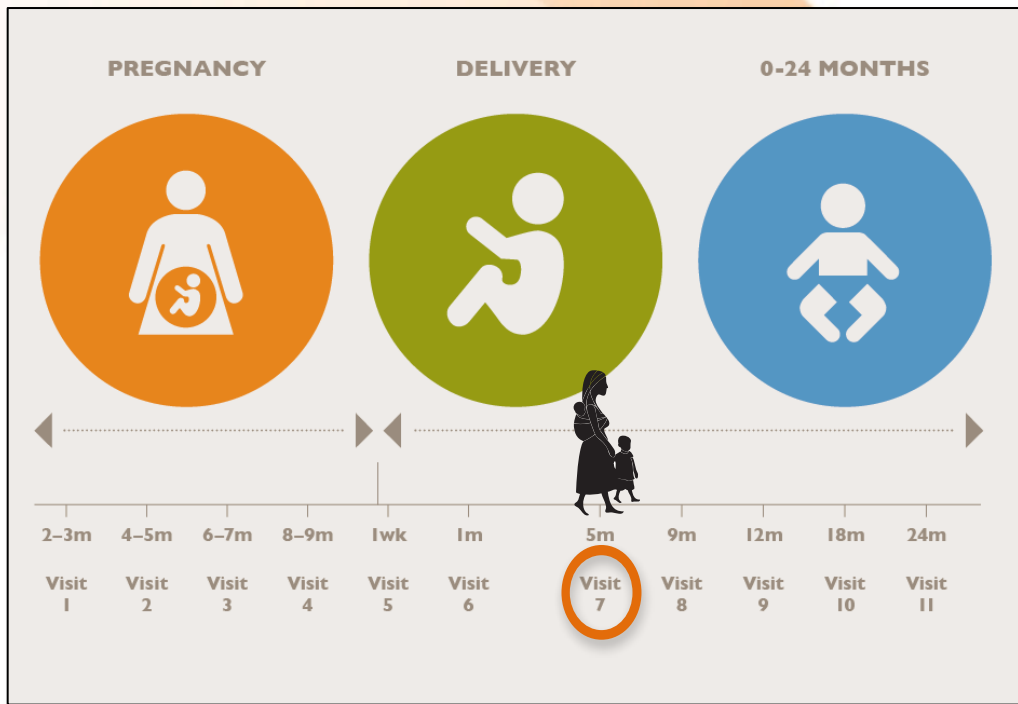
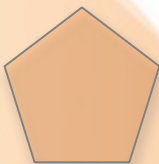
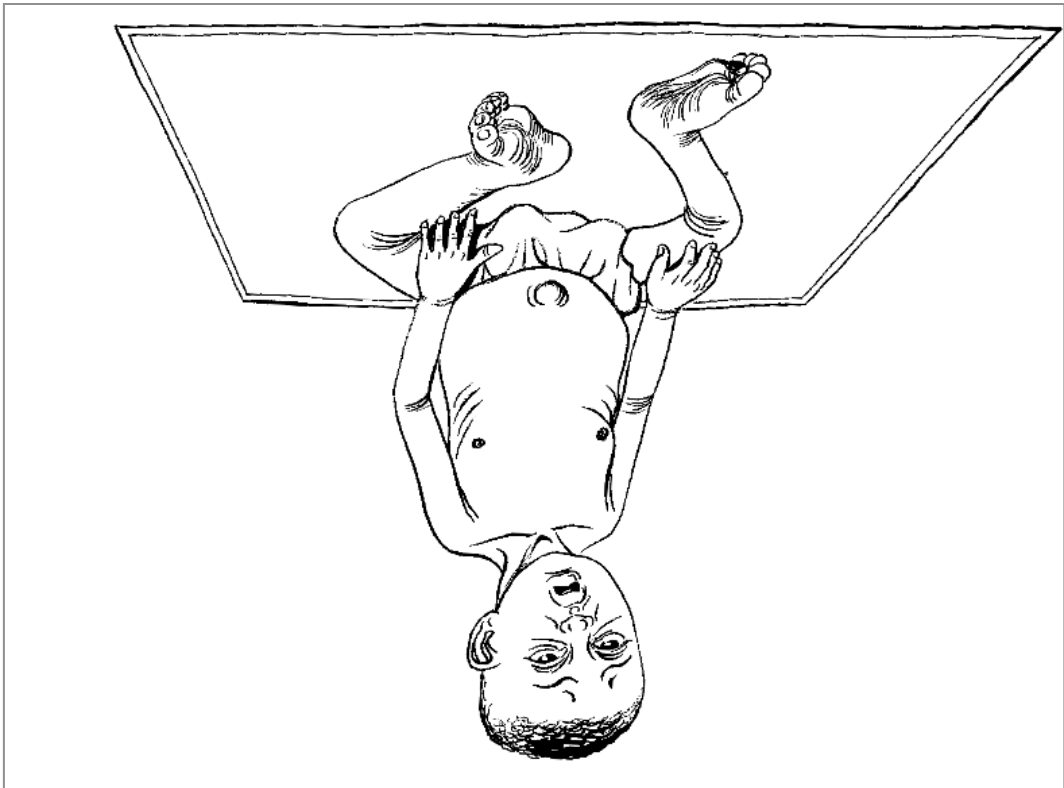


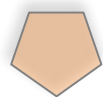


VISIT 7



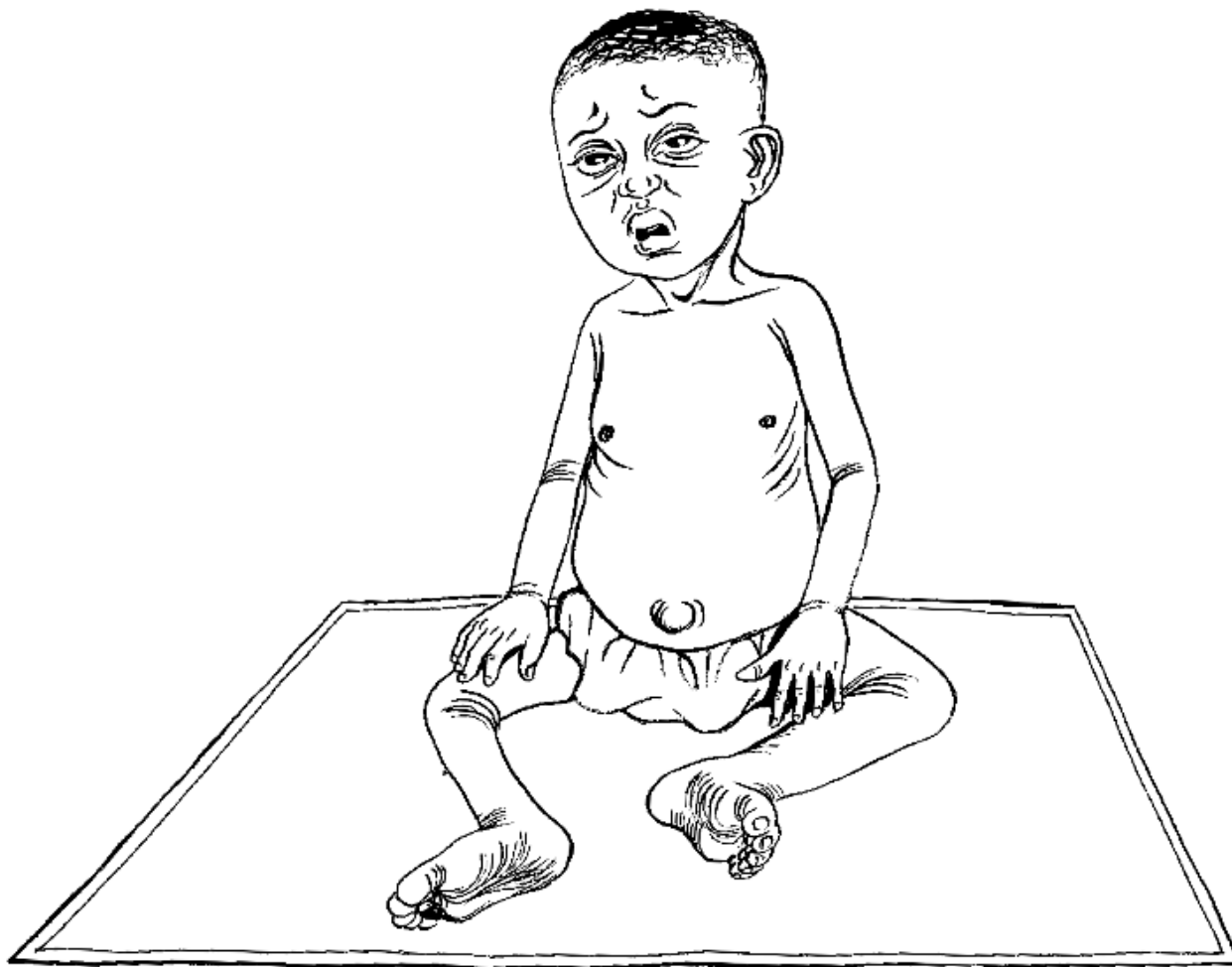


This is Kofi.



