Ammaji kehti hain...

Kyunki...

Jeena isi ka naam hai

Ammaji kehti hain...

FACILITATOR'S GUIDEBOOK
FOR THE
GROUP DISCUSSION VIDEO SERIES

unicef
unite for children
Ammaji kehti hain...
Kyunki...
Jeena isi ka naam hai
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Ammaji kehti hain...

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INTRODUCTION

The Facts for Life (FFL) publication provides parents and caregivers with essential information that can help improve and save children's and mothers' lives. The drama serial Kyunki Jeena issi ka naam hai imparts messages from the Facts for Life book in an entertaining fashion to rural audiences. It is a behavior change communication initiative designed as a one way communication tool to mass audiences.

To support the Kyunki serial, a set of video series titled Kyunki Ammaji kehti hain has been produced. These videos focus on social and behavior change communication and are made for small group viewing, learning and discussion. They are designed to be used as interpersonal communication tools by frontline workers (like yourself) in giving out important information to women and caregivers. The videos use the popular appeal of Kyunki Jeena issi ka naam hai, and expand upon the social and behavior change messages that are in the drama serial.

The videos are designed to promote participation and discussion by women who attend weekly or fortnightly meetings at the Anganwadi Center. The video series will augment your communication efforts in a small group setting. They aim to promote changes in knowledge, attitudes, practices and beliefs that relate to the Facts for Life topics. It is the expectation from these videos that they will help rural women:

- understand the benefits of recommended behaviors
- address some of the constraints in their social environments
- adopt simple household behaviors and
- access frontline workers (like Anganwadi Workers, ANMs, ASHAs, Panchayats, etc) in their communities

In this video series:

1. There are a total of 42 videos.
2. They cover 13 Facts for Life topics.
3. Each topic has a set number of videos.
4. One video is to be viewed and discussed in one group discussion.
5. You should be able to cover an entire topic in a few weeks time.

RESULTS EXPECTED

Facilitator's Guidebook for the Group Discussion Video Series
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2. They cover 13 *Facts for Life* topics.
3. Each topic has a set number of videos.
4. One video is to be viewed and discussed in one group discussion.
5. You should be able to cover an entire topic in a few weeks time.
The table below lists which Facts for Life topics are covered in this series along with the number of videos for each. Information on each video is provided in this guidebook.

<table>
<thead>
<tr>
<th>FFL Topic</th>
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<td>Emergencies: Preparedness &amp; Response</td>
<td>2</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>42</strong></td>
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You should be able to conduct the group discussion using:
- This facilitator’s guidebook
- The video guide
- The training you have received
- Supporting Facts for Life materials (flipchart)
- Individual videos

The package you have received contains:
- 42 videos
- 1 Facilitator’s guidebook
- 1 Video guide on how to use the videos
The objective of this package is to provide you with helpful step by step information on conducting a successful small group discussion. It covers the following:

1. How to prepare for the group discussion, how to use the videos, and to wrap up the discussion
2. Format of the videos: components that make up each video including main characters, discussion questions, use of the Kyunki serial, celebrity endorsements
3. Content of the videos: Topic specific information that is presented in each video with points for group discussion

This guidebook has been prepared to give you specific information and tips on

**HOW TO**

- Setup the room and equipment
- Conduct a group discussion
- Use the videos
- Wrap up the session
- Use Facts for Life topics with objectives and key messages for each video

Please read this guidebook to:

1. **Prepare BEFORE a session**
2. **Use it as a reference guide DURING the session**
3. **AFTER the discussion to review information and provide clarifications on any issues raised by the participants**
4. **Refer to as you watch the videos yourself**

A separate video guide has also been produced and is included in this package. This will show you how to set up and run a discussion session. It does not cover the Facts for Life topics. It is intended to be viewed BEFORE a session and AFTER to help fine tune the next discussion session.
ABOUT THE VIDEOS

PREPARATION

Good preparation prior to running the discussion session is the most important part in achieving a successful discussion. This means taking the time to get ready ahead of the meeting by:

1. **Reviewing all materials including this guidebook,**
2. **Watching the video guide and the specific video to be shown,** and
3. **Having the equipment and room ready for the participants**

You can also bring additional materials that can be helpful to the participants and can enhance the discussion session. But they must be related to the topic. For example, when viewing the video on Immunization - you may bring in an immunization card to the session to show the participants what they look like, what information is written on them, and where they can get one. But remember to only bring materials you can easily get from the ANM or sub-centre. The materials provided to you in this package alone are sufficient to run these sessions.

HOW TO SETUP THE ROOM?

Having the room ready beforehand will give you more time to spend with the participants discussing issues which matter most. A few lists are provided to help you get started and organized.

1. **First, you need to ensure you have the equipment available and in working order.**
2. **Second, the room needs to be set up properly. It should be easy for the participants to watch the video and have a discussion among themselves and with you.**
3. **Finally, you can review the preparation checklist to make sure you have not forgotten anything.**
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### THINGS AND EQUIPMENTS YOU WILL NEED

- **Kyunki Ammaji kehti hain**  
  Group Discussion Video to be watched
- **DVD player and TV monitor**
- **Battery and converter**
- **Low table (a little above eye level)**
- **Carpets, mats, daris for sitting**
- **This guidebook**
ROOM ARRANGEMENT
1. Make sure the room has been cleaned to make space for sitting on the floor
2. Place the low table close to the electrical source
3. Place the DVD player and TV monitor on the table and plug into the electrical source. Make sure it faces the participants when they sit on the floor
4. Insert the video to be played and test to see if it works
5. Spread the daris on the floor for the participants
6. Play a short portion of the video and move around the room ensuring everyone will be able to see and hear clearly
7. Before the participants arrive, make sure the video is reset to play at the beginning
What to do if the TV or the DVD does not work during the session?

1. Make sure you have seen the video before the session (as suggested earlier in preparation) so you know the story and the discussion points.
2. Narrate the story to the group.
3. Pose the questions that come in the video and induce discussion.

PREPARATION CHECKLIST

- I have read this guide.
- I have watched the video guide on how to run this session.
- I am familiar with the Facts for Life (FFL) topic being discussed today.
- I have watched the video being shown today.
- I know the objective and take away messages to be communicated.
- The room has been prepared for the discussion.
- I have assembled the equipment.
- All equipment has been tested and is working.
- The video is set to PLAY.

HOW TO CONDUCT A GROUP DISCUSSION

Before conducting a group discussion it is important to understand how it works. A group discussion is important in five ways:

1. It is a **democratic process** where the facilitator and members participate together to make decisions which affect them.
2. It is a **learning process** where there is a change in knowledge, skills, attitude, understanding, and behavior.
3. It is a **problem-solving process** where problems are stated, analyzed with facts and solutions proposed.
4. It is to **stimulate some sort of action** from the group because they have actively participated.
5. It is a **facilitation process** which centers on being persuasive, listening, having confidence and focusing on those who are not speaking.
A group discussion is successful when:

1. It is facilitated well
2. Its members behave according to set rules
3. It results in the group either thinking about the issue or intending to act

The best form of learning takes place when people have participated actively in the process. To achieve the best results from a group discussion you must know your role as well as the participants’. You are not only the organizer of the meeting but you are the communicator and educator. There are things you need to remember and do as the facilitator:

1. **Start by ASKING simple questions.** For example, How did you like the storyline? and Do you agree with what Ammaji said or did?

2. **LISTEN to what participants have to say**

3. **PROBE further by asking questions on what was just said**

4. **Provide simple and practical ADVICE on what can be done.** For example, tell the participants they should have a dedicated place at home for soap and water and where they can wash their hands.

5. **CONFIRM by summarizing the important points just raised**

The members must also be made aware of what their role is and what they should do:

1. **Speak up when they have something to say that will help the group**

2. **Do not interrupt when others are speaking**

3. **Listen carefully to what everyone has to say.** This is very important when different ideas and views from your own are being discussed

4. **Be honest and open**

5. **Make brief comments to give others a chance to speak as well**

**TIMING**

1. **Ensure that people know when the meeting will take place and how long it will be**

2. **The video will run for about 20 minutes and you will have about 1 hour afterwards to have a discussion with the participants**

3. **Remember that people are busy so don’t prolong the discussion**
TIPS ON CONDUCTING A DISCUSSION

1. Set up some ground rules for the group. Only one person will talk at one time. Everyone who wants to say something will get a turn. Do not let one or a few participants dominate the discussion.

