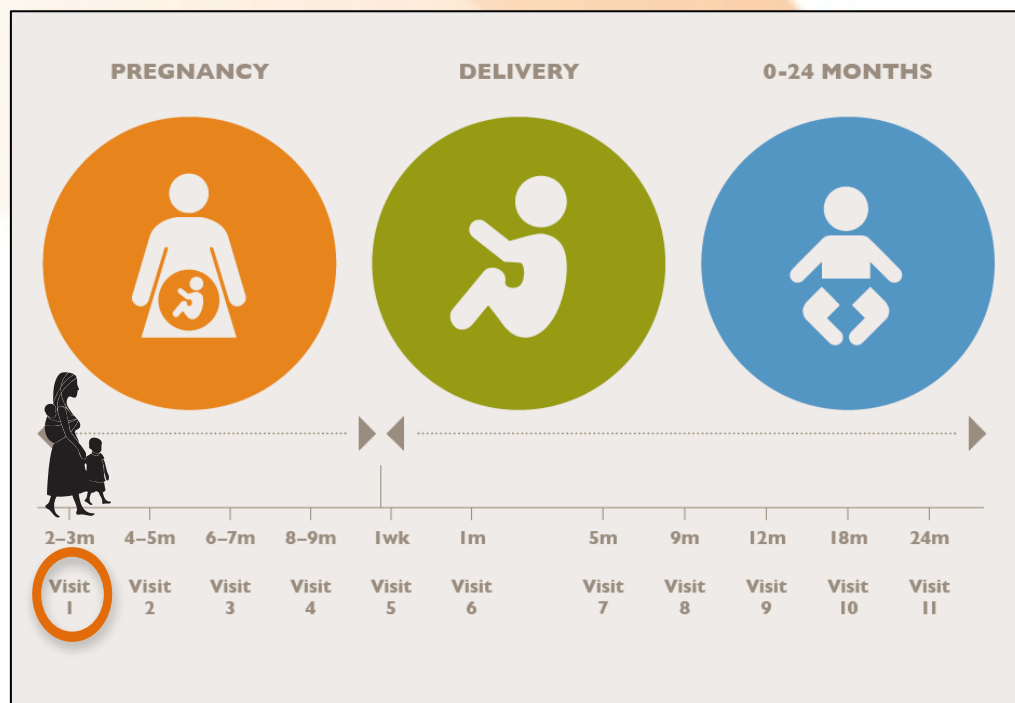
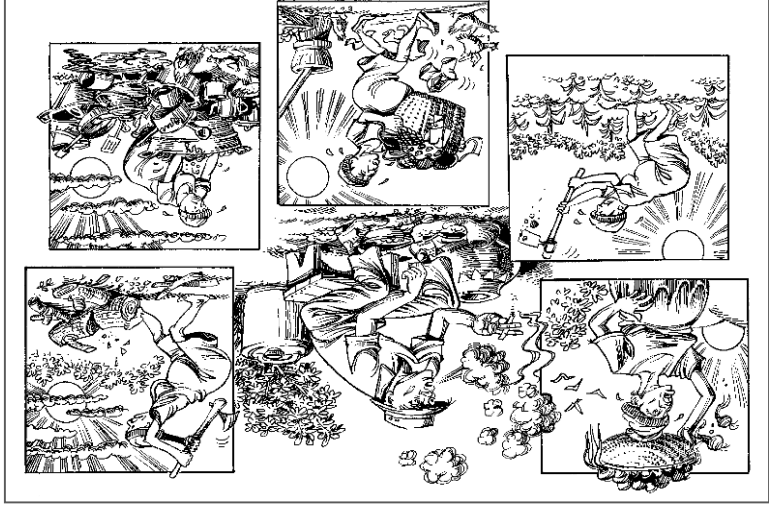


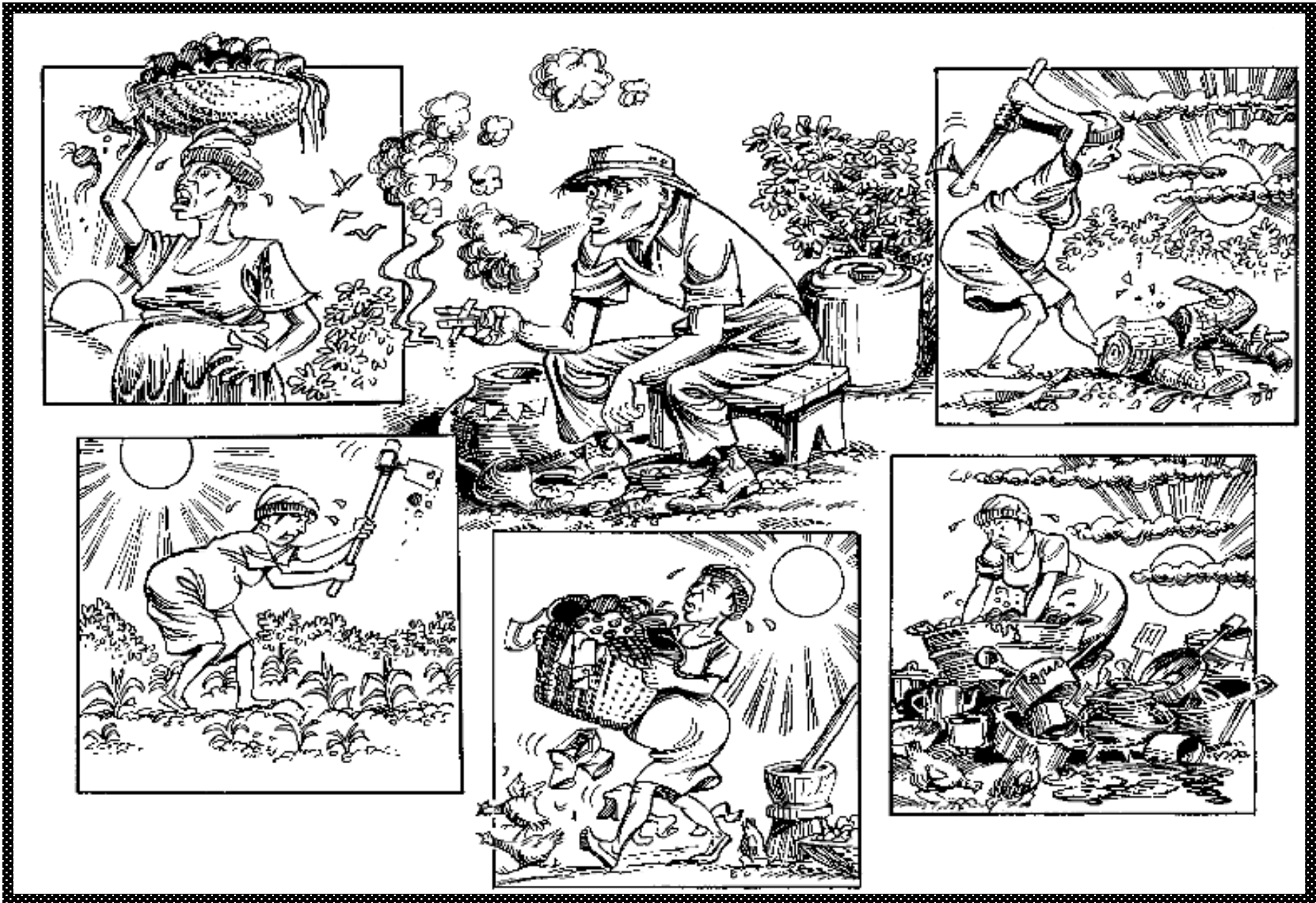
# VISIT I



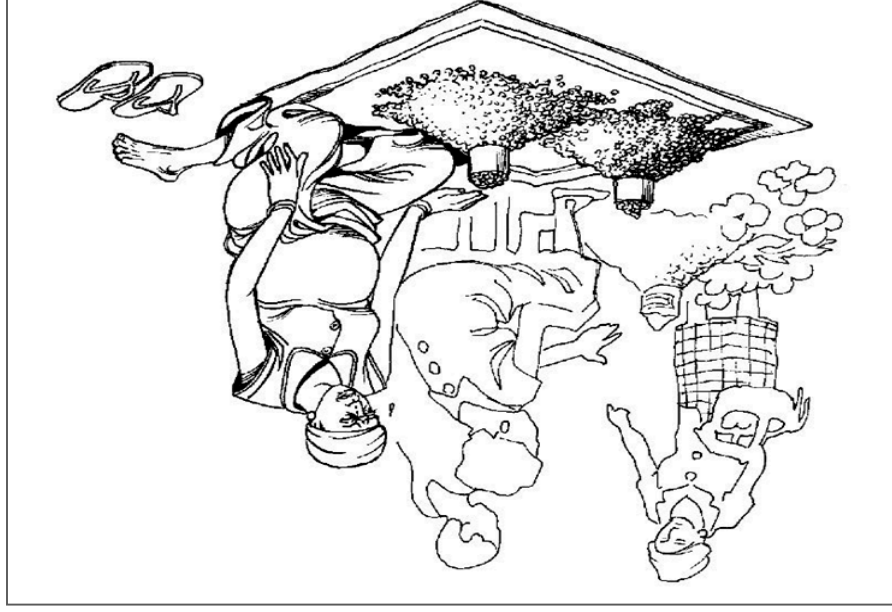


**Biba** is pregnant. Every day Biba wakes up early and she works hard all day. Sometimes she even lifts heavy things. She doesn't have any help. She has no time to rest. She starts her day by **grinding her maize**. Her cooking pot is ready so she can begin to prepare food for the day.

