



USAID
FROM THE AMERICAN PEOPLE



Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE



Introduction for each Life Stage

Greetings... [Good Morning/Afternoon/Evening]. My name is...

I am a community volunteer working with the [NAME] Local Government Area in collaboration with Breakthrough ACTION-Nigeria Project.

Breakthrough ACTION-Nigeria is working with the State and LGA to improve maternal and child health. Part of what the project is doing is going to communities to discuss with men and women about the things they can do to ensure their families and communities stay healthy and thrive.

If you do not mind, please can we take some time to discuss some of these things? Please note that everything we are going to discuss here is confidential.



**Life Stage 1:
Early Pregnancy
(First 6 Months)**

Messages for pregnant women and their husbands during the first 6 months of pregnancy

Introduction for Life Stage 1

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A newlywed couple, the woman is pregnant, and they look very happy. Their family and religious leaders are also there, and they seem pleased.

Q2. Why do you think the couple and other people look so happy?

A2. They are happy that the newlywed couple are happy, healthy and are expecting a baby. The other people may be happy because the couple is respecting their traditions and religion.

Q3. Do you know what you can do to achieve the same happiness while ensuring a safer and healthier pregnancy?

A3. There are four things you can do to ensure a healthier and safer pregnancy:

1. Go to the health facility for ANC at least eight times and take IPTp,
2. Sleep inside an insecticide treated mosquito net every night,
3. Ensure the pregnant woman eats nutritious diet, including iron folic acid supplements,
4. Give birth with a skilled birth attendant at a health facility.

Next, we are going to discuss these in more detail.



Early Antenatal Care & Intermittent Preventive Treatment in pregnancy



Q1. Are you already attending ANC? **Follow the instructions below:**

- If the woman is already attending ANC, then go to Pregnancy Danger Signs, page 1.5
- If the woman has not attended ANC, continue with Q2 below. **After discussing Life Stage 1, refer for ANC.**

Probing Question

Desired Response

Q2. What do you see in this picture?

A2. A woman is getting an ANC check-up with the support of her spouse.

Why do you think her pregnancy is not showing?

The pregnancy is not showing, because the pregnancy is at the early stage.

Q3. Why would a newly pregnant woman go early for ANC?

A3. Health care providers need to check on different things during the different stages of the pregnancy:

- Early ANC allows the pregnant woman to learn more about her pregnancy from the health worker,
- Allows the health worker to monitor the growth of the baby and the health of the mother,
- Every pregnant woman should attend ANC at least eight times before delivery.

Q4. Why is it important to take medicine to prevent malaria during pregnancy?

A4. Malaria causes a lot of problems for pregnant women and their unborn babies. The problems include fever, miscarriage, stillbirth, or delivering a baby that is too small.

Taking IPTp prevents malaria early, and it should be taken whether there are malaria symptoms or not.

IPTp is safe and effective for pregnant women and the baby. It is taken in the presence of a health care worker. It is safe for you to take it without food.



ANC

Malaria in Pregnancy: Sleeping inside an Insecticide Treated Mosquito Net



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A woman sleeping under a mosquito net.

Q2. Why is it important for a pregnant woman to sleep under an insecticide treated mosquito net?

A2. A pregnant woman could have malaria without knowing it.

A pregnant woman should sleep inside an insecticide treated mosquito net every night to prevent getting malaria from mosquito bites. This is because if she gets malaria, it will be much more serious than when she is not pregnant. And it will also affect her baby.

Sleeping under an insecticide treated mosquito net all year round will help ensure a better health outcome for both the mother and child.

Q3. What might happen to a pregnant woman and baby if she gets malaria?

A3. Malaria may cause the blood level of a pregnant to reduce, and the baby could die in the womb (miscarriage or stillbirth) or be born too early (premature) or too small (low birthweight).

Q4. What do you think every pregnant woman can do to avoid getting malaria during pregnancy?

A4. Every pregnant woman should:

- Always sleep inside an insecticide treated mosquito net,
- Go to ANC as soon as she knows she is pregnant,
- Go at least eight times during pregnancy,
- Take IPTp at least four times.

If there is a report of a feverish pregnant woman

REFER!

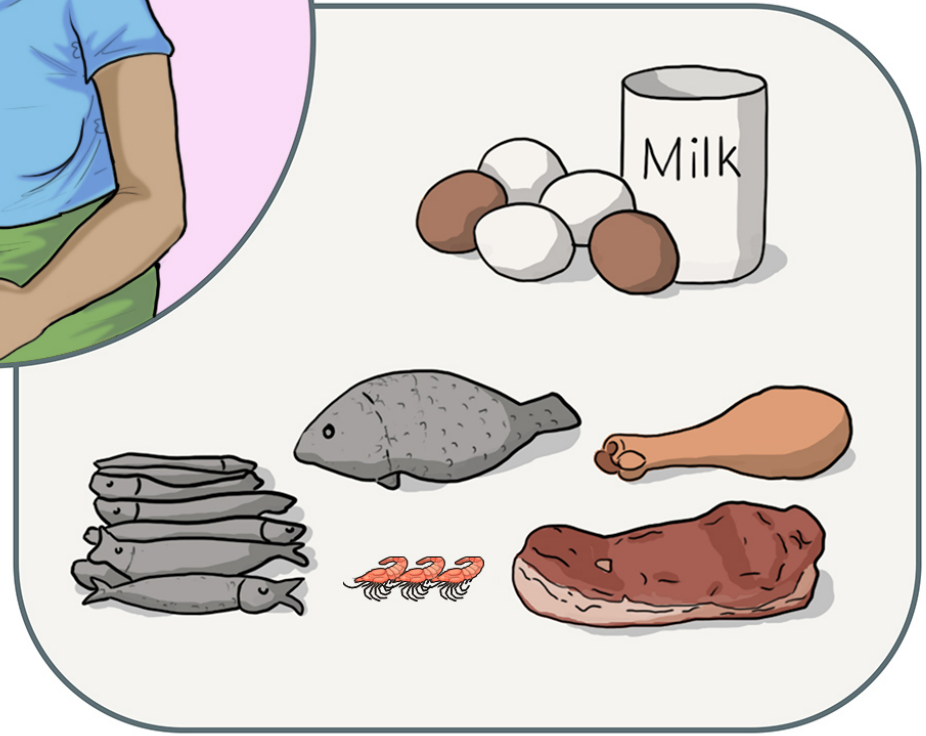
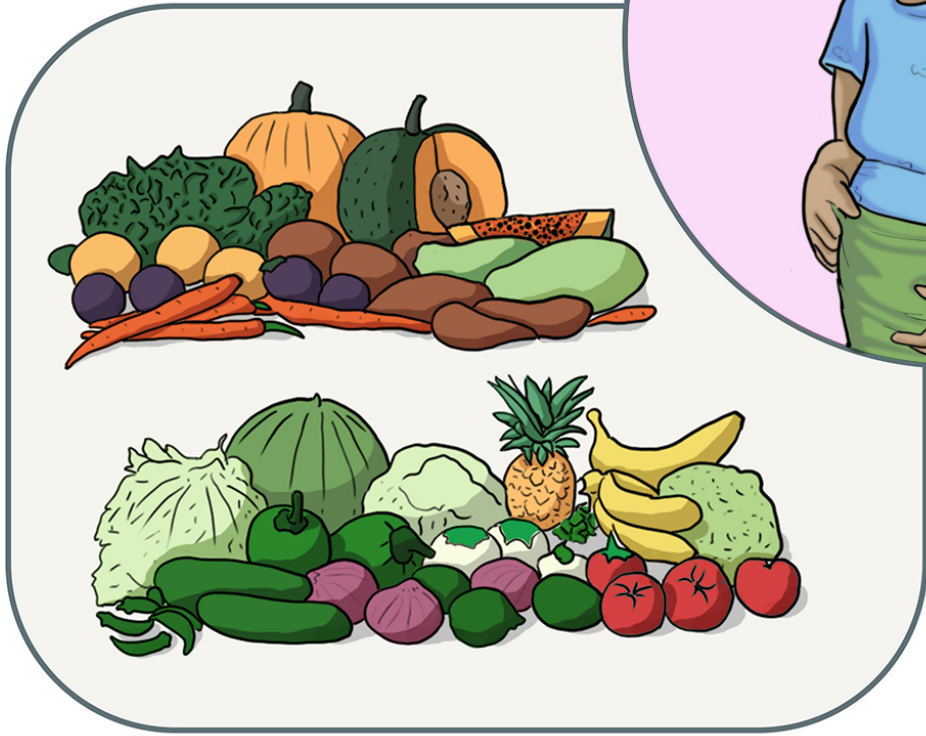
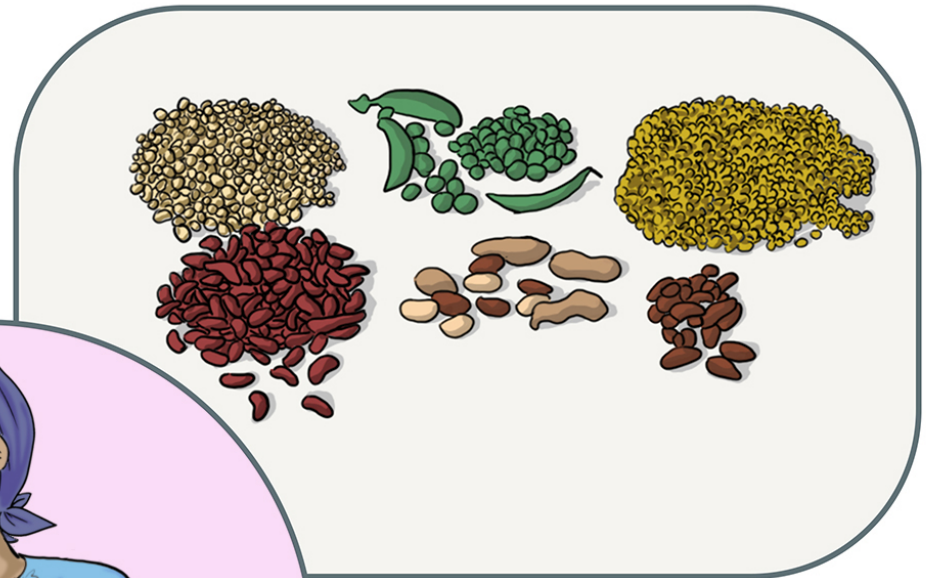
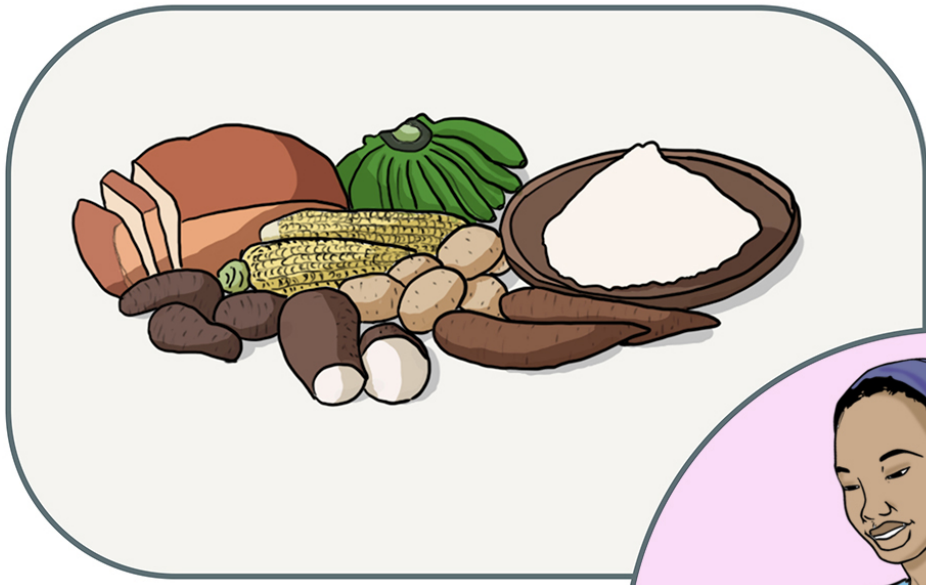


Nutrition During Pregnancy

RECOMMENDED TIME: 3 MINUTES

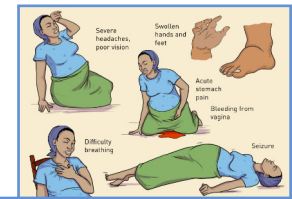


Probing Question	Desired Response
Q1. What do you see in the picture?	A1. A pregnant woman surrounded by 4 different categories of food.
Q2. Why should a pregnant woman be mindful of what she eats?	A2. A woman's nutritional status is important for her health as well as for the survival and development of her children.
Q3. What types of food are good for a pregnant woman to eat?	<p>A3. A good way to remember is a "4-star meal", which has foods from each of the following four (4) food groups:</p> <ol style="list-style-type: none"> 1. Animal-source foods (flesh meats, eggs, and dairy products) for body building, 2. Staples (grains like corn and millets, and tubers like yam and cassava) for energy, 3. Legumes and seeds (beans, soya beans, benniseeds, groundnut) for body building, 4. Fruits and vegetables (mangoes, banana spinach, pumpkin leaf) to build immunity. <p>She should ensure that the salt she uses is iodized and should also drink plenty of fluids. In addition to all these foods, a pregnant woman should also take Iron and Folic Acid supplements, which she can get from the health facility during ANC.</p>
Q4. How much should a pregnant woman be eating?	A4. A pregnant woman should eat 3 main meals and one extra small meal or snack. If the pregnant woman has problems with eating large meals, she should have several small meals during the day instead of 3 large meals.
Q5. How can families afford all these foods? Ask for examples of locally available nutritious foods.	A5. Families do not need to spend much money to eat nutritious foods. Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound.



Pregnancy Danger Signs

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. The pregnant woman is going through different health challenges.

Q2. What have you heard or know about pregnancy danger signs?

A2. These are some of the signs and symptoms that indicate a pregnant woman is having complications. She or her baby's life may be at risk, and she should see a healthcare provider IMMEDIATELY.

Q3a. Do you know what any of the pregnancy danger signs might be?

A3. Some of the pregnancy danger signs are:

- Severe headache
- Swollen hands and feet
- Acute stomach pain
- Bleeding from vagina
- Difficult breathing
- Seizure

Q3b. Do you know of any woman who experienced any of these danger signs during pregnancy?

Clarify any misconceptions about pregnancy danger signs.

Q4. What can a pregnant woman do to detect danger signs early?

A4. Going to ANC can help healthcare providers detect any complications before they become danger signs.

And what should she do when she has a danger sign?

If a pregnant woman experiences any danger sign, she should IMMEDIATELY go to the health facility for urgent care.

If any of these signs are present or there are reports of the danger sign by a pregnant woman REFER!

Support her to the health facility if necessary.



Severe headaches, poor vision

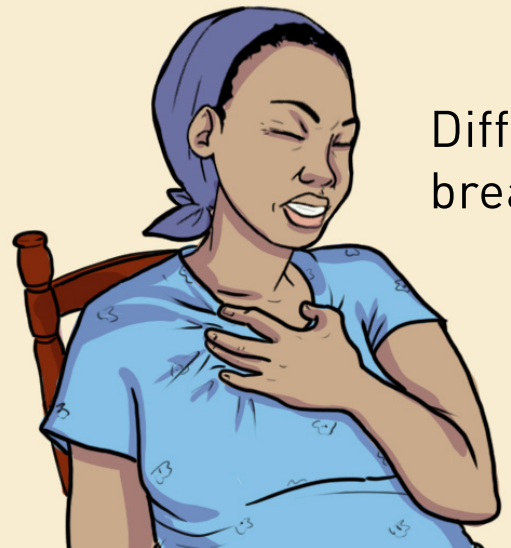


Swollen hands and feet



Acute stomach pain

Bleeding from vagina



Difficulty breathing



Seizure

Delivery with a Skilled Birth Attendant

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A woman is giving birth in a health facility. The health worker and her husband are there assisting her.

Q2. Do you know any woman who had a healthy pregnancy but had trouble during childbirth?

A2. **Ask them to share what happened.**

Q3. What are some of the benefits of delivering with a skilled birth attendant in a health facility?

A3. Although many women feel more comfortable giving birth in their homes, every delivery is a risk even if there were no complications during the pregnancy.

The benefits of delivering with a skilled birth attendant include:

- If there are complications during delivery, the skilled birth attendant is trained to manage them to prevent loss of the mother or baby
- Skilled birth attendants are better able to manage complications during delivery at the health facility where they have special equipment to work with.

Q4. Do you know the signs of labour?

A4. There are certain signs that indicate the baby is ready to be born like periodic but continuous contractions, discharge of blood mixed with mucus, and/or watery discharge from the vagina.

When any of these signs present, they should go to the health facility for delivery IMMEDIATELY.



Developing a Birth Plan

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pregnant wife and her husband discussing and planning for the delivery of their baby.

Q2. Why do you think it is important to plan for delivery?

A2. Developing a plan for delivery helps to ensure safe delivery and prepare for complications that may arise.

Q3. What do you need to plan for in order to give birth with a Skilled Birth Attendant at a health facility?

A3. Things you need to plan for include:

- Transportation (how will they get to the facility, even if they need to travel at night),
- Money (how much cash do they need to cover transportation and any fees associated with delivery),
- Escort (who will accompany the woman to the facility),
- Materials and consumables for delivery,
- Chlorhexidine gel, and
- Misoprostol 3 tablets.

Q4. Who do you need to inform so that they can support your birth plan?

A4. Inform all significant others (mother and father-in-law, brothers-in-law, escort, etc.) in the household. The husband should also give advance permission for the woman to go to the facility in case he is not around when labour starts.

Hand over a birth plan calendar.



Spousal Communication During Pregnancy



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Husband and wife discussing their pregnancy.

Q2. We have discussed many different topics. How might your spouse think about these issues?

A2. Some of the topics will be easy to discuss and convince him about, such as sleeping inside an insecticide-treated mosquito net. Some topics may be more challenging, such as ANC or where to give birth.

Q3. Which of these issues do you think a husband needs to provide more support to his wife to do?

A3. ALL of them. A husband needs to support his wife to go for ANC, to have proper nutrition, and to give birth with a Skilled Birth Attendant.

Q4. Do you think it is important for you and your spouse to discuss these things so that you can decide together?

A4. It is important for spouses to jointly make decisions about her health, her pregnancy, and the health of the expected baby. By discussing these things, they can come to a decision together, and they will both understand each other.

Q5. How will you approach your spouse to discuss these things?

A5. You should plan for when and how you will discuss with your spouse, considering the following:

- When is a good time to talk?
- What are the specific topics they need to discuss?
- What are the decisions they need to make?

Help them to think through these questions and set a time for when they will speak to their spouse.