2. Make sure you make eye contact with them so that they feel you are giving them your full attention.

3. Let everyone participate in the discussion by encouraging them to speak their mind or ask questions. Don’t laugh at them or scold them.

4. As issues and problems begin to arise, let the women suggest solutions.

5. Try and understand the problem from the participant’s point of view.

6. Some problems can be complex and difficult. Make sure your message comes out clearly and is something that is doable for the women.

7. Probe key concepts and terms. Do not assume that the participants will know just because you know it.

8. People often learn better through examples or by doing it themselves. Where possible, show by example how to do something. For example, you can show how to properly wash hands and get rid of germs, you can also give analogies that people can relate to.

9. Try and assess what has been learned. Have they changed their mind on how they think about certain issues? Are they encouraged to try the behavior?

10. At the end of the session, summarize the key points from the discussion and try to make them as action oriented as possible or on key things to think about.

About the Videos
HOW TO USE THE GROUP DISCUSSION VIDEOS

Each video has a specific objective that is to be achieved. This means that by the end of the session (watching the video plus a facilitated discussion by the frontline worker) the AUDIENCE will either:

1. Have better knowledge
2. Understand benefits
3. Have a better attitude for or intent to act

Each video has key messages, which the audience is to “take away” from the viewing. The messages are built into each video. By understanding the different parts of a typical video you will be able to help the women achieve the objective and learn the take away messages.

MAIN CHARACTERS

The videos have Ammaji as the main character in the series. She introduces the scenes and issues, has discussions with other characters, highlights points to watch for and serves as a good example for the community. She also has a newly married daughter-in-law, Radha. They have a good relationship. They often work together to help solve people’s problems and issues.
The frontline workers featured in the *Kyunki Jeena issi ka naam hai* serial are also in these videos. They are Savita the ANM behenji, Shabnam the anganwadi behenji, Kamla the ASHA behenji, Hiralal the school teacher and Phoolwati the Sarpanch.

**DURATION AND STRUCTURE**

- Each video is about 20 minutes long.
- It is focused on a particular part of a *Facts for Life* topic. For example, on Safe Motherhood, one video discusses good nutrition during pregnancy. A second shows importance of antenatal check-ups with a health care provider.
- The *Facts for Life* issue is introduced at the beginning of the drama.
- Then scenes from the *Kyunki* serial are shown. They are part of the story and provide a backdrop for discussion. They help illustrate a particular problem which a character experiences.
- The characters from *Kyunki* are also in the video and they interact with Ammaji to explain their situation. Sometimes, they give examples on how they were able to solve the problem.
- Two discussion questions have been placed in each video. They will help women participate and learn from the videos. The questions either ask:
  1. A knowledge question (for example, what are the benefits of breastfeeding?) or
  2. An understanding question of why we do something (for example, why do we get our daughters married at a very young age- before they are 18?).
Ammaji usually turns to the audience and asks this question directly. At this point, you have to:

1. **PAUSE** the video and ask the audience to answer.
2. Turn the pages to the FFL topic in this guidebook and review the take away messages.
3. You can start the discussion by asking what happened in the story up to that point.
4. You can raise points on who said what in the video and ask why they said it.
5. Adequate information has been provided in the video to answer knowledge questions.
6. Questions on cultural norms and beliefs do not have a right or wrong answer (only in cases where the health of the child or mother is in danger). These questions are to provoke discussion and encourage women to talk among themselves, with their families and with you. As a result they should be able to take some action which is helpful in their lives.

Read the section on “How to Conduct a Group Discussion” which provides some helpful guidelines and tips. At the end of each video is a message from a famous celebrity who will summarize the important messages raised in the video.

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**RUNNING A SESSION**

1. Welcome the participants
2. Tell them what topic will be discussed in today’s session (*Today we will discuss “Name of topic”*)
3. Tell them we will be watching a video on that topic
4. The video will stop in 2 places with questions and discussion points for participants
5. Use the question asked by Ammaji (or other character) to start a discussion with the group
6. When the video is completed, continue the discussion by asking questions (see Box on Key Questions to Ask After the Video)
7. Wrap-up the session by reviewing the take away messages from the video
8. Thank everyone for coming and give reminder for next meeting
9. Follow-up with individual participants who may need more information or need to talk to you privately
10. Take notes for yourself on how the session went (see Wrap-Up chapter below)
Facilitator’s Guidebook for the Group Discussion Video Series

KEY QUESTIONS TO ASK AFTER THE VIDEO:

- What was the video about?
- What was the main message from this video?
- Was there anything new you learned today?
- Is this something you can talk about at home with your family? Why or why not? OR
- Is this something you can do at home for yourself and your family? Why or why not?

About the Videos

What was the video about?
What was the main message from this video?
Was there anything new you learned today?
Is this something you can talk about at home with your family? Why or why not? OR
Is this something you can do at home for yourself and your family? Why or why not?
WRAP UP

At the end of the discussion session:

1. Review the messages covered in the video.
2. Ask the women what they learned from watching today's video and the discussion.
3. See if the women repeat the take away messages in the video.
4. If they do, great!
5. If not, then see where the discussion went and maybe other issues were raised which the group felt were more important to discuss.
6. But make sure that you summarize these messages so that the participants understand what the key learning points from today's episode were.

Evaluate each discussion session by making some notes for yourself. Questions and points to include are:

1. How many women attended the session?
2. How long did the discussion last?
3. Ask the women if they liked the video and did they find it useful?
4. Did you find it useful to run a discussion?
5. What were the key points raised by the participants?
6. Were the women persuaded to try the behavior(s) highlighted in the video and discussed among the group?
7. Do you need to follow-up with any participant on more information? What kind of information is required?
8. How can the session be improved next time?
At the end of the discussion session:

- Review the messages covered in the video.
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Facilitator’s Guidebook for the Group Discussion Video Series

FACTS FOR LIFE TOPICS

- Timing Births
- Safe Motherhood
- Newborn Care
- Breasftfeeding
- Nutrition and Growth
- Immunization
- Polio
- Hygiene and Sanitation
- Diarrhea
- Child Development and Early Learning
- Malaria
- HIV
- Emergencies: Preparedness & Response
Timing Births

Video 1
“Before the age of 18, a girl’s body is not prepared for pregnancy”

Video 2
“Keeping a gap of 2 years between births keeps both mother and child healthy”

Video 3
“Family planning is one of the most effective ways of ensuring a healthy and happy family”
A girl under 18 years is a child and it is illegal for girls under 18 to be married. A young girl's marriage should be delayed until she is 18 years of age. A young girl (who is less than 18 years) experiences life threatening complications to herself and the baby during pregnancy and childbirth. At 18, she is more of an adult and her body is physically prepared to have children. Early marriage and early pregnancy leads to babies born too early and weighing too little.

“Before the age of 18, a girl’s body is not prepared for pregnancy”

Objective
Know the health risks (including early death) for both the mother and her baby if pregnancy occurs before 18.

Take Away Messages

- A girl under 18 years is a child and it is illegal for girls under 18 to be married.
- A young girl's marriage should be delayed until she is 18 years of age.
- A young girl (who is less than 18 years) experiences life threatening complications to herself and the baby during pregnancy and childbirth.
- At 18, she is more of an adult and her body is physically prepared to have children.
- Early marriage and early pregnancy leads to babies born too early and weighing too little.
Discussion Questions in Video

1. Why do people marry their daughters before they are 18 years of age?

2. What complications can arise from giving birth at a young age?

Points for Group Discussion

There is social pressure to get girls married once they attain puberty.
Key Response: It is illegal and at 18, she is more of an adult and her body is physically prepared to have children.

A younger mother is better able to handle her children.
Key Response: A girl under 18 is a child herself and so is not fully prepared to handle children. There are many risks involved in pregnancy before a girl turns 18 including complications like:
- pre-eclampsia
- premature labour
- miscarriage
- low birth weight infants
- death for both mother and baby during childbirth

How is early marriage related to infants' poor health/deaths?
Key Response: Early marriage leads to early pregnancy in which babies are born too early and weighing too little.
"Keeping a gap of 2 years between births keeps both mother and child healthy"

Objective

Know why it is important for both mother and her newborn to have a space of 2 years until the next birth.