VISIT 7





Positive Story: Complementary Feeding, Vitamin A



V: Problem Scenario: Malnutrition: Guiding Questions

1. This is **Kofi**. What do you notice about **Kofi**?

Possible answers:

- Not happy, not energetic
- Skinny
- Reddish hair
- Distended stomach

2. Have you ever known or heard of a child like **Kofi**?

3. Do you have ideas about what might have caused these problems?

4. Do any of your children seem to have these problems? Would you like to tell me about it, if you want to?



Positive Story: Complementary Feeding, Vitamin A

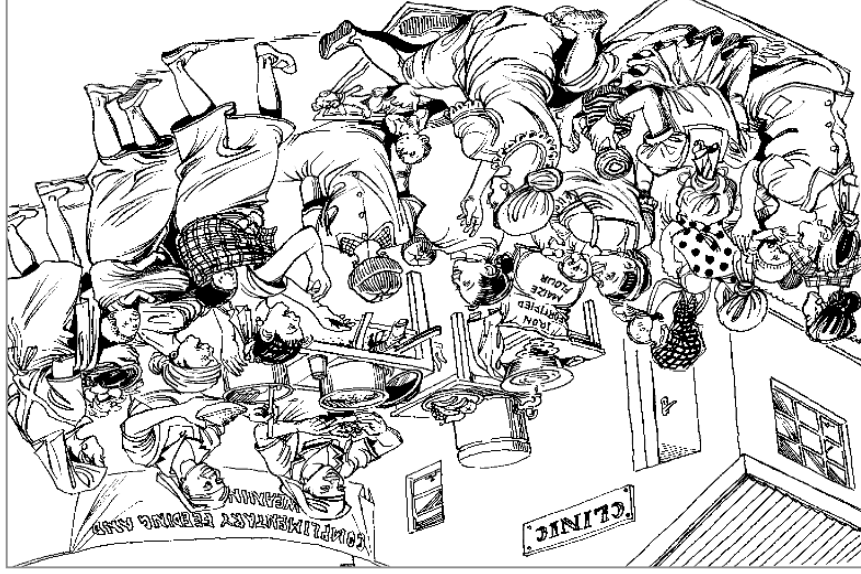


Habila and **Uma** are friends. They both have a six months old baby. Today is growth monitoring and immunization day at the health facility.



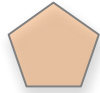


Positive Story: Complementary Feeding, Vitamin A

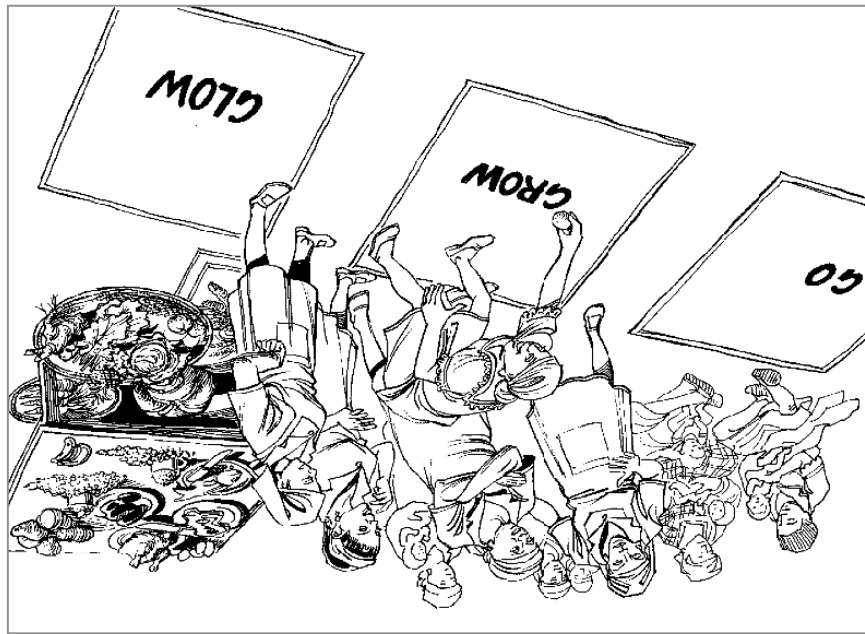


Several of the community TTC-HVs have come together to teach the women with six month old babies about complementary feeding and weaning. The TTC-HVs are teaching the women about food groups.

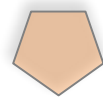


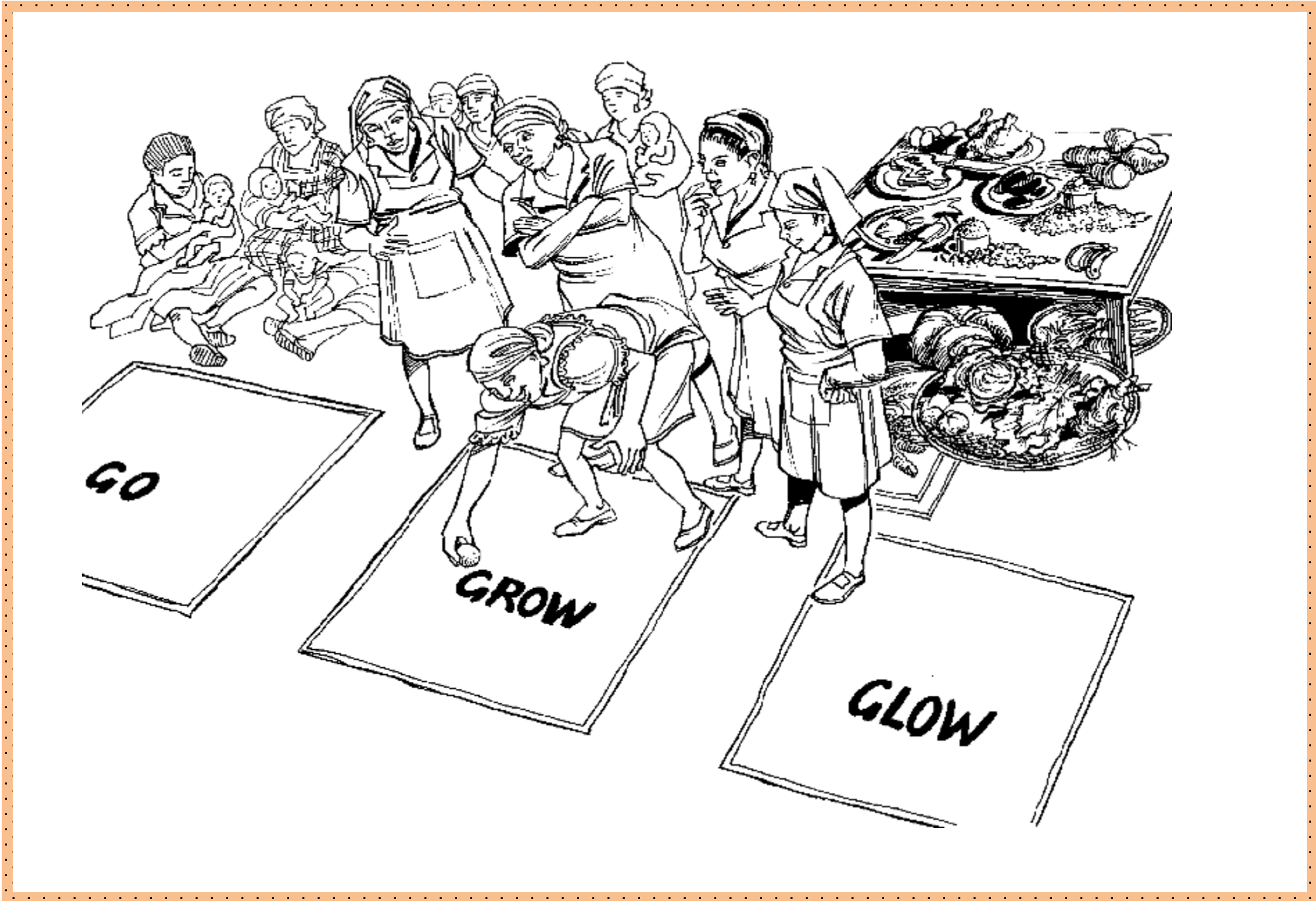


Positive Story: Complementary Feeding, Vitamin A



The TTC-HVs asked the women to sort the foods on the trays according to the food groups, placing them on the correct mats.





