

Becoming the parents our children need!



A guide for San parents and caregivers

Women's Leadership Centre



About the Women's Leadership Centre

The Women's Leadership Centre (WLC) is a feminist organisation based in Windhoek, Namibia. It was founded in 2004. We build women's rights leadership and citizenship among girls and young women who are among the most marginalised, excluded and discriminated against in our society, including San young women and girls, lesbian women, and girls and women subjected to harmful cultural practices.

We facilitate the voice and leadership of young women through participatory research, training, writing, photography and the publishing of critical feminist texts that we distribute within our society. These activities strengthen the self-knowledge, self-esteem, confidence and courage of marginalised young women to speak for themselves and to advocate for their issues, concerns and rights.

This booklet was compiled by Elizabeth /Khaxas, Liz Frank and Lis Jordan, and is part of our "Reducing Family Violence in San Communities: An Education and Awareness Project". The photographs were taken by WLC staff and volunteers during workshops and visits to villages.

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Introduction

This education booklet has been developed for San parents to support you in becoming the parents that your children need during their childhood years of growth and development. **Learning effective parenting skills will have a positive impact on your children's self-esteem, school achievement, brain development and healthy behaviours.** This includes learning how you can strengthen your relationship with your children, and help them to learn about the importance of maintaining strong connections to family and community.


It is important for San parents to know about children's rights. All children have the right to be happy, healthy, safe and cared for, and to grow up strong within their families and culture.

This booklet provides a guide to four children's rights:

- the right to live with and be taken care of by their family
- the right to practise their culture with their family and communities
- the right to learn and receive a good education
- the right to food, water, housing and healthcare.

Every child in the world is born with these rights as a member of the human family. Namibia has laws and policies to guarantee these rights to all its children. It is important to make sure that these rights are protected by everyone, including our government and parents, particularly for young children who are still growing.





Children have the right to live with and be taken care of by their family

San families make our children strong!

All children have the right to grow up in their family and to be taken care of by their family.

Our families are part of our San communities. Family is the place where our children belong. Families are not all the same. Families can be made up of many different people and relationships. There can be two parents, single parents or stepparents. Some children might even be raised by their extended family members, like grandmothers, grandfathers, older brothers or sisters, aunts, uncles and cousins. There is no right or wrong way a family can be put together. It is what we do in a family that makes all of us strong.

Strong families show love to each other

It is very important for our children to feel warmth, closeness and belonging with their parents and family. Children learn and grow best when they know they are loved and supported. We can show our children that we love them by holding them, giving them hugs, kisses and cuddles. Tell them that you love them. Always be kind, caring, polite and respectful to them. Tell them that they are special and make them feel good about themselves.

- Love your children no matter what they do.
- Tell your children every day that you love them. Show them that you love and care about them.
- Listen to your children.
- Praise them when they are being good.
- Comfort your children when they are hurt, sad or frightened.
- Protect your children when they are in danger or at risk for harm.
- Encourage your children to be patient. Tell them to keep trying when they are frustrated.
- Expect the best from your children.
- Be a good role model. For example, if you don't want them to smoke or drink, don't smoke or drink yourself.

When children feel loved and safe, they feel good about themselves and can learn and develop their best.

Let's create loving relationships with our children!

When your children feel loved by you and feel safe with you, it helps children to:

- Feel confident and good about themselves
- Develop caring relationships and trust in others
- Be responsible and independent
- Try and learn new things and solve problems
- Deal with difficulties and challenges better
- Ask for help when needed
- Avoid using drugs or alcohol, or doing anything else that may harm them and disappoint their parents

Strong families talk and listen to each other

Talk to your children. Talk everyday about the good things, as well as the things that worry them. Talking builds trust and makes it easier to ask for help and offer support. Encourage them to talk to you about anything and everything, and listen to them well.

