

The slide features a central white circle containing the text. The background is composed of three main color areas: a light blue area on the left, a dark blue area at the bottom, and a light pink area on the right. The white circle is positioned in the upper center, overlapping the light blue and light pink areas.

**MODULE 6
PROMOTING HEALTH,
WELLNESS & SAFETY**

MODULE 6

Theme:

Promoting Health, Wellness and Safety

Materials:

- **Interventionist Workbook** (*Module 6 Log*)
- **Interventionist Manual**
- Pens/markers





OVERVIEW: MODULE 6

- Check-In
- Managing Stress/Tension
- Healthy Eating
- Physical Activity
- Household Hygiene
- Prevention & Wellness
- Puberty
- Alcohol
- Safety
- Check-Out

NOTE FOR INTERVENTIONISTS

MODULE 6

- Review concerns and identify health issues of the family based on information you learned from earlier modules. You can use this information to tailor the health module to the needs of the family.
- An important part of this module is to promote the health, wellbeing and safety of families by learning about good physical and mental health.
- It is important to stress that each parent is the expert on their child, and can play an active role in their health, wellbeing, and safety.
- Throughout this module, remember:
 - Take notes in your Workbook
 - Be respectful of caregiver's discomfort talking about certain physical and mental health related topics. Address challenges that may arise and possible strategies, and remind them of the short-term and long-term health benefits.
 - Make sure to be inclusive and pay attention to both men and women when both are present.
 - While this module is focused on caregivers, children can also participate.

MANAGING STRESS & TENSION





What can cause stress & tension?

How can stress and tension affect your life?

MANAGING STRESS & TENSION

- Stress/tension is a reaction to events or situations that can be harmful to your mind and/or body.
- Stress/tension is normal, and everyone experiences stress at some point due to the demands and pressures on life due to school, work, money, relationships, etc.
- Some stress/tension is normal, but too much stress can be unhealthy, affecting your physical and mental health.
- Since it is not always possible to remove stress, the key is to manage stress so that you don't negatively affect your health with the symptoms above.

EFFECTS OF STRESS & TENSION

Physical

Headache

Fatigue

Insomnia

Digestive
problems

Mental

Anger

Depression

Worry

Frustration

Behavioral

Impatience

Make more
mistakes

Procrastination

Hurt others

Cognitive

Forgetfulness

Negative
thinking

Easily distracted

Poor
concentration

ACTIVITY: STRESS & TENSION

- What do you find stressful? Why did you feel stressed about those events/issues?
- What happens to your family members and relationships when you are stressed?
- Do you use any strategies to manage or reduce stress? If so, what types of strategies do you use?
- What else could you do to manage or reduce stress?
- Who do you know who is the least stressed? How do you think they stay so calm?

Record Answers in Workbook!



What can individuals and families do to manage and reduce stress?

STRATEGIES TO REDUCE STRESS & TENSION

- Decrease pressure and promote inner strengths
- Breathe deeply
- Walking with mindfulness
- Seek out support from friends & family
- Exercise
- Express yourself
- Laugh
- Get enough sleep every night
 - Children under five: 10 – 12 hours
 - School-age children: 9 – 10 hours
 - Teens: 8 – 9 hours
 - Adults: 7 – 8 hours
- Eat & Drink Water
- Volunteer



How can caregivers help children manage their stress?



HELPING CHILDREN MANAGE STRESS

- **Talk to children about why they are anxious:**
 - Stick to the basic facts
 - What is happening
 - How does the child feel?
 - What can be done to improve the situation?
- **Tips for caregivers:**
 - Validate children's emotions: Normalize their stress and show that you truly take it seriously by listening with empathy.
 - Be specific about a stressful event
 - Reassure children that they are not the cause of the stressful event

SUGGESTED TEXT

STRESS & TENSION



“Now that you know some of the ways that your body reacts to stress, if/when you experience a stressful event, pay attention to your body. Ask yourself, “How is my body reacting?” and “What is causing me to feel stressed?” Then try one (or more) of the stress management strategies and see how you feel after.”

FOR DISCUSSION & REFLECTION



- What additional stressors might Afghan refugees face in their day to day lives?

HEALTHY EATING





What challenges may families face with healthy eating?

