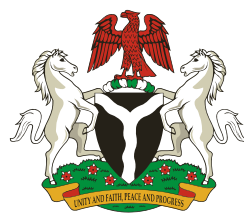


# Community Events Dialogue Guide



# How to Use This Guide

This dialogue guide serves as a tool for the mobilisers (Community volunteers (CVs), Ward Development Committee (WDCs) etc. to engage the community members when conducting targeted community activities. e.g., outreaches, town hall meetings, market storms etc.

**The BA-N secondary community activities**, mobilisers will focus on only one overarching behavior (including the sub-behaviours) for each activity when engaging a with specific audience.

The dialogue questions are a guide to spur discussions with the audience and mobilizers can adapt as required during a session.

For each session, the mobilisers should introduce themselves and Breakthrough ACTION Nigeria before starting the community event.

At the end of the session, the mobilisers should summarize key points, CALL TO ACTION for the overarching priority behavior, issue referrals for health services as appropriate and encourage referral completion.

## Introduction

Greetings...(Good Morning/Afternoon/Evening).

My name is .....

I am a community volunteer/ward development committee member working with the [NAME] Local Government Area (LGA)/Ward in collaboration with Breakthrough ACTION Nigeria (BA-Nigeria) Project.

Breakthrough ACTION-Nigeria is working with the State and LGA to improve the health and wellbeing of community members. 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.

# Pregnant Women Attend Early Antenatal Care & Take Treatment to Prevent Malaria



Pregnant woman sleep inside an Insecticide treated mosquito net and take treatment to prevent malaria (IPTp)



Adequate nutrition during pregnancy



Identification of pregnancy danger signs



Developing a birth plan



Spousal communication



Male engagement

# Pregnant Women Attend Early Antenatal Care & Take Treatment to Prevent Malaria

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on ANC today?</p> <p>Q1b. Can you share what you learnt?</p> <p>Q1c. What surprised you in the message?</p> <p>Q2a. What are the common problems that women experience during pregnancy?</p> <p>Q2b. How can these problems be identified early and prevented?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p> <p>A2a. There are many but some of the major problems which you have mentioned are</p> <ul style="list-style-type: none"> <li>• Inadequate blood</li> <li>• Miscarriages</li> <li>• Convulsions in pregnancy (Eclampsia)</li> <li>• Babies born too early or too small</li> <li>• Stillbirths</li> </ul> <p>B2a. By starting ANC early and attending all visits during pregnancy.</p>
<p>Q3. Why is it important for a pregnant woman to go for ANC?</p> <p><b>REFER immediately to the Health facility:</b></p> <p>Any pregnant woman:</p> <ul style="list-style-type: none"> <li>- who is not already attending ANC</li> <li>- who has fever or any of the danger signs in pregnancy.</li> </ul> <p>Where possible ESCORT her to the health facility.</p>	<p>A3. ANC allows a pregnant woman to learn more about her pregnancy, health and the growth of the baby from the health worker. Every pregnant woman should attend ANC at least eight times before delivery. During this period, she will learn more about the things she needs to do for a healthy pregnancy and a safe delivery. These include:</p> <ul style="list-style-type: none"> <li>• <b>Sleep inside an Insecticide Treated Mosquito Net</b> to prevent mosquito bites and malaria</li> <li>• <b>Taking Intermittent Preventive Treatment in Pregnancy (IPTp)</b> tablets to prevent malaria.</li> <li>• <b>Combine locally available foods</b> from different food groups to make nutritious 4-star meals.</li> <li>• <b>Early identification of any complications</b> before they become danger signs to avoid putting the mother and baby at risk.</li> <li>• <b>Develop a Birth Plan</b> to ensure a safe delivery and prepare for complications that may arise.</li> <li>• Jointly make decisions with your spouse about the pregnancy, the health of the mother and expected baby.</li> <li>• The Men should support the women and the family during pregnancy by going to ANC with the woman.</li> <li>• Spousal communication. Couples should jointly make decisions about the woman's pregnancy, the health of the mother and expected baby.</li> <li>• Male engagement. In participating in the pregnancy journey, men should attend ANC with pregnant women/their wives and support them during delivery.</li> </ul>

