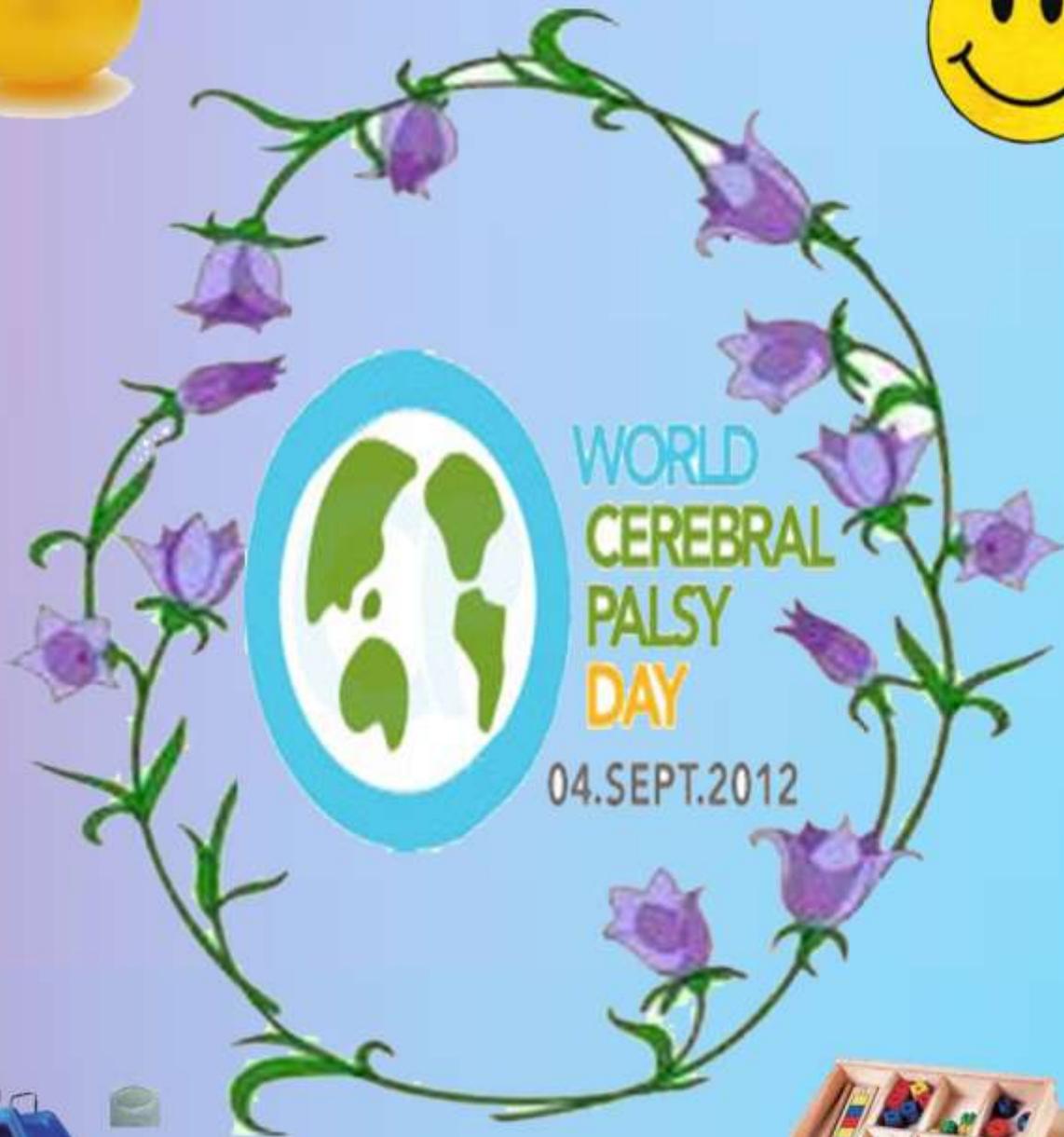


Rangammal Memorial Institution

One Day Activities at the Day care Center

Kilpenathur- 2012-2013



One Day Activities at the Day Care Centre

Introduction

The Day Care Centre for disabled children was started in 2004. The Centre was founded by Sylvia Wright and is part of the Rangammal Rehabilitation Society. It is located in Kilpennathur and it provides care for disabled children from small villages near the centre. The Day Care Centre is specifically for mentally disabled children and has been successfully providing care for these children for 9 years.

