

My Body is My Body

Keeping Children Safe

May 2023

By: Chrissy Sykes



Mental Health Awareness Month





Chrissy Sykes

As we enjoy the beautiful month of May 2023, I would like to take a moment to acknowledge the important work being done in child protection by so many of you. We are truly grateful for your dedication and support.

One issue that cannot be ignored is the use of corporal punishment, which unfortunately continues to be a major problem worldwide. Shockingly, thousands of children are still killed, injured, or disabled by physical punishment each year. The impact of this harmful practice extends far beyond the physical, as it also damages the parent-child relationship and can have negative effects on a child's mental health.

This month's we delve into the issue of corporal punishment and its devastating effects. We also provide strategies for parents who may not realize the harm they are causing with physical punishment. By sharing this information, we hope to help parents understand that there are more effective and compassionate ways to discipline their children. We hope you find this article enlightening and informative, and please share it with anyone who may benefit from this important message.

Chrissy Sykes



Please donate

My Body is My Body

This vital child abuse prevention program is free, but we must leave the children with booklets for reference.

Your donations will help us print booklets to help keep children safe and healthy so they can have a bright future.

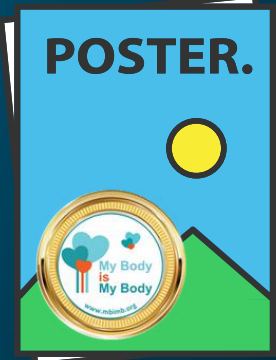
Donate either through:

MBIMB Foundation or

Global Goodwill Ambassadors



GGAF and MBIMB COMPETITION 2023



1

First up, we have the poster competition.

Encourage your students to get creative and design posters that promote body safety and feature the empowering phrase "My Body is My Body."

2

Next, we have the singing competition.

Let your students showcase their singing skills by singing one of the MBIMB songs. You have six to choose from. You can do this as a class exercise or with a few children. They can even create their own backing track or use the one we provide. Once you have registered, we will send you all the .mp3's to play with.



3

Last but not least, we have the dance competition.

Let your students choreograph a dance routine around any of the "My Body is My Body" songs. Encourage them to be creative and showcase their individuality. Once you have registered, we will send you all the .mp3's to play with.



[Click Here for more information](#)
[and to REGISTER](#)



GGAF and MBIMB COMPETITION 2023



Poster Competition



Dancing Competition



Singing Competition



*So what are you waiting for??
Get your students involved, and let's promote body
safety together. Let's make this year's competition
bigger and better than the last one!*

[Click Here To Register](#)

Protecting Young Minds:

The Impact of Bullying, Peer Pressure, Child Abuse, and Anxiety on Young Children's Mental Health

By Chrissy Sykes



Mental health is a critical aspect of overall well-being, and it is especially important to address in young children.

Mental health issues in children can arise from a variety of sources, including bullying, peer pressure, child abuse, and anxiety. In this article, we will explore each of these factors in-depth and discuss their impact on the mental health of young children.

Bullying

Bullying is a pervasive problem in schools and can have significant impacts on the mental health of young children. Bullying can take many forms, including physical violence, verbal abuse, and exclusion from social groups. Children who experience bullying may develop a range of mental health issues, including anxiety, depression, and post-traumatic stress disorder (PTSD).

Research has shown that children who are bullied are more likely to experience mental health problems than their peers who are not bullied. This is because bullying can damage a child's **sense of self-worth and self-esteem**, making them more vulnerable to anxiety and depression. Children who are bullied may also become **socially isolated**, which can exacerbate their mental health problems.



Mental health is a critical aspect of overall well-being, and it is especially important to address in young children.

To address the issue of bullying, it is essential to create **safe and supportive environments in schools**. Teachers and school administrators should be **trained in recognizing and responding to bullying** and should work to create a culture of kindness and respect among students. Parents can also play a role in preventing bullying by teaching their children to be kind to others and to **stand up to bullying** when they see it.



Peer Pressure

Peer pressure is another common source of mental health problems in young children. Children may feel pressure to conform to social norms or engage in risky behaviors to fit in with their peers. This pressure can lead to anxiety, depression, and other mental health issues.

To help children navigate peer pressure, it is important to teach them the skills they need to make independent decisions and resist negative influences. Parents can start by building a strong relationship with their children and fostering open communication. This can help children feel more confident in their ability to make good choices and resist peer pressure.

Mental health is a critical aspect of overall well-being, and it is especially important to address in young children.

