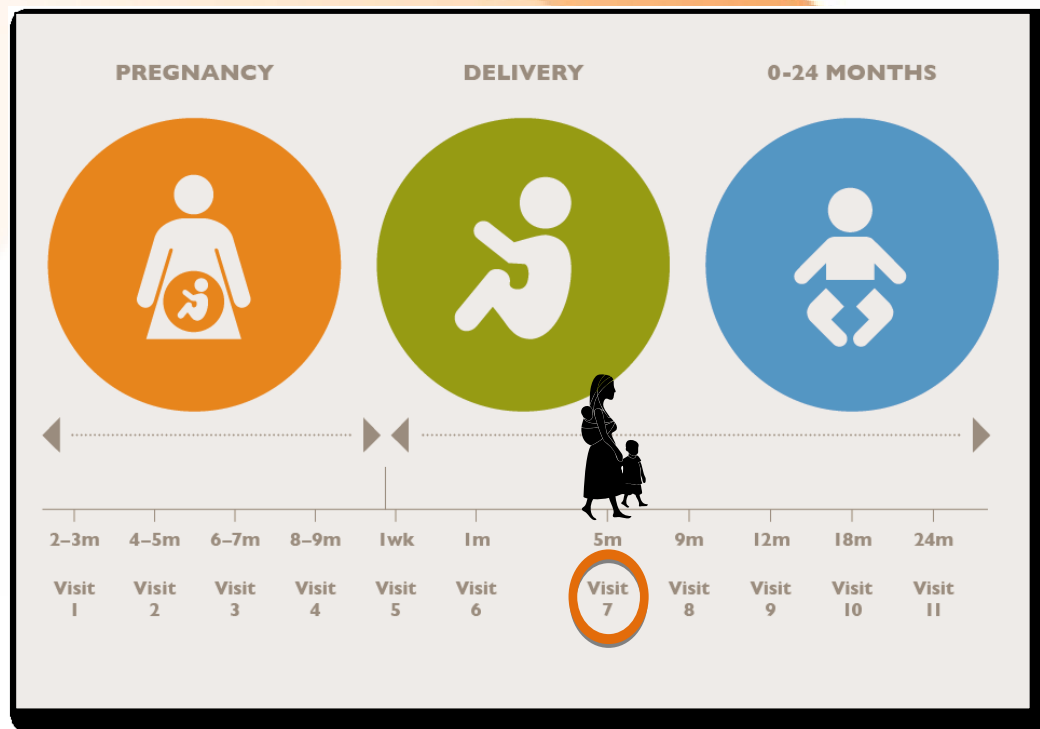


TIMED AND TARGETED COUNSELLING FOR HEALTH AND NUTRITION

Storybook for Module 3: Child Health, Nutrition and Development

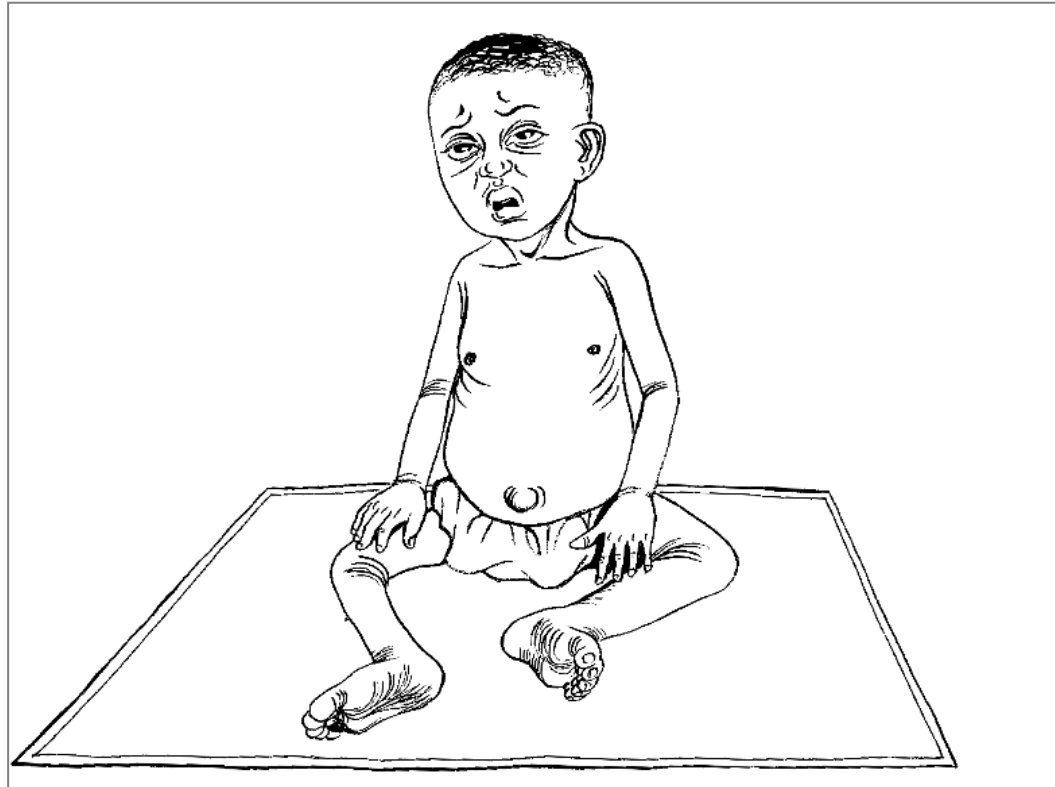


VISIT 7

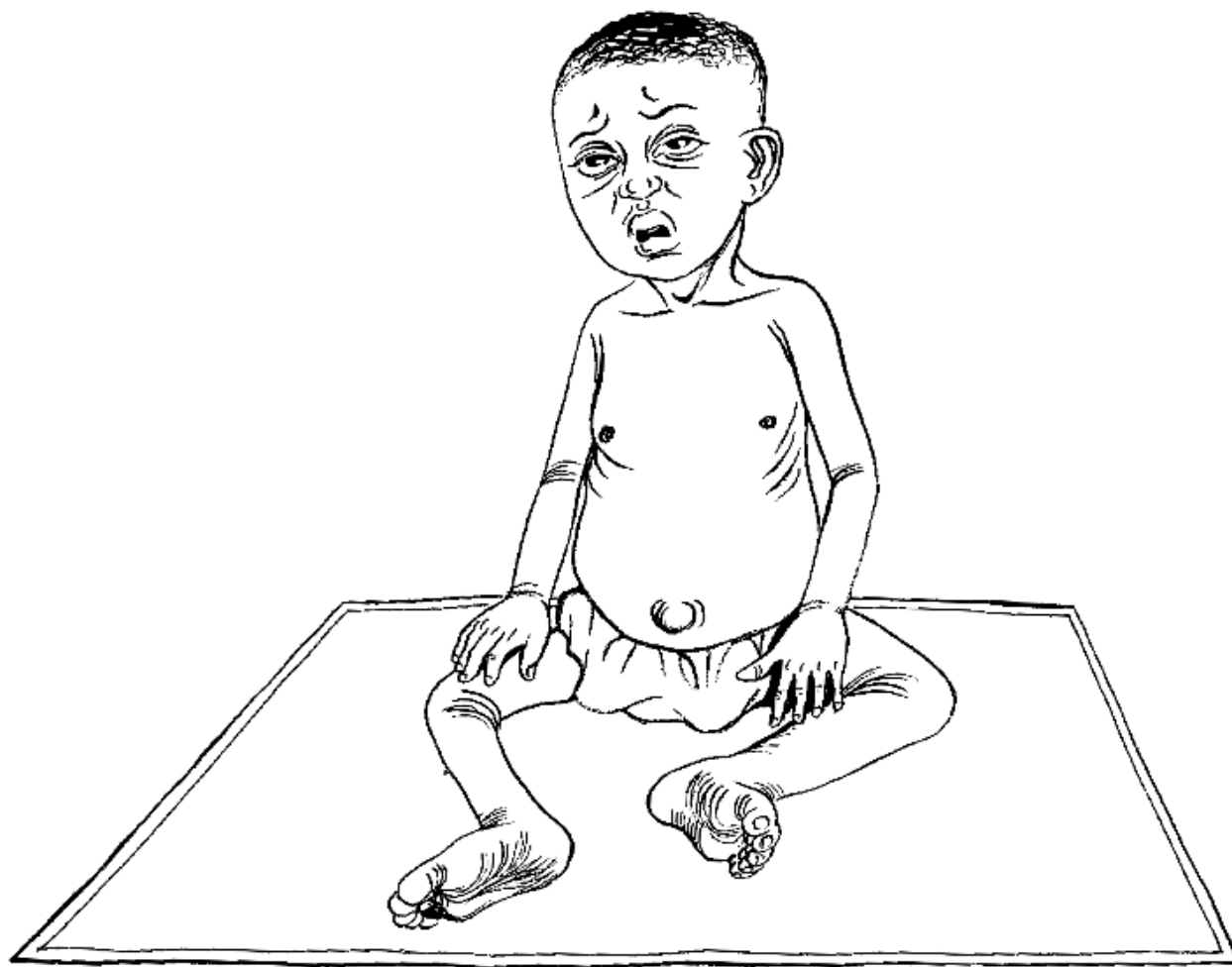




This is Kofi.



Positive Story: Complementary Feeding, Vitamin A



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/ brittle 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?



Positive Story: Complementary Feeding, Vitamin A



Habiba and **Uma** are friends. They both have six month old babies. Today is growth monitoring and immunisation 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 6 month old babies about complementary feeding and weaning. The ttC-HVs are teaching the women about food groups.

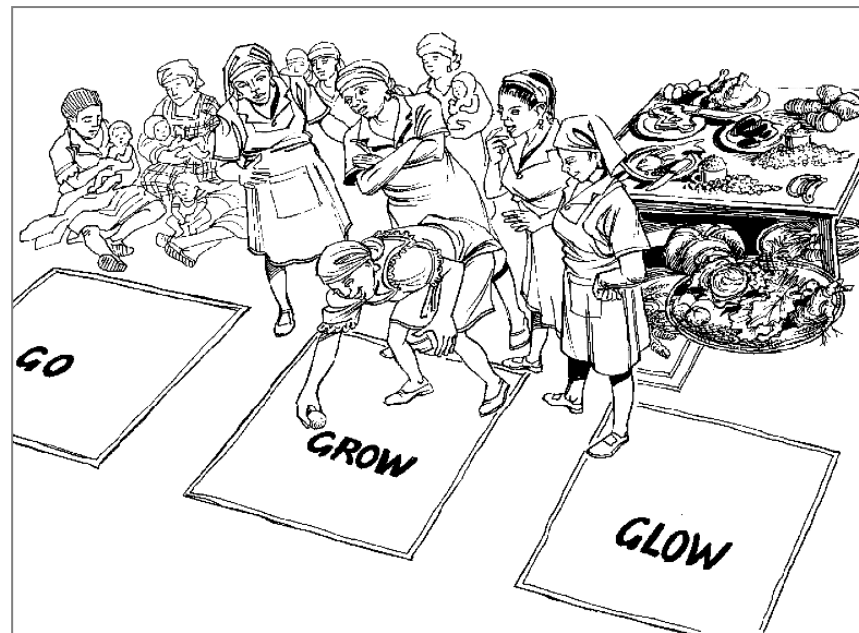


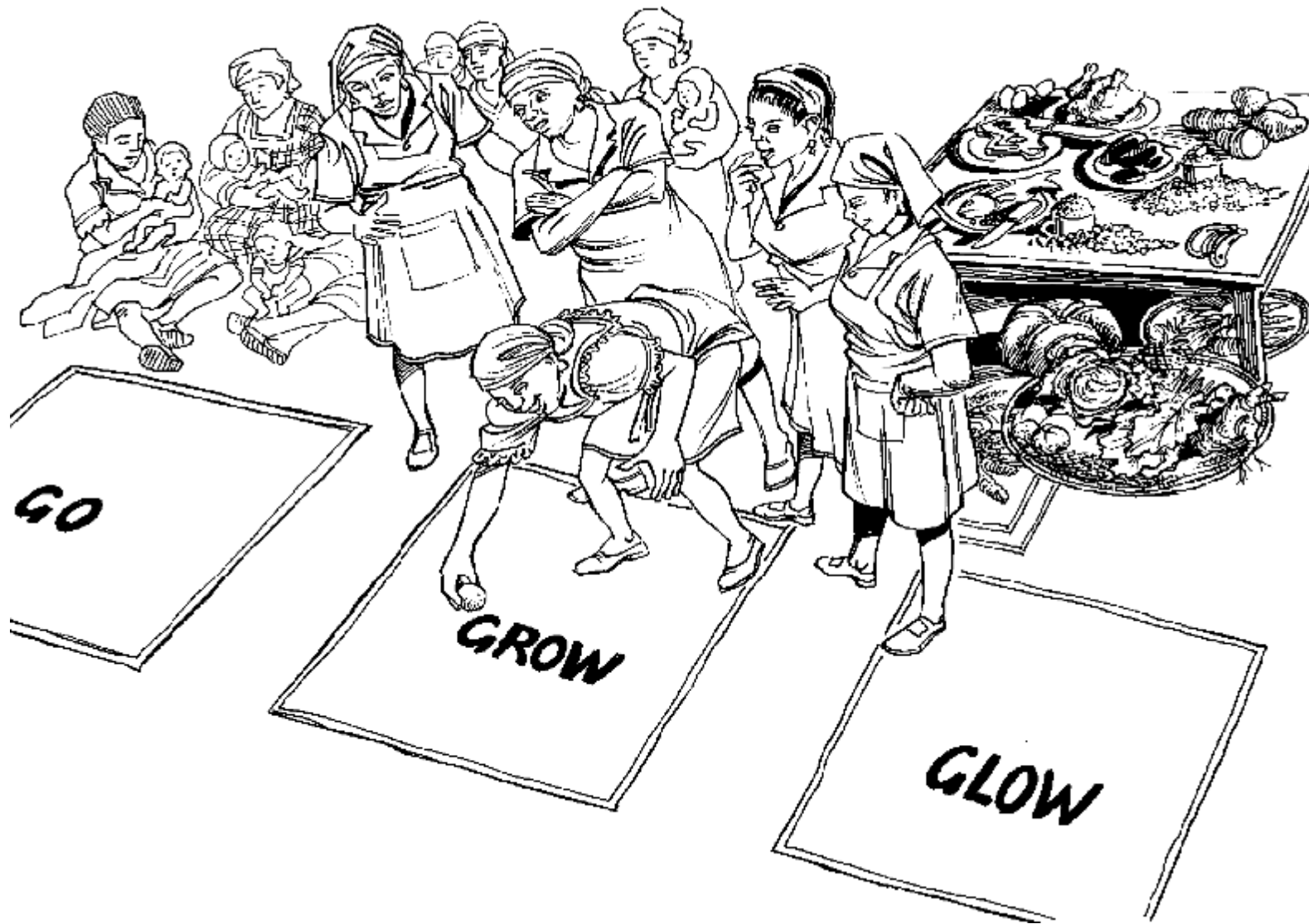


Positive Story: Complementary Feeding, Vitamin A



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-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 6 months, the infant is no longer getting enough iron from the breast milk, so it is necessary to make sure that he or she eats foods that contain iron.

