



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



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.

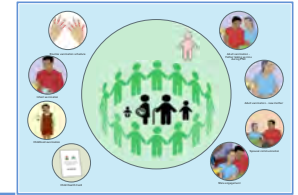
How to handle the most serious illnesses for children under 5:

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.



Childhood (Routine) & Adult Immunization



Probing Question

Desired Response

Q1. What do you see in this picture?

A1. A group of vaccinated people in a circle protecting, an infant, a child, a pregnant woman, and an old man from an unvaccinated and infected person outside the circle. Nine fingers showing the child vaccination schedule, the Child Health Card, a healthy baby receiving a vaccination, a girl receiving vaccine, a father and mother mother holding an infant while the father is receiving a vaccine.

Q2. Do you know why children and adults need to get vaccinated?

A2. Vaccination 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. 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. Vaccinations are safe even if a child or adult has a fever afterwards. This shows the vaccine is working.

Q3. How often should infants, children, and adults receive vaccinations?

Go over the picture and explain the child's immunization schedule.

REFER immediately to the Health facility:

Any child who has never been vaccinated or has not completed the required vaccinations for their age

Everyone aged 18 and above who have not yet been vaccinated against COVID-19.

A3. A child needs to visit the health facility nine times (9) to get vaccinations: At birth, 6 weeks, 10 weeks, 14 weeks, 6 months, 9 months, 12 months, 15 months, and 9-13 years. The Child Health Card 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 for each child along when going for vaccinations at the health facility. All adults need to take their own routine vaccinations to protect themselves, their families, and their communities from common infectious diseases like Yellow Fever and COVID-19. COVID-19 vaccines are safe and effective for the prevention of life-threatening COVID-19 infections. It is recommended that everyone gets the COVID-19 vaccine, including pregnant women and breastfeeding mothers. Parents and caregivers can easily receive their own vaccines when they take their children for routine vaccinations at the health facility. Vaccines are a safe, effective, and efficient way of protecting children and adults from serious illnesses, long-term disability, and death.