# Pregnant Women Deliver with a Skilled Birth Attendant at the Health Facility



Skin-to-skin care



Postnatal care check-up



Cord care with Chlorhexidine



Post pregnancy contraception for childbirth spacing



Immunizations at birth



Spousal communication



Early and exclusive breastfeeding



Male engagement



# Pregnant Women Deliver with a Skilled Birth Attendant at the Health Facility

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on Delivery with a Skilled Attendant today?            Q1b. Can you share what you learnt?            Q1c. What surprised you in the message?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p>
<p>Q2. Why is it important for a pregnant woman to deliver with skilled birth attendant at the health facility?</p> <p><b>REFER immediately to the Health facility:</b></p> <ul style="list-style-type: none"> <li>- Any pregnant woman who is having signs of labour</li> <li>- Any new mother who is bleeding too much after giving birth, even if she has taken misoprostol.</li> <li>- New baby for the first round of Immunization if not already taken</li> </ul>	<p>A2. Every delivery is a risk even if there were no complications during the pregnancy. The skilled birth attendant is trained to manage complication during pregnancy at the health facility where they have special equipment to work with to prevent loss of the mother or baby.</p> <p>After delivery with a skilled birth attendant at a health facility, the new mother is better able to practice:</p> <ul style="list-style-type: none"> <li>• <b>Skin-to-skin care</b>, immediately after birth, the baby should be placed on the mother's bare stomach and covered for up to one hour to help the baby adjust to the outside weather and keep warm.</li> <li>• <b>Cord care</b>: Chlorhexidine should be put on the cord to prevent infection and help the cord to heal properly.</li> <li>• <b>Immunizations that are taken immediately after birth</b> help children's bodies to fight life-threatening diseases and protect them from many illnesses. It gives our children a healthy start in life.</li> <li>• <b>Early initiation and exclusive breastfeeding</b>: New mothers should start breastfeeding within one hour after delivery. The first breast milk (colostrum) contains all the nutrients the baby needs and protects the baby from diseases. Mother should continue breastfeeding for the next six months without water or any food.</li> <li>• Postnatal Care Check-up enables the health provider to check the new mother and baby to make sure everything is fine. This should be done at 24 hours, 3 days, 1 week, and 6 weeks after delivery.</li> <li>• Post-pregnancy contraception for childbirth spacing helps a woman to have the next pregnancy after her body is fully recovered from the last pregnancy. A woman should wait at least two years after delivery before getting pregnant again.</li> <li>• Jointly make decisions with your spouse about facility delivery with the skilled birth attendant.</li> <li>• Men should support women and their families during delivery by comforting women during labor and delivery and helping them initiate breastfeeding.</li> <li>• Spousal communications. Couples should jointly make decisions about birth preparedness and facility delivery with the skilled birth attendant.</li> <li>• Male engagement. Men should support women and their families by comforting women during labor and delivery and helping them initiate breastfeeding.</li> </ul>

# Children & Adults Take the Full Course of Routine and Recommended Vaccinations



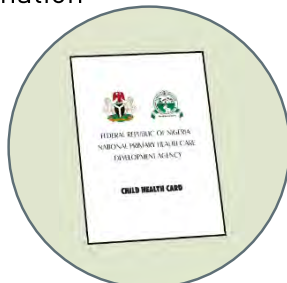
Routine vaccination schedule



Infant vaccination



Childhood vaccination



Child Health Card



Adult vaccination -  
Father taking vaccine  
during PNC



Adult vaccination -  
new mother



Spousal communication



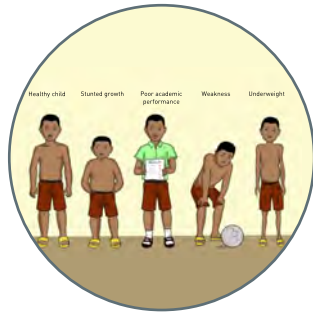
Male engagement



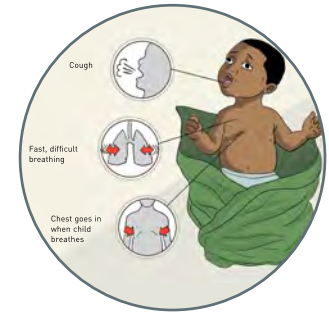
# Children & Adults Take the Full Course of Routine and Recommended Vaccinations