Child Abuse

Child abuse is a serious issue that can have long-lasting effects on a child's mental health. Abuse can take many forms, including **physical, sexual, and emotional abuse, as well as neglect**. Children who experience abuse may develop a range of mental health issues, including anxiety, depression, PTSD, and substance abuse.

To address the issue of child abuse, it is essential to create safe and supportive environments for children. This includes providing children with access to resources, education on body safety and support services, such as counseling and therapy, and ensuring that all reports of abuse are taken seriously and investigated thoroughly.

Anxiety

Anxiety is a common mental health issue in young children, and it can arise from a variety of sources. Children may experience anxiety related to **school, social situations, or family issues**. Anxiety can manifest in a variety of ways, including physical symptoms like stomach aches and headaches, as well as emotional symptoms like irritability, difficulty sleeping and behavioural problems.

To address anxiety in young children, it is important to provide them with support and resources. This can include counseling, therapy, and medication if necessary. Parents can also help by providing a supportive and nurturing environment, **teaching coping skills**, and **encouraging healthy habits** like exercise and mindfulness.

Mental health issues in young children can arise from a variety of sources, including bullying, peer pressure, child abuse, and anxiety. It is essential to address these issues early to **prevent long-lasting effects** on a child's mental health.

By creating safe and supportive environments for children, providing access to resources and support services, and teaching coping skills, we can help young children develop the resilience and skills they need to navigate the challenges of life.





HOPE AMBASSADORS



CLEAN HANDS SAVE LIVES AND MBIMB ADVOCACY



The Hope Ambassadors Team in Bauchi is on a mission to make a difference in the lives of children through their advocacy programs. Recently, they paid a visit to the Silverspoon Leadership Academy in Bauchi, Nigeria, to teach students about good hand hygiene practices and how to prevent child abuse.

We all know that keeping our hands clean is important, especially for children. The Hope Ambassadors Team emphasized the importance of washing hands after using the toilet and touching unclean surfaces. Through engaging activities and demonstrations, the students learned valuable lessons that they can apply in their daily lives.



HOPE AMBASSADORS



CLEAN HANDS SAVE LIVES AND MBIMB ADVOCACY

But that's not all. The Hope Ambassadors Team also introduced the My Body is My Body (MBIMB) program to the students. This program teaches children how to recognize abuse, the steps to take, and how to seek help. The students even got to sing the catchy MBIMB song, making the lesson all the more memorable.

The Hope Ambassadors advocacy program in Bauchi is truly inspiring, and their efforts to promote good hygiene practices and prevent child abuse are commendable. It's crucial to continue these advocacy programs in schools, communities, and to involve parents in promoting healthy living and child abuse prevention.

In fact, Hope Ambassadors is calling on volunteers who are passionate about making a difference in the lives of children. They need volunteers who are ready to reach out to children and parents in schools, streets, churches, mosques, and the community as a whole.

If you're interested in joining this noble cause, please contact Mandy or Taiwo Olowu at Hope Ambassadors.





BILL MACKIE AND COSMAS JOHN IN TANZANIA



Bill Mackie and his wife Heather visited TANZANIA this past month to undertake several projects including sharing the My Body Is My Body programme.

On their last working day in Moshi accompanied by Cosmas John and his volunteers from Zion Gates Foundation took the My Body Is My Body programme presented in SWAHILI to yet another Primary School. This school had many rooms but they only had enough furniture to use one classroom. Bill noticed that all of the pupils get a hot meal here. Important for helping them concentrate when being taught.



"Together, we can make a difference in the lives of vulnerable children. Join us in our mission to protect and safeguard our children's futures."

We are so grateful for the incredible contributions of our volunteers from Canada, UK, and Slovakia. Their selflessness and commitment to our child protection program have made an invaluable difference in the lives of the children we serve.





SHULE YA MSINGI MARAWA
136 MAKAO
KIJIJI CHA MANUSHI NDOO
25215 KIBOSHO MAGHARIBI
MOSHI





MITYANA YOUTH DAY 2023



UGANDA

THURSDAY, MAY 4TH 2023
9AM - 5PM





Three international Rotary clubs came together to organize and celebrate Mityana Youth Day took place on Thursday, May 4, 2023, at a community center in Mityana, Uganda. RC Heliopolis el Golf of Egypt partnered with RC Kiwatule of Uganda and RC Nairobi North of Kenya as well as several NGOs including Egypt Ice Hockey Club Team (EIH), UK based My Body is My Body Organization (MBIMB), and local Ugandan NGOs including Straight Talk Foundation, Kisembo's Children's Community Based Organization (KCCBO) to organize Mityana Youth Day and Afri-Egypt Health Services Center.



