

Facilitation Guide: Grandmothers support their families

Introduction to the Activity

Time Needed	Materials Needed
45 minutes	<ul style="list-style-type: none">• Cards with pre-written themes to prompt participants• Paper, or cards, and pens to take visual notes during group reflection• Handout with pictures of household tasks they can do when sick

Activity Description

The facilitator leads participants to reflect generally on what their lives were like when they were young mothers, and reflect on their role now, as a grandmother. Then the facilitator asks participants to recall what it was like when they were a young mother and had a sick child: they discuss how many tasks they had to do to care for the child. Participants then reflect on what they can do now, as grandmothers to support their grandchild's mother when the grandchild is sick.

Learning Objectives

1. Grandmothers reflect on the many responsibilities mothers have when caring for a sick child.
2. Grandmothers reflect on how they can support the child's mother when the child is sick.
3. Grandmothers identify specific household tasks they can do to support the child's mother.

Step 1: Guidance for facilitating the group session

- Review this facilitation guide to ensure you clearly understand all key messages and objectives.
- Arrive at the location in advance of the session to prepare the room and your materials, including writing the relevant discussion themes on paper or cards in advance.
- Welcome the participants to the space, introduce yourself and invite others to introduce themselves.
- Ask participants to sit in a circle and if anyone is outside of the circle, invite them to come in.
- Ensure everyone actively participates in the session: everyone has valuable perspectives to share.



- Actively listen to participants and invite those who do not readily speak up to participate.
- At the end of the session, thank each participant and indicate when the next session will take place.

Step 2: Instructions for facilitating the activity

Instructions: A trip back in time

1. Read aloud: *In this activity, we're going to remember what it was like when we were young. We will think about all we've lived through, learned, and achieved. And we'll learn from one another.*
2. Place the cards with pre-written themes on the floor, wall, or on a flip chart (see below).
3. Go one by one, and ask the participants to reflect on their lives, using the prompting questions.
 - a. Go slowly and encourage all participants to reflect and participate in discussion.
 - b. If desired, take notes on what is shared and place them near the relevant themes.
4. After you have gone through the activity, ask the following final reflection questions:
 - a. What are some dreams you have for your children's families?
 - b. What are some things you wish for them, that are different from your experiences?
 - c. How can you help ensure your grandchildren grow up healthy, happy, and strong?

Theme	Prompting Questions
When I was a child...	<ul style="list-style-type: none"> • What were you like as a child? • Can someone share a story from when they were a child? • What are some of the things you still remember?
When I first got married...	<ul style="list-style-type: none"> • What did you imagine marriage would be like? • How were you treated by your mother-in-law? • What are fond memories of your life with your mother-in-law? • What are bitter memories of life with your mother-in-law?
Now that I am a grandmother...	<ul style="list-style-type: none"> • Now as a grandmother and mother-in-law, what dreams do you have for your family, how would you like to see your grandchildren grow up in the future? • What can you do to help make these goals a reality? • What can you do to make your whole family (daughters, sons and daughters-in-law) a happy and secure?

Instructions: Supporting your daughter or daughter-in-law

5. Read aloud: *We've talked a lot about how you can help your grandchildren grow up happy, healthy, and strong. Now we're going to talk specifically about what you can do when the grandchild is sick.*
6. Place the cards with pre-written themes on the floor, wall, or on a flip chart (see below).
7. Start with the first prompt: *When you were a new mother...*
 - a. Go slowly and encourage all participants to reflect and participate in discussion.
 - b. If desired, take notes on what is shared and place them near the relevant themes.
 - c. Emphasize that there are many things that mothers need to do around the house when children are sick, beyond caring for the child.
8. Move to the second prompt: *Now as a grandmother...*
 - a. Go slowly and encourage all participants to reflect and participate in discussion.
 - b. If desired, take notes on what is shared and place them near the relevant themes.
 - c. Use the handout as a visual tool when discussing specific household tasks to do.
 - d. Emphasize that the grandmother has an important role to play in helping the mother.
9. After you have gone through the activity, read the following conclusions aloud:
 - a. *Grandmothers can help make small changes that help make the lives of their grandchildren different and allow their grandchildren grow up happy, healthy, and strong.*
 - b. *Grandmothers can help the family when the grandchild is sick by supporting the mother.*
 - c. *When grandmothers support, the mother has more time to care for the sick and recovering children*
 - d. *During illness and the two weeks after when the baby recovers, the baby needs healthy food to fight the illness. What can you do as a grandmother to help the baby recover?*

Theme	Prompting Questions
When you were new a mother...	<ul style="list-style-type: none">• How did you feel when your child was sick?• What other things did you have to do besides caring for the child?• Did you receive help from your mother-in-law? From anyone else?
Now, as a grandmother...	<ul style="list-style-type: none">• What can you do at home to support your daughter or daughter-in-law when your grandchild is sick, so that she has more time to care for the child while they are recovering?

Key Message Summary

Key Messages

- Grandmothers can help their grandchildren grow up happy, healthy, and strong.
- Grandmothers can help the family when the grandchild is sick by supporting the mother.
- When grandmothers are supportive, the mother has more time to care for the sick child.

This guide is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Breakthrough ACTION and do not necessarily reflect the views of USAID or the United States Government.