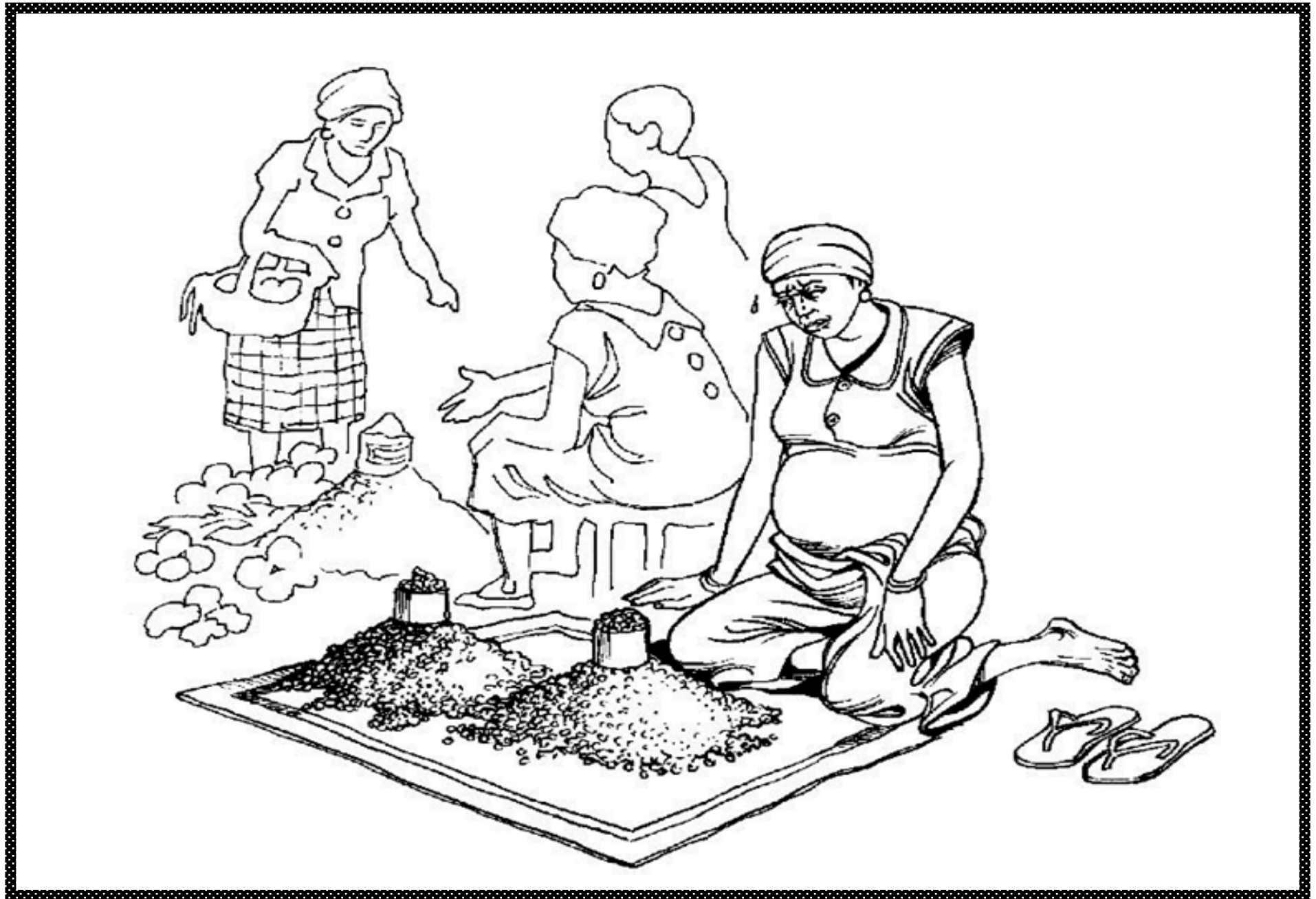


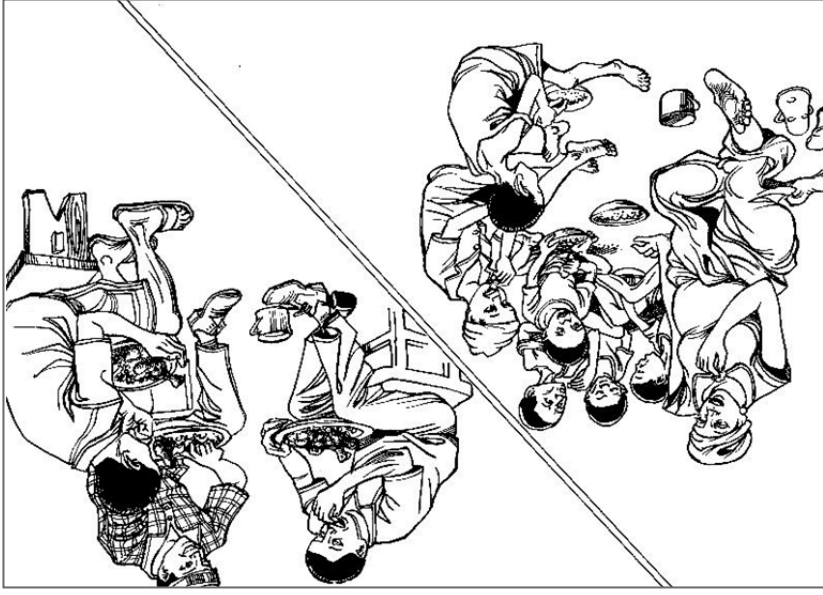


## Problem Story: Nutrition, Home Care and ANC

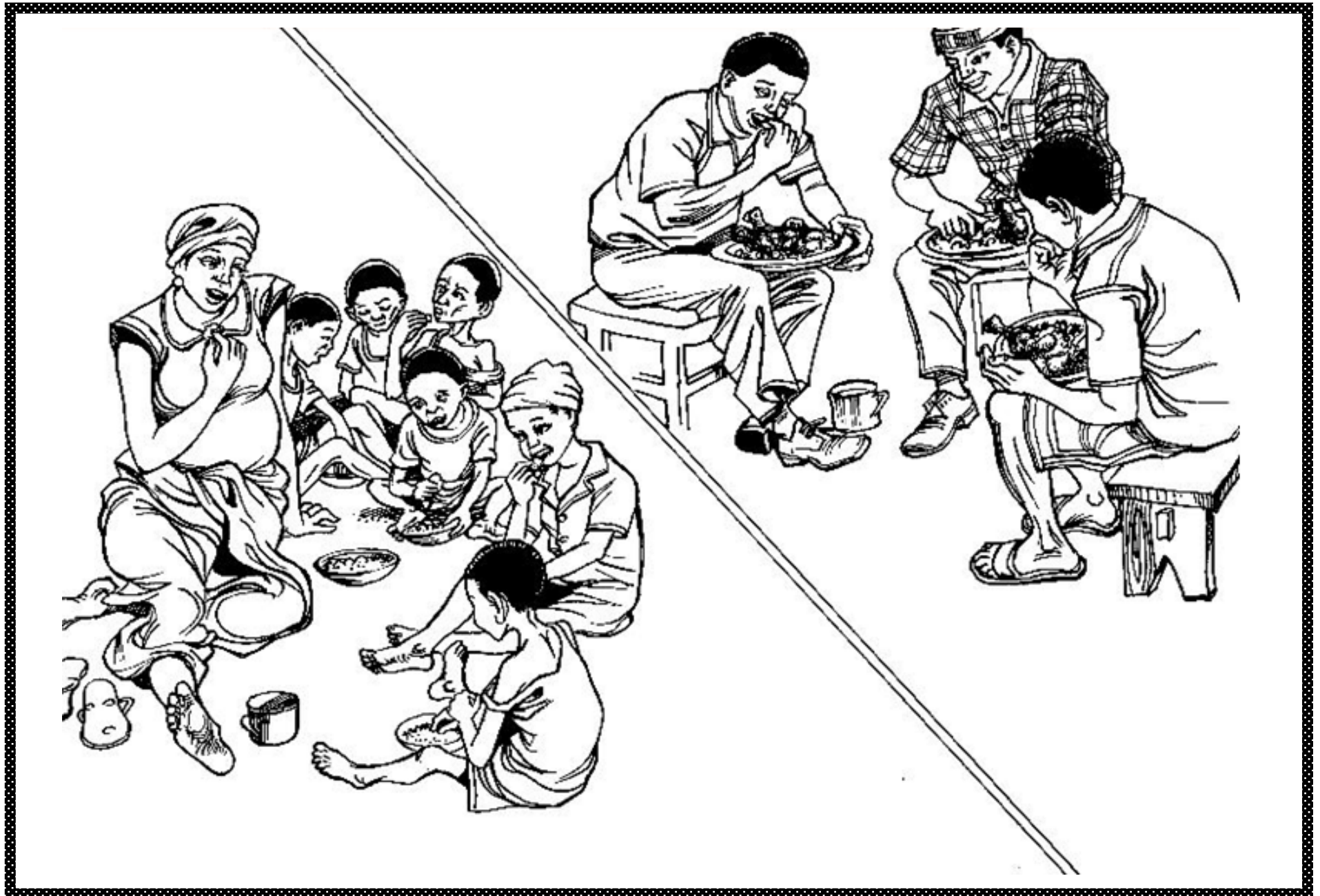


In the afternoon Biba goes to the market to sell **peanuts and beans** she has grown in her fields. She does not put any **peanuts or beans** in the sauce for her meals of maize.

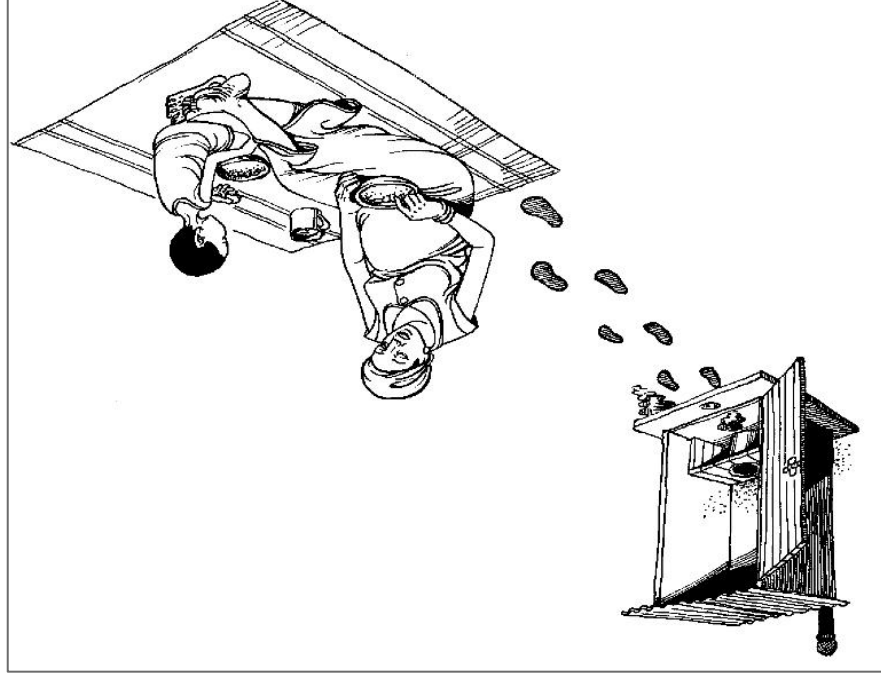




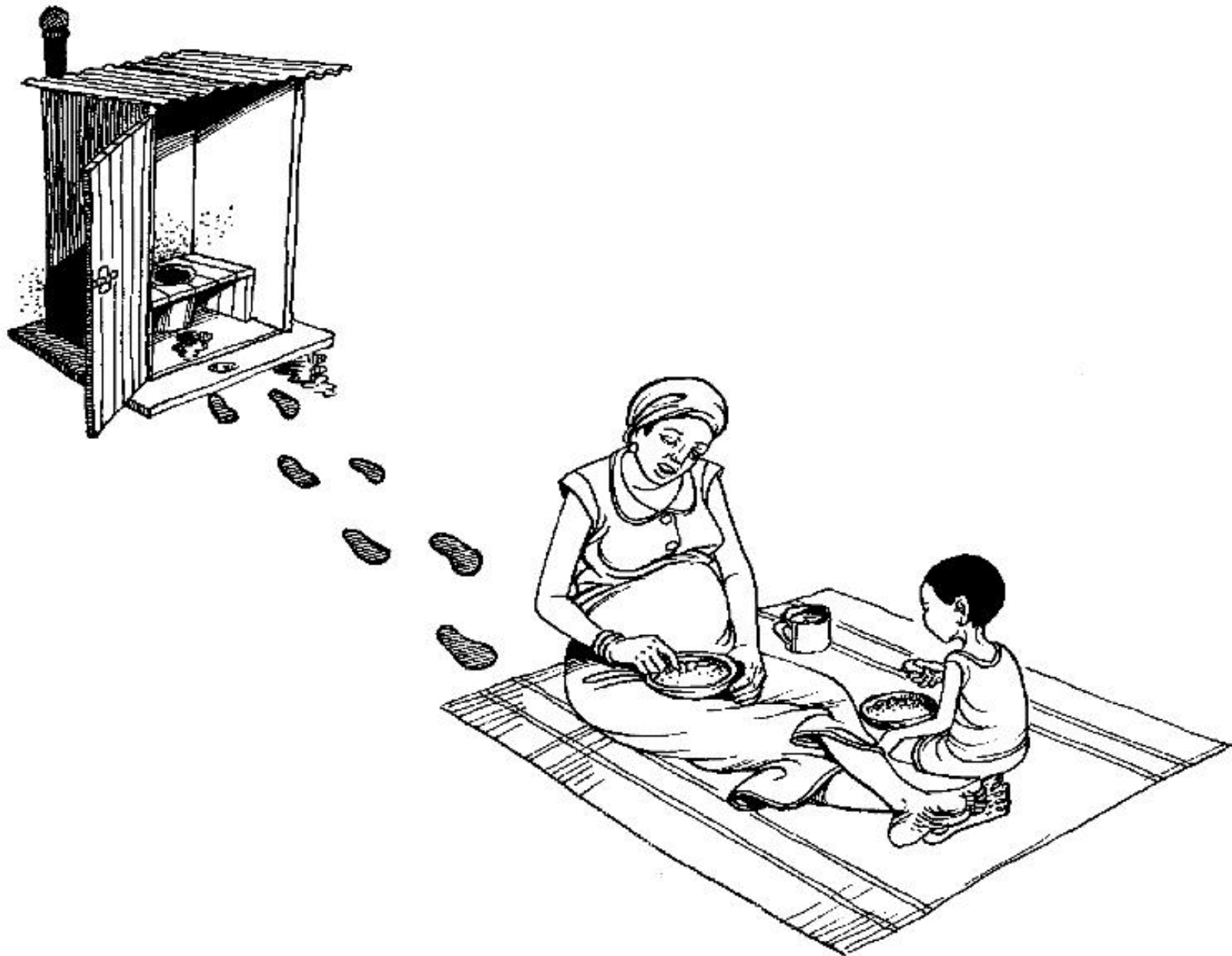
In the evening **Biba** and her children eat small portions of **maize without sauce**. Her husband, **Peter**, generally eats in the village with his friends.