Strong families do enjoyable things together

Spend as much time as possible with your children, have fun and laugh together. Having time to play is an important part of learning and growing up. When we give our children our full attention, they know that they are important to us. We can build strong family bonds through:

- Playing together, both indoors and outdoors, every day.
- Celebrating family birthdays and other events
- Taking walks or going on picnics together



Also encourage your children to make good friends who share their interests, from whom they can learn, and with whom they can do things and share stories.

Discuss with them how to choose a good friend – What do they want a friend to be?

A good friend is someone who is:

- Kind
- Friendly
- Helpful
- Honest
- Trustworthy

Discuss with them the warning signs of a bad friend: anger, jealousy, not valuing others' opinions and interests, likes to fight, speaking badly about people, using drugs and/or alcohol.



Nurturing the physical health of our children

What kind of food should we eat to stay healthy?

- Colourful fruit and vegetables
- Brown bread, cereal, rice and pasta
- Meat, chicken, fish (fresh and tinned), eggs and baked beans
- Milk, yoghurt, or cheese
- Avoid foods high in fat, salt and sugar, such as cakes, biscuits, chips, sweets, soft drinks and take-away food

We also need to remind children to

- Drink plenty of water, at least 8 glasses per day
- Eat regular meals
- Not skip meals and always eat breakfast, it is the most important meal of the day and assists with concentration at school
- Brush their teeth

Getting a good night's sleep

This is important for everyone, but especially for children as it affects their mental and physical development.

Help your children to follow a healthy bedtime routine:

- Get at least 8 hours of sleep each night
- Close the blinds or curtains and keep their room dark
- Limit sugar before bed (soft drinks, chocolates)
- Try not to nap during the day.

Health checks

- Keep immunisations of children up to date
- If necessary, test children for diseases such as tuberculosis
- Children can have ear problems that affect hearing, speech and learning – get children's ears checked
- Children can also need glasses to help them read or see long distances. If you notice your child squinting, it is worthwhile to get their eye sight tested.



Helping children cope with strong emotions

Children and Grief

Children grieve from an early age. They can grieve over the same things as adults, as well as things that don't seem important to adults, e.g., losing a special possession.

Young children may:

- cry a lot and be more 'needy'
- not want to be left alone
- notable to sleep, have headaches, tummy aches or wet the bed.

Older children might:

- become angry or start acting up
- want to be left alone or not want to talk
- block out feelings by using alcohol or drugs.

You can help children by:

- being honest - tell them what's happened in ways that suit their age
- talking about death and what it means
- letting them know it's OK to feel sad, and that you are also sometimes sad
- helping them express their feelings through play, art, writing, music or dance
- making sure they have trusted people to talk to such as family, friends or a school counsellor
- involving children in funerals. They need to say goodbye too. If you are too upset to help your children, make sure someone else is there for them.





Tips to help calm your children

- Hold your children in a comforting way until they calm down.
- Do something together with your children, for example taking them outside to look at the moon and stars.
- Go to a quiet place in your home or outside and do a craft together, read a story or tell stories about pictures in a book, magazine or photo album.
- Sing a gentle and soothing song to your children.
- Soothe your children until you can see that they are calm and THEN discuss what was going on before.

Coping with anger

Anger is a healthy, normal emotion, but it becomes a problem when it's expressed in an unhealthy way. If you lose your temper or become aggressive easily, you can practise controlling these feelings. Remember also that you can best teach your children by being a role model.

The Anger Rules

It's okay to feel angry, but:

- Don't hurt others
- Don't hurt yourself
- Don't hurt property
- Do talk about it

Why do we get angry?

- You have been treated unfairly or bullied
- You feel powerless, like you have no control over things
- You are depressed
- You just have a personality with a short fuse.

Anger can be a difficult emotion to manage, particularly because we are often taught not to show or express it.

Taking care of our mental health

When we have a lot going on, we can feel sad, weak, tired and stressed. Everybody has these feelings when life gets tough, but when these feelings go on for a long time, it can weaken our body, mind and spirit.