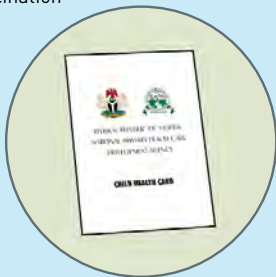
Routine vaccination schedule



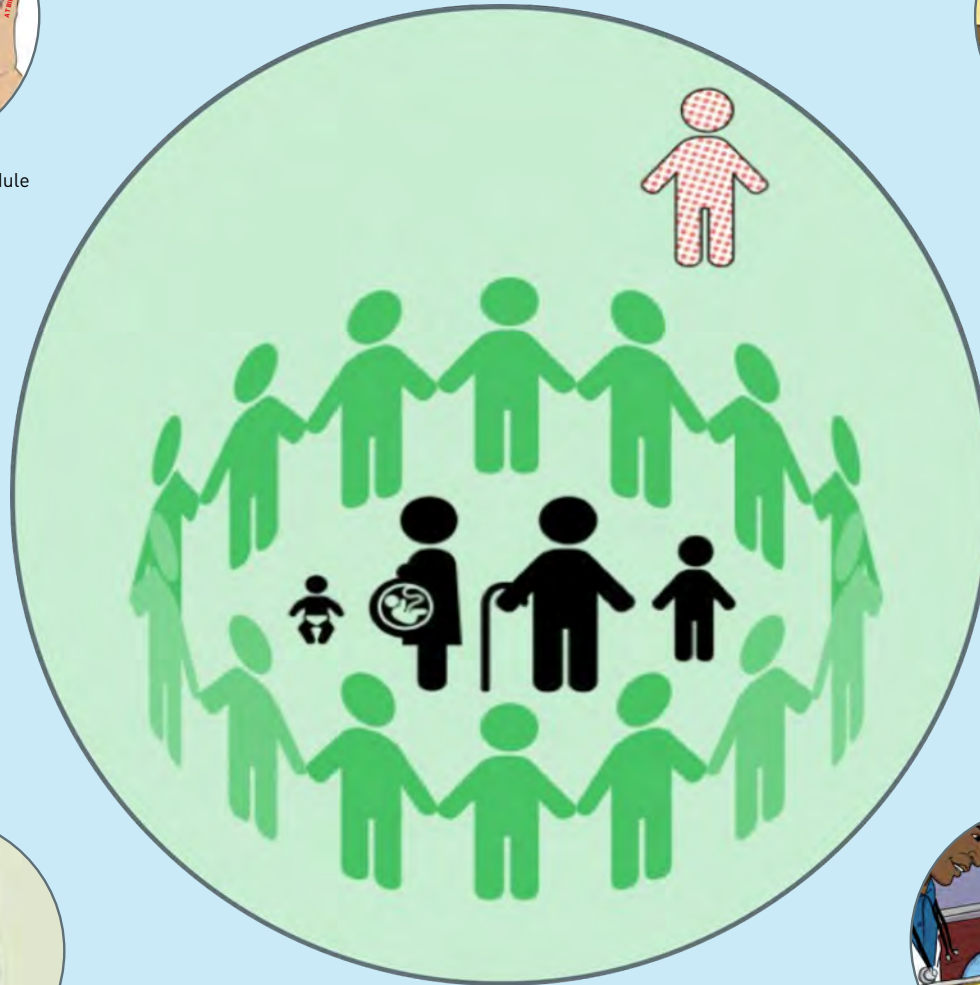
Infant vaccination



Childhood vaccination



Child Health Card



Adult vaccination -
Father taking vaccine
during PNC



Adult vaccination - new mother



Spousal communication



Male engagement

Child Nutrition: Signs of Malnutrition



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



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?

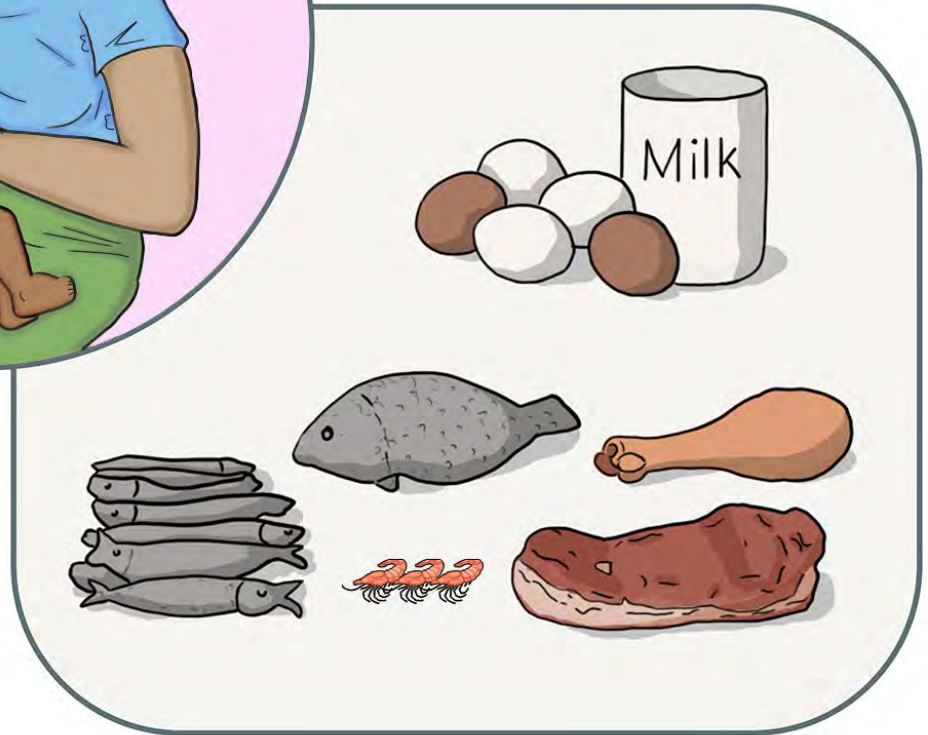
A2. After 6 months, exclusive breastfeeding will no longer meet all the baby's needs, and they should start having other foods in addition. Complementary foods are other nutritious foods from diverse food groups given to a child in addition to breastmilk after 6 months.

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



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.

