

Information Sharing Dialogues

From January until the declaration of the national lockdown, Thušanang facilitated 6 dialogues in three venues in the Mamabolo Cluster. These dialogues were attended by 243 people who participated in discussion around alcohol & drug abuse, gender based violence and corporal punishment & positive discipline. The dialogues were eye-opening and thought provoking, helping people to understand the environment in which their children are being raised.

It would have been excellent to see more men taking part in these dialogues as the majority of participants were women and we are looking forward to welcoming the men to the next dialogue. However, the dialogues were very lively and sparked a lot of discussion with a view to changing the way people see the world around them. It is our belief that there will be a positive outcome for those who participated that will change the way they conduct their daily lives. Only time will tell. Here are a few quick facts to always bear in mind and some important emergency numbers that may be helpful one day.

Emergency Numbers:

Gender based Violence Command Centre: 0800 4284 28

Childline: 0800 555 555

SA Depression & Anxiety Group helpline
0800 456 789

Crimestop: 08600 10111

Covid-19: 0600 123 456

Quick Facts

- ◆ Corporal punishment is violence against children and is against the law.
- ◆ Children who grow up in an abusive environment are likely to become abusive or victims of abuse in their adulthood.
- ◆ Children who grow up in a household with alcohol abuse, have a 60% risk of becoming alcoholics themselves.

Editor's Note:

Greetings once more and welcome to the second edition of Cluster News Flash, a newsletter produced by Thušanang Trust as part of sharing information under the ECD Cluster Project. The ECD Cluster Project is being implemented in three Clusters namely, Molepo Cluster, Mamabolo Cluster and Mothapo Cluster. The aim of this project is to strengthen Early Childhood Development and the implementation of children's rights in the communities where it takes place. This is done by working with and through the ECD Centres found in these communities as conduits for promotion of child rights. This edition comes when the whole world is grappling with the Covid-19 pandemic. Parenting and child care will not be the same after this pandemic, just like all of society has to change. In this edition, we share with you some tips on parenting in the wake of this pandemic, in addition to sharing with you the progress being made in the project. We have also included a "Kids Corner" which you can use to keep children busy. We wish you good health and safety and hope that you take all precautions to protect yourself and your family.



Community members participating in a dialogue on Gender based violence facilitated by Thušanang at Maditaboga Preschool



Top: Parents at Ga-Mamabolo (Segoreng) enjoying a skipping rope game during the Parent Programme . Right: Parents from Mamabolo (Thune) participate in a sack race during the Parent Programme.



Parent Programme

It is said that the first teacher for each child is the parent or primary caregiver. This is true as caregivers and the home environment are critical in laying the foundation for lifelong learning.

However, primary caregivers often find themselves at a loss with what the parenting role entails when it comes to doing the right things to actively stimulate the child.

The Parent Capacity Building Programme is designed to add to the experience and knowledge that primary caregivers already have and discuss how children grow and develop. The various sessions took parents through information on child health, nutrition, positive discipline, encouraging play and looking after themselves as caregivers.

Participants attended 2 sessions per day, once a week over six weeks. This programme was run for two different groups of caregivers in Ga-Mamabolo. All interested parents or primary caregivers (both men and women) will be given the opportunity to attend this programme as it is rolled out again in a different area.

Outdoor activities—understanding how children learn and develop through play

Protagonists of play say: “we don’t stop playing because we grow old, but we grow old because we stopped playing”. This was made abundantly clear when participants were engaged in outdoor play activities such as playing soccer, netball, and sack racing during the programme.

Everyone had fun and reminisced about their childhood days. These games were set up to enable caregivers to understand and appreciate the value of play as an integral part of child development and learning. After the games, caregivers discussed the benefits and what they had learned from playing the particular game.

Health screening and testing

As a caregiver, your health plays a major part in how much you can give of yourself to your children. The last session of the programme, explored issues of HIV and AIDS and encouraged caregivers to know their status so that they can take better care of themselves for their children’s sake.

As a result of that session, on the last day, Thušanang invited Annova Health Institute to set up mobile testing stations where individuals could voluntarily test for HIV, High Blood Pressure and Diabetes. Thankfully most people were tested and given their results. It is our hope that they will each stay healthy and strong.

We are thankful to Annova Health Institute’s mobile team for their support.

