

# CARE FOR CHILDREN WITH DISABILITY DURING CORONA

REPUBLIC OF KENYA



MINISTRY OF HEALTH



How to care for your child with disability during Corona

CONRAD N.



FOUNDATION

**PATH**



# PROTECT YOUR CHILD AT HOME

Your child must stay at home when you leave the house.

Ensure a trusted adult remains at home with the child.

Always wash your hands with running soap and water upon returning home.



If your child is unable to wash her own hands, help her wash hands several times a day. This is important because children tend to touch the floor and other surfaces and then put their hands in their mouths.

If your child can wash his own hands, show him step by step how to thoroughly wash his hands.

Singing a song every time you wash hands together will help your child form a habit of hand washing.

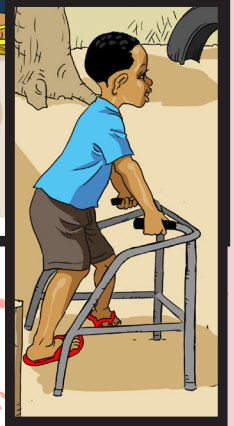


If your child drools, frequently change the bib or cloth used to clean your child.

Use water with soap or bleach to clean the area where your child spends most of their time. Clean the area every day.

Ensure your child is in a well-ventilated room or outdoors.

Clean your child's toys and supportive equipment such as wheelchairs, crutches, walkers, orthopedic shoes, or glasses.



If your child takes regular medication, make sure you have enough medication for 3 months to avoid frequent hospital visits.



In case a family member develops corona virus symptoms, ensure everyone uses a mask at home.

Avoid kissing or hugging your child when you are sick.

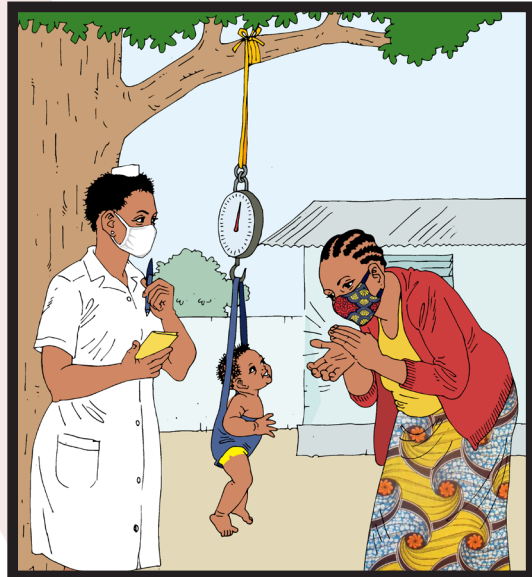
Do not share your child's utensils with other people.



# PROTECT YOUR CHILD IF YOU BOTH NEED TO GO OUT

Continue to take your child to the health center for routine checkups and vaccinations.

This will protect your child from contracting other illnesses.



Wear your own mask when leaving the house. Ensure the mask covers your nose and mouth well. Help your child wear her mask if she is 2 years of age and above.

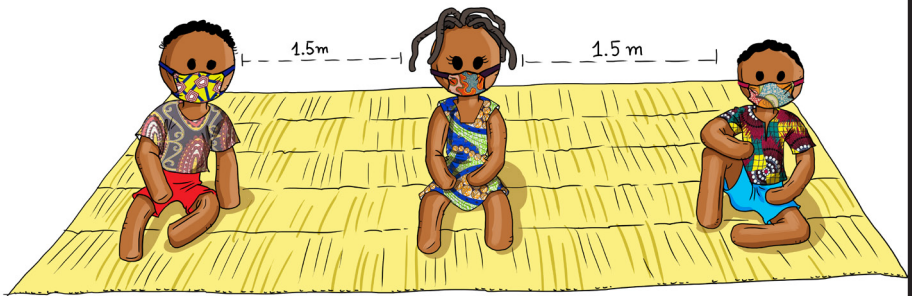
Alternatively, use a cotton headscarf folded three times and tie it around your child's mouth and nose.