NOTE FOR INTERVENTIONISTS

HEALTHY EATING

- Because this module may be difficult for caregivers, make sure to be sensitive when reviewing information. Some families will be resistant to change and others may find it time consuming or costly to eat healthy. Discuss whatever challenges families may face in eating a healthy diet. It's important to consider what foods are realistically available and make adjustments as possible.
- Also, it's important to consider any religious or cultural restrictions on diet or food preparation.
- Be positive when reviewing and discussing healthy eating. Changing routines requires a lot of time and it can be hard. Positive reinforcement and praising caregivers' attempts will be necessary.

NUTRITION OVERVIEW

- **Malnutrition** develops when the body does not get the right amount of nutrients to keep the body healthy and functioning well.
 - Slows a child's physical and mental growth and development.
 - Increases a child's risk of diseases and can put their lives at risk
 - Can affect a child for the rest of his/her life and cannot always be corrected later
- **Undernutrition** is when the body has too little nutrients
 - Underweight
 - Inhibited growth and development
 - Weakened immune system
- **Overnutrition** is when the body has too many nutrients
 - Obesity
 - Diabetes
 - Heart Disease



What types of food should a healthy diet contain?

FRUITS &



- At least 5 times per day.
- Options include: red, green, orange, and leafy fruits and vegetables like tomatoes, spinach, sweet potatoes, carrots, oranges, and mangos.
- Fresh fruits and vegetables are best but may be difficult to find or be expensive. If that's the case, you can eat frozen or canned fruits/vegetables.
- If your child is a picky eater, you can start with the fruits and vegetables he/she likes and then slowly introduce new ones to add variety in type of fruit/vegetable and nutrients

WHOLE GRAINS



- Whole grains are important because they have fiber. Your body needs fiber to help keep your digestive system regular, prevent some diseases, and help maintain a healthy weight.
- **Recommendations:**
 - At least 2 times per day
 - Options include: brown rice, whole wheat pasta, and oatmeal.
 - Try to avoid processed grains such as white bread, rice, and pasta as they lack much of the fiber your body needs.

HIGH PROTEIN FOODS



- High protein foods are a good source of energy, vitamins and minerals, help maintain your weight, and keep you full.
- **Recommendations:**
 - Include high protein foods into your meals each day.
 - Includes meat, fish, beans, and dairy products
 - Examples: lamb, chicken, fish, eggs, beans, milk, yogurt, cheese

ACTIVITY: HEALTHY FOODS

Ask parents/caregivers to think about common foods/meals in their culture that are healthy.

- What are some of these common foods/meals?
- What nutrients do they have?
- Now think about some of your family's favorite meals. Do they include these good foods?

Record responses in the Workbook.



What types of foods should you avoid when eating healthy?

FATS, SUGARS & SALTS



- Decreasing the amount of fats, sugars, and salt you eat each day can help you be healthy
 - Can help maintain a healthy weight, and lower your risk of heart disease and other chronic diseases/conditions.
 - Reducing salt helps control your blood pressure
 - Reducing sugar will help maintain your weight and prevent tooth decay
- It might be hard to limit, but cutting down even a little can help.
 - Replace butter for healthier options like olive oil or vegetable oils.
 - Put less salt and sugar in your food
 - Decrease foods that are high in fat, sugar, and salt.
- Ask caregivers if they can think of ways to reduce fats, sugars, and salt from their diet. What are some strategies that they can incorporate on a daily basis?

Record responses in the Workbook.



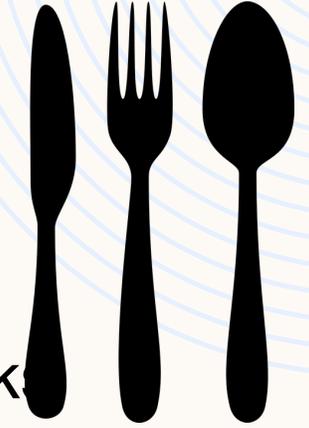
How can caregivers get children more involved in healthy eating?

CHILDREN & EATING HEALTHY

- Cook with your children – teach them the recipes
- Food shop with your children (let them pick out certain fruit or vegetables)
- Eat meals together
- Introduce new foods slowly
- Be consistent
- Buy less food high in fats, sugars, and salt
- Be a role model
- Make it fun!

Ask caregivers if they can think of other ways to get children involved in eating healthy and **record responses in the Workbook.**

FAMILY MEALS



- In general, you will want to prepare three meals a day with 1- 2 snacks
- Having a mealtime together with the whole family is a great way to talk and spend time together. It also allows you to model healthy eating habits and ensure your children are eating healthy
- Use mealtime as a way to ask children about their day and share about your culture.
- Children who eat meals together with their families are healthier, have stronger relationships with caregivers, and do better in school.

