One Billion Children



TEHRAN, Oct. 27-A landmark study by the United Nations Children's Fund (UNICEF) indicates that more than Nations Children's Fund (UNICEF) indicates that more than one billion children around the world are suffering from the debilitating effects of poverty. It shows that one in three children lives in a dwelling with either a muld floor or more than five people per room, and that one in five does not have safe water sources.

The study--which analyzes survey data taken in late 1990s on almost 1.2 million children in 46 countries--is the largest of its kind and uses innovative methodology to assess the ffects of poverty. The report dubbed Child Poverty in the Developing World

measures poverty not just in terms of income, but also in access to such basic human rights as shelter, food, water, sanitation, health, education and information

santation, health, education and information. The report also shows that more than 90 million children in South Asia have to go hungry every day and, across the globe, 134 million children between the ages of seven and 18 have never been to school. Girls suffer the most--they are much more likely than boys to miss schooling, especially in North Africa and the Middle East.

Carl Sandburg:

A baby is God's opinion that the world should go on.

Protecting Kids Against Cyber Pedophiles

ake a billion people and a given num-

Take a billion people and a given num-ber of them are bound to be the kind of criminal any parent wants to keep their children well away from. But while we can teach children to beware of "strangers" on the street, it is a very differ-ent danger when they are inviting them into the home via the Internet.

use nonne, via the Internet. I was fascianted by a recent feature and the insight it gave into the perils that lurk in cyberspace, where millions of unsuspecting children like to play. What kind of species are we I wonder that there are among us people where will

there are among us people who will "groom" a child for years to get them into a position of trust, through which they can lure them away and assault them, or worse.

What saddens me is that parents must

now teach their children to be suspicious of

now teach their children to be suspicious of everyone, in order to protect themselves from pedophiles and others who camou-flage themselves amongst the decent peo-ple of society. For pedophiles and child killers look just like the rest of us and many of them et al. In the second second second second second for the second second

of them know how to make themselves

attractive to children--how to win their

the home, via the Internet.

Sports a Means of Generating Jobs that his organization attaches special impor-tance to youth's sporting programs and potentials with the help of NGOs. He put the rate of youth's participation in economic operations at **TEHRAN, Oct. 27**--The National Youth Organization and the Physical Education Education Physical

Iran Daily

Affect Bone Density

TEHRAN, Oct. 27--Excessive caf-feine contributes to bone breakdown and may be a fac-tor in the devel-opment of osteo-porosis.

porosis

-

Physical Education Organization are to for-mulate a joint committee to promote sporting activities for the youth. Director of the NYO and Presidential Advisor, Debin Erbedi teld the economic operations at 39.1 percent and their Rahim Ebadi, told the Sporting and Employment Conference

nutrition

A nutrition expert, Dr. Saeed Hosseini, told IRNA that carbonated soft drinks often contain caffeine--a substance

that can increase calci-

loss and affect

He pointed out that consumption of fizzy drinks can be the cause

of obesity as well. Also a faculty member at Tehran University, Hosseini advised that

milk be substituted for

Turning to tea, he said tea is sometimes prescribed for

arbonated non-i beverages. Caffeine is present in beverages including cof-fee, tea, soft drinks and

chocolate

that

А

um

bone density

unemployment growth rate at 27.5 percent (13.2 percent for the whole population), ISNA quot-**Caffeine Drinks Can**

ed. Ebadi pointed to a rift between the educational between the educational system and the job mar-ket as a parameter lead-ing to unemployment and called for an amend-ment of the former. He stressed that job-lessnass would affect the lessness would affect the social and cultural behavior of young peo-ple. "In advanced soci-

October 28, 2003 5

sector where jobs are created and NGOs play created and NGOS play an important part in this," he added. "More than 33 percent of Iranians are aged between 15 and 29. Young people are ener-getic and fond of athletic programe which makes programs, which makes investment in the sector a necessity."

Students Learn Traffic Safety

eties, sports is a prime

TEHRAN, Oct. 27-A traffic park designed to familiarize school students with traffic regu lations was opened con-current with the start of the new academic year Tehran Transport and Traffic Organization's

PBO announced that primary students from first to fifth grade can learn traffic rules in Pounak Traffic Park in western Tehran. Possessing facilities such as a hall for holdsuch as a hall for hold-ing competitions, class-rooms where children are taught on how to cross the streets and other traffic safety regulations, and simulated ulations, and simulated environments such as streets where driving and cycling rules are drilled, the park can receive 500 students daily in the morning and afternoon.