When this happens there are some changes you might notice, like:

- Feeling sad inside and having no interest in doing anything
- Feeling like everything is an effort
- Wanting to be alone
- Not eating healthy food
- Not being able to sleep
- Having bad thoughts or thinking of dying

You can keep yourself strong by:

- Talking with friends and family about what is going on
- Getting enough sleep
- Eating good, healthy food
- Staying connected with friends and family who give you strength and support
- Taking time out for yourself to do things you enjoy
- Making good choices and changes
- Playing sport, listening to music and dancing.

Teaching children responsibility and self-control

Strong families are kind and share chores

Encourage your children to take responsibility for certain things in the home. Make sure that they get valued and respected and praised for their efforts. Chores must be divided equally among all the family members. Boys and men must also do their share. Encourage children to help around the house without being asked.

Strong families have consistent routines and monitor children

Create a consistent routine through getting up in the morning at a fixed time, having regular meal times and set times for study, sleep, play and relaxing. Rules and routines are good for children and make them feel safe.

Monitor your children. Strong families are aware of where their children are at all times, with whom they are and what they are doing. Being monitored by parents keeps children safe.

Have clear rules

Make sure that children know what is expected from them and how to behave. Agree on a few important rules together and the consequences of breaking them. Keep consequences reasonable and short.

Rules could be about:

- How to treat others
- Helping around the house
- Keeping school and work commitments
- Where we go and with whom we spend time
- What time children come home
- Letting parents know where they are.

Discipline is teaching

The word discipline comes from a Latin word that means “to teach.” As a parent you are a teacher. The way you discipline your children will help them learn.



Hitting children is not recommended.

It does not promote positive development and can lead to other problems. When you hit your child, your child learns that hitting is the way to solve problems. Your child may continue to hit others throughout life, even when taking care of elderly parents! There are many other ways to help your children learn self-control, and know what is expected from them and how to behave appropriately.



Children need you to help them understand what kinds of behaviours you expect from them and what rules you expect them to follow. They also need help from you to manage their feelings, understand responsibility and learn how to control themselves.

Here are some ideas of how to guide children:

- Show your child how to do things
- Take your child away from situations your child cannot handle
- Help your child learn how to calm down
- Prepare your child for difficult situations
- Help your child learn to solve problems
- Say “yes” when you can and “no” when you need to
- Give your child the chance to do things the right way.

Strategies for Positive Discipline

Praise

Tell your children what they have done well. For example, praise them when you see them getting along well with others, or thank them when they help out without being asked. It is better to use praise or to say thank you rather than buying your children gifts or giving rewards for good behaviour. When children hear praise, they want to do more of that good behaviour because it makes them feel good about themselves.

Encourage Good Behaviour

Speak with your children when they are misbehaving by talking about what you expect from them. This encourages good behaviour. Don't just send your children away in anger

but instead, focus on their needs and the causes of this misbehaviour. This can help you and your children figure out together what is wrong and how to make things better.

Distraction

Draw your children's attention away from something that is beginning to upset them and engage them in a new activity or conversation.

Choice

Try to offer choices to your children. Giving children choices empowers them to think for themselves and learn to make good decisions. It helps them to understand and manage their behaviour. For example, children can choose different activities they want to do, or choose the colour of clothes they are wearing.

Other strategies to consider when children misbehave

- Firmly tell your child that what he or she did was not appropriate and why.
- Teach children to apologise for hurt or damage they have caused.
- If necessary, take away something that they enjoy for a short period.
- If something is damaged, help the child to fix it if possible.
- Always give a child the chance to be forgiven.





Teaching children how to solve problems

Remember that your child faces problems almost every day – at home, school, or with their friends. Often times we think that these problems are just there and we can do nothing about them. But for many problems, this is not true. Encourage your child to look at the problems as a challenge and find ways to solve them. Every time a child solves a problem, even a small problem, she or he will become stronger and more confident to face challenges in the future. Teach your children

the following steps to deal with conflict or other problems.