Ask caregivers if they have any concerns about healthy eating – either their own or concerns about their children. **Record responses in the Workbook** and discuss strategies to promote healthier eating.

FOR DISCUSSION & REFLECTION



- What are the traditions around meals in Afghan culture?
- How can these be incorporated into healthy eating and family meals?

PHYSICAL ACTIVITY

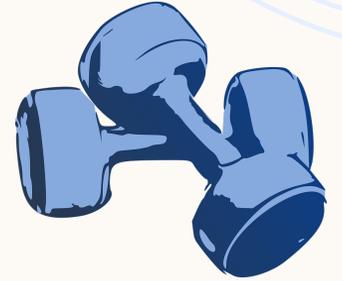




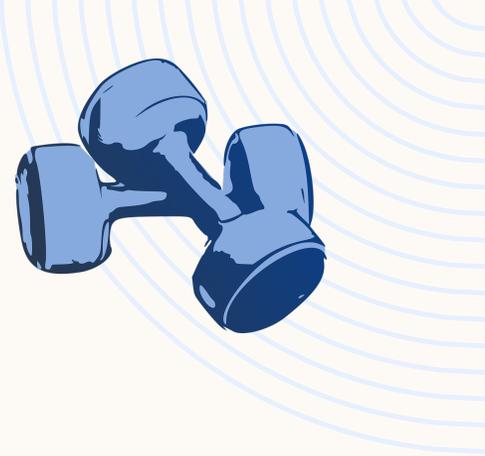
What are the benefits of physical activity?

BENEFITS OF PHYSICAL ACTIVITY

- Important to stay healthy
- Have more energy
- Maintain a healthy weight
- Reduce your risk of certain chronic diseases and conditions
 - diabetes
 - heart disease
 - obesity
- Can make you feel better and reduce stress



GUIDELINES



Physical Activity

- Children & Adolescents: minimum of 60 minutes per day
- Adults: minimum of 30 minutes per day

Screen Time

- Infants under 2 years old: no screen time
- Children 2-5 years old: maximum 1 hour of screen time
- Children & Adults over 5 years old: maximum 2 hours of screen time

PHYSICAL ACTIVITY TIPS



- **Set specific activity times:** Find a time when the whole family can try a physical activity together. Set a time each day or week.
- **Plan ahead and track progress:** Have children help plan and track the progress by checking off after finishing each activity.
- **Plan for all weather conditions:** Plan for all weather conditions by including activities that can be done indoors and outdoors.
- **Start small:** Starting something new can be difficult. It helps to start small and plan ahead.
- **Use what's available:** There are a lot of free activities you can do (walking, running, doing chores around the house, or playing active games). You can also check with your local community center.
- **Include other families:** You can invite other families and friends to join.
- **Make it fun:** Children will be more likely to participate if you treat being active as something fun.



What ideas do you have for ways can families be more physically active?

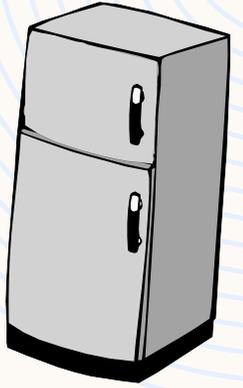
ACTIVITY: PHYSICAL ACTIVITY

Ask caregivers if they can think of other ways to get children and the whole family involved in being active and **record responses in the Workbook.**



What does food safety entail?

FOOD SAFETY



Food Preparation

- Wash your hands before preparing or cooking food and after handling raw meats, seafood, and chicken.
- Ensure cooking surfaces are cleaned with water and soap before and after cooking.
- Keep raw meat and fish away from other food you will eat so the germs do not spread. Cook all raw meat, seafood, and chicken fully to kill harmful bacteria.
- Rinse fruit and vegetables under running water before eating, cutting, or cooking.

Food Storage

- Prepared foods should be stored in the refrigerator/freezer within 2 hours.
- Keep uncooked meats, seafood, and chicken away from other foods when storing in fridge/freezer and defrost frozen meat, seafood, and chicken before cooking.

CLEANING



- Keeping a clean kitchen is important to keep bugs and rodents away, which can lead to illness.
- Washing dishes in sink after each use, taking out the garbage when it's full, and cleaning food crumbs/spills can help prevent bugs and rodents.
- Cleaning all rooms, especially the bathroom & kitchen, is important.
- You can get your children involved in cleaning by giving them age-appropriate chores around the house.