Positive Story: Complementary Feeding, Vitamin A

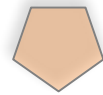


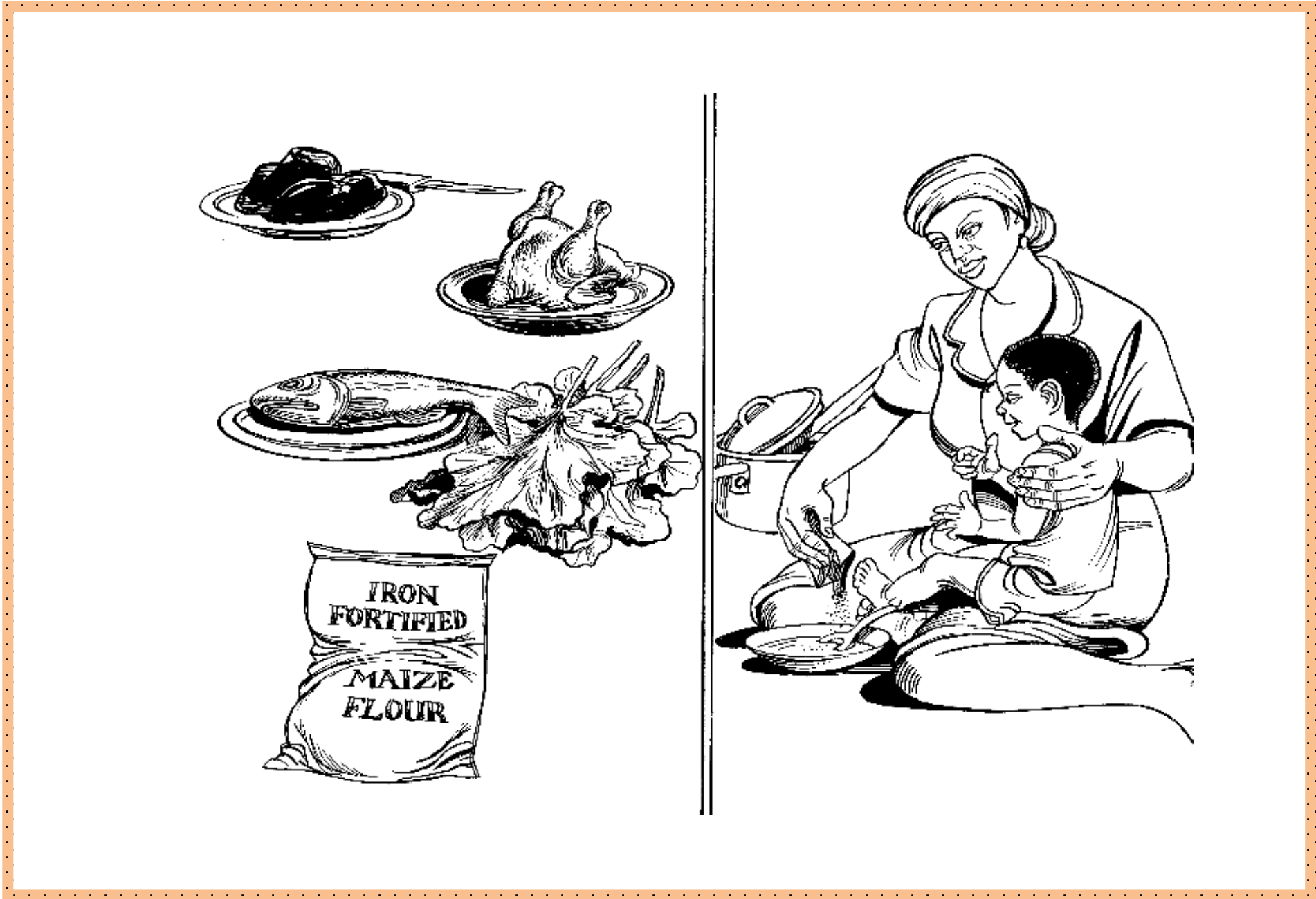
The TTC-HV explains that in some places it is possible to find special foods such as maize flour with added iron, or packages of iron and other nutrients that can be sprinkled on to the food.



Examples are liver, other animal foods like chicken and fish, and dark green leafy vegetables.

The TTC-HVs tell the women that they want to talk about iron, a nutrient that is found in food. Without enough iron the infant will have weak blood and will not have much energy. At six months, the infant is no longer getting enough iron from the breast milk so it is necessary to make sure that he eats foods that contain iron.

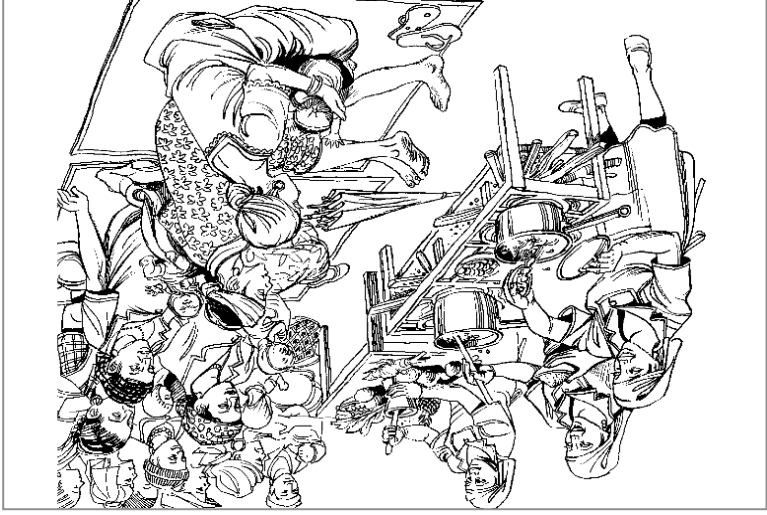


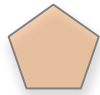




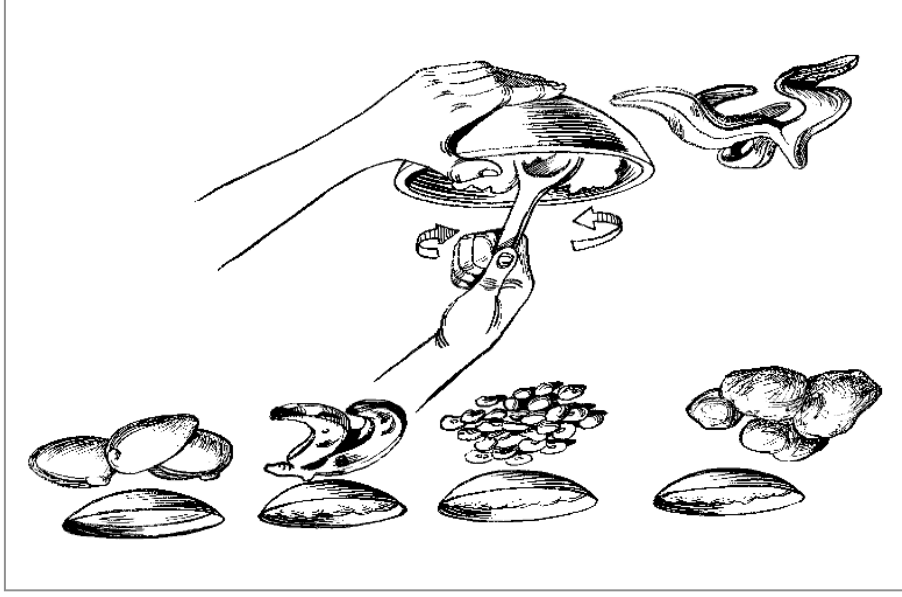
The TTC-HVs showed the women new recipes which include all the food groups. They explained that breastmilk alone is not enough for their baby anymore, now that their babies are six months old. They stressed that breastmilk is still important and

women should continue to give breastmilk first to their babies. But now the babies will also need to eat at least 2 or 3 times in every day.

