

# The Early Years

May Edition Year 2024

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Do it yourself

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Story

May,  
the month of  
rights of little  
people

## Quote of the month

Kids deserve the right to think that they can change the world.  
- Lois Lowry

## May, the month of rights of little people

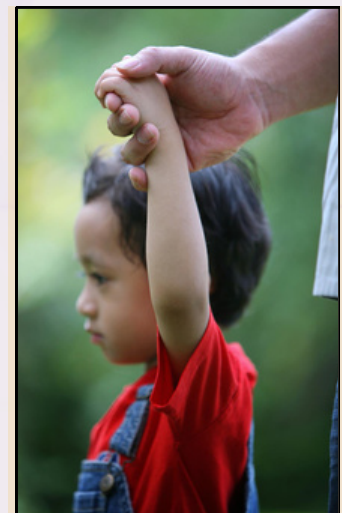
### Legal Rights of Children



So this edition is a loud reminder to all of us to reiterate what childhood shall be offered to children as their **legal rights**.

We all, especially educators, know that children's rights are essential for protecting their well-being, promoting their development, empowering them as active participants in **society**, ensuring equality, and upholding their dignity and rights as **human beings**.

Preserving and upholding children's rights is not only a moral imperative but also a **legal and societal obligation** that benefits individuals, communities, and societies as a whole.



*As a child the first saying I remember related to a child was-Children are the future of the nation!*

And it did not make a lot of sense, however these words echo in my mind today more than ever, looking at the **mass destruction** happening around us in the form of wars, climate change, political conflicts, refugee crisis and many more such reasons. The list is long!

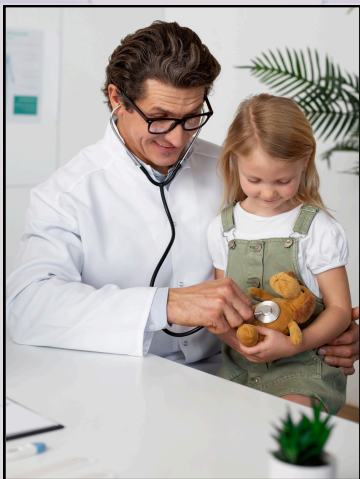


### 1. Protection:

Children are vulnerable to various forms of harm, including abuse, exploitation, and neglect. Rights ensure that laws and systems are in place to protect them from these **dangers**. This includes laws against child labour, trafficking, and abuse, as well as mechanisms for reporting and **addressing** such violations.

## 2. Development:

Children's rights encompass provisions for their holistic development. This includes access to quality education, adequate healthcare, nutritious food, safe housing, and a supportive environment. Ensuring these rights enables children to reach their full potential and **contribute positively** to society.



## 3. Participation:

Recognizing children as active participants in society is crucial. Their opinions, perspectives, and experiences matter, especially in decisions that directly affect them. Providing avenues for children to **express themselves**, such as through participation in school governance or community initiatives, fosters their **sense of agency and empowerment**.



## 4. Equality:

Children's rights promote equality by ensuring that all children, regardless of their background or circumstances, have access to the same opportunities and resources. This includes addressing systemic inequalities that may hinder certain groups of children, such as those from **marginalised communities or with disabilities**.



## 5. Dignity:

Respecting children's rights is fundamental to upholding their dignity as individuals. This involves treating children with respect, listening to their concerns, and valuing their **unique identities and experiences**.



Upholding children's rights helps create a nurturing environment where they feel valued and respected.

In summary, children's rights are essential for **safeguarding their well-being, promoting their development**, empowering them as active members of society, ensuring equality, and upholding their dignity and worth.



**Children can be subjected to abuse for various reasons, including:**



**1. Power imbalances:**

Adults, particularly caregivers or authority figures, may **exploit their power over children** to exert control and perpetrate abuse. This can include physical, emotional, or sexual abuse, where the abuser manipulates the child's trust or dependence.



**2. Family dysfunction:**

Abuse can occur within dysfunctional family dynamics, such as in households with substance abuse, domestic violence, or untreated mental health issues. **Stressors** like poverty, unemployment, or social isolation can exacerbate family tensions and increase the risk of abuse.

**3. Interpersonal violence:**

Children may experience abuse from individuals outside the family, such as peers, acquaintances, or strangers. This can occur in various settings, including schools, communities, or **online environments**, and may involve bullying, harassment, or exploitation.