LEAD POISONING

- Lead is a poison that used to be present in paints and was found in most homes. While lead is no longer used in paints, some homes may still have lead paint and pipes.
- Eating and/or inhaling lead paint chips can lead to health issues and poor brain functioning, so it's important to prevent lead poisoning.
- Your home may have lead paint if the paint on your walls is peeling.
- You can prevent lead poisoning by:
 - Teach younger children not to eat things off the floor and not to eat paint chips
 - Teach children to wash their hands before eating
 - Wash window ledges using a damp cloth
 - If you suspect your child has lead poisoning, please contact your doctor or health care provider



How can all members of the family, not just the mother, help maintain household hygiene?

ROLE PLAY

MANAGING STRESS, HEALTHY EATING, PHYSICAL ACTIVITY, HOUSEHOLD HYGIENE

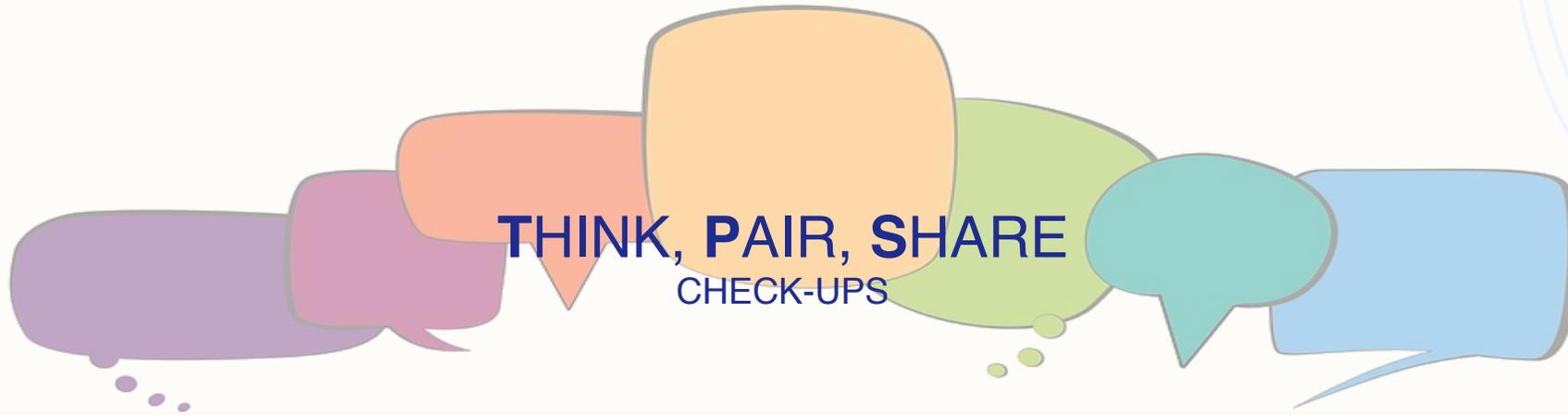
- Role play talking to caregivers
- Information
 - Activity
- Offer feedback and reflect



VACCINATIONS

- Everyone needs vaccinations – children, young adults, and older adults. Vaccinations are important because they help protect you and others from dangerous diseases and can save your life.
- Make sure you and your children are up to date on your vaccinations. The best way to do this is to keep track of your family's vaccinations and check with the doctor.





How often should you go to the doctor for a check-up?

ANNUAL CHECK-UPS

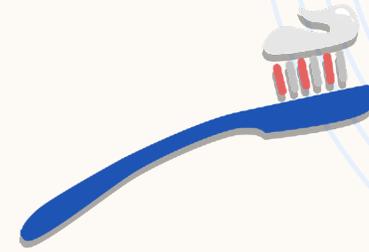


- Regular check-ups are important – even when you and your children are healthy and feel ok. Scheduling annual check-ups can help find potential problems early, which increase your chances for treatment and cures and improve overall health outcomes.
- Your health care provider will tell you the screenings and exams you need and when. Your children will probably have more regular check-ups with their pediatrician. For continuity of care, schedule check-ups with the same health care provider if possible.



What should expect caregivers do and not do during pregnancy?

ORAL HEALTH



Babies:

- Avoid putting to bed with a bottle to prevent tooth decay.
- Clean your baby's teeth with a small soft toothbrush.
- For babies who are done exclusive breastfeeding, try milk and water cups instead of a bottle.

Toddlers:

- Teach your children how to brush their teeth in the morning and at night.
- Start dental visits, the earlier the better.

