationship between them.

The father as an example to imitate: When a girl looks at her father, she sees in him the first wonderful man in her life. She expects other men to respect her and take care of her like her father does. The boys grow up wanting to be just like their father. When he sees his father loving and respecting his mother and sisters, he also grows to respect females. When he sees his father show kindness he also grows to want to be kind. He will grow up to imitate his father in choosing the most important things in life, humility, kindness and using the truth.

Whether the father likes it or not, every day the children look at him, taking away from him an example whether it is good or bad. It is therefore important to set a good example for them that they will follow for the rest of their lives.

“THE GREATEST GIFT A FATHER CAN GIVE HIS CHILDREN IS LOVE AND RESPECT FOR THEIR MOTHER (HIS WIFE!)”

8.6. Family planning for healthy child development

Long time ago, parents who had many children were considered the richest often because they helped them in agriculture works. This has changed for two main reasons:

The number of people has increased significantly: in 1950, the population of Rwanda was 2,072,000 while in the last census in 2012 it shows that Rwandans had reached 10,515,973. This shows that growth has increased by 507% in just 62 years

The cost of living is more expensive than in previous years: these days, parents are responsible for many things including food, clothing, school fees, medical expenses and many other things.

A. Importance of family planning

Family planning is very important for the child, his family and the country as a whole.

For the child: Research shows that there should be at least two years between the child and the follower. When there is a gap of more than two years between the child and the other, it helps the parents to take care of the little child including breastfeeding for at least 2 years and thus protect him. When children are few, they get the basic needs because parents have thought about their abilities before giving birth. They give them good education and easily monitor them.

For the family: When the family has few of children, it is easy for them to get the basic necessities including nutritious and adequate food, clothing, money and school supplies, medical care and other things related to the well-being of the members. Also, family members get enough time to do productive activities for the development of the family.

For the country: National planning focuses on development activities rather than on helping the large number of citizens who do not have the ability to escape from poverty.

B. Birth control methods

There are many methods of family planning, but the most commonly used in Rwanda are the following:

Traditional method (necklace or withdraw), use of condoms, use of syringe, use of pills, male reproductive tract closure (This method is used by a person who does not want to have children again).

When looking for birth control, here's what to focus on:

The couple (husband and wife) must first agree when they will have a child

The couple must first assess their ability and how they want to raise their children (for example: the school they want their child to attend) and this will give them idea on the number of children they will have and the interval they put between one child and another.

Couples should discuss and agree on the method of birth control they should use.

What to avoid when you want to do family planning

Some people say that when you do family planning, you kill a child. This is not true because a child is formed when a sperm fuses with an egg. When this is prevented through different family planning methods, a child is not formed, hence you have not killed her.

Other people also say that it is against God's will to do family planning. This is also a false argument; when the Bible was written, the inhabitants of the world were very few. For example, you may find that Rwanda was uninhabited at that time but now it has a population of about 12,000,000. If we continue to walk on this concept of almost 2000 years ago, will we find a place to live and support ourselves.

Some people say that their parents had many children and they all raised them. At that time, people had enough land, cattle, etc. but today they are no more. Overall, things have changed and life is now more expensive.

“PARENTS WORRY ALOT WHEN CHILDREN HAVE NO FOOD, NO EDUCATION, NO CLOTHES AND ARE LIVING IN A BAD LIFE AND THERE IS NOT HING THEY CAN DO ABOUT IT. THAT'S WHY PARENTS SHOULD THINK ABOUT LIFE THEIR CHILDREN SHALL LIVE BEFORE GIVING BIRTH TO THEM”.

SECTION 9. CHILD PROTECTION

The welfare, development and protection of the child are defined in many international treaties, but the most prominent is the United Nations Convention on the Rights of the Child (UNCRC). Others are included in the African Convention on the Rights and Welfare of the Child and in the Constitution of the Republic of Rwanda.

Compliance and protecting the rights of the child is legal and child abuse is punishable by law.

9.1. Children's needs and rights

Children have many different needs that help them live a healthy life. Children's rights are included in four main areas: the right to life, the right to participate, the right to grow up and the right to be protected.

