

# Evacuation leaflet

**This is a copy of an actual leaflet given to people who took in evacuees. Read the leaflet and answer the questions below.**

In order to keep a child healthy and happy the diet must be well balanced with plenty of changes.

Children should be fed at regular hours, the heaviest meal being in the middle of the day, and the last meal should preferably be at least one hour before bed-time; three meals a day is generally considered best.

If possible a child should have a pint of milk daily, a certain amount of which may be included in the cooking,

Children should be given plenty of water to drink. Also fresh green vegetables, tomatoes and fruits (especially oranges) to eat whenever possible.

They should not be allowed to take violent exercise or bathe immediately after a meal.

Baths should be given as often as possible, but at least once a week. It would be better to have a tin basin of fresh water for each child than allow them to share a bath.

Mark clearly and keep separate each child's face flannel, towel, toothbrush, brush and comb and other personal belongings.

Bedroom windows should be kept open at night and it should be remembered that young children need 11 hours sleep each night.

Make sure you have some bandages and lint for minor accidents and the District Nurse will advise you on what remedies to keep in the house.

1. What was a child meant to be given every day? Do you know why?

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2. How much sleep did a young child need each night?  .....

3. Are many of these rules in use in your family?  .....

4. What are the differences between these rules and those you have in your family?

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# Teacher's sheet

Based on pages 26 to 29 of *Children in the Second World War*

## Evacuation leaflet

### Age range

- Years 3/4 (SP4/5).
- Years 5/6 (SP6/7).

### Resources

Copies of the worksheet.

### Using the worksheet

Students could be encouraged to think about what children need in order to stay healthy and how these things may have changed since 1940. For example, today it is common to take more than one bath or shower each week and the heaviest meal is often eaten at night now. Windows are usually closed at night for safety and to keep heat in. This worksheet could be done as part of a cross-curricular exercise with PSHE .

You might like to begin this activity by asking students what they think people would want to know today if they were taking in children they did not know. Information people need might include dietary requirements, schedule for sleeping, if the children are allergic to anything, if they take any medication or have medical problems, what they are doing in school, if they need help with their lessons, what type of exercise and recreation the children like. You could then point out that the evacuees would have to fit in with the family and get used to a new way of life. You could ask students how difficult they think it would be to live with a strange family and get used to that family's way of life.

You may also want to discuss with students whether they think this leaflet would help adults and children to get along.

### Younger students

You may like the students to discuss how these rules differ from the rules they have at home and how most people live now as a class exercise. You could make a list on the board of what differences there are between the way children were expected to live in 1940 and the way they live today.

### Outcomes

The students can:

- Compare differences in the way children lived in 1940 from the way they live today.
- Understand a little of how evacuated children lived.
- Compare rules for healthy living from 1940 and today.

### Older students

The students may like to look at a range of secondary sources on how children lived in 1940 – what time they were expected to go to bed, how much exercise they took each day, how often they bathed each week, etc.

### Outcomes

The students can:

- Compare differences in the way children lived in 1940 from the way they live today.
- Understand a little of how evacuated children lived.
- Compare rules for healthy living from 1940 and today.