Children, Adolescents, and Adults:

- Children, adolescents, and adults need regular dental check-ups.
- Sugary foods and drinks can be bad for teeth.
- Using a fluoride toothpaste, brush your teeth in the morning and at night after finishing eating.

PERSONAL HYGIENE

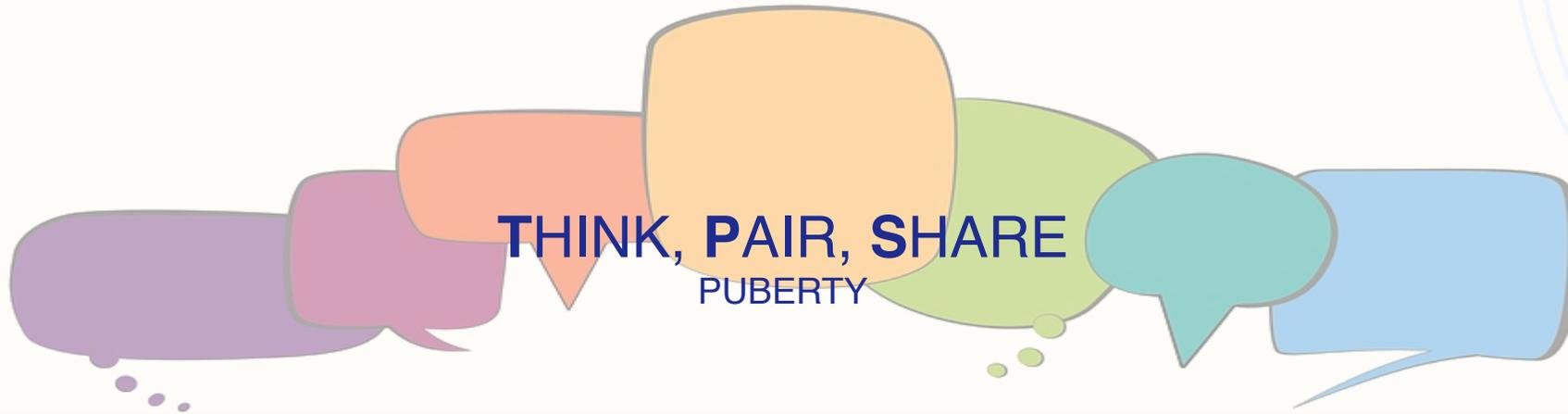


- Always wash hands with soap and water to kill germs!
 - Rub hands together for 20 seconds until soap lathers, rinse thoroughly, and dry.
 - For younger children, try teaching them a song to sing while washing their hands to help them remember for how long to wash.
 - Remind children they should wash hands before and after meals, after playing outside, and after using the toilet.
- Remind children (especially adolescents) to take a bath/shower once a day, and to wear clean clothes, underwear, and socks.
 - This will help with body odor, which is common for children who are active or going through puberty

BEDTIME



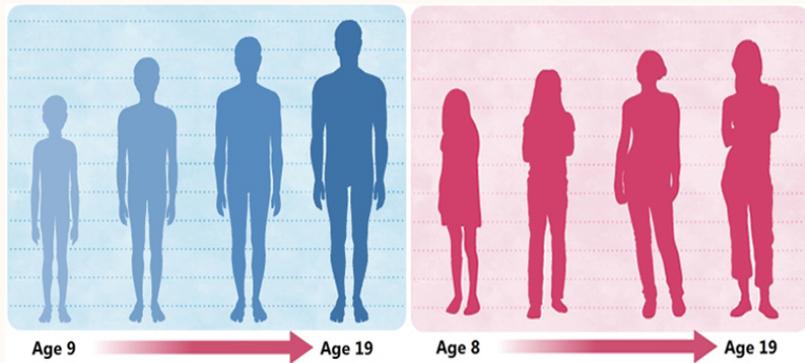
- Children (and adults) do best with a bedtime routine. Set bedtime at a regular time every night. You can decide what time based on your child's age.
- Example of a bedtime routine:
- Brush teeth, put on pajamas, read a story or sing a song, and get to sleep at set time.