Dialogue Questions	Guide to Discussion/Appropriate Responses
Q1a. Did you hear the message on immunization for children and adults today? Q1b. Can you share what you learnt? Q1c. What surprised you in the message?	(Listen to responses, encourage as many as possible to speak, guide towards correct responses)
Q2a. Why is it important for an adult & children to be immunised?  <b>REFER immediately to the Health facility:</b> <ul style="list-style-type: none"> <li>- Any child who has never been vaccinated or has not completed the required vaccinations for their age</li> <li>- Everyone aged 18 and above who have not yet been vaccinated against COVID-19.</li> </ul>	<p>A2. Vaccinations given through all phases of life can reduce diseases and deaths from vaccine-preventable diseases (e.g., polio, measles, COVID) in communities. Vaccination saves lives and helps to keep infants, children and adults healthy.</p> <p>When infants, children and adults in a community are vaccinated, they are protected from life-threatening diseases and they help prevent the diseases from spreading to others in the community.</p> <p>Vaccinations are safe even if a child or adult has a fever afterwards. This shows the vaccine is working.</p> <ol style="list-style-type: none"> <li>1. <b>A child needs to visit the health facility nine times (9) to get vaccinations:</b> At birth, 6 weeks, 10 weeks, 14 weeks, 6 months, 9 months, 12 months, 15 months, and 9-13 years.</li> <li>2. <b>The child health card</b> shows the exact date when they should go to the health facility and what vaccine they need to get at each age. Parents should take the Child Health Card along to the health facility.</li> <li>3. <b>COVID-19 vaccines</b> are safe and effective for the prevention of life-threatening COVID-19 infections. It is recommended that everyone (aged 18 and above) gets the COVID-19 vaccine, including pregnant women, breastfeeding mothers and elderly people.</li> <li>4. <b>Spousal communication.</b> Couples should jointly make decisions about their children's immunisations and the vaccinations they themselves should take as adults.</li> <li>5. <b>Male engagement.</b> Men should support women and their families to get vaccinated by going to the health facility together with their children and spouse, and taking their own vaccines.</li> </ol>

# Caregivers Seek Prompt Care for Childhood Illnesses



Child nutrition -  
Signs of malnutrition



Signs of acute  
respiratory infection



Testing for fever and taking  
the correct treatment



Diarrhea treatment  
with ORS/Zinc



Spousal communication



Male engagement

# Caregivers Seek Prompt Care for Childhood Illnesses

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on seeking prompt care for childhood illnesses today?</p> <p>Q1b. Can you share what you learnt?</p> <p>Q1c. What surprised you in the message?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p>
<p>Q2a. Why is it important for caregiver to seek prompt care for childhood illnesses?</p> <p><b>REFER immediately to the Health facility:</b></p> <ul style="list-style-type: none"> <li>- Any child who has never been vaccinated or has not completed the required vaccinations for their age</li> <li>- Everyone aged 18 and above who have not yet been vaccinated against COVID-19.</li> </ul>	<p>A2. Caregivers should ensure that infants and children under 5 years are getting adequate food and nutrition. They should also seek care at the health facility for infants and children under 5 years with any illness immediately before it gets worse and the child gets seriously sick. Some of the childhood illnesses the caregivers should pay attention to are:</p> <ul style="list-style-type: none"> <li>• <b>Signs of Malnutrition.</b> When a child is not getting adequate nutritious food s/he 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 immediately.</li> <li>• <b>Testing for fever and taking the correct treatment.</b> Not every fever is malaria. Many illnesses can come with a fever, such as a normal cold, diarrhea, 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. If the test is positive, malaria should be treated with Artemisinin-based Combination Therapy (ACT).</li> <li>• <b>Diarrhea treatment with ORS/Zinc.</b> A child loses body fluids during diarrhoea through frequent, watery stooling usually more than three times in a day. Diarrhoea is a serious risk to children under 5 years. Give ORS/Zinc and breastmilk (if still breastfeeding) to the child.</li> <li>• <b>Signs of acute respiratory infection.</b> When the child is coughing with fast or abnormal breathing and fever - it may be a serious illness called pneumonia, which requires treatment by a trained health worker.</li> <li>• <b>Spousal communication.</b> Men should discuss with their wives to ensure the children sleep under an insecticide treated mosquito net every night, to seek prompt care at a health facility when needed, and to provide the correct treatment for childhood illnesses.</li> <li>• <b>Male engagement.</b> Men should support their wives to eat adequately during pregnancy, provide age appropriate nutritious foods for their children, seek prompt care for wives and children when they are ill or have other health needs.</li> </ul>

# Men and Women Use Contraceptives to Space Childbirth



Mothers will have adequate time to recover from the difficulties of childbirth before getting pregnant again.