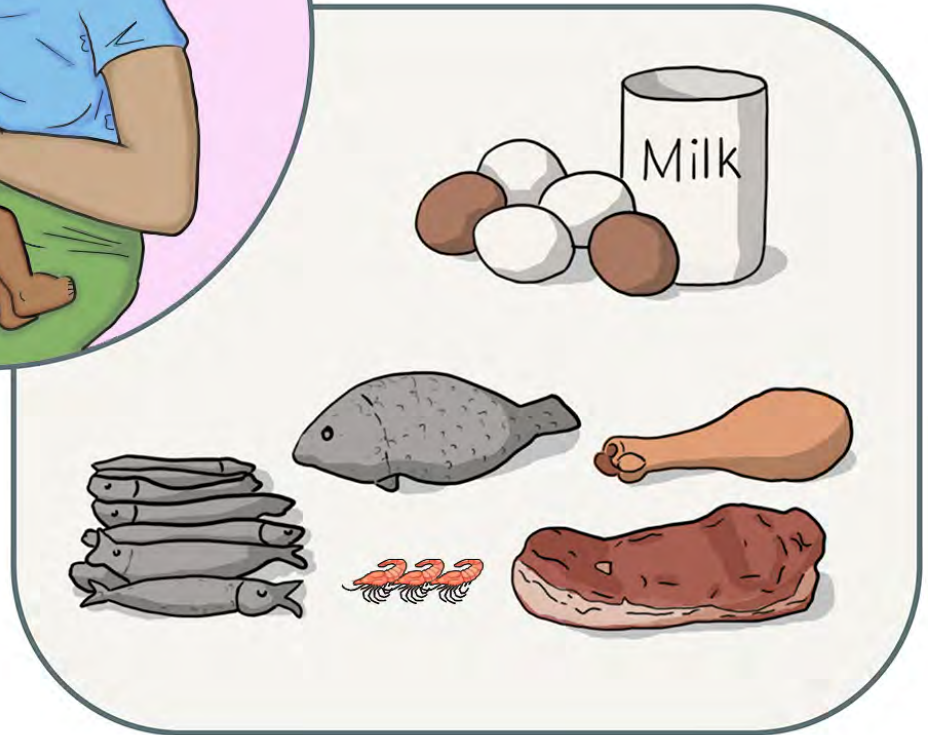
Q3. What will you do if your baby does not accept baby food from 6 months?

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?

A3. A child loses body fluids during diarrhoea through frequent, watery stooling. Diarrhoea is a serious risk to children under 5 years.

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.

Q4. How do you prevent the child from getting sick and weak during diarrhoea?

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.

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.

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.

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.

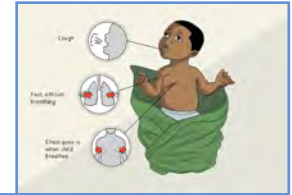


1 Litre

ORS

ZINC

Prevention and Treatment for Acute Respiratory Infection



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

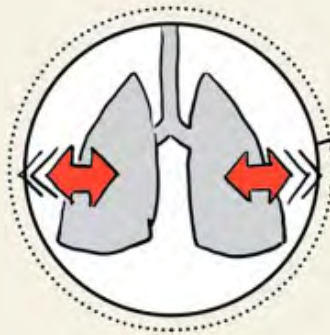
Issue a referral to any child with cough and abnormal breathing.

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.

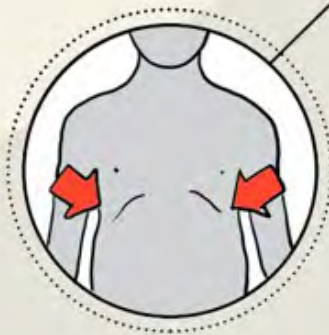
Cough



Fast, difficult breathing



Chest goes in when child breathes



Childbirth Spacing



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 are those things that a couple should know as they begin to think about having children?

A2. It is healthiest for a woman to have a pregnancy when her body is able to handle the changes of pregnancy, when she is between the ages of 18 and 35 years.

Women who get pregnant at a very young age or after the age of 35 years are more likely to have health problems during pregnancy and delivery, and their babies are also more likely to be born early, too small or have other health problems.

It is best for the woman and the baby 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 can couples do to delay pregnancy till the woman is at least 18 years, give 2 years space between childbirth and the last pregnancy or avoid pregnancy at an older age?

A3. There are different contraceptive methods that couples can use to delay, space or avoid pregnancies at the different stages.

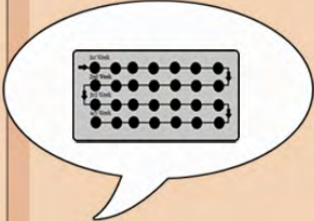
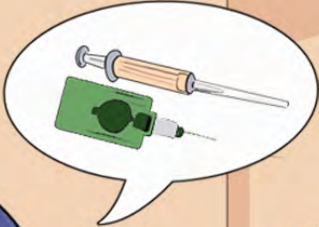
Some contraceptives methods need action:

- Everyday, 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 3-10 years, e.g., Implants and IUCDs,
- Permanent, e.g., Male and Female Sterilization.