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

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.





Positive Story: Complementary Feeding, Vitamin A

The ttC-HVs showed the women new recipes which include all the food groups. They explained that breast milk alone is not enough for their baby babies that are 6 months old.

They stressed that breast milk is still important and women should continue to give breast milk first to their babies. But now the babies will also need to eat at least 2 or 3 times in every day.

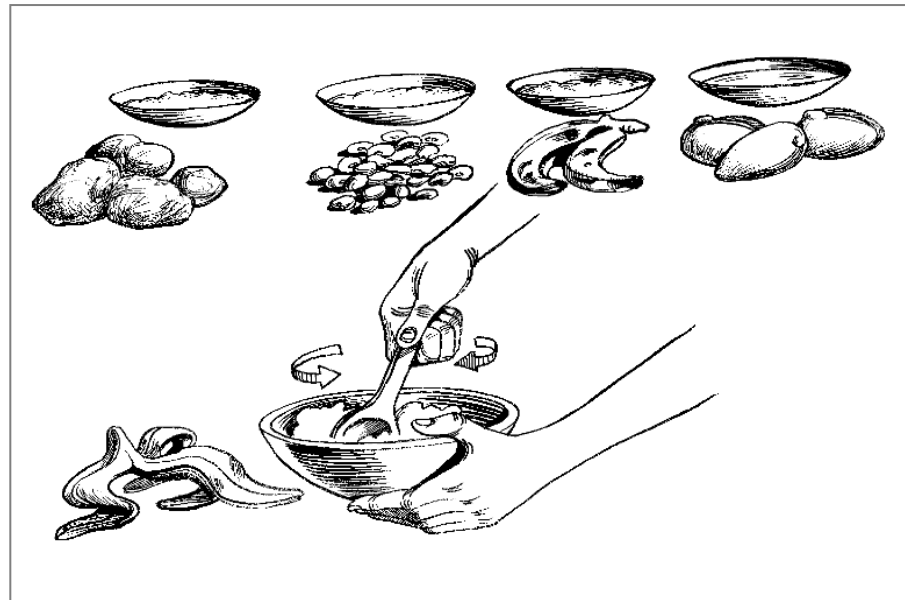


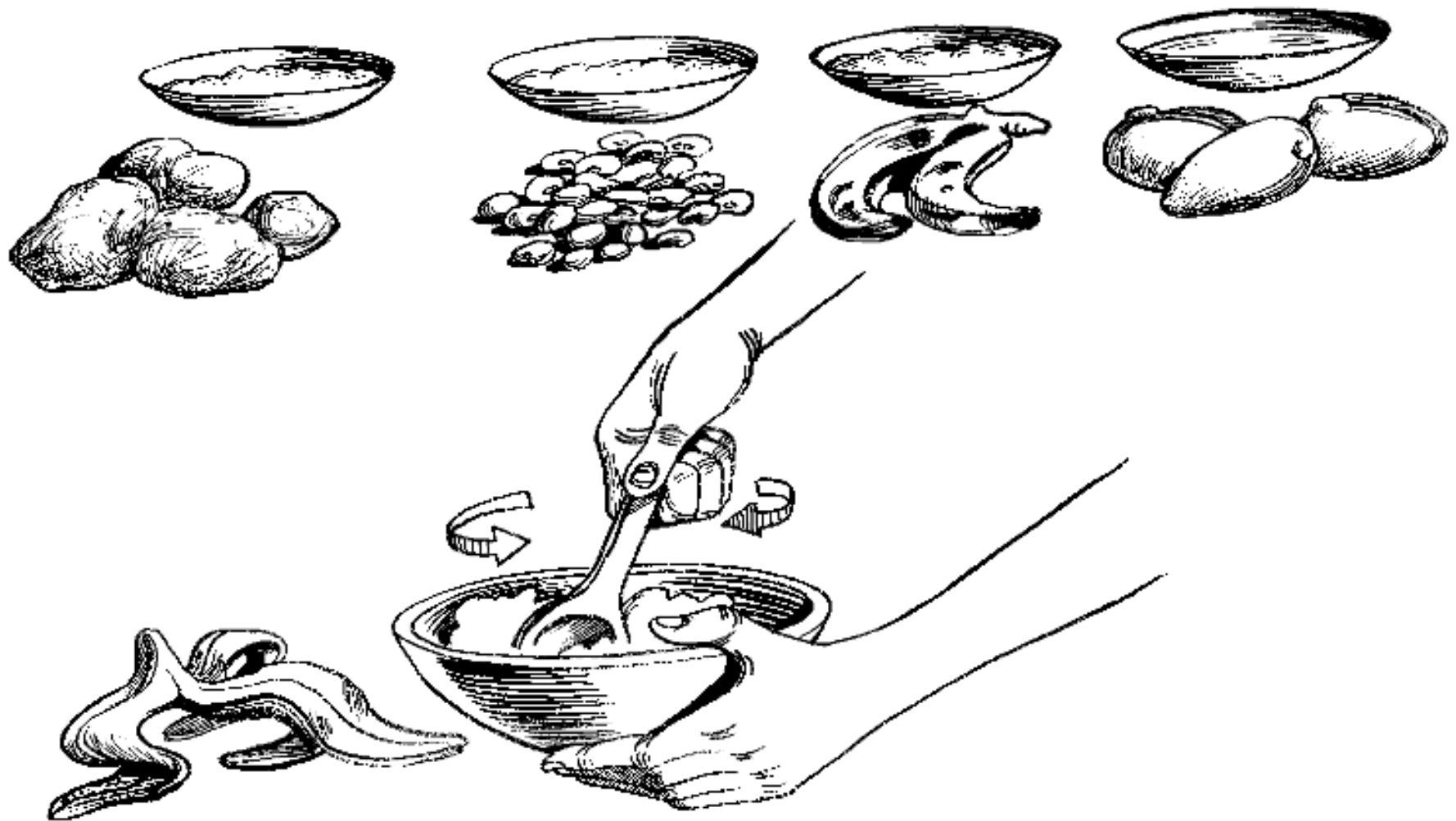


Positive Story: Complementary Feeding, Vitamin A



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







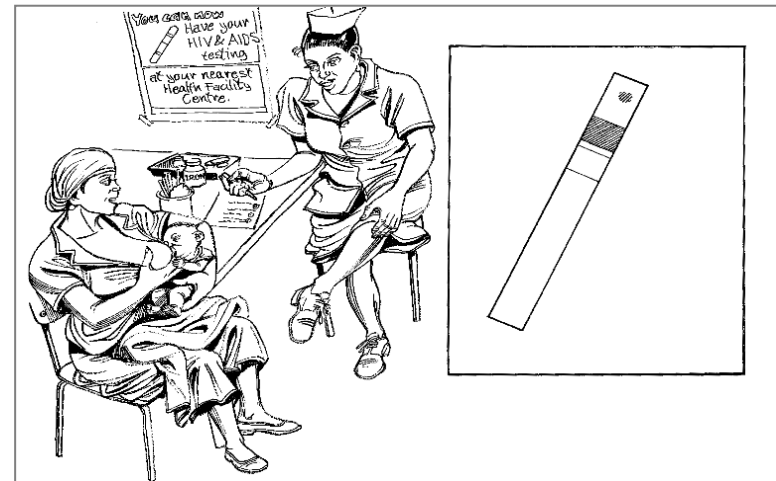
The ttC-HVs also explained to the women that they should make sure that the water their babies drink is pure. One way of doing this is to dissolve two drops of bleach into one litre of water to purify it.

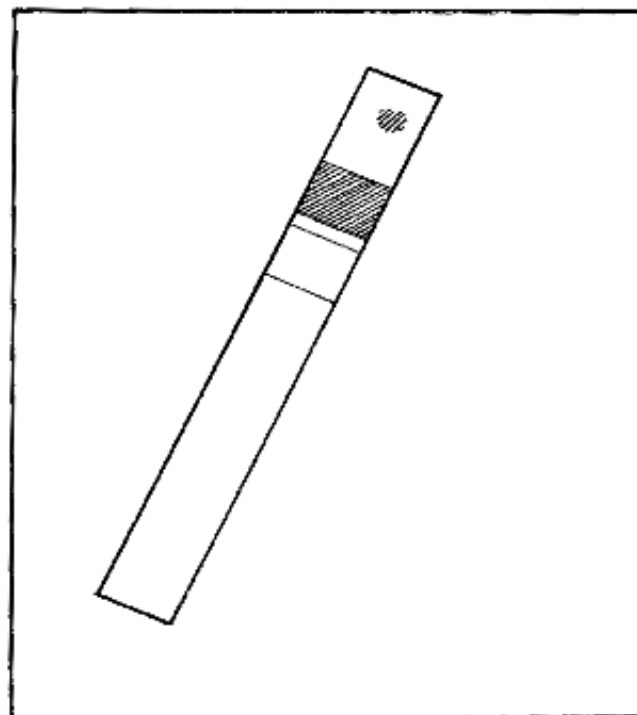




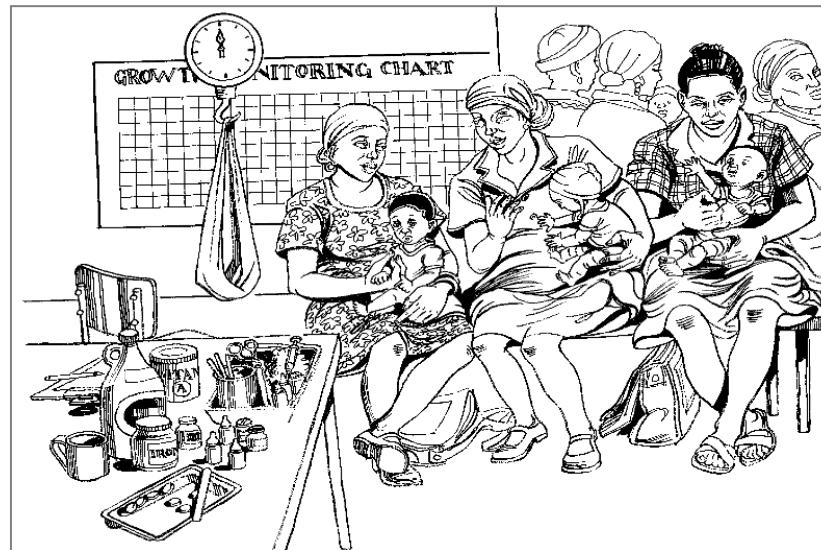
Positive Story: Complementary Feeding, Vitamin A