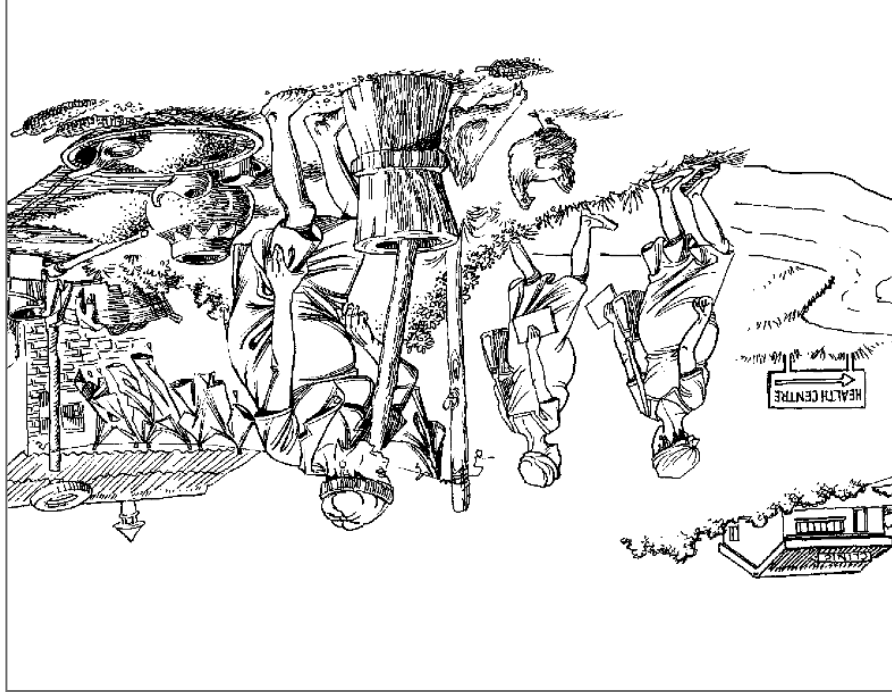


## Problem Story: Nutrition, Home Care and ANC



At midday **Biba** is coming from the latrine, having not washed her hands, and sits on a mat to take her first meal of **maize porridge** mixed with water.



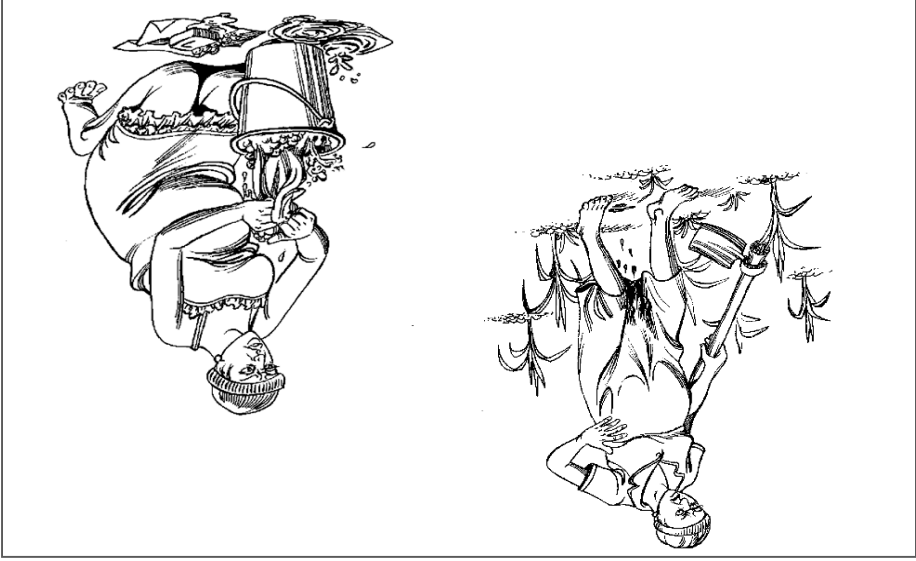


In the afternoon **Biba** sees her pregnant friends on their way to the health facility for their antenatal visit. She continues to work.





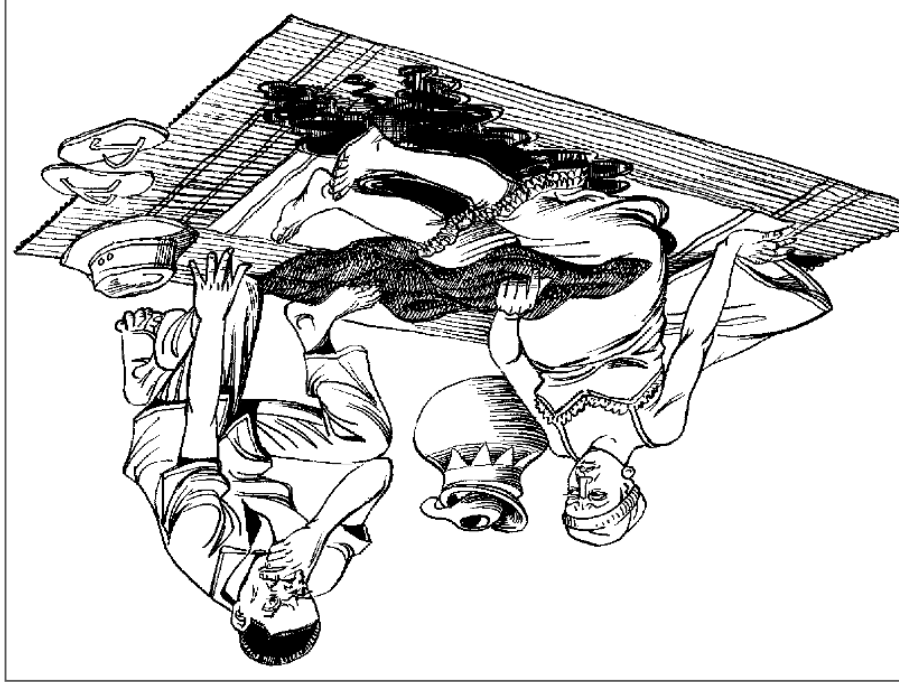
## Problem Story: Nutrition, Home Care and ANC



One day while working in the fields, Biba notices blood on her clothes. She doesn't tell anyone, because she doesn't know any of the danger signs to look for when she's pregnant.







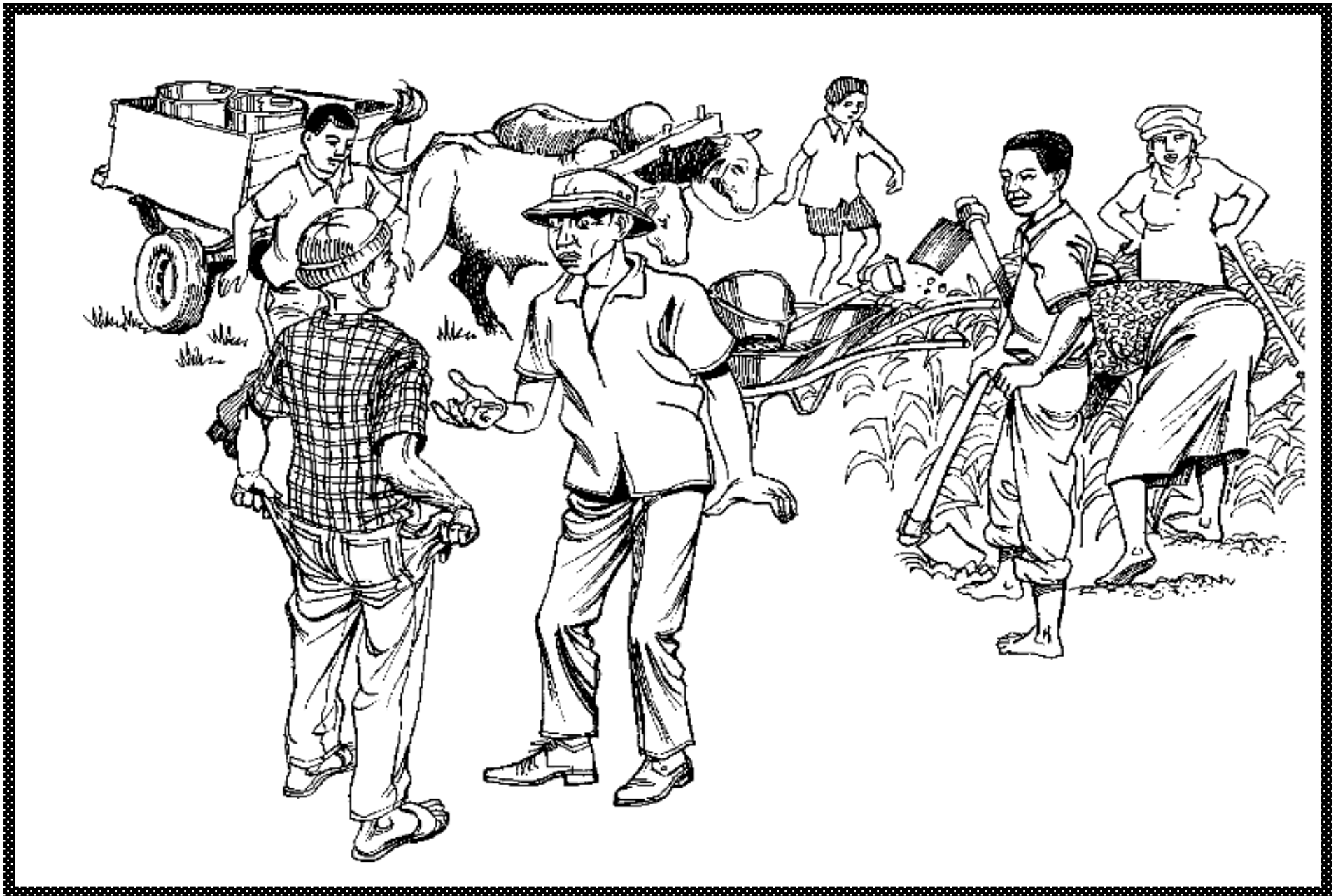
The next morning **Biba** wakes up with a lot of blood on her mat. She calls to her husband to get help.







**Biba's** husband runs around the village looking for transport. He finds that most of the men are in the **fields with their ox carts**. It takes him a long time.





By the time he has found help and comes  
back to the house, he sees that Biba and the  
baby have died.