**4. Cultural or societal norms:**

Certain cultural beliefs or societal attitudes may contribute to the acceptance or normalisation of abusive behaviours. This can include attitudes that condone corporal punishment, **restrict children's autonomy**, or silence their voices, making it harder for children to report abuse or seek help.



**5. Lack of awareness or resources:**

In some cases, caregivers may not recognize abusive behaviours or may lack the knowledge or resources to address them effectively. This can **perpetuate cycles of abuse** and prevent children from accessing the support they need.



Addressing child abuse requires a **multifaceted approach** that involves raising awareness, providing support services for both children and families, strengthening child protection systems, promoting positive parenting practices, and fostering a culture of **accountability and prevention** within communities and institutions.

Preserving children's rights requires a comprehensive approach involving various stakeholders and strategies:

### 1. Legal frameworks:

Implementing and enforcing laws that protect children's rights is crucial. This includes legislation against child labour, abuse, trafficking, and discrimination, as well as laws that ensure access to **education, healthcare, and social services.**



### 2. Education and awareness:

Promoting awareness of children's rights among caregivers, communities, and children themselves is essential. This can be achieved through educational campaigns, training programs, and **school curricula** that teach children about their rights and empower them to assert them.



### 3. Child-friendly services:

Establishing child-friendly services, such as helplines, shelters, counselling centres, and legal aid clinics, ensures that children have access to support and protection when needed. These services should be accessible, **culturally sensitive,** and tailored to the needs of children.



### 4. Supportive environments:

Creating supportive environments within families, schools, and communities is critical for **preserving children's rights.** This involves promoting positive parenting practices, fostering safe and inclusive school environments, and building supportive networks within communities.

### 5. Participation:

Actively involving children in decisions that affect them empowers them and promotes their rights. This can be done through **child participation initiatives** in schools, communities, and governance structures, where children's voices are heard and their opinions are taken into account.



### 6. Monitoring and accountability:

Establishing mechanisms to monitor and evaluate the implementation of children's rights ensures accountability and drives progress. This includes data collection, reporting mechanisms, and independent oversight bodies that hold **duty-bearers accountable** for fulfilling their obligations to children.



By combining these strategies and engaging all sectors of society, we can work towards ensuring that **children's rights are respected, protected, and fulfilled** in all contexts.



## Superbuddy constructs a Map



Superbuddy went to welcome and greet their new neighbours in the colony with a bag full of fruits and other daily needs supplies. The neighbours received it very warmly and were equally pleased to receive the fruits. Turns out that the family was new to the town and were figuring out their way around looking for key services and their locations.



They thanked Superbuddy for getting some of the materials they were looking for to start their kitchen.

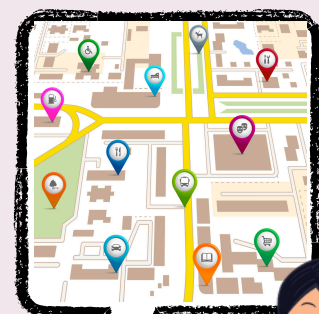
On its way back home Superbuddy stopped at Ms. Emm's place and shared about the visit. "Ms. Emm I am just coming after seeing our new neighbours. They are a lovely family of grandparents, parents and two young children. They were about to go out to get some daily essentials and I happened to take those along with me.

They were happy to receive the materials as they are not familiar with the nearby surroundings and this saved them the time and effort." said Superbuddy.

Ms. Emm had also planned to pay the new neighbours a visit in some time with a hot lunch. Hearing this Ms. Emm said, "This was a nice gesture Superbuddy.

Bringing them supplies and lunch will not be enough, we need to think of a better idea to acquaint them with the place. Let us take them for a tour of the neighbourhood and show them the key locations." To this Superbuddy came up with the idea of preparing a map for them of the area with key locations. "How about we construct a map of all these places for them!" said Superbuddy. "That's a thoughtful and clever suggestion. Which places do you think we shall include Superbuddy?" inquired Ms. Emm.

Looking at the family Ms. Emm I think they will need information and directions about a grocery store, fruits and vegetables kiosk, a school, pharmacy, clinic, hospital, club, park, bank, courier service or post office and a stationery shop." counted Superbuddy.



“This is a good list Superbuddy. We can start with the draft as and when you are ready with the supplies.” said Ms. Emm.