The My Body is My Body Programme was a significant part of the **EIH Cares** event in Mityana, Uganda. The children participated in the programme by performing the MBIMIB song, which promotes body safety and helps children stay safe. The founder of the program, Chrissy Sykes, was pleased to see the children being introduced to these life skills at a young age, saying that the earlier they learn body safety, the better.

During the event, children from **Kisembo Children’s Community Based Organization** showcased their talents by performing cultural shows and traditional songs. The founder of the organization, Kisembo, expressed his desire for the world to know about the children's talents, hoping that they would be discovered and able to achieve their dreams.

Nancy Abdelhadi, CEO of IBIS and representative of Egypt Ice Hockey, attended the event and spoke about the importance of holding the EIH Cares event in Uganda. She emphasized that sports can be enjoyed by everyone regardless of their social or economic status and that winter sports and ice hockey are for all, regardless of geographical location.

Mityana Youth Day

Abdelhadi spoke directly to the children, encouraging them to hold on to their dreams and never give up on them. She reminded them that they are unique and that they matter, and that with hard work and God's blessings, their dreams will come true.

The EIH Cares event was a collaboration between various non-profit and private institutions, including Egypt's Rotary Club Heliopolis El Golf, Egypt Ice Hockey Club team, My Body is My Body, Straight Talk Foundation, IBIS, Rotary Kiwatule of Uganda, and others. The event aimed to promote the importance of sports and a healthy lifestyle while also introducing children to new experiences and life skills.

Overall, the EIH Cares events was a great success in Uganda, leaving a positive impact on all of the children who participated.





MBIMB INTRODUCED INTO BERKINA FASO



By Jeunesse Engagée pour le Développement Durable

We are thrilled to share some exciting news about a groundbreaking international project that **JEDD** and the **BENIE FOUNDATION INC** have initiated called "My Body is My Body."

This initiative, aimed primarily at children, especially pupils, has a general objective of "Preventing child abuse in Burkina Faso and all over the world." Specifically, it aims to "raise awareness of the harms of violence against children (physical, sexual, psychological violence as well as neglect)."

Funded by **BENIE FOUNDATION INC**, this ambitious project will take place in the five major municipalities of the province of Kourweogo, including Niou, Sourgoubila, Boussé, Laye, and Toéguin. The success of the project relies heavily on the involvement of grassroots communities.

As a result, JEDD and BENIE FOUNDATION INC officially launched the project in Napalgué, a village in the municipality of Niou covered by the project.





MBIMB INTRODUCED INTO BERKINA FASO



By Jeunesse Engagée pour le Développement Durable

The launch event brought together the highest personalities of the province of Kourwéogo, including customary and religious authorities, representatives of women and young people from the JEDD in the province, and many others. The event was covered by the country's renowned radio and television channels and was enhanced by artistic animations, ballets, and theaters that explained the content of the My Body Is My Body Programme.

During the event, customary and religious leaders, women and youth leaders, and the founding president of JEDD, Soumaila Dianda, expressed their gratitude to Mrs. Bénie Kouyaté, founder of BENIE FOUNDATION INC, for her initiative and support of this life-saving project.

In his speech, **President Soumaila Dianda** re-explained the project's substance to the populations to garner their full support. The launch day was a resounding success, and before closing the ceremony, President Soumaila Dianda thanked **Mrs. Bénie Kouyaté** for all her support and committed to making the project a success.

The next step in the project is implementation tours in the villages of the five municipalities, starting with the Commune of Niou and the village of Napalgué. This noble project has the potential to save countless lives and help prevent child abuse worldwide, and we at JEDD and BENIE FOUNDATION INC are honored to be a part of it.

Thank you so JEDD and Benie Foundation Inc for your tremendous efforts in protecting children in Berkina Faso, we at the MY Body Is My Body Foundation are tremendously proud of your efforts - Chrissy Sykes





TRANSFORMING LIVES

GET READY TO BE AMAZED



Get ready to be amazed by the impact of The Mujib Hope Foundation Adamawa Team presenting the My body is My Body programme. The team recently conducted a refresher training at the Malamre Community, where the program had been implemented for children before. And boy, was it a huge success!

The day kicked off on an exciting note with the children taking center stage to sing the catchy MBIMB song, which had become an instant hit among them. Next up was the assessment to test their knowledge of the program, and we were blown away by their impressive responses! These kids had clearly been paying attention during the previous intervention and were able to answer the questions with ease.