## A. Problem Story: Nutrition Home Care and ANC: Guiding Questions

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

Possible answers:

- Biba had too much work. She was pushing her body too much.
- She was not eating enough food
- She wasn't eating a variety of foods
- She has lots of children
- She doesn't wash her hands, which might cause infections or diseases
- She sold crops that she and her children could have eaten instead
- She was lifting heavy things
- She didn't go to the clinic for pre-natal care, to check on her and her unborn baby
- Her husband is spending money on himself that could be used for his wife and children instead.
- She didn't understand that the bleeding was dangerous
- She didn't tell anyone about the bleeding
- Her husband didn't have a plan for transportation if there was an emergency

2. Do similar things happen in your community?

3. Do any of these happen in your own experience/family/ home?

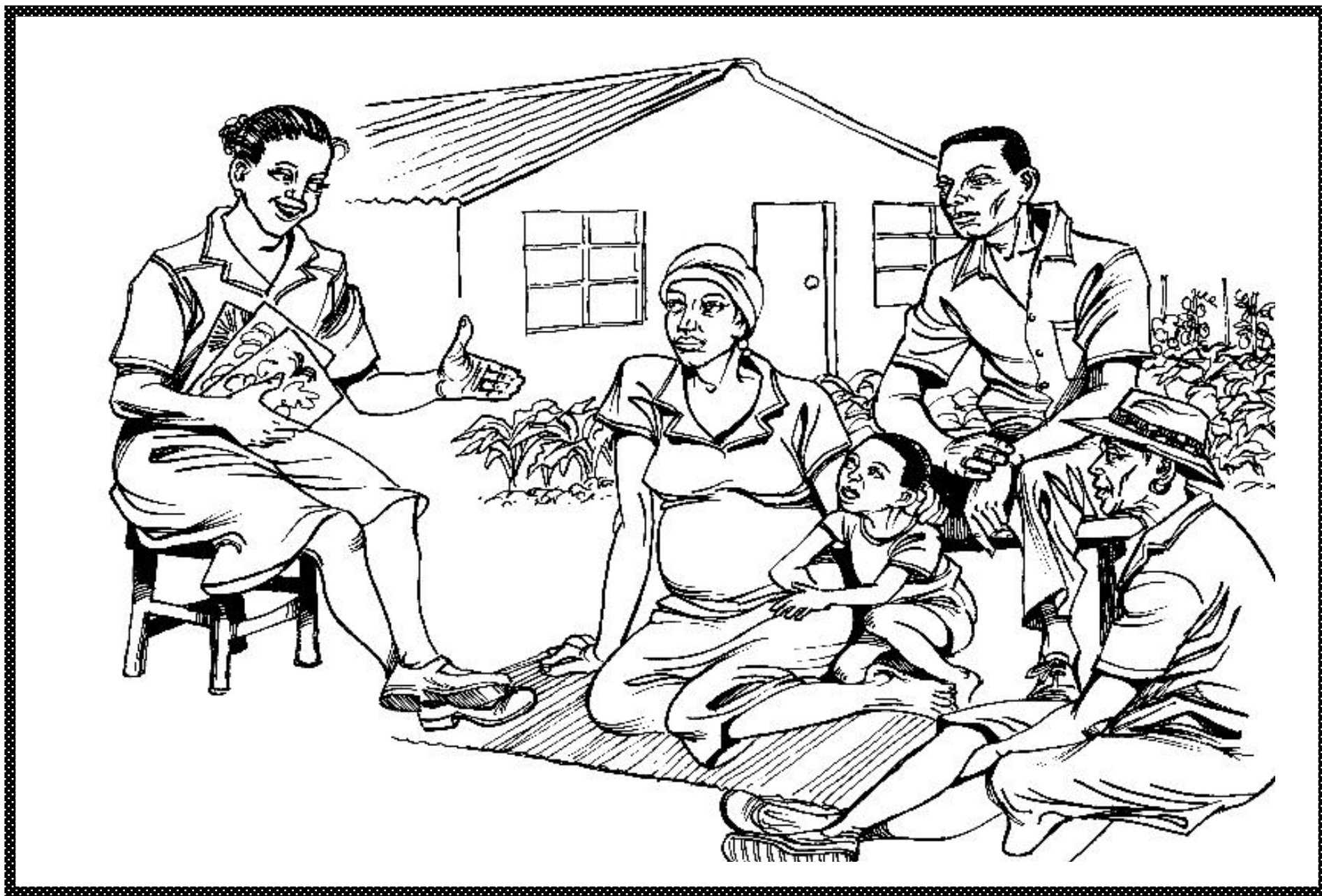


VISIT 1





The home visitor visits **David** and **Mary** in their home and explains that there are **three** main food groups, which are important for the health of everyone in the family, but especially for **Mary** because she's pregnant. The ttc-HV tells **Mary** that she will need to increase the amount of food she eats and the number of times she eats each day.



**Positive Story: Nutrition Home Care and ANC**



The ttc-HV shows **Mary** and **David** pictures of three food types, and explains they are all essential for Mary to eat every day.

1. **Maize, millet, cassava, sorghum, rice, potato, sweet potato,** foods that give the body energy, they make the body GO, the way that gasoline/petrol makes a car go.

2. **Mangos, bananas, oranges, papaya, sweet potatoes, leaves, beetroot, and a variety of vegetables** make the body healthy, or GLOW, the way a lantern lights up a room at night.

3. **Eggs, meat, fish, chicken, peanuts, beans, liver, lentils** are foods that build a strong body, or make the body GROW, the same way that water helps a seed becomes a plant.



1. GO



2. GLOW



3. GROW



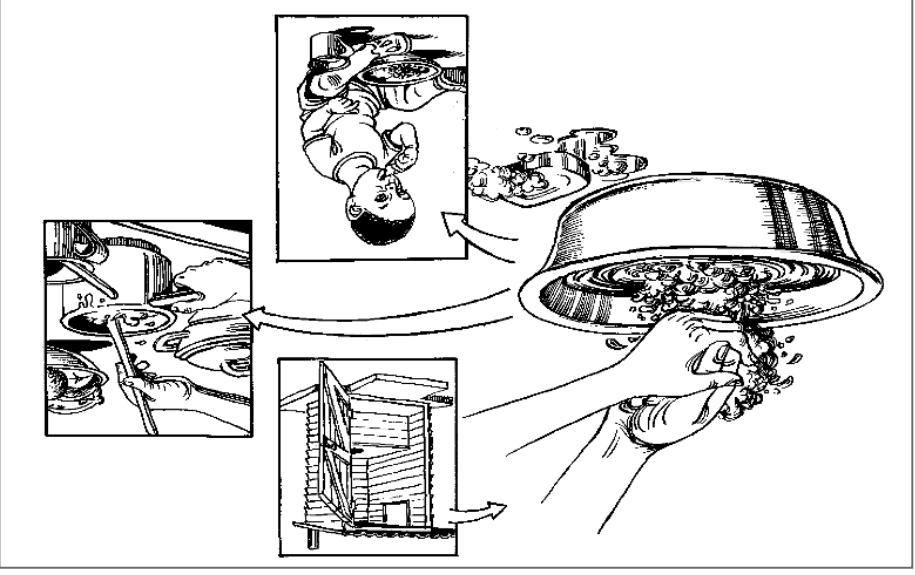
David and Mary head to the market where David buys some eggs and piece of liver especially for Mary. Mary buys fruits and vegetables and some beans that she will put in the sauce for the chimba she will make for the whole family.

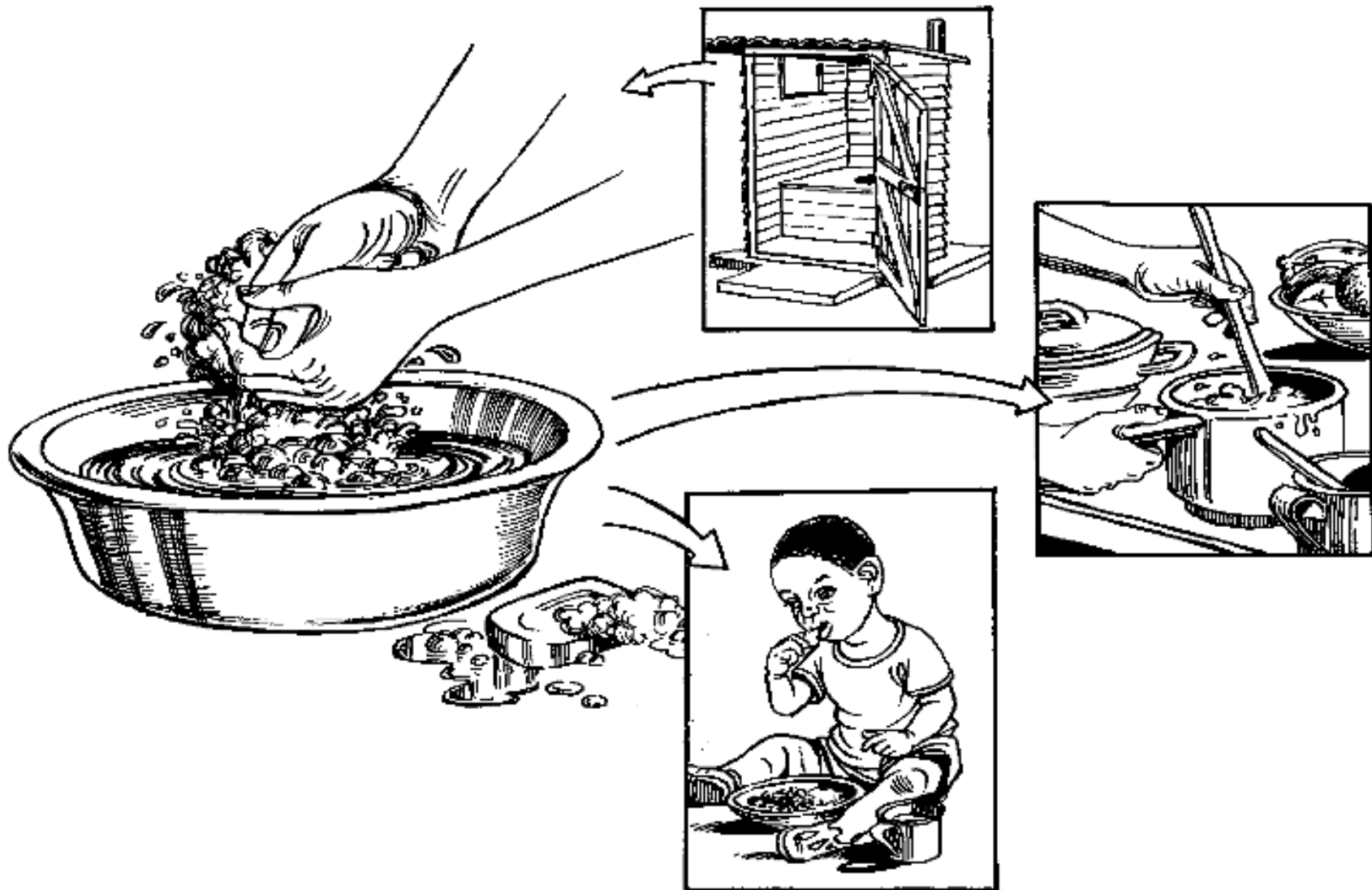


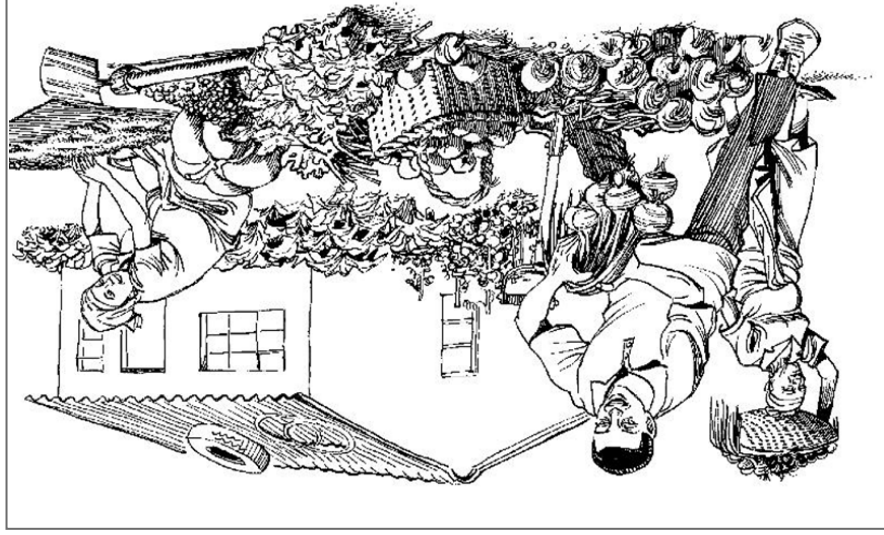


**Positive Story: Nutrition Home Care and ANC**

The ttc-HV spoke to **Mary** and **David** about sanitation and hygiene. As a result, **Mary** and **David** have a clean yard, soap and water. **Mary** makes sure to wash her hands before preparing any food. She also assists her children to wash their hands before they all sit down together to eat.







The next morning **David** separates **tomatoes**, **onions**, **peppers** and other items from the kitchen garden he has planted for the family, into two piles. Mary saves one pile to prepare meals for the family. Mary's mother-in-law takes the other pile to the market to sell.