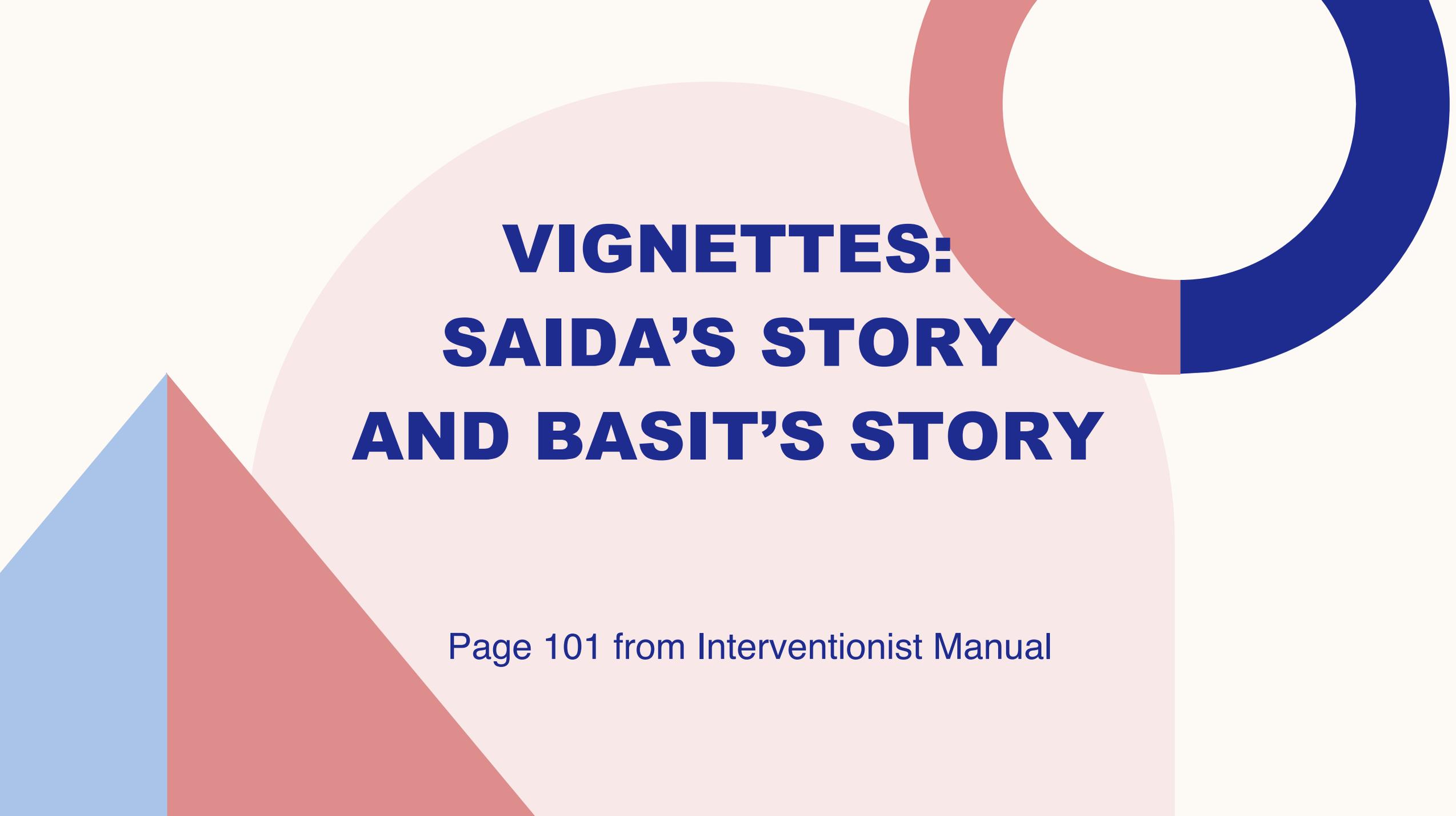
What changes to youth experience in puberty?

What are the biggest challenges youth and caregivers face during this time?

PUBERTY



- Puberty is a time in your child's life that causes changes in their body, mind, and emotions that is important for the transition from childhood to adulthood.
- Hormones in their body change causing physical and emotional changes.
 - Body odor
 - Growing taller
 - Growing hair in new areas of the body
 - Skin and hair becoming more oily
 - Mixed emotions and confusion
 - Interest in relationships and increased focus on social and peer issues
- It's helpful to remind children that what they are going through is perfectly normal and that it will get easier as they get used to the changes they are experiencing. It may feel strange at times, but this is part of the transition to adulthood all children experience.



**VIGNETTES:
SAIDA'S STORY
AND BASIT'S STORY**

Page 101 from Interventionist Manual

ACTIVITY: PUBERTY

Read caregivers a brief vignette (in manual) and talk together about the vignette.