But that's not all - the most heartwarming part of the day was seeing the joy on the children's faces as they greeted the MHF team once again. It was a reminder of the incredible impact that the MBIMB program has had on their lives and how it continues to empower them to take ownership of their bodies and protect themselves from harm.

If you're wondering what the MBIMB program is all about, it's a comprehensive child safety program that teaches children about their rights and personal boundaries, as well as how to recognize and respond to abuse. It's a vital program that equips children with the tools and knowledge to stay safe in today's world.

Kudos to the Mujib Hope Foundation Adamawa Team for their unwavering commitment to protecting children and for making the MBIMB program such a huge success!

TOLERANTIA REACH

By: Terence A. Asitibasi

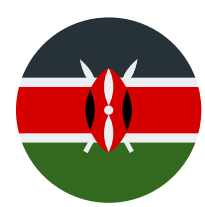
Tolerantia Reach is making waves in the world of child empowerment and support for underprivileged minors. With a mission to identify the gifts, skills, and talents of every individual and aid them in realizing their full potential, this award-winning international organization has chapters in Africa, Asia, and Europe. Recently,

Tolerantia Reach completed the first phase of its groundbreaking "My Body Is My Body" (MBIMB) program for Basic 5 and 6 pupils at the Tungteiya M/A Primary School in Tamale, Ghana. This comprehensive child safety program aims to teach children about their rights, personal boundaries, and how to recognize and respond to abuse. And from the sounds of it, the first phase was a huge success!

While originally planned to be held for the entire school, logistical challenges led to the decision to conduct the program in phases so that all students could benefit from it. But the remaining students are eagerly awaiting their turn to learn and have fun at the same time. The program not only educates but engages children in a way that makes learning enjoyable and impactful.

The Tolerantia Reach team is thrilled to have made a positive impact on the students and is committed to continuing to empower these young minds and make a real difference in their lives. The MBIMB program is just one example of the innovative approaches they take to fulfill their mission of reaching out to as many underprivileged minors as possible and supporting them in living up to their full potential. We can't wait to see what other amazing work Tolerantia Reach will accomplish in the future and how many more young lives they will positively impact.





A MEMORABLE VISIT TO NGEI PRIMARY SCHOOL: EMPOWERING CHILDREN IN SLUM COMMUNITIES

KENYA By Faith Muthoka and Darren

Hart

Ngei Primary School, nestled amidst the Southlands, Kibera, and Otiende slums, recently became the focal point of an inspiring visit. This visit, which took place on the 13th of May, 2023, aimed to engage with the pupils who hail from these marginalized areas. Accompanied by their head teacher and dedicated educators, we had the privilege of interacting with a total of 348 students, consisting of 288 girls and 60 boys, aged between nine and sixteen.

One of the highlights of our visit was the implementation of the "My Body is My Body" program, skillfully introduced by Faith Muthoka and Darren Hart. Gathering all the pupils together, irrespective of gender, they sensitized them to the importance of speaking up against secrets and various forms of abuse. The students were educated about the severity of physical violence, such as excessive beatings, kicks, burns, punches, and inappropriate touching. They were empowered with the knowledge that they have the right to protect their bodies, and in the event of any abuse, they should promptly report it to a trusted adult.