Take Away Messages

- Your body needs 2 years to fully recover from each pregnancy and childbirth.
- Your child will be healthier and physically stronger if you wait 2 years before you have the next baby.
- You can be protected from pregnancy for approximately 6 months if you breastfeed your baby exclusively at least 8 times during the day and once at night - with no other food or drink.
Discussion Questions in Video

1. Why is it important to have a gap of 2 years between births?
2. Why should pregnancies be spaced apart?

Points for Group Discussion

Pregnancy cannot be planned, it occurs naturally.
*Key Response:* Family planning methods help in spacing births. They are available at the nearest health centre, including oral contraceptive pill, condoms, IUCD. They are safe to use.

There is pressure to have a male child quickly if the first child is a girl and so the gap between pregnancies cannot be maintained.
*Key Response:* Mother's body needs 2 years to recover from childbirth. Consecutive pregnancies with less than 2 years gap puts both lives in danger. Your child will be healthier and physically stronger if you wait 2 years before you have the next baby.

Contraceptive measures are resisted by men and discouraged by mothers-in-law.
*Key Response:* Talking to your husband about birth spacing is important. The entire family's well-being is affected if there are too many births too close together. Older siblings cannot be looked after properly if there is a newborn.
“Family planning is one of the most effective ways of ensuring a healthy and happy family”

Objective

Be able to discuss the barriers and benefits of using contraceptive methods with the frontline worker.

Take Away Messages

- Using contraceptive methods has many benefits including having a healthier family.
- Talking to your frontline health worker (ANM/ASHA) will help you better understand the various methods.

Discussion Questions in Video

1. What are the benefits of family planning?
2. What prevents women from using family planning methods?
Points for Group Discussion

When should family planning be initiated?
Key Response: The best time to initiate family planning is immediately after marriage. But you can also start after the birth of the first child so the mother has adequate time to recover and give proper care and attention to first baby. Remember there are many safe and acceptable ways of avoiding pregnancy.

Who can I discuss such private issues with?
Key Response: Talking to your frontline health worker (ANM/ASHA) will help you better understand the various methods.

Where can I get contraception?
Key Response: Spacing methods are available at your nearest health centre, including oral contraceptive pills, condoms, IUCD.

Use of contraceptive can cause severe side effects and hamper pregnancy later.
Key Response: Contraceptive options like pills or Copper T are safe to use. Remember spacing births ensures the health and well-being of the entire family.
## Safe Motherhood

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"A safe pregnancy delivers a healthy baby"

"Health check ups during pregnancy are immensely beneficial"

“All births should take place in a hospital, assisted by a skilled birth attendant”

“Basic care during pregnancy safeguards both the mother’s and child’s lives”

“Pregnant mothers need be protected from mental and physical abuse”

“The risk of childbearing for the mother can be greatly reduced if she is healthy and well nourished in her childhood and adolescent years”
Complications during pregnancy can be life threatening for both the mother and her baby.

Warning signs and symptoms of complications should be watched for and appropriate care sought.

Pregnancy in girls under 18 years of age has a high risk for complications.

Families must chalk out a birth plan that includes complication readiness and institutional delivery in consultation with health care providers including ANM and the local ASHA.
Discussion Questions in Video

1. What are the warning signs of complications during pregnancy?

2. How should a woman take care of herself during pregnancy?

Points for Group Discussion

There is no need to worry or be extra cautious if it isn't the woman's first pregnancy. No one really dies of pregnancy...

*Key Response: This is not true. Every pregnancy has a risk of things going wrong, complications during pregnancy and labour being unpredictable.*

We have responsibilities at home, how can we prioritize ourselves over our elders and husbands?

*Key Response: It is important for all families to be able to recognize the warning signs of complications during pregnancy and childbirth. They can be life threatening for both the mother and her baby.*

What symptoms do we usually ignore that can later on cause serious problems including loss of the mother's life?

*Key Response: Warning signs of complications are failure to gain weight, vaginal bleeding, swelling of face, hands, legs and feet, headaches, blurred vision and convulsions.*

How can an ANM help during pregnancy?

*Key Response: An ANM monitors a pregnancy for complications, provides advice and counseling on preventive care, diet during pregnancy, delivery care and postnatal care.*
It is important to have checkups by a skilled provider during pregnancy. Regular ANC check-ups track baby's growth in mother's womb, provide opportunities for improving mother's health and establish contact with providers at facility for delivery. Taking IFA tablets will help you stay strong and have a healthy baby and you should take them for at least 100 days at least. Your body is still at risk for complications immediately after delivery. You need to have 4 check-ups:
- On day 1 when you are most at risk.
- On day 3.
- On day 7 after delivery.
- On day 42 i.e. (6 weeks after delivery) you must visit a provider for important advice on Family Planning and Routine Immunization.

“Health check ups during pregnancy are immensely beneficial”

Objective
Know why it is important to have the ANC in every pregnancy and PNC check-ups after delivery.

Take Away Messages
- It is important to have checkups by a skilled provider during pregnancy.
- Regular ANC check-ups track baby’s growth in mother’s womb, provide opportunities for improving mother’s health and establish contact with providers at facility for delivery.
- Taking IFA tablets will help you stay strong and have a healthy baby and you should take them for at least 100 days at least.
- Your body is still at risk for complications immediately after delivery. You need to have 4 check-ups:
  - On day 1 when you are most at risk.
  - On day 3.
  - On day 7 after delivery.
  - On day 42 i.e. (6 weeks after delivery) you must visit a provider for important advice on Family Planning and Routine Immunization.

Discussion Questions in Video
1. Why should all pregnant women visit a trained health worker for four pre-natal care examinations?
2. Despite having knowledge about the 4 ANC check-ups during pregnancy, why do pregnant women still not get examined?
Points for Group Discussion

What should a woman do if she thinks she is pregnant?
Key Response: A woman needs to get registered at a health facility when she first suspects she is pregnant.

How many times should an expecting mother visit the ANM and why?
Key Response: 4 ANC check ups and:
- Regular ANC check-ups track baby's growth in mother's womb, provide opportunities for improving mother's health and establish contact with providers at facility for delivery
- ANC check-ups help detect complications like high blood pressure and anemia. They tell us about well being of mother and foetus.
- Nutritional counselling is also an important part of pregnancy related care. Attention should be paid to an expecting mother's diet. Eating healthy foods like green vegetables and fruits and drinking milk will contribute to health and wellbeing of both mother and child
- In the first pregnancy, the ANM/ASHA will recommend two doses of the tetanus vaccine. The first vaccination is after your first antenatal appointment. The second dose of the TT vaccine is given at least four to eight weeks after the first.

One should take medicines only if one is ill and not otherwise.
Key Response: Taking IFA tablets will help you stay strong and have a healthy baby. IFA tablets should be taken from the 4th month onwards for 100 days during the pregnancy. While 1 tablet a day is a normal dose, in anaemic cases it is doubled.

From where can I get information related to my condition or for planning the delivery?
Key Response: You can get information on pregnancy and delivery from your ANM/ASHA at the local health center. Regular ANC check-ups can help establish contact with providers at facility for delivery.

How many times is the PNC check up done?
Key Response: 4 PNC visits are recommended to help avoid maternal death and monitor any complications. Mothers are most at risk 7 days immediately after delivery.
“All births should take place in a hospital, assisted by a skilled birth attendant”

Objective

Understand why it is important for births to take place in an institution and be assisted by a skilled attendant.

Take Away Messages

- All births are safer in a hospital or health centre.
- Having a delivery in a health facility by a skilled attendant can reduce chances of you or your baby becoming ill or dying.
- A skilled birth attendant is also trained to provide proper care for you and your baby after delivery.
- First 24 hours after delivery are crucial for mother and newborn and supervision of mother and baby by a skilled provider during this time saves lives including having the first PNC check-up for the mother.

Discussion Questions in Video

1. What complications can arise during childbirth?
2. What are the benefits of delivery in a hospital at the hands of a skilled birth attendant?
Points for Group Discussion

A Dai has been delivering babies for years. She brings a lot of experience, knows the family and is reliable. Why see a skilled provider in a hospital?