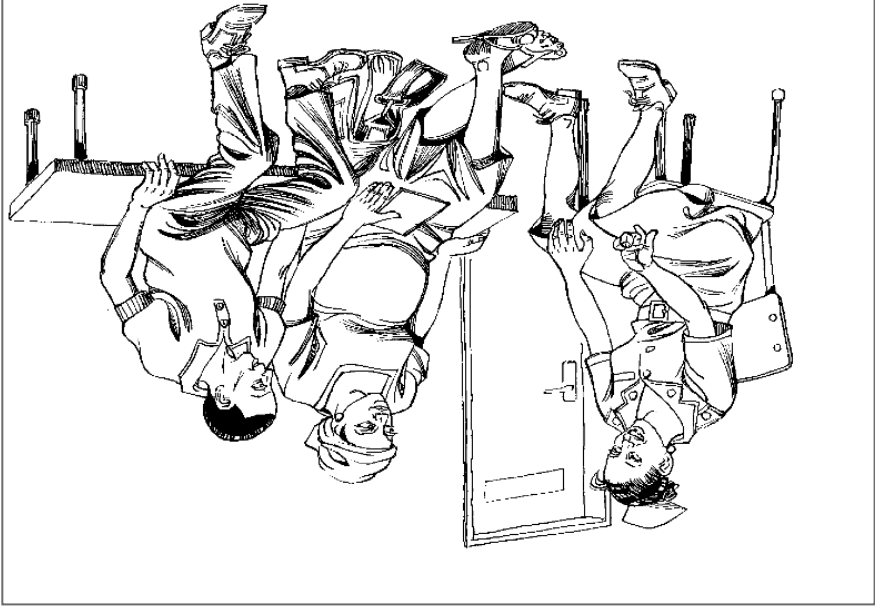




**Positive Story: Nutrition Home Care and ANC**

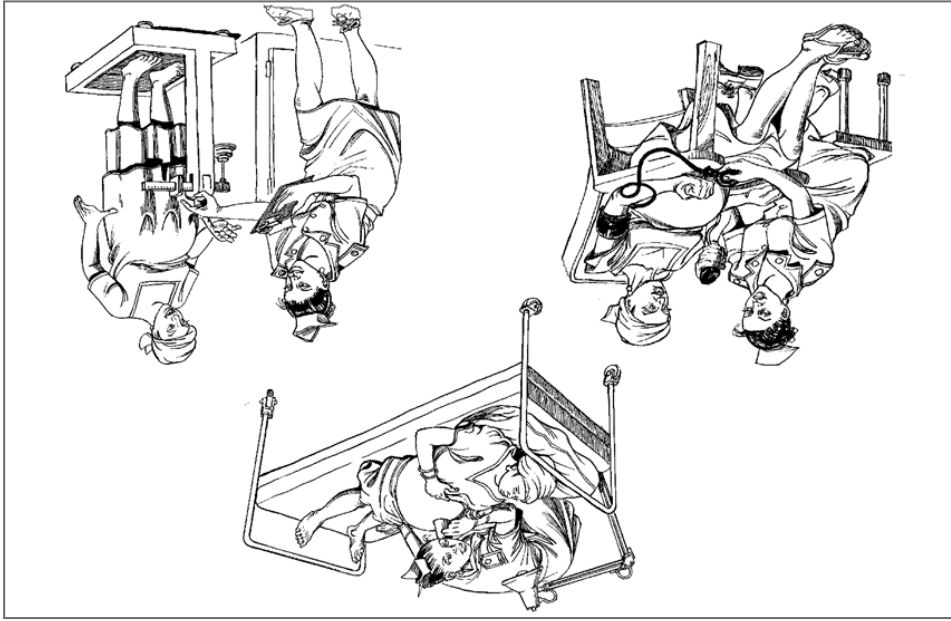


The ttc-HV told **David** and **Mary** that it is very important for **Mary** to go to the health facility and receive prenatal care. Prenatal care means special care for **Mary** while she is pregnant, for the benefit of both her and her unborn baby.

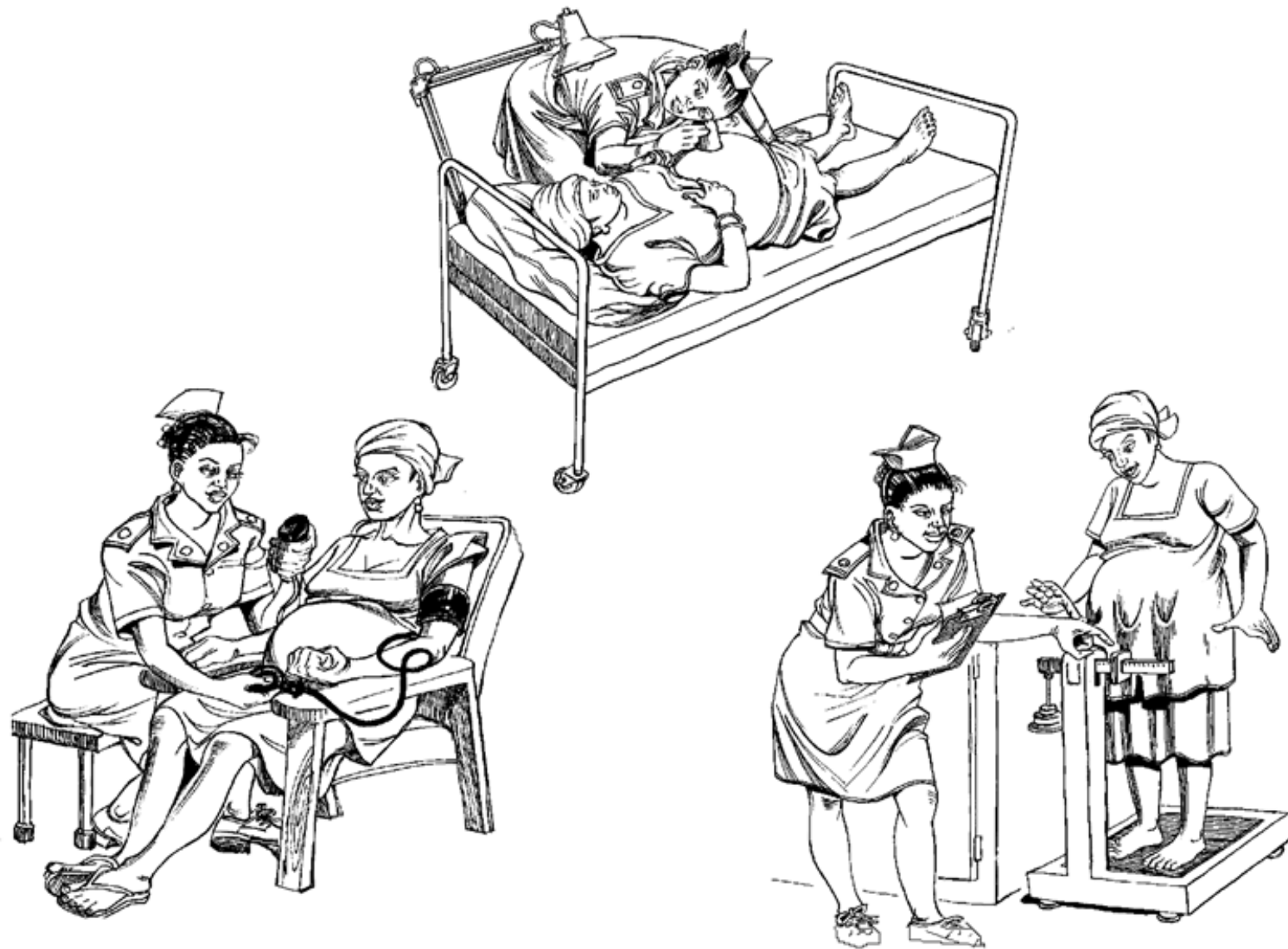




**Positive Story: Nutrition Home Care and ANC**



While at the clinic the nurse takes **Mary's** blood pressure... listens to the baby's heartbeat... and weighs **Mary**.



**Positive Story: Nutrition Home Care and ANC**



The nurse also gives **Mary** some iron-folic acid tablets and instructs her to take them daily with food. The nurse tells her the tablets will help the baby grow well and will help her have a lot of energy and healthy blood.





**Positive Story: Nutrition Home Care and ANC**

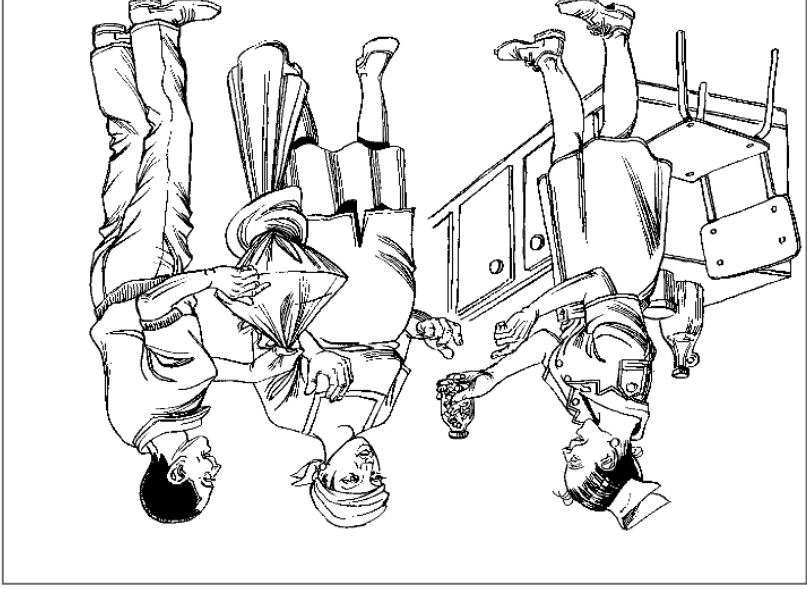


Mary receives a tetanus injection that will protect her and her baby at the time of delivery. The nurse tells her she will have another one at her next visit, so it is very important for her to come back.



**Positive Story: Nutrition Home Care and ANC**

**Mary** and **David** live in an area where many people get malaria. Because the nurse is concerned that malaria will harm the baby, she gives her some tablets which she takes immediately, and a long lasting insecticide treated bed-net which she must sleep under all throughout her pregnancy.

