

Expert urges families not to eliminate toys due to cost of living



IRNA

Social Desk

A member of the Iranian Toy Manufacturers Association has urged families not to exclude children's toys from their shopping lists, despite financial pressures. Nasrin Qaraei, a member of the association's Board of Directors, emphasized the importance of considering children's preferences when purchasing toys.

The expert warned against the potential harm of depriving children of the joy of toys. "By eliminating the pleasure derived from toys, we risk stifling learning," Qaraei said. "Toys should not be imposed on a child, but chosen with their input."

Qaraei, an advocate for child development and learning through play, highlighted the global trend of "edutainment" – a blend of education and entertainment. "Entertainment is a voluntary activity that individuals engage in willingly

and enthusiastically. While enjoying it, they also learn," Qaraei explained. "The knowledge gained through play and entertainment is more deeply ingrained and enduring."

Qaraei underscored the role of play in child development and education. "The cognitive transformation that occurs during play is unparalleled," she said. "We've seen positive outcomes in parenting advice and children's education through games and entertainment." She further noted that for pre-school children, play serves as a language. "Play is the most effective tool for educating a child. Through toys and games, children can acquire essential life skills and apply them in their daily lives," Qaraei added.

Addressing the misconception that toys are exclusively for children, she stressed the need for a cultural shift. "Adults, preoccupied with daily tasks and conflicts,

often associate toys with a specific age group. To rectify this, we must broaden the cultural understanding of toys," she said.

Qaraei lamented the financial constraints that prevent families from recognizing toys as essential household items. "Unfortunately, due to the high cost of living, it's challenging to convince families to include toys in their cultural basket," she said.

She also pointed out the lack of awareness and promotion of learning through games in Iran. "There are numerous events related to toys, but government bodies and institutions could do more to organize programs that encourage the use of toys," Qaraei said.

Qaraei highlighted the need for government support to continue raising awareness about the importance of toys. She also emphasized the need for a better understanding of the psychological aspects of toy selec-

tion. "Families often opt for non-intellectual toys due to a lack of awareness. If the impact of toys on the entire family is properly communicated, it will undoubtedly influence toy selection," she said.

Qaraei also addressed the challenges facing toy manufacturers. "When manufacturers attempt to produce an effective game, they often receive feedback that the instructions are too lengthy. This suggests that Iranian consumers are reluctant to engage with complex games," she said.

The expert concluded by emphasizing the importance of family involvement in children's play. "The appeal of non-intellectual games and the lack of designated playtime for children have resulted in a decline in the use of board and intellectual games. Parents need to invest time in playing with their children, which fosters deeper bonds," she said.

IRCS rep. at Doha climate meeting: We have no choice but to adapt

Social Desk

Governments play critical role in preventing global warming, according to Iran's representative at climate conference. The Iranian Red Crescent Society (IRCS) representative, Koosha Golkaar, called for increased global commitment to climate change mitigation during the International Summit of the Red Cross and Red Crescent Societies of the Middle East and North Africa region.

Golkaar, who serves as the representative for International Affairs and Humanitarian Affairs of the IRCS, underscored the necessity of preparing for the worst-case scenario in disaster response operations. He emphasized that the scale, intensity, scope, dispersion, simultaneity, and unpredictability of climate change-induced disasters often exceed national capacities, making public education and risk adaptation crucial, Mehr News reported.

"We hope that the impact of international meetings and the adherence of governments to their commitments can reduce the speed of global warming," Golkaar said. "But we in the national organizations must prepare to face it with the participation of the people themselves, and along with the hope and efforts to prevent and reduce the effects, seek to adapt to upcoming accidents."



MEHR

Golkaar also highlighted the IRCS's efforts in climate change mitigation. The organization's volunteer arm provides aid to victims of climate-related disasters such as droughts and unseasonal floods. Meanwhile, the Relief and Rescue Organization is bolstering its disaster response operations, and the Red Crescent Youth Organization is encouraging young people's participation in environmental preservation through a system called Shetab (Acceleration).

The Iranian representative also underscored the importance of online platforms in public education on risk management. "In the online education system of the Iranian Red Crescent, we published several training courses on adapting to climate change, which were well received by the people," Golkaar said.

The international meeting on reducing the risks of accidents caused by climate change was held in Doha, Qatar, last week. It brought together representatives from Red Cross and Red Crescent societies across the Middle East and North Africa. Golkaar's participation was facilitated by the General Department of Ceremonies and International Communications of the Red Crescent Society.

In the realm of hungry ghosts: A compassionate exploration of addiction

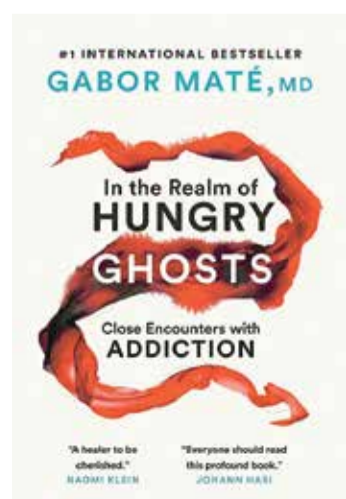


By Ali Amiri
Staff writer

BOOK REVIEW

As we mark International Day against Drug Abuse, it's time to delve into the heart of addiction, not as a distant observer, but as an empathetic participant. Gabor Maté's 'In the Realm of Hungry Ghosts: Close Encounters with Addiction' offers a profound and compassionate exploration of this global issue, challenging our pre-conceptions and inviting us to view addiction through a new lens. In the midst of the global observance of this specific day, Gabor Maté's well-received book stands as a beacon of understanding and

compassion in the often-misunderstood world of addiction. Maté, a seasoned physician with years



of experience working with substance abuse patients, presents a compelling narrative that intertwines personal stories, clinical insights, and cutting-edge scientific findings.

The book's strength lies in its holistic approach. Maté reframes addiction as a continuum that permeates our society, rather than a discrete phenomenon confined to a select few. He argues that addiction is not merely a medical "condition", but a complex interplay of personal history, emotional development, and brain chemistry.

Maté's narrative is both haunting and deeply personal. He takes us into the heart of his practice, introducing us to patients who are often dismissed and marginalized. Their stories are raw, real, and at times,

heart-wrenching, but they are essential in understanding the true nature of addiction.

'In the Realm of Hungry Ghosts' is not just a book about addiction; it's a call to action. As we commemorate International Day against Drug Abuse, Maté's work reminds us of the urgent need for a more humane, evidence-based approach to addiction. His book is a must-read for anyone seeking to understand the roots of addiction and the steps we can take towards healing and wellness.

His book is a profound contribution to our understanding of the complex phenomena of addiction. It's a book that doesn't just inform, but transforms, offering a compassionate perspective that is all too often missing in discussions

around substance abuse. One might argue that we are in a dire need of reflecting on the insights offered by Maté, and considering how we can apply them to create a more empathetic and understanding society.



Gabor Maté