

HELP FOR PARENTS

YOUR FEEDBACK

For any parenting, career-related questions,

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Spare time for your child



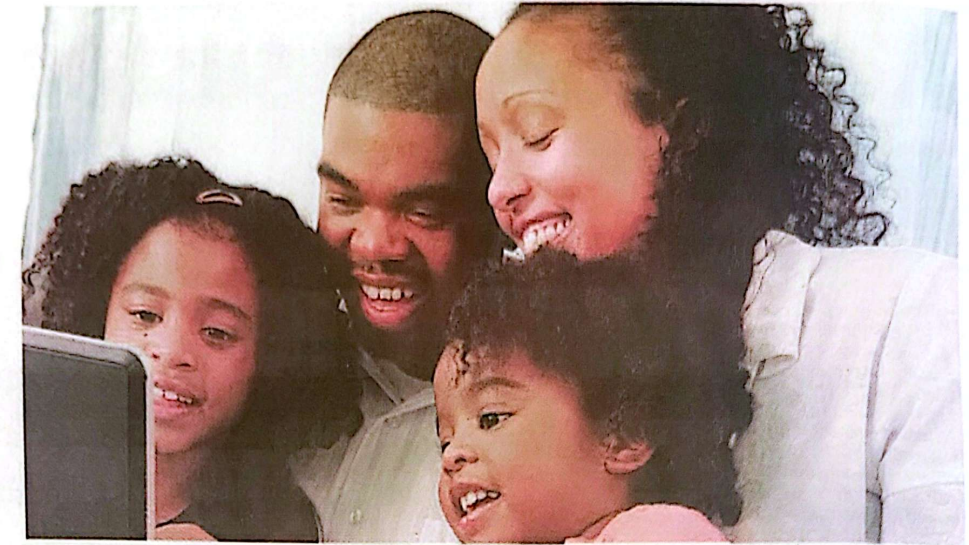
Bob Kisiki

When do you ever sit down with your child and just bond? No, I don't mean the incidental sitting down between other events and scheduled programmes.

What I have in mind is a time that is set apart for you and your child to have time together; chat, ask and answer questions in a free environment, without sounding like a judge-and-suspect session; and generally have fun. When?

Children can get lonely. Yes, they have their siblings and other people in their lives, but there is an innate need for one to interact with one's parent.

It is a natural need, because we are wired to be nurtured. When that need is not met, one is disoriented; thrown off-balance. We need to set aside time for our children



Parents sharing a light moment with their children. It's important to interact with your children

and meet their innate need for and desire to be nurtured; to be parented.

Look at your life, as a parent. On an ordinary workday, you will probably wake up at say 4:45am, prepare for office and drive off at quarter past 5:00am.

This is before your child has woken up; because the school van picks

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In the evening, you will probably not be back home till after 8:00pm and, if your child is like mine, she will have gone to bed half an hour before you arrived home, so she will be able to have ample rest for the body and mind.

That is the child you live with in the same house; the only time you see each other is on weekends, when you leave for town at least after breakfast. We shall say nought about children in boarding school.

When does your child ever hear you talk non-administrative stuff? When do you tell him stories of how life used to be when you were his age?

Do you even value time you would sit down on the lawn outside, with your legs stretched out and her propping her elbows on your lap; the breeze beating on the two of you and nature entertaining you, as you tell your child folk tales your own parent (should have) told you?

Even if you were never told these folk tales, you could paraphrase Bible stories and give them a contemporary twist, and teach your child principles to live by - generosity, honesty, patience, hard work, integrity and so on.

It is all there in the Bible; in the story of Jacob and Esau; the story of Abraham and Sarah; the story of Joseph in Egypt; the story of Moses in Jethro's employment. I am sure even other spiritual books have their equivalents.

I have personally had no mother since May 1993, but I have never been short of memories that I shared with the woman who gave me life.

The first rendition I heard of the world-famous Cinderella tale was from her; and all the way to my late teens, I never tired of hearing her tell that story, long after I had read and watched and heard other versions. Hers always beat them all. What will your child remember of you?

her up at 6:00am. So when the child wakes up, her or her first experience is the interaction she has with a grumpy house-help, who is herself still in wake-up mode. No love will be lost between them, because that is no time for people to think rationally, with all the influence of sleep conditioning their behaviour.

Only a parent who deliberately decides to offer support to his child will take the trouble to talk reasonably to that child.

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COLLEGE OF HEALTH SCIENCES SCHOOL OF PUBLIC HEALTH

COURSE ANNOUNCEMENT

CERTIFICATE COURSE IN WATER, SANITATION AND HYGIENE

Introduction:

The demand for Water, Sanitation and Hygiene (WASH) services has increased in recent years particularly in local government, non-governmental organizations (NGOs) and the private sector. As a result, many people have been employed to meet this need. However, most of them lack specialized training and skills in implementing WASH activities. It is against this background that Makerere University School of Public Health (MakSPH) developed a practical course tailored to meet the gaps in knowledge and skills among such cadres with limited training in WASH. The aim of the short course is to equip practicing individuals with appropriate attitudes, adequate skills and technical knowledge for handling and managing duties and procedures in WASH. Competence areas of the course include WASH promotion, disease prevention and control, management and administration of WASH services in community research and monitoring.

Who should apply?

1. Practicing officers in the WASH sector including those working in Local Government, NGOs or private sector.
2. Environmental Health workers who wish to broaden their knowledge and skills as a form of Continuous Professional Development (CPD) so as to be better equipped to implement WASH activities.

Entry requirements for admission to the course are Uganda Advanced Certificate of Education (UACE) or its equivalent with at least 1 year working experience in WASH.

Tuition fees for the course
Ugandans: 900,000 Uganda shillings
Internationals: 500 US dollars

Deadline for receiving applications: 30th April 2018



MINISTRY OF INFORMATION, COMMUNICATIONS TECHNOLOGY NATIONAL GUIDANCE

ABRIDGED BUDGET