Identify the problem

First of all, help your child to identify, name or describe the problem to themselves, a friend or trusted adult person. Once they have described the problem, you can help them to start to tackle or solve it. For example, your daughter keeps hearing that one of her friends is talking about her behind her back.

You can use the following problem-solving plan to help them. It is called G.I.R.L.

Step 1: G – Gather choices

Write down or name all the ways that could be chosen to solve the problem. For example:

- I will stop speaking to my friend.
- I will tell her to stop talking behind my back.
- I will ask her if she is mad at me.
- I will ask my other friends if they know what is going on.
- I will talk to an adult.
- I will talk about her behind her back.

Step 2: I – I choose

Ask the child to pick one solution out of the options that she has listed and write it down or say it out loud. For example: I choose the option to ask my friend why she is talking about me.

Step 3: Reasons are

Now ask her to say or write down why she picked that option. For example, she might say: The reason why I picked that solution

is that I want to give my friend a chance to tell me how she is feeling about this.

Step 4: L – list outcomes

Then list all the things that could happen if this choice is made. This will help your child to prepare for various possibilities. For example:

- My friend might say she is sorry and stop.
- She might say that it is not true.
- She might get mad and angry with me.
- She might say she is sorry and still go on talking behind my back.

Once you have completed the G.I.R.L. steps together, ask your child to decide when and where to act.

After your child took action, encourage her to think about what went well and what did not go so well. If the action did not work out, it does not mean that the problem can't be solved. The child has learnt something new about the friend and about herself. Now she can try another way to solve the problem.

Speaking to children about difficult topics

Talking about puberty

It is important to prepare your children for the changes they will experience when they reach puberty.

During puberty both girls and boys can also experience emotional changes such as mood swings.

What happens during puberty for girls?

- Explain that her breasts will start to grow
- That she will get wider hips
- That she will get hair under her arms, and pubic hair at the base of her tummy and between her legs
- The biggest change that will happen to her body during this time is that she will start having her periods, also called menstruation. Explain to her that she can now become pregnant and must take good care of herself. Give her sanitary products such as pads or tampons, and tell her that menstruation is nothing to be ashamed of.

What happens during puberty for boys?

- Explain that he will get pubic, underarm and facial hair, and his leg hair may become thicker and darker.
- He might get acne and start to sweat more.
- He will probably have a growth spurt.
- His penis and testicles will grow larger.
- His voice will change and become deeper.
- And he may sometimes have wet dreams, which means ejaculating while sleeping.



Sex and Pregnancy

It is important that we speak to our children about sex so that they can prevent unwanted pregnancies, complete school and make better choices for the future.

Explain to both your boy and girl children how pregnancy happens. Babies are made when a man and a woman have sexual intercourse. This is also called 'having sex' or 'sleeping with each other'. When a man and woman have sexual intercourse the man's penis first becomes erect and then he puts it into the woman's vagina. Girls as young as 9 years old can get pregnant.

Just because their bodies start getting ready for making babies it doesn't mean they are ready to have sex or make babies. There's still a lot of changing and growing to do.

They should go to school, learn many things and enjoy playing with their friends. It is not a good thing for young people to have sex before they are grown up and ready for it.

Many young people decide not to have sex until they are fully grown up. This means, as adults they will only have sex with a kind and loving partner, someone who is responsible about having sex and making babies. Tell them that having sex is very important to do with a person you really love and trust. Advise them to enjoy their time as a young person and rather wait until they are much older before having sex.

Contraceptive Use

If you know that your children are heading towards sexual relationships, it is important to talk to them about forms of contraception,





for example, male condoms. Condoms are the easiest to find and the least costly choice for birth control to prevent unwanted pregnancy. Condoms may also protect against sexually transmitted infections, such as HIV and Aids. Other contraceptive methods include birth control pills and injections.