Key Response:
- Skilled birth attendants have the ability to handle normal deliveries and can detect complications at early stage and treat them appropriately.
- First 24 hours after delivery are crucial for mother and newborn. Supervision of mother and baby by a skilled provider during this time saves lives including having the first PNC check-up for the mother.

How is delivering in a hospital different than at home?

Key Response: Many complications of childbirth can be avoided if delivery takes place in an institution. Hospitals and health centers are hygienic and therefore better for the health of the newborn and the mother. There are many deaths of newborns and mothers during delivery i.e. low survival can be avoided by going to a hospital.

A skilled attendant can also guide you to breastfeed your baby properly.

Key Response: Breastfeeding your baby within an hour of birth protects your baby from subsequent infections and illnesses.

The three delays that can cause complications in childbirth are:
- Not paying attention to needs and requirements of the expecting mother in time
- Delay in going for check ups at the Sub Health Centre
- Delays in the procedures of the Sub Health Centre

The checklist of five pre-requisites for a safe delivery comprises:
- Clean bed-sheet
- Properly washed, clean hands
- Clean blade
- Clean thread for tying the umbilical cord
- Clean umbilical cord of the child
Eating nutritious foods such as milk, fruit, pulses, eggs, gud, green leafy vegetables, kaala channa, and meat during pregnancy will make you feel strong—physically and mentally.

Taking rest during pregnancy allows the baby to grow and be born healthy.

Pregnant women need assistance with their household chores and must restrict any manual labour they may previously have been engaged in.
Discussion Question in Video
What precautions should an expecting mother take?

Points for Group Discussion

What type of foods should a pregnant woman eat? Can we find it easily in our homes?
Key Response: Eating nutritious local foods such as milk, fruit, pulses, eggs, gud, green leafy vegetables, kaala channa, and meat (if you are not vegetarian) during pregnancy will make you feel strong—physically and mentally. You should only use iodized salt in your cooking.

How much more food should a pregnant woman eat?
- Key Response: All pregnant women need particularly nutritious meals and more rest than usual throughout the pregnancy so that her baby can adequately grow and be born healthy.
- A pregnant woman needs to eat more food so her baby can grow. She should eat one more serving at each meal. And there is no food prohibited for her. She should eat all types of food.

There is so much work and responsibility with household chores. There is no time to rest.
Key Response: Taking rest during pregnancy is very important and allows the baby to grow and be born healthy. Pregnant women need a minimum of 2 hours of rest in the afternoon and 8 hours of sleep at night.
"Pregnant mothers need be protected from mental and physical abuse”

Objective

Understand the consequences of violence and physical abuse to both mother and baby.

Take Away Messages

- Both mother and unborn child are seriously harmed when there is physical abuse.
- A woman maybe unable to have any more children if she is abused while pregnant.
- Women need to be protected from their abuser.
Discussion Questions in Video

1. What are the consequences of physical abuse during pregnancy?

2. Which practices or behaviors can be harmful and therefore should not be imposed on pregnant woman?

Points for Group Discussion

What comprises abuse?

*Key Response:* Types of abuse include physical, sexual, verbal and emotional/psychological. A single incident of assault also constitutes abuse.

Should we intervene if a woman is being abused? What should we do if a pregnant woman has been abused?

*Key Response:* Abuse should not be tolerated:

- If we witness abuse, we must stop it immediately.
- We must support the victim by having a health care provider, such as an ANM, examine her.
- Create/raise community awareness on the consequences of abuse— it is our responsibility!

Abuse during pregnancy is most dangerous because...

*Key Response:* Both mother and unborn child are seriously harmed when there is physical abuse and a woman maybe unable to have any more children if she is abused while pregnant.
“The risk of childbearing for the mother can be greatly reduced if she is healthy and well nourished in her childhood and adolescent years”

Objective

Understand the importance of looking after a girl child’s well being so she can be a strong and healthy mother when she grows up.

Take Away Messages

- If you give nutritious food to your young girls today- they will grow up to be strong and have healthy babies tomorrow.
- If a woman is well nourished and healthy before becoming pregnant- her baby will be born healthy.

Discussion Questions in Video

1. Why it is important for girls to be well nourished during childhood?
2. Why it is important for a girl to be healthy and well nourished before becoming pregnant?
Points for Group Discussion

Why is it important to take care of girls at a young age?
Key response: Girls who are educated, healthy and have a good diet during childhood and teenage years will have fewer problems in pregnancy and childbirth.

Care can be taken when they are pregnant. Why now?
Key Response: A nutritious diet during childhood and adolescence reduces problems in pregnancy and childbirth. Adolescent girls need to have a good diet to make up for blood loss during menstruation.

What kinds of foods should be given to girls?
Key Response: A nutritious diet includes beans and other pulses, grains, green leafy vegetables, fruits, ghee. Whenever possible, milk or other dairy products, eggs, fish, chicken and meat can be included.

Why should girls be married at 18 years of age and above?
Key Response: Their bodies will be prepared and stronger and they will have fewer problems in pregnancy and childbirth.

Besides a proper diet what else can we do for our girls?
Key Response: Make sure they attend school. Being able to read and write helps women protect their own and their family's health.
Newborn Care

Video 1
“A newborn needs special care and attention in the first month of life”
Proper care for the newborn baby in the first 24 hours, first week and up to 1 month of life is critical for its survival. When a baby is born you should:

1. Keep the baby warm, preferably by skin-to-skin contact.
2. Not bathing the child immediately after birth (wait at least 3 days).
3. Initiate breastfeeding within one hour by feeding the baby colostrum. The first breastmilk is “nature's protection.” Exclusively breastfeed the baby for 6 months.
4. Keep the cord stump clean and dry- do not put anything on it.
5. All family members should wash their hands with soap before touching the baby.

Monitor your baby closely in the first month for any danger signs. Seek immediate help from your ASHA or ANM or go to the nearest health facility. Danger signs include:

1. Baby not able to feed since birth or stopped feeding
2. Baby is cold to touch or has fever (temperature)
3. Only moves when touched or doesn’t move at all

To ensure your baby's survival and healthy future continue to monitor for any danger signs, exclusively breastfeed up to 6 months of age, get the primary vaccinations, continue to sleep with baby under treated mosquito net every night, and see your AWW every month to monitor growth and development of the baby.

Discussion Questions in Video

1. What precautions or measures should be taken immediately when a baby is born?
2. What are the danger signs for which the baby needs to be seen by a health care provider?
**Points for Group Discussion**

**Why do newborns need special care after birth?**

*Key Response:* The first days and weeks are especially risky for newborns—particularly for low birth weight babies. The majority of newborn deaths occur in low birth weight babies. A baby’s chance for survival is greatly increased if danger signs are recognized and addressed in a timely manner.

**What can we do for our newborns?**

*Key Response:* We can provide basic home based care for the newborn and recognize the danger signs and seek immediate help. An ASHA will make 3 home visits for normal babies (on day 1, 3, 7) and 6 home visits for small or low birth weight babies (on day 1, 3, 7, 14, 21, and 28).

**Newborn survival can be ensured by doing the following:**

- Having adequate nutrition and proper rest during pregnancy
- Having an institutional delivery by a skilled birth attendant
- Seeking antenatal care during pregnancy and postnatal care after delivery
- Spacing births with a minimum gap of 2 years
- Initiating breastfeeding within 1 hour of birth (and feeding the baby colostrum)
- Not bathing the child immediately after birth (wait at least 3 days)
- Keeping the baby warm with skin-to-skin contact
- Maintaining handwashing and personal hygiene
- Keeping the cord clean and dry—not putting anything on it
### Breastfeeding

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Breastmilk is the best, healthiest and only food (no water) for the baby in the first six months of life. Exclusively breastfeeding (no water) your baby for the first 6 months protects him/her against diseases. Even in hot, dry climates, breastmilk meets the baby's needs for fluids. Water or other drinks are not needed for your baby in the first 6 months of life. Feed the baby on demand when s/he is hungry and cries for or demands through other gestures. The baby will consume adequate amount of milk when fed on demand.
Discussion Questions in Video

1. Why is breastmilk alone the best food and drink for an infant for the first six months of life?

2. What can an infant be fed up to 6 months of age?

Points for Group Discussion

How do we know that we are producing enough milk for the baby?
Key Response: The more you breastfeed, the more milk you will produce. Your body will produce as much milk as the baby needs.