- Children may have questions about puberty such as:
 - “What changes can I expect?”
 - “When will I go through puberty?”
 - “Why haven’t I started puberty?”
- What are some ways that you can help answer these questions?
- If you were the mother in this vignette, how would you have responded in this situation?
- What can parents do to talk to their kids about their changing bodies?

Share the suggested text (in manual) for caregivers to respond to questions their children may ask. See if they can come up with additional suggestions.

Record responses in the Workbook.

FOR DISCUSSION & REFLECTION



- What, if any, traditions and beliefs exist in Afghan culture around puberty?

ALCOHOL: EXCESSIVE DRINKING





Do you think excessive drinking is a problem in your community? Why or why not?

NOTE FOR INTERVENTIONISTS

ALCOHOL

- Some caregivers may be sensitive discussing drinking alcohol either due to religious/cultural beliefs or because of behaviors. Whatever the reason, make sure to approach the subject with sensitivity.
- If a caregiver, child, or other family member is struggling with alcohol addiction you can also provide information on resources available in their area such as counseling or rehab.



When does drinking become excessive or abuse?

EXCESSIVE DRINKING



Excessive alcohol drinking includes:

- Heavy short-term drinking or “binge drinking” is 4+ (women) / 5+ (men) drinks in an occasion.
- Heavy long-term drinking is 8+ (women) / 15+ (men) or more drinks per week.

Don't drink while:

- taking prescriptions or over-the-counter medications
- having a health status/medical condition
- Pregnant
- Underage



What are the health risks associated with excessive drinking?



HEALTH RISKS OF EXCESSIVE DRINKING

Short Term Risks:

- violence (towards yourself and/or others)
- injuries (car crashes, falls, burns, etc.)
- alcohol poisoning (medical emergency due to high blood levels)
- reproductive health problems (miscarriages, stillbirth, etc.)

Long Term Risks:

- chronic diseases (heart disease, liver disease, high blood pressure, digestive problems)
- cancers (liver, colon, breast, etc.)
- learning and memory problems (dementia, poor school/work performance)
- mental health problems (depression and anxiety)
- social problems (family problems, unemployment, etc.)
- alcohol dependence (alcoholism).



What are prevention strategies individuals and families can use?

PREVENTION STRATEGIES

- Start by talking to your health care provider about your drinking and request counseling.
- If you drink alcohol, remember to stick to the recommended guidelines:
 - Women: no more than 1 drink per day
 - Men: no more than 2 drinks per day
 - Prevent under-age drinking by not giving alcohol to children and teaching teens about responsible drinking
 - Help prevent excessive drinking by not giving alcohol to adults who've had too much to drink.

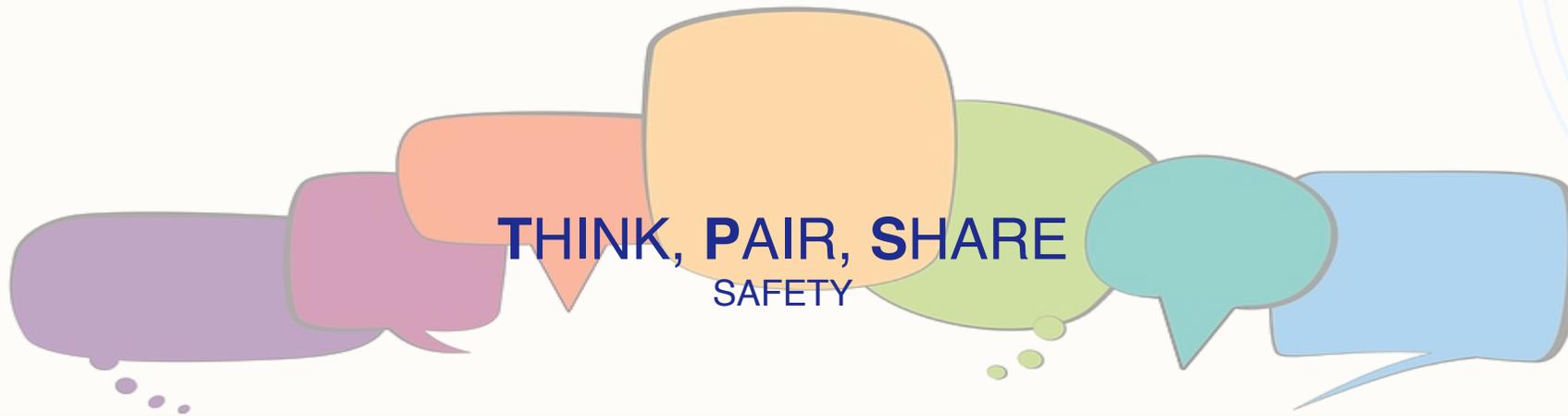
FOR DISCUSSION & REFLECTION



- What beliefs or traditions are there around drinking in Afghan culture?
- How could this be a factor in alcohol abuse and prevention?