Teaching Staff

The school is run by a team of 5 teaching staff. The teachers are well trained and dedicated. They are very patient with the children and they work hard to make sure that the children enjoy coming to the Day Care Centre. The teachers love and care for the children as their own. They put smiles on the children's faces. The staff feed all the children and helps them go to the bathroom. They also dress the children and give physiotherapy to children that need it most.

Students

There are currently 34 children who go to the Day Care Centre every day. The Day Care Centre is growing every year; last year, 5 new students joined the centre, this year another 2 have joined. The children who come to the centre are very happy to be there. If the centre did not exist these children would be left at home on their own because their parents are from very poor backgrounds and cannot afford to look after them during the day, they must go to work.

The children are given specific care every day at the centre through exercises and play. They are also given good food every day. The children show a lot of improvement after coming to the centre.

Arrival and Prayer

The children are picked up every day by a special van. This van drives around 3 local villages and collects the children to take them to the centre. The children are happy to come to the centre and arrive every morning with smiles on their faces. As the children arrive at the Day Care Centre every day, they start the day with prayers. This involves all children standing in height order with the help of the teachers. The children then sing the National Anthem. All children are able to make a pledge themselves.

Entering the Day Care Centre



Teaching Staff



Time of Prayer



02/28/2013

Having Break - fast



Classes

All classes are split into 3 sections according to the children's disability levels. These are Mild, Moderate and Severe mentally challenged children.

Breathing Exercise

After prayers the children do their breathing exercises which are led by one of the teachers in charge. Some examples are Aaa, Uuu, Eee. These exercises help the children with speech and listening. The children are encouraged to feel their stomach and their neck during the exercises, so they learn how they can make sounds.

Mild Levels

The children who are mildly mentally challenged have a higher IQ than the other children. These students take longer to learn than children who are not handicapped. The teachers teach basic Maths lessons and Tamil lessons. On a normal day, the children are taught 1 digit addition and multiplication sums. Then the teacher teaches vowels and consonants. After this the teacher then teaches word levels using 1 and 2 syllable words. Finally the teacher teaches a time setting concept. This process can take between 6-12 months. Most of the children do well.

Moderate Levels

The children in this group have a much lower IQ than the children who are mildly mentally challenged. The teachers use games and models to teach the children practical skills. The teacher teaches picture matching and number matching and fixing the alphabet in order. ADL activities include: Eating, brushing, bathing, dressing and combing. The children learn to do this practically, for example, by brushing the hair on a doll at the centre, they would learn how to brush their own hair at home. The children enjoy these games.

Mild Class (Teaching Numbers)



Moderate Class (Teaching Time Setting)



Teaching Hand- Co ordination)



Snacks Time

At 11am the children are given snacks to eat. The children are given a variety of grains and milk. The children enjoy having their snacks.

Severe Levels

These children are unable to sit or stand properly without help from the teachers. They are given hand co-ordination therapy and the teachers use a physiotherapy walking frame which helps to encourage the children to walk. The teacher gave the children some exercises for eye co-ordination. When the children pass through a learning distance they move to the moderate class.

Physiotherapy

The teachers at the Day Care Centre are specially trained to give physiotherapy to the children. The teachers give special care according to the needs of each child. The children are given different exercises which will help with hand co-ordination, leg co-ordination and muscle strength. This therapy is given to the children on a regular basis. The children benefit from this care. Many of the children arrive at the centre with no hand or leg co-ordination. These children make good improvement when they are given regular care, however, this care must be given over a long period of time. The children are very happy to be given this care. The parents are also very happy for their children to receive physiotherapy. Without the Day Care Centre, these children would not receive this care because their parents would not be able to afford to pay for this treatment. The teachers also teach the children's parents how to give therapy, so the parents can continue this care at home. The parents are very happy to see their children make improvements. Many children who had no co-ordination before receiving therapy can now lift small objects and co-ordinate their leg movements. Our Madam has provided specialist equipment at the Day Care Centre and a special therapy room. The parents and the students are very grateful for this.

Snack time

Severe Class

Giving Individual Tuition

Giving Physiotherapy

Leg & hand coordination exercise



Lunch

At 12.30 the children are given lunch. The food that they are given at the school is very healthy, including rice, boiled vegetables, dhal and curry. The children enjoy their lunch. It is very important that the children eat lunch at the centre- at home, they might not get much food, because their families are very poor. It is important for these children to eat well so that they will continue to develop mentally and physically.