How is exclusive breastfeeding beneficial to the baby?
Key Response: Breastmilk alone is the only food and drink an infant needs for the first 6 months. Exclusive breastfeeding ensures maximum protection against malnutrition, disease and death.

Won’t the child suffer if we don’t give it water in summer months?
Key Response: Even in hot, dry climates, breastmilk meets the baby’s needs for fluids. Water or other drinks are not needed for your baby in the first 6 months of life.

Why should we not give bottled milk or other liquids to the child?
(Key Response: Other liquids & foods are inferior to breastmilk. They can even make a baby sick. Babies should not be given animal milk, ghutti, honey, gripe water or anything else.)
Mothers should hold their babies immediately after birth and start breastfeeding within one hour.

The first milk from the mother is the baby’s “first protection.”

Delivering the baby in a health facility with a skilled birth attendant will help ensure timely initiation of breastfeeding.

“Mother's first milk is the newborn's first natural protection”

**Objective**

Know the importance of timely initiation of breastfeeding on an infant's health and development.

**Take Away Messages**

- Mothers should hold their babies immediately after birth and start breastfeeding within one hour.
- The first milk from the mother is the baby’s “first protection.”
- Delivering the baby in a health facility with a skilled birth attendant will help ensure timely initiation of breastfeeding.
1. Why should the mother’s first yellow thick milk be the newborn’s first feed?

2. Why do some people not feed the mother's first milk to their newborns?

**Key Response:**

Breastfeeding immediately after delivery helps both the mother and baby. 

_**Key Response:**_ Early initiation of breastfeeding helps to build bonding and attachment between mother and baby. It increases milk production and hence milk secretion. Early initiation of breastfeeding helps prevent postpartum complications like hemorrhage (in the mother) and hypothermia (in the baby).

The colour of the first milk is yellow and it looks dirty.

_**Key Response:**_ Colostrum is very nutritious and helps protect the baby against infections and illnesses.

How will delaying breastfeeding for a few days affect the baby’s health?

_**Key Response:**_ The first milk (colostrum) from the mother is the baby’s “first natural protection” and not giving that to the baby will deprive her/him of this benefit.

How can an ANM/ASHA/AWW help after the baby is born?

_**Key Response:**_ A skilled birth attendant will help ensure timely initiation of breastfeeding.
“A baby should be breastfed on demand and as many times as the baby wants”

Objective
Know how to successfully breastfeed their baby.

Take Away Messages

- The more you breastfeed, the more milk you will produce. Your body will produce as much as the baby needs.
- A sick child needs to be breastfed more than usual as he/she needs more nutritious and easily digestible food.
- Breastfeed your child even (exclusively if baby is under 6 months) even if you are not well.

Discussion Questions in Video

1. How frequently and for how long should a mother breastfeed?
2. Should a mother continue breastfeeding if either she or her child are unwell?
Points for Group Discussion

Does a baby get sick if the mother is sick and breastfeeds?
Key Response: Breastfeeding (exclusively if baby is under 6 months) should be continued even if mother is not well.

If the child is ill, should their diet be supplemented with other food?
Key Response: The frequency of breastfeeding should be increased- as a sick child needs more nutritious and easily digestible food. Exclusive breastfeeding for infants up to 6 months of age should be continued.

Shouldn’t I stop if the child breastfeeds for too long?
Key Response: Breastfeed as many times as the child demands and for as long as s/he wants. Do not rush the breast feeding. When the baby feeds longer, he/she gets larger amounts of important fat rich hind milk. The more you breastfeed, the more milk you will produce. Your body will produce as much milk as the baby needs.

A baby could also be suckling (and drawing out milk) because the baby is seeking comfort, and wants to be cuddled.
Key Response: Breastfeeding helps to build bonding and attachment between mother and child.
Feeding breastmilk alone to the baby until 1 year of age is not sufficient to meet the nutritional needs of the baby. From 6 to 9 months of age, the child should be fed other foods at least 3 times a day along with the breastfeeding. After 1 year of age, the child should receive 3 meals per day and 2 extra feedings/snacks along with continued breastfeeding. Child should be introduced to one food at a time; this helps to familiarize the child with the family foods.

**Discussion Questions in Video**

1. What foods should be given along with breastmilk when an infant reaches six months of age?
2. What foods should a six month infant be given along with breastmilk?
Points for Group Discussion

Complementary food can be given only when the child has teeth and can sit independently.
Key Response: This is not true. After six months of age breast milk alone cannot fulfill the nutritional requirements of growing infants as it is a period of rapid growth spurt. Hence, complementary foods are needed to supplement breastmilk.

Can foods cooked for the family be given to the child?
Key Response: The child should be introduced to one food at a time; this helps to familiarize the child with the family foods. There are age appropriate feedings in terms of how many times to feed a baby and how much.

What is the difference in the dietary needs of a 6 month and a 1 year old?
Key Response: From 6 to 9 months of age, the child should be fed other foods at least 3 times a day along with the breastfeeding. After 1 year of age, the child should receive 3 meals per day and 2 extra snacks along with continued breastfeeding.

What kinds of foods should I feed the child?
Key Response: Roasted and powdered mixtures of easy to digest grains and pulses can be dissolved quickly in milk/water along with sugar and oil. Three parts of any cereal like rice/wheat or millet (ragi, bajra, jowar, one part of any pulse like moong, channa and arhar and half part of groundnuts or white til if available) can be stored in an air tight container for quick use by dissolving in milk/water along with sugar and oil. One can also use cooked and mashed vegetables, especially green leafy vegetables.
Nutrition and Growth

Video 1
“Monitor your child’s growth by having them weighed every month and maintaining a Growth Chart for them” 54

Video 2
“Proper and adequate nutrition is essential for a growing child” 56

Video 3
“Vitamin A helps children fight and resist illnesses” 58

Video 4
“Include iron rich foods in your child’s diet” 60

Video 5
“Using iodized salt ensures the proper mental and cognitive development of a child” 62
“Monitor your child’s growth by having them weighed every month and maintaining a Growth Chart for them”

Objective

Know the importance of growth monitoring and keeping a growth chart to monitor a child's growth and development.

Take Away Messages

1. Have your child weighed every month at the AWC. Make sure that the AWW plots the weight on the growth chart in front of you and explains what it means for your child.
2. If your child is growing s/he is healthy and if the child is not gaining weight, she/he is unwell and needs to see a health care provider for a check-up.
3. If your child is underweight it is important that you examine the child's diet and seek advice from a health worker on proper nutrition in accordance with the child's age.
4. The most accurate measure of growth for a child is weight gain.

Discussion Questions in Video

1. Why is it important to have your child weighed at the Anganwadi Center every month?
2. When, where and how often should a child be weighed?
**Points for Group Discussion**

You can always look at the child and tell if s/he is growing.

*Key Response:* Yes you can- but the most accurate measure of growth for a child is weight gain, this can help in the early detection of faltering growth so appropriate actions can be taken.

Some children do not grow as fast as others. They will eventually catch up.

*Key Response:* If the child is not gaining weight, s/he is unwell and needs to see a health care provider for a check-up. Remember up to 2 years of age a child should gain weight rapidly.

How can I monitor my child's growth?

*Key Response:* Every child should have a growth chart that tracks his or her growth. It can show whether the child is growing appropriately for his or her age. Make sure that the AWW plots the weight on the growth chart in front of you and explains what it means for your child.

How often should I visit the AWC with my child for monitoring growth?

*Key Response:* Once every month.

**Facilitators should explain the Growth Chart to the group.** The Growth Curve on the Growth Chart makes the growth of the child visible to the family. Each time the child is weighed, the weight must be recorded by marking a point on the growth chart for age of the child. These points are then joined together by a line, this line is called a growth curve, the various curves that emerge indicate:

**Growth Indicators**
- Direction of the growth curve indicates whether the child is growing or not

**Good**
- An *upward growth curve*, showing adequate weight gain for the age of the child, indicates that the child is growing and is healthy

**Dangerous**
- A *flat growth curve* indicates child has not gained weight and requires attention by the AWW and the mother

**Very dangerous**
- A *downward growth curve* indicates loss of weight and requires immediate attention by AWW and the family
“Proper and adequate nutrition is essential for a growing child”

Objective
Understand the importance of proper nutrition and its impact on the physical and mental development of a child.

