



## Article 24

**We have the right to good quality health care, to clean water and good food**

*Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.*

**Children will:**

**Taking my coat off:**

- Put my gloves in my pockets
- Put my hat down my sleeve
- Choose a hook number
- Remember the number
- Hang my coat on the hook

**Putting my coat on:**

- Put my hood on my head
- Put my arms in my sleeves
- Try to do up my zip or buttons
- Ask an adult if I need help

**Adults, as duty, bearers will:**

- Demonstrate to children how to put their coats on and do up their zips or buttons
- Encourage children to put their coats on themselves
- Allow time for children to put their coats on
- Praise them for their attempts to put their own coat on

**Parents and carers, as duty bearers, can teach children to use the toilet by:**

- Show your child how to put their coat on and do up their zip or buttons
- Encourage your child to put their own coat on
- Allow time for them to put their coat on
- Praise your child for their attempt to put their coat on