

Child Development Programme under Hussaini Foundation

CDP Achievement May-
August 2013

Feature Article

What is postnatal depression?

What to do if you feel you
have post-natal depression

Ask us



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- Child Psychology Course certificate distribution ceremony was held on 4th May 2013. The ceremony was followed by lunch.
- Ms Sana Haidry and Ms Gulrukh Razi conducted a two day teacher's workshop at Fatimiyah educational Complex Azad Kashmir 4-5th May 2013. The teacher's session focused to developing leadership skills. Workshop with youths covered area of personal growth and development.
- Ms Sana Haidry and Ms Gulrukh Razi conducted an informal session with youths at Kauthar College Islamabad on 6th May 2013. The youths enjoyed the session and requested for more workshop to be arranged in the future.
- Four hour teacher's workshop on understanding learning difficulties in children at Green Island School was conducted by Ms Sana Haidry on 13th May 2013. 15 teachers participated in the workshop.
- Workshop for madrasah teachers was held on 17th May 2013. 25 teachers participated in the 2 hour workshop that covered topic of early identification of common childhood problem. The session was greatly appreciated by the teachers and a positive feedback was recorded
- A three hour teachers training workshop for early identification of common problems in children was held on 18th May 2013 at the Learning house. 30 teachers participated in the workshop
- Interviews for youth selection to participate in the 2 week volunteer teaching service at Al-Asar Academy was held on 19th May 2013. Twelve youths were interviewed and four were selected for this programme.
- Orientation meeting for volunteer service at Hussaini blood bank was held at HF office on Saturday 1st June 2013. Dr Sarfarz Jafari, Director Hussaini Haematology and Oncology Trust, briefed the youths about their role and responsibilities during the community service. Twenty-five youth volunteers participated in the volunteer service at Hussaini Blood Bank in June 2013
- Ten youths took part in a four week volunteer teaching programme at CDP-HF with an AIESEC intern from China. Eight students with learning, emotional and behavioral difficulties benefited from the individual teaching sessions. A number of training workshops cross cultural discussions and recreational activities were part of the programme. The youths and students thoroughly enjoyed the programme.
- Four youths were selected to be part of a 2 week teaching programme at Al-Asar Academy Kohat and the Learning House school in MaNgopfir, Karachi respectively.
- Eight youths took part in a two week teaching programme at Meezan Academy. Thirteen students with learning, emotional and behavioral difficulties benefited from the individual teaching sessions.
- One youth volunteer participated in the summer camp arranged by Green Island Foundation. The volunteer was responsible for English language and confidence building classes for students of grade 6-10.
- Certificate distribution for Youth volunteer Service under Hussaini Foundation was held on 7th July 2013. Fifty (50) volunteers were awarded certificate of volunteer service. A number of community leaders and Hussaini Foundation members as well as parents of the volunteers attended the session.
- Twelve Hussaini Foundation youth volunteers participated in a 6 weeks project (15th July to 8th September 2013) under AIESEC Karachi's Project - Enviro Cycle. The participants really enjoyed the unique experience and cross-cultural interaction with international interns and local youths.

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•Hussaini Foundation youth volunteers took part in 2 week volunteer service at IDAR institute. The volunteers worked with the visually and hearing impaired children making various products using low cost-no cost techniques. Certificate distribution ceremony was held on 30th July 2013-07-31

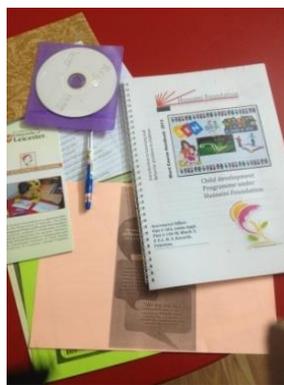
•Hussaini Foundation youth volunteers took part in tree plantation drive arranged by AIESEC in collaboration with Go Green Pakistan to mark the Independence day celebration activities. Various media channel and news articles published details of the campaign.

•The second Child psychology short course for teachers started on 17th august 2013. 14 participants have enrolled for the 12 week course conducted in collaboration with the University of Leicester UK

•Hussaini Foundation youth volunteers assisted in arranging career awareness session for students of metric and intermediate level at a community school in Mangophir- Karachi on 18-9-2013. 12 youth volunteers shared out their career choices. The session was highly appreciated by the participants.

•An interactive and fun-filled workshop on teen brain and personality development was held on 21-9-2013 with 45 intermediate level students at TIPS- CARE center in FB Area.

•First online session was arranged at CDP-HF office on 24-9-2013 via Skype on Phonetic awareness. Session was conducted by Ms Zainab Ali Raza from Canada. Ms Zainab is Montessori directress; she has over 5 years of teaching experience and is currently studying Child Development.



Feature Article

What is postnatal depression?

Having a baby is usually thought of as a happy time. However, as a new mother, you may not necessarily feel this straight away.

You may go through a brief period of feeling emotional and tearful – known as the 'baby blues'. It usually starts 3-10 days after giving birth and affects around 85 per cent of new mothers. It is so common that it is considered normal. New fathers may also feel it. And, although having the baby blues may be distressing, it's important to be aware that it doesn't last long – usually only a few days – and is generally quite manageable.

However, around 10-15 per cent of new mothers develop a much deeper and longer-term depression known as postnatal depression (PND). It usually develops within six weeks of giving birth and can come on gradually or all of a sudden. It can range from being relatively mild to very severe.

Common signs of postnatal depression

You may experience one or more of the following symptoms. However, it is unlikely that you will go through all of them.