Call to Action

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pictures of things a pregnant woman should do to ensure a safe and healthy pregnancy.

Q2. We have discussed many different topics. What should you do to ensure a safe and healthy pregnancy?

A2. There are four things you can do to ensure a healthier and safer pregnancy:

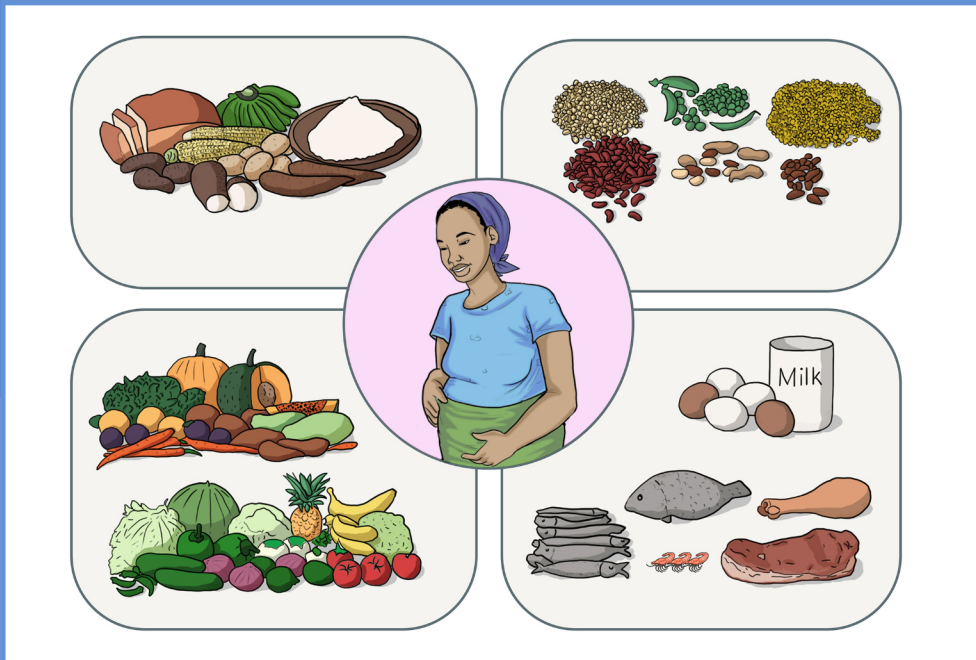
1. Go to the health facility for ANC at least eight times and take IPTp,
2. Sleep inside an insecticide treated mosquito net every night,
3. Ensure the pregnant woman eats nutritious diet, including iron folic acid supplements,
4. Give birth with a skilled birth attendant at a health facility

Refer for the following as appropriate:

- ANC
- Pregnant woman with fever
- Pregnancy Danger Signs

Hand over a birth plan calendar if applicable.

Measure MUAC for children under 5 and refer any children that read red for nutrition services. If the MUAC reads yellow, advise the caregivers to improve the child's diet.



End of Life Stage 1

Introduction for each Life Stage

Greetings... [Good Morning/Afternoon/Evening]. My name is...

I am a community volunteer working with the [NAME] Local Government Area in collaboration with Breakthrough ACTION-Nigeria Project.

Breakthrough ACTION-Nigeria is working with the State and LGA to improve maternal and child health. Part of what the project is doing is going to communities to discuss with men and women about the things they can do to ensure their families and communities stay healthy and thrive.

If you do not mind, please can we take some time to discuss some of these things? Please note that everything we are going to discuss here is confidential.



**Life Stage 2:
Late Pregnancy, Birth,
and the First Weeks After
Birth**

Messages for pregnant women and their husbands from late pregnancy up to 4 weeks after delivery

Introduction for Life Stage 2

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A married couple with a newborn baby and they look very happy. Their family and religious leaders are also there, and they seem pleased.

Q2. Why do you think the couple and other people look so happy?

A2. They are happy that the baby was born healthy. Other people may be happy because the couple is respecting their traditions and religion.

Q3. What can we do to be happy like these people to ensure a safer and healthier delivery?

A3. There four things we can do to ensure a healthier and safer delivery:

1. Give birth with a skilled birth attendant in the health facility,
2. Follow Essential Newborn Care practices,
3. The new mother and baby should go for a Postnatal Care check ups,
4. The new mother and baby should sleep under an insecticide treated net every night.

Next, we are going to discuss these in more detail.



Early Antenatal Care & Intermittent Preventive Treatment in pregnancy



Q1. Are you already attending ANC? **Follow the instructions below:**

- If the woman has not attended ANC, continue with Q2 below. **After discussing Life Stage 2, refer for ANC**
- If the woman is already attending ANC, then proceed to Delivery with a Skilled Birth Attendant, page 2.4

Probing Question

Desired Response

Q2. What do you see in this picture?

A2. A pregnant woman getting an ANC check-up with the support of her spouse.

Q3. Why would a pregnant woman go for ANC?

A3. Health care providers need to check on different things during the different stages of the pregnancy:

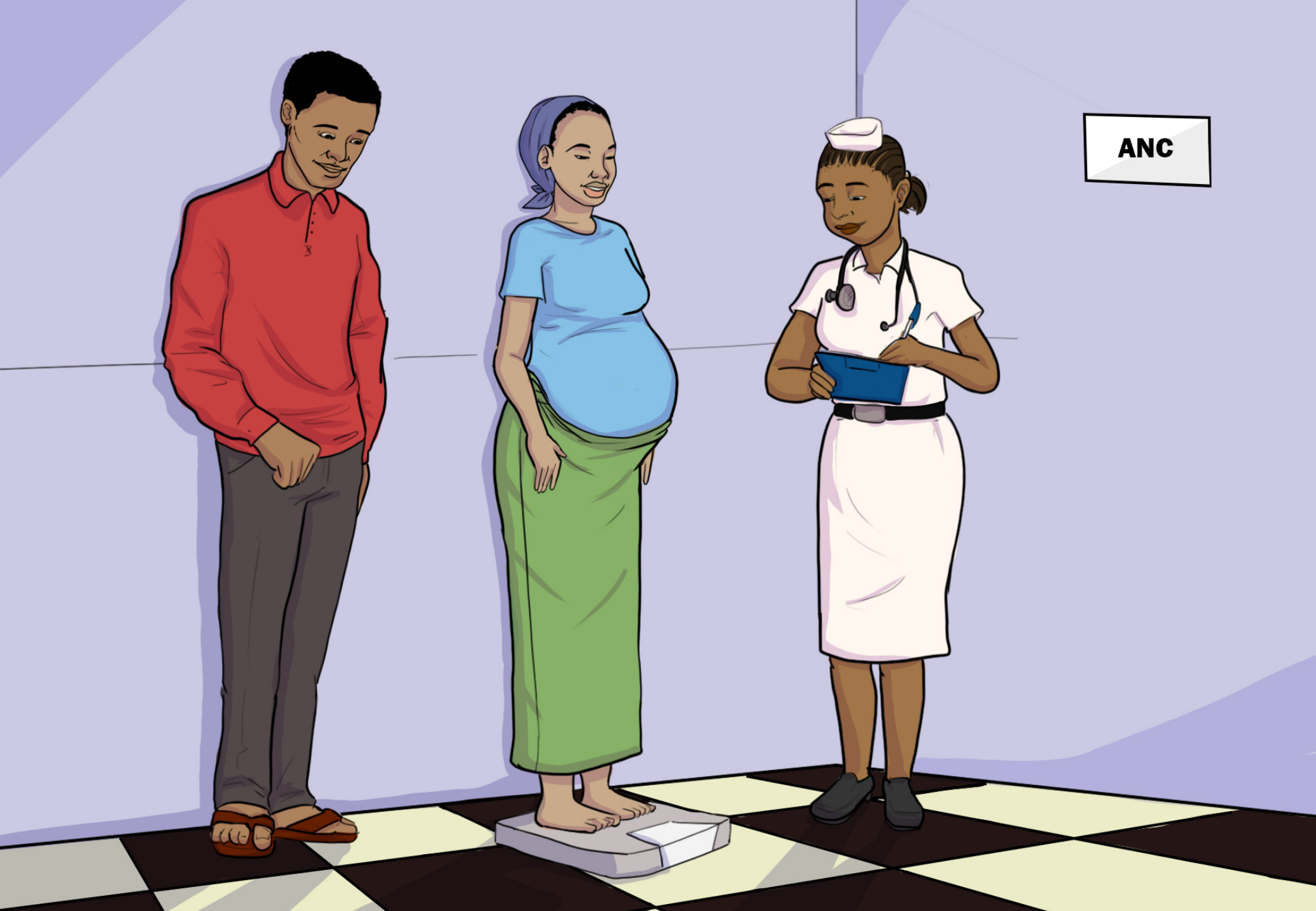
- Early ANC allows the pregnant woman to learn more about her pregnancy from the health worker,
- Allows the health worker to monitor the growth of the baby and the health of the mother,
- Every pregnant woman should attend ANC at least eight times before delivery.

Q4. Why is it important to take medicine to prevent malaria during pregnancy?

A4. Malaria causes a lot of problems for pregnant women and their unborn babies. The problems include fever, miscarriage, stillbirth, or delivering a baby that is too small.

Taking IPTp prevents malaria early, and it should be taken whether there are symptoms of malaria or not.

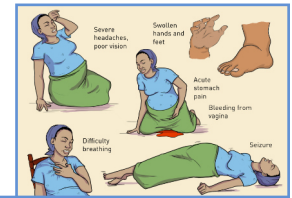
IPTp is safe and effective for pregnant women and the baby. It is taken in the presence of a health care worker. It is safe for you to take it without food.



ANC

Pregnancy Danger Signs

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. The pregnant woman is going through different health challenges.

Q2. What have you heard or know about pregnancy danger signs?

A2. These are some of the signs and symptoms that indicate a pregnant woman is having complications. She or her baby's life may be at risk, and she should see a healthcare provider IMMEDIATELY.

Q3a. Do you know what any of the pregnancy danger signs might be?

A3. Some of the pregnancy danger signs are:

- Severe headache
- Swollen hands and feet
- Acute stomach pain
- Bleeding from vagina
- Difficult breathing
- Seizure

Q3b. Do you know of any woman who experienced any of these danger signs during pregnancy?

Clarify any misconceptions about pregnancy danger signs.

Q4. What can a pregnant woman do to detect danger signs early?

A4. Going to ANC can help healthcare providers detect any complications before they become danger signs.

And what should she do when she has a danger sign?

If a pregnant woman experiences any danger sign, she should immediately go to the health facility for urgent care.

If any of these signs are present or there are reported of the danger sign by a pregnant woman REFER!

Support her to the health facility if necessary.



Severe headaches, poor vision

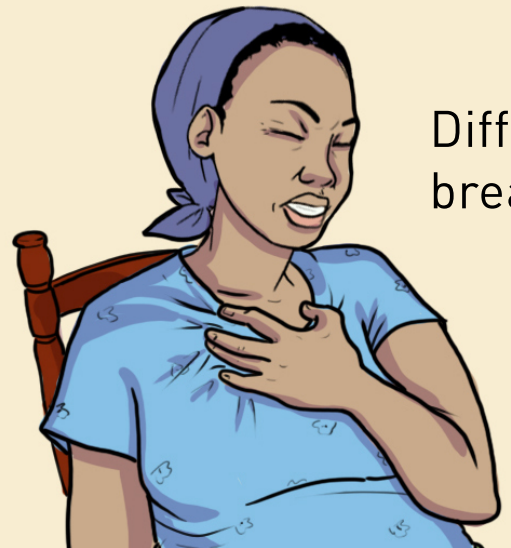


Swollen hands and feet



Acute stomach pain

Bleeding from vagina



Difficulty breathing



Seizure

Delivery with a Skilled Birth Attendant



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A woman is getting ready to give birth in a health facility. The health worker and her husband are there assisting her.

Q2. Do you know any woman who had a healthy pregnancy but had trouble during childbirth?

A2. **Ask them to share what happened.**

Q3. What are some of the benefits of delivering with a skilled birth attendant in a health facility?

A3. Although many women feel more comfortable giving birth in their homes, every delivery is a risk even if there were no complications during the pregnancy. Therefore, you should ensure that you deliver with a skilled birth attendant at the health facility.

The benefits of delivering with a skilled birth attendant include:

- If there are complications during delivery, the skilled birth attendant is trained to manage them to prevent loss of the mother or baby,
- Skilled birth attendants are better able to manage complications during delivery at the health facility where they have special equipment to work with.

Q4. Do you know the signs of labour?

A4. There are certain signs that the baby is ready to be born like periodic and continuous contractions, discharge of blood mixed with mucus, and/or watery discharge from the vagina.

When any of these signs present, the couple should go to the health facility for delivery immediately.



Developing a Birth Plan

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pregnant wife and her husband discussing and planning for delivery of their baby.

Q2. Why do you think it is important to plan for delivery?

A2. Developing a plan for delivering helps to ensure safe delivery and prepare for complications that may arise.

Q3. What do you need to plan for in order to give birth with a Skilled Birth Attendant at a health facility?

A3. Things you need to plan for include:

- Transportation (how will they get to the facility, even if they need to travel at night),
- Money (how much cash do they need to cover transportation and any fees associated with delivery),
- Escort (who will accompany the woman to the facility),
- Materials and consumables for delivery.

Q4. Who do you need to inform so that they can support your birth plan?

A4. Inform all significant others (mother and father-in-law, brothers-in-law, escort, etc.) in the household. The husband should also give advance permission for the woman to go to the facility in case he is not around when labour starts.

Hand over a birth plan calendar.



Essential Newborn Care

RECOMMENDED TIME: 2 MINUTES



Q1 How many days old is the baby? Follow the instructions below:

- If the baby is 0-7 days, continue with Q2 below.
- If the baby is 8 days and above, then go to page 2.9, Immunization at Birth.
- If the baby is above 4 weeks, proceed to page 2.12, Nutrition for new mothers.

Probing Question

Desired Response

Q2. What do you see in this picture?

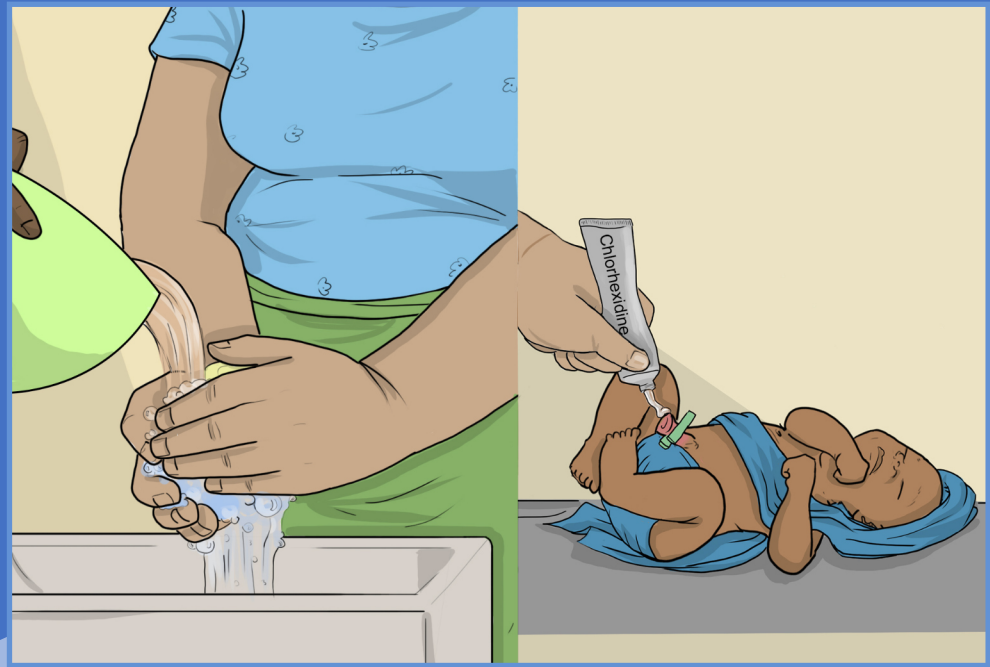
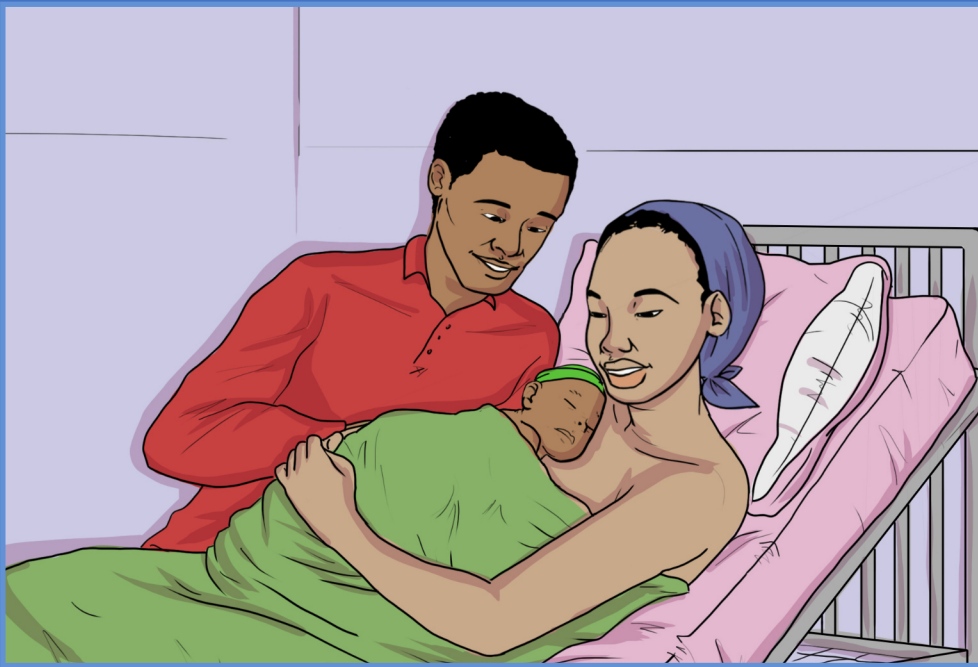
A2. A woman keeping her baby warm on her chest, breastfeeding her baby, getting her baby immunized, and taking care of her baby's umbilical cord.

Q3. What are the most critical things to do immediately after a child is born to ensure it gets a healthy start in life?

A3. The most critical things to do immediately after the child is born are:

- Keeping the baby warm through skin-to-skin care
- Early and exclusive breastfeeding
- Receive the Immunizations due at birth
- Appropriate care for the umbilical cord
- Delay bath of the newborn till after 24 hours

Next, we will discuss these in more detail.



Skin-to-Skin Care

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A mother with her baby placed skin-to-skin on her chest.

Q2. Why do you think it is important to place the baby on a mother's bare chest immediately after delivery?