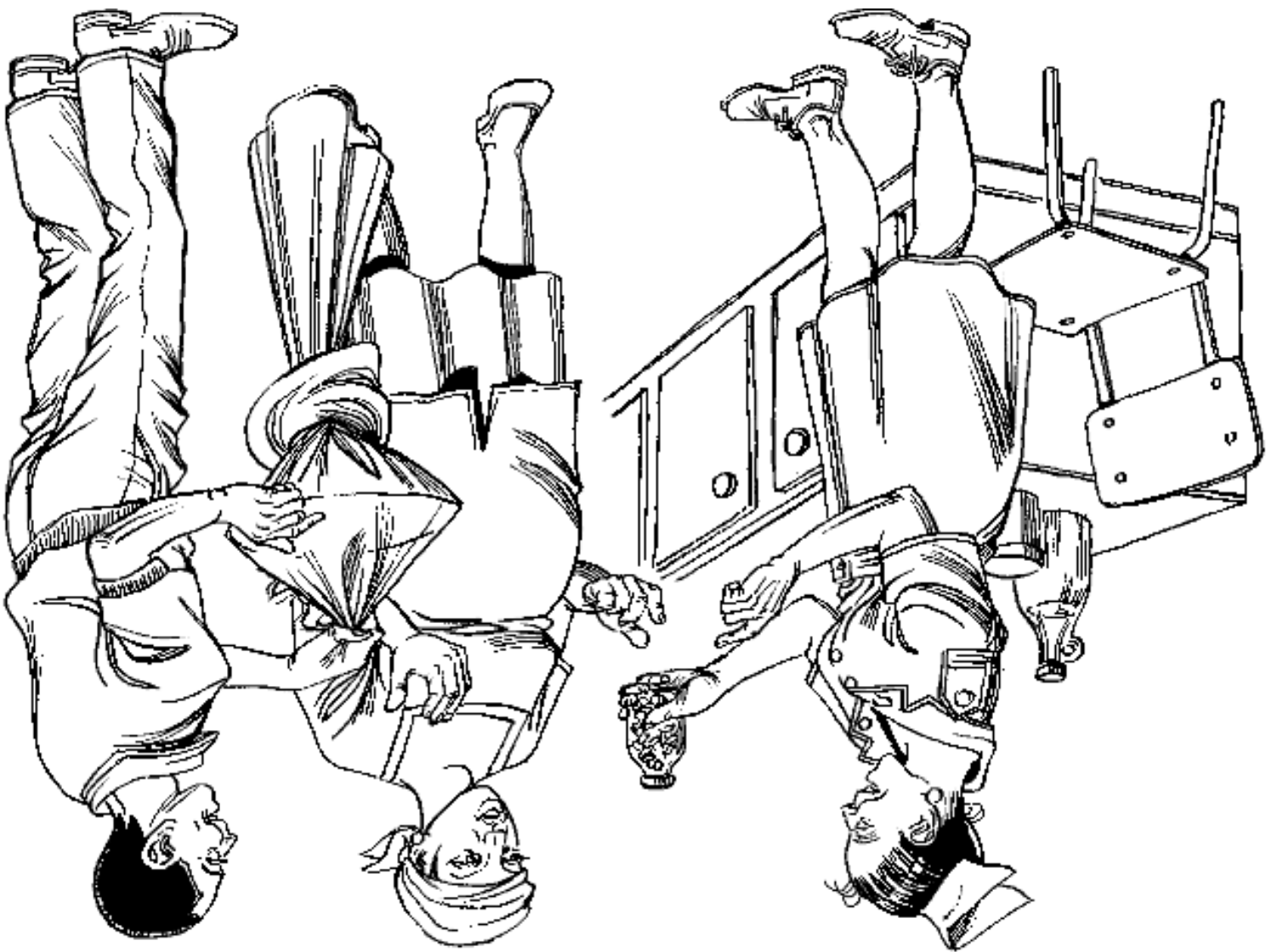




**Positive Story: Nutrition Home Care and ANC**



## Positive Story: Nutrition Home Care and ANC



VISIT I

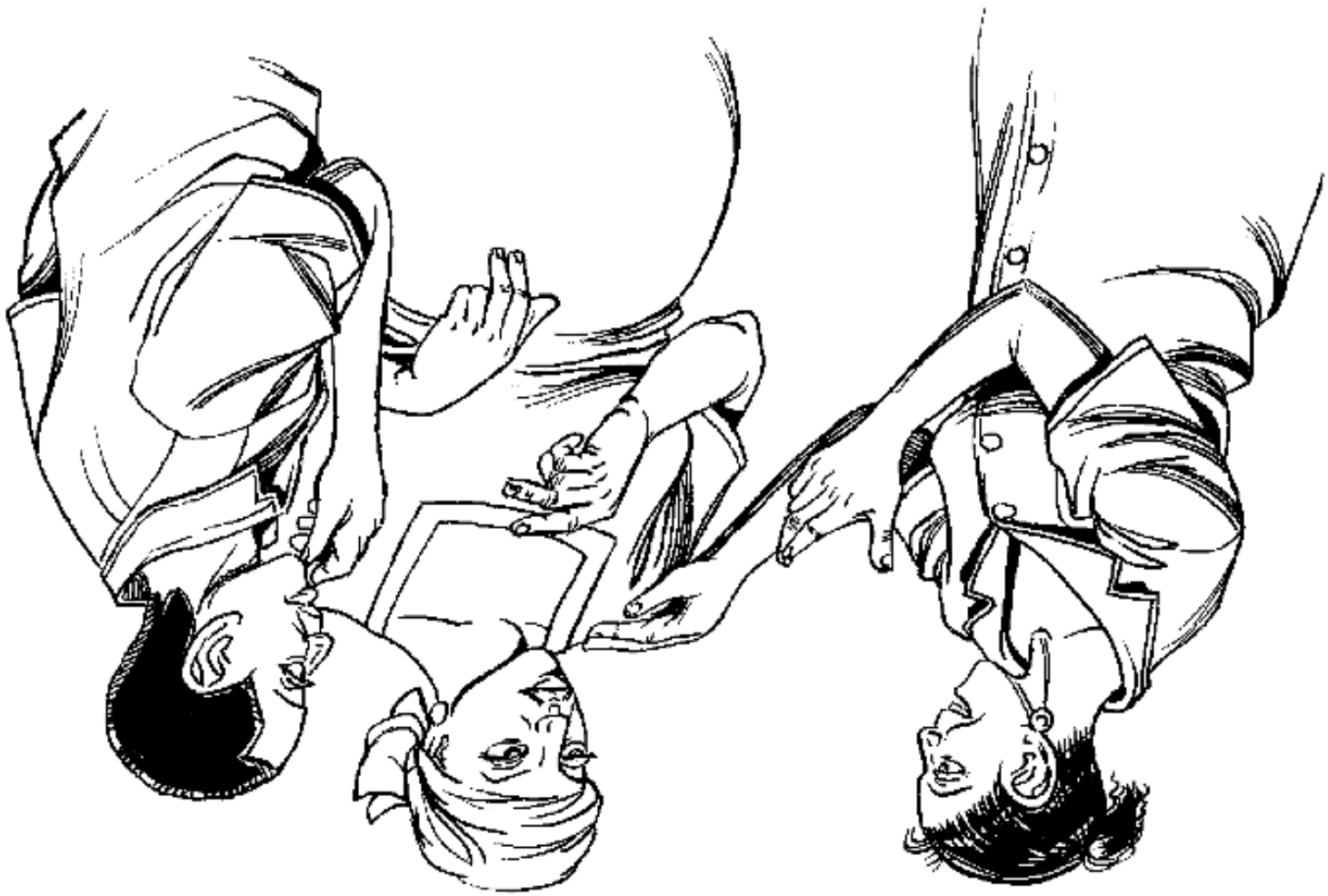
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The ttC-HV had told **David** and **Mary** that when they went for ante-natal care they should request a confidential HIV test and a test for tuberculosis, as well as tests for other sexually transmitted illnesses.





## Positive Story: Nutrition Home Care and ANC



VISIT I

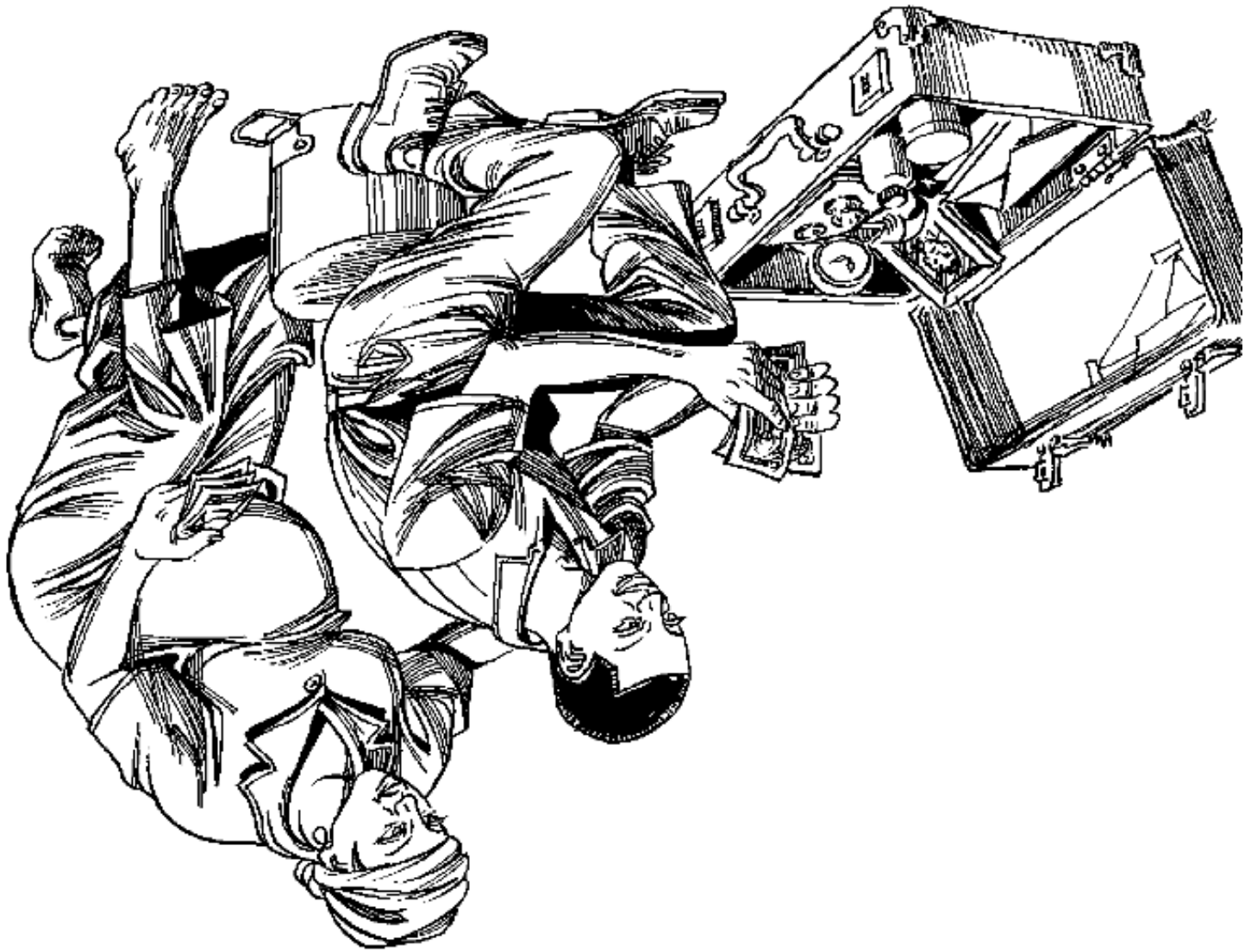
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**David** is very happy and has begun to save money especially to take care of **Mary** and the new baby.





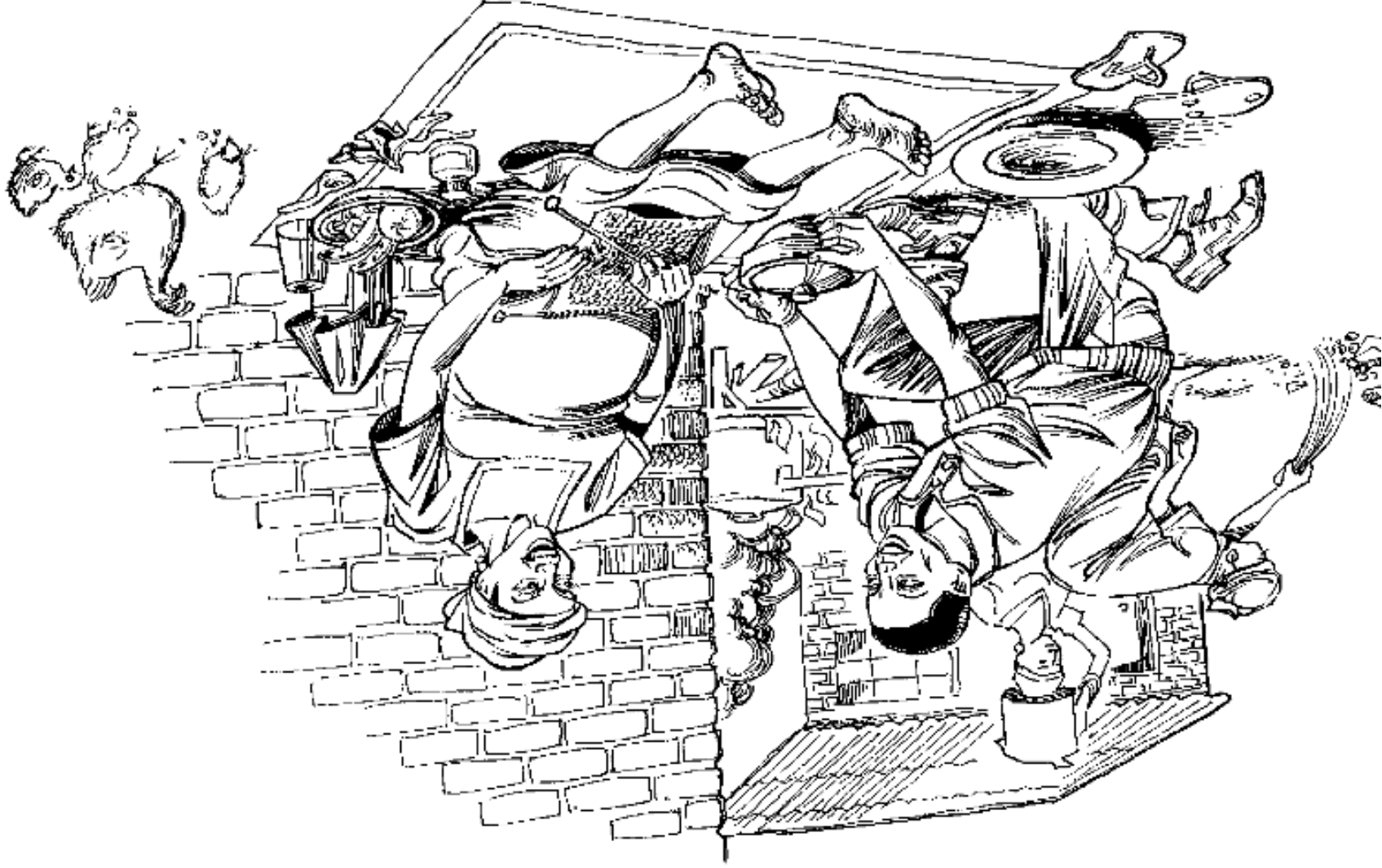
## Positive Story: Nutrition Home Care and ANC