How you may feel

- sad and low
- tearful for no apparent reason
- worthless/ hopeless about the future
- tired
- unable to cope
- irritable and angry
- guilty
- hostile or indifferent to your husband or partner
- hostile or indifferent to your baby.

What to do if you feel you have post-natal depression

- **Don't** be frightened by the diagnosis. Many women have postnatal depression and you will get better in time.
- **Do** tell someone about how you feel. It can be a huge relief to talk to someone understanding. This may be your partner, a relative or friend. If you can't talk to your family or friends, talk to your GP. They will know that these feelings are common and will be able to help.
- **Do** take every opportunity to get some sleep or rest during the day or night. If you have a helpful partner, relative or friend, ask them to feed the baby at night sometimes. You can use your own expressed breast milk, or formula milk for this.
- **Do** try to eat regularly, even if you don't feel like eating. Eat healthy food.
- **Do** find time to do things you enjoy or help you relax - e.g. go for a walk, read a magazine, listen to music.
- **Do** let others help you with housework, shopping and looking after other children.
- **Do** some exercise. Walking with your baby in the pram is good exercise. Regular exercise can boost your mood.
- **Don't** blame yourself, your partner or close friends or relatives. Life is tough at this time, and tiredness and irritability can lead to quarrels. 'Having a go' at your partner can weaken your relationship when it needs to be at its strongest. The same can happen with other close family or friends who are trying to support you.

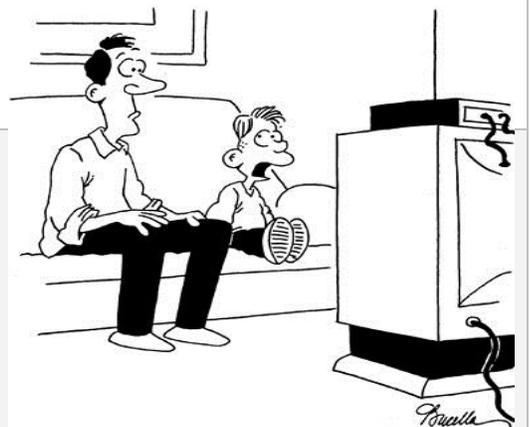
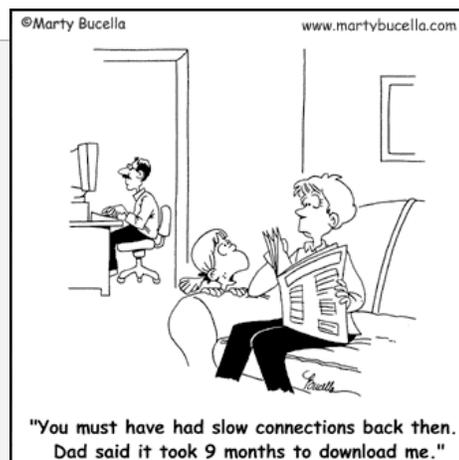
Ask Us

Q: We have a 4-year-old boy and a 2-year-old girl and they run me ragged every day. It all started after the 2-year-old was born. Ever since then, our son has had tantrums at the drop of a hat. No matter what, if he doesn't like it or wants to do it, then watch out...here comes the screaming and crying and rolling around on the floor. In the last year, it has gotten almost unbearable. I think my husband and I handled it pretty well at first, or at least we worked together at it fairly well. But, since our daughter started walking, we don't agree at all on how to handle it. I wind up being the disciplinarian most of the time and really try not to give in to our son during his tantrums. Now, my husband, though, will basically do anything our son wants in order to stop the tantrum. That sure isn't stopping the tantrums, though, and our son's behavior is getting even worse with me. What's worse is our daughter has started having the same tantrums over the same things! What do we do?

A: First, take a deep breath. What you are describing is not that unusual in any respect. Many parents seek help with essentially the same type of story, and often, just like you, when a younger sibling begins exhibiting the same behaviors. I see two basic questions here. One question is "why does this happen?" I have to leave it to you to know if there is anything obvious, such as he routinely doesn't get enough sleep, he has a speech/language delay or other developmental problem, there have been other major family stressors, etc. Even if your son's tantrums started out simply due to the changes associated with your daughter's birth (and that may be true), something else now likely explains his behavior. Remember, children's behavioral problems can start for one reason and continue for another. So, what may better explain his behavior now? I have to suspect that it is related to the major differences in how

you and your husband respond to his tantrums. As it is now, your son has learned that a tantrum with dad will likely result in getting what he wants. He has learned that a tantrum with mom will likely result in not getting what he wants. So, sometimes a tantrum pays off for him, and sometimes it doesn't...unfortunately, any behavior that earns a payoff sometimes, as opposed to never or always, tends to happen more often!. Your son's behavior is even worse now with you because he is trying to get you to give in like dad does. The other question, then, is "what do you do about it?" Try these steps and see what happens. If after doing this you don't see a significant improvement in a month or so, I would suggest seeing a child psychologist or other professional in person for more in-depth help. First, you and your husband should meet (no kids allowed!) to discuss this, with the goal of agreeing that you have to work together, and with a united front, to stop the tantrums. Secondly, when a tantrum occurs you have to respond to it appropriately. When your child tantrums over not getting something that he cannot have, totally ignore the tantrum. That means don't look at him or even glance at him, and do not talk to him at all. And, certainly don't give him what he wanted. When he tantrums as a way to get out of doing something, then you cannot ignore that. Finally remind each other to frequently, and I mean frequently, praise your children for following those rules – those are the behaviors you want to reinforce or provide a payoff for.

Children's cartoon



"You can watch cartoons with me Dad, as long as you don't ask me to explain them to you."

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phone: 216.371.8600 / email: ft@funnytimes.com