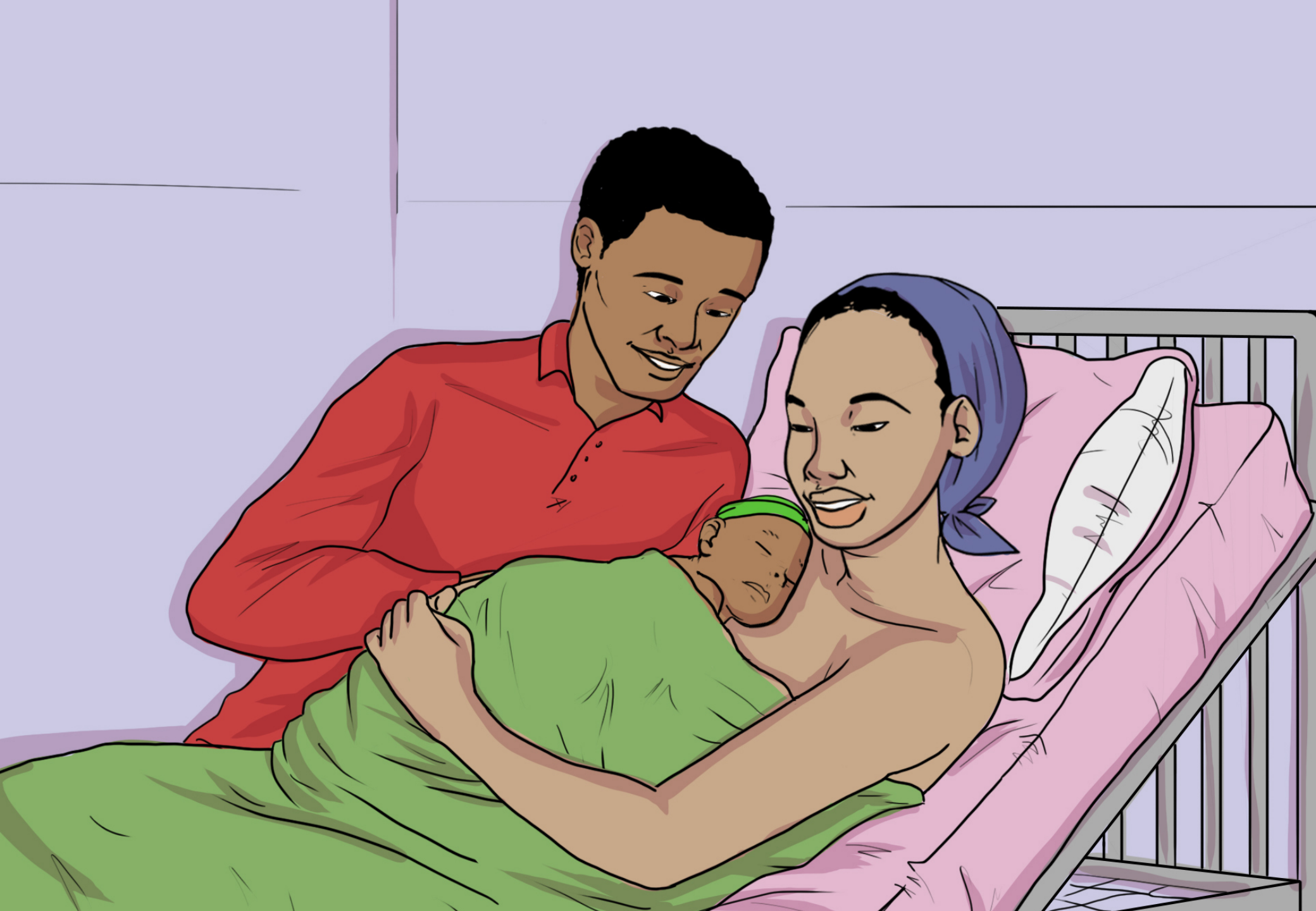
A2. The womb that the baby is used to is much warmer than the outside weather.

To help the baby adjust to the outside weather and prevent cold, the baby should be immediately placed on the mother's bare stomach and covered for one hour for warmth.

The skin-to-skin contact prepares the baby to start breastfeeding soon after birth.

Babies who are held skin-to-skin by their mothers are healthier and tend to cry less.

The baby should be kept warm and should not be bathed until 24 hours after birth.



Cord Care

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A woman washing her hands and applying a cream to the baby's umbilical.

Q2. What do people usually do to care for the umbilical cord after birth?

A2. Infection can enter the body through the umbilical cord, so proper care of the cord is important.

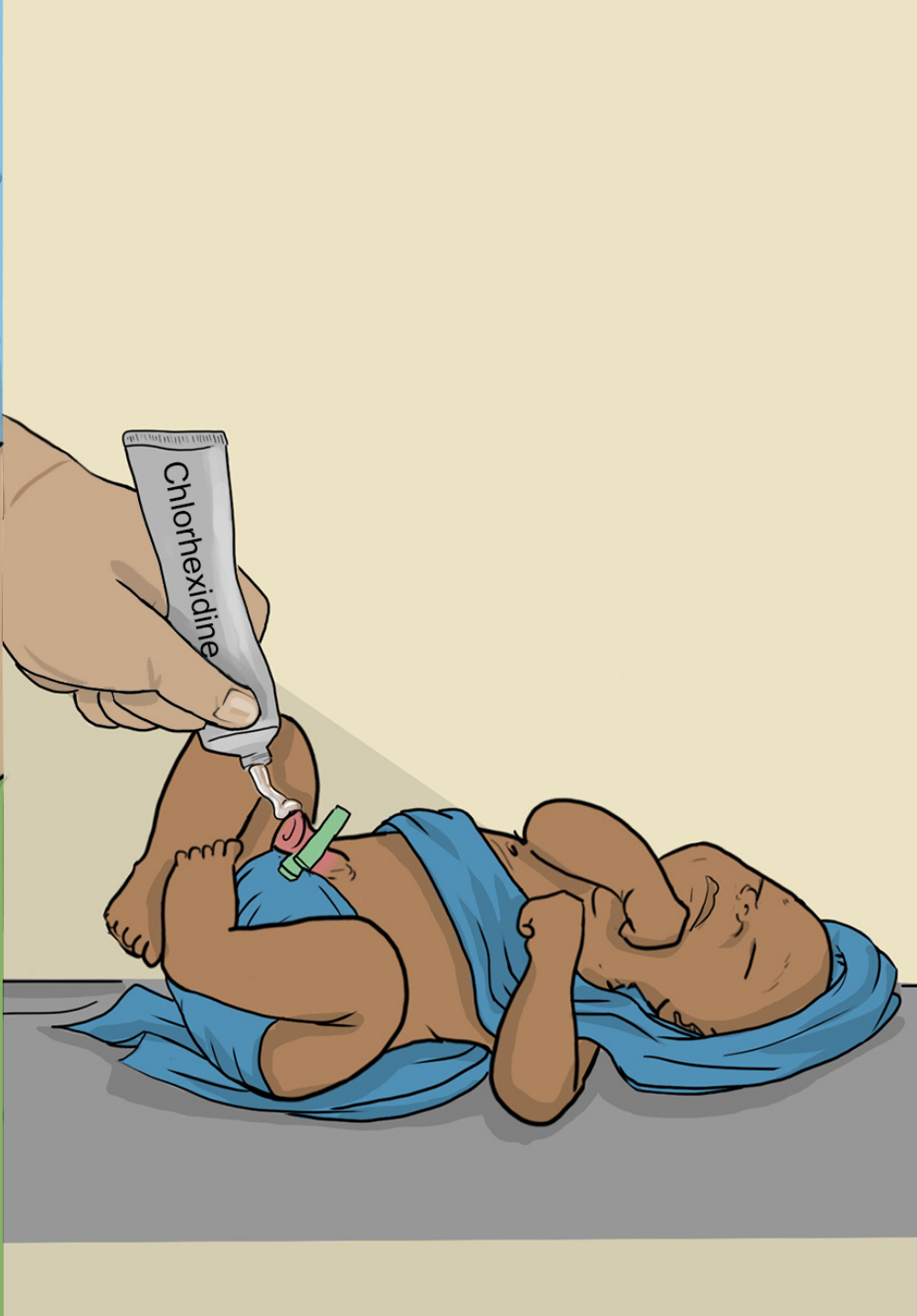
Chlorhexidine should be put on the cord to prevent infection and help it to heal properly. Caregivers should wash their hands with soap and running water before applying Chlorhexidine to the cord.

Chlorhexidine should be put on the cord every day for seven days or until the cord drops off, and the area is completely healed.

Chlorhexidine is in Gel formulation and should not be applied on any other part of the body or used with any other thing in caring for the cord.

Q3. Where do you think you can get chlorhexidine?

A3. You can get chlorhexidine at the health facility or PPMV, at an affordable price.



Immunizations at Birth

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A father holding a baby while a health worker gives an injection.

Q2. Do you know why babies need to get immunized?

A2. Immunizations help our children's bodies to fight life-threatening diseases and protect them from many illnesses. Immunization saves lives and gives our children a healthy start in life.

Q3. Do you know when the Nigeria government recommends the first round of immunization to be given?

A3. The first immunization should be taken immediately after birth.

Q4. If a baby is not born at a health facility, what should its parents do?

A4. The parents should immediately take the newborn to the facility so it can get its first round of immunizations.

If you meet any child, who has never been immunized or has incomplete immunization, REFER!



Early and Exclusive Breastfeeding



Probing Question	Desired Response
Q1. What do you see in this picture?	A1. A mother breastfeeding her baby.
Q2. What do you know about the first milk that comes from the mother's breast immediately after giving birth?	<p>A2. The first milk is different from regular milk. It is thick and yellowish. It is called colostrum. It contains all the nutrients the baby needs and protects the baby from diseases. After 3-5 days, it starts to become like regular breast milk. Many mothers throw out colostrum because they believe it is contaminated or bad, but it is more nutritious than regular breast milk, and babies who drink it are usually healthier.</p> <p>Breastfeeding within one hour after delivery will also help reduce the mother's birth pain and bleeding and help her expel the placenta.</p>
Q3. Do you think a baby needs other foods or liquids besides breast milk? Why do you think so?	A3. Breast milk is all the nutrition a baby needs in the first 6 months of life. Anything else apart from breastmilk is less nutritious and may make the baby sick as its body is not ready to digest other foods. Other foods may be contaminated during preparation. Breast milk protects the baby from some common illnesses e.g., diarrhoea and pneumonia.
Q4. Some people think it is wicked not to give baby water. What do you think?	A4. Breast milk contains all the water and nutrients the baby needs. Even if it is hot outside, a baby does not need to be given water or any liquid or solid food until after 6 months. The baby should finish one breast before moving to the other to ensure the baby gets all the nutrients it needs because the first part of the mother's milk is mostly water, and the second part has more nutrients. Each breast contains a full meal for the baby.
Q5. What other benefits are there to immediate breastfeeding?	A5. Early and exclusive breastfeeding helps the woman's womb return to its normal size. It also increases the bond between a mother and the newborn child.



Postpartum Haemorrhage Prevention: Misoprostol



Probing Question

Desired Response

Q1. What do you see in the picture?

A1. A woman about to take some pills with a health worker standing next to her.

Q2. Do we know any woman in our community that has ever had excessive vaginal bleeding after giving birth?

A2. **Ask them to share what happened.**

Q3. How might you know if vaginal bleeding is a serious problem?

A3. It is normal for some bleeding to occur after the delivery, but in some rare cases, the bleeding can be excessive, and it can put the new mother's life at risk.

If the bleeding after the delivery does not slow down or stop (more than three soaked pads in 24 hours), then it is serious. It could lead to a severe drop in blood pressure, dizziness, the woman, could collapse, or even die.

Q4. Do you know what you can take to stop excessive bleeding after delivery?

A4. After delivery, a drug called misoprostol should be taken - after the placenta is out, and it is confirmed that there is no other baby - to prevent excessive bleeding.

Q5. Where can you find misoprostol?

A5. You will be given misoprostol after delivery at the health facility, or you can get it from a PPMV at an affordable price.

If a woman reports experiencing PPH, even if she has taken misoprostol, REFER!



Nutrition for New Mothers

RECOMMENDED TIME: 6 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A woman backing a baby surrounded by different types of foods.

Q2. How can we make sure the mother is recovering well from childbirth and able to make enough breast milk for the baby?

A2. For the new mother to recover well from childbirth and to make enough breast milk, the lactating mother needs to eat a variety of foods to increase her fluid intake and eat three main meals plus two small meals or snack daily.

Share more examples of foods from the local diet that would be good for a new mother to eat to produce enough breast milk.

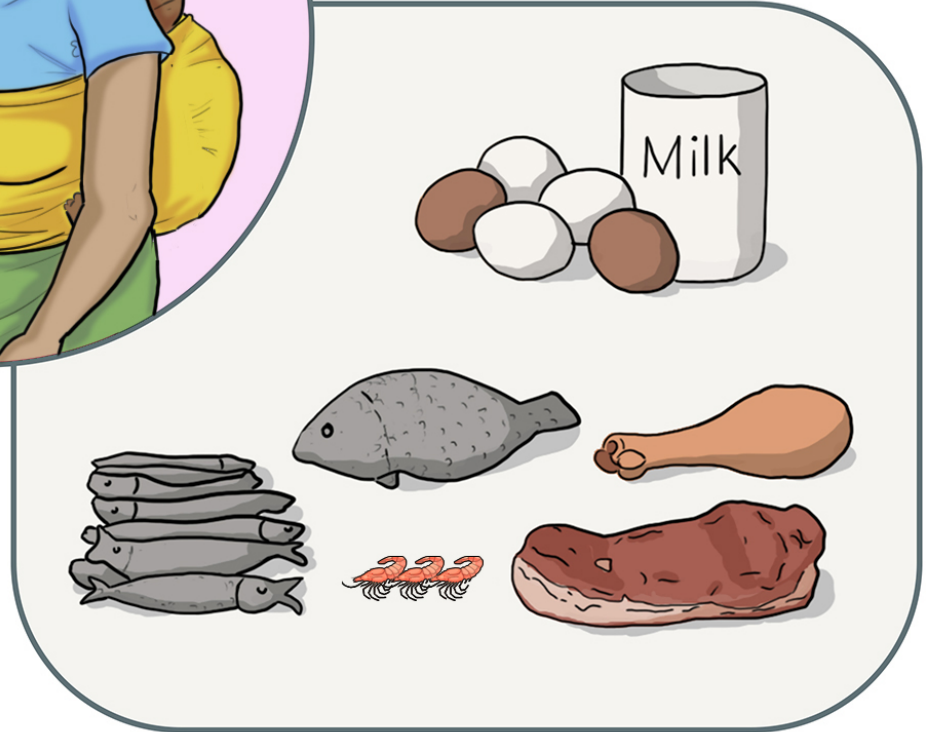
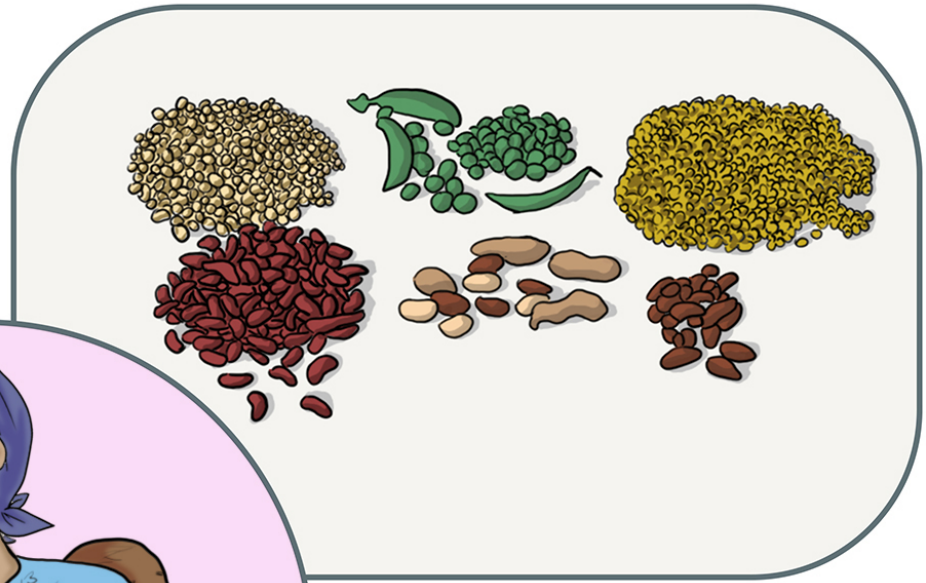
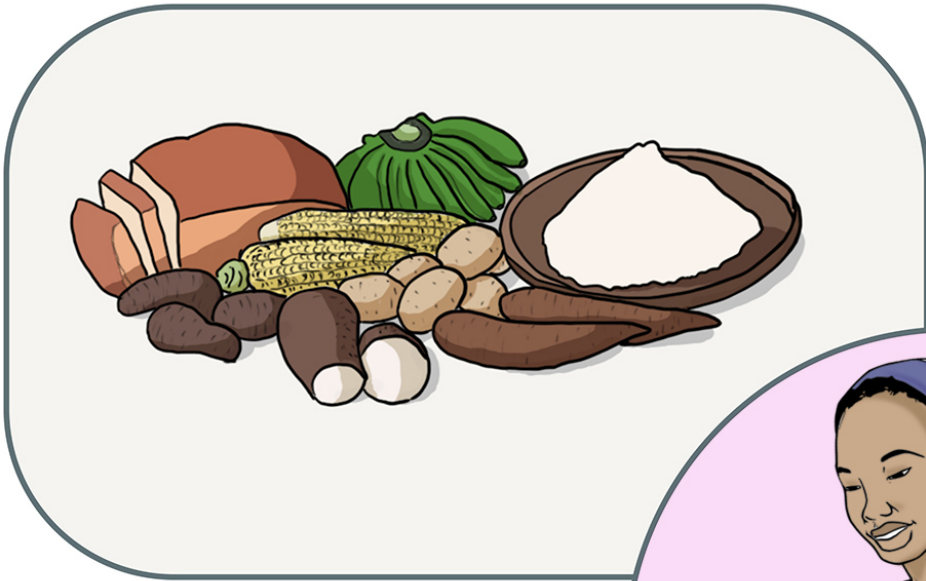
A good way to remember is a “4-star meal”, which has foods from each of the following four (4) food groups:

1. Animal-source foods (flesh meats, eggs, and dairy products) for body building,
2. Staples (grains like corn and millets, and tubers like yam and cassava) for energy,
3. Legumes and seeds (beans, soya beans, benniseeds, groundnut) for body building,
4. Fruits and vegetables (mangoes, banana spinach, pumpkin leaf) to build immunity.