“I already have the materials in my bag Ms. Emm. All we need are:

- Paper
- Scale
- Marker
- Pencil
- Eraser
- And Pencil Colours to decorate.



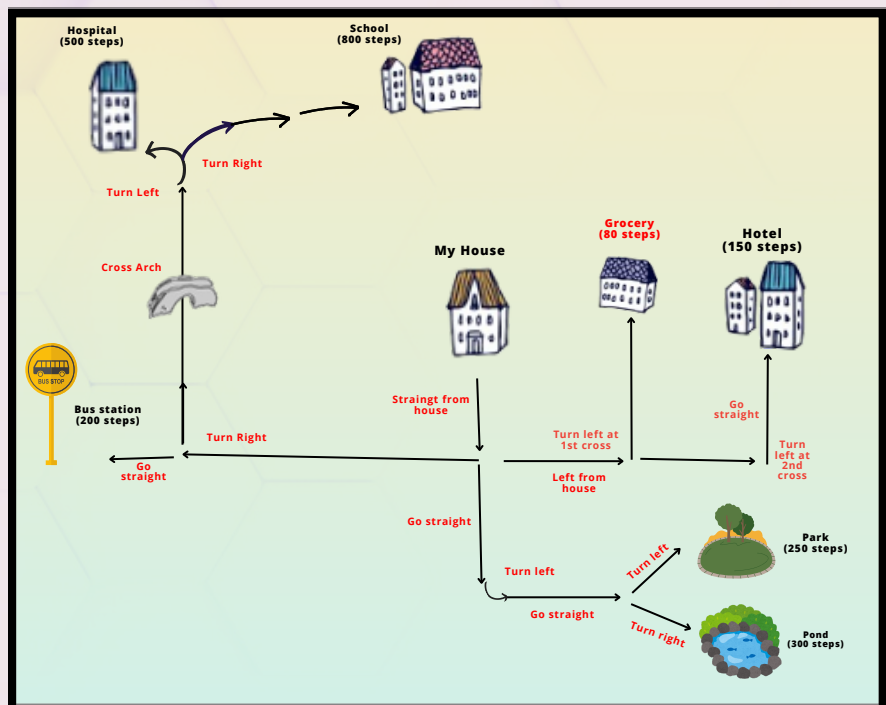
I am going to draw the map with directions, but not too sure of the distances Ms. Emm. Is it okay if we mark the distances in steps?” asked Superbuddy.

“That’s a remarkable suggestion, Superbuddy. I can’t wait to see the blueprint of the map of our community.” exclaimed Ms. Emm and joined Superbuddy in this new quest.



### Strategy:

- Pick up any area of which you want to draft a map of.
- It can be any large or small. Area like a colony or a house.
- Select the key areas like Superbuddy did for its neighbourhood. For a small area like a school it can be classrooms, library, office, playground, toilets, dance and music room.
- Use left and right directions along with the distance on the map.
- Decorate the key spots or areas with colourful pencils.

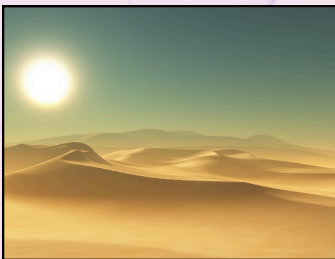


Superbuddy has prepared two copies of the map, one for their neighbours and one to be displayed at the community centre for everyone’s benefit. How about sharing one drafted by you!



## Deserts

A place that receives less than 25 centimetres (10 inches) of rain per year is considered a desert. The region of land that is very dry because it receives **low amounts of water** and often has little coverage by plants.



Deserts cover 20- 33 percent of the Earth's land surface. Deserts can be **hot, cold, dry**, with or without snow.



Sahara Desert

The **Sahara Desert** in northern Africa is the hottest desert in the world and one of the harshest climates, with temperatures soaring to 117 degrees Fahrenheit.



Deserts experience extreme temperatures, with hot days and cold nights. Deserts get cold at night because of a lack of humidity. They don't have **clouds and water vapour** to hold in heat like other places.



The desert may look dry, but it still contains a lot of living organisms.

A desert is home to many animal species including large animals like **camels and gazelles**, and small animals like snakes, desert tortoises, lizards, and small rodents.

This includes a living, **biological crust**, which is formed by algae, moss, and lichens in a group.