Harmful Practices

Advise your children against practices such as dry sex where herbs or chemicals are inserted into the vagina. These prevent the natural lubrication of the vagina and can irritate and damage the vagina wall, causing sores and infections. As condoms cannot be used during dry sex, this exposes our children to additional risks of pregnancy and sexually transmitted infections, including HIV and HPV.

Alcohol and Drugs

Talk to your children about the consequence of using alcohol and drugs. Explain to them that alcohol and drugs are dangerous because they attack the brain and harm thinking and speaking. One can lose their balance and have trouble walking properly. At first, one

might feel relaxed and happy, but later can get aggressive, start fighting or become very sad. One might hurt oneself or other people. Drinking too much alcohol poisons bodies. Alcohol is especially dangerous for young people. Therefore, the law says that kids are not allowed to buy or drink alcohol.

Like alcohol, drugs like dagga or cigarettes aren't good for anyone, but they are particularly bad for a child or teen whose body is still growing. Dagga can damage their brain, heart, and other parts of their body.

**Get help if you need to
by talking to a social
worker, pastor or nurse
to protect your child or
yourself. All families
experience troubles.
There is no need to be
ashamed to seek help.**



Protecting our children from harm

All children have the right to be protected from all forms of physical and emotional violence, injury or abuse, neglect, ill treatment or exploitation, including sexual abuse. Remember that children can be hurt through many different ways. Words can also hurt. Show them respect by not using harsh words.

Talk to your children about cultural discrimination

As San people, we often experience cultural discrimination in our communities and in Namibia. Cultural discrimination is when a person or a group is disrespected and treated less favourably because of their culture. Namibia has laws to protect its

citizens from discrimination. But, despite this, people can belittle, humiliate and shame us because of our race and culture. It is important that our children know that cultural discrimination is wrong and that we all should resist it. We should fight for our right to be treated with respect and dignity as equal citizens of our country.

Protecting our children from child labour

People from other ethnic groups sometimes exploit our children through child labour, using them to work as cattle herders or to look after children as nannies. We need to protect our children from these practices and make sure they enjoy their right to education and leisure.

Protecting our daughters from child marriage

The Namibian law says that only people who are 18 years of age and older can get married, and both partners must agree to the marriage. This is called consent. When girls are forced to marry at a young age, their right to consent is violated, and they are exposed to sexual violence and early pregnancy, which can lead to death during child birth. It often means they leave school before finishing their education, which restricts opportunities for a good future. Let's encourage and support our girls to finish school.

Tell your children that they have the right to choose their partners; no one can force them into a relationship they don't want. Encourage them to think about what kind of relationship they would like to have, for example, one of mutual respect.



What does a respectful relationship look like?

- When you both feel supported to make decisions
- When you treat each other with respect
- When you can say no to each other about things you don't want
- When there is no physical, verbal, emotional or economic violence, and you both feel safe and never scared.

Protecting children from sexual abuse

You can protect your child by knowing what sexual abuse is. Sexual abuse is when an adult or an older child does sexual things to children or gets children to do sexual things to them.

Teach your children that their bodies belong to them and no one should touch them without their permission.

It is sexual abuse when someone:

- Touches any part of a child's body in a way that makes them feel uncomfortable
- Touches their private parts
- Makes them touch their private parts
- Wants to watch a child without their clothes on
- Makes a child watch sexual pictures
- Makes sexual suggestions and comments about a child's body
- Says they want to have sex with a child
- Forces a child to have sex with them.

The most important thing to know is that sexual abuse of children is **NEVER** the child's fault.

It is **ALWAYS** the adult who is responsible.



They might trick, pressure, scare, confuse or threaten children so that they feel like they have to do these things. Incest is sexual abuse by a family member.