Breastfeeding will help the mother lose her pregnancy weight after some weeks or months. It is normal for pregnancy weight to remain for some time as the body is still ensuring nutrients are enough for the baby. Breastfeeding also delays quick pregnancy in some women.

Q3. How can families afford all these foods?

A3. Families do not need to spend much money to eat nutritious foods. Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound.



Malaria Prevention for New Mother and Newborn

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Mother and her baby sleeping inside a mosquito net.

Q2. Why do you think it is important for a new mother and her baby to sleep under insecticide treated mosquito net?

A2. New mothers and newborn babies are especially vulnerable to becoming seriously ill due to malaria, and they need to be extra careful to prevent it.

A new mother and her baby should sleep inside an insecticide treated mosquito net every day - from the evening until the morning all year round - to prevent getting malaria from mosquito bites. This will help ensure a better outcome for both the mother and child.

Q3. Is sleeping inside the insecticide treated mosquito net all we need to do to make sure the mosquito does not bite us?

A3. We should make sure the net is tucked under the mattress securely so that the mosquito cannot enter the insecticide treated mosquito net.

We should also ensure that any holes or tears in the insecticide treated mosquito net are sewn up with a needle and thread.

Q4. Are there certain times of the year where we do not need to sleep inside the insecticide treated mosquito net?

A4. Mosquitoes transmit malaria all year round. However, they may reduce in number during the dry season.

Therefore, it is important to sleep inside the insecticide treated mosquito net every night, all year round.



Post-Pregnancy Contraception for Childbirth Spacing

RECOMMENDED TIME: 6 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A new mother and her husband playing with their baby.

Q2. What does the couple need to ensure that the baby has a good start?

A2. There are many things the couples need to do for the baby to have a good start in life. However, one of the most important things is Childbirth Spacing.

It is healthiest for a woman to have a pregnancy when her body is fully recovered from the last pregnancy. It is best for the woman and the newborn if she can recover for at least two years before getting pregnant again.

When families space their childbirths, the father, mother, children and community ALL benefit.

Q3. What might happen if she were to get pregnant again within 2 years of her last delivery?

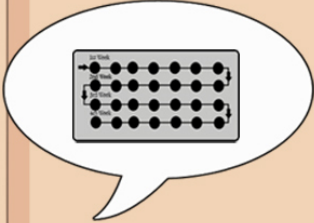
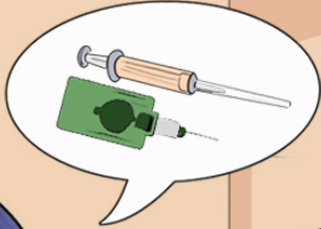
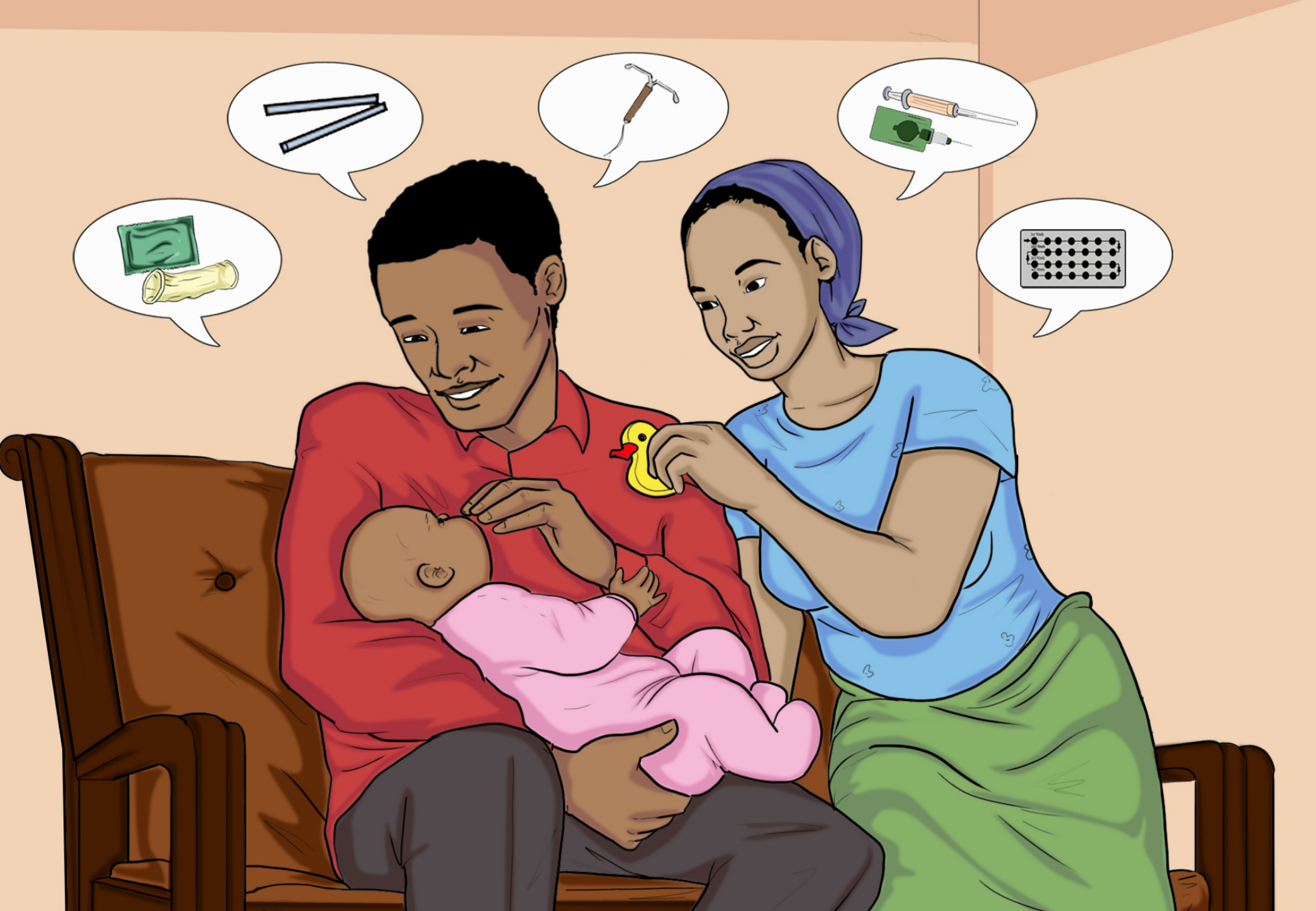
A3. The new mother may get pregnant again before the couple is ready for another child. She may have trouble with the pregnancy since she has not yet recovered her health.

Also, she may struggle to adequately breastfeed and care for her newborn child if she got pregnant again within 2 years of having the previous baby.

Q4. What can the new mother and her husband do if they want to avoid getting pregnant for some time?

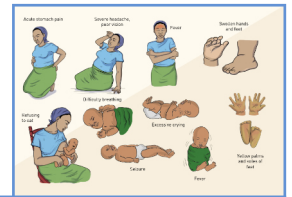
A4. The new mother and her husband should speak to a health care provider about options for childbirth spacing that would be best for them.

If the couple is not already using childbirth spacing method REFER!



Postpartum Danger Signs

RECOMMENDED TIME: 5 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. New mothers and babies having different health challenges.

Q2. Have you heard of the danger signs for a pregnant woman?

A2. The same pregnancy danger signs are also danger signs for the new mother after the baby has been born such as sudden and severe stomach pain, severe headache, poor vision, fever, swollen hands, and feet.

Q3. Do you know any danger signs for a newborn?

A3. There are also danger signs for the newborn, such as: refusing to eat, difficulty breathing, excessive crying, convulsions, fever, yellow palms, and soles of feet.

Q4. Do you know of any newborn babies or new mothers who experienced any of these danger signs?

A4. Ask them to talk about it.

Clarify any misconceptions on danger signs for newborn babies mention.

Acute stomach pain



Severe headache, poor vision



Fever



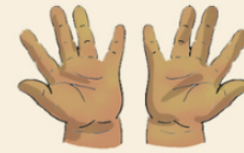
Swollen hands and feet



Difficulty breathing



Excessive crying



Yellow eyes, palms and soles of feet

Refusing to eat



Seizure



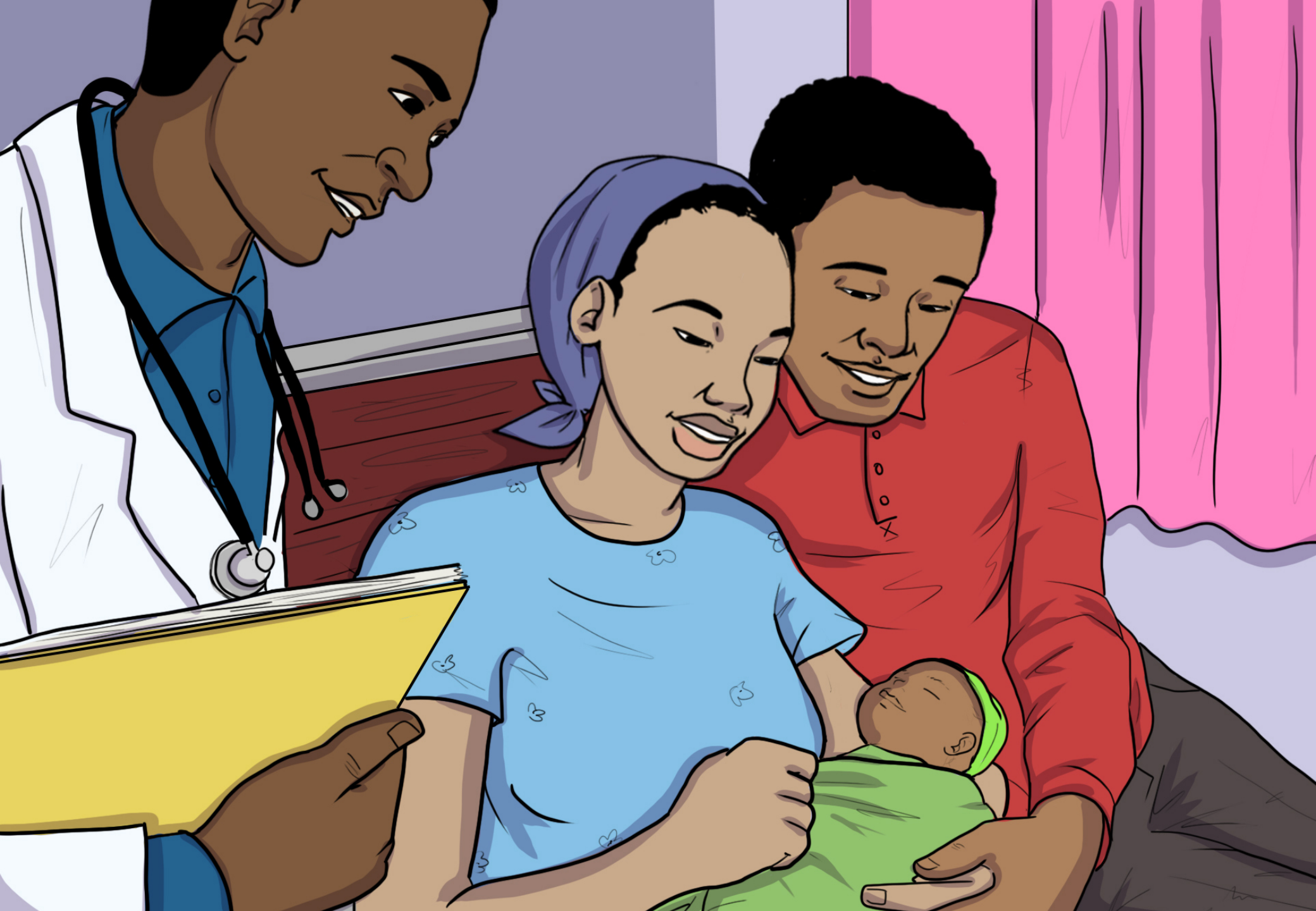
Fever

Postnatal Care (PNC) Check-ups

RECOMMENDED TIME: 5 MINUTES



Probing Question	Desired Response
Q1. What do you see in this picture?	A1. New mother and her husband at the health facility for a check-up after delivery.
Q2. Why do you think that it is recommended that the new mother and baby should go to the health facility for check-ups after delivery, even if she gave birth in the hospital?	<p>A2. Sometimes the woman can have problems after delivering, even if the delivery went okay. She might feel well, but the health provider can check to make sure.</p> <p>Also, the baby's health should be looked at, and the baby needs to start getting immunizations.</p> <p>To detect any problems that might have started after delivery and for the baby to receive the first immunizations, the woman and the newborn need check-ups 24 hours after delivery, 3 days after delivery, 1 week after delivery, and 6 weeks after delivery.</p> <p>Postnatal check-ups enable the health provider to check the new mother and baby to make sure everything is fine, and both mother and child are recovering well.</p>
Q3. What should a woman do if she suspects any problems with herself or her baby?	A3. She and the baby should go to the health facility IMMEDIATELY.



Spousal Communication Before Delivery



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A pregnant woman speaking with her husband.

Q2. We have discussed many different topics. How might your spouse think about these issues?

A2. Some of the topics will be easy to discuss and convince him about, such as skin to skin care or cord care. Some topics may be challenging, such as where to give birth or immediate breastfeeding.

Q3. Which of these issues do you think a husband needs to provide more support to his wife to do?

A3. All of them. A husband needs to support his wife to give birth with a Skilled Birth Attendant, to start exclusive breastfeeding immediately after birth, or to go to the health facility if there is a danger sign in the mother or newborn.

Q4. Do you think it is important for you and your spouse to discuss these things so that you can decide together?

A4. It is important for spouses to jointly make decisions about the woman's health, her pregnancy, and the health of their expected baby. By discussing these things, they can come to a decision together, and they will both understand each other.



Call to Action

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pictures of what a pregnant and new mother should do before and after delivery to ensure she and the baby are healthy and safe.

Q2. We have discussed many different topics. What should you do to ensure a safe and healthy delivery?

A2. There four things you can do to ensure a healthier and safer delivery:

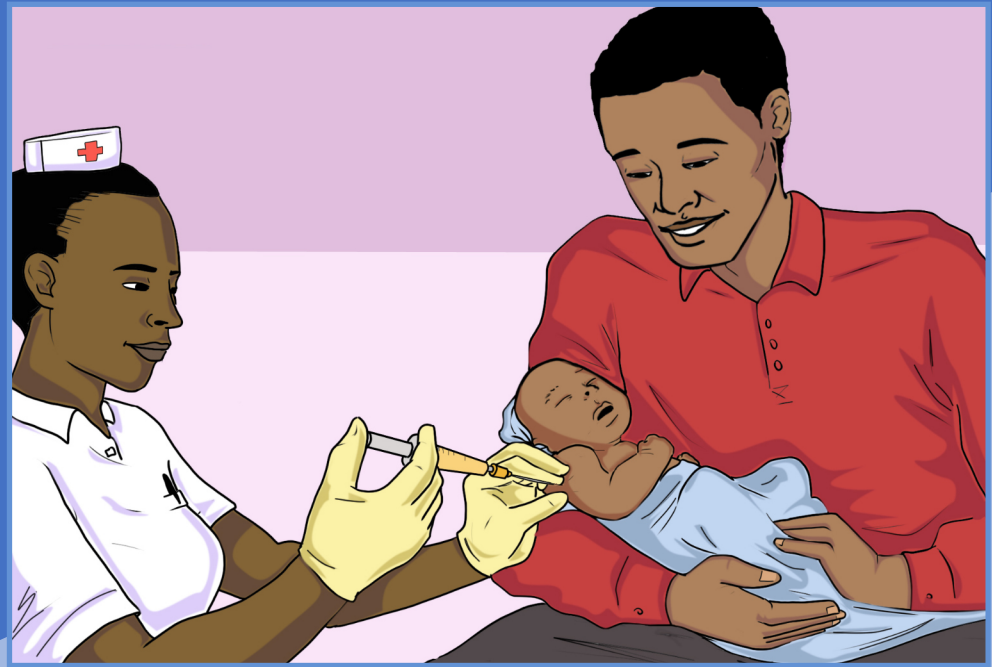
1. Give birth with a skilled birth attendant in the health facility,
2. Follow Essential Newborn Care practices,
3. The new mother and baby should go for a Postnatal Care check ups,
4. The new mother and baby should sleep under an insecticide treated mosquito net every night.

Refer for the following as appropriate:

- ANC
- Pregnant woman with fever
- Pregnancy Danger Signs
- Postpartum Hemorrhage (PPH)
- First Immunization
- Childbirth Spacing

Hand over a birth plan calendar if applicable.

Measure MUAC for children under 5 and refer the children that read red for nutrition services. If the MUAC reads yellow, advise the caregivers to improve the child's diet.



End of Life Stage 2

Introduction for each Life Stage

Greetings... [Good Morning/Afternoon/Evening]. My name is...

I am a community volunteer working with the [NAME] Local Government Area in collaboration with Breakthrough ACTION-Nigeria Project.

Breakthrough ACTION-Nigeria is working with the State and LGA to improve maternal and child health. Part of what the project is doing is going to communities to discuss with men and women about the things they can do to ensure their families and communities stay healthy and thrive.

If you do not mind, please can we take some time to discuss some of these things? Please note that everything we are going to discuss here is confidential.



**Life Stage 3:
Families with Infants &
Children under 5 Years**

Messages for caregivers of
infants older than four weeks
through children under 5
years

Introduction for Life Stage 3

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A happy mother and father with their child. The child is doing well. Their family and religious leaders are also there, and they seem pleased.

Q2. Why do you think the couple and the other people look so happy?

A2. The couple is happy that their child is healthy and doing well. The other people are happy because the couple is respecting their traditions and religion.

Q3. Do you know what you can do to achieve the same happiness about the health of your children?

A3. There are 3 things they can do to prevent most serious illnesses, and 3 things to do to handle the most serious illnesses:

Three ways to prevent the most serious illnesses for children under 5:

1. Complete routine immunizations,
2. Ensure children eat nutritious food in addition to breastfeeding after six months of delivery,
3. Make sure the child sleeps inside an insecticide treated mosquito net every night.

How to handle the most serious illnesses for children under 5:

1. Ensure correct and complete treatment for fever,
2. Use of ORS/Zinc for treatment of diarrhoea,
3. Seek prompt treatment for pneumonia.

Next, we will discuss these in more detail.



Routine Immunization

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. 5 fingers showing the immunization schedule and the Child Health Card.

Q2. Do you know why babies need to get immunizations?

A2. Immunization protects our children from life threatening infectious diseases, saves lives and gives them a healthy start in life.

When children in a community are immunized against a disease, it prevents the disease from spreading to others in the community.