Youth Unfamiliar With Married Life Skills ARDEBIL, Oct. 27--Deputy head of the Office for Women and Family Affairs affiliated to the State Welfare Organization said the majority of Iranian youth do not now how to handle

do not know how to handle

their lives when unexpect-ed problems show up.

Parviz Zarei cited a study by the National Youth Organization which sug-gests the problems adoles-

cents between 15 and 19

years experience with regard to self-confidence,

regard to self-confidence, intellectual independence, anxiety and depression often stem from unfamil-iarity with right methods to ward off difficulties. "Tarachine deille required

"Teaching skills required in married life to the youth

is very important and can prevent a lot of social problems. Inattention

problems. Inattention towards youth who are approaching the marriage

age can aggravate the scale

vears

of social maladies such as divorce," he said, adding the divorce rate has increased to 14.5 percent in the current year. "Many young boys and girls who do not live with their parents have either

their parents, have either bad or no guardians will fail in their married life nam in their married life because they lack proper role models," he men-tioned.

Presently, 120,000 families with women bread-winners and 42,000 young people in the marriage age are under SWO's cover-

Some 30,000 young indi-viduals under SWO cover-age have been provided with pre-marriage training on skills required to manon skills required to man-age pressures, responsibil-ities and expectations of married life over the past three years. A similar scheme has been launched in 14 provinces this year

Amblyopia Preventive Plan Underway

BANDAR ANZALI, Gilan, Oct. 27-A preventive plan for amblyopia (eye laziness) among children in pre-pri-mary education centers throughout the country was put nto effect as of October 23rd

The production of the state Welfare Organization for pre-tine effect as of October 23rd. Deputy head of the State Welfare Organization for pre-ventive and cultural affairs, Roshanak Vameqi, explained that the plan would be implemented in SWO's stations and its representatives at kindergartens to evaluate the sight of children between three and six years old. "The project has been executed in Iran for several years now. Last year, 1.2 million kids were covered by the plan," she noted. "About 2 percent of Iranian children suffer from eye laziness. The global figure is 5.2 percent. The disorder does not have any physical symptoms and can be cured permanently before the age of six. Otherwise, it would cause impaired vision or even blindness in one or both eyes.

spend their time watching television. This way, they grow without adequate parental care and support that they would receive other-

On the other hand, in societies like ours, girls are more vulnera-ble than boys. Many of them are not even allowed to go out or spend time with friends as do boys--this being one key reason why the number of runaway girls overwhelms that of boys

The number of runaway girls overwhelms that of boys. Danesh reiterated that people are neither good nor bad at the time they are born, but are likely to turn out to be good or bad individuals later on. "So, parents play a crucial role in forming the personality of their new-borns," she stressed. She adde that econom

She added that econom She added that econom-ic factors, particularly poverty, are extremely decisive, saying the Iranian society is plagued by sky-rock-ation in flation eting inflation.

such as robbery and marries. Some even resolved working acts, such as robbery and marrier, to gain enough money to translate their dreams into reality," she said. Danesh warred that many of those who flee home are mentally ill and so they pose a potential threat to the society. She recommended pre-marriage counseling for young couples, adding the future parents must be educated on how to deal with their children most appropriately.

Successful Snack Times

basic safety considera-tions. Upon enrollment, be sure to ask if the child has any food allergies and post this information in a place that would be visible to anyone serving food. Some common food allergies include eggs, nuts, fish, citrus and milk. Also, you may wish to avoid any food that may present a

that may present a choking hazard such as whole hotdogs, grapes, nuts, cherries, or hard candy, said the website daycare.about.com. Serve food at appro-priate temperature but priate temperature, but

avoid serving items as hot as adults may like

trust. They are even more dangerous on the Internet, where they can pretend to be something they are not, while they befriend children who are playing in a world outside parental control, Gulf Daily wrote. It is impossible to look over a child's shoulder all the time and, as Bahraini Internet Society founder Waheed All Balushi rightly points qui too much polic.

