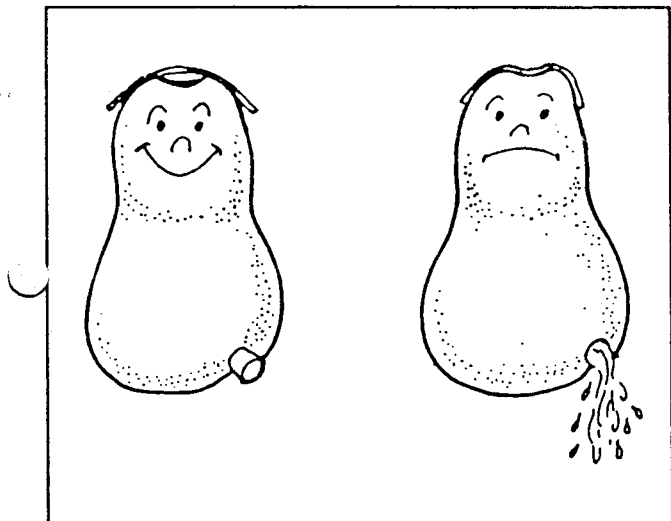


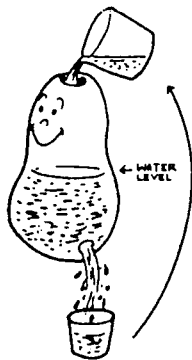
Children Can Experiment

1. Carry out an experiment with two cut flowers or plants. Put one in a container of water and leave the other without water. Ask the children why the plant without water has died. Water is necessary for life, and plants - and people - cannot live without it.
2. The children can bring a small, hollow gourd to school. (If no gourd is available, an old ball, plastic bottle or anything similar will do.) Draw a mouth and some eyes on the gourd (see illustration).



Make a hole in the top of the gourd, and a small hole with a plug in the bottom. Fill it with water and cover the opening at the top with a small, thin, damp cloth. Then pull the plug out and let the children notice how the cloth sags into the hole. Discuss how this compares with the head of a baby with diarrhoea.

3. Mark a line on the hollow gourd (or whatever was used). Water should never fall below this line, or else the gourd will be too empty. For a person, this means dehydration and death. As long as just as much water is put back as that which is lost, the water level will not go down (so the child will not get dehydrated). A child with diarrhoea needs one glass of liquid each time he passes a loose stool.



Children Can Learn to Make the Special Drink

The children can prepare the Special Drink, and then drink some of it to check that it is no saltier than tears.

Children Can Work in the Community

The children can demonstrate their 'diarrhoea dolls'. They can make up plays and puppet dramas about diarrhoea and how to care for a child with diarrhoea. They can also invent songs and stories, and make posters showing how to prepare the Special Drink. They can discuss where to show them to help others learn how to make and use the Special Drink.

FOLLOW-UP

Discuss with the children how much they have learned.

- Do they think they have been able to help the community?
- Have other people in the community learned some of the same information?
- Have many of the children used what they know in the home and the community?
- Do fewer babies and children suffer and die from diarrhoea as a result of this activity?

Counts can be made each month, after six months and after a year to see, for example:

- how many children - or their mothers - have made the Special Drink for those with diarrhoea;
- how many cases of diarrhoea there have been in the children's families;
- whether any children in the community have died of diarrhoea.

Is there a difference between babies who are bottlefed and those who are breastfed.

Ask children who have used the Special Drink for another child with diarrhoea to tell the story to their friends, explaining how and when they (or their parents) made and used it. How long did they give it? Did it seem to help? Did they have any difficulties? What were the results?

USING THIS SHEET

Health workers can demonstrate the use of the Special Drink, and talk about it to mothers at clinics. It is best if they themselves have rehydrated a child, so they can explain the process very clearly.

Teachers can teach about the Special Drink in science or health lessons.

Scouts, Guides and youth groups can spread the knowledge about preventing dehydration, and, if it does occur, how to treat it quickly.

Children can make the Special Drink and help feed it to sick brothers and sisters.