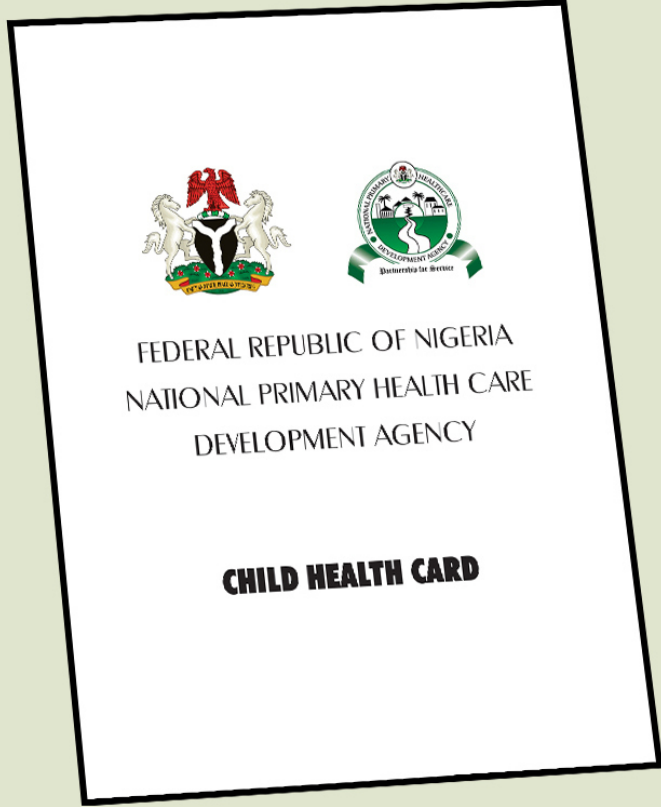
Q3. How often should the parents or caregiver take the baby to the health facility for immunizations?

A3. A baby needs to visit the health facility five times to get vaccinations before 12 months:
At birth • 6 weeks • 10 weeks • 14 weeks • 9 months

Go over the picture and explain the immunization schedule.

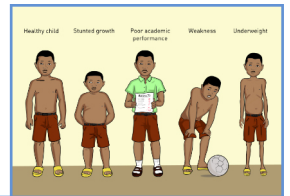
The Child Health Card shows the exact date when the baby should go to the health facility and what vaccine they need to get at each age. Parents should take the child's immunization card along to the health facility.

Refer any children who are not up to date with their immunization.



Child Nutrition: Signs of Malnutrition

RECOMMENDED TIME: 6 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Five boys of different heights. One of the boys looks happy, one looks much shorter, another got bad school marks, one looks too tired to play and one looks very skinny.

Q2. How do you know if a child is not getting enough nutrition in their diet?

A2. When a child is not getting adequate nutritious food, they will be unusually thin, sometimes visible ribs, thin arms, and legs, short for his/her age, always tired, have low energy, often cry, getting sick, dry or scaly skin trouble paying attention and learning. Malnutrition can also result in death if not treated.

Go over each picture and explain the effects of malnutrition.

Q3. What should you do if you think your child might have malnutrition?

A3. If you suspect your child has malnutrition, you should visit the health facility to have the child assessed and receive the right guidance.

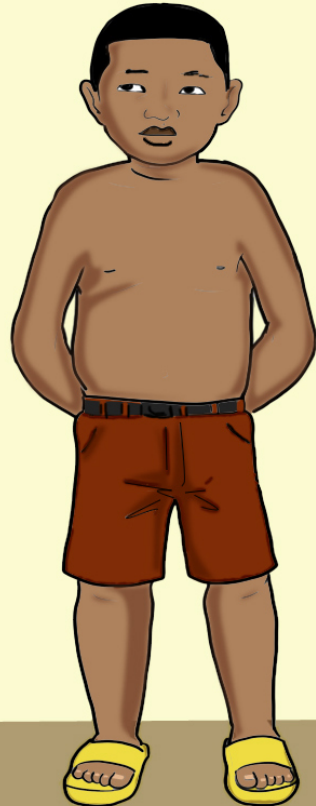
If your child has been recently sick or has not been eating well in the last week, increase the variety of nutritious foods, they are eating. If the child is less than 2 years old, make sure to continue breastfeeding.

Ask to check any child 6-59 months and screen with MUAC Tape and assess for oedema. Issue a referral for any child who measures red and provide nutrition counselling for caregivers of children who measures yellow.

Healthy child



Stunted growth



Poor academic performance



Weakness



Underweight



Child Nutrition: Beginning Complementary Feeding

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Breastfeeding mother and different types of nutritious foods.

Q2. What types of foods should complement breast milk after 6 months?

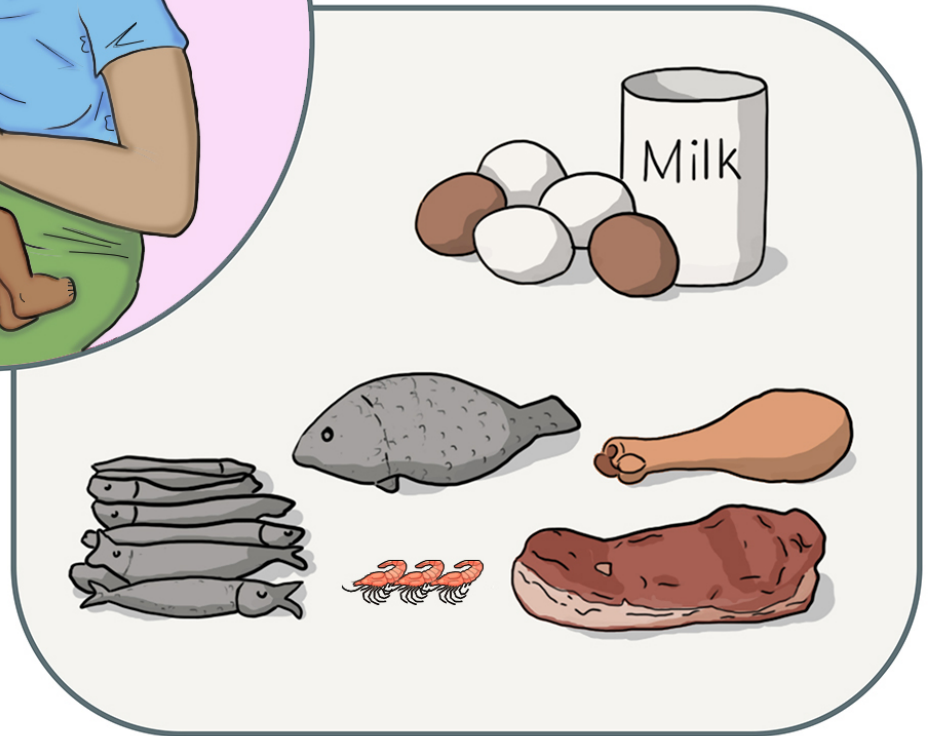
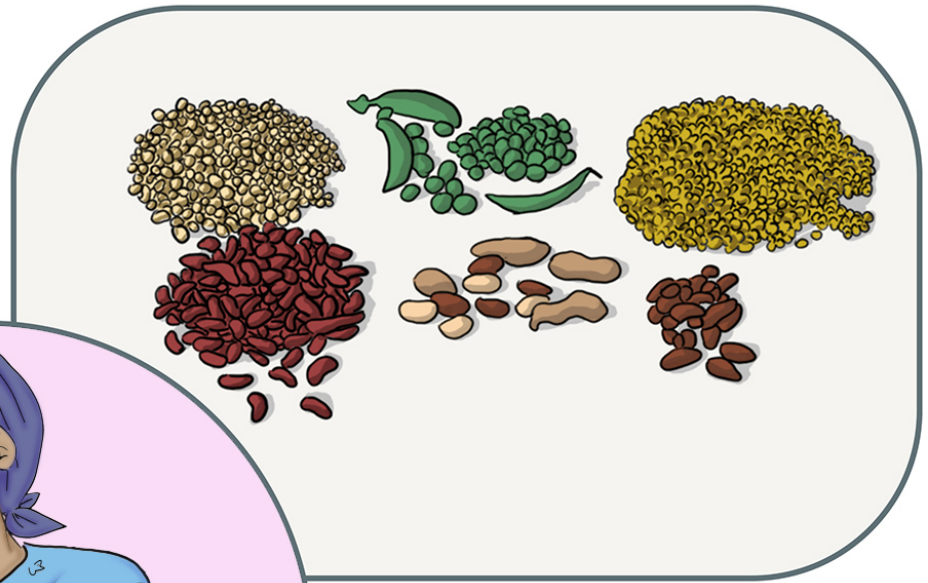
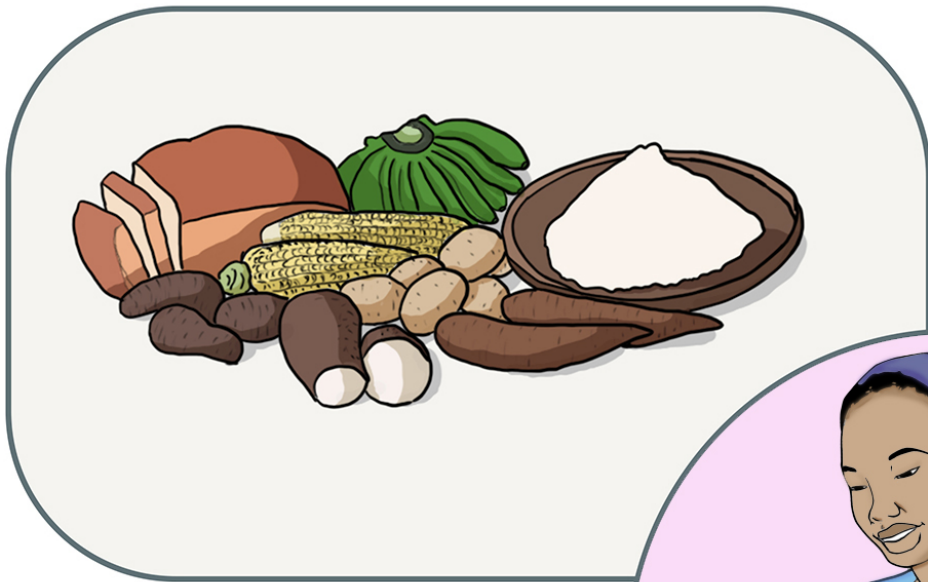
A2. After 6 months, exclusive breastfeeding will no longer meet all the baby's needs, and they should start having other foods in addition. Complementary foods are other nutritious foods from diverse food groups given to a child in addition to breastmilk after 6 months.

A good way to remember is "a 4-star meal", which has foods from each of the following four (4) food groups:

1. Animal-source foods (flesh meats, eggs, and dairy products) for body building,
2. Staples (grains like corn and millets, and tubers like yam and cassava) for energy,
3. Legumes and seeds (beans, soya beans, benniseeds, groundnut) for body building,
4. Fruits and vegetables (mangoes, banana spinach, pumpkin leaf) to build immunity.

Porridges and pap made from maize, and guinea corn and millet are very filling but do not offer much nutrition on their own. A thick, soft pap or porridge consisting of 2-3 additional ingredients makes for a more nutritious meal. The additional ingredients can be selected from among groundfish, soft pounded meat, egg, as well as fruits (banana, mango, pawpaw), roots (Irish potato, sweet potato) and vegetables (avocado, pumpkin, carrots etc.), sesame seed (ridi), moringa powder, kuli kuli powder, locust powder, crayfish powder, groundnut paste, red palm oil, etc.

Food should be prepared by caregivers in the most hygienic conditions by washing hands with soap and running water, so the child does not get sick.



Child Nutrition: Beginning Complementary Feeding, part 2

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q2. What types of foods should complement breast milk after 6 months?
(continued)

The quantity of food and number of times a child feeds daily increases as the child grows older: children 6-8 months require 2 meals plus 1 snack in addition to breastmilk, children 9-11 months require 3 meals plus 1 snack in addition to breastmilk, children 12-24 months require 3 meals plus 2 snacks in addition to breastmilk. Feeding should be encouraging and responsive not force feeding. Food should be prepared by caregivers in the most hygienic conditions and hands of caregiver and baby should be washed with soap and running water before and after feeding, so the child does not get sick.

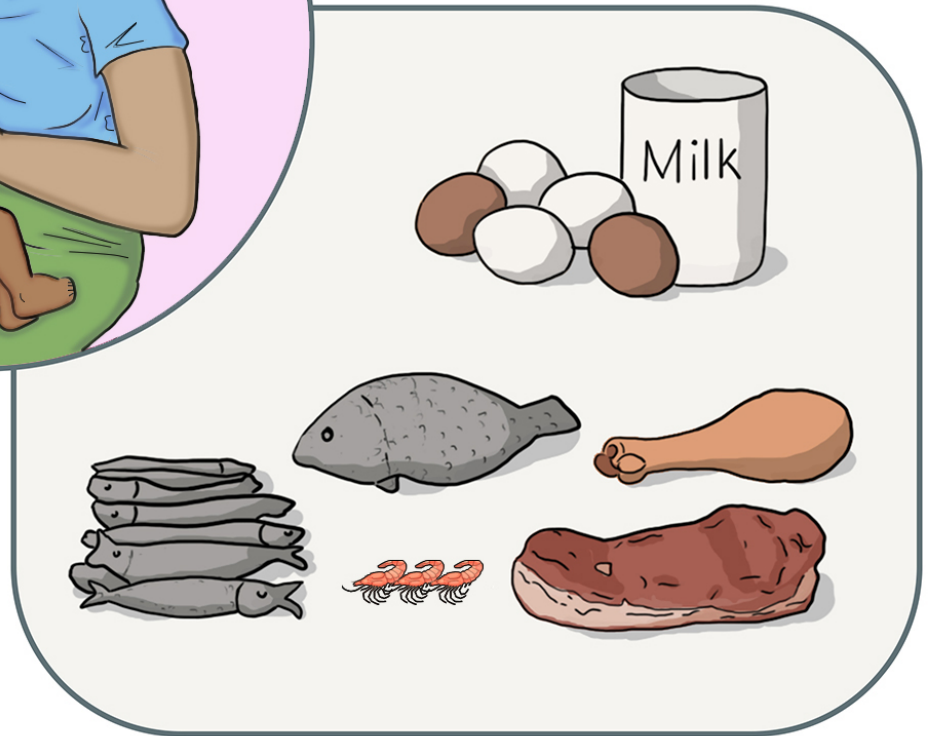
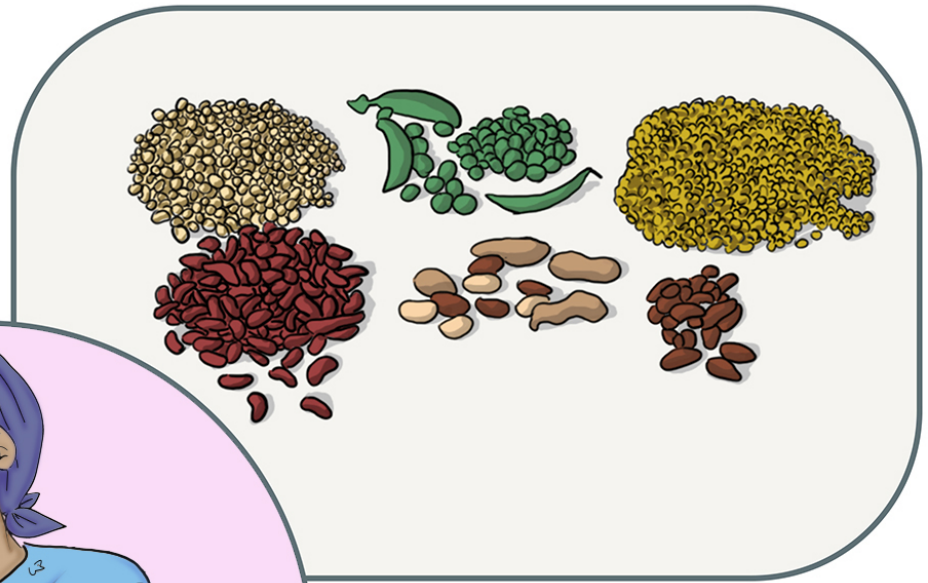
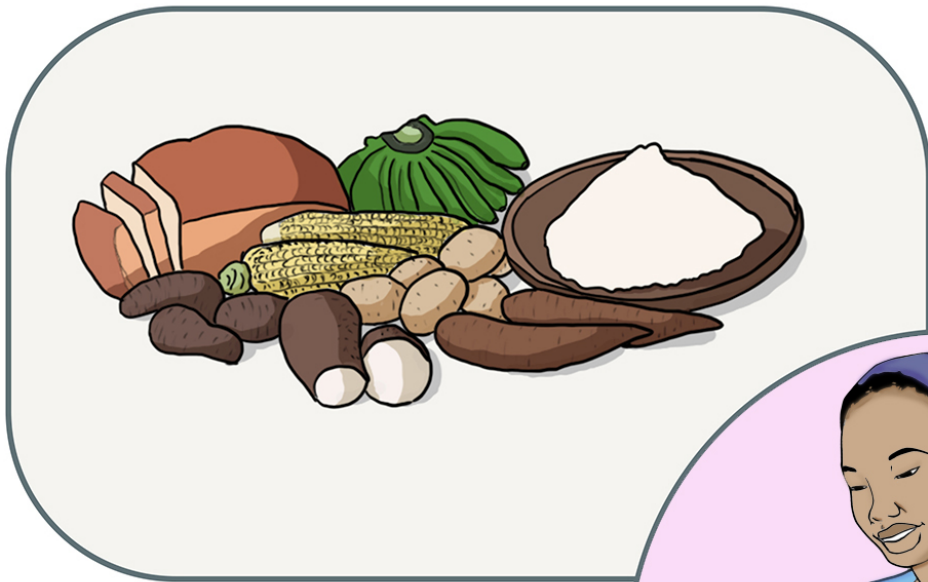
Q3. What will you do if your baby does not accept baby food from 6 months?

A3. Every baby is different, and some babies may take time to get used to eating foods other than breastmilk. The mother should be patient and give positive encouragement for her baby to eat and ensure that there is a variety of food. Start with mashed foods and add other new foods periodically, introducing different textures and flavours, so they get used to a variety of foods.

The consistency of the food will change over time, and by 12 months, the child will be able to start having family foods. The amount of food will also increase progressively as the child grows, starting with a couple of spoon size portions.

Q4. How much breastfeeding should the mother continue to do?

A4. Breastmilk is still an essential part of the baby's diet, even up to 2 years. From 6-12 months, half of the nutrients needed by the child should come from breastmilk, therefore, breastmilk should still be given before other foods up to one year. If the baby is filled with other foods, the baby might be too full for breastmilk and might not be taking the required amount.