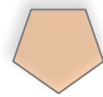


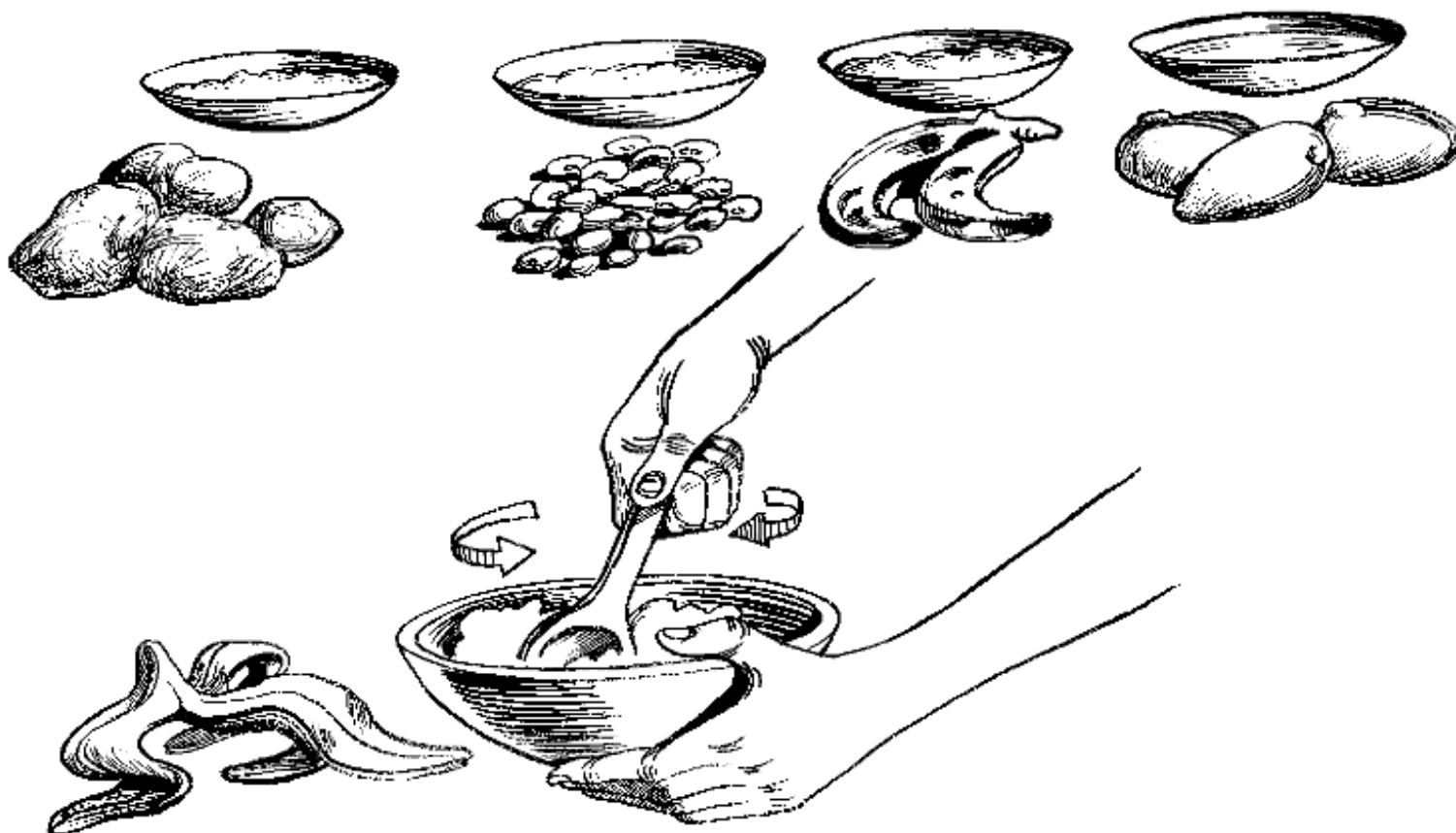


Positive Story: Complementary Feeding, Vitamin A



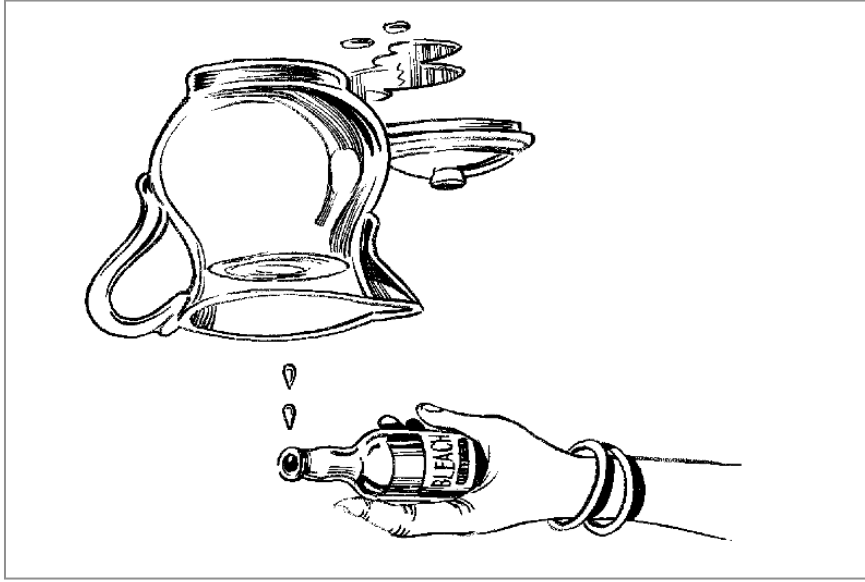
They showed the women how to make special food for babies grinding and mashing different fruits and vegetables. They explained that little babies don't swallow very well so they need to be very patient when feeding their babies. They need to give them small spoons of very soft food.

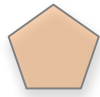


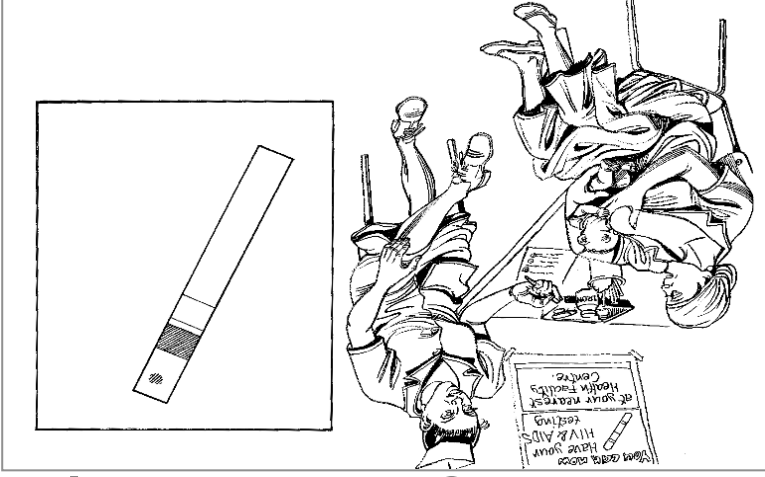




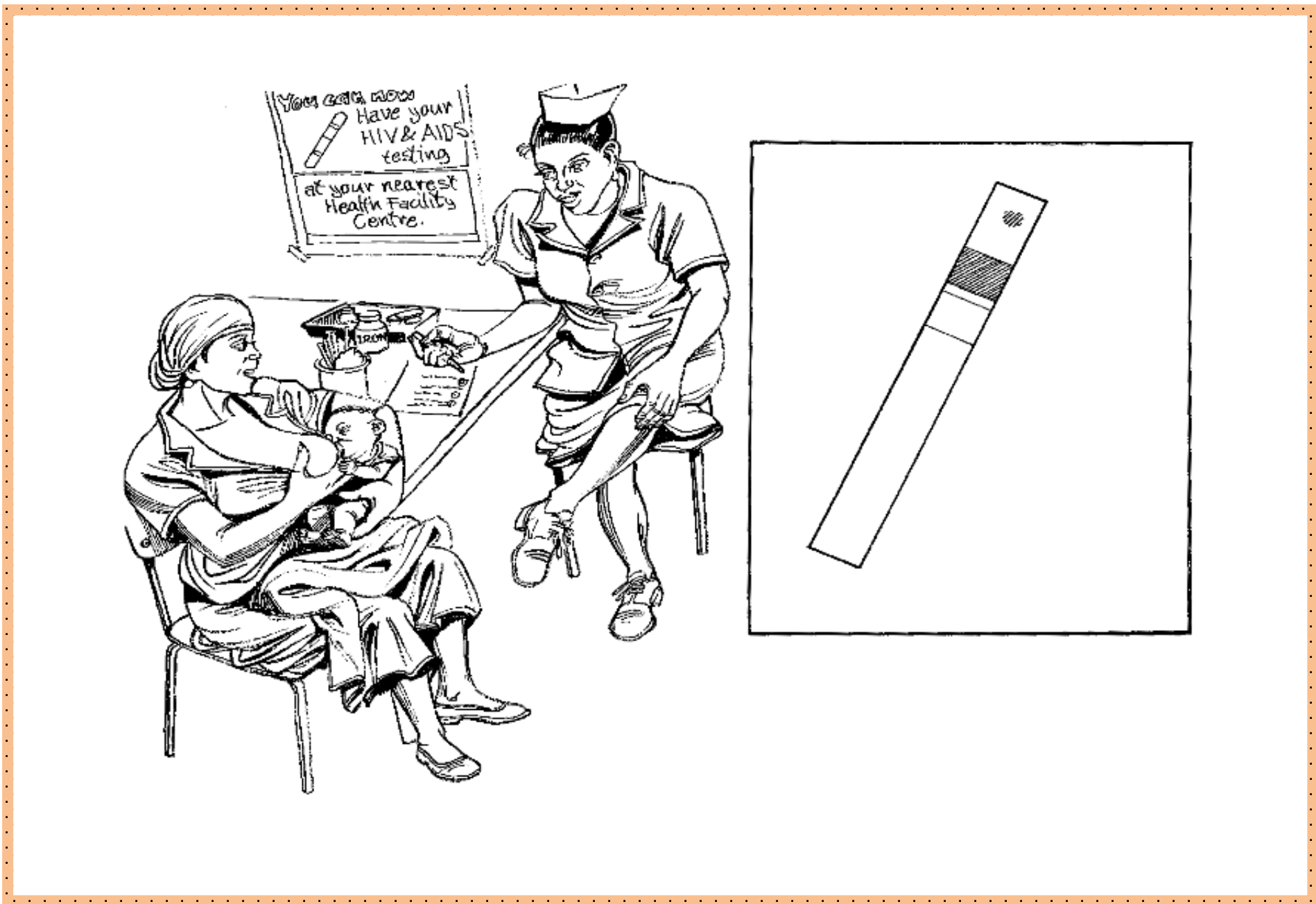
The TTC-HVs also explained to the women that they should make sure that the water their babies drink is pure. One way of doing this is to dissolve two drops of bleach into one liter of water to purify it.

