

## With care about children

*As is well known, the 1st of June is not just a children's holiday, but also a good reason to remind the society of the need to observe and respect the children's rights. A vow of unrelenting fight for maintaining lasting peace as the only guarantee of happiness for the rising generation was taken on the Women's Congress in France in 1949. One year after the first International Children's Day was celebrated. Since then it has been celebrated every year, but differently, e.g., doctors of the Scientific Center of Children's Health celebrated it both at their home institution and outside of it, not only by word of mouth, but in practice.*

On the 1 June the research institute of preventive pediatrics and medical rehabilitation of the FSBI "Scientific Center of Children's Health" held a traditional festival dedicated to the Children's Day. It was the 4<sup>th</sup> time the Center organized this open lively festival. This is, of course, a festival for everyone, but, first of all, for those who are devoid of the most joy – health. For a few hours young patients forgot about diseases, procedures and drug intake and were just happy and cheerful children. The Center's specialists know perfectly that positive emotions and good mood have therapeutic effect and give hope that everything will be well.

Traditionally, the festival has a theme; this year it was dedicated to vaccination. The main characters of the festival were "healthy kids" – children, whose health is well-protected by prevention. Cheerful animators were welcoming guests from the early morning at marquees put in front of the entrance and in the hall of the research institute of preventive pediatrics and medical rehabilitation. Together with them, young heroes of the occasion were painting, modeling, mastering scrapbooking and gingerbread painting, being photographed, singing and dancing. A huge map of Russia put in the clinic's yard was the festival's symbol. Everyone could mark their hometown on it and thus demonstrate that medicine has no boundaries, and every citizen of this country has a right to be healthy. It should be noted that the Center's employees were taking active part in all festive entertainments. Thanks to such an approach the contact between patients and their attending doctors gains more trust, thus making treatment more effective.

The festival continued with an outstanding puppet performance. Before it started, the moms-to-be undergoing antenatal preparation at the Center, infants with their mothers and preschoolers from the nearby kindergartens had performed for young spectators and their parents. But that was not the last surprise. After the performance all guests and the Center's employees gathered in the yard and launched colorful balloons in air. The children were thrilled!

The festival was concluded by the director of the research institute of preventive pediatrics and medical rehabilitation, RAMS corresponding member, Professor Leyla Namazova-Baranova, who addressed the guests: "I am very glad that there are more guests at our traditional festival every year. This means that good fame about it is spreading among those who are our friends. This year our festival is dedicated to vaccination, prevention; it is impossible to overstate its importance to children's health. Today, all activities and entertainments were aimed at parents, who could learn more about this issue and trust this protection means better, and children, who would fear vaccination against different diseases less. I would like to thank everyone who has come here today, congratulate our small guests once again and wish them, above all, health, because all the children here know for sure that it is the topmost human value!"

### **Mission to Suzdal**

The day before the international holiday, a group of Moscow doctors from the scientific center visited the Suzdal special correctional orphanage #3 for orphans and legally free physically challenged children.

It is symbolic that 250 years ago Catherine II founded the Imperial Orphanage for the “rejected, innocent, poor, condemned to death children without shelter”. Reforms and reorganizations transformed that old institution into the Scientific Center of Children’s Health.

The Center’s doctors constantly care of orphans – not only by visiting different orphanages, conducting there diagnostic examinations and receiving these children in Moscow, but also by patronizing such institutions, providing regular help to orphans and legally free children.

There are 37 children with such disorders as mental retardations, Down’s syndrome, mental deficiency of varying severity (moronity, imbecility), hydrocephaly, mixed specific mental development disorders etc. at the Suzdal special orphanage. 20 inmates have childhood disability, their condition largely results from the unfavorable environment they had been living in before admission to the orphanage. The primary diseases are aggravated by concurrent diseases in most kids; this requires constant doctoral attention. That is why there is a large number of employees at the Suzdal orphanage per 37 inmates – 23 specialists (medical and social workers, speech pathologists, psychologists, educationalists, pedagogues); many of them have vast work experience. Their main goal is to achieve rehabilitation of children and, if possible, prepare them to adoption by new families. Apparently, they are succeeding – children appeared smiling and sociable despite a big number of strangers in white smocks examining them. Moreover, Moscow doctors were astonished by their self-dependence: in comparison with family children of the same age with similar diagnoses, they are much better adapted to the world around.