Malaria Prevention: Children Sleeping Inside an Insecticide Treated Mosquito Net



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A child sleeping inside a mosquito net with the mother and father tucking the mosquito net under the mattress to prevent mosquitoes from entering.

Q2. Why is it important for children to sleep inside an insecticide treated mosquito net?

A2. Insecticide treated mosquito nets protect children from mosquito bites. Mosquito bites cause malaria, which is a very common illness that comes with fever in our community.

Q3. Do you think malaria affects young children the same way it affects adults?

A3. The illness caused by malaria is more serious in children than adults. If malaria in children is not recognized and treated early, it can cause severe illness and death.

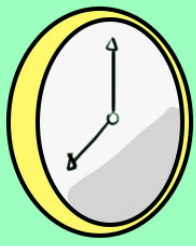
Q4. What can family members do to ensure a child sleeps inside an insecticide treated mosquito net every night?

A4. It is the responsibility of the father, mother, and other caregivers in the home to ensure that the child sleeps inside an insecticide treated mosquito net every night.

The insecticide treated mosquito net needs to be well tucked in under the mattress to protect the child from mosquito bites.

Q5. How else do you think we can prevent malaria in children under 5?

A5. A child under 5 could take full course of seasonal malaria chemoprevention (SMC) for malaria prevention during rainy season where available.



Malaria Treatment: Prompt Care Seeking & Correct Diagnosis



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A father and mother with their child at the clinic being tested for malaria by a service provider.

Q2. How soon should you seek care when a child has a fever?

A2. The caregiver should seek care for the child with fever immediately before the fever gets worse and the child gets seriously sick.

Q3. Besides malaria, which other illnesses in children do you know that come with a fever?

A3. Not every fever is malaria. Many sicknesses can come with a fever, such as a normal cold, typhoid, or ear infection. The way to be certain a child has malaria is to test for malaria with Rapid Diagnostic Test (RDT) or blood microscopy.

Because malaria illness is more serious in children under 5 years, they should be treated immediately if malaria is suspected, even if a test cannot be done immediately.

Q4. What will happen if we take malaria medicine for another sickness that is not malaria?

A4. Each illness has its own medicine. The medicine for one illness will not work for another one. If a child takes malaria medicine for a fever caused by another illness, the child will not get better and may even get worse. It will also be a waste of time and money.

Q5. Do you know of anyone who thought they had malaria, took malaria medicine without testing, and did not get better?

A5. Ask them to share what happened.

Q6. Where can you go for a malaria test in your community?

A6. At the nearest health facilities and a trained PPMV if the health facility is not available.

Issue a referral to any children with a fever.



Malaria Treatment: Correct & Complete Treatment with ACT



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A man taking ACT tablets and a mother giving her child ACT tablets in a spoon.

Q2. What do people in your community use to treat malaria?

A2. Artemisinin-based combination therapy (ACT) is the malaria treatment recommended by the FMOH for maximum effectiveness.

Antibiotics, chloroquine, Fansidar, and traditional herbs are not recommended for the treatment of malaria.

Q3. What might happen to the child if they do not complete the complete treatment of ACT?

A3. If a child does not take ACTs the required number of times in a day, and for the required number of days, malaria could come back worse, with serious complications, and the child may have to be admitted at the hospital.

Caregivers sometimes do not complete treatment of malaria with ACT because the child feels better, the drugs are expensive and could be saved for use next time.

The complete treatment of malaria with ACT must be taken to ensure the malaria is fully cured, even if the child or person feels better before the treatment is finished.



Diarrhoea: Prevention and Appropriate Treatment



Probing Question	Desired Response
Q1. What do you see in this picture?	A1. A father giving ORS and Zinc fluid to a child.
Q2. How do you know when a child has diarrhoea?	A2. A child has diarrhoea when s/he passes more than loose or watery stools 3 or more times in a day (or more frequently than usual). Diarrhoea is due to contaminated food or water.
Q3. What happens to a child's body when it has diarrhoea?	<p>A3. A child loses body fluids during diarrhoea through frequent, watery stooling. Diarrhoea is a serious risk to children under 5 years.</p> <p>Loss of too much body fluids makes the child sick and weak. If the diarrhoea is serious and not promptly treated, it can lead to the child's death.</p>
Q4. How do you prevent the child from getting sick and weak during diarrhoea?	<p>A4. As soon as the diarrhoea starts, prepare and keep giving ORS/zinc and breastmilk (if still breastfeeding) to the child to replace the body fluids lost. You can get ORS/zinc at the nearby health facility or PPMV at a reasonable price. Caregivers should wash their hands with soap and running water before preparing ORS/Zinc fluid. It can be kept for 24 hours in a covered clean container.</p> <p>Zinc tablets should be given for 10-14 days. The zinc will help to reduce the chance of the child getting diarrhoea again soon. For most cases of diarrhoea, antibiotics do not work and should not be given.</p> <p>The child should be taken to the health facility if the diarrhoea lasts more than 3 days, or at the first sign of blood in the stool.</p> <p>Diarrhoea can be prevented by exclusively breastfeeding for six months and then with appropriate complementary food till 2 years, practicing good personal and food hygiene, and drinking clean water.</p>



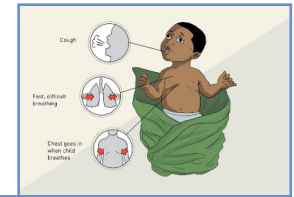
1 Litre

ORS

ZINC

Prevention and Treatment for Acute Respiratory Infection

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A child coughing.

Q2. How do we know when a cough in a child is serious?

A2. Cough can be caused by different things, and it may be hard to know if the cough is a mild or serious one or the correct treatment to give. You may spend money on the wrong treatment trying to get the cure.

Go over each picture and explain coughing with abnormal breathing as required.

When the child is coughing with fast or abnormal breathing (i.e., breathes very fast, has difficulty breathing or is hard for a child to get air) and fever - it may be a serious illness called pneumonia, which requires treatment by a trained health worker.

A child with cough and abnormal breathing should be taken to the appropriate health facility or a trained PPMV for assessment and proper treatment.

Q3. How can a child get pneumonia?

A3. A child can get pneumonia

- When exposed to smoke from cooking with firewood or charcoal in a closed room,
- When they breath in the smoke from tobacco
- Poor personal and household hygiene practices
- Malnutrition

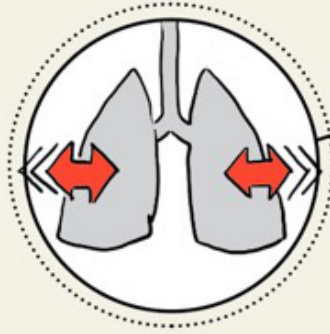
Issue a referral to any child with cough and abnormal breathing.

Ensure that you take your child for full immunization, provide adequate nutrition including exclusive breastfeeding. Handwashing with soap, good ventilation and not cooking or smoking inside the house can protect your child from getting pneumonia.

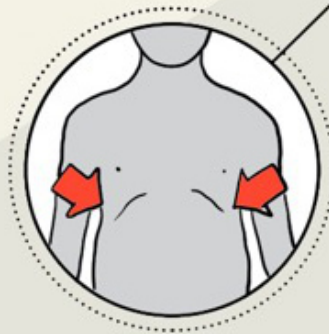
Cough



Fast, difficult breathing



Chest goes in when child breathes



Childbirth Spacing

RECOMMENDED TIME: 6 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A new mother and her husband playing with their baby.

Q2. What does the couple need to ensure that the baby has a good start?

A2. There are many things the couples need to do for the baby to have a good start in life. However, one of the most important things is Childbirth Spacing.

It is healthiest for a woman to have a pregnancy when her body is fully recovered from the last pregnancy. It is best for the woman and the newborn if she can recover for at least two years before getting pregnant again.

When families space their childbirths, the father, mother, children and community ALL benefit.

Q3. What might happen if she were to get pregnant again within 2 years of her last delivery?

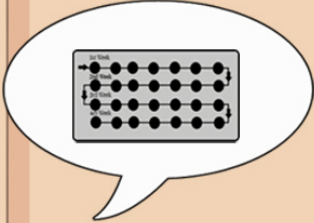
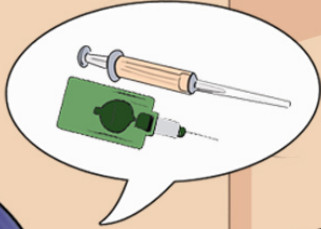
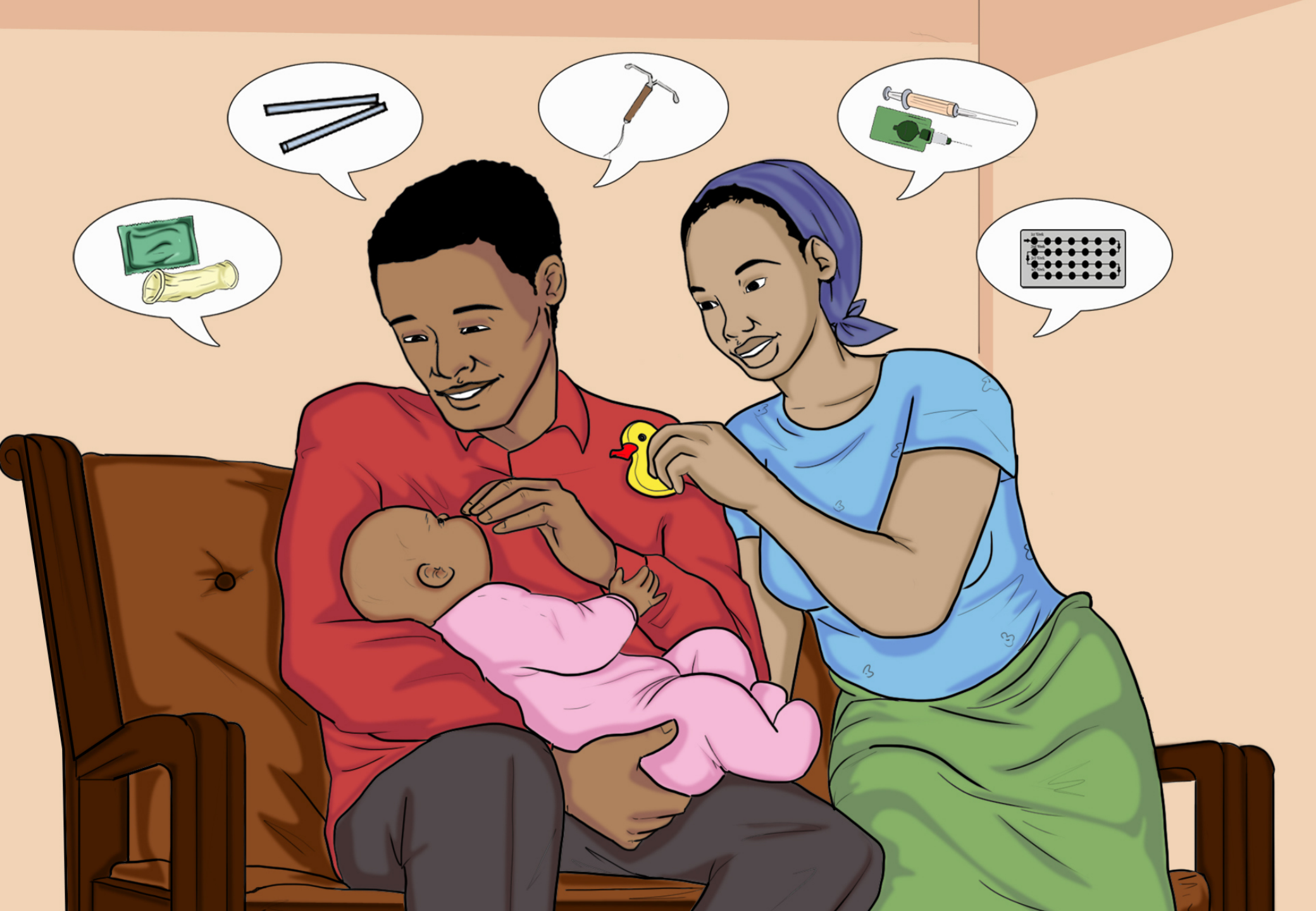
A3. The new mother may get pregnant again before the couple is ready for another child. She may have trouble with the pregnancy since she has not yet recovered her health.

Also, she may struggle to adequately breastfeed and care for her newborn child if she got pregnant again within 2 years of having the previous baby.

Q4. What can the new mother and her husband do if they wanted to avoid getting pregnant for some time?

A4. The new mother and her husband should speak to a health care provider about options for childbirth spacing that would be best for them.

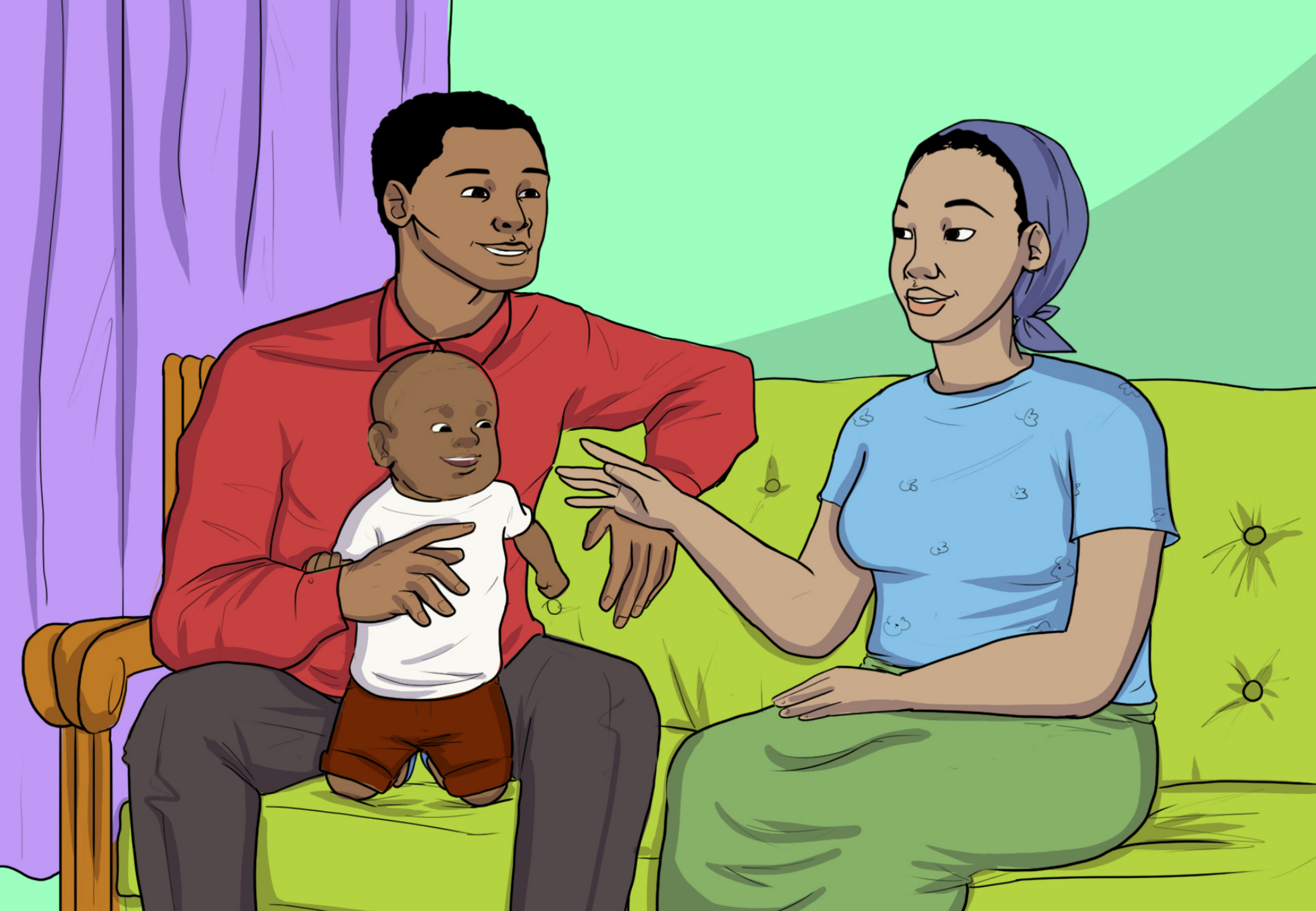
If the couple is not already using childbirth spacing method REFER!



Spousal Communication About Child Health

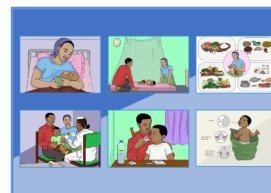


Probing Question	Desired Response
Q1. What do you see in this picture?	A1. Husband and wife talking with their baby on the father's lap.
Q2. We have discussed many different topics. How might your spouse think about these issues?	A2. Some of the topics will be easy to discuss and convince them about, such as complementary feeding. Some topics may be more challenging, such as getting a malaria test before treatment, or not giving antibiotics to treat diarrhoea.
Q3. Which of these issues do you think a husband needs to provide support to his wife to do?	A3. <u>All of them</u> . A husband needs to support his wife to ensure the children sleep under an insecticide treated mosquito net every night and provide the correct treatment for childhood illnesses.
Q4. Do you think it is important for you and your spouse to discuss these things so that you can decide together?	A4. It is important for spouses to jointly make decisions about the health of their children. By discussing these things, they can come to a decision together, and they will both understand each other.
<p>Q5. How will you approach your spouse to discuss these things?</p> <p>Help them to think through these questions and set a time for when they will speak to their spouse.</p>	<p>A5. You should plan for when and how you will discuss with your spouse, considering the following:</p> <ul style="list-style-type: none"> • When is a good time to talk? • What are the specific topics they need to discuss? • What are the decisions they need to make?



Call to Action

RECOMMENDED TIME: 3 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Picture of what couples should do to ensure their child is safe and healthy.

Q2. We have discussed many different topics. What should you do to ensure your children grow and develop in good health?

A2. There are 3 things you should do to prevent most serious illnesses, and 3 things you should do to handle the most serious illnesses.

Three ways to prevent the most serious illnesses for children under 5:

1. Complete routine immunizations
2. Ensure children eats nutritious food in addition with breast feeding after six months of delivery
3. Make sure the child sleeps inside an insecticide treated mosquito net every night.