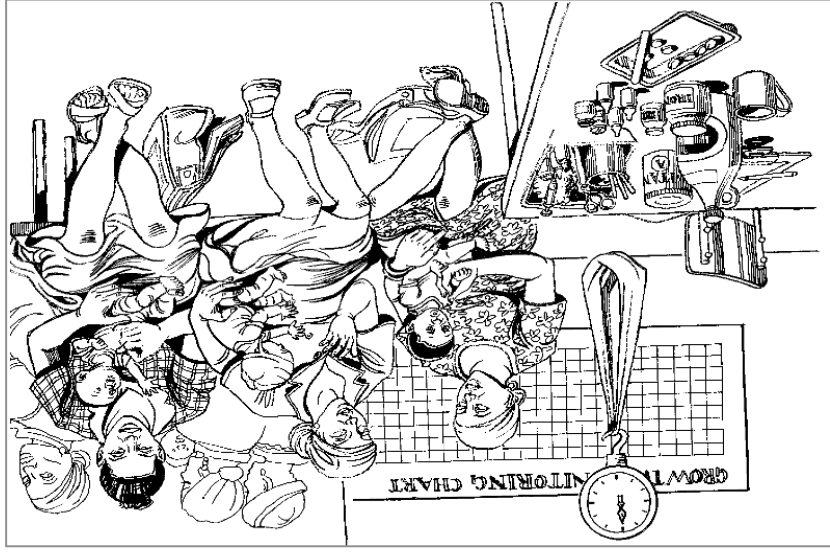






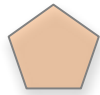
At the end, **Uma** goes to talk to her TTC-HV. The TTC-HV tells **Uma** that even though she is HIV positive, she will continue to breastfeed and will give complementary foods to her baby just like all the other women are doing. When the baby reaches 12 months of age they will decide together if **Uma** has enough nutritious food to give the baby so that she may stop breastfeeding then, but that is a decision that they will only make later.



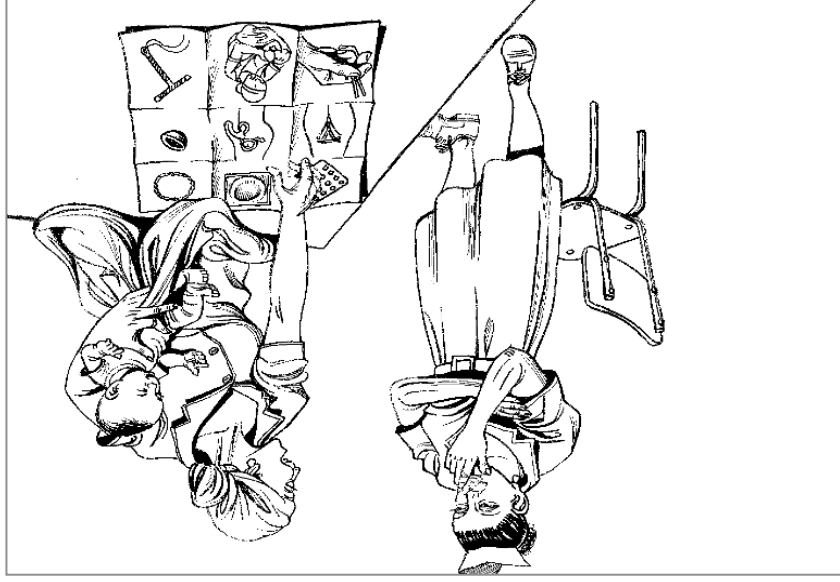


The clinic nurse helps with the growth monitoring. In addition to weighing and measuring the babies, today the health facility is also giving the babies Vitamin A to help protect them from disease.

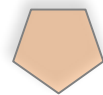


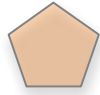


Positive Story: Complementary Feeding, Vitamin A



The nurse reminds each woman of the importance of family planning, as fertility returns with the start of complementary feeding. She makes sure that supplies are given and that women know how to use the method before she leaves the clinic.







- Do any of these happen in your own experience/family/ home? What might you do differently?
- Do similar things happen in your community? What are some of the good things you do to feed your child at six months?

- They should continue to breastfeed
- Wash their hands before preparing food and before feeding the baby
- They should begin to give complementary foods now
- They should feed these foods to the child 2 or 3 times a day, from all the food groups
- They should mash the foods up so the child can easily swallow
- The mothers should be patient when feeding the children
- Make sure the water is purified
- Even HIV-positive mothers should continue to breastfeed, until the child is at least 12 months old

Possible answers:

2. What advice do the women receive about feeding their babies at six months?

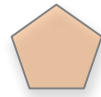
- Habiba and Uma take their children for growth monitoring
- They bring their growth monitoring cards with them to the meeting
- They participate in the food demonstration
- Mothers are learning how to prepare foods from all the food groups
- The children are receiving iron supplements at 6 months

Possible answers:

- What behaviours / practices did they see in the story (pos or neg)?

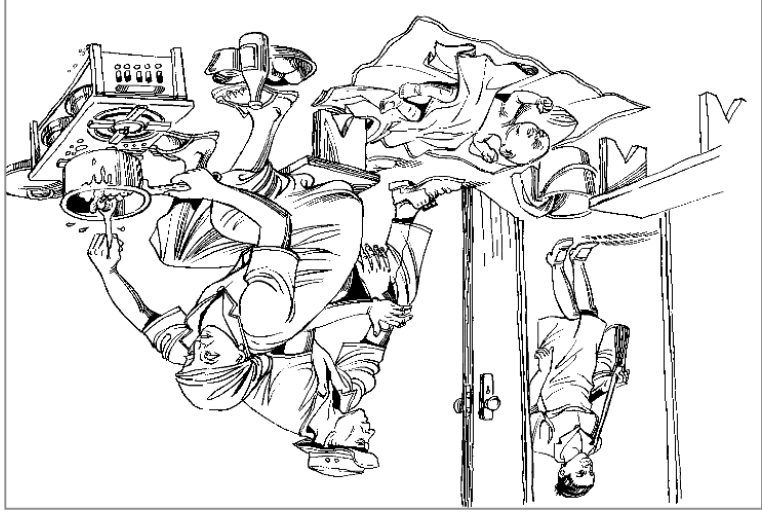
T: Positive Story: Feeding at 6 Months, Vitamin A: Guiding Questions

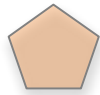






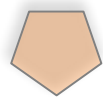
The TTC-HV has come to **Susana** and **Ernest's** house to remind them that it is time for them to take their six month old baby, **Paula**, to the health facility for growth monitoring and to receive a Vitamin A capsule.