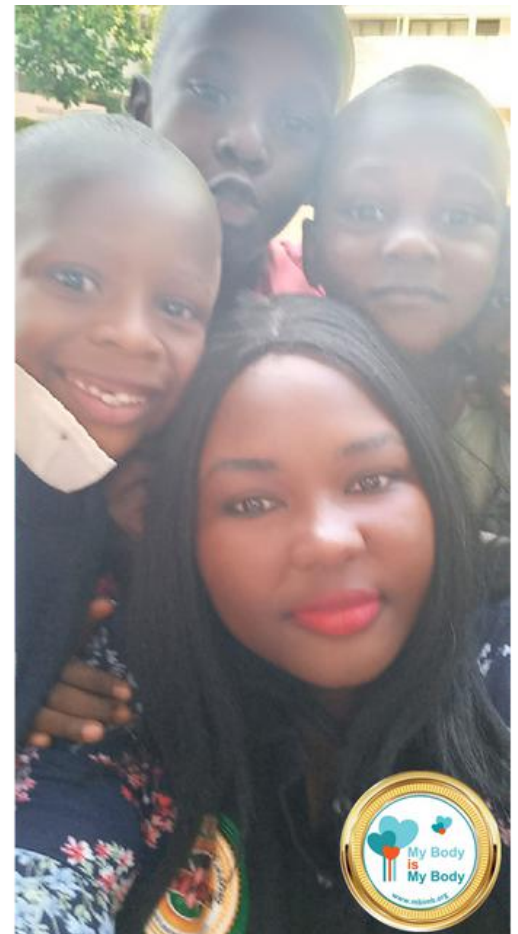


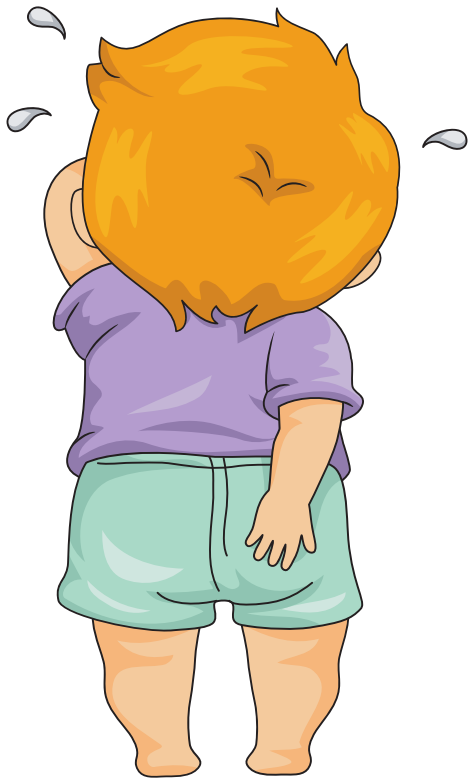
A MEMORABLE VISIT TO NGEI PRIMARY SCHOOL: EMPOWERING CHILDREN IN SLUM COMMUNITIES KENYA

However, our visit was not solely focused on serious matters. We also ensured that the students had an enjoyable experience. A dance competition was organized, which brought a burst of energy and enthusiasm to the atmosphere. The winners were duly recognized and rewarded for their outstanding performances. Moreover, we introduced incentives for those who actively participated, displayed a strong grasp of the topics taught, remembered our names, and posed thought-provoking questions.

The response we received from the pupils was truly heartwarming and served as a powerful motivation. Their happiness and openness were evident, as they freely expressed their feelings and ideas. They exhibited remarkable boldness in their interactions with us, showcasing their eagerness to learn and engage. The teachers at Ngei Primary School expressed their immense satisfaction with the visit and urged us to continue supporting their efforts, encouraging us to repeat such activities in the future.

The visit to Ngei Primary School was a remarkable experience, leaving an indelible mark on both the students and the visitors. It highlighted the importance of empowering children from disadvantaged backgrounds and equipping them with the knowledge and confidence to protect themselves. By fostering a safe and nurturing environment, we aspire to pave the way for a brighter future for these resilient young minds.





According to End Violence Against Children

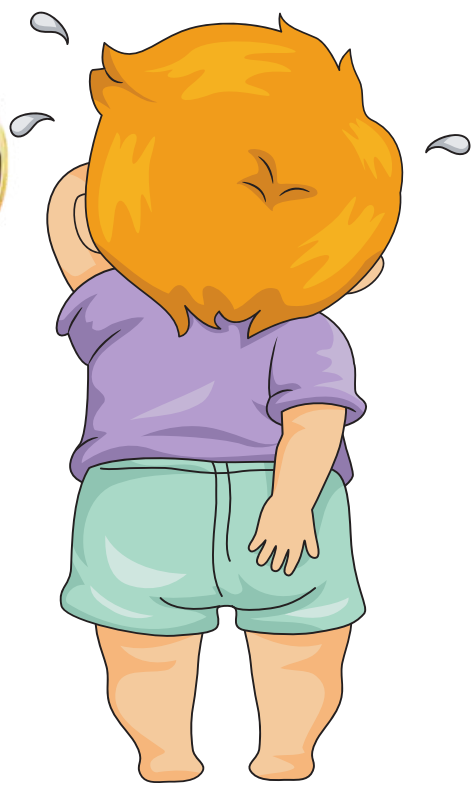
corporal punishment
is the most common form of violence against children.

The World Health Organization (WHO) and the United Nations Convention on the Rights of the Child (UNCRC) recognize that corporal punishment of children is harmful and violates their fundamental human rights.

According to the WHO, corporal punishment can cause physical and mental harm to children, can lead to aggressive and antisocial behavior, and can perpetuate cycles of violence. The UNCRC outlines the right of every child to be protected from all forms of physical or mental violence, injury, or abuse, including corporal punishment. The Committee on the Rights of the Child, which monitors compliance with the UNCRC, recommends that all forms of corporal punishment be prohibited, including within the family.