These methods are:

- Safe
- Effective
- Reversible (except the permanent methods).

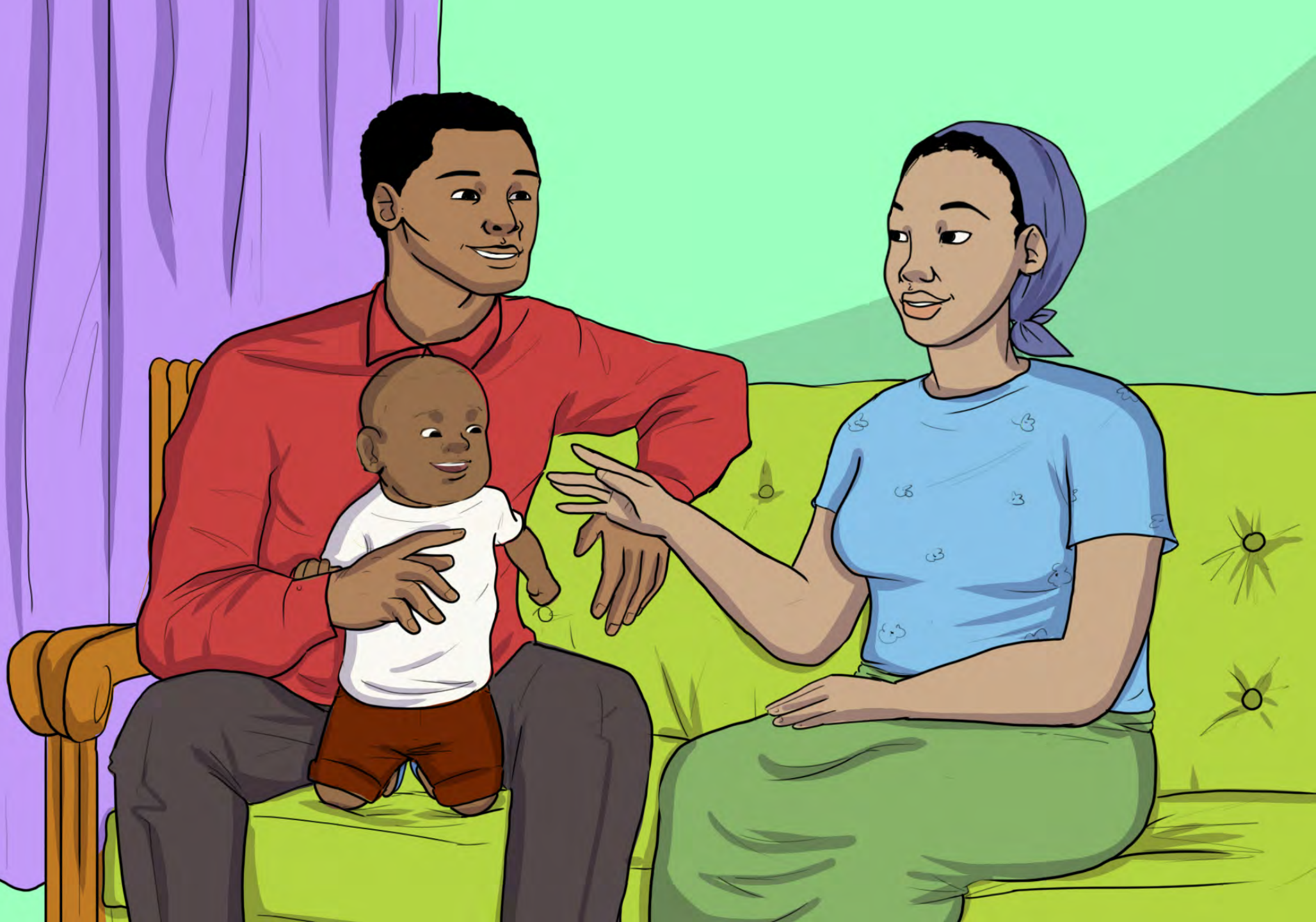
If the couple is not already using childbirth spacing method REFER!



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.
Q5. How will you approach your spouse to discuss these things? Help them to think through these questions and set a time for when they will speak to their spouse.	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?