Teach your children to protect themselves from sexual abuse

Tell your children if they feel uncomfortable when someone touches or kisses them, they should say: “No! Don’t touch me!” Say it loudly and run away. And they should always tell a parent or other trusted adult about the unwanted touch so that steps can be taken to stop that person from ever touching them again. Let them know that they have the right to tell other people when somebody wants to hurt them!

Teach your children the correct names of their private parts

They must know the correct names of their private parts, like anus, vagina, breasts, penis and so on, that way they can explain clearly when seeking help. This may be difficult because these words are sensitive words and can be interpreted as disrespectful or as swear words.

Tell your children to trust their feelings

Tell your children that when they feel unsafe and uncomfortable, it is their body telling them that something is not okay. They might get butterflies in their tummy, or their heart might start to race, they might get weak legs and knees, or sweaty palms. When this happens, it is time for them to take action, like screaming or running away. They could also say that they have to go home now, or need to ask a parent or other adult for permission first.

Be aware of the possibility of abuse

Our people do not have good houses, often a family is forced to share a room. Think carefully about with whom your children share a bed or a room, because the possibility of your child being sexually abused in such circumstances is high.

Teach your child the difference between a good touch and a bad touch

Explain that a good touch makes one feel happy, like when a parent hugs them. When somebody hits them or touches them on their private parts, it’s a bad touch. A bad touch makes one feel worried and scared. Remind them it is their right to say no to someone if they are being touched in a way they don’t like.

Teach your child the difference between surprises and secrets

Explain to your child the difference between a surprise and a secret. A surprise is something positive, like when you want to do something good for somebody but do not want him or her to know beforehand. Surprises will eventually be known, whereas secrets are meant to stay hidden, and this is not always a good thing. Explain to your child that if someone asks them to keep a secret and they feel uncomfortable about it, they should always tell you. Assure them that they can tell you anything and that they shouldn’t keep secrets.

Children have the right to practise their culture with their family and community



Our cultural identity is a source of strength. When we build our goals and futures on the foundation of our San cultures, we can do and be anything we want!

It is important that our children know our San heritage and histories, families and communities

Our San heritage is what we have inherited from our ancestors. It provides clues to our past and how our San society has developed. Our history enables us to develop an awareness of ourselves, about who we are as San peoples!

This knowledge will help our children to grow up strong and proud, knowing our identity –



who we are, where we come from, where we belong and how we relate to each other and other people, as well as to the animals and plants in our environment.

Tell your children when we live in harmony and with a sense of pride for our culture, it improves our health and makes us feel good about ourselves. This is because the customs and traditions of our San peoples bind us together and create a sense of belonging. When we know where we belong, we feel stronger and can deal better with difficulties in our lives.

Ancestors of humanity

Let your children know that our San ancestors were the first human inhabitants of Africa, and the oldest people on earth! All people on planet Earth are descendants from our San ancestors. Scientists have proven this.

Our ancestors lived in small groups across southern Africa long before the land was divided into the different countries we have

today. We know this from stone tools that have been found – some of which were made almost 2 million years ago – and from the thousands of rock paintings in caves in the mountains across Southern Africa, where gatherer-hunter groups sheltered from the weather and created our beautiful artworks.

An important part of culture is language. You can support this by speaking your mother tongue with your children.

Our values and beliefs

Tell your children that they are part of the human journey that began more than two hundred thousand years ago with our ancestors. Over thousands of years stories about who we San people are have been passed down from generation to generation.

