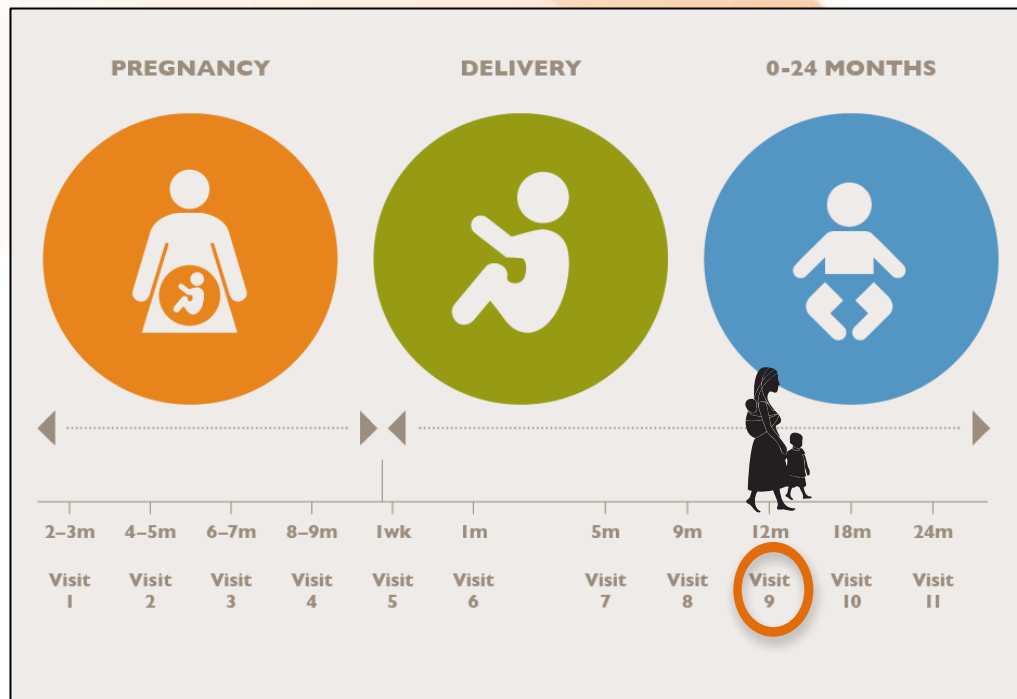
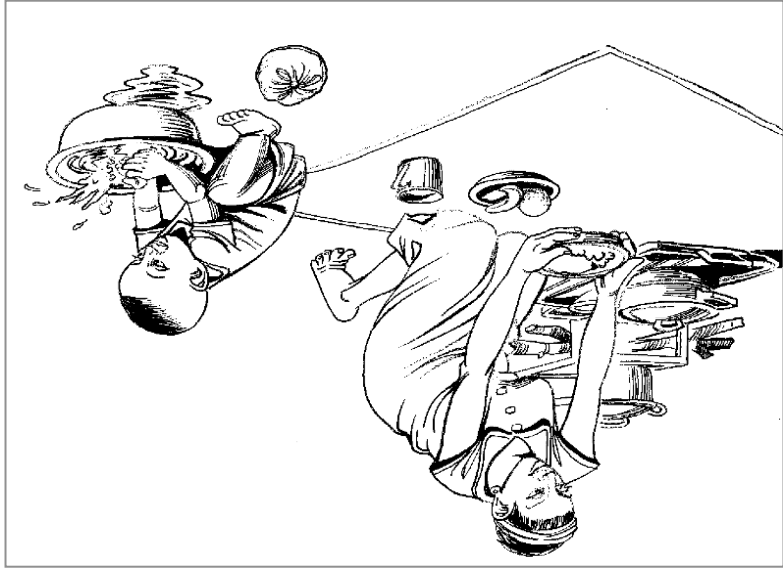




# VISIT 9





**Thomas** is one year old. He likes to do a lot for himself now. **Thomas** likes to try to wash his own hands before he eats.