Here are some of the rights of children:

- Rights to be cared for, regardless of who you are, where you come from, what language you speak, what your religion is or where you live. Adults should consider children's interests first. The country should protect and defend children
- Rights to seek and get advice from his parents and family
- Rights to live
- Rights to be given a name and to have a nationality
- Rights to have his identity documents
- Right not to be separated from both his parents; unless it is for his own good
- Rights not to be unlawfully removed from his country
- Rights to speak freely, what he thinks about any issue that concerns him, to be listened to and value his opinion
- Right to know information and to express his opinion, to write it or to paint it; except when his opinion would violate the rights of others
- Rights to create groups with his friends
- Right to be protected from those who insult his honor and pride, those who insult him and abuse him
- Rights to be protected from abuse by parents or any other person responsible, including protection from harassment, physical or mental abuse, abandonment or neglect.
- Rights to a healthy lifestyle and treatment
- Rights to a life that allows him to grow physically, mentally, emotionally, educationally and socially
- Rights to Learning
- Rights to Rest, play and recreation
- Rights to be protected from employment that would harm his health and education

- Rights to Prohibition of drug use, consumption, and drug trafficking

Rights to not receiving punishment that harms him in any way

Neglecting or violating these rights is punishable by the law. As a parent, you are responsible for providing for your child's needs and protecting his or her rights.

9.2. Responsibilities of the child

Every child has a responsibility in his family, in the wider community, in his country and in the international community. A child should fulfill his responsibilities regardless of his age and his abilities. His rights should not be compromised while he is performing his duties.

Some of the responsibilities of a child are as follows:

- Study hard
- Be clean
- To respect his parents and help them as much as he can
- Play and socialize with peers

Being polite, etc.

Note: It is not appropriate for a child to be scolded for his rights under the pretense of fulfilling his responsibilities. All the responsibilities given to the child will respect his rights.

9.3. Protecting a child from abuse

Child abuse is a general term used when a child is abused by a parent, guardian or anyone else. When the child's mother or other guardian is not able to see the problems related to treating and protecting him inappropriately is also violence.



Child abuse is generally used to describe the negative actions (abuse) committed against children including painful punishments. All these actions take place against the law.

A. Types of child abuse

Violence can generally be classified into four main types:

Physical violence:



The intentional use of force on a child's body in such a way may cause him injury, such as hitting him, burning him, touching him hard, shaking him; making him kneel and so on.

Gender violence



This includes touching a child in an indecent manner specifically touching him in his private parts. Having sex with a child under the age of 18 is illegal and punishable by the law.

Emotional violence



It is characterized by someone always hurting the child in his nature, such as always hitting him, insulting him; humiliates him, threatens him, etc.

Neglect



This is characterizing by preventing a child of his basic needs.

Our children should not face any kind of violence but we should be the best guardians of our children, fighting for them to enjoy their rights.

9.4. Physical and humiliating punishments

There are punishments that ask the body and devalue it. These include beatings, kneeling, burning, verbal abuse etc. Basically, all these punishments are violence and whoever inflicts any

of these punishments on a child shall be punished by law. Also, whoever sees a child being abused and does not report s punished the same way as the abuser.



As a parent, remember that a stick that breaks a bone does not heal a habit.

9.5. How to properly correct a child

The best way to correct children is to raise them with respect and aim to increase their ability to correct themselves. The best way is to help children know what is right and wrong, and how to behave well through listening. The focus is not on punishment, but on preventing bad behavior.

In order for a child to be properly corrected, it is necessary to:

- Consider the long-term goals of positive punishment
- Be a role model in setting a good example. Children learn best when they study. Be a good role model for your children.
- Distinguish clearly between good and bad qualities and give reasons
- Reinforce good morals
- Listen to the child. Value the child's messages that come directly and indirectly. It helps to understand the child's behavior
- Deliver messages in a calm, clear and respectful manner
- Help the child to think about his behavior
- Remember to apologize when you say something wrong or make a mistake

- Be kind and value the child

Punishing a child who is still angry leads to the use of corporal and degrading punishments that breed violence. It is important that you take enough time to think about the punishment you will use that will help the child to correct himself instead of rushing him.

“A CHILD IS A FUTURE LEADER. A CHILD SHOULD BE PROTECTED FROM ANYTHING THAT DISTURBS HIM IN THE WAY HE IS AND BE HELPED IN EVERYTHING THAT HELPS HIM ACHIEVE HIS GOALS”.