Take Away Messages

- Good nutritious diet in the first two years of your child’s life is crucial for the child’s optimal physical and mental development.
- It is important that you feed your child frequently to meet all her/his growth needs. A 6-8 month old infant needs to eat 2 to 3 times per day, and 4 to 5 times per day after that in addition to breastmilk.
- Feed your child a wide variety of foods including family foods from a separate bowl or plate. Give the child foods such as rice, chapatti, vegetables (mashed or cooked), yellow fruits, pulses, milk products, chopped meat, eggs and fish along with breastmilk.

Discussion Questions in Video

1. What changes should be made to the diet of a growing child?
2. Why is it important to adjust the diet of a growing child?
Facilitator’s Guidebook for the Group Discussion Video Series

Nutrition and Growth

Points for Group Discussion

How should children be fed?
Key Response: Children should be fed with love, care and patience. Ensure clean utensils are used. Feed mashed and semi-solid foods, beginning at 6 months of age. Introduce “finger foods” (snacks that can be eaten by children alone) beginning around 8 months of age.

At what age and how often should a child be fed?
Key Response: Increase feeding frequency as the child ages:
• Feed 6–8 month old infants complementary foods 2–3 times per day
• Feed 9–24 month old infants complementary foods 4–5 times per day
• Gradually increase food consistency and variety as the child ages, adapting the diet to the infant’s requirements and abilities

If the child is no longer breast feeding, should they still get milk?
Key Response: If the child is no longer breastfeeding, give an additional 1–2 bowls of milk per day.

When can family foods be given to the child?
Key Response: Make the transition to the family diet at about 12 months of age.
When your child is 9 months old, s/he should receive Vitamin A supplement (syrup) once every six months. (For children 9-60 months).

Vitamin A helps the child's body to resist and fight infection/illness. It reduces the severity of childhood illnesses and improves the child's chances of survival.

Include Vitamin A rich foods found in fruits and vegetables, eggs, dairy products, liver, fish, meat, fortified foods and breast-milk in your child's diet.

Contact your health service provider at the nearest PHC, Sub-center, AWC or government health facility for further information on Vitamin A supplementation.
Discussion Question in Video

How can we ensure that children get appropriate intake of Vitamin A?

Points for Group Discussion

**Foods rich in Vitamin A are expensive to buy and feed young children.**

*Key Response: Foods rich in Vitamin A are not expensive. You can feed children fruits and vegetables such as green leafy vegetables, papaya, ripe mango, milk (including breastmilk) and yogurt.*

**Where is Vitamin A supplementation available?**

*Key Response: Vitamin A supplementation is provided free of cost at a PHC/SHC/AWC/ Government health facility.*

**When should we begin Vitamin A supplementation for children?**

*Key Response: Foods rich in Vitamin A can be given to children starting at 6 months of age. Vitamin A supplements are administered by the healthcare provider when the child reaches 9 months of age and are given every 6 months.*

**How does Vitamin A work?**

*Key Response: Vitamin A helps the child’s body to resist and fight infection/illness. It reduces the severity of childhood illnesses and improves the child’s chances of survival.*
Starting from the age of six months, a child should receive iron supplement (iron-folic acid syrup/tablet) for 100 days in a year to help prevent anemia. Contact your health service provider at the nearest PHC, Sub-center, AWC or government health facility for details about iron supplementation and de-worming.

Include iron rich foods in your child’s diet - the best sources of iron are animal foods, such as liver, lean meats and fish or green leafy vegetables, iron-fortified foods. Do not give the child tea along with meals.

When your child is one year old and upto 5 years, s/he should receive de-worming medicine every six months. Also following good hygiene practices prevents worms. Do not allow your children to play near the latrine. Wash their (and your) hands with soap and water, especially after defecating and before cooking, feeding and eating. Ensure that children wear shoes/slippers to prevent worm infestations.
Discussion Questions in Video

1. How can we prevent anemia in children?

2. What hygiene practices help prevent worm infestation in children?

Points for Group Discussion

What foods can help the body absorb iron?
Key Response: Consuming citrus foods such as lemons, oranges and amla alongside iron rich foods (like kala channa) helps the body absorb iron.

Worm infestation can lead to anemia.
Key Response: Children need iron supplements and de-worming tablets to prevent anemia.

Since the child is getting iron supplements then giving iron-rich foods shouldn’t be necessary.
Key Response: Iron supplementation and iron rich foods should both be given to the child. The best sources of iron are green leafy vegetables, kaala channa, dal, gud, fruits like apples, iron fortified foods and meats and fish.

How can one get infected by worms?
Key Response: Lack of hygienic practices like proper hand washing, not wearing shoes/slippers, not keeping children away from the latrines, etc can lead to worm infestations.
“Using iodized salt ensures the proper mental and cognitive development of a child”

Objective

Know that iodine is essential to help prevent brain damage and impairment.

Take Away Message

Ensure that you cook food for the entire family with iodized salt (For all family members).
Discussion Questions in Video

1. What can happen to a child if there is insufficient iodine in the diet?
2. What are the benefits from consuming iodized salt?

Points for Group Discussion

Iodized salt looks and tastes the same as regular salt. Why should we use iodized salt?

*Key Response:* Using salt fortified with iodine in your cooking will help prevent learning disabilities, mental retardation, goiter and pregnancy related complications.

It is important for a pregnant woman to have iodine in her diet.

*Key Response:* If you do not have enough iodine during pregnancy, your child could be born with a mental disability or possibly a hearing or speech disability.

How can lack of iodine affect a young child?

*Key Response:* If your child does not get enough iodine during infancy and childhood, s/he may have delayed physical, mental or cognitive development.
Immunization

Video 1
“To provide your child with lifelong protection from diseases, begin immunization at birth and complete the cycle” 66

Video 2
“Completing the immunization cycle protects children against some of the most dangerous diseases” 68

Video 3
“Your child's immunization cycle can be completed at the nearest government health facility and it is a cost free service” 70

Video 4
“All pregnant women and infants need to be immunized against tetanus” 72
To have lifelong protection against certain diseases, the newborn should begin receiving immunizations soon after birth. Consult your health worker such as an ANM or AWW for information on the immunization schedule. Every child should receive primary vaccination within the first 1 year of her/his life. If a child has not completed the full series of immunizations in the first year of life, it is extremely important to do so as soon as possible. Drop outs: After Primary vaccination, a child needs to receive booster doses as per schedule. Consult your health worker or AWW.
Discussion Questions in Video

1. Why do we not complete the primary vaccinations for our children?

2. What should parents do if their child misses a dose in the immunization series?

Points for Group Discussion

Family members discourage us from subjecting the newborn to injection pricks.
Key response: To have lifelong protection against certain dangerous diseases, early protection is critical. The newborn should begin receiving immunizations soon after birth.

What should you do if you have missed a primary vaccination?
Key Response: If a child has not completed the full series of immunizations in the first year of life, it is extremely important to do so as soon as possible.

Why give more shots after the primary vaccination is complete? / What is a booster dose?
Key Response: “Booster shots” are additional vaccine doses given after the primary vaccination is complete. They help sustain the effectiveness of the vaccine so the child is protected longer. Booster doses are administered as per schedule.
Immunization

“Completing the immunization cycle protects children against some of the most dangerous diseases”

Objective

Know how immunizations protect children against diseases.

Take Away Messages

- Immunization protects children against some of the most dangerous diseases of childhood and is most effective if given before a disease strikes.
- A child who is NOT immunized is very likely to get measles, diphtheria, tetanus, tuberculosis, whooping cough, polio and many other diseases that can kill or leave them severely weakened resulting in stunted growth or permanent disability.
- Once a child develops measles, his/her immunity goes down, resulting in complications like pneumonia, diarrhea, etc. The child may die due to these complications.
Discussion Questions in Video

1. What can happen to a child if s/he has not received immunization shots?

2. What are the benefits of getting children immunized?

Points for Group Discussion

How do immunizations work?
Key Response: Each vaccine given to the child helps build up the child’s defenses against that particular disease. Some vaccines require multiple doses for full protection. It is important for every child to complete the full number of these immunizations.