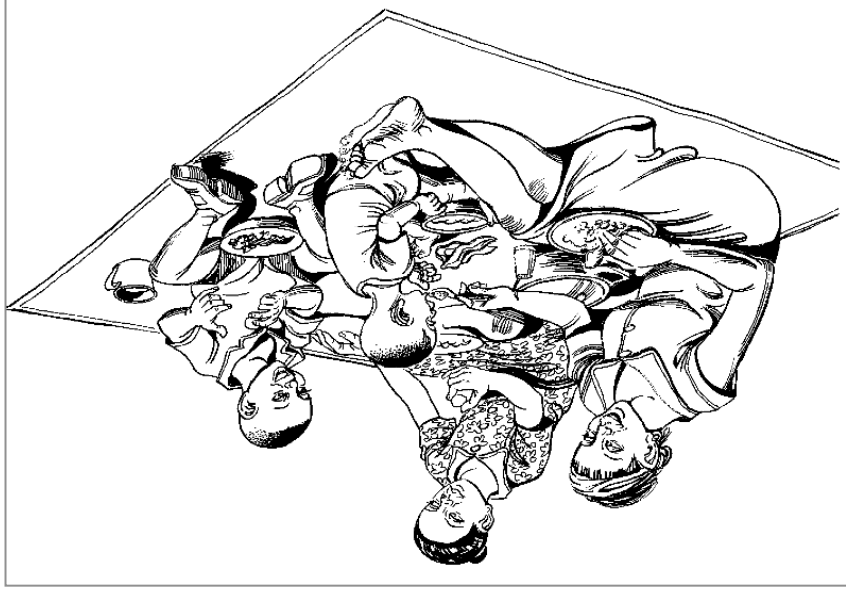




As **Thomas** begins to walk, his mother knows that it is important to stimulate him so that **Thomas** can fully develop. She plays with him and teaches him new words.





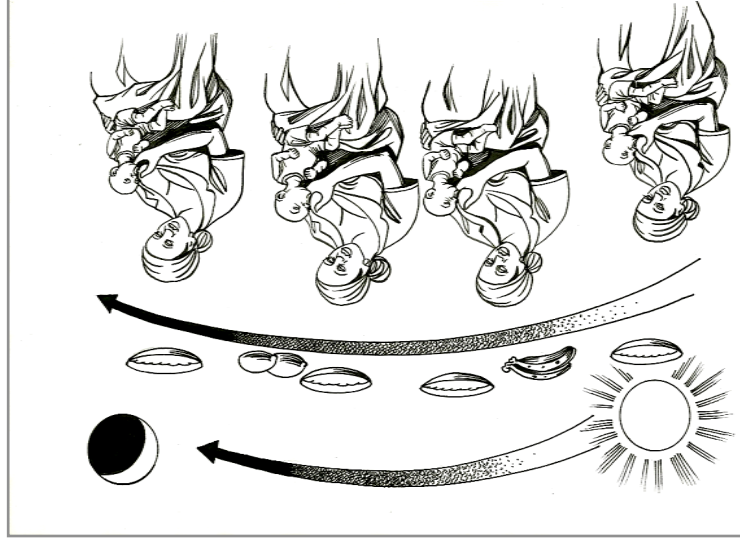


His mother prepares a bowl especially for him and makes sure he finishes his portion. She helps him when he is having trouble. **Thomas** loves all fruits and vegetables. He is a very good eater.