Couples should access post-pregnancy contraception for childbirth spacing



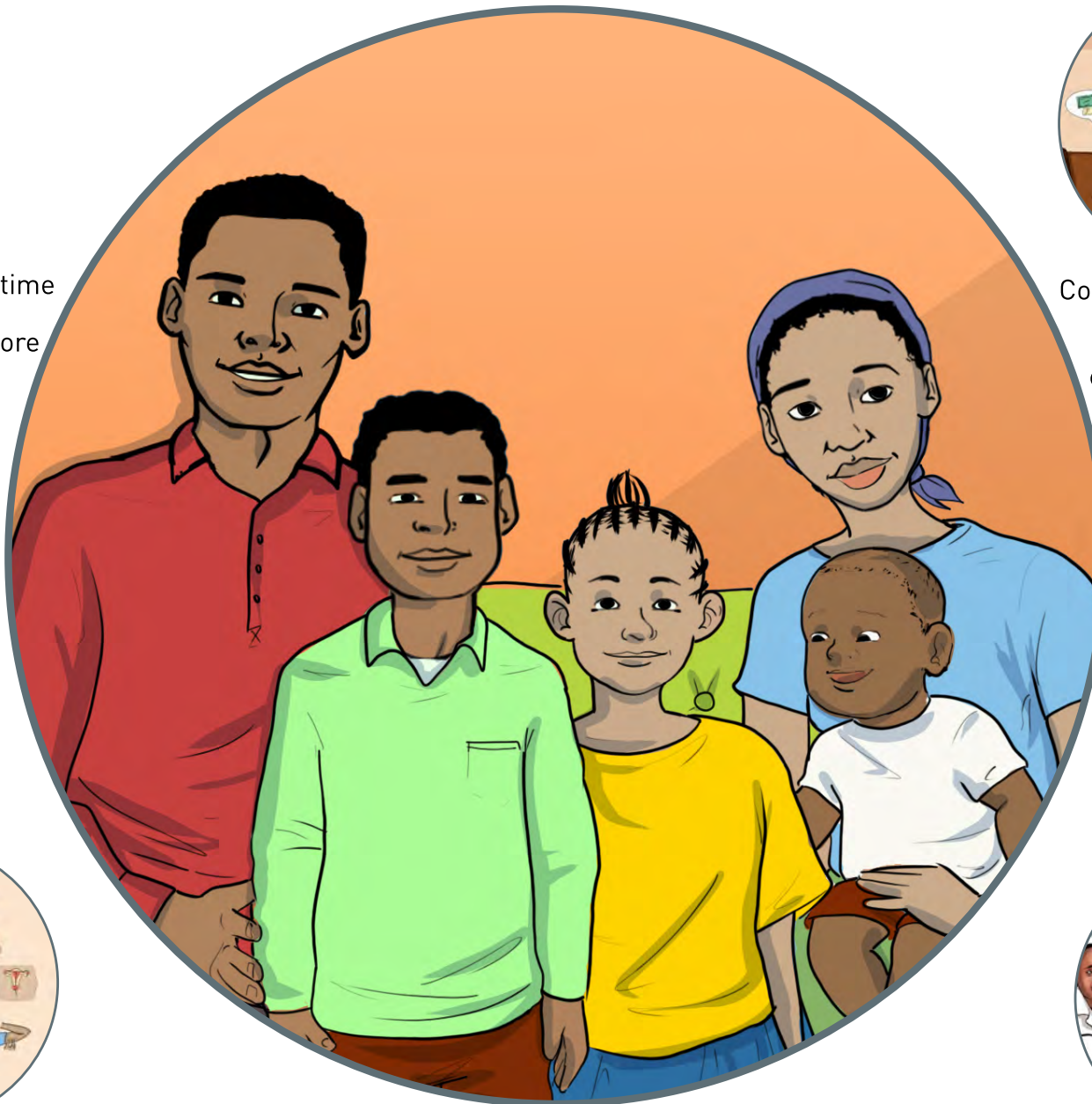
Mothers will be able to continue pursuing their education and career.