Call to Action



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

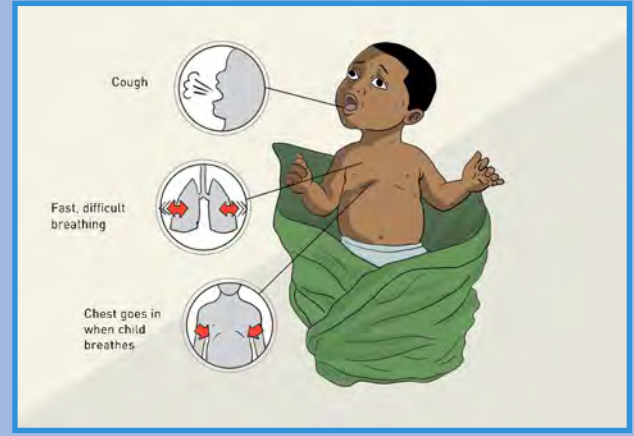
Diarrhoea

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.



COVID-19 Key Message

- COVID-19 infection is still occurring daily in our communities.
- For some people, infection with COVID-19 can still cause severe illness that may lead to death.
- One of the ways people can protect themselves is by taking the COVID-19 vaccine, it requires a second and booster dose for full effectiveness.
- COVID-19 vaccine is safe, effective, and efficient for a persons aged 18 and above, including Pregnant women and breastfeeding mothers
- Go and get vaccinated to protect yourself, your family, and your community.
- The nearest vaccination site to you is [name of nearest vaccination site]
- Do you have any questions or concerns?

For more information on the COVID-19 vaccine, visit the nearest Health facility close to you. You can also call 7722 for more information.



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



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 are those things that a couple should know as they begin to think about having children?

A3. 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.

Women who get pregnant at a very young age or after the age of 35 years are more likely to have health problems during pregnancy and delivery, and their babies are also more likely to be born early, too small or have other health problems.

There are many things couples need to do to give their baby a good start in life. One of the most important things is Childbirth Spacing.

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.

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



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.

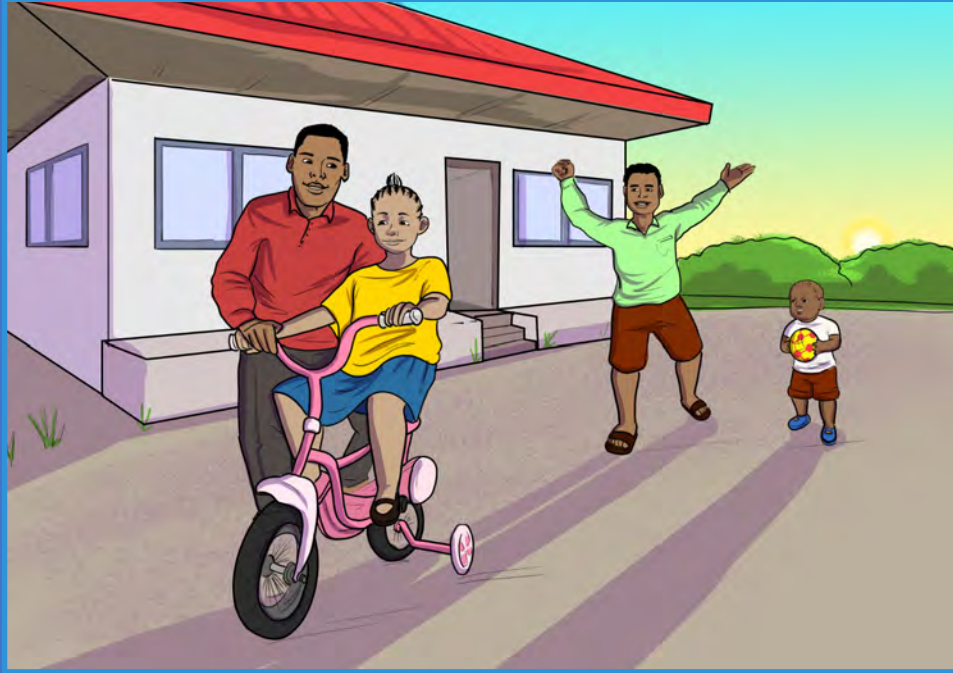
Children:

- 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



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.