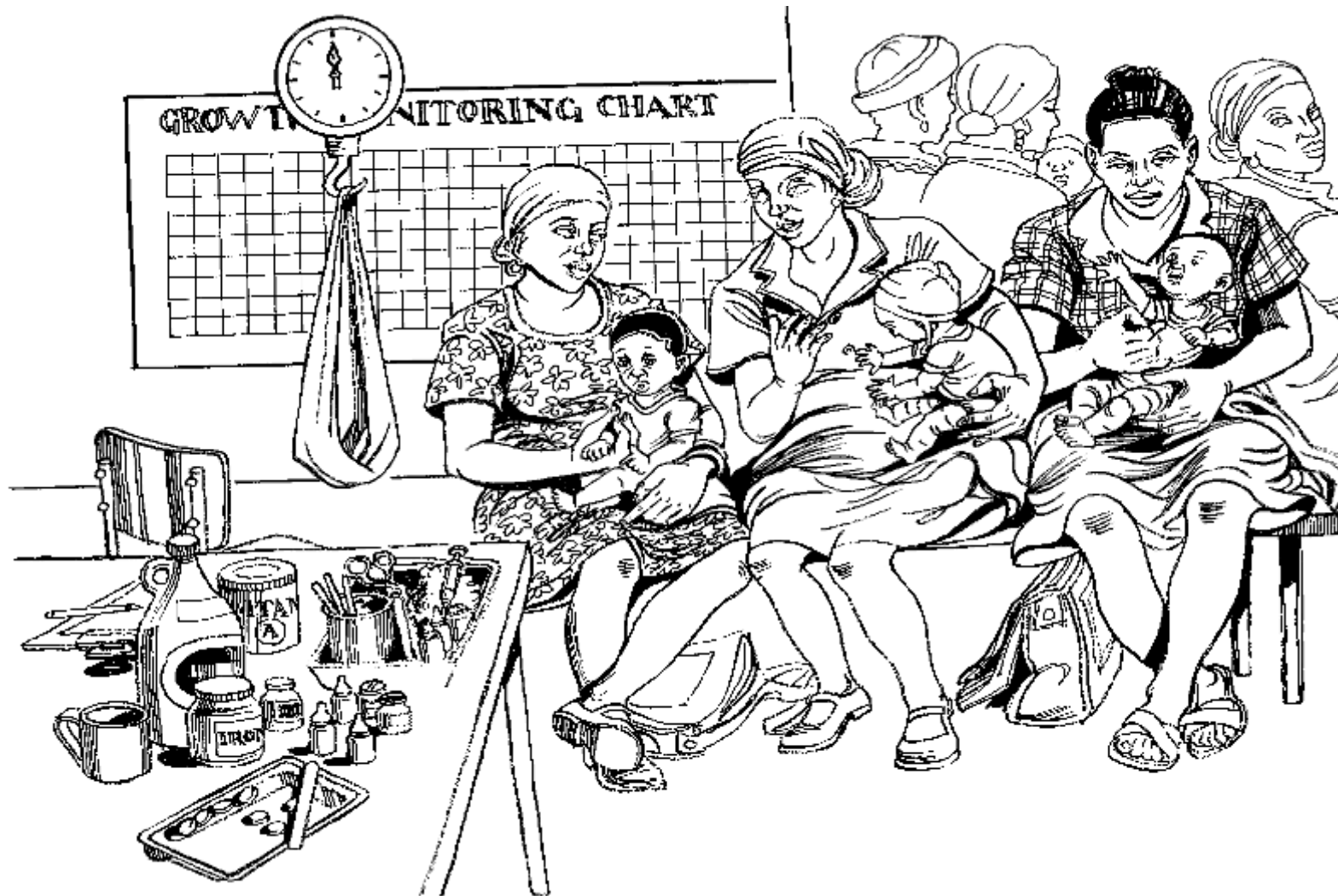
At the end of the visit, **Uma** goes to talk to her ttC-HV. The ttC-HV tells **Uma** that even though she is HIV-positive, she can continue to breastfeed and will give complementary foods to her baby just like all the other women are doing. When the baby reaches 12 months of age they will decide together 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 at that time.





The clinic nurse helps with the growth monitoring. In addition to weighing and measuring the babies, the health facility today 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 they leave the clinic.





Positive Story: Complementary Feeding, Vitamin A



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

- What behaviours/practices did you see in the story (positive or negative)?

Possible answers:

- **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.

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

Possible answers:

- They should continue to breastfeed.
 - They should 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.
 - They should make sure the water is purified.
 - Even HIV-positive mothers should continue to breastfeed, until the child is at least 12 months old.
-
- Do similar things happen in your community? What are some of the good things you do to feed your child at 6 months?
 - Do any of these happen in your own experience/family/ home? What might you do differently?





The ttC-HV has come to **Susana** and **Ernest's** house to remind them that it is time for them to take their 6-month-old baby, **Paula**, to the health facility for growth monitoring and to receive a Vitamin A capsule.





Positive Story: Diarrhoea



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 2 days.

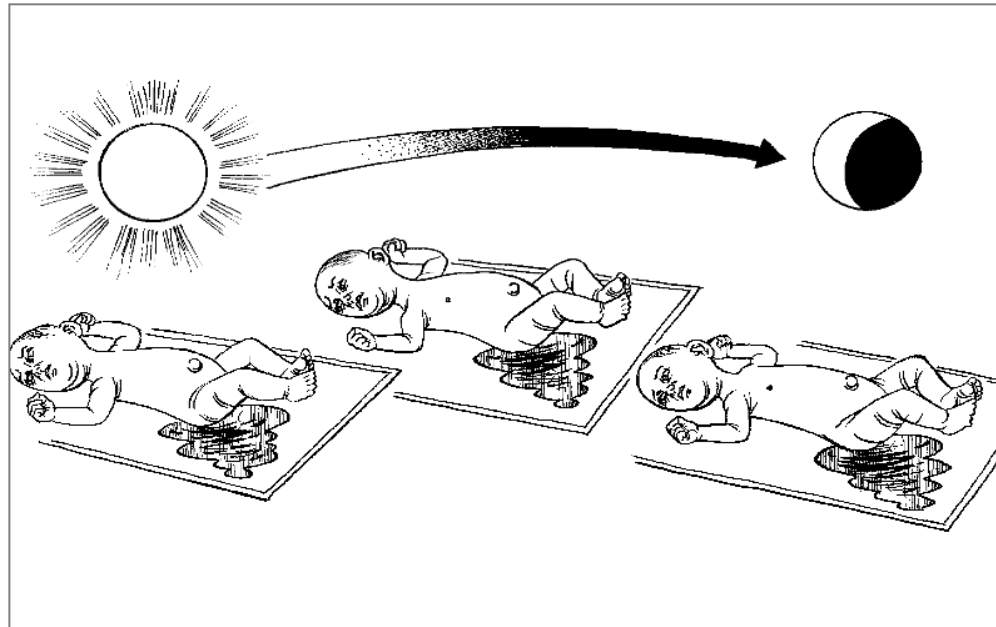


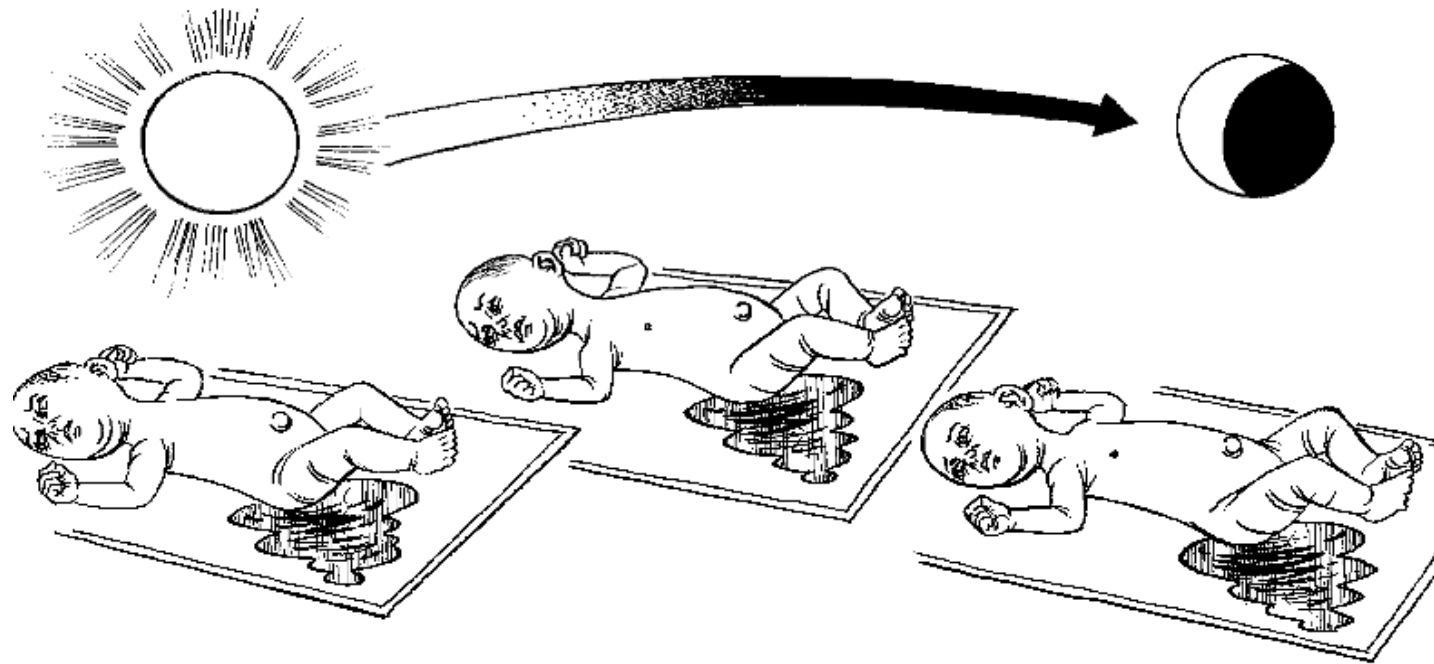


Positive Story: Diarrhoea



She tells **Susana** that if the baby has three or more watery stools in a day, this is diarrhoea. The ttC-HV explains to **Susana** and **Ernest** that diarrhoea 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.



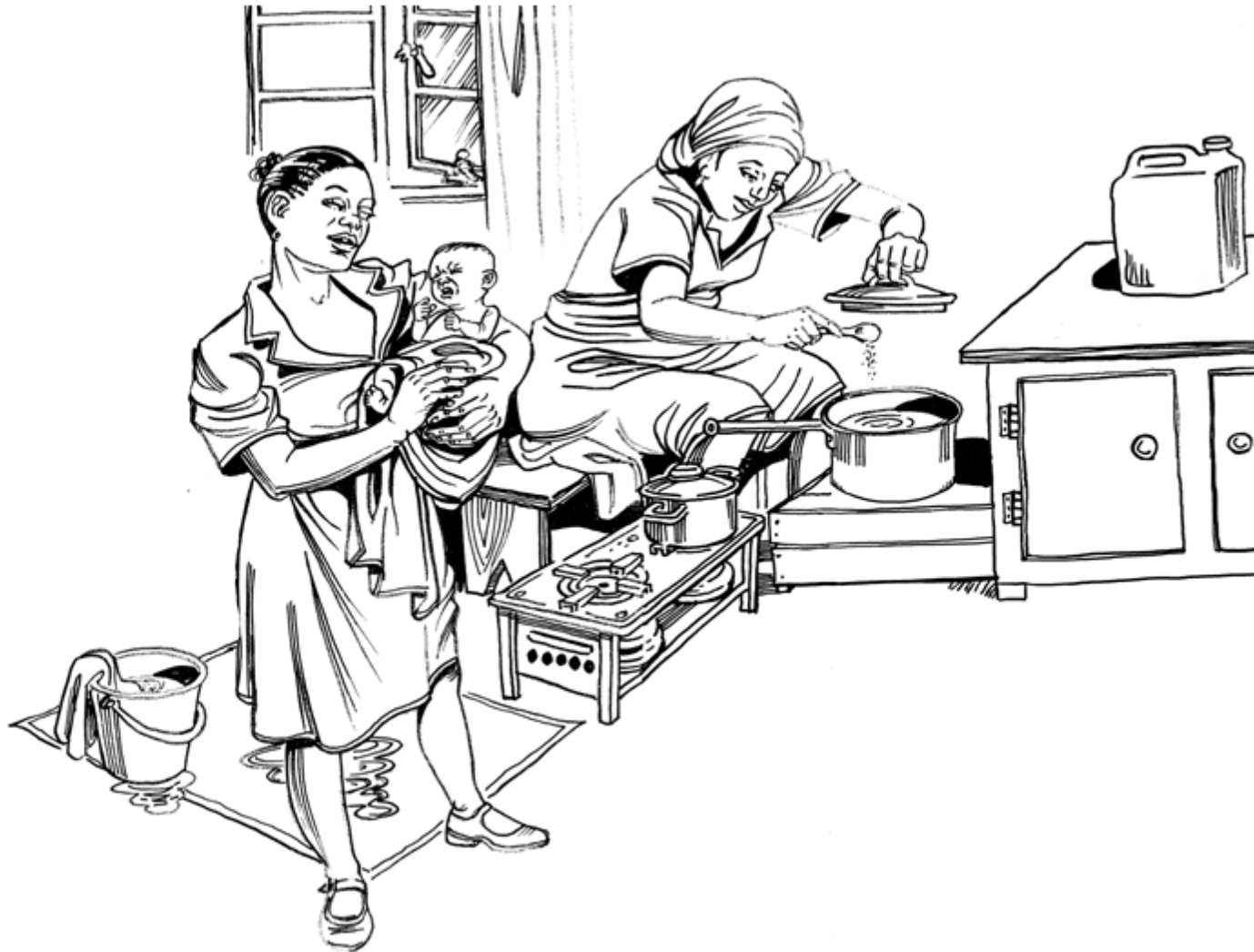


Positive Story: Diarrhoea



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 prevent the child from becoming dehydrated.