Level 4 Bridging Course

In order for an educator to be able to fulfil her tasks effectively for the benefit of the child, competencies and knowledge about early childhood development are necessary. One of the targets of the ECD Cluster Project is to train 15 Practitioners to achieve the ECD NQF Level 4 qualification. Fifteen Practitioners have already been identified for this training and attended an orientation meeting in February. Nine of the practitioners started the process by attending a bridging course. This was to prepare the practitioners for formal training and the intensive work that they will be undertaking.

The ten day Bridging Course introduced the Practitioners to the various topics that will be covered in the training, the training approach and how to facilitate active play using a range of educational resources. All nine practitioners have received an on—site training and support visit from their trainer. The second visit was interrupted by the lockdown and will take place when training resumes.

Please note that the dates given for Module 1 of the training will be re-scheduled and the relevant participants will be informed.



9 of the 15 level 4 Practitioners engage in indoor games during the Bridging Course

Management Training

The governance of any institution is dependent on the performance of its management. This applies to ECD Centres as well.

Recognising the important role played by managers, Thušanang ensured that the ECD Cluster Project includes training for Site Managers so that they can perform their roles effectively.

The second group of Managers attended training at the Thušanang Centre from 03—07 February 2020. In this course participants are trained on how to manage their ECD centres and comply with some of the basic legal requirements. Some of the key issues covered in the training included financial record keeping, how to manage employees, basic conditions of employment, how to develop school policies and codes of conduct.

The managers were given assignments to improve their systems at the ECD centres using what they had learnt from the training. After some weeks the trainer visited each ECD centre to check how they have implemented what they have learnt and to provide them with support to improve where there were gaps.

On-site Mentoring and Demonstration Visits

The on-site Mentoring and Demonstration Visits started in earnest with an orientation day held on 20 January 2020 where all the Site Managers of the 36 identified ECD centres were briefed on how the programme will unfold.

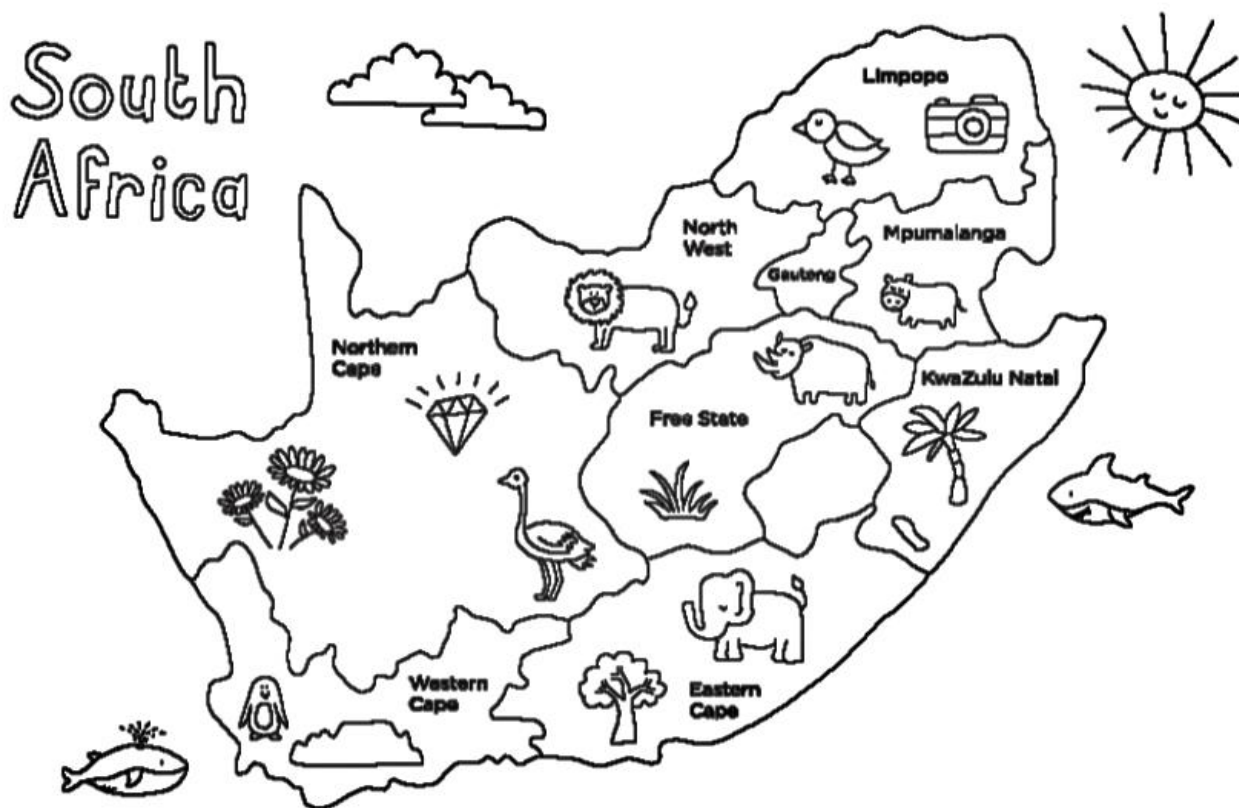
This programme takes the approach that at various times during our life journey we all need someone to give us a helping hand. Through the mentoring and demonstration visits, Thušanang Trainers do exactly that, by showing how it's done practically and offering advice and assistance.