Spousal communication



Childbirth spacing options



Male engagement

# Men and Women Use Contraceptives to Space Childbirth

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on use of contraceptives to space childbirth today?</p> <p>Q1b. Can you share what you learnt?</p> <p>Q1c. What surprised you in the message?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p>
<p>Q2a. Why is it important for men and women to use contraceptive to space childbirth?</p> <p><b>REFER immediately to the Health facility:</b></p> <ul style="list-style-type: none"> <li>- New mothers, couples and women who are not currently pregnant, desire to space childbirth and want to adopt a childbirth spacing method.</li> </ul>	<p>A2. It is healthiest for a woman to have a pregnancy when her body is able to handle the changes of pregnancy. A woman's body is best able to handle the changes of pregnancy when she is between the ages of 18 and 35 years. Once a woman has a baby, it is healthiest to have her next pregnancy when her body is fully recovered from the last one. It is best for the woman and the baby if she can recover for at least two years before getting pregnant again.</p> <ul style="list-style-type: none"> <li>• <b>Childbirth spacing benefits.</b> When families space their childbirths, the father, mother, children and community ALL benefits. They will have more time, resources, and a higher chances of a child surviving.</li> <li>• <b>Childbirth spacing options.</b> There are different contraceptive methods that couples can use to delay, space or avoid pregnancies at the different stages. These methods are Safe, Effective &amp; Reversible (except the permanent methods).</li> <li>• <b>Post-pregnancy contraception for childbirth spacing.</b> The new mother may get pregnant again before the woman's body 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. The new mother and her husband should speak to a health care provider about options for childbirth spacing that would be best for them.</li> <li>• <b>Spousal communication.</b> Couples should agree about how many children they want and when they want to have them, discuss the available childbirth spacing methods and agree on the one that best suits them.</li> <li>• <b>Male engagement.</b> Husbands should support their wives to make decisions about how to space their children and which methods to consider.</li> </ul>

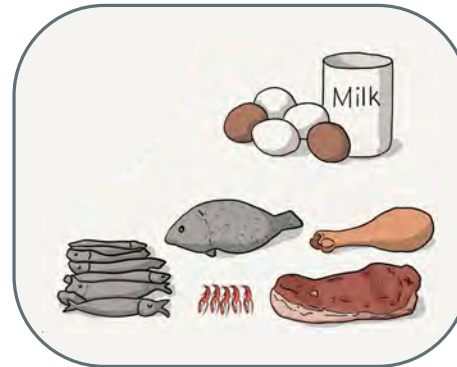
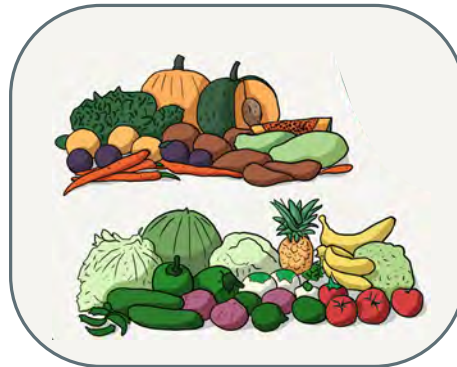
# Families Routinely Consumes Adequate, Diverse and Nutritious Foods