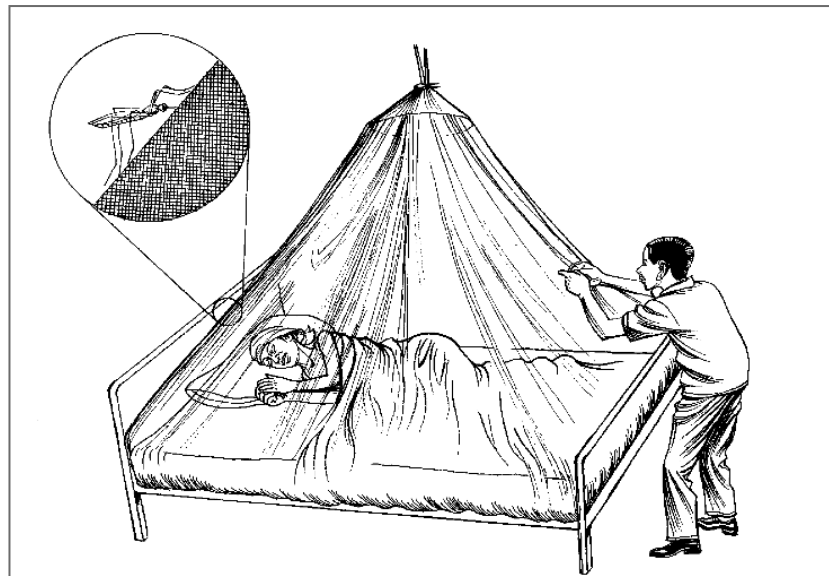
**David** is very committed to making sure **Mary** and the baby stay healthy. He has arranged for her to have help and reduced the amount of work she will do every day. He makes sure she can rest for a few hours every day and has lots to eat and drink. The ttC-HV reminds **Mary** to take iron folic-acid tablets daily with food.

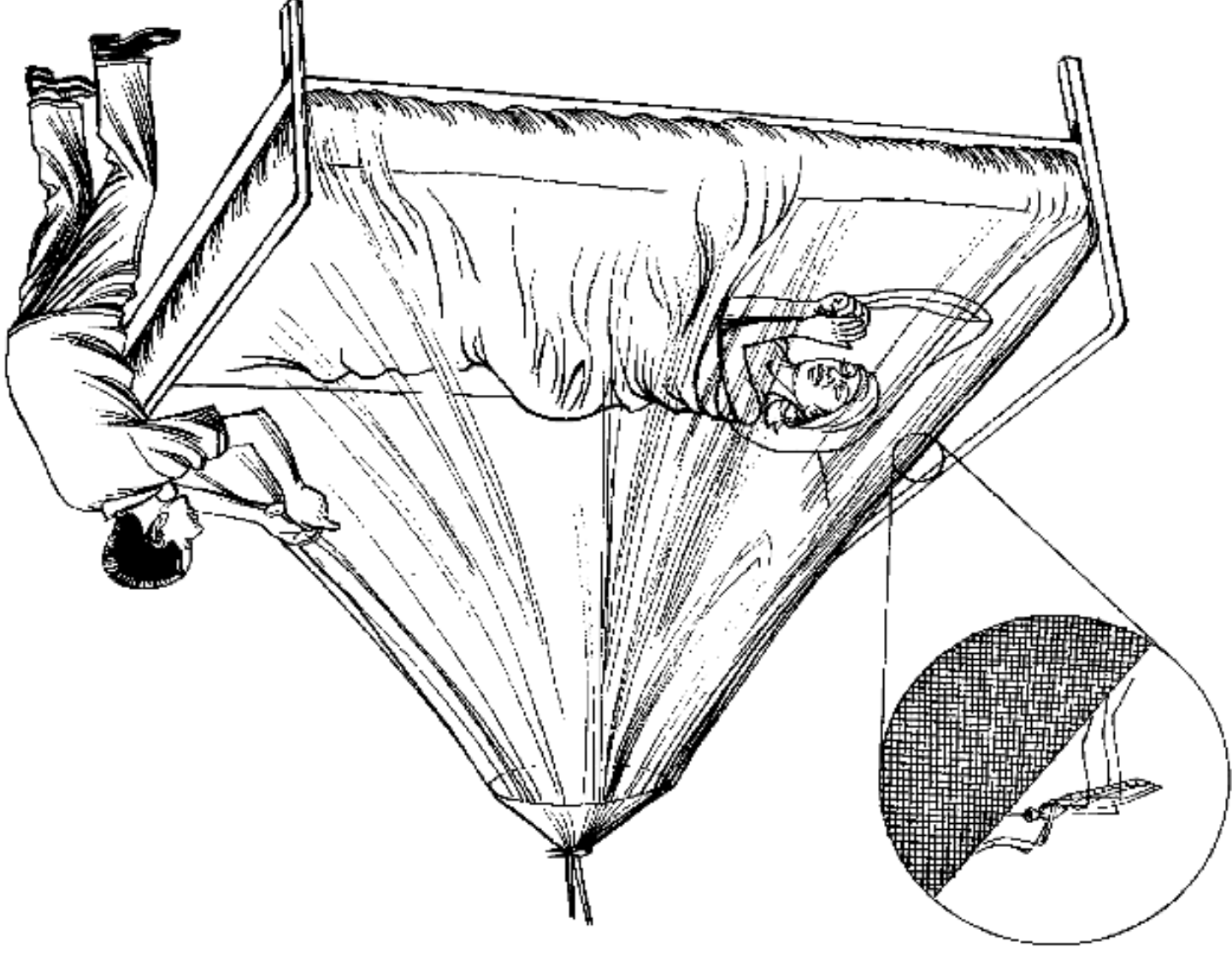
**David** and **Mary** also check for danger signs and agree to call for help immediately if they detect any problems.





**David** learned how to correctly hang the bed-net and he makes sure that **Mary** sleeps under it every night. He also checks to make sure the net has no holes and is tucked correctly under the mattress.



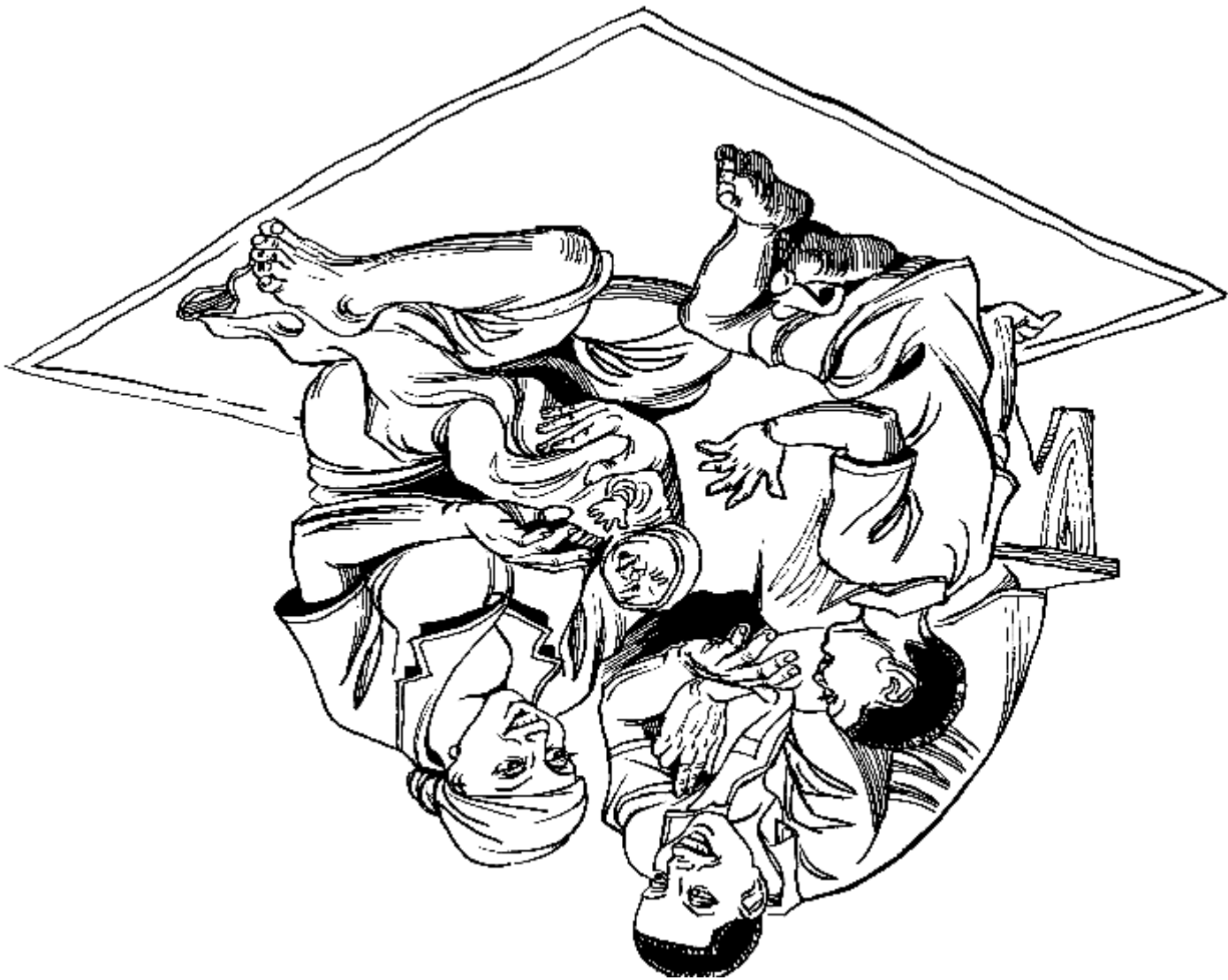


**Mary** and **David** have a normal delivery and welcome a new baby girl. Their son is happy to welcome his new healthy baby sister.