Despite the recognition by these organizations of the harmful impact of corporal punishment on children, it remains a widespread practice across the world. Four out of five children between the ages of 2 and 14 are subjected to corporal punishment, which takes place in many fundamental settings, such as homes, classrooms, childcare settings, and juvenile justice centers.

According to End Violence Against Children



corporal punishment
**is the most common
form of violence
against children.**

Shockingly, 86 percent of the world's children are not protected by law from this harmful practice. It is crucial to implement policies and laws that protect children from corporal punishment and promote positive discipline techniques that do not involve physical punishment. This can lead to healthier relationships and better outcomes for children, ensuring that their fundamental human rights are respected, protected, and fulfilled.

It's surprising to learn that only 14 percent of children worldwide are fully protected from corporal punishment by law. While adults may take legal protection from assault for granted, children do not have the same safeguard. Prohibiting corporal punishment is an important step towards ensuring that children are equally protected under the law as adults.

Children are the smallest and most vulnerable members of society, and they deserve more, not less, protection from violence.

The protection of children from all forms of violence is a fundamental human right, and corporal punishment violates this right. Children have the right to be free from any type of punishment that causes them physical or emotional harm.



Disciplining a child without spanking:

Disciplining children is an important aspect of parenting, but the method in which parents choose to discipline their child can vary. Here are some strategies that parents can use to discipline their child without spanking.

Set Clear Boundaries and Consequences

One of the best ways to discipline your child without spanking is to set clear boundaries and consequences. This means establishing clear rules for behavior and making sure that your child understands the consequences of breaking these rules. For example, if your child is not allowed to watch TV after 8 pm, make sure they understand that if they do, they will lose TV privileges for a certain amount of time.



Use Positive Reinforcement

Positive reinforcement is another effective way to discipline your child without spanking. This involves rewarding good behavior instead of punishing bad behavior. When your child does something positive, like cleaning up their toys or sharing with a friend, praise them and give them a reward, such as a sticker or a small treat. This will encourage them to continue behaving well.



Use Time-Outs

Time-outs can be an effective way to discipline your child without spanking. When your child misbehaves, calmly tell them that they need to take a break from the situation and spend some time in a quiet, safe place to calm down and reflect on their behavior. This helps your child learn to regulate their emotions and behavior on their own, without the need for physical punishment.



Disciplining a child without spanking:

Disciplining children is an important aspect of parenting, but the method in which parents choose to discipline their child can vary. Here are some strategies that parents can use to discipline their child without spanking.



Talk to Your Child

Sometimes, simply talking to your child can be an effective way to discipline them without spanking. Explain why their behavior is unacceptable and how it affects others. This can help your child understand the consequences of their actions and motivate them to change their behavior.



Lead by Example

Children learn by watching their parents, so leading by example can be a powerful way to discipline your child without spanking. Model the behavior that you want to see in your child, such as using kind words and taking responsibility for your actions.



Spanking may seem like an easy way to discipline a child, but it can have negative consequences and is not be effective in the long run. Instead, parents can try setting clear boundaries and consequences, using positive reinforcement, using time-outs, talking to their child, and leading by example.

By using these strategies, parents can help their children learn to regulate their behavior and make positive choices on their own.

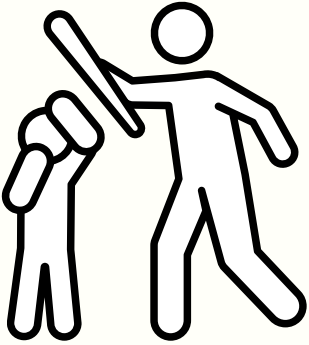


Corporal Punishment

what the evidence tells us

According to End Violence Against Children

School corporal punishment is still lawful in 63 states worldwide - this relates to 793 million children -half the global school-age population. We would like to join the call to governments to eliminate all forms of violent punishment against children.



Physical harm

Thousands of children are killed, injured or disabled by corporal punishment each year



Poor mental health

There are strong links with behavioural and anxiety disorders, aggression, depression, low self-esteem, self-harm and suicide attempts, alcohol and drug dependency



Damage to education multiple negative

There are impacts on cognitive development; linked to lower educational achievement and increased likelihood of school drop-out.



Damage to the parent-child relationship

Children feel rejected, hurt and frightened

Check out our Free Courses Programme in 27 Languages Free Resources

www.mbimb.org





Gaslighting

Have you ever felt like you were losing your grip on reality? Like your own thoughts and memories were being twisted and manipulated to suit someone else's agenda?

This is the insidious nature of gaslighting, a form of emotional abuse that can leave its victims feeling confused, isolated, and even suicidal.