Adequate nutrition during pregnancy



Adequate nutrition for the family



Adequate nutrition for new mother



Spousal communication



Adequate nutrition for infants and young children



Male engagement

# Families Routinely Consumes Adequate, Diverse and Nutritious Foods

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on infants, under-5 children and adults to routinely consume adequate, diverse and nutritious foods?</p> <p>Q1b. Can you share what you learnt?</p> <p>Q1c. What surprised you in the message?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p>
<p>Q2a. Why is it important for infants, under-5 children and adults to routinely consume adequate, diverse and nutritious foods?</p> <p><b>REFER immediately to the Health facility:</b></p> <ul style="list-style-type: none"> <li>- New mothers, couples and women who are not currently pregnant, desire to space childbirth and want to adopt a childbirth spacing method.</li> <li>- Any child measured with MUAC tape that shows a RED color for nutrition services.</li> </ul>	<p>A2. The pregnant woman, new mother, children, father should all consume a variety of nutritious foods from each of the following four (4) food groups: Animal-source foods (flesh meats, eggs, dairy products) for bodybuilding, (2) Staples (grains, roots, tubers) for energy, (3) Legumes and seeds (beans, soya beans, benniseeds, groundnut) for bodybuilding, (4) Fruits and vegetables to build immunity.</p> <ul style="list-style-type: none"> <li>• <b>Adequate nutrition during pregnancy.</b> A pregnant woman should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes.</li> <li>• <b>Adequate nutrition for new mother.</b> Should eat lots of meat and fish, green leafy vegetables (like moringa), milk products, beans (including soya beans), nuts, sweet potatoes 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</li> <li>• <b>Adequate nutrition for infants and young children.</b> Children under 6 months should be exclusively breastfed. After 6 months, a thick, soft pap or porridge consisting of 2-3 additional ingredients like fish, eggs, fruits, groundnuts, and palm oil, etc. makes for a nutritious meal in addition to breastmilk. As the child gets older, the consistency and quantity of the food will change over time.</li> <li>• <b>Adequate nutrition for the family.</b> Fathers and other family members should eat a wide variety of foods from different food groups to make nutritious meals. Meals that are adequately nutritious for all family members can be prepared in one pot.</li> <li>• <b>Spousal Communication.</b> Husband and wife should discuss and agree on the types of nutritious food they will feed the family.</li> <li>• <b>Male Engagement.</b> Fathers should support mothers, children and the entire family to eat nutritious foods and stay healthy,</li> </ul>

# Individuals and Households Practice Personal and Environmental Hygiene to Prevent the Spread of Infectious Diseases



Hand washing



Water hygiene



Food hygiene



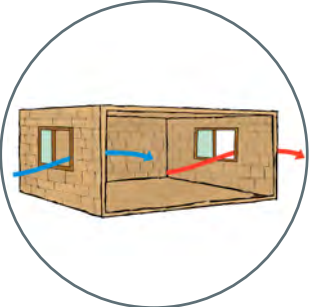
Respiratory hygiene



Environmental sanitation



Safe distancing



House with Cross Ventilation



Vaccination



# Individuals and Households Practice Personal and Environmental Hygiene to Prevent the Spread of Infectious Diseases

Dialogue Questions	Guide to Discussion/Appropriate Responses
<p>Q1a. Did you hear the message on practicing personal and environmental hygiene to prevent the spread of infectious diseases today?</p> <p>Q1b. Can you share what you learnt?</p> <p>Q1c. What surprised you in the message?</p>	<p>(Listen to responses, encourage as many as possible to speak, guide towards correct responses)</p>
<p>QA2. What are the ways individuals and households can practise good hygiene to prevent infectious diseases?</p> <p><b>REFER immediately to the Health facility:</b></p> <ul style="list-style-type: none"> <li>- Anyone with a fever</li> <li>- Anyone who fell sick following contact with another person who has a fever or is sick.</li> </ul>	<p>A2. Practice of good personal and environmental hygiene prevents Individual and households from infectious diseases. For Individual and households to prevent themselves from infectious diseases they need to practice the following behaviours:</p> <ul style="list-style-type: none"> <li>• <b>Hand washing:</b> Regularly wash hands with soap under running water especially before and after cooking and eating, using the toilet, or caring for anyone who is sick.</li> <li>• <b>Water hygiene:</b> Collect and use water that is treated or boiled. The clean water should always be stored in a closed container.</li> <li>• <b>Food hygiene:</b> Wash all food items thoroughly under running water before preparing. Cook foods properly before eating. Store food items in airtight containers to avoid contamination with insects or animals (e.g rats).</li> <li>• <b>Respiratory hygiene:</b> When you feel sick or are around people who are sick, wear a mask. Sneeze or cough into your elbow or a tissue and wash your hands afterwards. Ensure proper ventilation by opening windows to allow free flow of air.</li> <li>• <b>Safe distancing:</b> When coughing or have rashes on your skin, maintain a safe distance to avoid infecting other persons close to you.</li> <li>• <b>Environmental sanitation:</b> Stop open defecation. Routinely clean, and disinfect the environment (including latrines and where animals are kept) to minimize the risk of transmission of infections.</li> <li>• <b>Vaccination:</b> Children and adults should be vaccinated against common infectious diseases to protect them and their loved ones from life-threatening forms of the disease.</li> </ul>