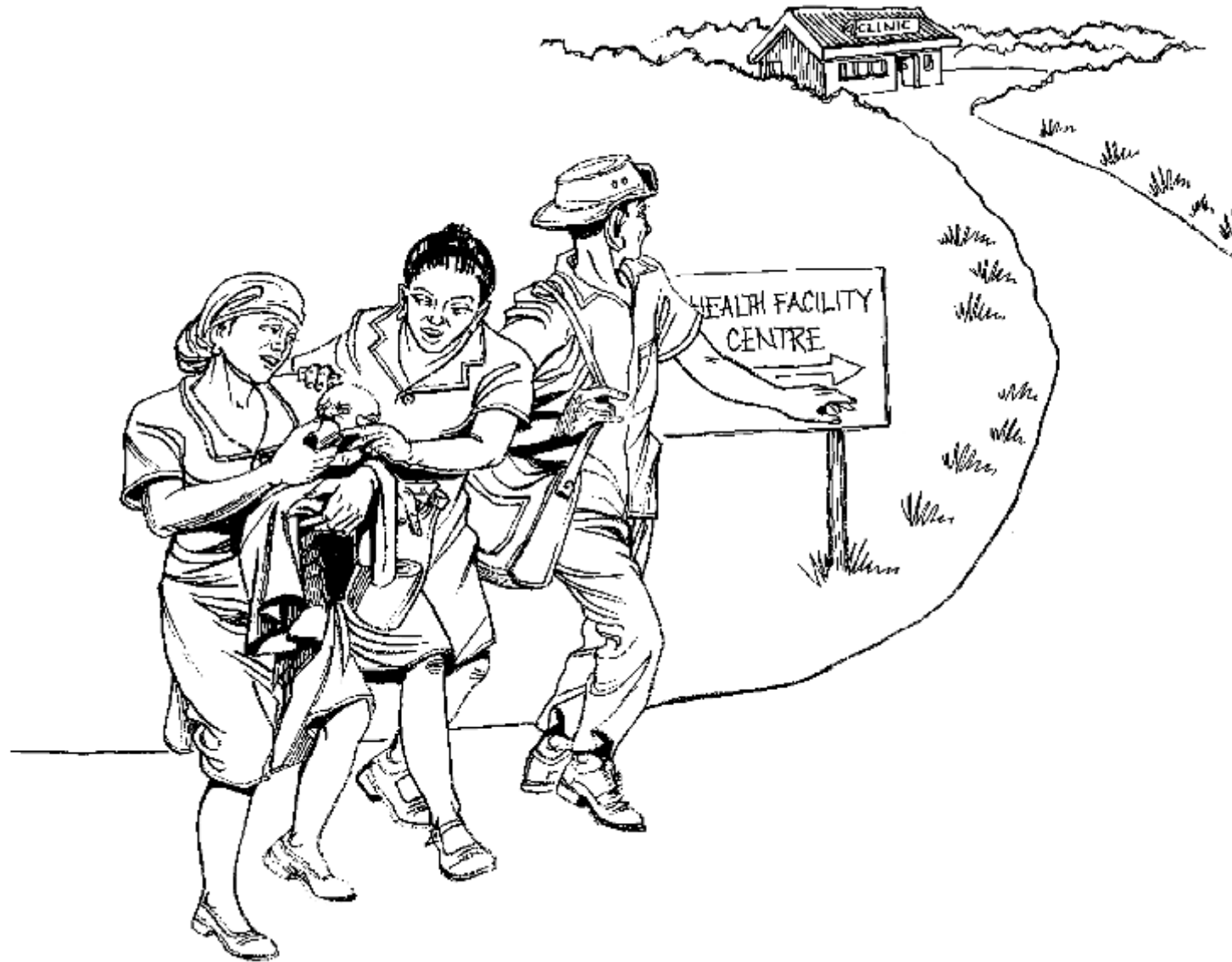


Positive Story: Diarrhoea



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





Positive Story: Diarrhoea



The ttC-HV takes the family to the front of the line and explains to the nurse what has happened. The nurse tells **Susana** she has some medicine called oral rehydration solution and **zinc** to give to **Paula**. She explains that zinc will help **Paula** to get better.

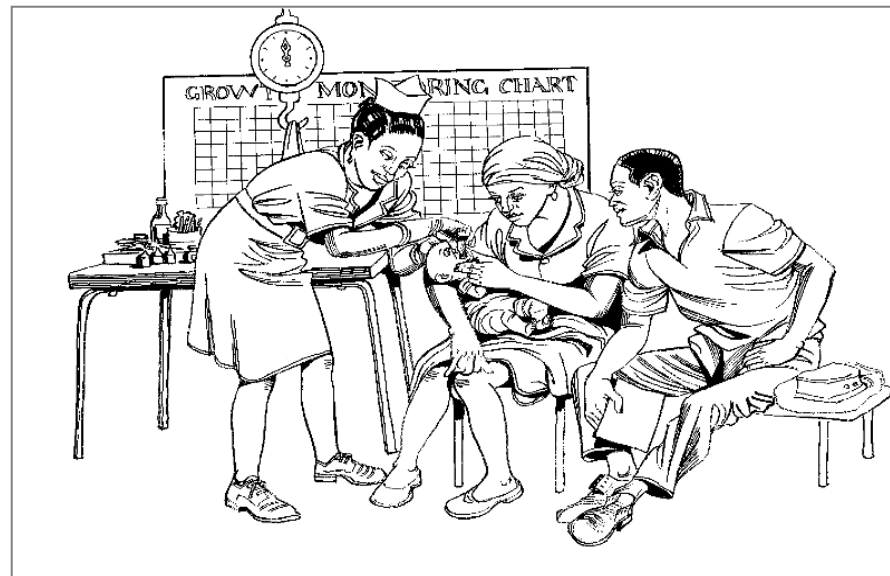


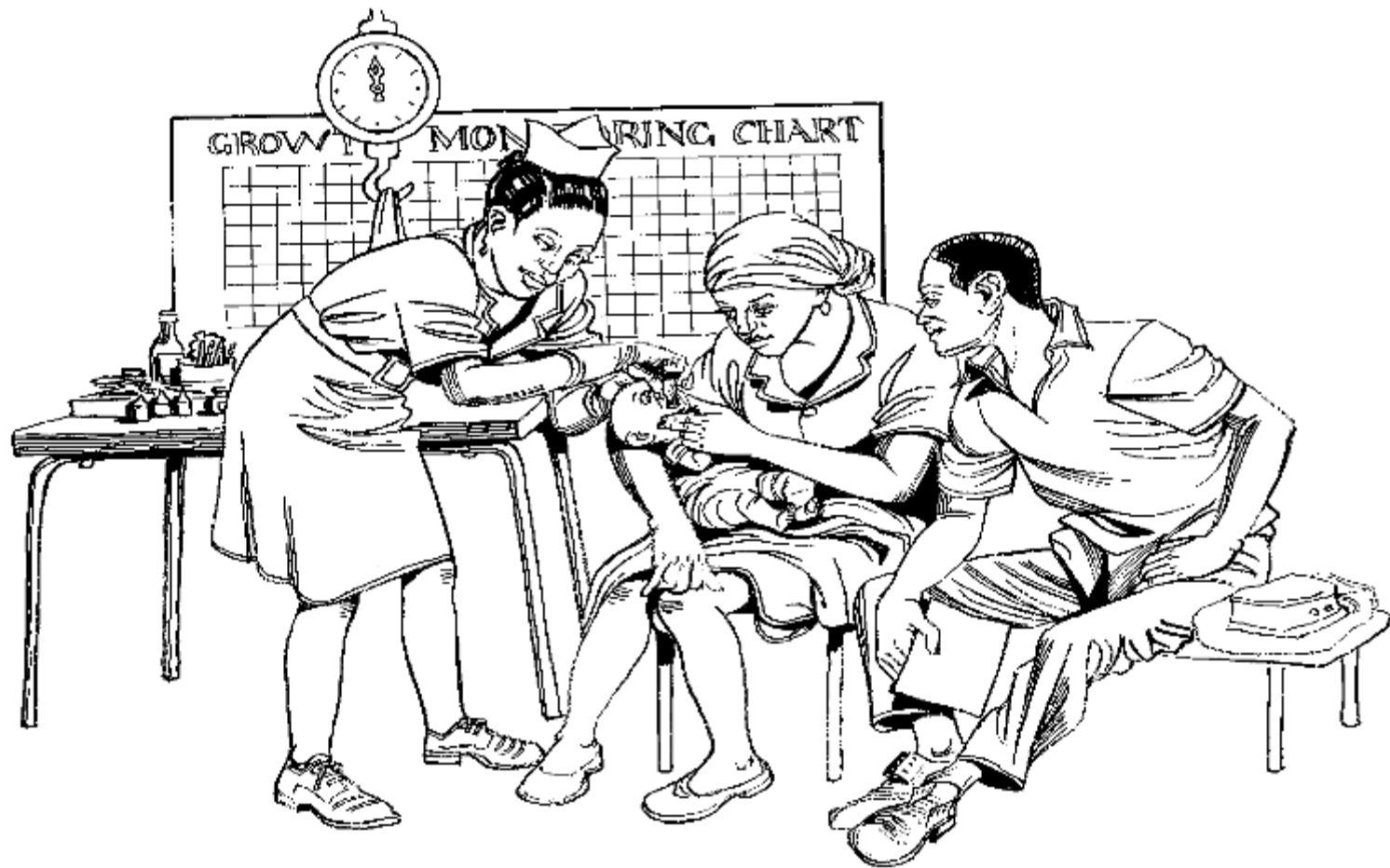


Positive Story: Diarrhoea



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. She tells **Susana** not to worry – it is okay for **Paula** to receive both medicines even though she has diarrhoea.





Positive Story: Diarrhoea



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.

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





Positive Story: Diarrhoea

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

1. What did the home visitor teach **Susana and Ernest** about diarrhoea?

Possible answers:

- Three or more watery stools a day is diarrhoea.
- 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.
- If a child has three or more watery stools in a day, the family should take the child to the clinic right away.
- 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 diarrhoea.

2. What other positive things happened in the story?

Possible answers:

- The child was given oral rehydration solution and zinc to help the diarrhoea.
- The child was given a vaccine to prevent measles.
- The child was given vitamin A for good vision and good protection against diseases.
- The mother sang to the baby.
- The father hung 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?

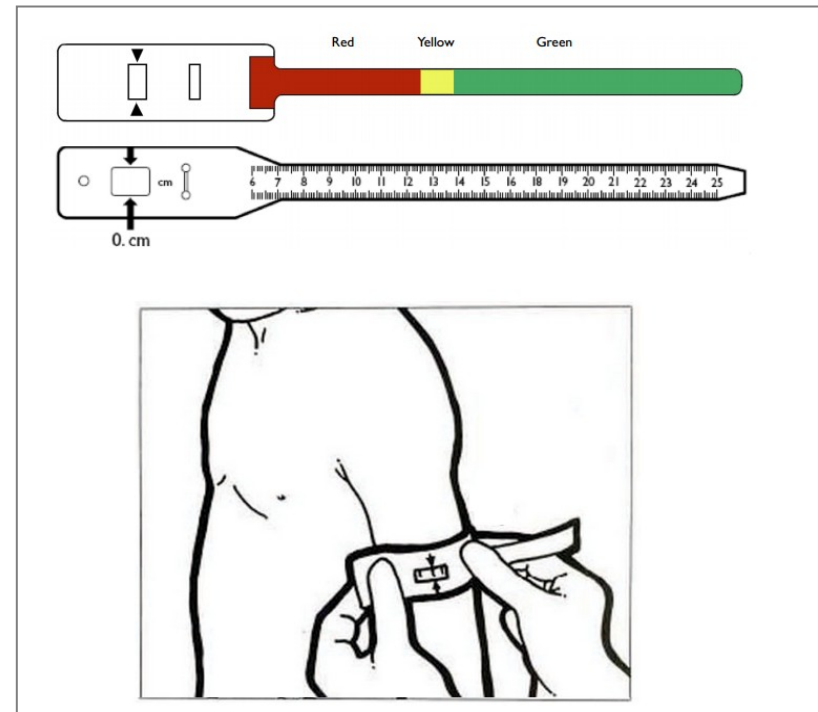


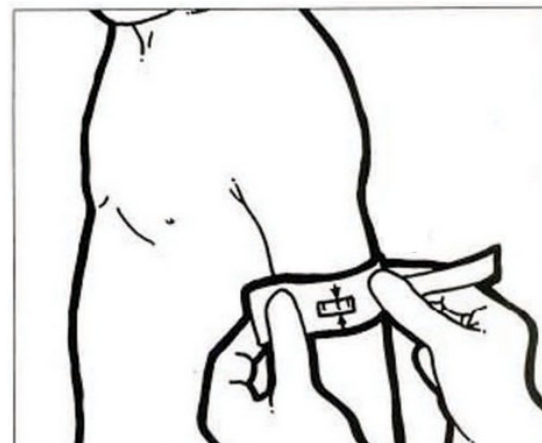
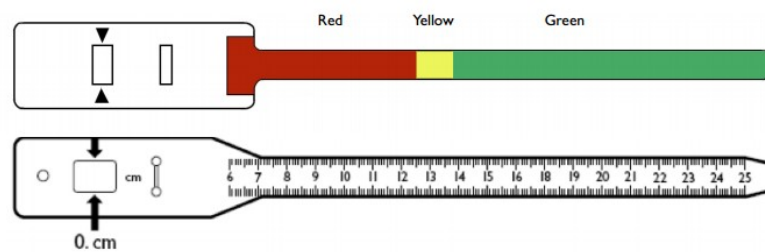