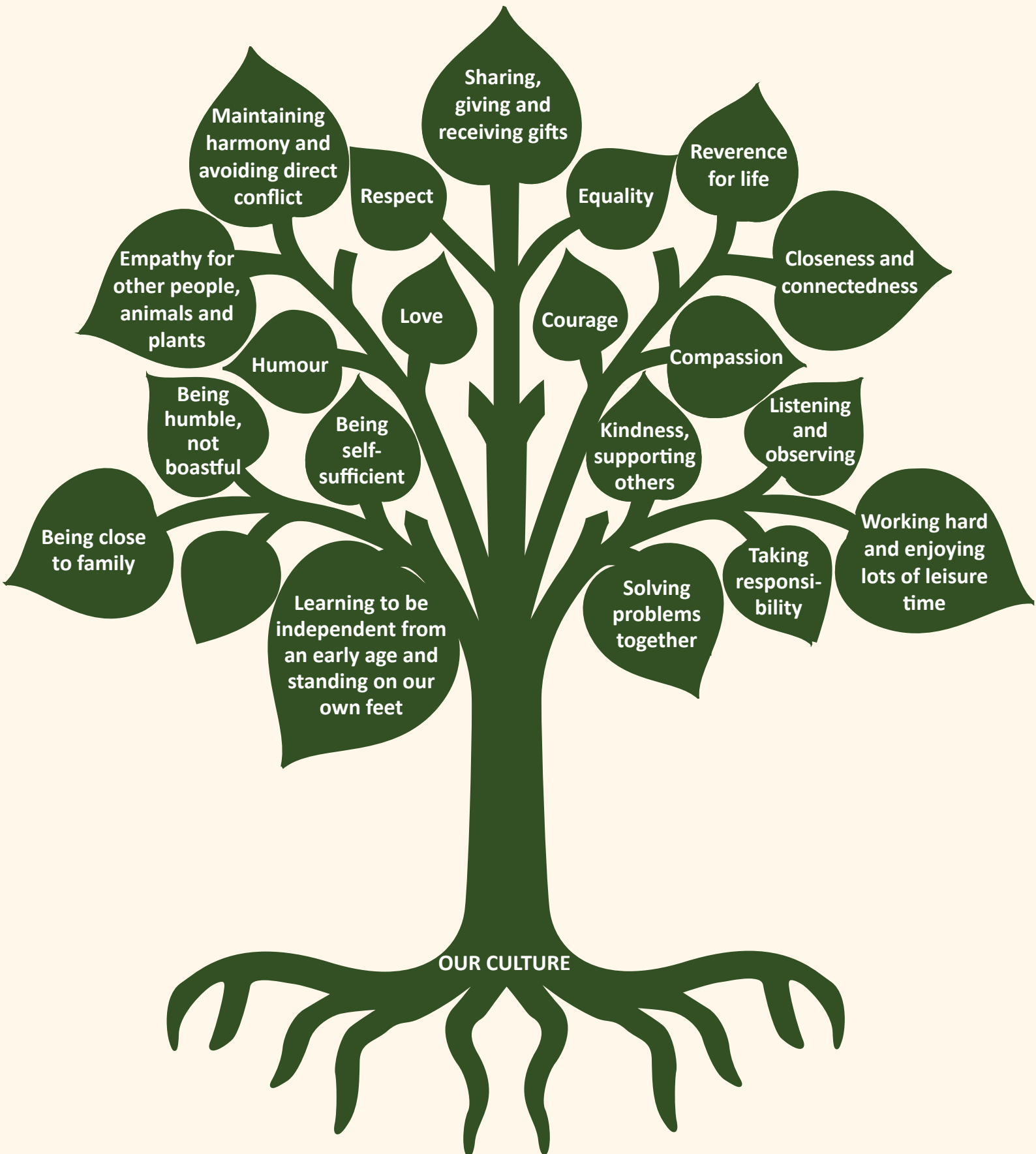
The most important of this information is our values. Our values are our guides, and show us how to live our lives in the best interest of our families, our communities, all living things, and ourselves. The values of our San ancestors are our roots.

Ways to teach your children about our culture:

- Share stories, games, songs and dances of long ago
- Go berry collecting and find veld food with your children
- Share the history of your family, clan, and ethnic group
- Introduce your children to your extended family, friends and community members who can share crafts, skills and wisdom
- Practise traditional skills and crafts together.

Culture is not only about our languages, stories, skills, crafts, clothing and tools; it is also about who we are on the inside, shaped by our values.