Some children may not want to wear a mask. If that happens:

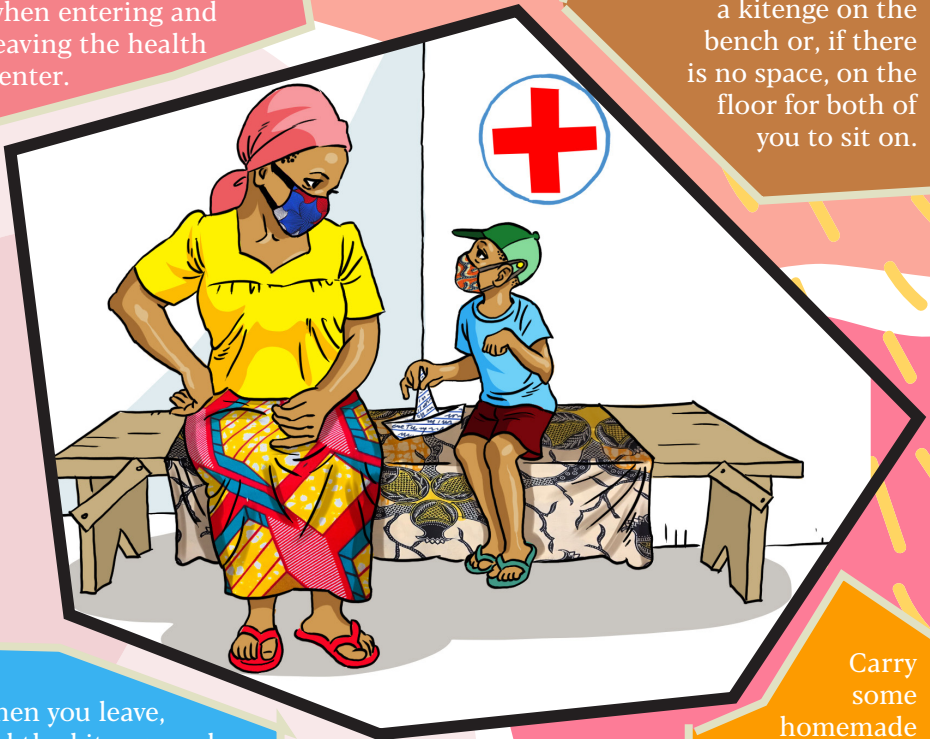
- Wear the mask and show the child. Tell him, "I have put on my masks because I am going out."
- Put a mask on your child's doll and say, "Your doll is wearing a mask and ready to go out, very nice!"
- Allow your child to choose the cloth or headscarf to use for the mask.
- Ensure child is comfortable when wearing the mask. For example, you can attach the buttons to your child's hat, so that the elastics do not hurt his ears.



Before leaving the house, use the dolls to practice with the child how to keep distance from other people when outside.



Wash your hands and your child's hands when entering and leaving the health center.



If you need to wait for services, spread a kintenge on the bench or, if there is no space, on the floor for both of you to sit on.

When you leave, fold the kintenge and put it in a separate bag. Do not touch it until you return home.

Carry some homemade toys for the child to play with in the health center.

# MAINTAIN DAILY ROUTINES AT HOME

Routines are things we do daily such as brushing teeth, eating, exercising, playing, praying etc.

Routines help your child feel safe and secure, even when the times are difficult.



"We cannot visit your grandparents right now. What would you like to do instead?"



Some routines may change due to the corona virus.

In this case, inform you child in advance and explain why the routine has to be changed.

Let your child choose another activity to do instead.

Make several simple drawings to help your child choose an activity to do.

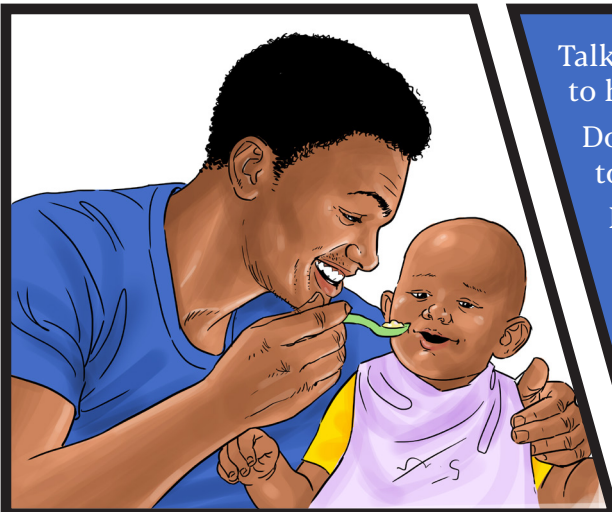
# HELP YOUR CHILD TO EAT WELL



To boost your child's health, feed him every day with a balanced diet to

- Give him strength
- Protect him from illness
- Help him grow
- Give him energy

Avoid giving your child sweetened drinks and foods. Instead, give them fresh fruit juice or a piece of fruit.