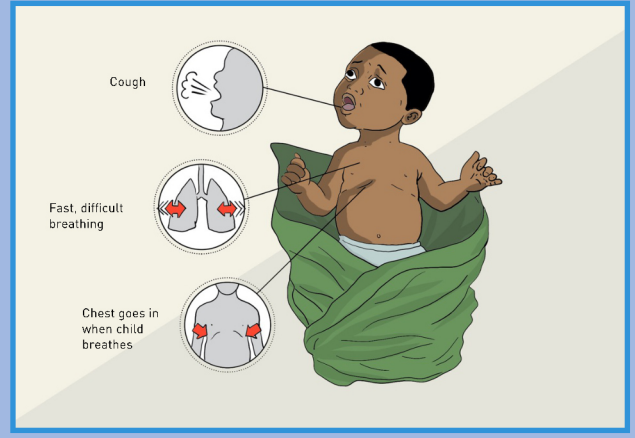
How to handle the most serious illnesses for children under 5:

1. Ensure correct and complete treatment for fever
2. Use of ORS/Zinc for treatment of diarrhoea
3. Seek prompt treatment for pneumonia

Issue referrals for the following as appropriate:

- Routine Immunization
- Diarrhoea
- Fever
- Fast breathing
- Pregnancy Danger Signs

Measure MUAC for children under 5 and refer the children that read red for nutrition services. If the MUAC reads yellow, advise the caregivers to improve the child's diet.



End of Life Stage 3

Introduction for each Life Stage

Greetings... [Good Morning/Afternoon/Evening]. My name is...

I am a community volunteer working with the [NAME] Local Government Area in collaboration with Breakthrough ACTION-Nigeria Project.

Breakthrough ACTION-Nigeria is working with the State and LGA to improve maternal and child health. Part of what the project is doing is going to communities to discuss with men and women about the things they can do to ensure their families and communities stay healthy and thrive.

If you do not mind, please can we take some time to discuss some of these things? Please note that everything we are going to discuss here is confidential.



**Life Stage 4:
All Couples of
Reproductive Age (Not
Currently Pregnant)**

Messages for couples of
reproductive age (not
currently pregnant)

Introduction for Life Stage 4

RECOMMENDED TIME: 2 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A happy couple with their family and religious leader, and they seem pleased.

Q2. Why do you think the couple and other people look so happy?

A2. They are happy because they are healthy, and other people may be happy because the couple is respecting their traditions and religion.

Q3. Do you know what you can do to achieve the same happiness?

A3. There are four key behaviours to help a family stay healthy and happy:

1. Use childbirth spacing to have the number of children you want, when you want them,
2. Family members should eat adequate nutritious meals,
3. Prevent and treat malaria in any family member appropriately, and
4. Men supporting their spouse during pregnancy, delivery, and the postnatal period, and help to care for the children.

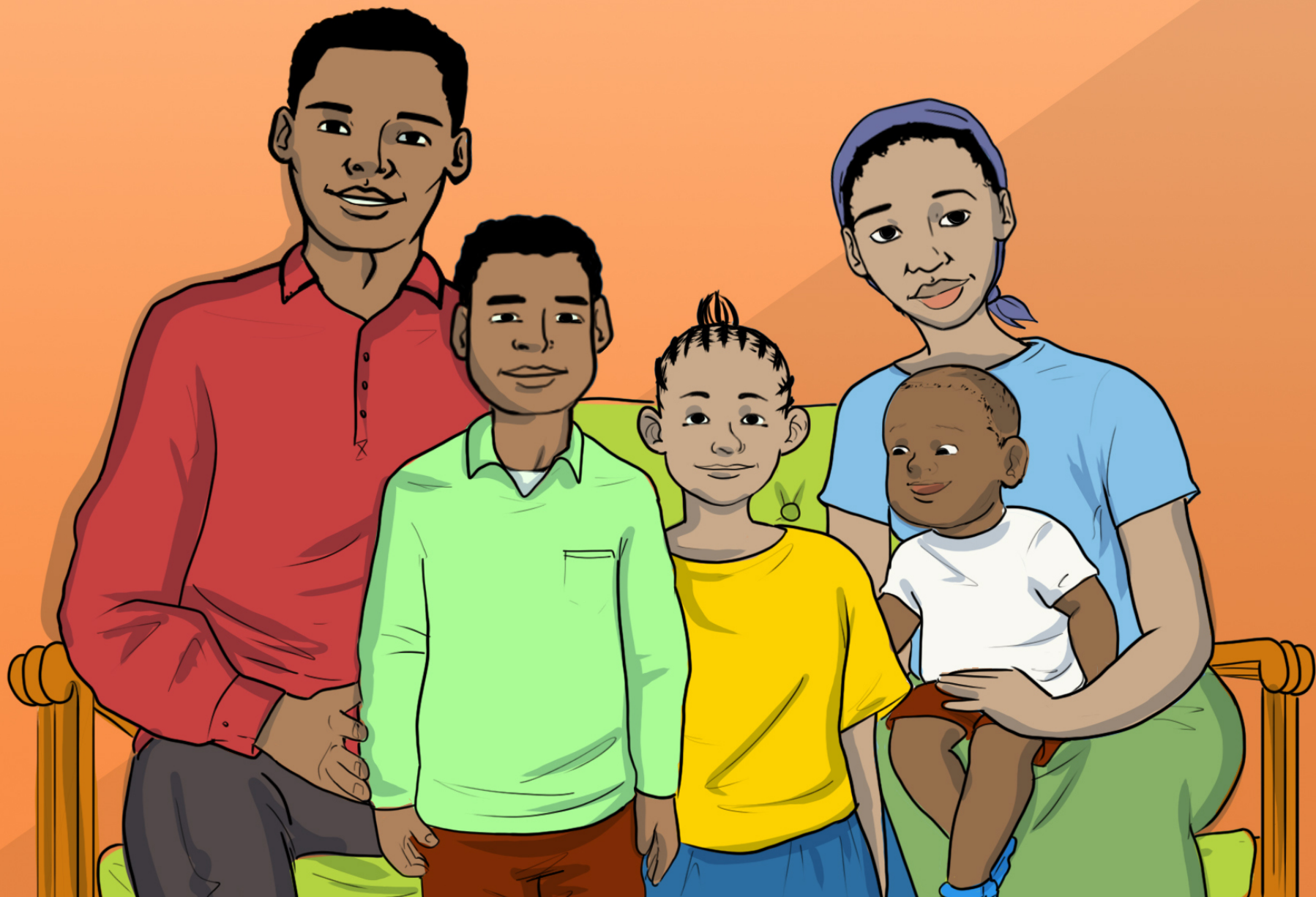
Next, we are going to discuss these in more detail.



Childbirth Spacing Introduction



Probing Question	Desired Response
Q1. What do you see in this picture?	A1. Pictures of a family. They look healthy and happy.
Q2. What may contribute to having healthy and happy family like the ones in the picture?	A2. Many things contribute to having a healthy and happy family. However, one of the most important things is the Childbirth Spacing.
Q3. What do you understand by Childbirth Spacing?	<p>A3. Childbirth spacing is when a woman becomes pregnant at least two years after her last birth.</p> <p>It is healthiest for a woman to have a pregnancy when her body is fully recovered from the last pregnancy.</p> <p>Women who get pregnant too soon after their last birth or at a very young age are more likely to have health problems during pregnancy and delivery, and their children are more likely to be sickly.</p>



Childbirth Spacing Benefits



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Father playing with his children and family picture of mother's graduation. They all look healthy and happy.

Q2. What are the benefits of Childbirth spacing?

A2. When families space their children, everyone benefits.

Fathers and Mothers:

- Can have more time, resources, and energy to fulfil their roles, care for the family and community,
- Have time to plan for their next child,
- Better guide and support their children,
- Increase intimacy among themselves.

Mothers will have time to rest and regain their strength between pregnancies.

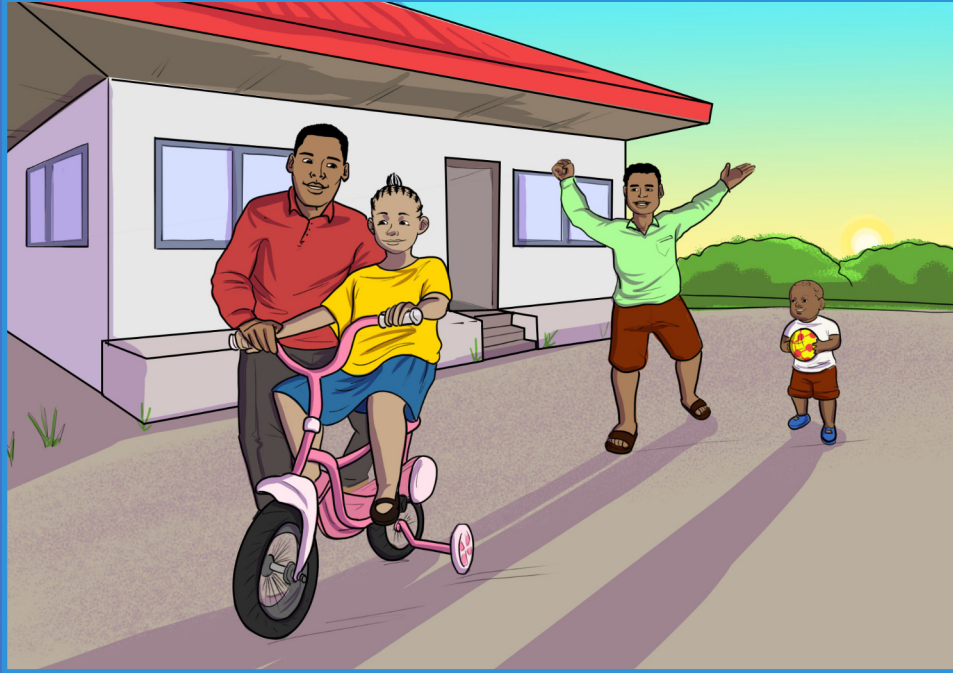
Children:

- Have a higher chance of surviving their first five years of life,
- Can grow and develop well to become a part of healthier and stronger families and communities,
- Older children can help care for younger siblings,
- Have better health and education opportunities.

Communities can be most productive and prosperous when families are healthy and strong.

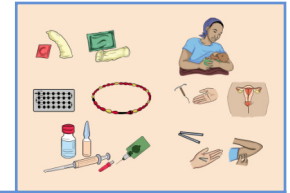
Q3. What should couples do if they want to wait for some time before their next child?

A3. They should speak to a Childbirth Spacing provider about suitable method options for avoiding pregnancy until they are ready for their next child.



Childbirth Spacing Options

RECOMMENDED TIME: 8 MINUTES



Probing Question

Desired Response

Q1. What childbirth spacing methods do you know?

A1. Let them list all the childbirth spacing methods that they know.

Q2. What do you see in this picture?

A2. Different childbirth spacing methods.

Go over each picture and explain the different childbirth spacing methods as required.

Some childbirth spacing methods need action:

- Every day, e.g., Pills, Male and Female Condoms, Cycle Beads and Exclusive Breastfeeding for 6 months after birth,
- Only once every 1-3 months, e.g., Injectables,
- Only once in 5-10 years, e.g., Implants and IUCDs,
- Permanent, e.g., Male and Female Sterilization.

These methods are:

- Safe,
- Effective,
- Reversible (except the permanent method).

Q3. What are the concerns you have heard about childbirth spacing methods?

A3. Some people may have side effects when they start using childbirth spacing methods. Side effects are normal, safe, and stop after a few months in most women. Not everyone experiences side effects.

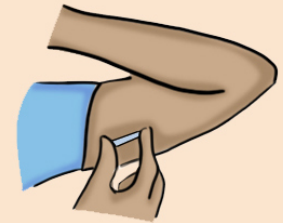
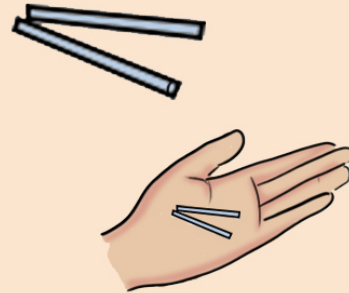
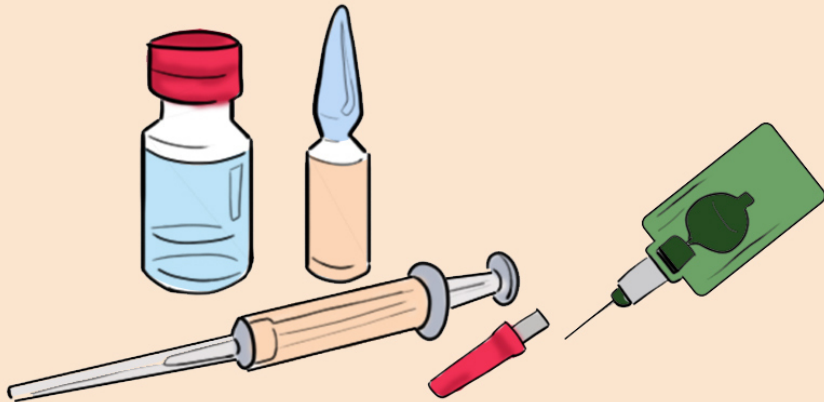
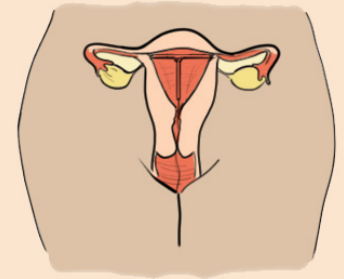
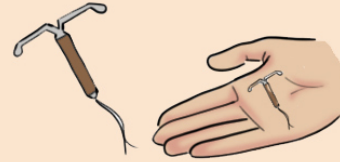
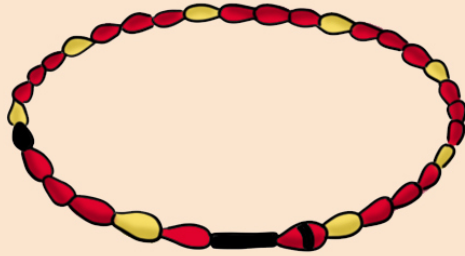
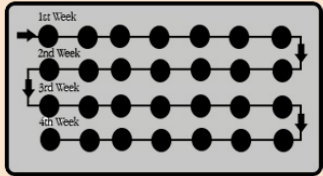
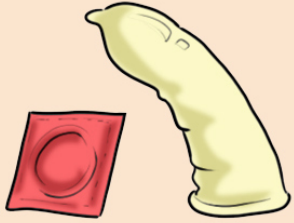
Clarify any misconceptions about Childbirth Spacing

People who are concerned about side effects should see a trained provider.

Q4. How do you know which childbirth spacing method is best for you?

A4. The only way to be entirely sure which method is best for you is by discussing with a trained Childbirth Spacing provider who can help you decide.

If there are people who desire to space childbirth and want to adopt a childbirth spacing method REFER!



Nutrition: Adequate Nutritious Foods for the Family



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Picture of a healthy family surrounded by different types of nutritious foods.

Q2. What kind of foods should family members eat to obtain the adequate nutrition required for their bodies?

A2. The pregnant woman, new mother, children, and father should all consume a variety of nutritious foods:

A good way to remember is “a 4-star meal”, which has foods from each of the following four (4) food groups:

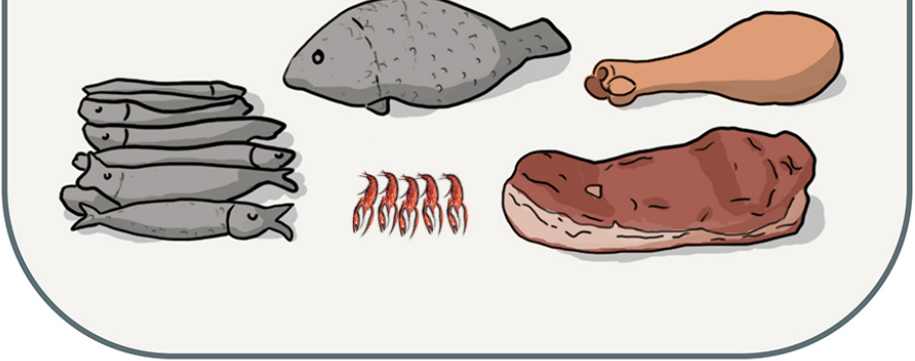
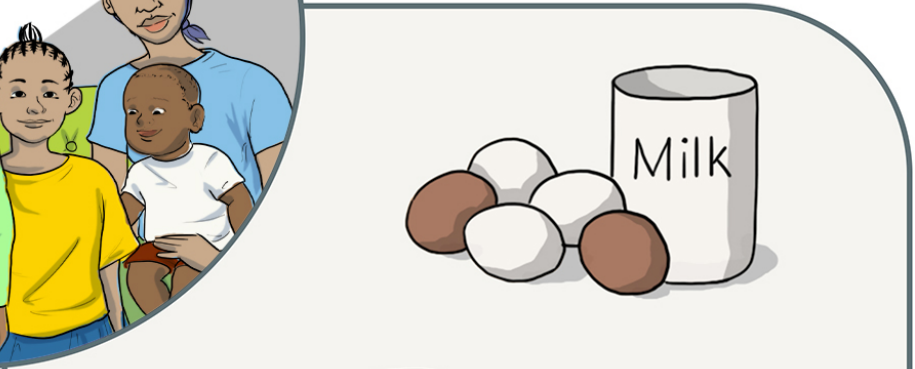
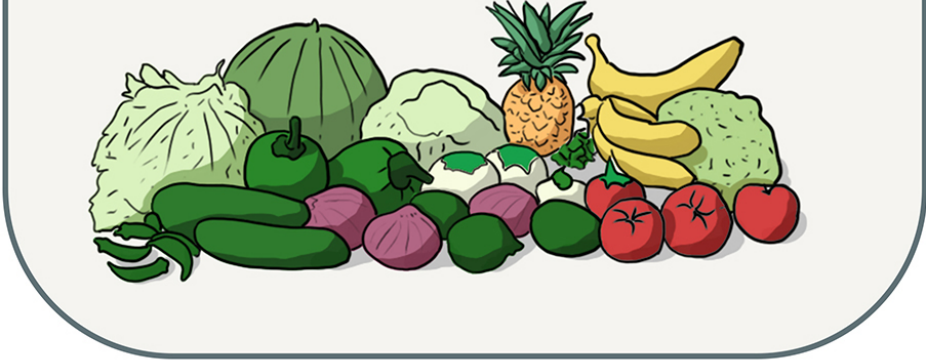
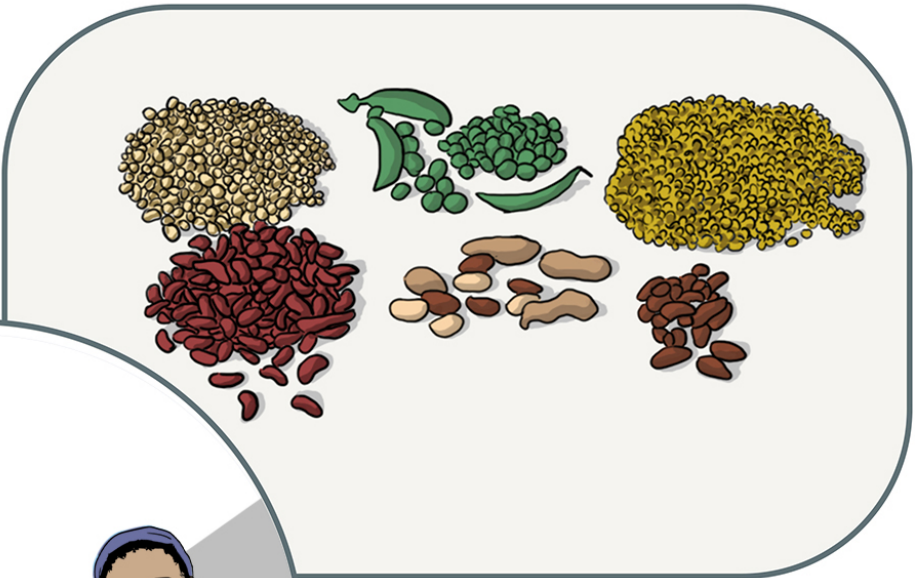
1. Animal-source foods (flesh meats, eggs, and dairy products) for body building,
2. Staples (grains, roots, and tubers) for energy,
3. Legumes and seeds for body building,
4. Fruits and vegetables to build immunity.

