

Mapule* is only 17 years old, but she has to take care of six children (aged from 10 months to 16 years) all on her own. Once a month they receive a food parcel from a non-governmental organisation, but they often go to bed hungry.

“The little ones cry. I comfort them and say, ‘maybe tomorrow we’ll have something to eat.’ But I worry a lot, because I never know if that will be

gives them a little food and money each month. Mapule has applied for an ID book, and she hopes things will get better when she can get child grants for her siblings.

When children take on the responsibilities of adults while they are still emotionally and intellectually immature, they can become stressed and anxious, says child psychologist Tanya

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