CHILD HELP-SEEKING & COPING

2019 PSYCHOSOCIAL SUPPORT FORUM, WINDHOEK-NAMIBIA

27th – 29th August, 2019

Breaking Barriers, Creating Connections

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INTRODUCTION

- **Who is a Child?**
  Any person under the age of 18 (Law of Child Act No.21 of 2019)

- **What is Child Help-Seeking**
  The ability of a child to seek support in case of difficult situations like abuse, when frightened, academic issues and in need of interaction with the caregiver.
PERSPECTIVES TOWARDS CHILD HELP-SEEKING & COPING

Early

- Dependence
- A result of deficient development
- Faulty socialization

If displayed beyond very early childhood

Recent

- A ladder from an inherent dependence and
- Reliance on others towards increasing self-sufficiency
WHEN DOES HELP-SEEKING ABILITY DEVELOP?

❖ Help-seeking capacity in children develops through early parent-child interactions

❖ Parent-child interaction is vital at this stage and most especially on the first 1000 days
BARRIERS TO CHILD’S HELP-SEEKING ABILITY

1. Maternal Sensitivity & Parental Insightfulness
   - Parents’ unresolved traumatic events & Neglect

2. Attachment Security
   - When an attachment figure is a source of threat

3. Traditional Practices & Child Abuse in Caregiving Settings
   - Ways to respond to abuse (family level/Muhali)
   - Taboo around discussing sexual related matters with children
   - Threats From perpetrators

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VIDEOS ON MATERNAL SENSITIVITY & ATTACHMENT

The Still Face Experiment

Ghosts & Angels in the Nursery (Parental unresolved Traumatic events)
CHILD HELPLINE & HELP SEEKING

PIGA: 116
CHILD HELPLINE

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Conclusion & Recommendation

There is a vital need for practitioners and Stakeholders to inverts in:

➢ evidence based parenting practice reinforcement
➢ attachment-based interventions and research

Parents need to understanding and integrating child’s
➢ health Development
➢ Parenting Skills and
➢ Child rights principles in their parenting practices

This will help them foster children’s ability to help-seeking and better coping strategies and be able to provide sensitive caregiving, promote friendly and safe home environment free from abuse.

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A Quote by Alicia Lieberman

“In every intervention we need simultaneous attention to the Light and to the Shadow”
THANKS FOR LISTENING