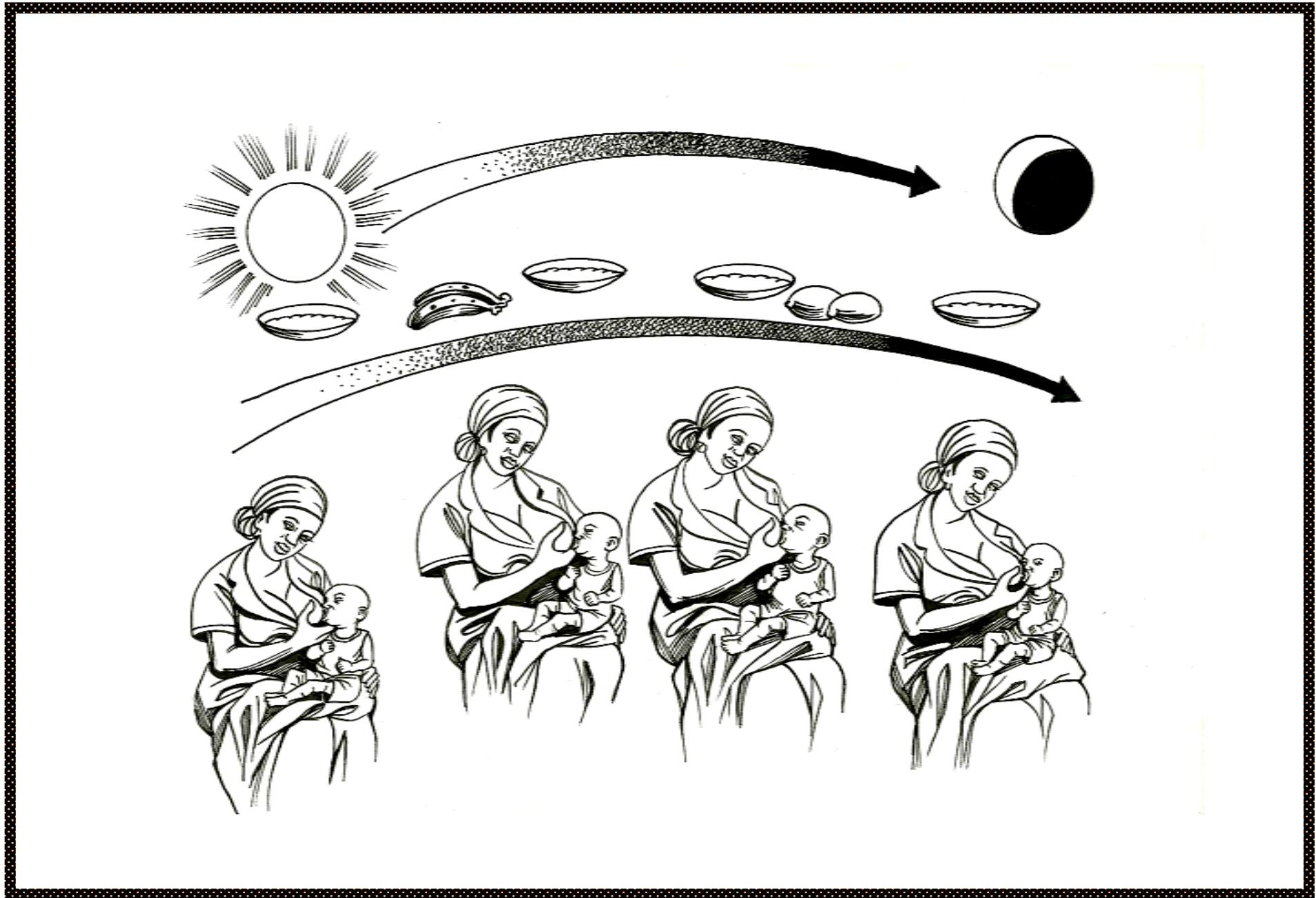




Thomas' mother Elizabeth has noticed that he is growing fast and she knows that now he needs to eat six times a day: three times with the family and three extra times when he can eat fruits, vegetables, or other good, healthy choices.









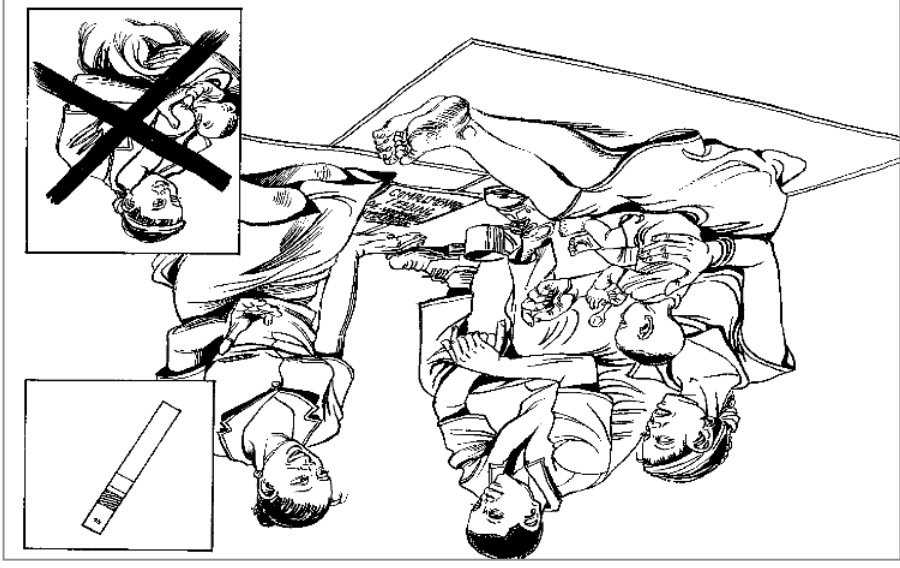
Elizabeth also knows that it is still very important for Thomas to eat foods that are rich in iron. She feeds him liver whenever she has it available, and she feeds him dark green leafy vegetables almost every day.