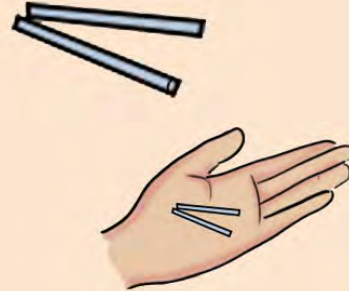
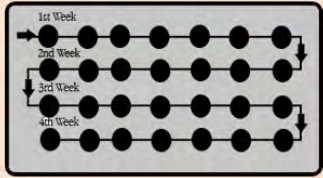
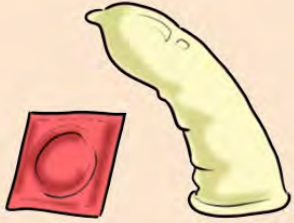
Clarify any misconceptions about Childbirth Spacing

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:

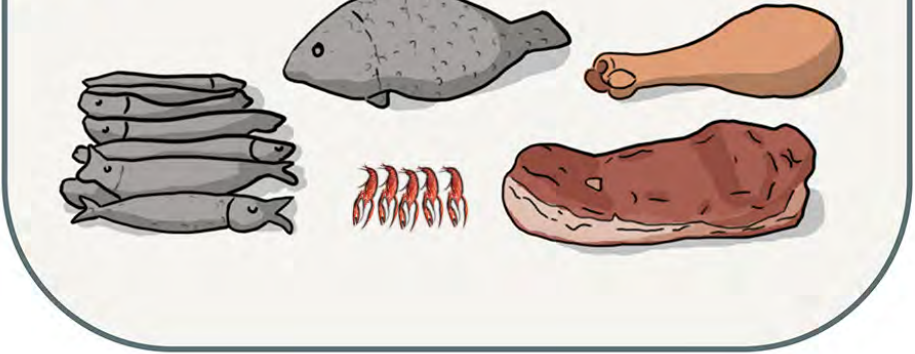
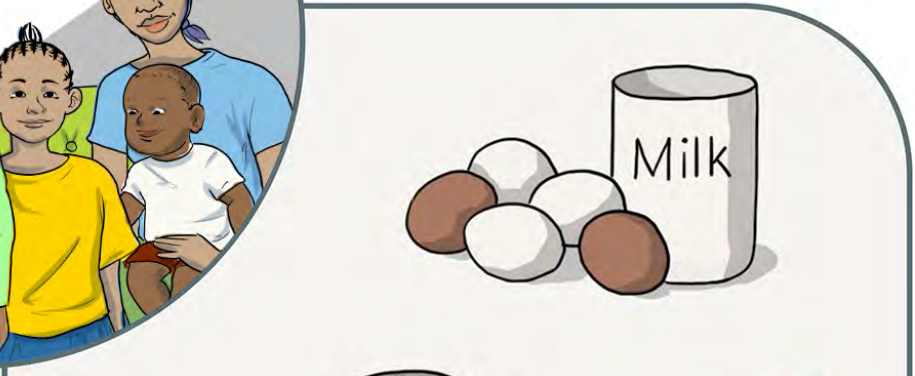
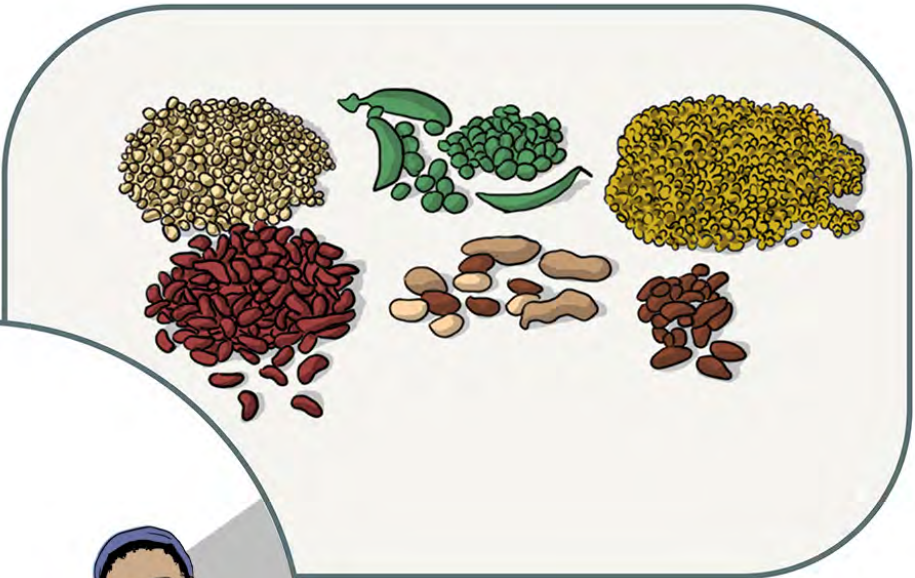
1. Animal-source foods (flesh meats, eggs, and dairy products) for body building,
2. Staples (grains, roots, and tubers) for energy,
3. Legumes and seeds for body building,
4. Fruits and vegetables to build immunity.

