

## **IMPACT OF THE CHILD-TO-CHILD APPROACH ON KNOWLEDGE AND PRACTICES OF COVID CARE**

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### **Abstract**

In the context of COVID-19, the concept of child-to-child care refers to children actively fostering health and averting the transmission of the virus among their peers. Personal hygiene is the practice of sustaining the purity of one's body. As early as feasible, children should be taught the importance of cleanliness in Covid 19. Consequently, carers (or older children) can instruct children on personal hygiene practices such as dental care, eye care, hand care, and skin care. The child-to-child approach is a recently introduced concept with significant health implications. The purpose of the study is to assess the efficacy of a child-to-child approach on children's knowledge and practice of Covid care. The secondary source of data (websites, Google Scholar and various internet sources) were gathered on the structured observational checklist on procedure of maintaining personal hygiene. This paper illustrates that children can be effective change agents in advocating safe behaviors such as hand washing, social distance, and mask use in Covid care.

*Keywords:* Child to child approach; Covid Care; Health; Positive role

### **1. Introduction**

The child-to-child concept is an educational approach that emphasizes peer learning and communication. It involves children learning from and teaching other children, with the aim of promoting health, hygiene, and other important areas of development[1-2]. Children are encouraged to assume responsibility for their own health and the health of those around them in child-to-child care. They can help educate their classmates on the importance of adhering to public health guidelines and serve as role models for good behavior. This strategy can be especially effective in settings such as schools, where children spend a great deal of time together and are at a greater risk of transmitting the virus. Additionally, child-to-child care can help mitigate the emotional and psychological effects of the pandemic on children[3-4]. Children can experience a sense of control and agency in the face of uncertainty and disruption if they are empowered to act. This can aid in the development of resilience and coping abilities that will be useful during and after the pandemic. Overall, child-to-child care is an essential component of a comprehensive response to COVID-19 from the public health community[5-6]. Together, we can protect the health and well-being of our communities if we include children as partners in this effort. This paper aims to focus that children can be effective agents in advocating safe behaviors in Covid care along with the future challenges.

### **2. Methodology**

The secondary source of data were collected from various internet resources, Google Scholar, Websites, PubMed and many published article, journals etc. In this study the data were collected from various agencies like the World Bank, UNICEF, UNESCO.

### **3. Discussion**

#### **3.1 Role of Child**

The child-to-child concept can be beneficial in a number of ways, including:

- **Empowering Children:** The child-to-child concept empowers children by instilling in them a sense of responsibility and ownership over their own health and that of their peers. As they become active participants in promoting safe practices and healthy behaviours, this can help to boost their self-esteem and confidence.
- **Enhancing peer-to-peer learning:** The child-to-child idea makes use of the fact that children often learn best from one another. Children may contribute to the reinforcement of crucial public health messages and behaviours by being encouraged to share their knowledge and experiences with their peers[7-9].
- **Promoting Social Connections:** The pandemic has been difficult for many children, who have had to deal with social isolation and routine disruption. As children labour together to ensure the safety of one another, the child-to-child concept can facilitate the development of social connections and a sense of community.
- **Building Resilience:** By proactively promoting health and preventing the spread of the virus, children can develop resilience and coping skills that will be useful during and after the pandemic. This can assist them in coping with tension and uncertainty and adapting to altering circumstances.
- **Supporting Public Health Efforts:** Lastly, the concept of child-to-child transmission can contribute significantly to efforts to control the spread of Covid-19. Together, we can protect the health and well-being of our communities if we include children as partners in this effort.

#### **3.2 Role of Society**

The society can play a vital role in promoting and implementing the child-to-child care model for COVID-19. Here are a few methods that society can support this strategy:

- **Providing Education and Resources:** Children, instructors, and parents can receive educational materials and resources on COVID-19 care from the organization. This may include details about preventative measures, symptoms, testing, and vaccination. Children can play an active role in promoting health and safety if they have the knowledge and tools necessary to do so. This can be ensured by providing them with resources and guidance [10-11].
- **Encouraging Community Engagement:** The society can promote community participation and collaboration in the treatment of COVID-19. This may include supporting child-led initiatives to promote preventive measures and behaviour change, such as hand washing campaigns and mask-wearing campaigns.

Additionally, the society can facilitate connections between minors and local health professionals and organisation engaged in COVID-19 response efforts.

- **Fostering culture of health:** A society can cultivate a culture of health that places a premium on prevention and healthful behaviours. This may include encouraging healthful nutrition, physical activity, and mental health among children and their families. By emphasizing the significance of health and well-being, the society can help foster an environment conducive to the child-to-child approach and other COVID-19 response initiatives.
- **Supporting School based Interventions:** Children spend a substantial quantity of time in schools, making them a crucial setting for the child-to-child approach. The society can support school-based interventions that promote COVID-19 care among children, such as hand hygiene and mask-wearing programmes. This may entail providing schools and educators with funding, resources, and technical assistance.
- **Advocating Policy Change:** Finally, the society can advocate for a change in policy that supports the child-to-child approach and other COVID-19 response initiatives. This can include advocating for increased funding for public health and education programmes, as well as policies that prioritize children's and families' health and well-being. By advocating for policy changes, the society can facilitate the implementation of the child-to-child approach and other COVID-19 response initiatives.

In general, society can play a crucial role in supporting and implementing the child-to-child approach for COVID-19 care, thereby establishing a supportive environment for children to play an active role in promoting health and safety.