Swelling of feet



MUAC in red





Technical: Danger signs of malnutrition



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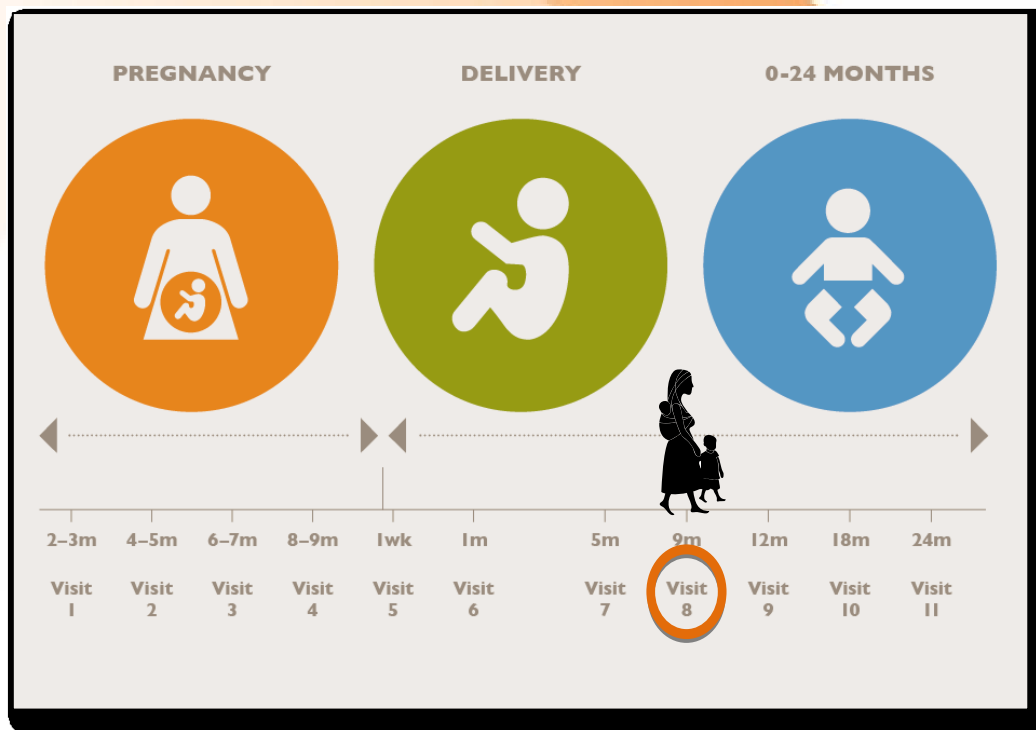
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VISIT 8





This is **Ali**. He has trouble seeing at night, and he often stumbles or bumps into things.



This is **Betty**, she has measles.



Problem Scenarios

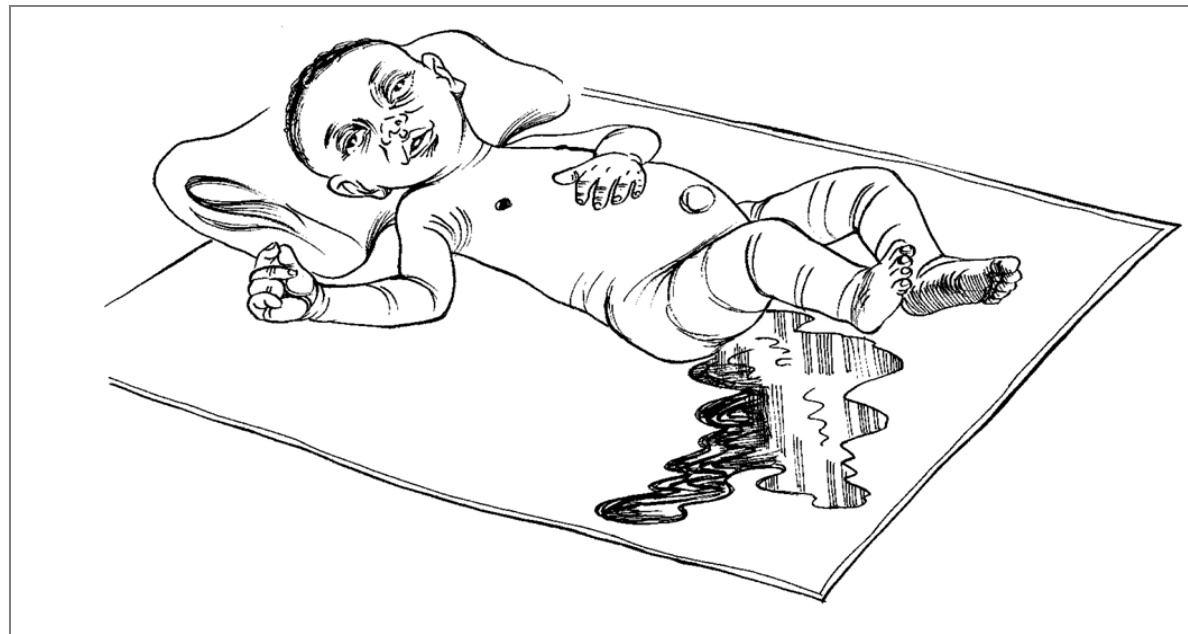


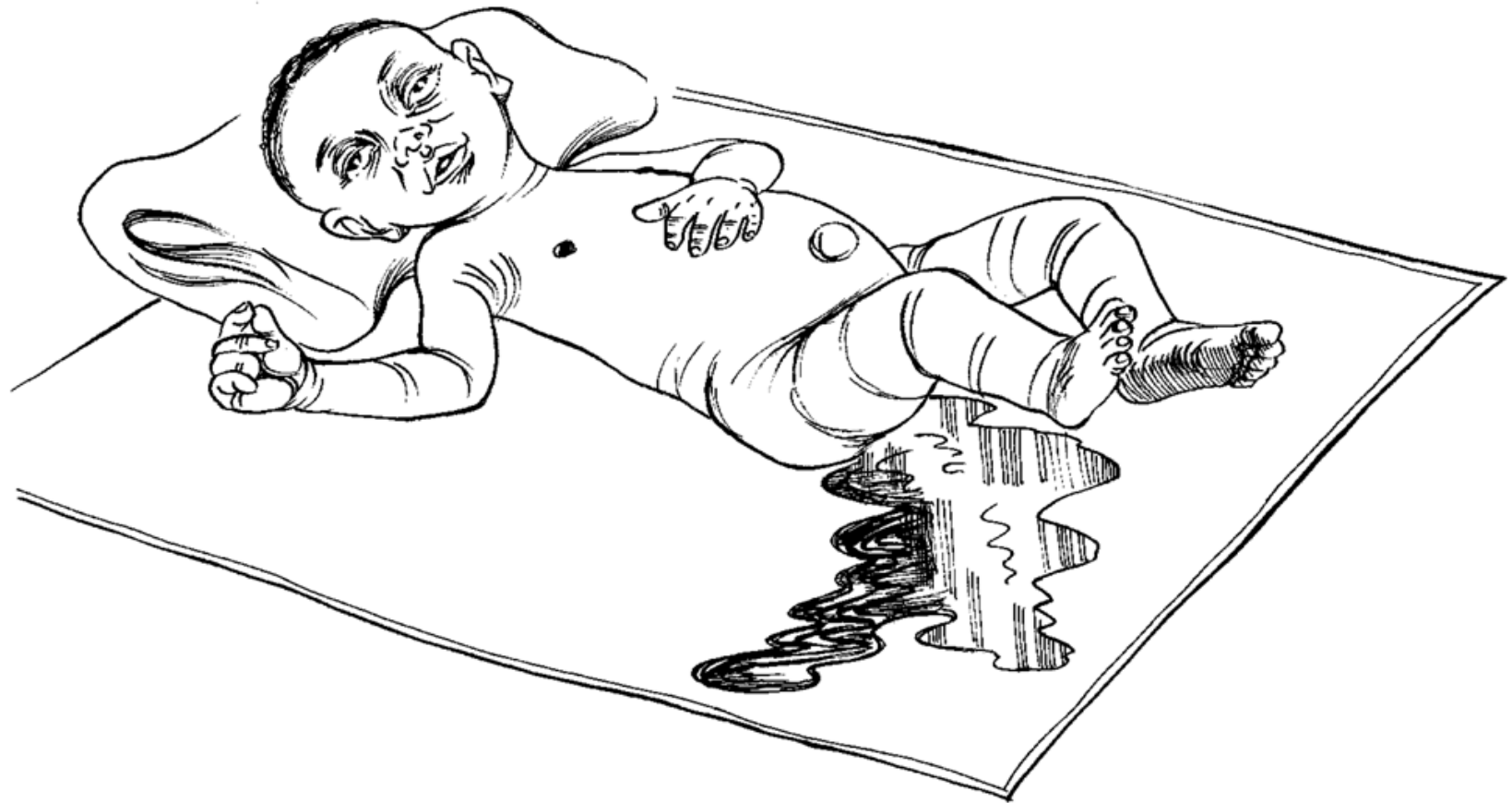
X: Problem Scenario: Vitamin A Deficiency and Measles: Guiding Questions

1. The boy on the left is **Ali**. What seems to be his problem?
2. Is it common in this area that some children have difficulty seeing well at night?
3. Do you know what causes night blindness?
4. The child on the right has measles. Have you ever seen a child with measles?
5. Do you know how to prevent measles in children?



This is **Rosa**, she has severe diarrhoea.





Problem Scenarios



Problem Scenario: Diarrhea

1. This is Rosa. What is her problem?
2. Is diarrhoea a common problem in this area?
3. What should be done for a child when the child has diarrhoea?

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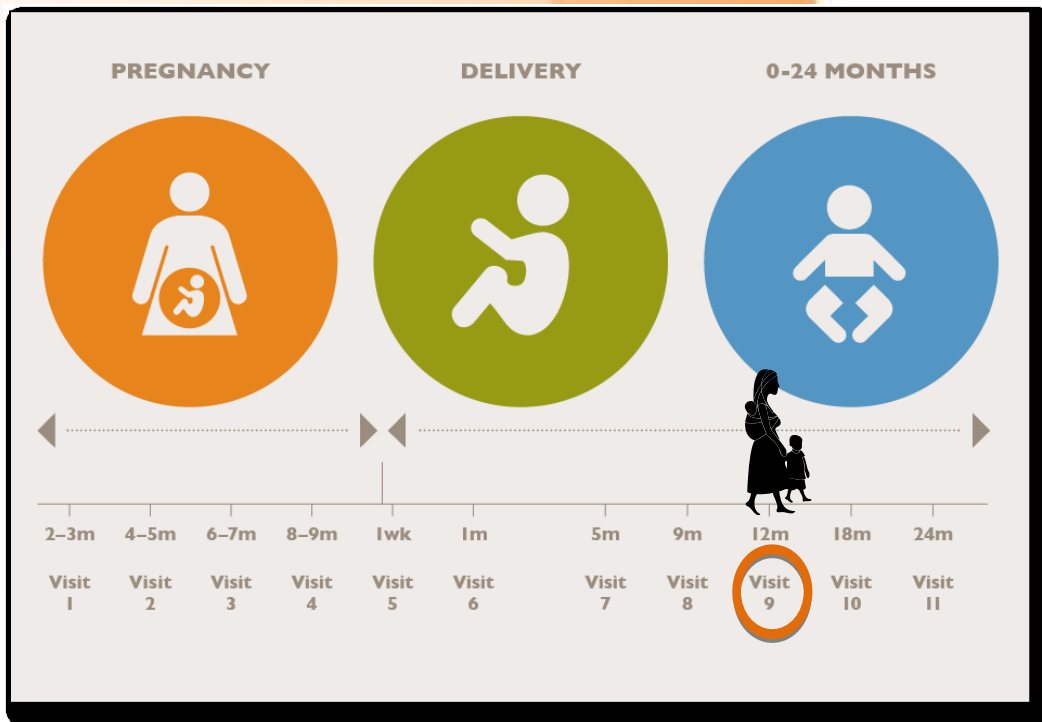
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VISIT 9





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.







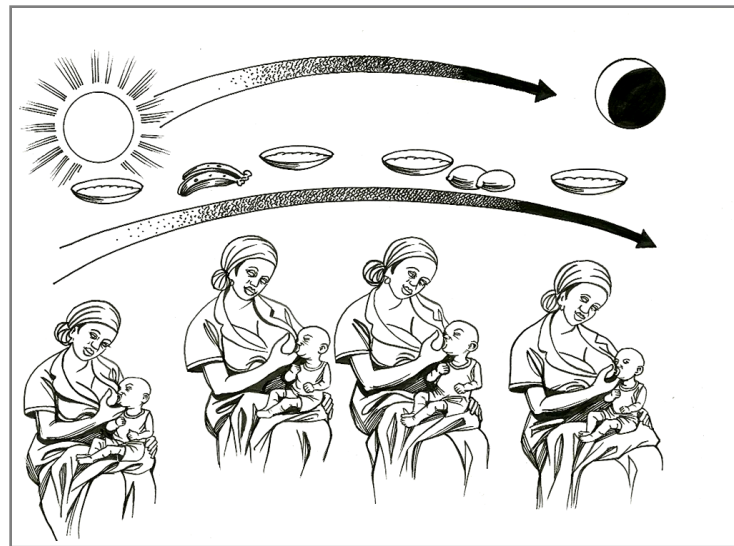
His mother prepares a bowl especially for him and makes sure he finishes his portion. She helps him when he is having trouble. **Thomas** loves all fruits and vegetables. He is a very good eater.