However, there are special needs during different stages of life.

All foods should be prepared in the most hygienic conditions by washing hands with soap and running water before cooking.

A pregnant woman should commence attending ANC as soon as she finds out she is pregnant. She should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes.

She should ensure that the salt she uses is iodized and should also drink plenty of fluids.



Nutrition: Adequate Nutritious Foods for the Family, pt 2



Probing Question

Q2. Continued.

Share more examples of foods from the local diet that would be good for a new mother to eat to produce enough breast milk.

Desired Response

A2. For new mothers to recover well from childbirth and to make enough breast milk, the lactating mother needs to eat a variety of foods, increase her fluid intake and eat three main meals plus two small meals or snacks daily.

She should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes.

For children, after 6 months, exclusive breastfeeding will no longer meet all the baby's needs, and they should start having other food in addition.

A thick, soft pap or porridge consisting of 2-3 additional ingredients like fish, eggs, fruits, groundnuts, and palm oil, etc. makes for a more nutritious meal.

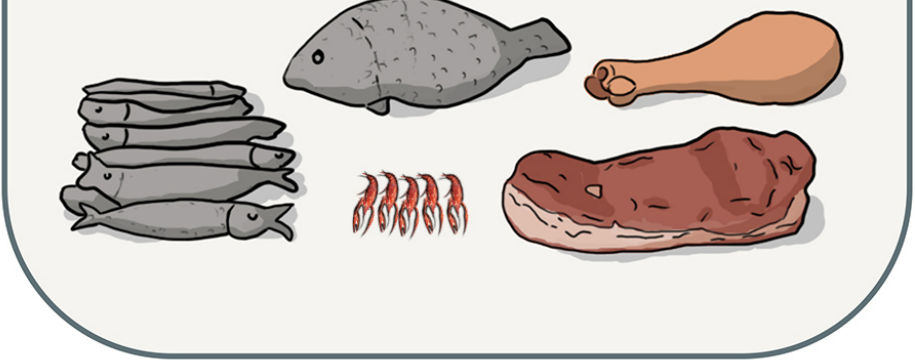
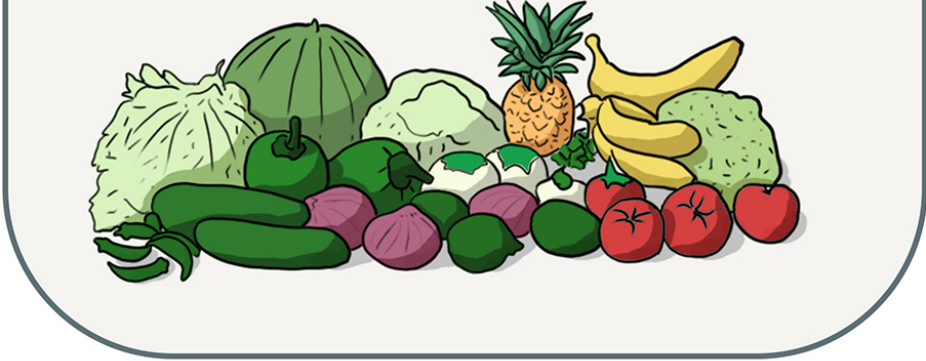
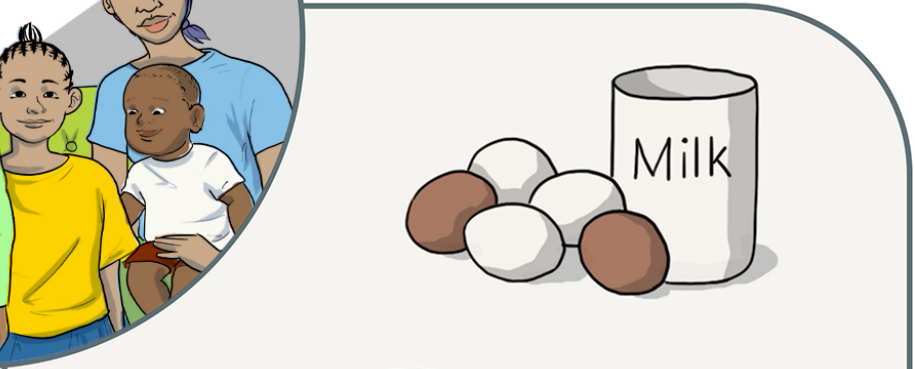
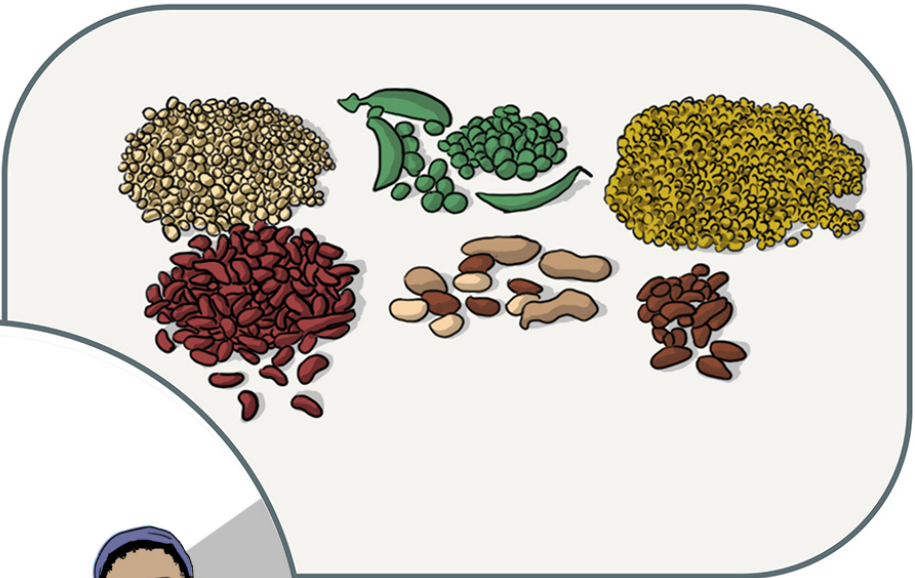
As the child gets older, the consistency and quantity of the food will change over time.

Fathers require bodybuilding (eggs, beans, groundnuts, etc.), energy-giving (rice, yam, potato), and protective foods (fruits and vegetables).

Meals that are adequately nutritious for all family members can be prepared in one pot.

Q3. How can families afford all these foods?

A3. Families do not need to spend much money to eat nutritious foods. Many of the nutritious foods listed above are available in our communities and can be grown in our yards. Chickens and other animals can also be reared in the compound.



Malaria: Prevention, Testing & Treatment

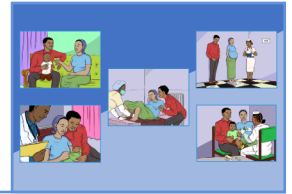


Probing Question	Desired Response
Q1. What do you see in this picture?	A1. Pictures of malaria prevention, testing and treatment pictures.
Q2. Why do you think it is important for all members of the family to sleep under an insecticide-treated mosquito net?	A2. All members of the family should sleep inside an insecticide-treated mosquito net - every day from the evening until the morning all year round - to prevent getting malaria from mosquito bites. This will help ensure a healthy outcome for the family throughout the year.
Q3. Besides malaria, which other illnesses do you know that comes with a fever?	<p>A3. Not every fever is malaria. Many illnesses can come with a fever, such as a normal cold, typhoid, or ear infection.</p> <p>The way to be certain a family member has malaria is with Rapid Diagnostic Test (RDT) or blood microscopy.</p>
Q4. What do people in your community use to treat malaria?	<p>A4. Artemisinin-based combination therapy (ACT) is the malaria treatment recommended by the FMOH for maximum effectiveness. Any other methods are not recommended for the treatment of malaria.</p> <p>If a family member who has malaria does not take ACTs, the required number of times in a day, and for the required number of days, malaria could come back worse. The complete treatment of malaria with ACT <u>must</u> be taken to ensure the malaria is fully cured, even if the person feels better before the treatment is finished.</p> <p>Pregnant women should take IPTp to prevent malaria, whether they have malaria symptoms or not, because malaria may still be in their body.</p>

If you encounter a family member reported having a fever, immediately REFER!



Male Engagement on Family Health



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pictures of a man supporting his wife in different ways.

Q2. What can a husband do to support his wife?

A2. There are many things a husband can support his wife. However, we will focus on these few:

- Before pregnancy
- During pregnancy
- During labour and delivery
- Post-natal
- Infancy and Childhood

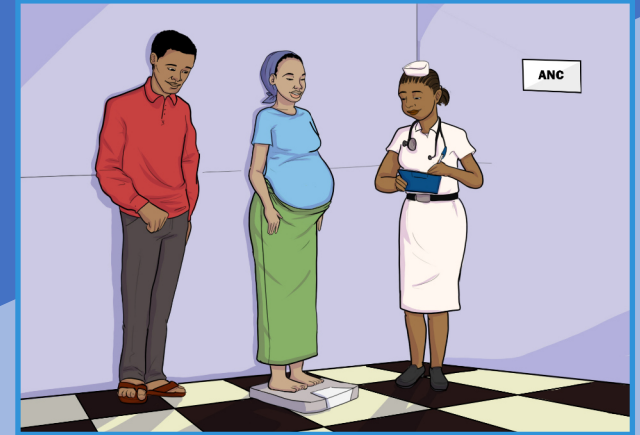
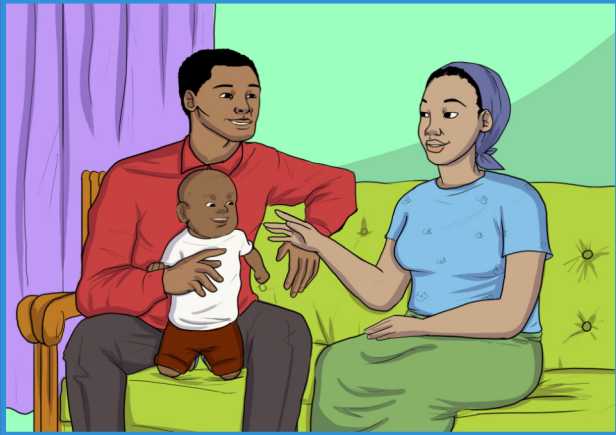
- Before pregnancy, they should agree about how many children they want, when they want to have them and visit a health facility together to select the best childbirth spacing option for them.
- During pregnancy, he should go with her to the health facility for ANC to learn about her needs, provide for her, and create a birth delivery plan together.
- During labour and delivery, he should know her due date, make all necessary arrangements for the wife to deliver with a skilled birth attendant, and should recognize the signs of labour so he can respond quickly when it starts.
- Post-natal (After delivery), he should encourage the new mother to start breastfeeding immediately after giving birth and breastfeed exclusively for 6 months.
- Infancy and childhood, he should ensure that the mother and children eat nutritious foods to stay healthy, seek care with his wife when the child/ren is/are ill or have other health needs and support her to care for the children.

A man should ensure that other members of the family understand and support his wife's needs during these periods.

Q3. Are there any cultural and traditional norms that may prevent a man from providing his wife with the support she requires?

Q3. Many cultural and traditional norms are important. However, we must consider doing the things that will help our families and communities to do well in the long run. To support their families towards better health, men should often reflect on these two questions:

1. Which of my wife's responsibilities related to the health of the family can I help with?
2. Which of my responsibilities related to the health of the family can my wife help with?



Spousal Communication about Child Health



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A husband and wife discussing family health matters.

Q2. We have discussed many different topics. How might your spouse think about these issues?

A2. Some of the topics will be easy to discuss and convince him about, such as sleeping inside an insecticide treated mosquito net.

Some topics may be more challenging, such as childbirth spacing or ANC attendance.

Q3. Which of these issues do you think a husband needs to provide support to his wife to do?

A3. All of them. A husband needs to support his family to practice childbirth spacing, have adequate nutrition, prevent and treat malaria correctly.

Q4. Do you think it is important for you and your spouse to discuss these things so that you can decide together?

A4. It is important for spouses to jointly make decisions about the woman's health, her pregnancy, and the health of their children and expected baby. By discussing these things, they can come to a decision together, and they will both understand each other.

Q5. How will you approach your spouse to discuss these things?

A5. You should plan for when and how you will discuss with your spouse, considering the following:

Help them to think through these questions and set a time for when they will speak to their spouse.

- When is a good time to talk?
- What are the specific topics they need to discuss?
- What are the decisions they need to make?



Call to Action

RECOMMENDED TIME: 4 MINUTES



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. Pictures of what families should do to stay healthy and happy.

Q2. We have discussed many different topics. What should we do to ensure our families stay healthy and happy?

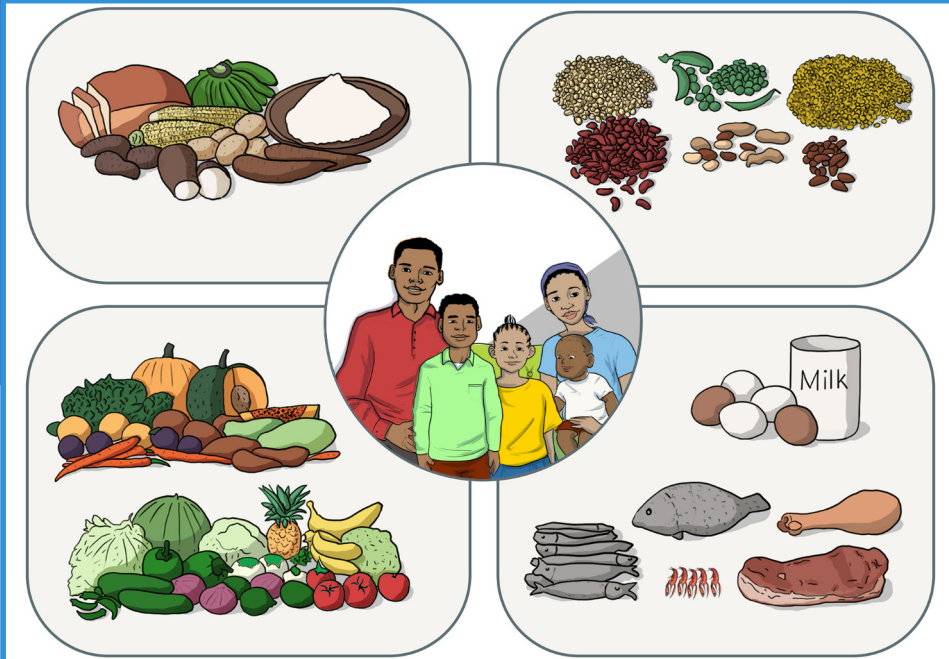
A2. There are four things we should do to help a family stay healthy and happy:

1. Use childbirth spacing to have the number of children you want, when you want them,
2. Family members should eat adequate nutritious meals,
3. Prevent and treat malaria in any family member appropriately,
4. Men supporting their spouse during pregnancy, delivery, and the postnatal period, and help to care for the children.

Issue a referral for the following as appropriate:

- Fever
- Childbirth Spacing

Measure MUAC for children under 5 and refer the children that read RED for nutrition services. If the MUAC reads yellow, advise the caregivers to improve the child's diet.

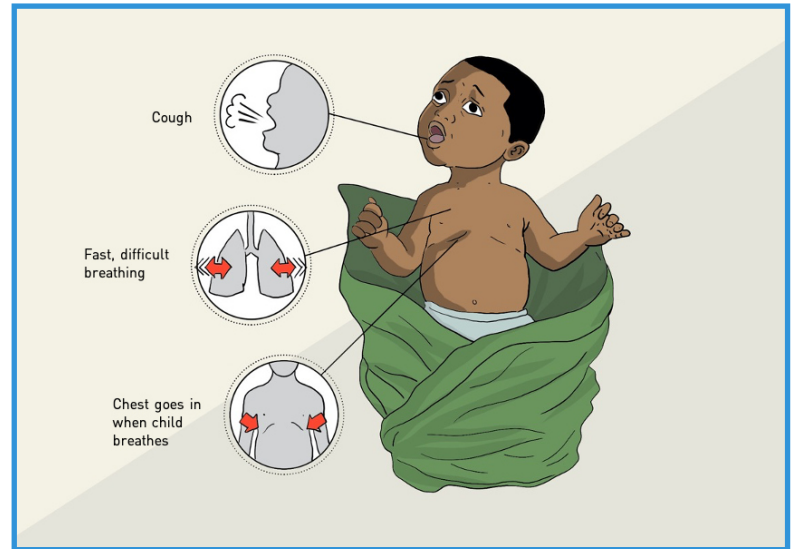


End of Life Stage 4

The illustrations used for nutrition topics were adapted from “The Community Infant and Young Child Feeding Counseling Package” developed by the SPRING project with funding from USAID.



The illustration used for the topic “Treatment of Acute Respiratory Infection” was adapted from “A Guide to Pneumonia Training and Education Kits” developed by the Every Breath Counts project with funding from USAID.



Audience Segmentation Guide

Is the woman pregnant? If so, how many months pregnant is she?



If she is 1-6 months pregnant, go to page 1.1, Introduction to Life Stage 1.

If she is 7-9 months pregnant, go to page 2.1, Introduction to Life Stage 2.

Has the woman recently given birth? If so, how many weeks ago?



If she delivered less than 7 days ago, go to page 2.6, Essential Newborn Care.

If she delivered between 8 days and 4 weeks, go to page 2.9, Immunization at Birth.

If she delivered more than 4 weeks ago, go to page 3.1, Introduction to Life Stage 3.

If the youngest child is less than 5 years old, go to page 3.1, go to Introduction to Life Stage 3.

If the youngest child is more than 5 years old, and the woman is not pregnant, go to page 4.1, Introduction to Life Stage 4.