Often the desert doesn't have the rainfall to sustain life. When it rains, dormant seeds wake up and form desert blooms. Although plants don't get much water, they adapt to thrive in the dry climate. **Cacti, succulents, acacias, mesquite, creosote bush, and yucca** all thrive in the dry desert.



More than one billion people (one-sixth of the Earth's population) live in desert regions and many **desert dwellers** live in oases. An oasis is a place in a desert where there is fresh water.



Oasis





# Fun facts about Deserts

- Many deserts were formed 8-10,000 years ago.



- Deserts are found on all seven continents on planet Earth.



- The Gobi desert is the largest desert in Asia, stretching across China and Mongolia. It is also a cold desert.

- Rains are rare in desert areas and might happen once in months or even years.



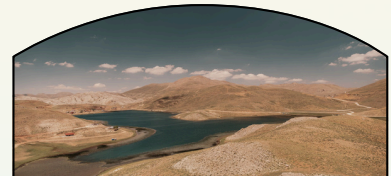
- The Sahara Desert covers 5.7 million miles, which is almost the same size as China, and a total of 8% of the earth's land area.



## Find out more:



1. Which is the oldest desert in the world?



2. Do people live in Deserts?

3. Can lakes be found in Deserts?



4. Did humans create any desert?



5. What country has a pink desert?





# Music and Movement

## Fly like a bird (freedom)



I have wings I want to fly  
Wings of dreams, just let me try

Spread them wide and soar high  
With no do's and don'ts that make  
me cry

No if, no but, no shhh and no why,  
Let me map the earth, the oceans  
and wide sky

Don't limit my flight I am not shy  
I am an eagle, the king of the sky!



## Mindful Practises



Respect your child's physical privacy.



Encourage children to ask questions without any interruption or judgement.



Be aware of your child's emotional state of being.

## Making an Origami Owl

### Materials required:



Colour paper



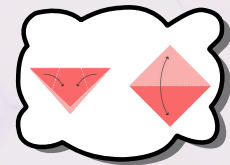
Googly eyes

### Procedure:

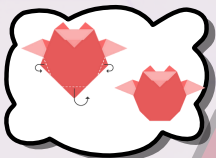


Fold the corner back down so the tip hangs over the bottom edge. Bring the corner down just slightly further than the bottom edge of the owl. Crease it so it stays in place, forming the tail and paste googly eyes.

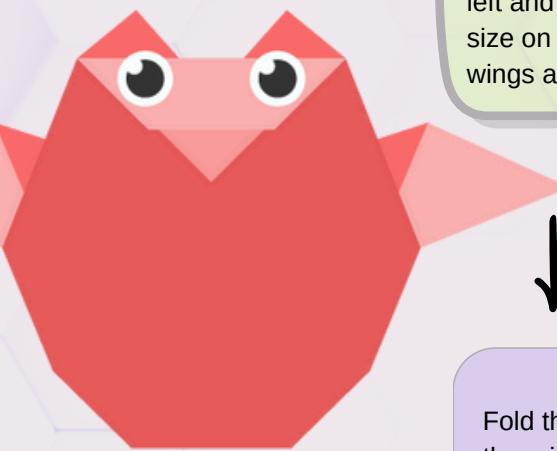
Fold a square piece of paper half diagonally, then open it back up.



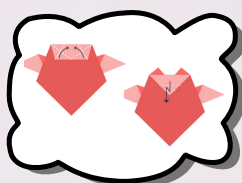
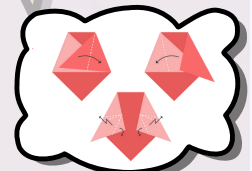
Bring the left and right corners in about halfway to the centre, folding the top. Try to fold the left and right corners the same size on both sides so that the wings are even.



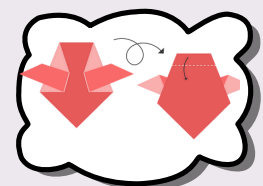
Flip the paper over and fold the bottom corner up to the top edge. Make the crease at the base of the owl as straight as possible and parallel to the top edge.



Fold the top corner down to the middle of the paper. Line up the corner with the bottom of the wings when you fold it down.



Fold the corner back up to the top, crease it, then fold the tip halfway down. Bring the corner down past the bottom edge of the head when you're making the beak.