SAFETY





What are the different components of safety?

STREET & CAR SAFETY



Street Safety

- Look both ways before crossing the street. If possible, cross the street at crosswalks or intersections.
- Walking on sidewalks is safest. If unavailable, walk on the shoulder and face traffic.

Car Safety

- Buckle up. Wearing a seat belt can decrease injury and save your life.
- For younger children use age and size appropriate car and booster seats.
- Never leave children under 10 years old alone in the car.

Distracted Driving

- There are 3 types of distractions (Visual, Manual, Cognitive).
- Do not text on your cellphone while driving!

HOME SAFETY



- All homes have items that are dangerous and should be stored where children can't reach.
 - Cleaning liquids and other supplies
 - Bleach
 - Matches
 - Medicines
- If a child happens to swallow something hazardous, call 911 immediately.

PUBLIC PLACES SAFETY

- When in public places, children under 8 should be supervised at all times.
- Make sure you know where your children are and that they have your permission to go before leaving.
- Teach children not to talk to strangers, not to take anything from strangers, & yell “stranger danger” if they feel in immediate danger
- Have children tell a trusted adult if someone makes them feel uncomfortable.
- Teach children about the dangers of drugs, alcohol, and smoking.

PERSONAL SAFETY

- If you feel unsafe, there are resources available to you.
- If you or someone you know is in immediate physical danger, call 911 and leave the situation immediately.
- If you or someone you know has been attacked or assaulted, call 911.
- Prevention is important to personal safety. Below are few general tips:
 - Be alert and aware of your surroundings
 - Try to move in populated and well-lit areas
 - Walk with a friend or family member, especially at night
 - Trust your instincts – if you feel uncomfortable, leave quickly and if you feel unsafe, yell for help
 - Let someone know where you are going, with whom, and when you plan on returning



What are some of the safety concerns technology presents? How can caregivers keep their children safe online?

ONLINE SAFETY



- Talk to your children about their online activities. Set guidelines to limit online activities and keep your children safe.
- Online safety risks:
 - Cyber bullying
 - Exposure to inappropriate material
 - Online predators
 - Disclosing personal information
- Online safety tips:
 - Keep your home computer in an open area
 - Place limits on the time your children are allowed to be online
 - Place limits on the online sites your children are allowed to visit

ACTIVITY: ONLINE SAFETY

Ask caregivers how they can start a discussion with children about their online activities and being safe.

- What are some of the websites you like to visit online?
- What types of information do you make public? What types of information do you keep private? Why should you keep information private?
- What are some steps you can take to be safer online?
- Has there ever been a situation where you felt unsafe?
- Has there ever been a situation where someone asked you something you know is wrong (e.g., asked to meet you face-to-face)?

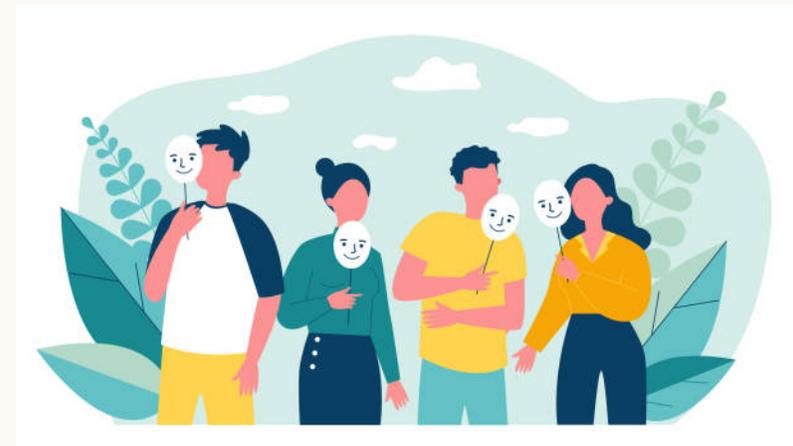
See if they can come up with additional questions or conversation starters.

Record responses in the Workbook.

ROLE PLAY

PREVENTION AND WELLNESS, PUBERTY, EXCESSIVE DRINKING, SAFETY

- Role play talking to caregivers
- Information
 - Activity
- Offer feedback and reflect





Q & A