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, Part 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.

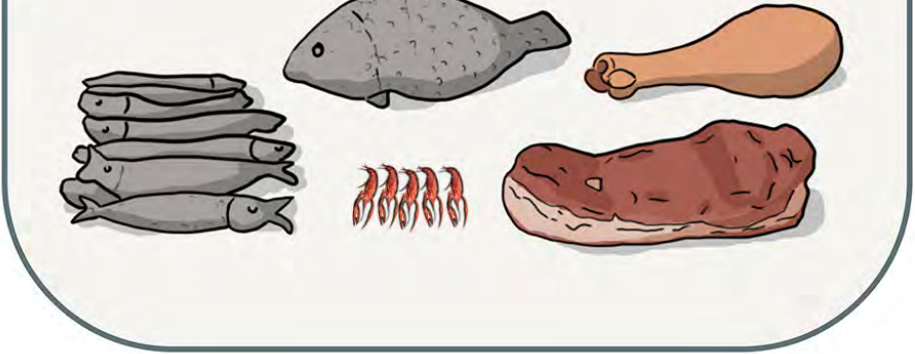
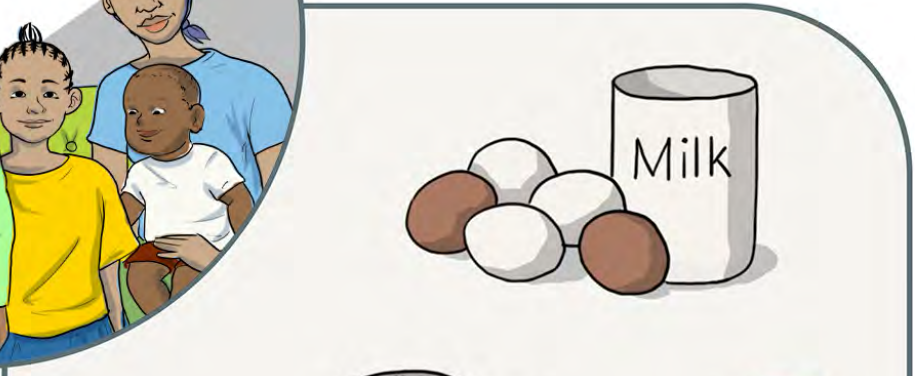
As the child gets older, the consistency and quantity of the food will change over time.

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?

A3. Not every fever is malaria. Many illnesses can come with a fever, such as a normal cold, typhoid, or ear infection.

The way to be certain a family member has malaria is with Rapid Diagnostic Test (RDT) or blood microscopy.

Q4. What do people in your community use to treat malaria?

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.

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 must be taken to ensure the malaria is fully cured, even if the person feels better before the treatment is finished.

Pregnant women should take IPTp to prevent malaria, whether they have malaria symptoms or not, because malaria may still be in their body.

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, 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.

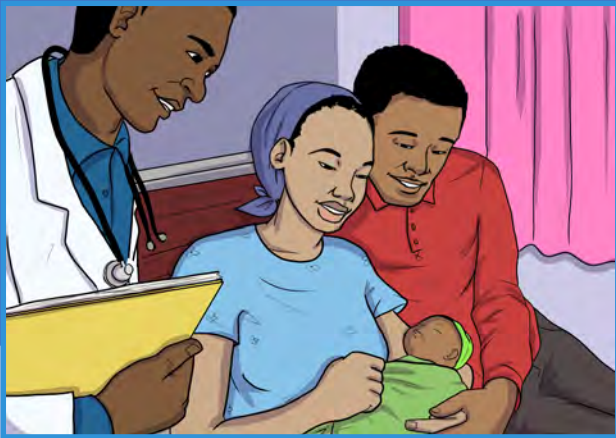
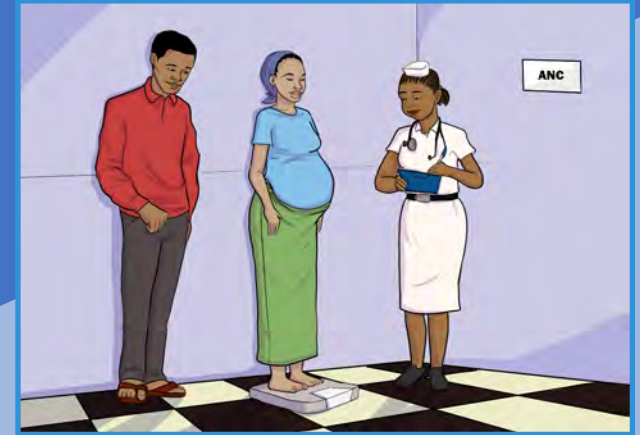
Infancy and childhood, he should ensure that the mother and children eat nutritious foods to stay healthy, seek care with his wife when the child/ren is/are ill or have other health needs and support her to care for the children.