The visits started at the beginning of February and will carry on for the duration of the ECD Cluster Project. The trainers spend time with all ECD practitioners at a given ECD centre, helping them to prepare various activities following specific themes.

Thušanang appeals to Parent Committees to support the practitioners by making sure that on demonstration visit days, children are looked after by volunteers so that all practitioners at the ECD centre can fully participate in the mentorship and demonstration activities.

Kids Corner

Hey Kids, here is a page for you. Get your crayons and have fun colouring the map.



Helping our children through the Covid-19 pandemic

As we live with the reality of Corona Virus among us, we all have to adjust our way of living. Even the way we raise children has to change. The following are some of the tips for parents as we all adapt and adjust:

Give your children as much age-appropriate information about Corona Virus as possible.

Reinforce habits of hand washing with soap and running water for at least 20 seconds. It takes 20 seconds to sing happy birthday twice or the first verse of Nkosi Sikelel' iAfrika.. Lead by example.

Educate your children about keeping social distance especially when standing in line with others.

Teach children the habit of coughing and sneezing into a clenched elbow or to cover their mouth. Once again you will achieve more if you lead by example.

It is important for babies and young children to be healthy and safe. Children are better protected from the coronavirus when they are at home because they do not come into contact with as many people. Introduce new games that children can play without requiring a lot of contact with each other. Encourage your children to play more around the house than in the street. It will create more fun and strengthen your bond with children if you as a parent, can join in to play with them now and then.

Upcoming Events

Please note: Due to the uncertainty of the national lockdown, we are unable to provide specific dates for the following events. You will be notified as soon as dates are available.

Information Sharing Dialogues

Segoreng: Maditaboga Preschool

Alcohol and drug abuse
Children's rights
Child trafficking and child protection
Environmental hygiene

Komaneng: Moomela Preschool

Corporal punishment & positive discipline
Children's rights
Child trafficking and child protection
Environmental hygiene

Thune: Kamela Raphela Daycare

Gender based violence
Children's rights
Child trafficking and child protection
Environmental hygiene

HAY'KHONA CORONA!
YOUR ACTIONS CAN SAVE LIVES!

CORONA VIRUS (COVID-19) IS HERE.
THIS IS A NEW AND DANGEROUS VIRUS WHICH SPREADS EASILY AND HAS ALREADY KILLED MANY PEOPLE AROUND THE WORLD.

CORONAVIRUS (COVID-19) INFECTS PEOPLE THROUGH THEIR EYES, NOSE OR MOUTH.

HOW CAN YOU KEEP SAFE AND SLOW DOWN THE SPREAD?

- Wash your hands regularly with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Avoid close contact with people. Stay at home, and keep a physical distance from others.

REMEMBER, IF YOU TAKE CARE OF YOURSELF, YOU TAKE CARE OF OTHERS!

LOOK OUT FOR MORE HAY'KHONA CORONA MESSAGES.

ACTIVATED AFRICAN KNOWLEDGE
Jive Media Africa

Information based on WHO Covid-19 guidelines.
*Hay'khona is a South African expression signaling strong negative sentiment. We're saying "No, not here!" to COVID-19.

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