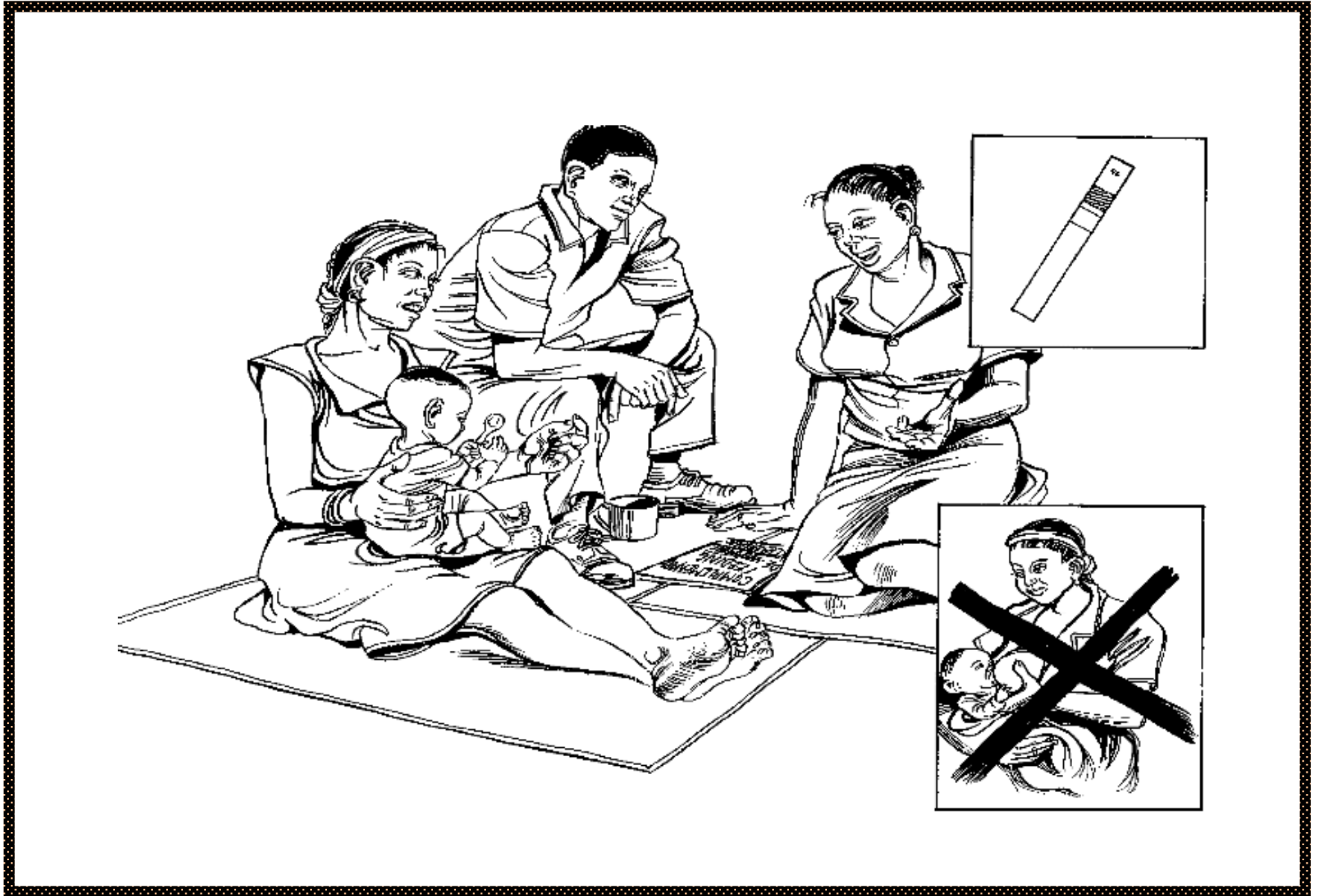




The TTC-HV still visits **Thomas** and his family. The TTC-HV knows that **Elizabeth** is HIV positive, so she will give her some new information now that **Thomas** is twelve months old. The TTC-HV can see that **Thomas'** family has good, nutritious food to feed to **Thomas**, so she tells **Elizabeth** that she should stop breastfeeding now. **Elizabeth** agrees, and tells the TTC-HV that she will be careful to make sure that **Thomas** eats his six portions of food every day.