### **3.3 Potential Impact**

The child-to-child approach has the potential to have a substantial effect on the knowledge and practises of COVID-19 care among children. Here are some possible results:

- **Increased Knowledge:** Children can learn about the transmission, symptoms, and prevention of Covid-19 through the child-to-child approach. They can educate their classmates on the significance of hand hygiene, mask-wearing, social distance, and other preventative measures. This can lead to a greater awareness and comprehension of the virus and its treatment among children, enabling them to make informed decisions to safeguard themselves and others[12-13].
- **Improved Preventive Practice:** Through the child-to-child approach, children can take an active role in advocating preventative behaviours among their peers. Children can encourage their peers to adopt safe behaviours such as frequent handwashing, donning masks, and maintaining physical distance by demonstrating and advocating for them. This can lead to enhanced preventive measures, thereby reducing the spread of COVID-19 within their communities.

- **Change of Behaviour:**The child-to-child approach can help children modify their behaviour. Peer influence can be a potent motivator, and when children educate and encourage one another to adopt healthy behaviours, it can result in positive changes in their attitudes and behaviours regarding COVID-19 care. The child-to-child approach can capitalise on the fact that children may be more receptive to learning from their peers in order to promote behaviour change.
- **Increased awareness and preparedness:**The child-to-child approach can raise children's awareness of the significance of preparedness and readiness in pandemic response. Children can learn about emergency preparedness, how to recognise the symptoms of COVID-19, and what to do if they or their peers develop symptoms. This can assist children in being better prepared to respond to the challenges posed by the pandemic and take the necessary actions[14-15].
- **Enhanced Community engagement:**The child-to-child method may encourage youngsters to feel a feeling of community and shared responsibility. Children may develop a feeling of ownership and empowerment when they collaborate as change agents in their communities. As kids take an active role in promoting health and safety precautions, this may boost community knowledge of and involvement in COVID-19 care[16].
- **The concept of child-to-child using the internet** refers to the idea of children interacting and communicating with each other through the use of digital technology. The internet has made it possible for children to connect with each other from different parts of the world, share their experiences and ideas, learn from each other, and collaborate on various projects[17-18].

The child-to-child approach can have a positive effect on the knowledge and practices of COVID-19 care among children, empowering them to play an active role in safeguarding themselves and others during the pandemic.

#### **4.Limitation**

Even though the child-to-child strategy has a lot of potential advantages for encouraging COVID-19 care among kids, it's crucial to recognize some of its drawbacks:

The child-to-child method may not be effective for all children, particularly those who are marginalised or reside in underprivileged areas. This strategy may not be available to kids who are not in organised groups or who do not have access to schooling, hence reducing its applicability and influence. Children who are younger or who do not share the same language may have trouble comprehending and using the child-to-child method. This could make it less successful in reaching a variety of kids. The child-to-child method needs resources including instructional materials, training, and assistance for teachers and facilitators to be put into practise. The availability of these resources may be limited in certain situations, making it challenging to use this strategy widely. It may be difficult to track and assess how the child-to-child approach affects children's COVID-19 care. Without adequate monitoring and evaluation, it could be challenging to assess the success of this strategy and make the required adjustments. In certain societies, COVID-19 may be

stigmatised or misunderstood, which makes it challenging to advocate for preventative interventions and behaviour modification. In certain situations, parents, community members, or even children themselves may oppose or push back against the child-to-child method. In order to guarantee that the child-to-child method can be successfully adopted to promote COVID-19 care among children, it is crucial to be aware of these limitations and take steps to solve them. We can seek to maximize the potential advantages of this strategy and advance the health and safety of all children by addressing these constraints.

### **5. Future Challenges**

The child-to-child approach has significant potential for promoting care for COVID-19 among children, and there is ample room for its future development and application. Technology can be used to expand the reach of the child-to-child approach, especially in areas with limited access to education or in contexts where physical distancing is necessary. Educational materials, training resources, and communication tools can be developed to support the child-to-child approach, using digital platforms such as mobile apps or online learning platforms. The child-to-child approach has been utilized successfully to promote hygiene, sanitation, and nutrition, among other aspects of health. This strategy can be expanded to promote other aspects of health related to COVID-19, such as mental health and well-being, or to address other health challenges children face. Different communities' requirements and cultural contexts can be accommodated by adapting the child-to-child approach. By involving local communities and stakeholders in the development and implementation of this strategy, it can be made more culturally relevant and effective for promoting COVID-19 care among children. Overall, the child-to-child approach has substantial potential for promoting care for COVID-19 among children, and there are numerous opportunities for its future development and implementation. By investing in this strategy and resolving its limitations, we can contribute to a secure and healthier future for all children.

### **6. Conclusion**

In conclusion, the child-to-child strategy has the potential to be an effective tool for encouraging children to get COVID-19 treatment. The child-to-child approach may have a good effect on children's understanding and practices of COVID-19 care by enabling them to actively promote preventative measures and behavior modification. However, the support and participation of the community, especially local businesses, parents, and educational institutions, are necessary for this strategy to be successful. The community may support the child-to-child approach and other COVID-19 response activities by providing resources, developing community involvement, promoting a culture of health, supporting school-based interventions, and lobbying for legislative change. We can strive towards a future where children and communities are safer and healthier by cooperating and taking collective action.

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