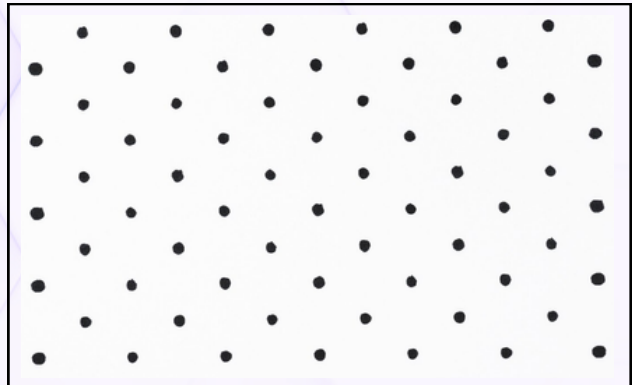
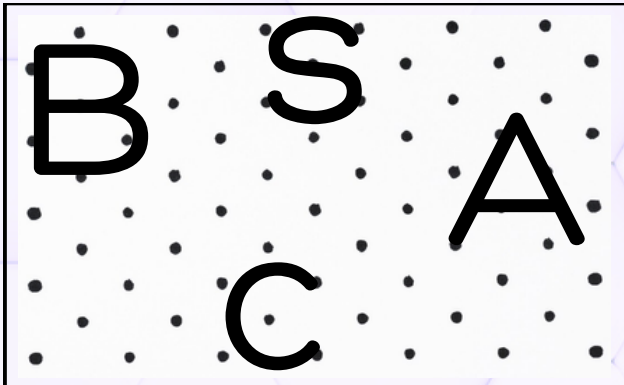




# Words play

## Word Fun with Dots

- Take a blank sheet to prepare a dots grid.
- Divide the sheet into columns and make a grid of dots.
- Encourage your child or students to draw letters/words by joining the dots as shown in the reference picture.



## Making a poster of fundamental rights of a child

### Materials required



Drawing sheet



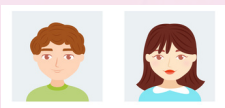
Colour sketch pens



Paints and brushes



Glue



Passport size picture of your child

### Procedure

1. Have a friendly and patient conversation with your child about their likes and dislikes.



1

5. Move the conversation around these four rights and ask related but simple questions.



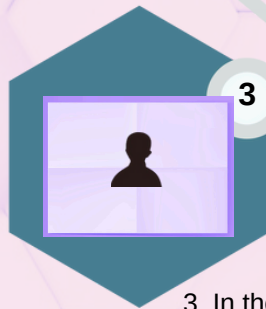
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2. Now take a big drawing sheet and divide it into four equal sections.



2

3. In the middle, paste your child's picture as the poster is about the rights of your child.

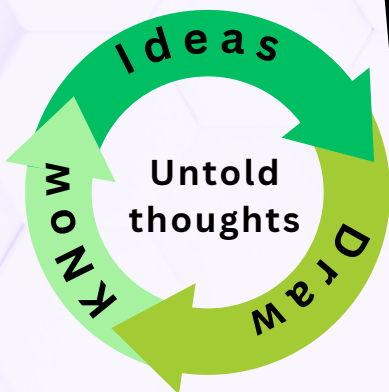


3

4. Label the four sections with **Survival**, **Protection**, **Development** and **Participation**-the four fundamental rights of a child.



4



This will help the child have an idea about these **rights**. Now assist your child to express these ideas in the form of drawing-giving it a graphic representation.

The poster of fundamental rights of a child from their perspective is ready!

This activity will help parents to have a view of their child's **inner and untold thoughts** and can also help in strengthening the relation between parents and children.





## Community and Children Rights

The triangle of a child's life especially in early years is incomplete without a healthy and happy surroundings, that includes community as the most **critical component**.