By Chrissy Sykes

Gaslighting is a subtle and cruel technique that involves denying, distorting, or dismissing a person's perceptions and experiences to the point where they start to question their own sanity. It can happen in any type of relationship, but is particularly common in romantic partnerships where one person holds power over the other.

When someone is gaslighting you, they might tell you things that you know aren't true, or accuse you of saying or doing things that never happened. They might make you doubt your own memory, judgement, and even your own sense of self. Over time, the gaslighter can erode your confidence and independence, leaving you feeling dependent on them for your own sense of reality.

The effects of gaslighting can be devastating. Victims of gaslighting can experience a range of mental health issues, including anxiety, depression, PTSD, and suicidal thoughts. It is a form of abuse that should never be taken lightly.

It's important to recognize the signs of gaslighting and seek help if you suspect you are being gaslit. Remember that **your thoughts, feelings, and experiences are valid**, and you have the right to speak up for yourself. Gaslighting is never your fault, and there is always a way out.



Here are eight points that may help you if you are in a gaslighting situation:

Recognize the signs:

Gaslighting involves manipulating someone to doubt their own perceptions and memory of events. The gaslighter may distort the truth, deny facts, and even project their own behaviors and feelings onto their victim. Be aware of these tactics, so you can spot them when they occur.

Trust your gut:

If you feel like something is off or that you're being lied to, trust your intuition. Don't dismiss your own feelings or let someone else convince you that you're crazy.

Keep a record:

If possible, keep a journal or notes of what happened, what was said, and when. Having a record of events can help you see patterns and provide evidence if you need to confront the gaslighter or seek help.

Seek support:

Talk to someone you trust, like a friend, family member, or therapist, who can provide a reality check and emotional support. It can be difficult to see things clearly when you're in the middle of a gaslighting situation, so having an outside perspective can be helpful.

Set boundaries:

Establish clear boundaries with the gaslighter. Let them know what behaviors are not acceptable, and stick to your boundaries. Gaslighters may try to push your limits, so it's important to be firm.

Take care of yourself:

Gaslighting can be emotionally draining and stressful. Make sure to take care of yourself by getting enough sleep, eating well, and engaging in activities that bring you joy and relaxation.

Practice self-compassion:

Gaslighting can make you doubt your own worth and abilities. It's important to be kind to yourself and remind yourself that you're not the problem. Gaslighting is a form of emotional abuse, and you deserve to be treated with respect and kindness.

Seek professional help:

If the gaslighting is affecting your mental health or relationships, consider seeking professional help. A therapist can help you process your emotions, provide coping strategies, and develop a plan for dealing with the situation.



NEW

Essential Skills For New Mothers Course



BECOMING A MOTHER ESSENTIAL SKILLS FOR NEW MOTHERS

Returning home with your new baby

- *Returning home with your new baby*
- *The Umbilical Cord*
- *Breast Feeding*
- *Mastitis*
- *Breast Compression*
- *Expressing Breast Milk*

Crying Babies

- *How can I soothe my crying baby?*
- *How can I tell if my baby is teething?*
- *How can I put my baby to sleep?*
- *Using Dummies, Pacifiers*
- *What is swaddling?*

Baby Hygiene

- *Bathing your baby*
- *How do I change a baby's diaper or nappy?*

How can I tell if my newborn baby is sick?

- *How Can I Tell If My Newborn Baby is Sick?*
- *What Is Jaundice?*
- *Why do newborns suffer from colic?*

Extra Tips

- *How should I exercise my newborn baby?*
- *Baby Hygiene - Important points to remember*
- *Vaccinations*

Enroll at www.mbimb.org

With special thanks to Dr. Tufail Muhammad (Paediatrician)
for his help and advice with putting this course together.

Sign up at
www.mbimb.org
for this **FREE**
Course

NEW!

MBIMB COURSE

Safeguarding Fundamentals

We are proud to announce that our new **FREE** Safeguarding Course is now available

The course has been written especially for MBIMB Foundation by Barrister and Safeguarding Specialist Antonia Noble. During her 25 years as a Barrister, Antonia not only developed a deep understanding of the law but the ability to process and present information logically and clearly. What's more, it's what she is passionate about. She cares deeply about justice, fairness and liberty and loves nothing more than helping individuals and organisations find their voice and reach better outcomes. Antonia has extensive experience working in various areas of safeguarding, law, including criminal, employment, human rights, litigation, and data protection.

