

IFE

THE ADVENTURER

GROWN-UP'S GUIDE



WONDERBOOKS


Save the
Children



Some helpful things to know

What is a vaccination?

We'll let the NHS answer this one... 'Vaccines teach your immune system how to create antibodies that protect you from diseases. It's much safer for your immune system to learn this through vaccination than by catching the diseases and treating them. Once your immune system knows how to fight a disease, it can often protect you for many years.'*

What stops children like Ife being vaccinated?

Many children in Ethiopia live too far away from a health centre so families can't get there.

When families can get there, they often don't have enough vaccinations or trained health workers.

How are Save the Children and GSK helping?

The partnership between GSK and Save the Children is providing children in some of the hardest-to-reach communities in Ethiopia with life-saving vaccines.

We're training health workers, providing equipment such as vaccine refrigerators and helping run health services as efficiently as possible.



"I'm happier and more relaxed

than I have ever been.

I see the new, better health on on their faces."

Asli, mother of Farah, 4

What happens in the freezer?

The important vaccines that children like Ife need must be kept very cold, otherwise they won't do their job of protecting children from diseases! In this activity you will find out what happens to different things when you put them in the freezer and when you take them out again.

You will need:

A freezer

An ice cube tray

Some different things to put in your ice cube tray. For example: olive oil, water, tomato sauce, crumbled biscuits, milk, a grape. Anything you want to try is okay!

Step one

Put your ice cube tray in the freezer filled with the things you have chosen. You will need to be patient! Your items could take a few hours to freeze.

Step two

Take your ice cube tray out of the freezer and tip all the cubes out onto a big plate or tray.

Step three

See which items melt fastest and how the different things you put in the tray have changed after they melt. For example, did your tomato sauce melt faster than your oil? Is your grape squishier than it was before you froze it?

You've learnt that temperature affects what happens to different liquids and solids. It's very important that vaccinations can be kept nice and cold so they don't change at all before they go inside a child's (or grown-up's) body. If they do change because they get too warm, they might not do their job of protecting people from diseases.

To find out more about children who inspire stories like Wonderbooks, visit [savethechildren.org.uk](https://www.savethechildren.org.uk)

*NHS, [nhs.uk/vaccinations](https://www.nhs.uk/vaccinations)

Photo credit: Karin Stowe/Save the Children

Tips for reading this book with your child

Before you read

Have a look at the cover together, and ask *What do you think this book might be about?*

While you read

Start each page with *What can you see?* to give the reader space to respond freely.

After reading

Reflect on the book together. Try asking questions like:

Do you remember having injections?

How did you feel about having them?

How did you feel when Ife met the wolf?

How did you feel when Kamali and Ife were lost?

Why was it important for Ife to get her injection?

Go on your own adventure

Ife meets lots of animals on her adventure. Go on an adventure (maybe a walk to a park, maybe in your imagination) and see what animals you meet!

Younger children

When you return, draw a picture of your adventure and all the animals you met on it.

Older children

When you return, write the story of your adventure. Did you make friends with a pigeon? Or scare a squirrel? What did you get home just in time for? Can you illustrate your adventure with pictures?

Why not share your adventure with us on social media, or email us at the address below.

If you have any questions about Wonderbooks, email us at wonderbooks@savethechildren.org.uk

Or contact Supporter Care:
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