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## Stories told by facilitators in Moshi

The facilitators told stories from the achievements they had experienced in their groups with the caregivers. They also told how the programme had influenced and changed their personal lives:

“I used to abuse alcohol, because I was very stressed. My wife died, and I was very harsh to my children. I felt that the children were bothering me, and I said to them: “I didn’t kill your mother, so why do you bother me?” The children were afraid of me, and they ran away from home. I thought I could solve my problems, calm down and reduce the stress by drinking. Through sensitization in the ICDP group I learned to calm down and to treat the children differently. I learned to be close to them and to have a transparent atmosphere in the family. I have stopped drinking, and everything is peaceful in the family now.” Other facilitators added to his story and told that he had changed completely, and appeared like a new person, both to his children and to other people.

“I had lots of anger inside me, and I felt that the children were bothering me. I was not capable of taking care of my own children. After the sensitization I calmed down, and now I take care of an orphan in my home in addition to my own children. The people in my village keep asking what happened, and they think that I take medicine to calm down!”

“I have become enlightened and changed by the spirit of love. I have learned that even if a child does something wrong, he should be shown respect and love, not the stick.”

“I was not aware that rudeness is not good to the child. Now I am humble and polite. My children cooperate now. We work together, and there is no spirit of problems in the family. The caregivers in the group I facilitated have also changed.”

“I did much progress, and so did my family. I was a very rude mom, and when my child did something wrong, I hit him with the stick. Now I guide him and direct him, and I praise him. One of the caregivers in the groups I facilitated said that he had a child that was not good. Now, after the lessons, he can sit with the child and listen to the child’s problems. They have become friends.”

“When I came home after the first group meeting, I was more humble. I started with talking to my husband; I came close to him and discussed how we could raise the children in a good way. When the children experienced that we cooperated, they became very cooperative too. This programme is very good to our society, and I want to sensitize many more caregivers.”

“I learned that a better way of being closer to the children is to be as a child. You can’t rear the child by using the stick. When you show love to your child, the child will understand that he is a person, too.”

“I was an alcoholic, and so was my husband. He was cruel, and I was harsh with the children. After the sensitization I have reduced the drinking, and I have slowed down. Now I can sit with the children, and they have come much closer to me. Now the children are very

cooperative, and they arrange everything in the home when I am away. All the family members are calmer now. I am so happy about this knowledge.”

“I am a widow, and I used to drink too much alcohol. I didn’t pay attention to my children or acknowledge their needs. After the sensitization, something happened in my heart. I have changed. I was harsh, and now I am polite. I learned about the guidelines, and I understood that I didn’t follow them. I looked at the pictures, and I understood that I had to come closer to my children.”

“I saw all the activities from my grandsons as they wanted to disturb me. Through the guidelines of showing love and following the child’s initiative my grandsons have come closer to me. Now they don’t run away any longer.”

“I was very strict, and I didn’t like the children to touch the TV or the video. Now I encourage them to examine things, because I understand that in this way they can widen their knowledge.”

One of the most frequent stories is like this:

“The message of love changed my life. The understanding of the importance of staying close to my children was crucial. When I stay close to my children, show love, follow their initiative and praise them, the children completely change their behavior. They trust me and dare to tell me about their problems, and we can sit down and discuss how to solve the problems. The atmosphere in the family is the one of transparency.”

## Stories told by caregivers in Moshi municipal

“I used to treat my children in a very harsh way, especially in the morning. I shouted to them to make them get up and to get to school.” “Me also. My children were very scared of me. I shouted at them and used the stick to punish them, and they used to run away from me. Now the whole atmosphere in my family is different, and everything is going on very easily. The children behave in a good manner, and there are no problems. Through the sensitization in the group of caregivers I changed my mind and my behavior. “

“I think this programme is very important to me as a man. I used to be harsh to my children, and so was my wife. After participating in the group, I transferred the knowledge to my wife, and also to the neighbors. There is a completely different atmosphere in my family now.”

“The ward leaders also experience a change. Previously they were overwhelmed by people coming to their office with family problems. Now they are relieved by the ICDP programme, and the cases in need of help are decreasing.”

“The difference with this programme is that the knowledge touched my heart. I could feel that this was true. We were asked to go home and practice our new knowledge through home tasks, and we reported the results in the next meeting. In that way we realized that the message really was true. We changed our behavior, and the children also changed. The first home task was: How can you come closer to your children?”

## Stories by caregivers in Moshi Rural East

A grandmother told the following story about how she changed her behavior:

“My grandson joined a group of bad boys. He let his hair grow, and he started to plate it. I didn’t like it at all, but he said it was a matter of fashion. After the sensitization I asked one of the other caregivers in my group to sit down with him and talk with him. She approached him in a very nice way, and they built a trustful relationship. They were discussing the problem with the hair, and he agreed to cut his hair. Now he is very cooperative.” –Later in the meeting the teenager came to the group and told that he was very happy with this solution. He was so happy that the caregiver discussed with him in a nice way instead of being harsh to him. He had now left the group of bad boys.

An other woman told: “My son earned money as a porter at Kilimanjaro, but he spent the money in a very bad way by drinking alcohol. I didn’t know how to change him. After the sensitization I decided to call him nicely and ask him to sit down and talk. It was very useful, and now he has changed completely. He has agreed to spend the money for building a house.”

A village leader told the following story: “I used to think that my child was a bad boy. One day he threw an egg to the ground, and the egg broke. Usually I would have become angry; talk to him in a harsh way and maybe beat him to make him understand that this is unacceptable. However, since this was after the sensitization in the group, I stopped myself, and I asked him the reason for throwing the egg. He answered that he was wondering what was inside the egg. In this way I understood that my boy is not bad, but he is curious and wants to develop his brain. From there I could guide him and help him to understand that this could be done in a better way than throwing the egg to the ground. Now I am proud of him!”