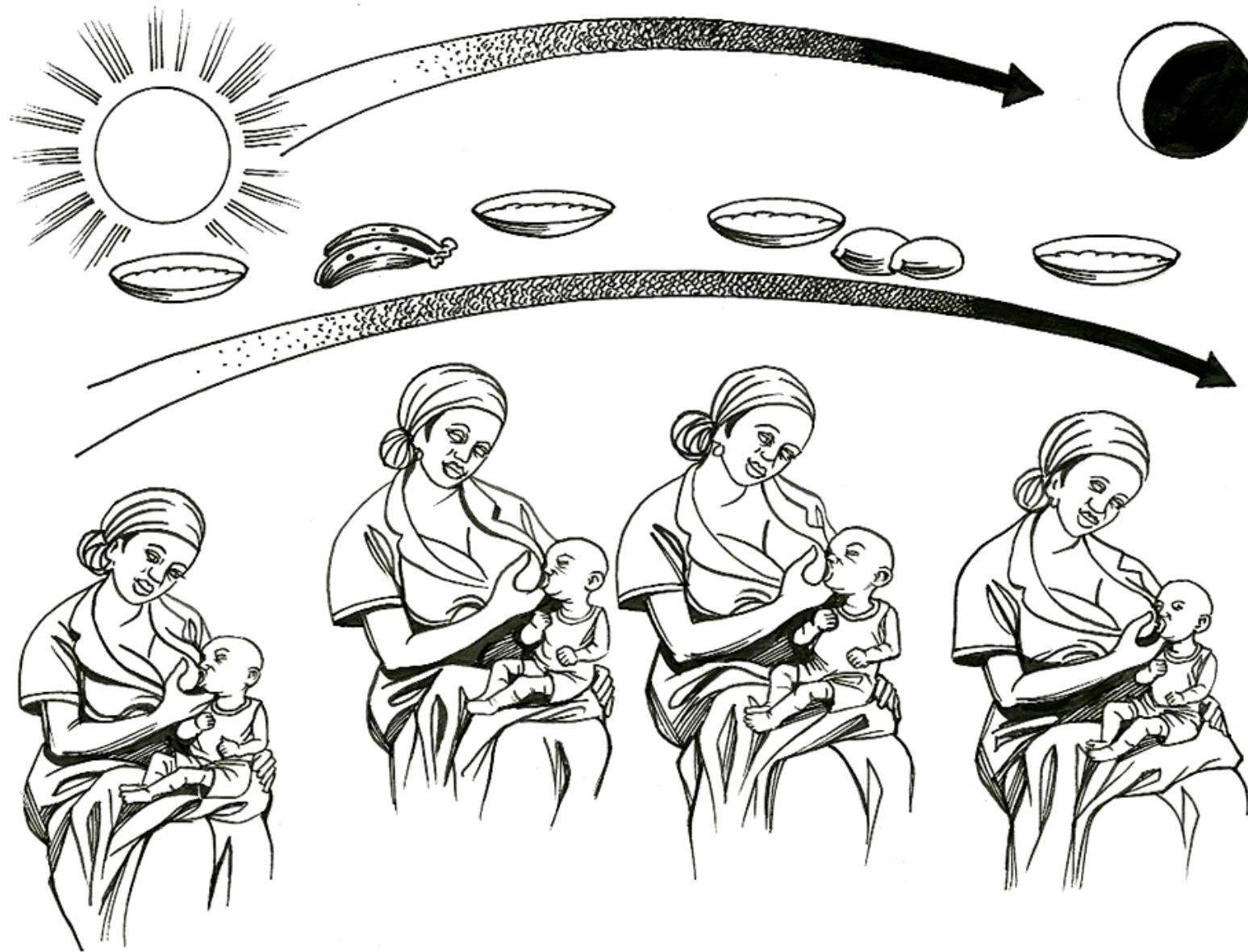






Thomas's mother, **Elizabeth**, has noticed that he is growing fast and she knows that now he needs to eat 6 times a day: 3 times with the family and 3 extra times when he can eat fruits, vegetables or other good, healthy choices.





Positive Story: Complementary Feeding, Deworming and Vitamin A



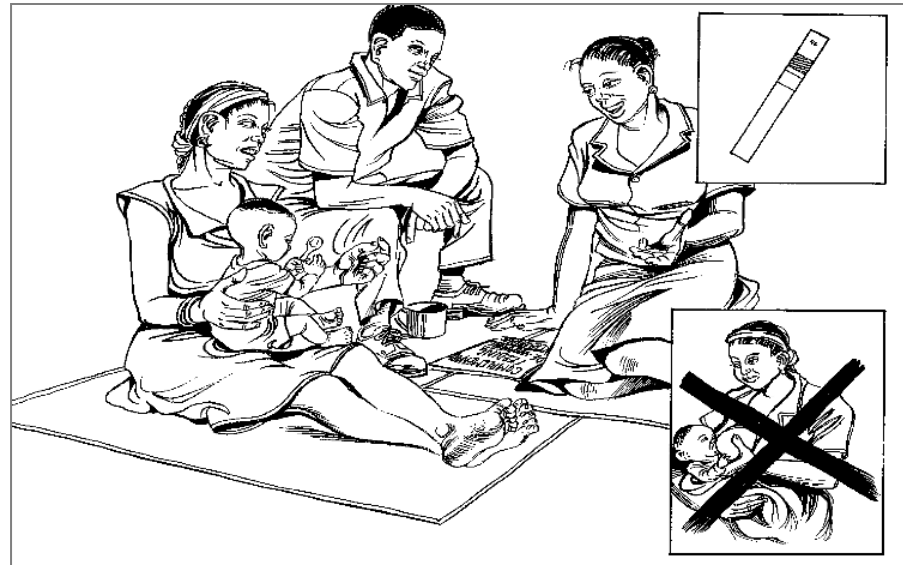
Elizabeth also knows that it is still very important for **Thomas** to eat foods that are rich in iron. She feeds him liver whenever she has it available, and she feeds him dark green leafy vegetables almost every day.

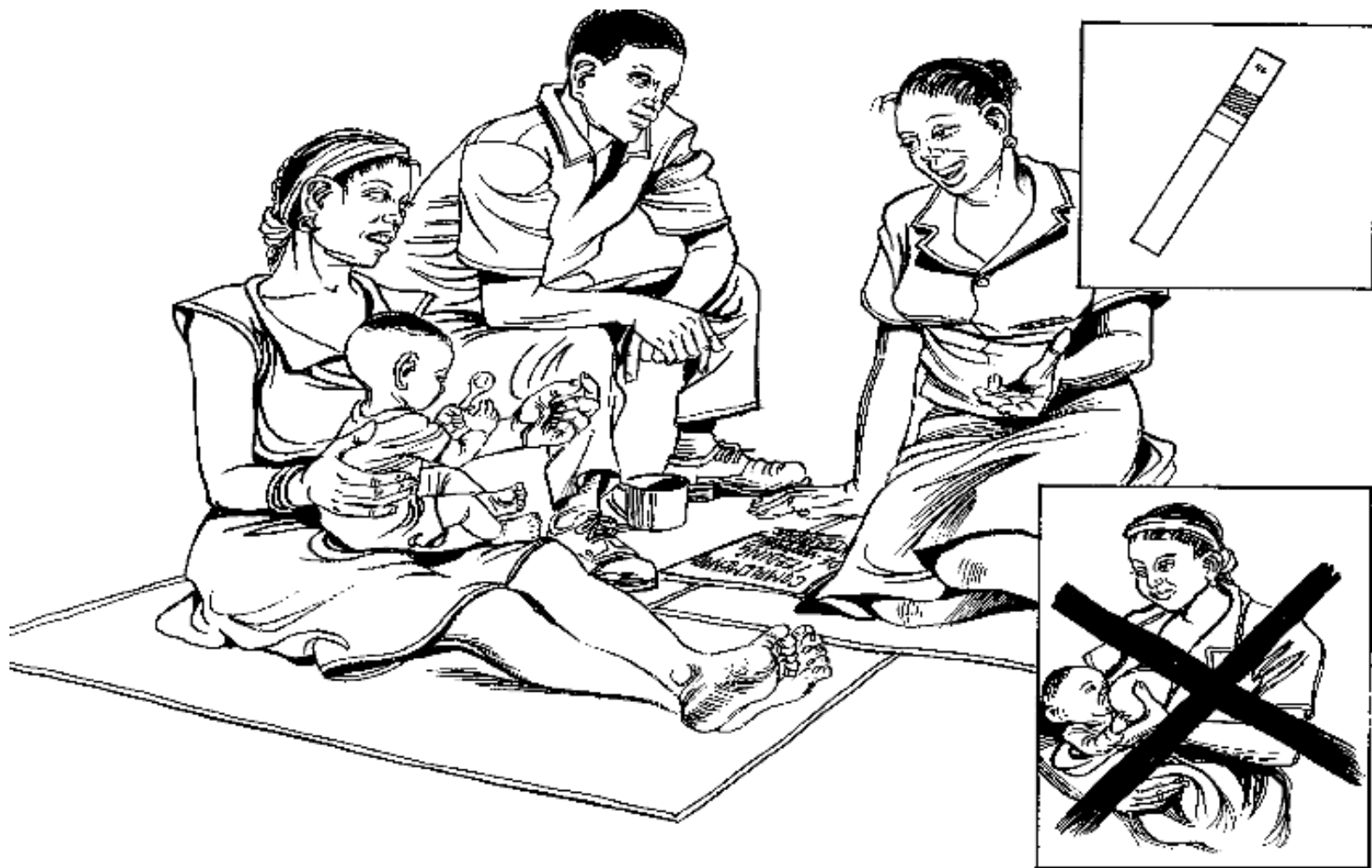






The ttC-HV still visits **Thomas** and his family. The ttC-HV knows that **Elizabeth** is HIV-positive, so she will give her some new information now that **Thomas** is 12 months old. The ttC-HV can see that **Thomas's** family has good, nutritious food to feed to **Thomas**, so she tells **Elizabeth** 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 6 portions of food every day.