www.mbimb.org



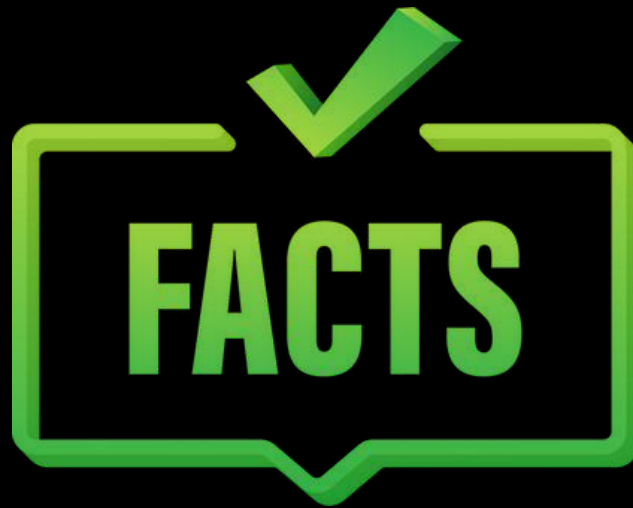
SAFEGUARDING FUNDAMENTALS

Introduction

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MENTAL HEALTH AWARENESS MONTH.

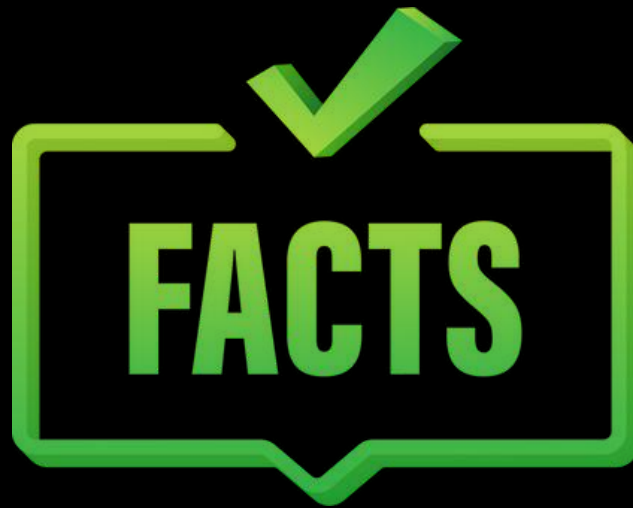


By: dee russell thomas

***I doubt there is anyone who has not been affected in some way... be it themselves, a relative, friend or colleague.
PLEASE, Look for the signs and reach out!***

1. The majority of mental health issues are NEITHER severe nor permanent. Mental health refers to a spectrum going from good health to severe illness. It can affect an estimated 300 million people worldwide.
2. In 2050, around 152 million people are expected to suffer from some form of dementia, with 68% in low- and middle-income countries.
- 3 “Eco-anxiety” is growing and young people are particularly affected. In 2019, 68% of the world’s population considered climate change to be a major threat.
4. Gender differences prevail. Figures show that depression, anxiety, eating and bipolar disorders are, on average, more prevalent among women, whereas schizophrenia and drug use disorders typically tend to be more common in men.
5. Diet impacts mental health in many forms. It has long been recognised that people’s state of mind has an influence on their eating behaviour. Conversely, there is growing evidence that food not only impacts well-being but also the prevalence of some mental illnesses (depression, Alzheimer’s...)

MENTAL HEALTH AWARENESS MONTH.



By: dee russell thomas

6. Sleep deprivation wakes up depression, in societies where people sleep less overall. With modern lifestyle habits, the time people dedicate to sleep is shrinking. Globally, the proportion of sleep-indebted “small sleepers” is on the rise.

7. About half of all cases of mental illness begin by the age of 14, and 75% of them develop before the age of 25. According to estimates, 10% of children and teenagers suffer from a clinically diagnosable mental illness, one of the leading causes of disability in young people.

8. There is a strong correlation between social status and the development of common mental disorders. Studies show that the more unequal societies are, the more likely they are to suffer a wide range of health challenges – dependence habits, chronic diseases, self-isolation – and also social issues – reduced life expectancy, higher infant mortality, poor educational achievements, lower social mobility and increased levels of violence.

9. Burnout could cost an additional \$190 billion to healthcare systems every year. As the health consequences of stress become increasingly recognized, work conditions have become the subject of close scrutiny.

10. Social Media may be harmful for your mental health. While the modern world is supposed to be open and connected, the feeling of loneliness persists. Social isolation – as a state of near or complete lack of contact between an individual and society – acts as a particularly significant catalyst in increasing the risk of mental disorders.

(Ref: www.axa.com)

Thank you so much for taking the time to read this