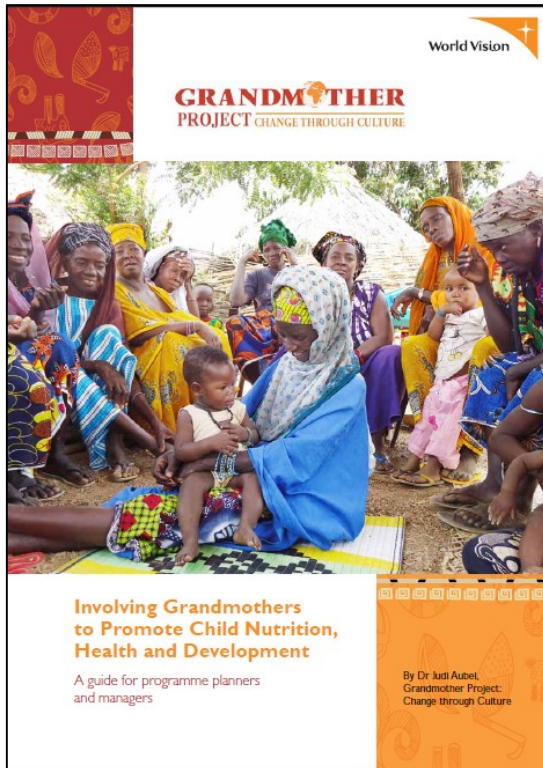


## THE GRANDMOTHER GUIDE

*Involving Grandmothers to promote child nutrition, health and development:  
A guide for programme planners and managers*

<http://www.wvi.org/health/publication/grandmother-guide>



**Introducing an exciting new resource!** The Grandmother Guide was written by Dr. Judi Aubel, founder of The Grandmother Project ([www.grandmotherproject.org/](http://www.grandmotherproject.org/)) in collaboration with World Vision's Nutrition Centre of Expertise. Dr. Aubel developed the "grandmother-inclusive approach" or "change through culture approach," an original methodology for working with communities and promoting change in community norms and practices dealing with the well-being of women and children.

Grandmothers play a critical role in family and community life in societies all around the world, especially in caring for young children and advising and educating younger women on all aspects of family well-being. Empowering grandmothers; enhancing communication between grandmothers, younger women and men; and strengthening the role of grandmother groups can also contribute to increased understanding and social cohesion within families and communities, as

well as improved family and community health and well-being.

The Grandmother Guide is intended for NGO and government program managers who design, implement and evaluate community programs that impact children, such as child nutrition, health, agriculture and broader development programs. The Guide's purpose is to help program managers increase their knowledge, skills and commitment to:

- respect and build on culturally designated roles of family members
- include grandmothers as key actors in programs on child health, nutrition and development
- strengthen communication between generations within families and communities
- promote participatory communication methods that strengthen community capacity to analyze situations and take action.

Contact [nutrition@wvi.org](mailto:nutrition@wvi.org) for more information. Also available in French at the link above.

Website: <http://www.wvi.org/nutrition>

