



CHILD PROTECTION BULLETIN

STATE CHILD
PROTECTION
SOCIETY, ASSAM

MONTHLY BULLETIN OF ACTIVITIES CONCERNING CHILD PROTECTION IN ASSAM

EDITORIAL

Health of a child is important. If a child does not have a right kind of food habit he/she may not be healthy. A balanced diet is important for child to maintain his health. Some children are fussy eaters, who like to eat only a particular type of food. Children who don't eat a variety of foods could be missing out on some vital essential nutrients that are needed in this development period of their lives. These are nutrients that contribute to excellent growth, clever minds, physical fitness and great overall health which will take them into adulthood. This is a serious matter. High numbers of children are failing to grow at the correct rate, and have problems are school, or with childhood obesity. Often this is all tied up with nutrient deficiencies in their diet.

In order to encourage children we need to motivate them. Motivation is a state or condition that activates behaviour and gives it a direction. Reinforcement will motivate the child to behave in way which we desire. Appreciation will give the child the motivation to repeat the same behaviour with whom the reward is associated. In order to give a direction to a child's behaviour the caregivers must look for innovative way for motivating them. Reinforcement can be both positive and negative. The caregivers must look for a right reinforcement in order to desire a right kind of behaviour from a child.

This month's Child Protection Bulletin brings before the readers to understand the need for a healthy food habits and also understanding on reinforcement as to why it is important.

Editorial Board,
State Child Protection Society, Assam

BALANCED DIET CHART FOR CHILDREN

A balanced diet consists of carbohydrates, proteins, vitamins and minerals and also meets the daily caloric needs of the body. This means, 50% of your calorie needs should be derived from carbohydrates, 20% from protein and 30% from fats. Children should be provided daily, with a diet consisting of all the above mentioned vitamins and minerals. This chart indicates what percentage from each food group you should be providing to the children.

Table 1 - Nutrition Needs for Children

Table 1 provides a summary of the food chart for a clearer idea of nutrition for children.

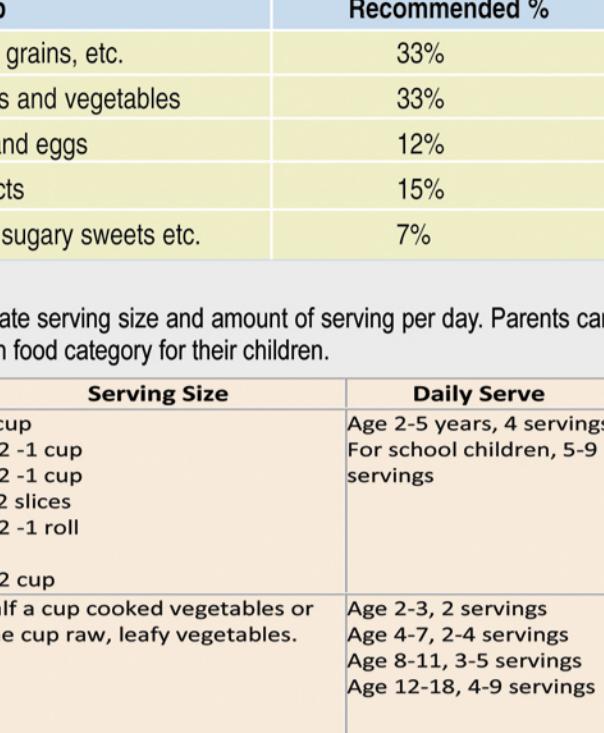


Table 2 - Food Examples for Children

Food Group	Foods Example	Serving Size	Daily Serve
Grains	Rice Pasta Cereal Bread Rolls Wheat Biscuit Noodles	1 cup 1/2 - 1 cup 1/2 - 1 cup 1-2 slices 1/2 - 1 roll 1 1/2 cup	Age 2-5 years, 4 servings For school children, 5-9 servings
Vegetables	Cooked veggies Cauliflower Medium potato Carrot (sliced) Spinach Broccoli Tomato Salad	Half a cup cooked vegetables or one cup raw, leafy vegetables.	Age 2-3, 2 servings Age 4-7, 2-4 servings Age 8-11, 3-5 servings Age 12-18, 4-9 servings
Fruits	Dates Berries Apricots Grapes Bananas Peaches Oranges Mangoes Melons Pineapples	Half a cup frozen for raw fruits, or 6 ounce fruit juice, or 1/4 cup dried fruits	Age 2-3, 2 servings Age 4-7, 1-2 servings Age 8-11, 1-2 servings Age 12-18, 3-4 servings

The lack of access to proper nutrition is not only fueling obesity, it is leading to food insecurity, hunger among our children — Tom Vilsack

Food Group	Foods Example	Serving Size	Daily Serve
Dairy Products	Milk Yogurt Cheese Custard	250ml 200g 40g 250ml	Age 2-3, 1 serving Age 4-7, 2-3 servings Age 8-11, 2-3 2/2 servings Age 12-18, 3-5 servings
Lean Proteins	Meat Beef Chicken Fish Eggs Dried beans Peas Lentils Peanut butter	100 g (2 slices), cooked 3/4 cup, chopped 1 chicken leg 1 medium fillet 1 3/4 cup canned or cooked beans, lentils or peas 1 tablespoon	Age 2-3, 1/2 serving Age 4-7, 1/2-1 serving Age 8-11, 1-1 2/2 servings Age 12-18, 1-2 servings
Fats, Sweets and Oils	Low-fat mayonnaise Light salad dressing Soft margarine Vegetable oil (canola, safflower, olive or corn)	1 tablespoon oil or mayonnaise	1 serving

Table 3 - Meal Plan for Children

Table 3 gives examples of meal plan with proper meal time and menu for children.

