

What is *Facts for Life?*



FACTS FOR LIFE

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Facts for Life is a handbook of essential information families and communities need to know to raise healthy children. It is full of practical advice on pregnancy, childbirth, childhood illnesses, child development, parenting, protection, care and support of children.

This revised version builds on the three previous editions, which have been helping families and communities around the world since 1989. It contains the latest scientific knowledge and evidence-based answers to questions on child survival, growth, learning, development and

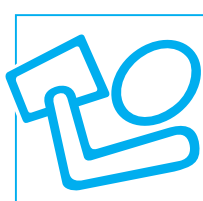
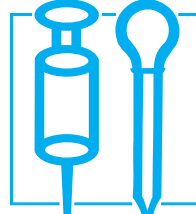
protection. It is written in clear, easy-to-understand language. This edition adds a new chapter on child protection, which focuses on protecting children from violent, dangerous and harmful behaviours and practices. The Safe Motherhood chapter has been expanded to include information on newborn health.

Facts for Life is a co-publication of the United Nations Children's Fund (UNICEF), the World Health Organization (WHO), the United Nations Educational, Scientific and Cultural Organization (UNESCO), the United Nations Population Fund (UNFPA), the United Nations Development Programme (UNDP), the Joint United Nations Programme on HIV/AIDS (UNAIDS), the World Food Programme (WFP) and the World Bank.

Facts for Life is a trusted resource. Some 15 million copies of previous editions are in circulation worldwide in 215 languages.

- My child has diarrhoea.
- My little girl is coughing a lot.
- Our baby has a high fever.
- I am pregnant and HIV-positive.
- I worry about my child working in the street.
- The children want to play in the field, but there might be landmines.
- Our baby is not gaining weight.
- Our grandson does not play with the other children.
- My child has a chance to work for a family in the city, but she is still very young.

These worries and concerns often lead to the question "What should I do?" *Facts for Life* can provide reliable and effective answers!



Why use *Facts for Life*?

Each year, almost 9 million children die from preventable and treatable illnesses before reaching their fifth birthday. Many die during their first year of life. Countless more children live in precarious situations and face diminished futures. *Facts for Life* can help change behaviours and practices to save and protect the lives of children and help them grow and develop to their full potential.

Facts for Life provides practical information that all people have a right to know and put into practice. *Facts for Life* can help families make informed decisions. It is a resource for creating and strengthening protective environments in the home, school and community.

What does *Facts for Life* cover?

Facts for Life has 14 chapters:

- Timing Births
- Safe Motherhood and Newborn Health
- Child Development and Early Learning
- Breastfeeding
- Nutrition and Growth
- Immunization
- Diarrhoea
- Coughs, Colds and More Serious Illnesses
- Hygiene
- Malaria
- HIV
- Child Protection
- Injury Prevention
- Emergencies: Preparedness and Response

Facts for Life includes advice on effectively using the key messages and supporting information on the different topics. It provides ideas on communication initiatives to help people and communities use *Facts for Life* to change their practices and behaviours in favour of children's rights.

The *Facts for Life* website (www.factsforlifeglobal.org) offers an online discussion. Anyone can post comments, share experiences or discuss issues related to the book's topics. Feedback will help keep *Facts for Life* current, relevant and user-friendly.



Who should use *Facts for Life*?

Everyone! Health workers can use it to help families learn healthier habits. Teachers can use it to help children learn life skills. Journalists can use it to write articles about local issues on children's rights.

Facts for Life has information for decision makers, medical professionals, educators, community-based workers and volunteers, development workers, government officials, artists, writers, entertainers, sportspeople, members of women's organizations and youth groups, and staff of non-governmental, community-based, faith-based and international organizations. It is a source of information and a tool to help:

- Empower families and communities with knowledge that can help them realize the rights of children and women
- Advocate for policies and programmes.

Where is *Facts for Life* used?

The *Facts for Life* content applies to people in every country. *Facts for Life* can help anyone who is concerned with the health, growth, learning, development, protection, care and support of children and families.

Messages from *Facts for Life* can be used in television shows such as soap operas, radio interviews and announcements, puppet shows, community theatre, the Internet, cartoons, comics, storybooks, literacy primers, school books, flip charts and more. There's no limit!

How can I get a copy?

The latest edition is now available online in print-ready PDF format and plain text file at www.factsforlifeglobal.org. Anyone, anywhere, can download it and make low-cost printed copies.

Facts for Life is a public resource – any country can use and translate the text to help its citizens get their children off to the best start in life.

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