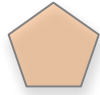


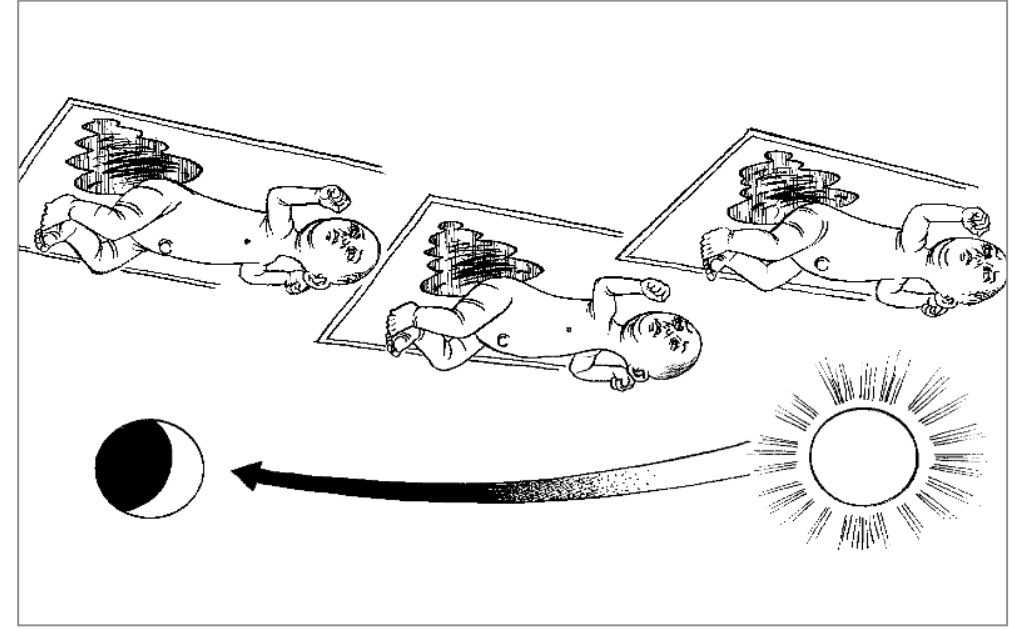




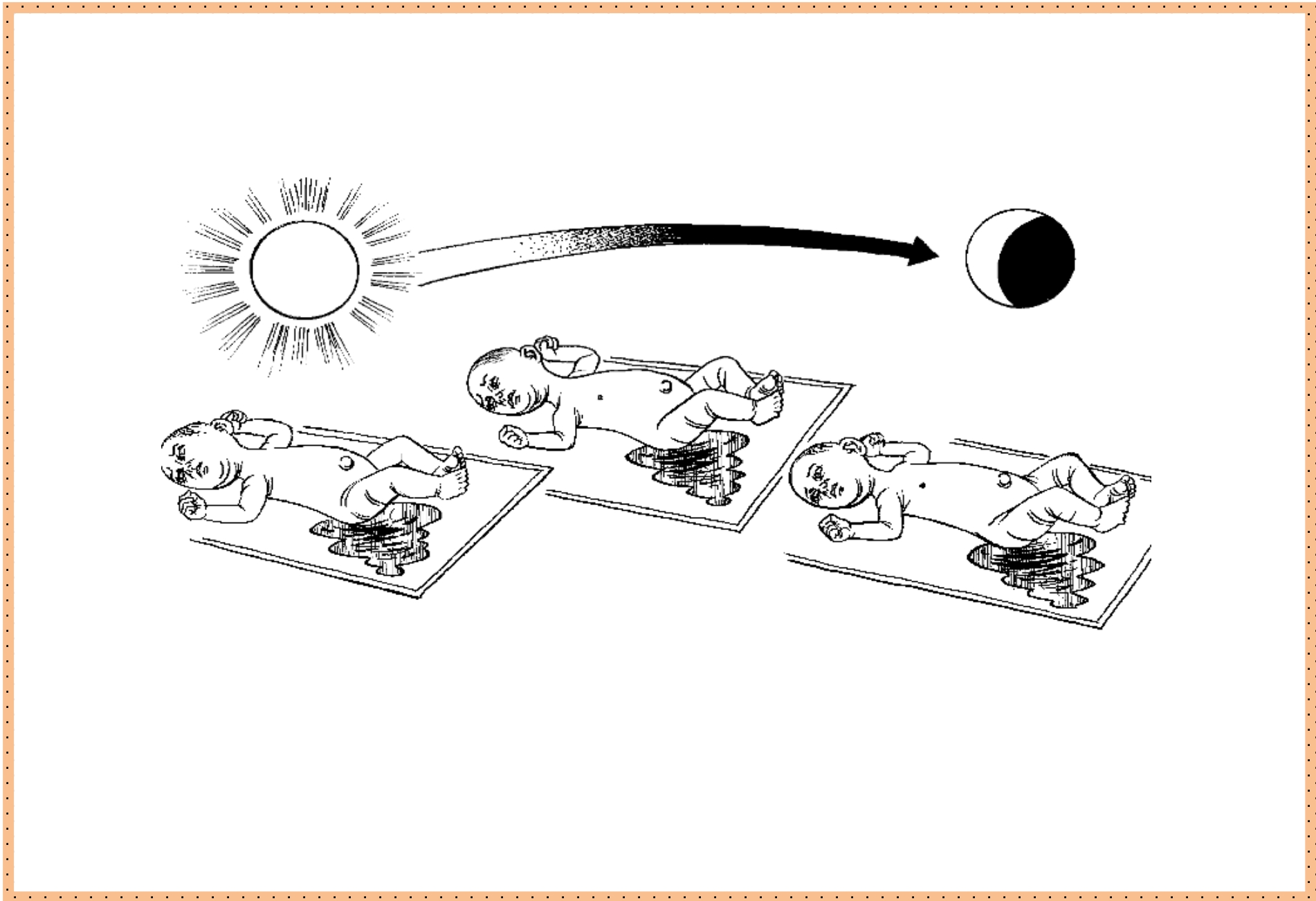
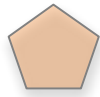
After greeting the family she goes to see Paula and notices that Paula is crying but is shedding no tears. She asks Susana if Paula has been sick. Susana tells her that Paula has had diarrhoea for two days.