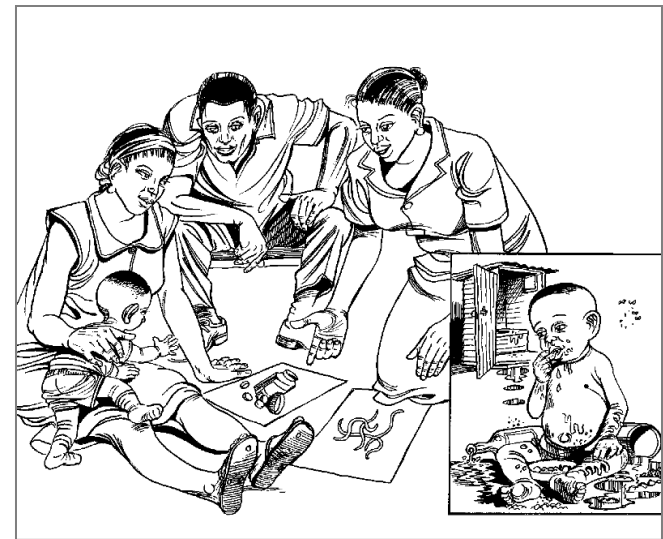


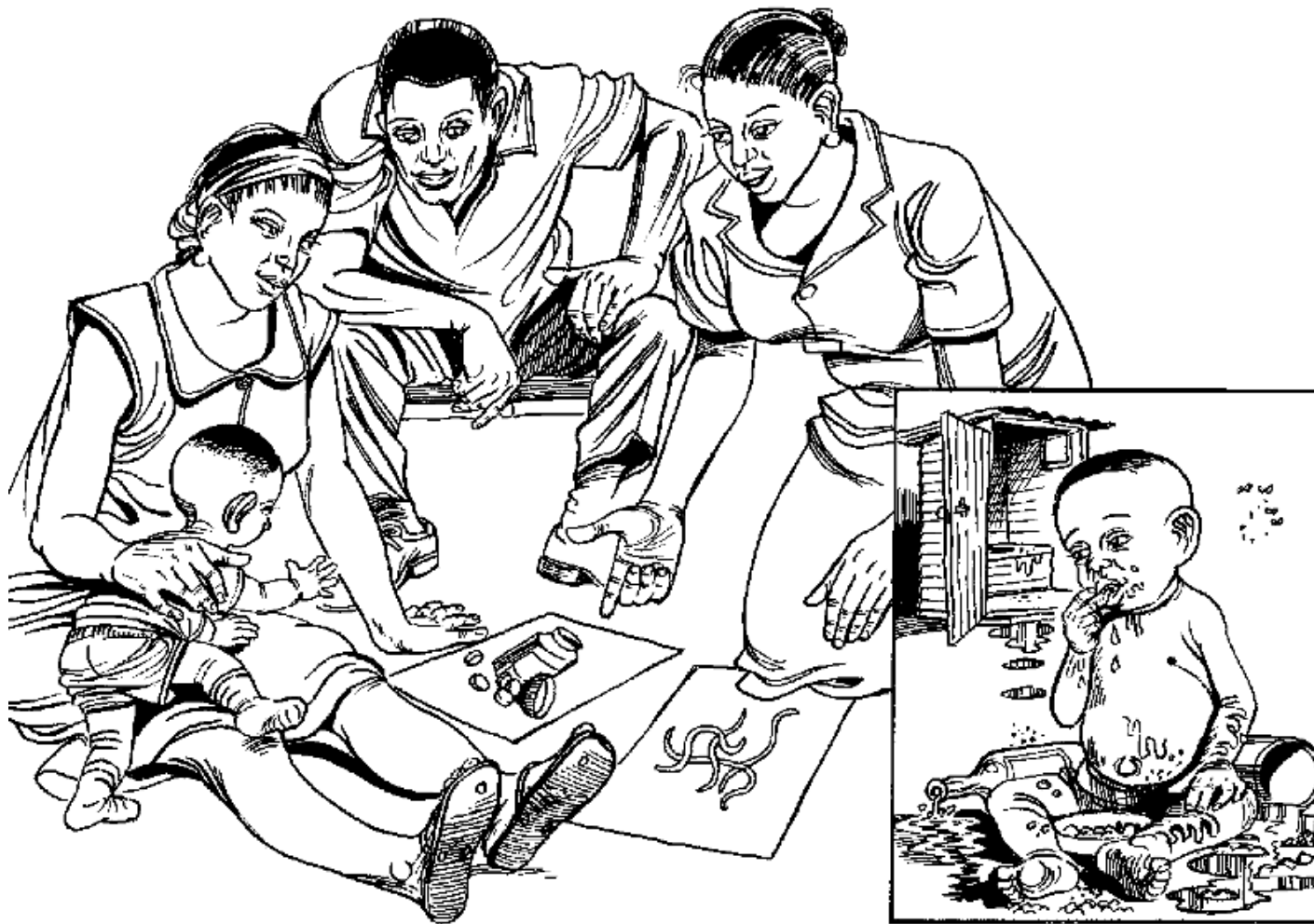


Positive Story: Complementary Feeding, Deworming and Vitamin A



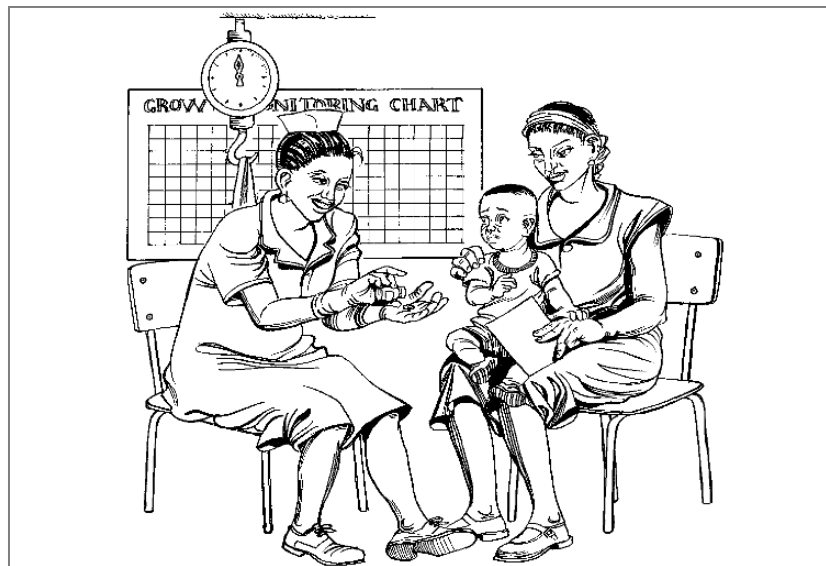
The ttC-HV also came to remind **Elizabeth** to take **Thomas** to the health clinic to get medicine for worms. She explained that many children **Thomas'** age lose weight because they get worms in their bellies. She explains that people can get worms from running around with no shoes or not washing 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.

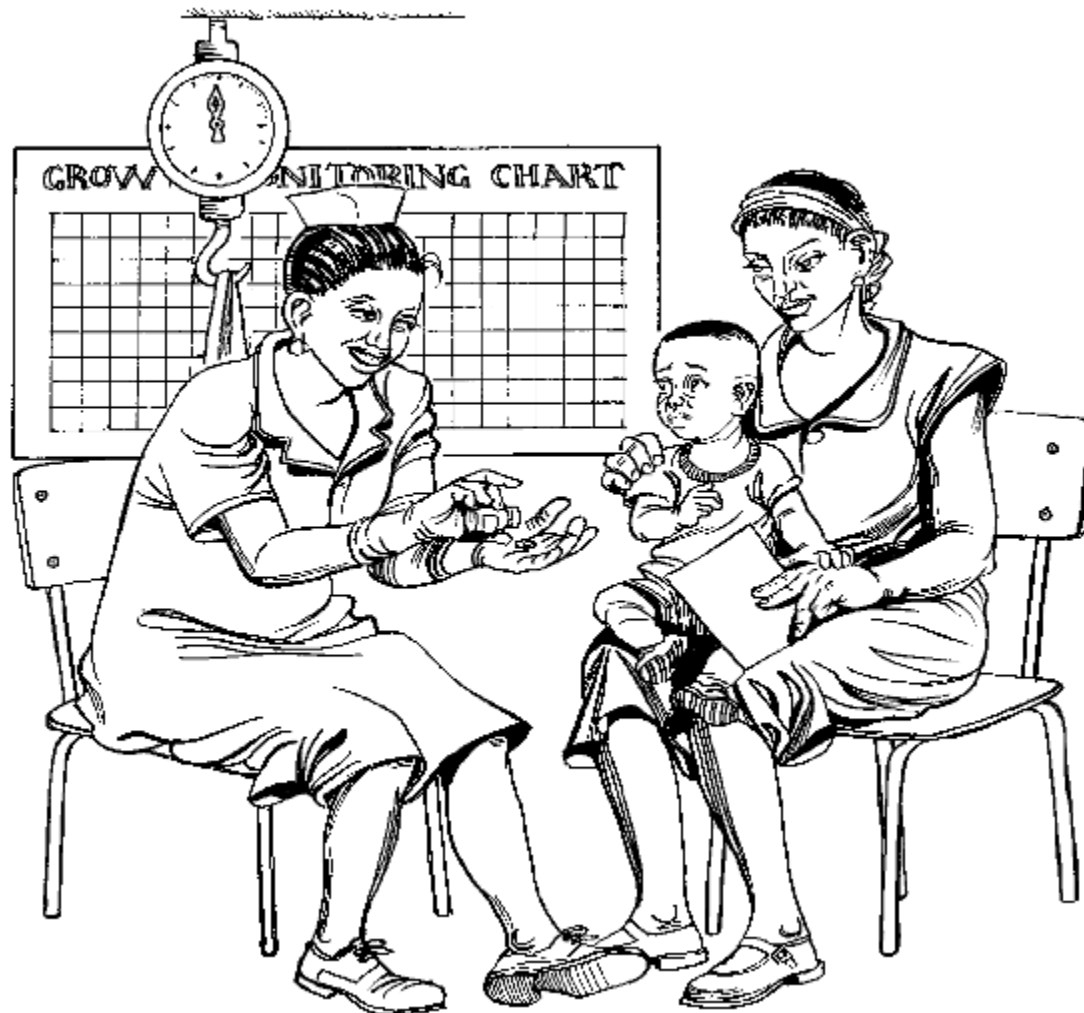






The next time that **Thomas** and his mother go to the health clinic to weigh and measure him, they ask the nurse and she gives **Thomas** medicine to treat worms. This will help **Thomas** to continue to grow and stay strong and healthy.







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.





Positive Story: Complementary Feeding, Deworming and Vitamin A



Y: Positive Story: Feeding at One Year, Deworming, 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 is 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 deworming 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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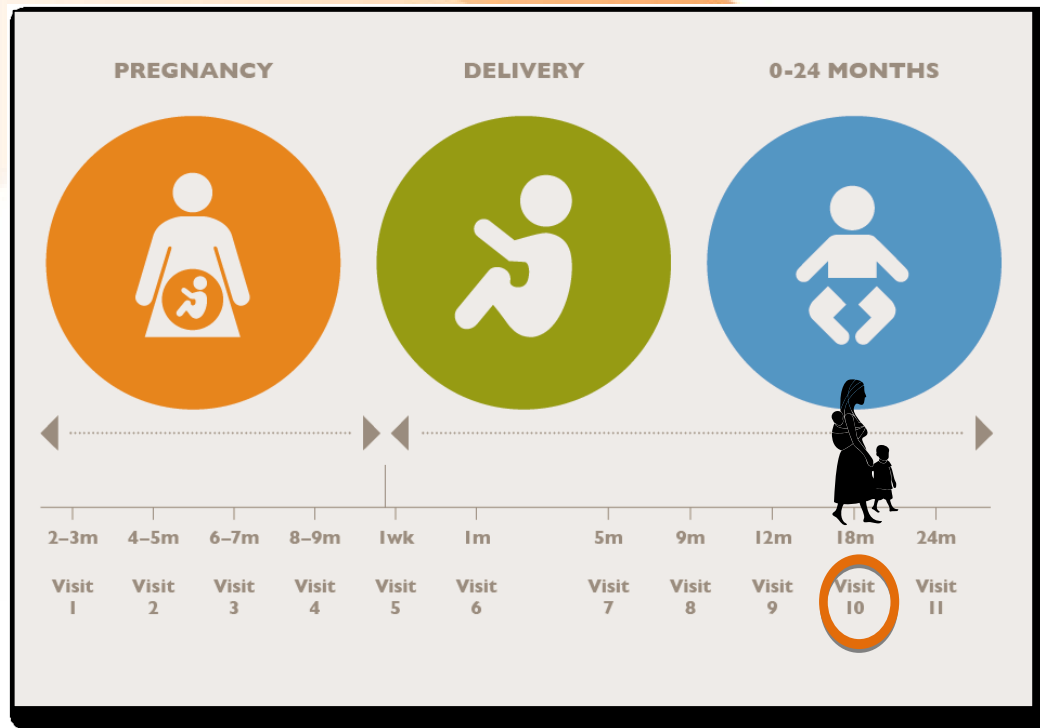
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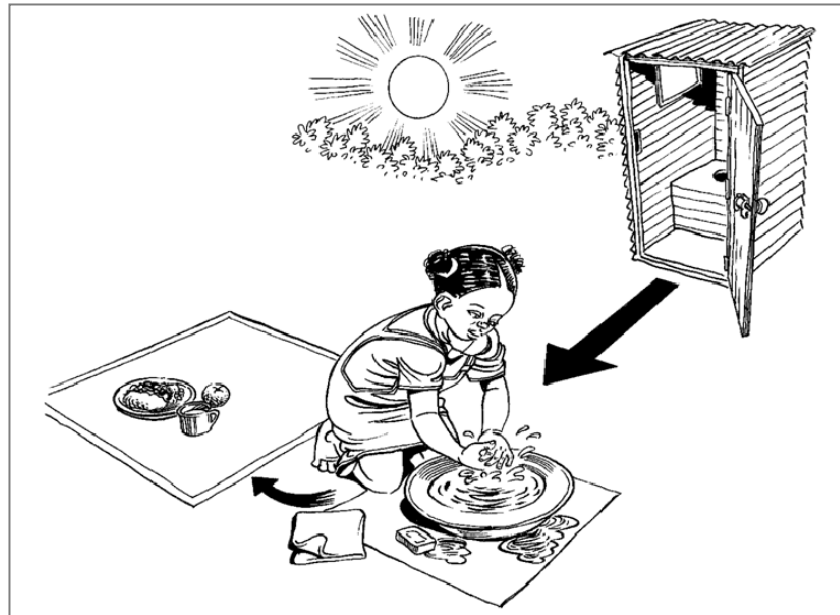
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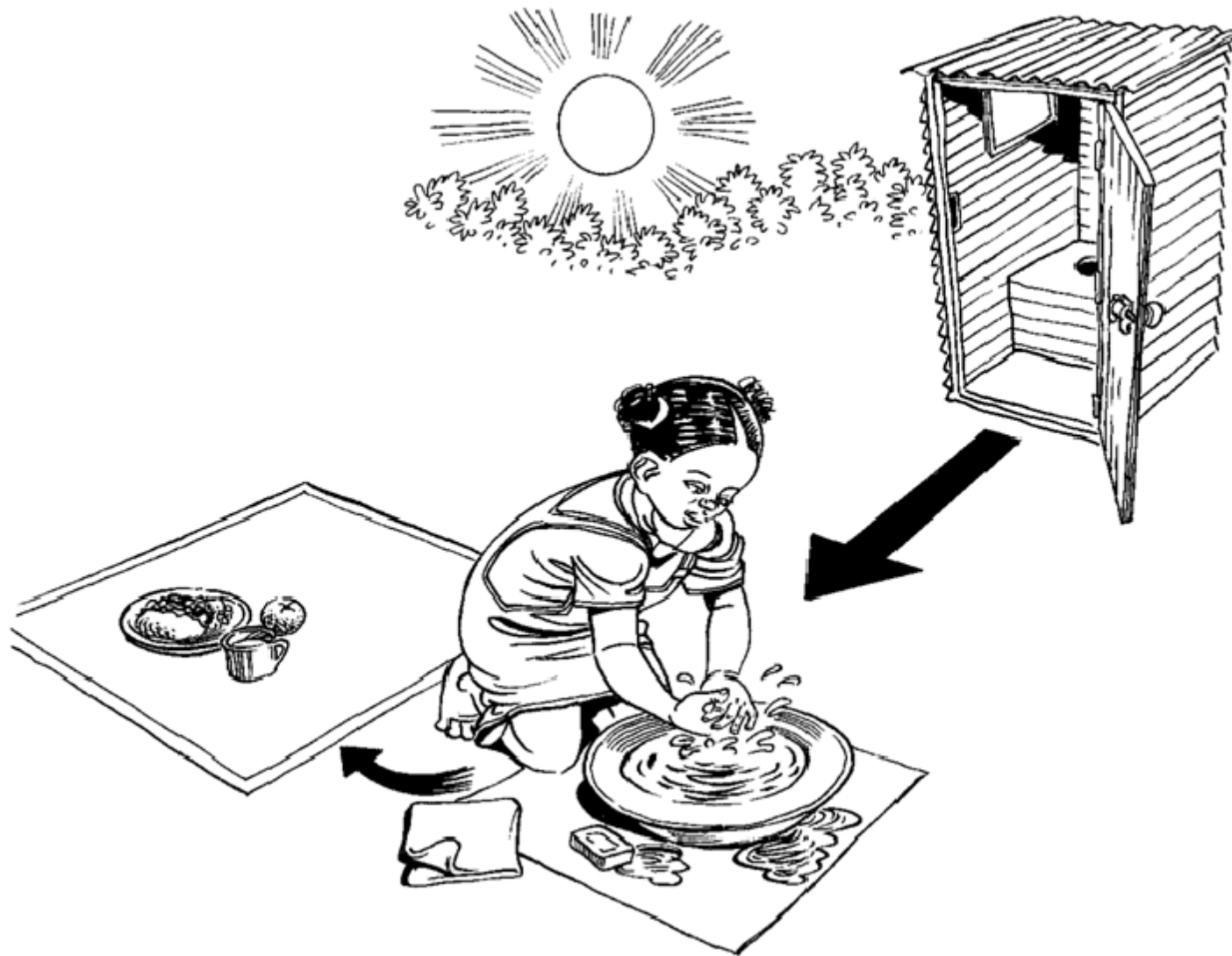
VISIT 10





Leila is 18 months old. She learned from a very young age that she must wash her hands after she goes to the bathroom and before she eats any food.