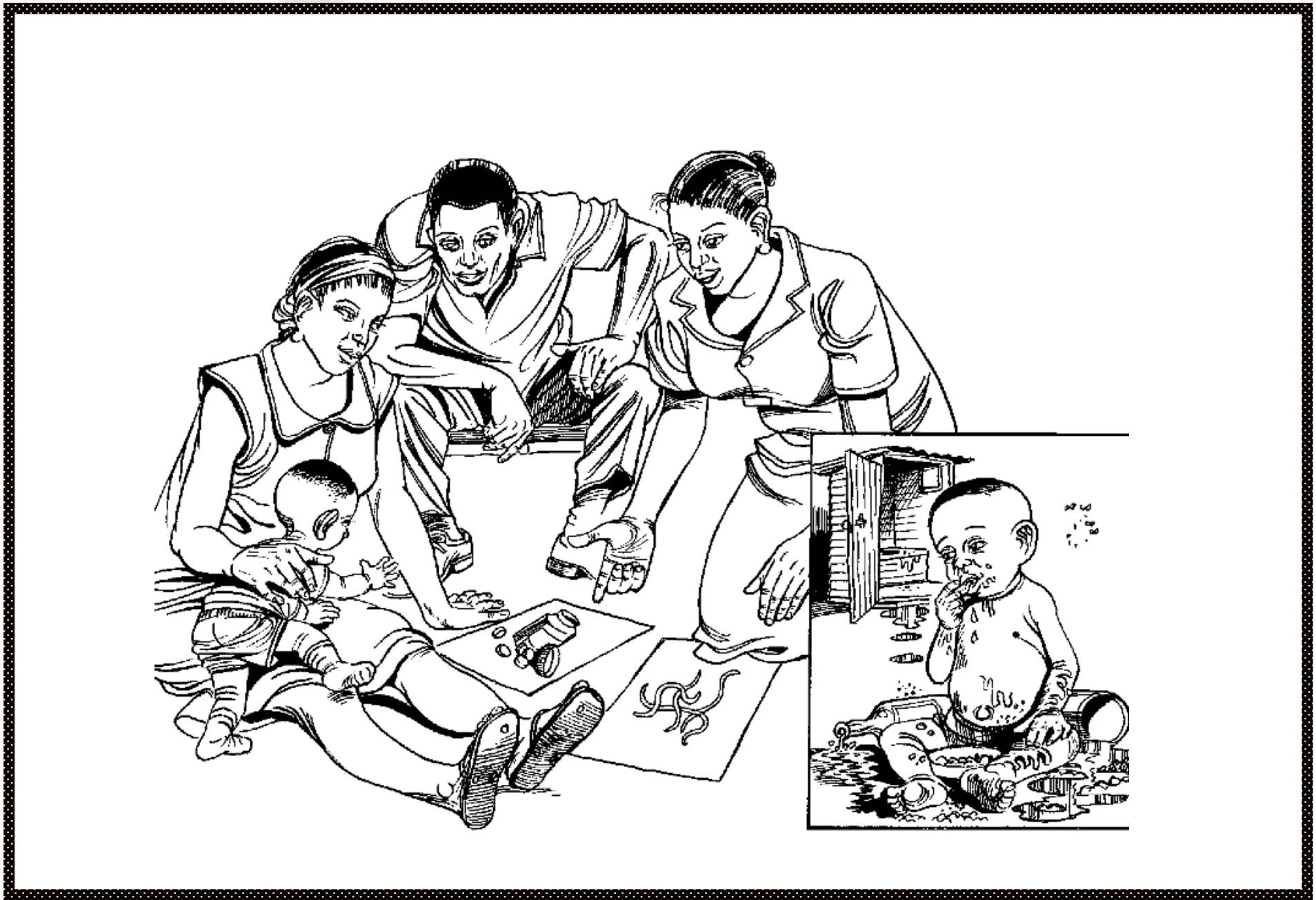


The TTC-HV still visits **Thomas** and his family. The TTC-HV knows that **Elizabeth** is HIV positive, so she will give her some new information now that **Thomas** is twelve months old. The TTC-HV can see that **Thomas'** family has good, nutritious food to feed to **Thomas**, so she tells **Elizabeth** that she should stop breastfeeding now. **Elizabeth** agrees, and tells the TTC-HV that she will be careful to make sure that **Thomas** eats his six portions of food every day.