Rest time

After lunch, the children take rest. The children sleep between 2 and 3pm. This is the hottest part of the day, so it is important for the children to rest now.

Playtime

After rest time, the children are taken outside and they play together. The children play games which will improve their co-ordination, such as ball games and running games. They also like to play hide and seek, which encourages eye-coordination. All the teachers join in with the play time and help the children play. The children enjoy playing with the teachers and the other students.

End of the day

After play time, the children come back in to the centre and they are given another healthy snack and some milk. They enjoy this very much. Then, at 4pm, the van arrives at the school to take the children home. It is important that the van brings the children to the centre and takes them home- without the van; many of the children would not be able to come every day. The children are happy to go home after a busy day and they look forward to coming back to the day care centre the next day.

Centre Administration

The teachers keep an individual record for each child. This record is made up of 18 categories, such as grooming, toilet control, eating and standing. The teacher monitors the child's progress in each of these areas and note where the child is making improvements and where they are still struggling. The progress of each child is reviewed regularly and their care is changed so it is appropriate for the child. Madam Sylvia visits the Day Care centre often. She supports the work of the teachers and she offers advice. The Day Care Centre is well managed and well run. The children are happy to come here.

Having Lunch



Time of taking Rest



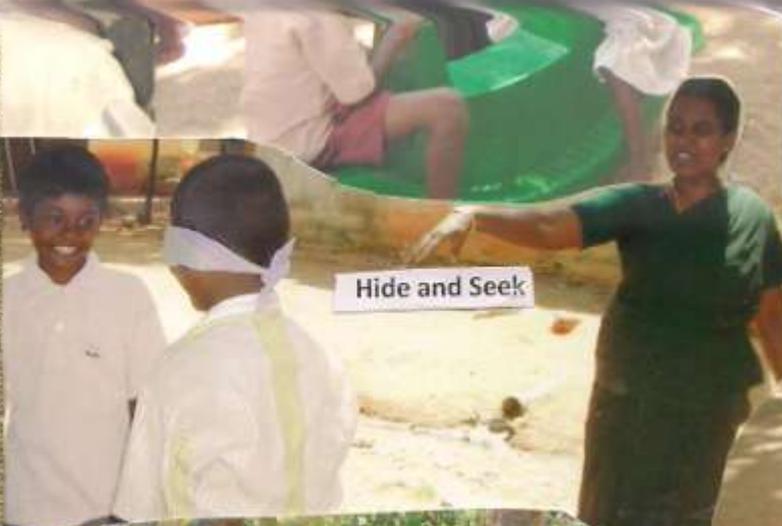
Play time



Playing on the slide



Hide and Seek



Children having fun with playing



Celebrating festivals

The children at the day care centre enjoy celebrating many festivals together. The children especially enjoyed celebrating Diwali in November. Diwali is a very famous Hindu festival. It is the festival of light. On this day, Hindus decorate their houses and shops with many lights. These lights are a symbol that the Hindu God has arrived into their home. The children in the Day Care Centre enjoyed seeing these lights. They were very happy to burn firecrackers in celebration of this event. They very much enjoyed celebrating this festival all together.

Visits from Members of the Board

The Board of Directors from England and the sub-committee visited the Day Care Centre earlier this year. They encouraged the teachers in their good work and they enjoyed spending time with the children. The Board of Directors presented each child with some new clothes. Before they left, they prayed for the children. The members of the Board had a wonderful day at the centre and they said they were very happy with the work of the teachers.

Birthday Celebrations

The children at the Day Care Centre enjoy celebrating their birthday together with the other children and the teaching staff. Madam presents the birthday child with a cake and all the other children sing a birthday song. The teacher blesses the child. The child is very happy to cut the cake in front of the other children and share their cake with everyone. They always enjoy celebrating their birthday very much.

Visitors from England

In the month of February, Hannah Wilson and Kate Burton visited the day care centre. They spent the whole day at the centre playing with the children. The children were so happy to spend time with some new visitors. Hannah and Kate enjoyed observing the daily activities in the centre and the work of the teachers each day. They were very impressed with the centre.

Presenting Clothes to the child



Celebrating 'Diwali' festival



Praying for the children



Birth Day Celebration



Visitors playing with the children