Family members insist that immunization is not really needed.
Key Response: All children need to be vaccinated. Immunization protects children against some of the most dangerous diseases of childhood and is most effective if given before a disease strikes.

What should you do if your child has measles?
Key Response: When a child has measles a dose of Vitamin A should be administered on two consecutive days. This is to protect the child from complications such as pneumonia and diarrhoea as measles related deaths are because of these complications. After the child recovers – the child should get all vaccinations that s/he has missed, including measles.
“Your child’s immunization cycle can be completed at the nearest government health facility and it is a cost free service”

Objective

Know where and by whom the child should be immunized.

Take Away Messages

- Your child can be immunized at the nearest AWC and all government health facilities by the doctor, nurse or the ANM.
- Immunization is a cost free service available at the Government Health Facilities for you and your child.
- A child who is suffering from minor ailments such as a fever, cough, cold, diarrhea or some other illness on the day of immunization can still be immunized.
- In institutional delivery, the child should receive birth dose of BCG, OPV and Hepatitis B before being discharged, as far as possible.
- In case the vaccine is not available at your nearest AWC, make the effort of going to another Centre. Your child deserves it.
Discussion Questions in Video

1. What information do we need to know about immunizations?
2. What can we do to ensure that our child completes the immunization cycle?

Points for Group Discussion

Will giving immunizations to a sick child make them more sick?
Key Response: A child who is suffering from minor ailments such as a fever, cough, cold, diarrhea or some other illness on the day of immunization can still be immunized.

Where are immunizations available?
Key Response: Immunization is available free of cost at the nearest AWC and all government health facilities, irrespective of where you are.

Why is it important to deliver a baby in a hospital?
Key Response: Mothers should opt for delivering their babies in a hospital because the infant is administered the first immunization dose at birth. This increases her/his chances of survival.

Discuss the importance of the immunization card.
Key response: It is important to keep the immunization card safe and bring it every time the child is vaccinated so that the health worker can update the records on which vaccines the child has received. You can show the immunization card in any hospital/AWC/SHC to get the next dose for your child as per the immunization card even while you are traveling.
"All pregnant women and infants need to be immunized against tetanus"

Objective

Recognize the dangers of tetanus and the need to immunize mothers to protect against it.

Take Away Messages

- All pregnant women and infants need to be immunized against tetanus.
- For the first week after birth the baby's umbilical stump must be kept clean and no substances should be put or applied on the stump.
- You can get tetanus injection as part of Antenatal care from the ANM.
Facilitator’s Guidebook for the Group Discussion Video Series

Discussion Questions in Video

1. What information should we know about tetanus?

2. Why is it important for a pregnant woman to get immunized against tetanus?

Points for Group Discussion

Discuss important points about tetanus and getting immunized.

Key Response: Dirt and dust are carriers of tetanus and if they enter a mother’s or child’s body it is very dangerous. The infection can be fatal for both mother and child. If a pregnant mother is vaccinated, the newborn is also protected for the first few weeks of life. Getting a baby immunized against tetanus extends that protection.

What does tetanus have to do with keeping the umbilical stump clean?

Key Response: Tetanus bacteria can enter the body through dirty cuts. If the umbilical cord is cut with an unclean knife or if anything unclean touches the end of the cord—tetanus can grow in the cut. Any tool used to cut the cord should be clean and for the first few weeks after birth, the cord stump must be kept clean. No substances should be put on it.
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आपका स्वागत है
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Symptoms of polio include floppy limbs or the inability to move. Poor hygiene and sanitation practices can spread polio including direct contact with infected stool. Therefore it is critical for you to properly dispose of all faecal matter into the latrine and wash your hands after defecating and disposal of excreta. Polio immunization is most effective in protecting your child if 2 drops are given to her/him each time there is a Polio round in your area - up to age 5.
Discussion Questions in Video

1. How does Polio spread?

2. How can you protect your children against Polio?

Points for Group Discussion

Why does a child need Polio drops again if s/he already has gotten them before?
Key response: Polio immunization is most effective in protecting your child if 2 drops are given to her/him EACH time there is a Polio round in your area - up to age 5.

What does hygiene have to do with polio?
Key Response: Polio is a virus that enters the body through the mouth and multiplies in the stomach. It is spread by contact with infected stool. Therefore it is critical for you to properly dispose of all faecal matter and wash your hands every time.

Is polio curable?
Key Response: There is no cure for polio, it can only be prevented. Polio vaccine, given multiple times, can protect a child for life.

Facilitators should review the F diagram on oral-faecal route transmission shown in the chapter on Hygiene and Sanitation, video 1 of this guidebook.
“Children up to five years of age must be administered polio drops every time there is a Polio round”

Objective
Understand the importance of taking the polio vaccination every time it is offered.

Take Away Messages
- For protection, all children must be immunized against polio, with OPV every time it is offered.
- Polio is a proven safe vaccine. There are no side effects to OPV, and it is not harmful to take it multiple times.
- Even if your child is suffering from minor ailments such as a fever, cough, cold, diarrhea or some other illness on the day of Polio immunization, s/he should still be immunized.
- Polio immunization is a cost free service available at the Government health facilities for your child.
- Two polio drops are administered along with Routine Immunization at government health facilities and during NIDs/SNIDs for you and your child’s convenience.
Discussion Questions in Video

1. Where, when and by whom are polio drops administered to children?
2. What information should we know about the Polio vaccine?

Points for Group Discussion

It is safe for a sick child to be administered OPV.
Key Response: Even if your child is suffering from minor ailments such as a fever, cough, cold, diarrhea or some other illness on the day of Polio immunization, s/he should still be immunized.

Polio vaccine does not make children weak.
Key Response: Polio is a proven safe vaccine. There are no side effects to OPV, and it is not harmful to take it multiple times.

What if I miss the polio drops or the routine immunization cycle?
Key Response: You must resume immunization as soon as possible. Polio immunization is a cost free service available at the Government health facilities. Two polio drops are administered along with Routine Immunization at government health facilities and during NIDs/SNIDs for you and your child's convenience.

What is the minimum number of times my child should be given Polio drops?
Key Response: For protection, all children must be immunized against polio, with OPV every time it is offered–up to age 5.
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“Use toilets and do not dispose children's faeces in the open”

Objective
All faeces, including those of babies and young children, should be disposed of safely.

Take Away Messages

- Having a toilet at home and making sure that everyone uses it including children, is the best way to dispose of faeces and avoid illnesses.
- If you do not have a toilet or a latrine in your house then ensure that you and your family defecate well away from houses, walking paths, water sources and places where children play.
- After defecation by a child, cover the faeces with mud immediately.

Discussion Questions in Video

1. How should a child's faeces be disposed?
2. Why is it important to dispose of faeces properly?
What are the benefits of having a toilet at home?

*Key Response:* It is the best way to dispose of faeces and avoid illnesses— including for children. You have privacy and it is available 24 hours a day.

A baby’s faeces is harmless.

*Key Response:* This is not true. All faeces, including those of newborns, babies and young children, carry germs and are dangerous. These germs can get transferred onto utensils, hands, or in the water you drink, causing illness in your whole family.

Having a toilet at home is very beneficial for women.

*Key Response:* They have privacy, it is available at all times, they don’t need someone to go to the field with, there are no snakes or scorpions, and it is healthier because women don’t need to hold back and go when there is an appropriate time – as going in the field.

F-diagram/ Faecal-oral route that causes Polio and Diarrhea.