The core values of our San culture are:





Children have the right to learn, and receive a good education

Our children have the right to receive a good education, just like all other children in our country. All children in Namibia have the right to be taught in their mother tongue in the first years of school. Stand together with other parents in your community to fight for the right of your children to receive education in their mother tongue. Schools should employ young people from our communities as assistant teachers to support our children in the classroom.

It is your right to visit your child's school and classroom and meet with the teachers and

principal to find out what the school expects your child to learn and how she or he should behave. Attend school meetings, and ask for translation into your home language at these meetings. Support the expectations of the school at home.

It is also your right to see your culture reflected in your child's education. The strength of our San culture can guide our children into making good career choices in future. Think about offering to share your culture at school events and in the classrooms.

Children have the right to learn in a safe environment where they are supported and do not experience anxiety and fear. Sadly, bullying is a major problem at many schools in Namibia, and San children are sometimes targeted by both learners and teachers from other ethnic groups.

No one should discriminate against our children in school. Hitting children (corporal punishment) is forbidden in schools by Namibian law. Unite with other parents to speak up against violence and bullying at school if your children experience it.

Education is a valuable opportunity to make a better life for our children, for them to develop their natural skills and gifts and become the best version of themselves. It is important to support them in making their best effort to stay in and complete secondary school and even pursue tertiary education.

Strong families encourage each other to learn

Don't be afraid to learn something new yourself as this will encourage a learning culture in your children. Also don't be afraid to ask your children to teach you. Encourage your child to help adults at home, at school and in the community – such as helping with household chores, cleaning the classroom, and volunteering at the local clinic – or tutoring younger learners after school.



Children have the right to food, water, housing and healthcare

The right to food, water, housing and healthcare protects the basic needs of children so they can grow up strong and healthy, and become active and positive members of their community and society.

We know that these rights are not easy to realise. As parents, for various reasons, it isn't always possible for us to meet all of our children's needs. The Government should support parents who are struggling to provide for these basic needs. The Ministry of Gender Equality, Poverty Eradication and Social Welfare provides a Child Maintenance Grant, for which you can apply at the nearest regional



office. This money should be solely used for things the children need, such as food, medicine, sanitary products (soap, toothpaste and pads), school uniforms, etc. The Gender Ministry also has funding to support some income generating projects such as gardening or bread baking. You can ask at your regional office for more information.

- We can use our traditional skills to create craft products for the tourist market, and learn to develop new products.
- Planting our own gardens is a very important way in which we can provide healthy food for our children and ourselves and teach the children valuable skills by involving them.
- Starting a small business to provide a needed service or goods in our communities is another way to earn money.

We should not depend solely on what the Government can do for us, we should also think about ways to help ourselves while demanding support from the government. We as San people need to acknowledge that although some of the ways in which we lived in the past can't be utilised to help us today, many of them can. We need to be resilient and innovative to address the challenges of today, and our culture can help us to prosper.



Respond to the needs of your children

- Don't ignore your children even if you are around other adults.
- Listen when your children are trying to tell you something.
- Get down to their eye level. Look at them and respond to them when they are trying to tell you something.
- How do your children act when they are tired, hungry or need to be comforted?
- Respond to your children's need in a caring way.
- Talk about feelings with your children (your and theirs). For example, ask: Are you sad? Do you want a hug?
- Respond in a positive way to your children by using kind, caring and loving words.
- Use a calm, gentle and caring voice when you talk to your children. Get close to them so you do not have to raise your voice.
- Use actions that show how much you love and cherish your children. Laugh and talk with them. Tell them stories. Play with them.
- Be there to comfort your children when they feel tired, upset or hurt.
- Focus on your children by giving them full attention.
- Tell your children that they are loved, every day.
- Keep your children safe by making sure that your home is safe. Stay close to them when they are outside. Allow only safe people to be in your children's lives.
- Get to know your children's friends and their parents, and do things together as families.



