



Growing up: How our bodies change

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Every child grows. From the time we are born, our bodies slowly change as we grow into bigger children and later into adults. This process is called growth and change, and it is a normal part of life. Some changes are easy to see, while others happen slowly inside the body.

Growth means our bodies become taller, bigger, and stronger over time. Your hands, legs, and feet also grow. That is why shoes, clothes, and uniforms sometimes become small and need to be changed. Growth happens slowly, not in one day, and it is different for every child.

Some children grow taller quickly, while others grow slowly. Some children gain weight early, and others later. Being tall, short, thin, or big does not mean something is wrong. All bodies grow in their own way and at their own time. What matters is staying healthy and happy.

Emotional changes

- As children grow, they become stronger and can do more activities such as running faster, carrying things, and helping at home. Their thinking also improves. They begin to understand more things and ask many questions.
- Feelings can also change. Sometimes children may feel happy, sad, angry, shy, or confused. These feelings are normal and part of growing up. Talking to a trusted adult can help when feelings become too strong.

Growing into adolescence

- As older children approach their teenage years, their bodies begin to change in new ways. This stage is called puberty. Puberty happens to both boys and girls, and it is a sign that the body is growing into adulthood.
- Girls may begin to grow breasts, their hips may widen, and some may start menstruation, which is monthly bleeding. This is normal and shows that the body is growing.
- Boys may notice their voices becoming deeper, shoulders becoming broader, and more hair growing on the body. These changes are also normal.

Taking care of the body

- As the body grows, it may sweat more and need extra care. Bathing daily, changing clothes, and keeping private parts clean helps prevent bad smell and sickness. Body changes are private, and it is important to respect one's own body and the bodies of others.
- For the body to grow well, it needs good care. Eating healthy foods like matooke, posho, beans, vegetables, fruits, eggs, and fish helps the body grow strong. Drinking safe water, sleeping well at night, exercising, and keeping clean are also very important.
- Growth and change happen to everyone. There is