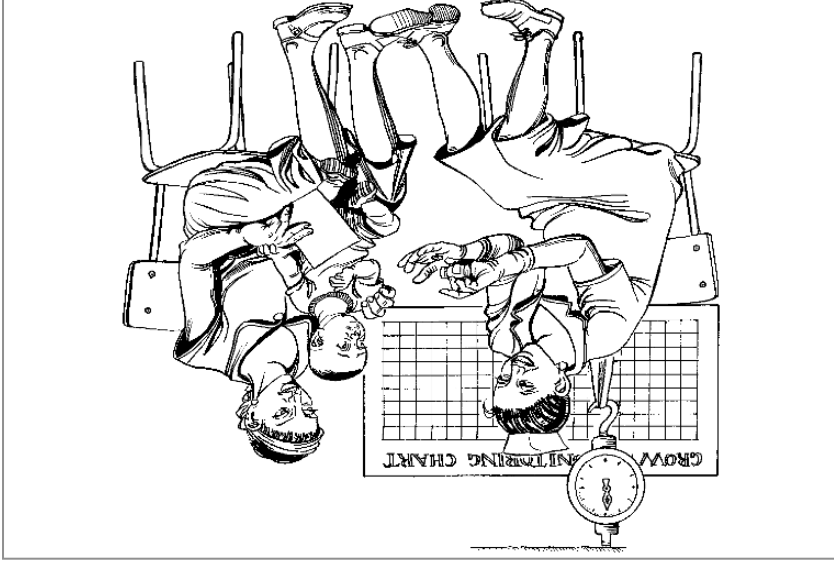
The TTC-HV also came to remind **Elizabeth** to take **Thomas** to the health clinic to get medicine for worms. She explained that many children **Thomas** age lose weight because they get worms in their bellies. She explains that people can get worms from running around with no shoes, not washing hands after using the toilet, or before eating. Even though **Thomas** and his mother stay very clean, they can still get worms. She explains that most people who have worms do not feel sick.



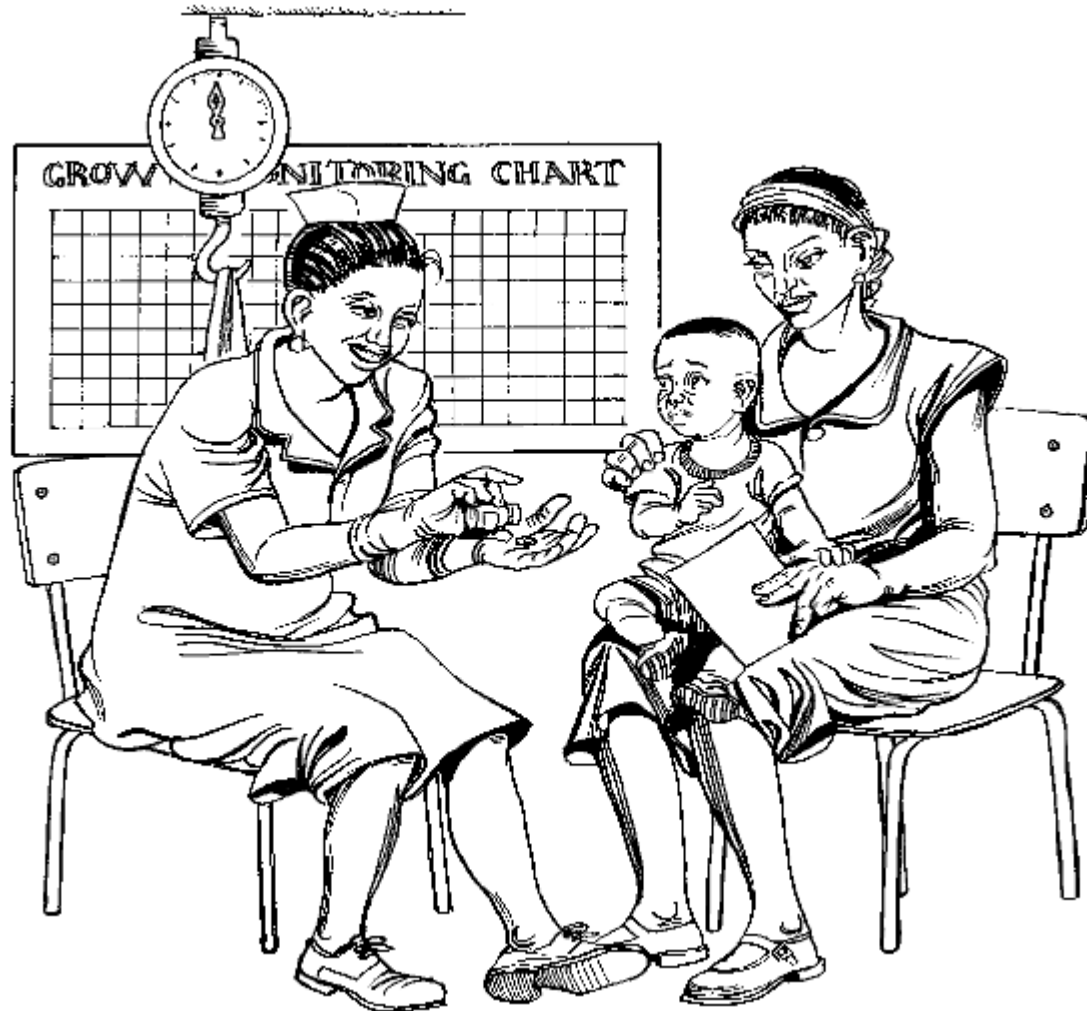
**Positive Story: Complementary Feeding, Deworming & Vitamin A**