and making children aware of the dangers

learning and fun, has been so horribly corrupted

W hether

Internet Society founder Waheed AI Balushi rightly points out too much polic-ing will simply drive young web surfers to their friends homes or into Internet cafes. I like his idea of a partientership, in which the child feds he or she has a responsibility to keep their part of the deal, that they can surf the Net at home, provided they follow certain rules. It has to be all about education and making children aware of the dangers

and making emitten aware of une dangets in life, without frightening them so much that they can't enjoy anything. It is a sad reality that we must teach our children to protect themselves, for no par-ent can be there all time to safeguard them. How shameful also that the Internet, which should be such a fantastic source or learning and fun has been so horribly cor-

care for chil-dren in a center or in your own home, it is likely that you plan and provide snacks. Daycare grains and cereal, fruit grains and cereal, fruit and vegetables, dairy, and protein. A selection is also based on portion size. It is important to remember that a child-sized portion is smaller than the adult serving size snacks. Daycare providers are often challenged to plan for a nutritious snack that is appealing for children ages 2-5. It is well rec-ognized that proper nutrition is crucial for a childre arouth

size child's optimal growth and development. And It has been found that on the average, snacks eaten by children include fruit 16 percent of the time and snacks include a vegetable serving only 1 percent of the time. When chil-dren are served fruits and development. And yet, 50 percent or more of the snacks eaten by children are sweets, desserts, or salty snacks like potato chips. It is recommended (and (and often required) that the dren are served fruits

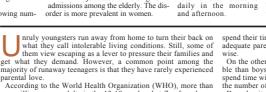
snacks you serve young children in daycare consist of selections from at least two of the following food groups:

It has been found that

to spend several nours away from their kicks every day. In some families, fathers have to work from dawn to dusk to get by--a condition that is strongly disliked by women. The situation can trigger quartels between the parents, often eye-witnessed by innocent kids who have difficulty analyzing such angry encoun-

media for advertising junk food which can harm the health of our children and adoles-According to figures released by Tehran of Medical released by Tehran University of Medical Sciences, 70 percent of Iranian women and 50 percent of men above 50 are affected by osteo-porosis or have low bone density and are at rick

. а



According to the World Health Organization (WHO), more than

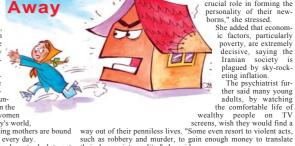
parental love.

recommended

Nasim-e Saba, Dr. Esmat Danesh, a psy-chiatrist, said in larger cities, like Tehran, parents spend most of their time away from their children. "Therefore, they do not have enough time to bring up children in a lively and caring family environment," she ana-lurad

Families set the cornerstone of every soci-ety. Needless to say, secure and supportive families are needed to build up a safe soci-ety. Most parents in Iran and many other coun-tries ought to work overtime to break even. In the past, only men used to work outside and women handled the task of bringing up kids. In today's world, though, things have changed and many working mothers are bound to spend several hours away from their kids every day. In some families, fathers have to work from dawn to dusk to get

ters. In families with working fathers and mothers, children mostly



According to the World Health Organization (WHO), more than one million young adults in the 13-19 age bracket flee from home yearly, of whom 74 percent are female. In an interview with the Persian daily Nasim-e Saba, Dr. Event Donach, a rev.

lyzed Families set the cornerstone of every soci-

and vegetables, the menu is quite limited. Here are top three favorites in each cate-gory. Fruits: apples, bananas, and oranges; vegetables: corn, green beans, and carrots (potatees did not make (potate the list (potatoes did not make the list because the sur-vey did not count French fries as a legiti-mate obtate choice) mate potato choice).

Young children are not known to be adventurous eaters and are turous eaters and are often downright picky. And so the challenge remains; how can you plan for a successful and nutritious snack time?

First, there are some

them Avoid foods that are too spicy or strong flavored. When introducing something new, offer a

something new, offer a small portion for starters. Try adding the new food with some-thing familiar. Serve food in bite size pieces. Finger foods are always popular. Add interest by using a vari-ety of flavors, colors and textures. and textures.

and textures. Remember, visual pre-sentation can make food more appealing. Many children will find a sandwich "tastes" bet-ter where we inter differe ter when cut into different shapes with a cookie cutter

cents

Turning to tea, he said tea s sometimes prescribed for people suffering from obesi-y but advised against drinking t shortly after the meal. He then referred to the growing numuruly youngsters run away from home to turn their back on

density and are at risk for the disease. Osteoporosis can lead to hip fractures and physi-al decline, and it is a cal admissions among the elderly. The dis-order is more prevalent in women.

Stressing that children and you

ig that children and young-sters need to have a suffi-cient energy intake, the specialist insisted that the energy must be taken from a healthy diet.

He also criticized the