The SCCH doctors have vast experience of out-work (to diagnose and examine children), which is why right after coming to the orphanage and sizing up the conditions – light comfortable rooms and medical offices, the specialists quickly settled in them organizing something like a conveyor, so children were going from room to room, from doctor to doctor. All the relevant information was on the spot logged in laptops; as soon as extracts are prepared, the Suzdal orphanage’s doctors will receive opinion and recommendation letters from the Moscow specialists. Some of the infants may move to the capital to treatment.

It is a difficult task for doctors, even if they are many, to examine 37 people in a few hours. The children got tired as well. But as soon as doctors started giving children presents, everyone became animated. Say what you will, this is the nicest part of the 1 June’s holiday! The kids were looking cars, new dolls, coloring books and various balls all over. Moscow doctors also received memorabilia. It appears that the orphanage’s children can make very beautiful cards, which are well worth a place on shop shelves among the original handmade goods.

### **“Health alley” in Kolomenskoye.**

#### **Act of charity of Russian celebrities for children with rheumatic diseases**

On 29 May in the Palace of Tsar Alexey Mikhaylovich in the culture preserve “Kolomenskoye”, an act of charity “If you put your heart and soul, you can do everything!” was held for children with rheumatic diseases. Famous actors Alexey Serebryakov, Alexander Lazarev, Irina Bezrukova, popular singers Mark Tishman, Marina Devyatova, Elvira T, young actress Natalya Zemtsova and children’s group “Ecole” took part in the festival. The event was hosted by television anchors Irena Ponaroshku and Sergey Armishev.

Kolomenskoye Palace, which is rightfully considered the 8<sup>th</sup> wonder of the world opened its doors to small patients from the rheumatology department of the Scientific Center of

Children's Health. Children from different parts of this country "plunged" into the Russian way of life, came nearer to native history, customs and traditions.

In the theater hall of the Palace of Alexey Mikhaylovich they were surprised by celebrities, who went off the screen to them. Putting their heart and soul in the performance, celebrities managed to infect small patients with their enthusiasm and children started singing and dancing with their favorite celebrities, diseases forgotten.

Governor of the charitable organization "Renaissance", actress Irina Bezrukova noted that children are the most defenseless people, especially ill children. These children should be given more attention; their confidence in recovery should be strengthened by adults; they should be helped to start a healthy life.

Singer Mark Tishman, who shared his thoughts with us, says that children are like small angels; it is difficult to deceive them, as they feel all emotions; that's why they be charged with positive emotions for days to come.

After the concert the kids tried their hands as small do-gooders; with the help of celebrities, they made colorful birdhouses, which they will hang in the territory of the Scientific Center of Children's Health in commemoration of the holiday.

Children's enthusiastic faces, their rapturous exclamations and eyes full of wonderful fire of happiness and joy reminded all adult guests of the charitable festival once again that it is very easy to work miracles for children – we should believe in them, give attention and warmth that many of them lack. We should put our heart and soul in children, give them a part of us and of what is good in the world; only then these small lights of our lives may remove mountains. Their confidence strengthens when famous people visit them, give them their attention and presents, when the whole world joins hands and stands up against children's troubles and diseases.

According to the famous actor Alexey Serebryakov, the most important thing in the life of ill patients is confidence in their future, and this confidence may be strengthened only by adults.

The charitable festival culminated with the grand planting of an apple garden "Health alley". A plate was put by one of the apple trees near the garden alley: "This tree has been planted by children from the rheumatology department of the RAMS SCCH and charitable organization "Renaissance"". Maybe a few years later both children and adults will come back and remember that day full of joy – 29 May 2013. (10, 11)

There was a thrilling moment after the planting – the children tied bands with their wishes to a tree. Everyone – organizers, celebrities, doctors and parents – is confident that these wishes will come true.

The act was aimed at attracting attention of the general public and of the public authorities to the problem of steady growth in the number of children suffering from rheumatic diseases.

At the same time, rheumatic diseases, which are often accompanied by disability, are not a doom; given timely high technology treatment with genetically engineered drugs and psychological support, ill children may successfully study, create and live a full life.

Captions to photos

It is very interesting to paint with adults

Traditionally, colorful balloons were launched in the air  
Doctors are examining children;  
The children were going from doctor to doctor conveyor-like  
Worked and rested