## Positive Story: Nutrition Home Care and ANC



VISIT I

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## B. Positive Story: Nutrition: Guiding Questions

1. What behaviours / practices did they see in the story?

- **Mary** is eating enough food. She eats more than usual when she is pregnant
- She eats different kinds of foods, from all of the food groups
- **Mary** and **David** don't sell all of their nutritious food. They divide it and save some of it to eat.
- They wash their hands
- **Mary's** husband helps her so that she doesn't have to push her body too much while she is pregnant.
- **David** and **Mary** saved money for the pregnancy and for any emergencies
- **Mary** goes for pre-natal care at the clinic and receives many services
- **Mary's** family helps her with her work so that she can rest
- **David** and **Mary** understand the danger signs in pregnancy and always check to make sure **Mary** is not showing any of the danger signs
- They are prepared to take her to the clinic immediately if she has a problem
- **Mary** sleeps under a bed net
- **Mary** has a baby girl and both the baby and the mother are healthy.

2. Do similar things happen in your community?

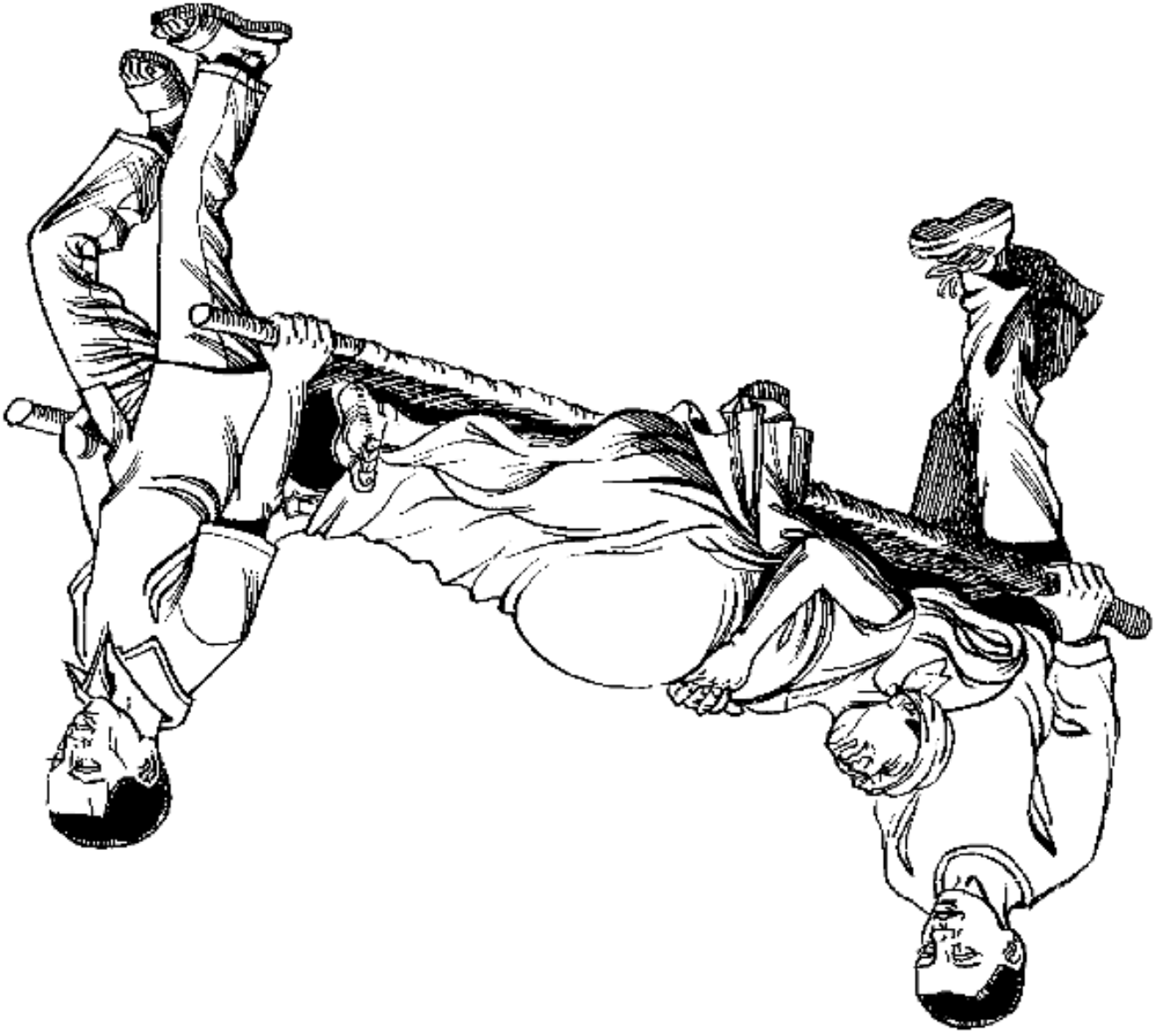
3. Do any of these happen in your own experience/family/ home?



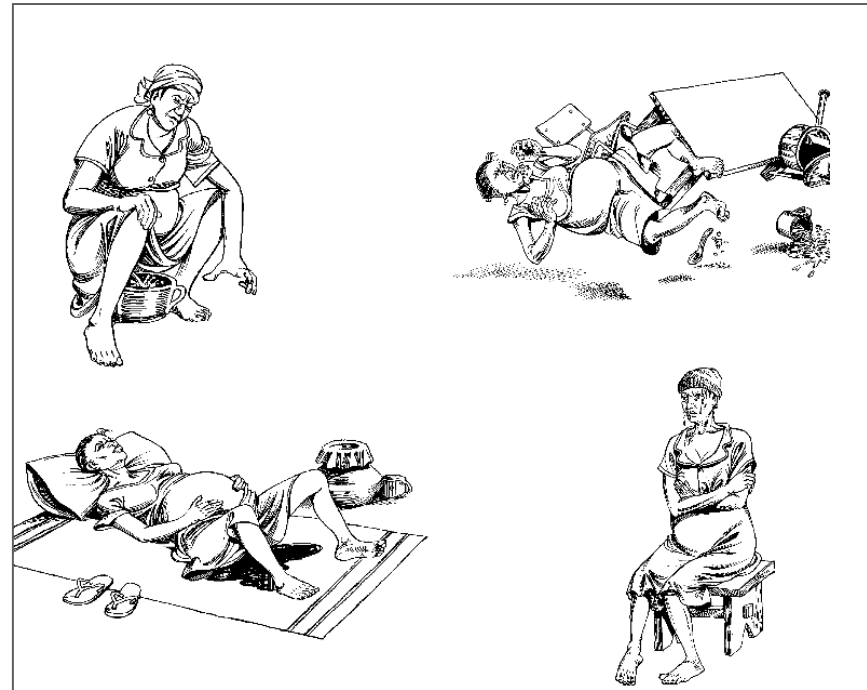


Take immediately to the health clinic if the pregnant woman has any of the following symptoms.

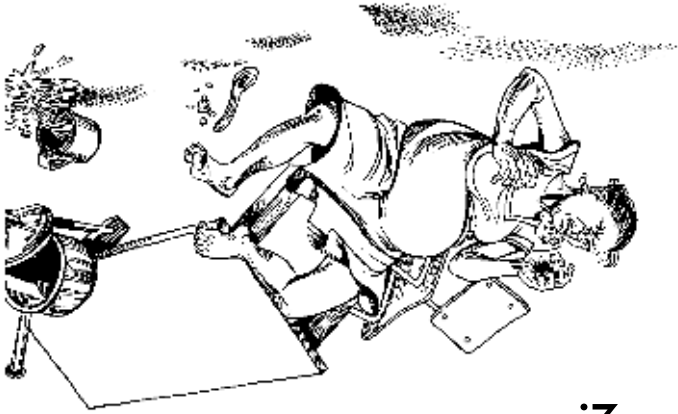




1. Lower abdominal pain.
2. Fainting/ fits.
3. Too much bleeding.
4. Fever.



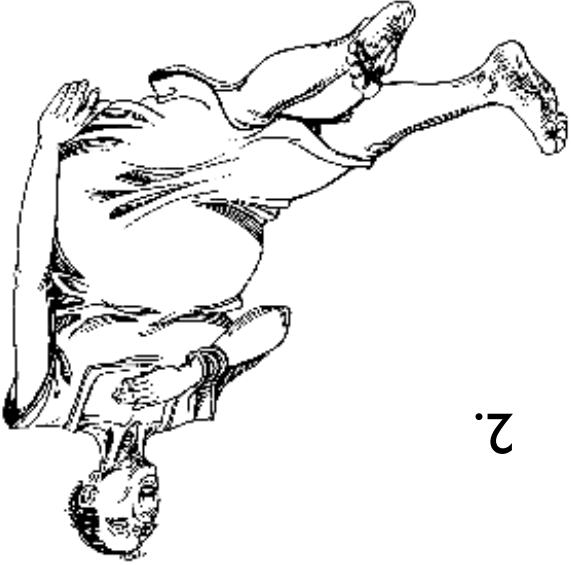
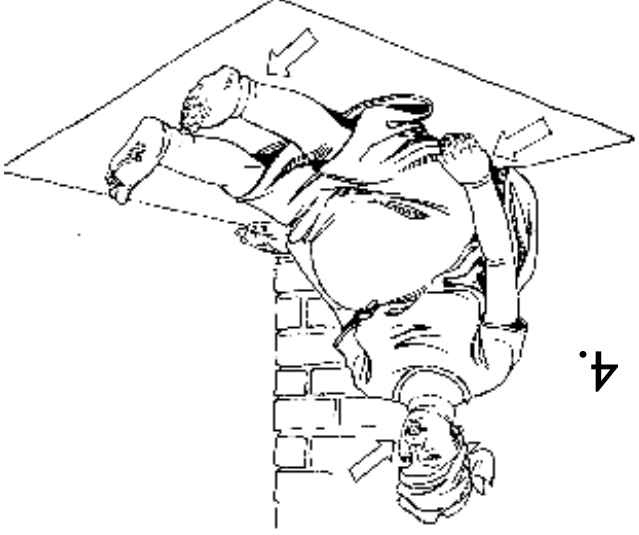
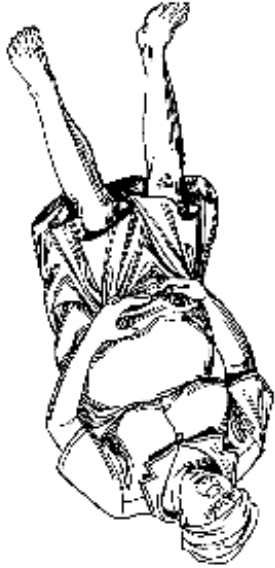
# Technical Information: Danger Signs in Pregnancy



1. Severe abdominal pain and pain while urinating.
2. Difficulty breathing.
3. Severe headache.
4. Swelling of hands, feet and face.



# Technical Information: Danger Signs in Pregnancy



## World Vision International offices

### Executive Office

6-9 The Square  
Stockley Park  
Uxbridge, Middlesex  
UB11 1FW  
United Kingdom

World Vision International  
800 West Chestnut Avenue  
Monrovia, CA 91016-3198  
USA

### International Liaison Office

Chemin de Balxert 7-9  
CH-1219 Chatelaine  
Switzerland

### European Union Liaison Office

33 Rue Livingstone  
1000 Brussels  
Belgium

### United Nations Liaison Office

216 East 49th Street, 4th floor  
New York, NY 10017  
USA

[www.wvi.org](http://www.wvi.org)

## WV Regional Offices

### East Africa Office

Karen Road, Off Ngong Road  
P.O. Box 133 - 00502 Karen  
Nairobi  
Kenya

### Southern Africa Office

P.O. Box 5903=  
Weltevredenpark, 1715  
South Africa

### West Africa Office

Hann Maristes Scat Urbam n° R21  
BP: 25857 - Dakar Fann  
Dakar  
Senegal

### East Asia Regional Office (EASO)

Bangkok Business Centre, 13th Floor  
29 Sukhumvit 63 (Soi Ekamai)  
Klongton Nua, Wattana, Bangkok 10110  
Thailand

### South Asia & Pacific Regional Office (SAPO)

750B Chai Chee Road  
#03-02 Technopark @ Chai Chee,  
Singapore 469002

### Latin America and Caribbean

P.O. Box: 133-2300  
Edificio Torres Del Campo, Torre I, piso I  
Frente al Centro Comercial El Pueblo  
Barrio Tournón  
San José  
Costa Rica

### Middle East and Eastern Europe

P.O. Box 28979  
2084 Nicosia  
Cyprus