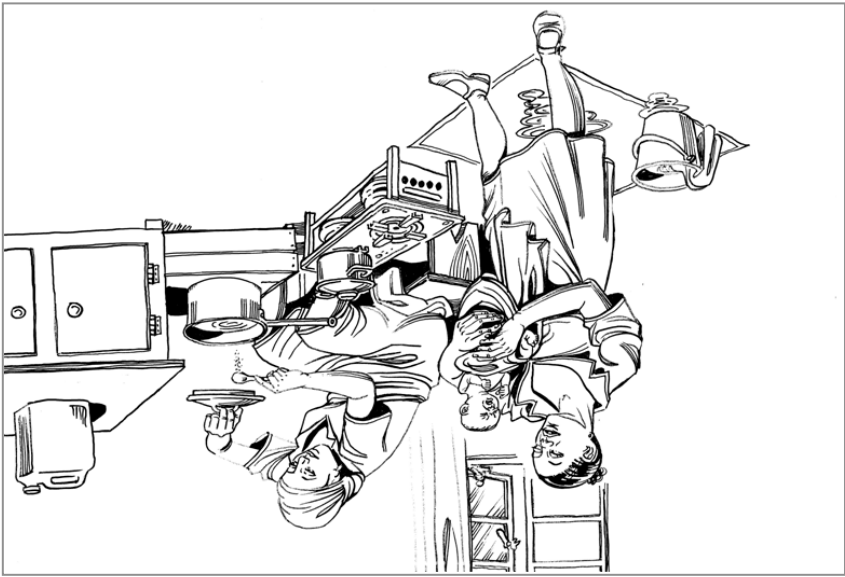






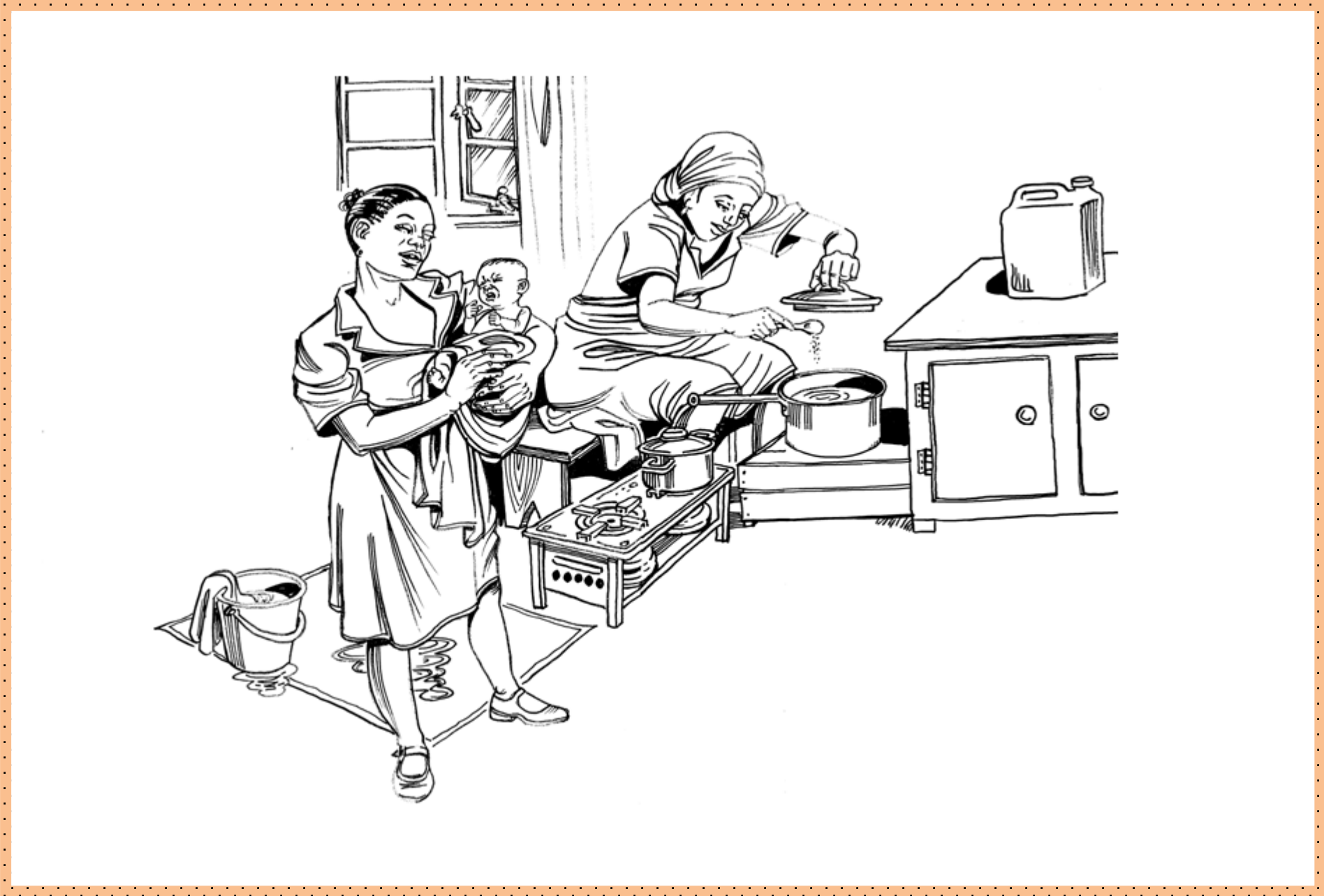
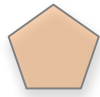
She tells her that if the baby has three or more watery stools in a day, this is diarrhea. The TTC-HV explains to Susana and Ernest that diarrhea can be very dangerous for children because much of the water, vitamins and minerals that their bodies need are lost. The TTC-HV tells Ernest they should take Paula to the health facility right away.





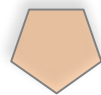
The TTC-HV gives the family a small packet called Oral Rehydration Salt Solution and helps Susana to mix it with water to give to the baby. This will help to treat the diarrhoea.

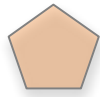






On the way to the health facility the TTC-
HV helps **Susana** to feed the drink to **Paula**
in a cup.

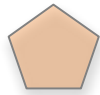




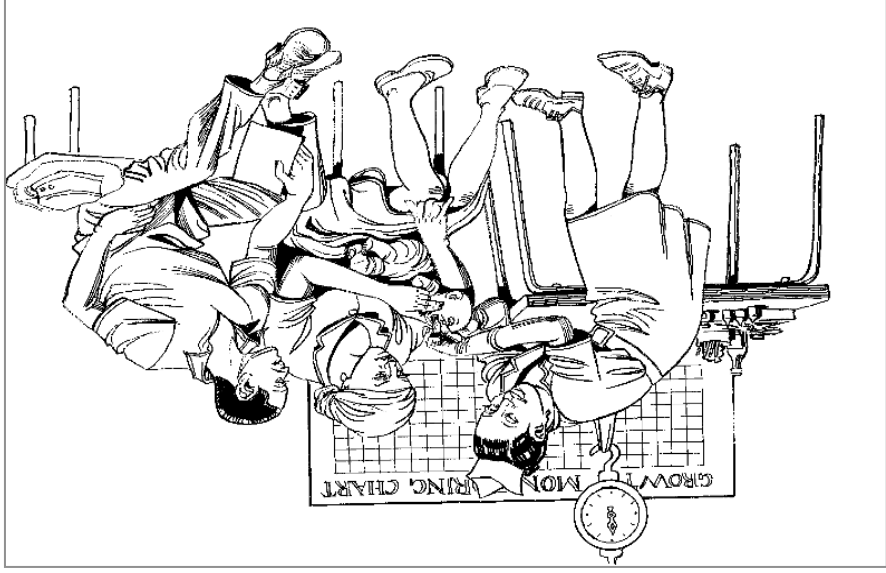


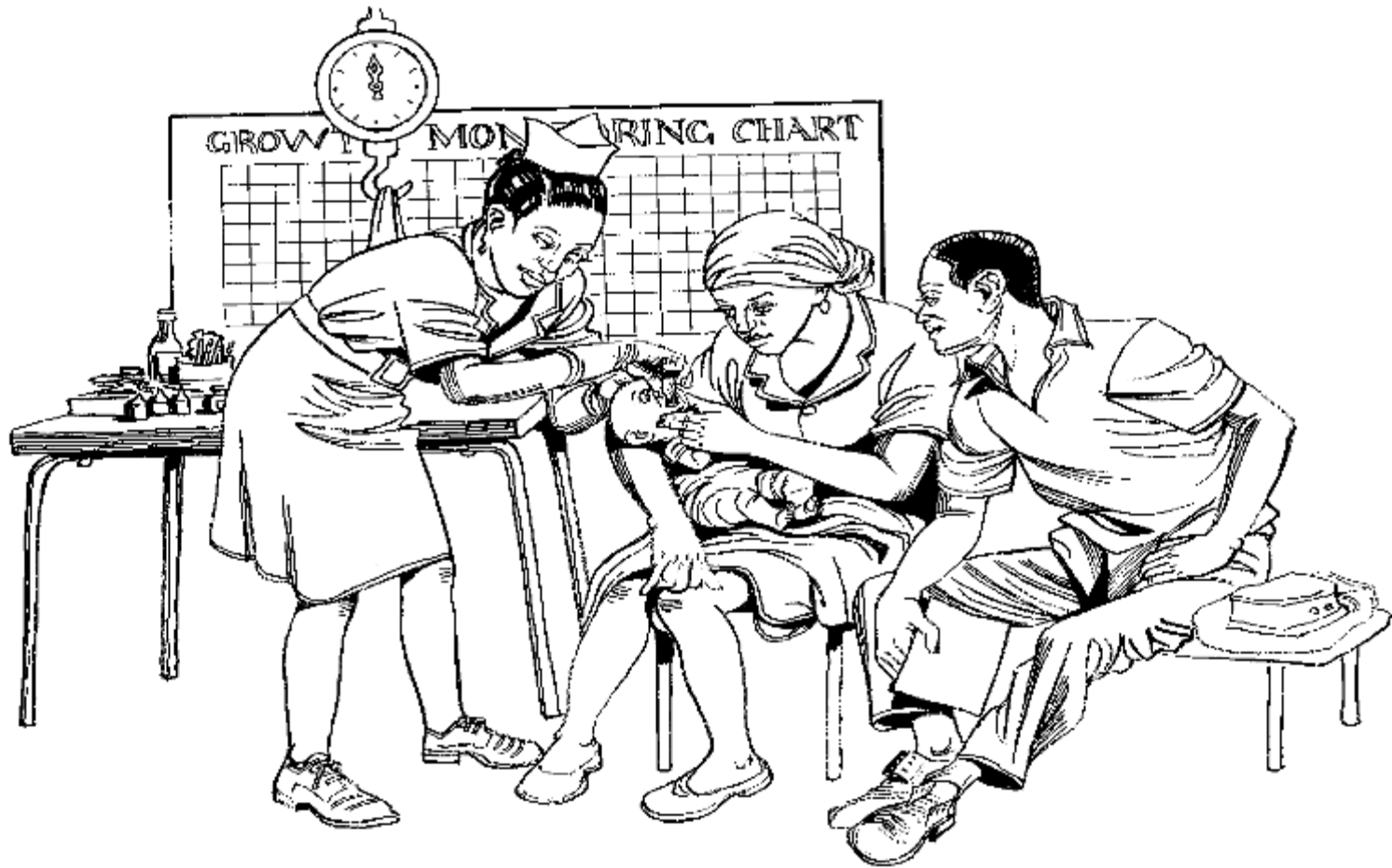
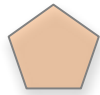
The TTC-HV takes the family to the front of the line and explains to the nurse what has happened. The nurse tells **Susana** he has some medicine called Oral Rehydration Solution and **zinc** to give to **Paula**. He explains that this will help **Paula's** diarrhoea stop faster.





