



### Health Promoters @ Crèche

“Good health promotes positive early childhood development”

**Poverty, low levels of nutrition, inadequate health care and fractured families sum up the life of the high majority of children (6 out of 10) in South Africa. The early years (0-5) are a particularly vulnerable time for these children as most of the education provided for them is not sponsored by the government, nor are most of the teachers trained as early childhood education (ECD) professionals. There are obviously many reasons why there is such a sad situation for our youngsters, but one of the main problems is that most of the teachers do not know enough about health, hygiene and nutrition. So Health Promotion South Africa (HPSA) has begun a project to help undertrained ECD teachers to improve the health and hygiene practices provided for crèche children.**

The aims of the **Health Promoters @ Crèche** programme are devised to enable teachers, parents and children to:

- Learn knowledge about basic health and hygiene principles and practices
- Improve the hygiene, health and nutrition practices offered in the crèches
- Develop positive attitudes in young children towards good health habits
- Help children to develop well at this vulnerable age

**As a first step in this initiative, HPSA has begun a *Health Promoters @ Crèche* partnership with *Matchbox*, another non-profit organization involved with child care and education in Mfuleni, a suburb of Cape Town. This partnership is aimed at improving the health and hygiene knowledge of the ECD care givers who work in three *Matchbox*-sponsored crèches situated in this lower socio-economic suburb.**

Senior Health Promoters are already training at these sites, based on a carefully designed programme of basic health and hygiene topics. This programme includes such topics as *First Aid, Nutrition, Oral Health, Hygiene, Prevention of Common Childhood Diseases*, and so forth. As time progresses, it is hoped that some of the trainees will become Health Promoters themselves. This training opportunity will be offered to selected participants based on their enthusiasm and motivation regarding learning and practicing health principles. Once one or two staff members at each crèche have been trained as Health Promoters, they can provide the ongoing health and hygiene support needed in each crèche for staff, parents and most of all, for the children. Then the Senior Health Promoters can move on to other **Health Promoters @ Crèche** projects.

Your donations would help to expand the **Health Promoters @ Crèche** partnerships to many more crèches in the Cape Town area, and, eventually, further afield in South Africa. Supporting this vulnerable group of young children improves their chances of a better life now and in the future!

**December, 2018**

HEALTH EDUCATION IS **ALSO** A HUMAN RIGHT!