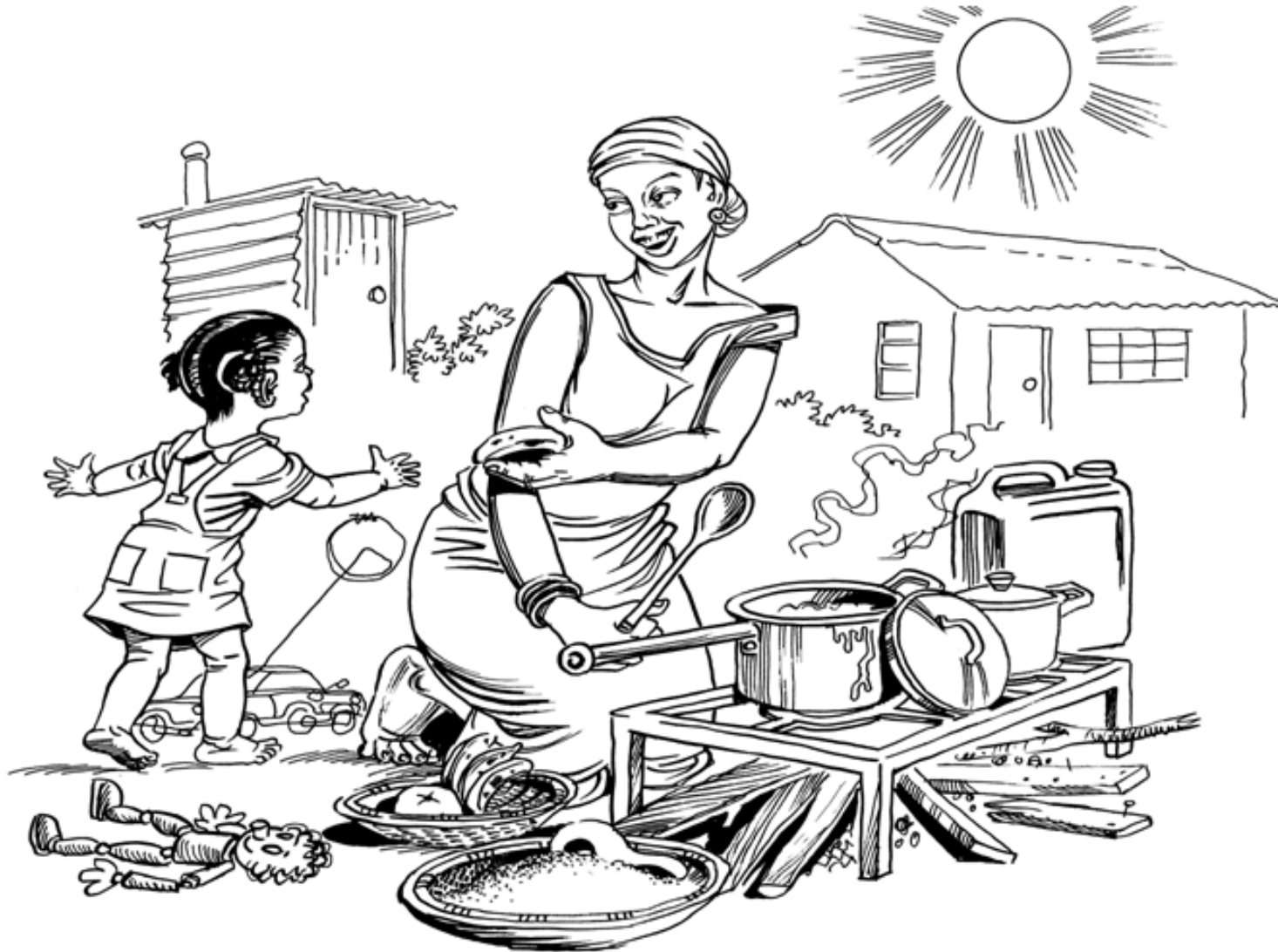




Leila likes to snack all day long. This is good because now that **Leila** is 18 months and no longer breastfeeding, she needs to eat at least six times a day. Her mother knows about the food groups – **Go, Grow** and **Glow** – and so when **Leila** asks for something to eat, her mother knows that some good choices include **mangos, bananas, oranges, peanuts, and eggs**.

When her mother prepares family meals, she includes **beans** or **meat** in the sauce together with leaves or **vegetables**. **Leila** has always liked having her own bowl, and now that she is older, she is proud to show her parents how she can eat it all by herself. Her parents always praise her.







Now that **Leila** is 2 she likes to have much more space when she sleeps, so she no longer shares a mattress with her mother. Her father has now bought her very own mosquito net under which she can sleep each night. He's sure to set the net up for **Leila** correctly each night and he always checks for holes or tears.







One night **Leila** can't sleep because she is coughing a lot. Her mother notices that she feels hot and she has a funny noise coming from her chest when she's breathing.







Leila's father remembers that this is a serious danger sign for children, so he arranges to take **Leila** to the health clinic, where the nurse gives her medicine.







While they are at the clinic, the nurse checks **Leila's** growth card and tells the family that it is time for **Leila** to receive vitamin A drops again. **Leila** opens her mouth wide for the nurse.







The next day the ttC-HV comes to visit **Leila's** household. She is glad to hear that **Leila's** parents remembered the danger signs for children and took **Leila** immediately for care. She praises them for their quick response. She is glad to find that **Leila** is already feeling better and that her mother is being very patient to ensure that **Leila** is still eating and drinking enough.

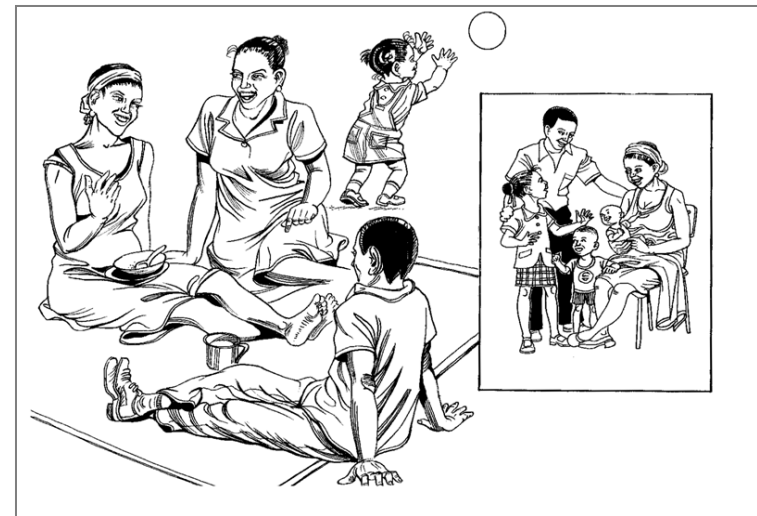


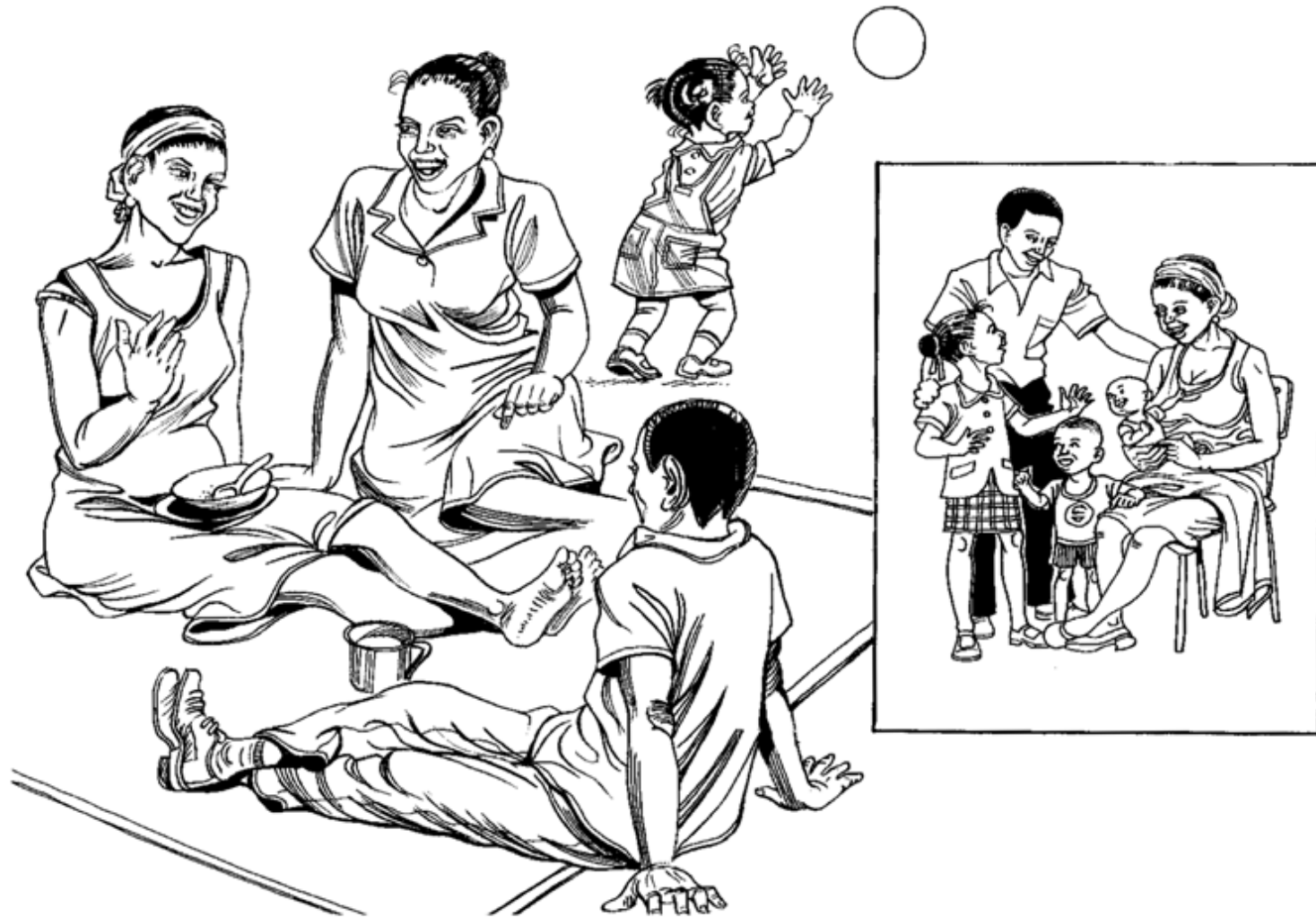


Positive Story: Complementary Feeding, Danger Signs and Birth Spacing



The ttC-HV tells **Leila's** parents that they have done a really good job and she can see that both **Leila** and her mother are strong and healthy. She tells them that if they want to have more children, they can begin to think about trying for another pregnancy. **Leila's** parents have decided they want two more children.







Positive Story: Feeding at Two Years, Danger Signs, Birth Spacing: Guiding Questions

1. What behaviours/practices did they see in the story (positive or negative)?

Possible answers

- Leila is washing her hands.
- Leila eats nutritious snacks between meals, and her mother giving her good choices for snacks.
- Mother is preparing nutritious meals and putting nutritious ingredients into the sauce.
- Bed net.
- Leila's parents recognise the danger sign and take Leila to the clinic right away.
- Growth monitoring.
- Vitamin A.
- Leila still eats as much when she is ill.
- Family planning.

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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