Time	Meal	Menu
7:30	Breakfast	Medium bowl of semi-skimmed milk with wholegrain cereal A glass of fresh orange juice A banana
9:30	Morning Break	A small box of raisins A bottle of unsweetened fruit smoothie
12:30	Lunch	Cheese, salad, jacket potato An apple A bottle of water
16:30	After School Snack	A glass of semi-skimmed milk A small packet of low-fat crisps
19:30	Dinner	Salad Whole wheat pasta Spaghetti Bolognese (without oil, more vegetable, less meat) A glass of juice (with canned fruit and one scoop ice cream)

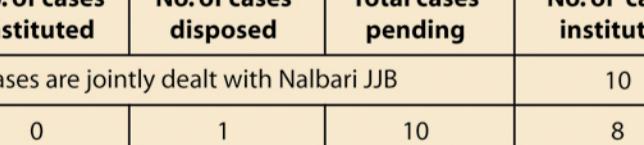
Table 4 - Amount of Fluids for Children

Water plays a vital role in almost every tissue and process in human body, involving eliminating wastes and maintaining proper body temperature. Children should drink fluids, any kind, as a daily need. The amount of fluids a child needs is based on the weather and the level of activity. Generally, the amount of fluids a child should drink is shown below:

Age	Water (serves)
4-8	1-1.2L (approx. 5 glasses)
9-13	1.4-1.6L (approx. 5 to 6 glasses)
14 and More	1.6-2L (approx. 5 to 8 glasses)

*A glass is 250mL

Balanced Nutrition for Children



Teach your children healthy eating habit

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The nutrition shown is essential for the healthy growth of a child, include:

□ Carbohydrates. Children require the right amounts of carbs for energy. Therefore, their daily intake of carbohydrates can be derived from wholegrain foods, such as, pasta, bread and cereals.

□ Proteins. Meat, eggs and fish and dairy products are high in protein, and, therefore, ideal and necessary for your child's diet. Protein is essential for muscle building and repair and growth and building antibodies.

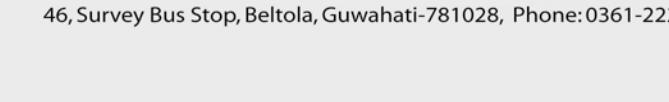
□ Calcium. Calcium is essential for strong bones. Dairy products like cheese or yogurt, vegetables like collard greens, cauliflower, spinach, broccoli and celery are rich in calcium. If a child does not consume enough calcium, it can lead to osteoporosis later in life.

□ Vitamins. A child needs vitamins for the body to function properly. They help boost the immune system, support growth and development and help cells and organs function properly. Vitamin A is essential for vision and a deficiency can lead to blindness. Vitamin C, a definite immune system booster, helps with brain function and prevents problems that occur with free radicals. Vitamin D is essential for calcium absorption.

□ Other Nutrition. Apart from carbohydrates, protein, calcium and vitamins, your child requires the proper amounts of iron, Omega-3 and 6 fatty acids, and amino acids to ensure good health.

Many children have poor eating habits, which can lead to various long-term health complications, such as obesity, heart disease, type 1 diabetes and osteoporosis. Ensuring that your child learns the importance of eating a balanced diet, means ensuring he or she is free of these diseases and grows up to be a healthy adult.

An Analysis of Cases before CWC in the Last Quarter (April to June, 2017) Pendency of Cases in CWCs



In the analysis shown above shows that in the districts of Kamrup (M), Barpeta, Nalbari, Udalgori and Sibsagar the pendency of cases are high.



The above diagram shows that the disposal of CWC cases Kamrup Metro, Kamrup, Dibrugarh and Goalpara are high.

Different categories of cases dealt by CWC (Feb 2017 to June 2017)

The above diagram shows that the disposal of CWC cases Kamrup Metro, Kamrup, Dibrugarh and Goalpara are high.

"It is health that is real wealth not pieces of Gold and Silver" - Mahatma Gandhi

Status Report on the functioning of the Juvenile Justice Boards and Child Welfare Committees in Assam for the month of June 2017

Sl. No.	Districts	Juvenile Justice Boards			Child Welfare Committees		
		No. of cases instituted	No. of cases disposed	Total cases pending	No. of cases instituted	No. of cases disposed	Total cases pending
1	BAKSA	Cases are jointly dealt with Nalbari JJB			10	10	0
2	BONGAIGAON	0	1	10	8	3	19
3	BARPETA	2	3	139	4	0	84
4	CACHAR	3	1	25	8	7	9
5	CHIRANG	5	5	28	4	2	10
6	DARRANG	0	4	63	4	3	21
7	DHEMAJI	2	5	17	5	7	10
8	DHUBRI	10	1</td				