The community plays a crucial role in preserving children's rights for several reasons:

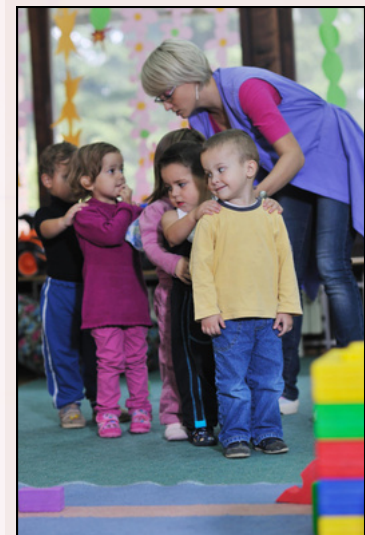
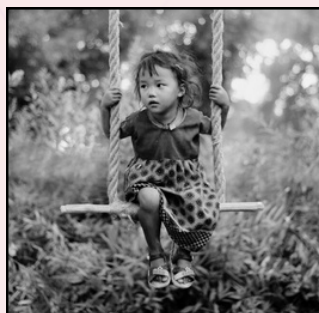


### Local knowledge and resources :

Communities have unique insights into the specific needs and challenges facing children within their local context. Their firsthand knowledge can inform **targeted interventions and solutions** that are culturally relevant and responsive to the needs of children and families.



The community's role is essential in preserving children's rights as it provides local knowledge, support networks, advocacy, **early intervention**, and empowerment opportunities that are critical for **ensuring the well-being** and protection of children within their own communities.

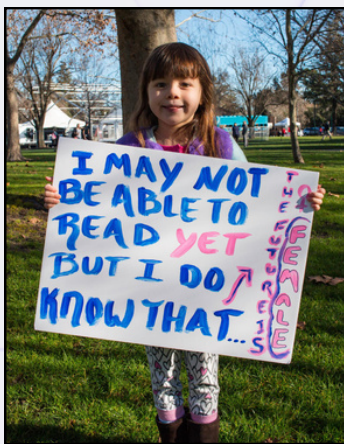


### Support networks :

Communities serve as natural support networks for children and families, providing social, emotional, and practical support. By mobilising community members, organisations, and resources, communities can create a protective environment where children feel **valued, supported, and connected**.

### Advocacy and awareness:

Community members can **serve as advocates** for children's rights, raising awareness about issues such as child abuse, exploitation, and discrimination. Through community-led initiatives, campaigns, and dialogue, they can **challenge harmful norms and practices**, promote positive parenting, and advocate for policy changes that prioritise children's well-being.



### Early intervention and prevention :

Communities are well-positioned to identify early signs of risk or vulnerability among children and families. By establishing community-based support services, such as counselling, parenting classes, and child protection committees, communities can **intervene early to prevent situations** of abuse, neglect, or exploitation and provide timely support to those in need.



### Empowerment and participation :

Engaging community members, including children themselves, in decision-making processes empowers them to take ownership of issues affecting their lives. Through participatory approaches, communities can ensure that **children's voices are heard**, their opinions are valued, and their rights are respected in all aspects of community life.



Here are some **community-based ideas** to preserve children's rights:

#### 1. Community awareness campaigns:

Organise workshops, seminars, and community meetings to raise awareness about children's rights and the importance of protecting them. Involve **local leaders, educators, and community members** in these campaigns to maximise their impact.



#### 2. Child protection committees:

Establish community-based child protection committees comprising parents, teachers, **social workers, and other stakeholders**. These committees can identify and address child protection issues within the community, provide support to at-risk children and families, and advocate for policy changes at the local level.



### 3. Safe spaces for children:

Create safe spaces within the community where children can play, learn, and socialise in a protected environment. This could involve setting up community centres, playgrounds, or youth clubs that offer **recreational** activities and educational programs.



### 4. Parenting support groups:

Facilitate parenting support groups where caregivers can share experiences, learn effective parenting techniques, and access resources on child development and discipline. These groups can promote positive parenting practices and provide a **supportive network** for caregivers facing challenges.



### 5. Community-based child protection services:

Train community members, such as volunteers or community health workers, to identify signs of child abuse or neglect and provide initial support and referrals to appropriate services. This **decentralised approach** ensures that children receive timely assistance within their own communities.



### 6. Child-led initiatives:

Empower children to take active roles in addressing issues that affect them within the community. Support youth-led projects, such as advocacy campaigns, **peer support groups**, or community service initiatives, that promote children's rights and amplify their voices.



### 7. Community partnerships:

Forge partnerships with local organisations, businesses, and government agencies to collectively address children's rights issues in the community. Collaborate on projects, share resources, and **leverage** each other's strengths to create sustainable solutions.

*By engaging the community in these initiatives, we can foster a culture of child protection, empowerment, and advocacy that ensures the well-being and rights of all children are upheld.*

••• **Nitya Mehrotra**  
••• Advocate



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**Also share pictures of  
activities with your  
children.**



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