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. <u>All of them</u> . 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: 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



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

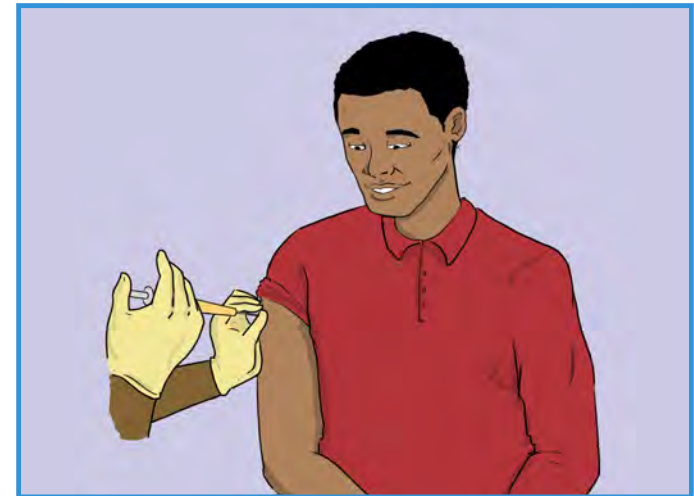
Measure MUAC for children under 5 and refer the children that read RED for nutrition services. If the MUAC reads yellow, advise the caregivers to improve the child's diet.



COVID-19 Key Message

- COVID-19 infection is still occurring daily in our communities.
- For some people, infection with COVID-19 can still cause severe illness that may lead to death.
- One of the ways people can protect themselves is by taking the COVID-19 vaccine, it requires a second and booster dose for full effectiveness.
- COVID-19 vaccine is safe, effective, and efficient for a persons aged 18 and above, including Pregnant women and breastfeeding mothers
- Go and get vaccinated to protect yourself, your family, and your community.
- The nearest vaccination site to you is [name of nearest vaccination site]
- Do you have any questions or concerns?

For more information on the COVID-19 vaccine, visit the nearest Health facility close to you. You can also call 7722 for more information.

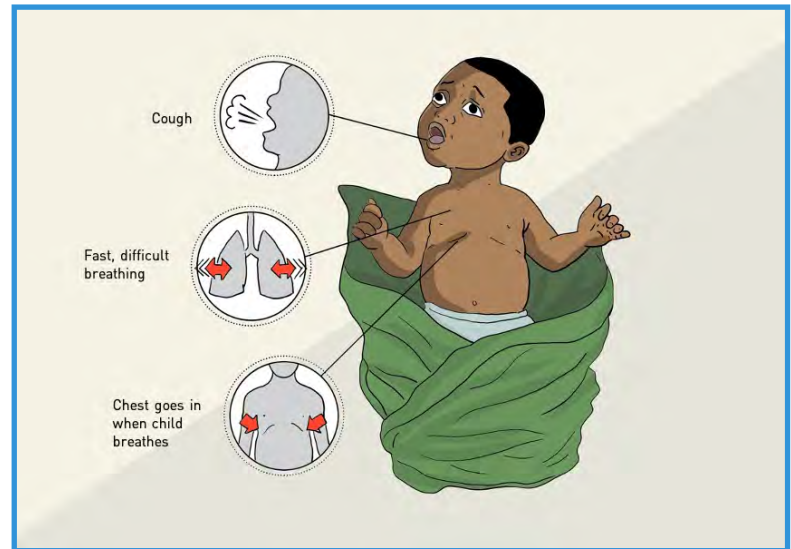


End of Life Stage 4

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.