Talk or sing to your child to help him eat.

Do not force your child to eat or to swallow.

Massage his gums to help him chew if needed.

Observe when your child has swallowed and is ready to eat more.





Your child may eat a little during each meal due to the disability.

If so, your child should be given something to eat and drink every 2 or 3 hours.

This will prevent her from becoming weak and sick.



Make sure the child is in a comfortable position to eat.

If your child normally lies down, leave her in a sitting position for 30 minutes after eating.

This will prevent the child from vomiting.

# STIMULATE YOUR CHILD

Carry out daily exercises and activities taught in the health center, at home.

This will help your child to continue to learn and develop.

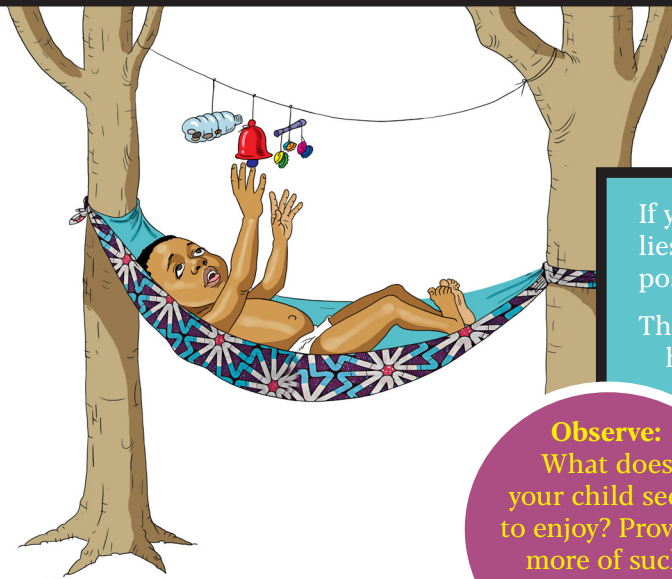
If your child attends school, help her carry out school activities.



If your child normally lies down, change her position every hour.

This will prevent her muscles from weakening and sore spots from forming.

**Observe:**  
What does your child seem to enjoy? Provide more of such experiences to the child.



Play simple games with your child daily.

Make simple toys or use what you have to play with the child at home.



Show your child pictures on boxes and bags found at home.

Draw together on paper or sand and show each other what you've drawn.

If your child cannot hear or speak, use gestures to explain your drawings to him. Encourage him to do the same.

Give your child an object to touch and to guess what it is.



“How nice that you are mixing the flour. You are a real help.”



Teach your child a new skill.

For example, teach your child how to put on a shirt, cook a dish, or make a phone call.

Do the task step by step and ask your child to copy you. Let your child repeat many times.

Praise your child.

Do not leave your child alone or isolated.



Do not let your child watch TV or play on the phone for more than 2 hours a day.



# HELP YOUR CHILD STAY CALM



Sometimes your child may become agitated or stressed.

In this case:

- Take your child to a quiet place.
- Do not talk until your child has calmed down.
- Lightly massage the feet or the hands of your child to help her relax.
- Take your child out every day to spend some time with the plants and flowers in the yard.
- Position your child that so that he can see and touch the plants.
- Some children relax when they play with water or sand.

Put a little water or sand in a plastic bowl or a bucket. Give the child containers such as plastic bottles to fill up and empty.

# TAKE CARE OF YOURSELF



Find some time to take a break and rest daily.

Do not skip meals and drink a lot of water.

Find some time to do something you enjoy every day.

Ask a trusted adult to help you care for your child once in a while.

Explain the daily routines and habits of your child to the adult.

Call or meet up with your friend if you feel lonely or sad.

Observe a distance of 1.5 meters and wear a mask when meeting your friend.



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**FOR MORE  
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