The nurse takes them to the growth monitoring room. **Ernest** has come with **Paula's** health card. The nurse gives her two drops of vitamin A in her mouth. He tells **Susana** not to worry – it is okay for **Paula** to receive both medicines even though she has diarrhoea.

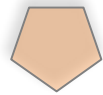


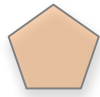


She looks into her eyes and smiles. Paula seems responsive, a sign that she is feeling better.



That night, after dinner, Paula is feeling better. Susana is singing to Paula to keep her calm and comforted. Susana also knows that babies need love and stimulation to develop fully.







W: Positive Story: Diarrhea, Feeding at 9 Months, Vitamin A: Guiding Questions

1. What did the Community Health Worker teach **Susana and Ernest** about diarrhea?

Possible answers:

- Three or more watery stools a day is diarrhea
- Crying with no tears, eyes that look sunken and skin that seems tight are all signs of dehydration
- Diarrhea is very dangerous for children because the water that their bodies need is lost away
- If a child has three or more watery stools in a day, the family should take the child to the clinic right
- It is okay to vaccinate the child even if the child has diarrhea or another illness
- The mother should continue to breastfeed even when the child has diarrhea.

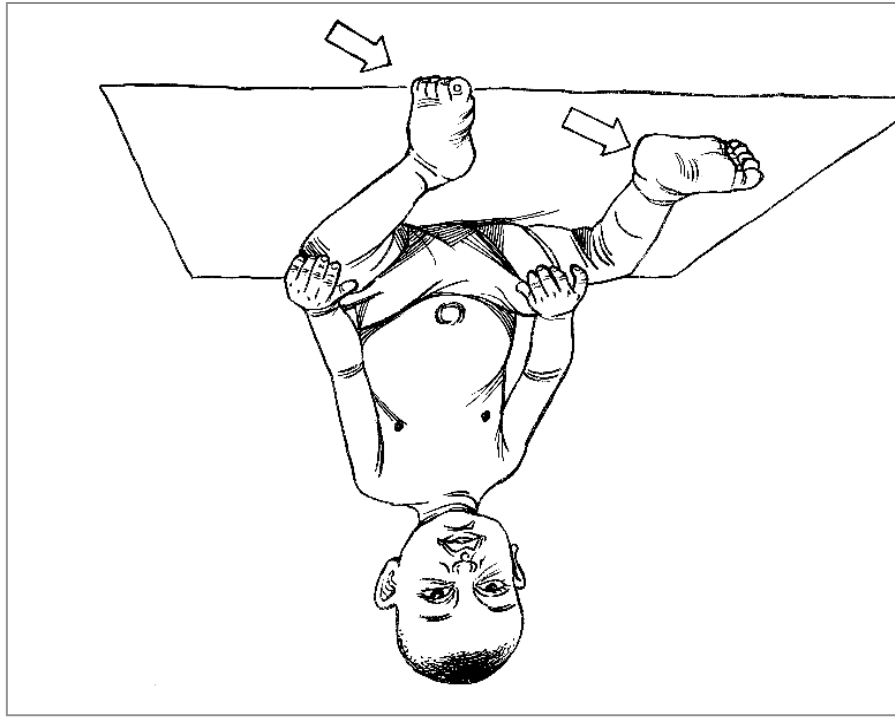
2. What other positive things happened in the story?

Possible answers:

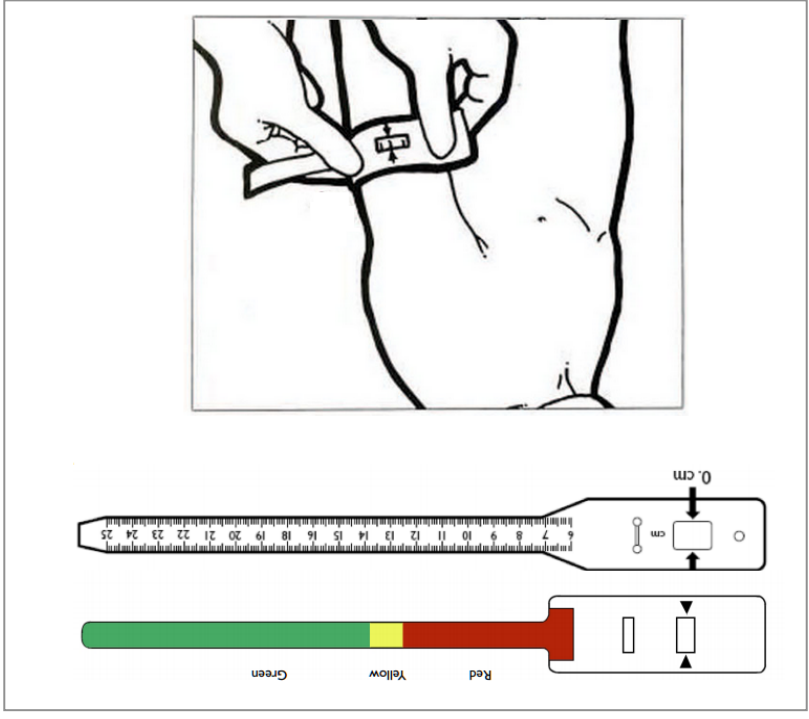
- The child was given oral rehydration solution and zinc to help the diarrhea
- The child was given a vaccine to prevent measles
- The child was given vitamin A for good vision and good protection against diseases
- Mother sings to the baby
- Father hangs the mosquito net

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

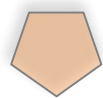
4. Have you learned any new ideas from this story? If so, what did you learn?

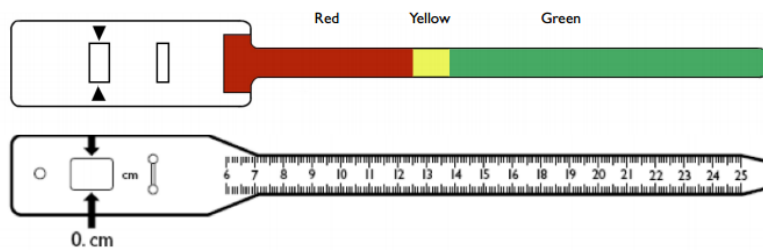
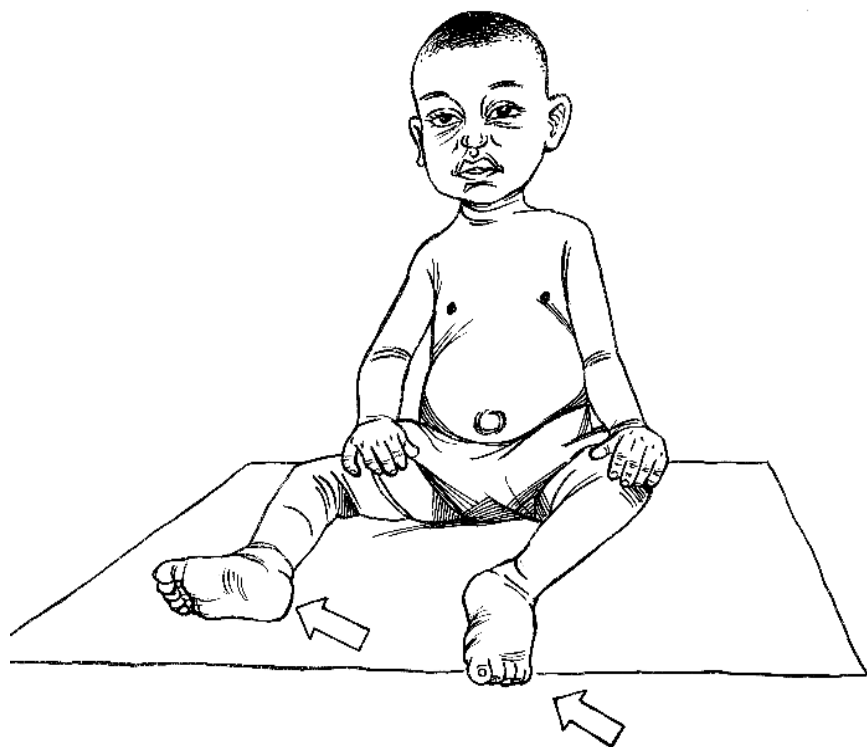


Swelling of feet



MUAC in red







VISIT 7

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