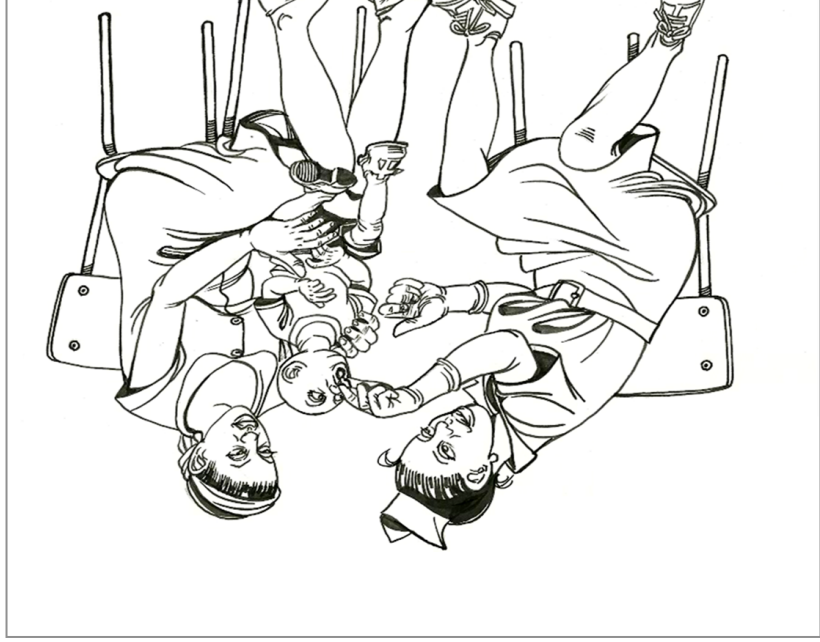


The next time that **Thomas** and his mother go to the health clinic to weigh and measure him, they ask the nurse and he gives **Thomas** medicine to treat worms. This will help **Thomas** to continue to grow and stay strong and healthy.









Since it has been 6 months since **Thomas** was given Vitamin A at the clinic, it is time to give him the drops once again. **Thomas** does not cry during the entire visit.





## Y: Positive Story: Feeding at One Year, De-worming, Vitamin A: Guiding Questions

1. What do you see in the pictures that is good? (Go through the pictures and ask, one by one)

Possible answers:

- Thomas washing his hands
- Thomas has his own bowl
- Thomas eating fruits and vegetables
- Elizabeth helps Thomas to eat six times a day
- Elizabeth gives Thomas foods that are rich in iron, like liver and dark green leafy vegetables
- They go to the clinic and Thomas gets de-worming medicine
- Elizabeth is sure to take Thomas to the clinic every month to monitor his growth
- Thomas gets a Vitamin A drop

2. Do similar things happen in your community?

3. Do any of these happen in your own experience/family/ home? What might you do differently?





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