When we defecate in the open, flies sit on the faeces and then transmit the germs and bacteria to us by sitting on food items in our houses. Also, when we defecate in the open, our feet become dirty and we end up carrying the germs back home with ourselves. And through our hands, utensils and food these enter our systems and cause severe complications. That is why, we must always use a toilet.
Proper hand washing is the simplest and least expensive means of preventing infections and the spread of germs. It's easy for a germ on your hand to end up in your mouth. You should wash your hands with soap and water to remove germs after you defecate, clean your baby/child who has just defecated, handling animals and raw foods, also before touching or preparing food, before feeding your child or eating yourself and after blowing your nose or coughing. If soap is not available, an alternate of fresh ash and water together can be used for cleaning your hands. Teach your children the correct way of washing hands especially after defecating and before eating to help protect her/him from illness.
Discussion Questions in Video

1. Why is it important to wash hands?

2. When is it important to wash hands thoroughly with soap and water?

Points for Group Discussion

There is a shortage of water, elaborately washing hands wastes water! We need to conserve the water for other chores around the house.
Key Response: Proper hand washing is the simplest and least expensive means of preventing infections and the spread of germs. It’s easy for a germ on your hand to end up in your mouth.

Children play in the mud so they need to wash their hands—not adults!
Key Response: All dirty hands carry germs which enter our bodies through our mouths. Remember to wash hands with soap and water after you defecate, clean your baby/child who has just defecated, handling animals and raw foods, also before touching or preparing food, before feeding your child or eating yourself and after blowing your nose or coughing.

Why isn’t rinsing hands with water enough?
Key Response: Rinsing hands with water is not enough—both hands should be rubbed together with soap and water working up some lather on both sides of your hands, your wrists, and between your fingers. Always wash around your nails as that is one place where germs like to hide. Then rinse with water and dry well with a clean towel. If soap is not available, an alternate of ash and water can be used for cleaning your hands.

Review the 5 steps for washing hands and the F diagram (refer to Video 1) that shows how germs can be spread.
“Keeping drinking water safe has many health benefits”

Objective

Know how to ensure safe drinking water.

Take Away Messages

- Ensure your drinking water is safe by getting your water tested at regular intervals by trained people. A field testing kit is with the Panchayats and they know who these trained people are.

- If your drinking water is not clean, you must take immediate action to avoid serious illnesses by doing the following:
  1. If there is chemical contamination, you must change your water source and seek assistance from the Panchayat to expedite the matter.
  2. If there is biological contamination you can easily purify it by boiling it or treating with Halogen tablets available from SC, or chlorination.

- Unhygienic handling of water during transportation or while storing within your home can contaminate previously safe water. You can protect collected water against recontamination by:
  1. Storing it in clean containers with narrow openings.
  2. By keeping it covered at all times.
  3. Using a ladle for taking out water.
  4. Not allowing anyone to put their fingers or hands into the container.
  5. Not allowing anyone to drink directly from it.
  6. Having a dispensing device such as a tap or spout.
  7. You should also store the drinking water on a raised platform.
Discussion Questions in Video

1. What steps should be taken at home to keep water safe and clean?
2. How can one make water fit for consumption?

Points for Group Discussion

How can I do anything about water from the pump? Who is responsible for that?

*Key Response:* Seek assistance from the Panchayat to have it tested if you suspect the water is not clean or safe to drink. There is a testing kit available which a trained person can use to test the water.

Water from the well is sweet. Generations have managed without boiling or purifying it.

*Key Response:* Lack of access to safe drinking water, together with inadequate sanitation and hygiene can lead to fatal diarrhoeal diseases.

What happens if water is not stored properly?

*Key Response:* If water is not stored properly, mosquitoes breed on it and it becomes a source for diseases such as malaria, dengu and other illnesses which can spread easily.
“Hygiene is very important during menstruation”

Objective

Know that unhygienic menstrual practices can cause reproductive tract infections among adolescent girls and women.

Take Away Messages

You should follow hygienic practices during menstruation. Not doing so can result in you getting fungal infections. Repeated infections lead to serious reproductive tract infections and can cause infertility in the long term.

You should bathe regularly, use clean and dry feminine hygiene products such as cloth or sanitary napkins and change them regularly during menstruation. If you are using cloth it is important that you regularly wash them with soap and water and dry them completely in the sun before use as damp clothing can carry germs that can lead to infections.

The school that your daughter goes to should have separate, safe latrines for girls and boys. The girls' latrine in particular needs access to water and soap so girls can appropriately clean themselves during menstruation and there should also be provisions for girls' sanitary napkins to be disposed of in a refuse pit or collected and burned.
Discussion Questions in Video

1. What can happen if hygiene is not practiced during menstruation?

2. What hygienic practices should adolescent girls follow during menstruation?

Points for Group Discussion

It is important to let our young girls know about these hygienic practices which can help them stay healthy

*Key Response: Hygiene is very important during menstruation. Shyness prevents us from letting them know the proper hygiene practices. It is our duty to take care of our girls. If we need more information we should consult the ANM, ASHA or AWW.*

How to keep cloth napkins clean?

*Key Response: Do not use a wet or damp cloth. Always wash it with soap and water and dry it well in sunlight.*

Is there anything else we can do to help them during menstruation?

*Key Response: Make sure there is a separate toilet for them in school, soap and water to wash themselves with, and provisions for girls' sanitary napkins to be disposed of in a refuse pit or collected and burned. Since there is a loss of blood- girls can be given extra iron rich foods (or iron tablets) at this time to help make up for the loss and prevent anemia.*
"Immediate treatment can prevent diarrhea from becoming dangerous"

Video 1  
92

"Attention to cleanliness and hygiene prevents diarrhea from spreading"

Video 2  
94

Diarrhea
“Immediate treatment can prevent diarrhea from becoming dangerous”

Objective

Know what to do immediately when a child has diarrhea.

Take Away Messages

- Diarrhea causes rapid loss of water and salt from the body—which are both essential for life. It has to be treated immediately—otherwise it could prove fatal for your child. You should seek help from your health worker—ANM, AWW or ASHA.

- **During diarrhea** give your child:
  - ORS (mixed with the proper amount of clean water) **AND**
  - Zinc supplementation every day
  Other medicines are generally not required unless prescribed by a trained health worker or doctor.

- Your child needs to drink and eat more often than usual to help prevent dehydration and malnutrition due to diarrhea. **You should not withhold food from your child suffering from diarrhea.** If child is less than 6 months, continue exclusive breastfeeding and increase the frequency of breastfeeding. Also give ORS (mixed with clean water) and Zinc supplement. Giving any other fluid can make the diarrhea worse and can be dangerous for the baby. If the child is more than 6 months continue feeding of age-appropriate food in enough quantity.

- **After recovering from diarrhea:**
  - Continue to give zinc for the entire duration of 14 days, even after diarrhea stops.
  - Feed your child freshly prepared food in small amounts 4 to 5 times a day containing small amounts of salt as it will help your child recover quickly. Give the child well-mashed mixes of cereals and beans, yogurt and fruits, fish, as soft food is easier to eat and contains more fluid than hard food.

Discussion Questions in Video

1. What are the dangers of not treating diarrhea in a timely manner?

2. What should we do if a child has diarrhea?
How do ORS and Zinc tablets help in diarrhea?
*Key Response:* Diarrhea causes rapid loss of water and salt from the body—which are both essential for life. ORS (when mixed with clean water) helps to replenish both. Zinc tablets are dispersible in water and should be given for 14 continuous days. Zinc helps to reduce the duration and severity of diarrhea.

Can you give ORS and Zinc to a child who is less than 6 months and is exclusively breastfed?
*Key Response:* Yes. While exclusive breastfeeding should be continued, ORS and Zinc should be given to a child suffering from diarrhea.

Why is it important to continue feeding children during diarrhea?
*Facilitator’s Note:* Mothers are not aware of proper feeding practices during diarrhea and even for some days after the child is better. Their knowledge on the importance of proper and continued feeding during and after diarrhea needs to be enhanced.

*Key Response:* Withholding or reducing the amount of food given to a child during diarrhea leads to malnutrition and is dangerous for the child’s health. Full intake of food during diarrhea is safe and advantageous. You should feed them foods that are soft and mashed such as dal, roti, rice, yogurt, fruits, fish, etc. Breastfeeding also reduces the complications from diarrhea.

Health care worker should tell mothers 3 things for treating diarrhea at home:
1. Give extra fluids and ORS + Zinc
2. Continue feeding
3. When to return for check-up

The mother should be advised to take the child to the health worker/doctor if the child does not get better in 5 days or immediately if the child develops any of the following danger signs:
- Many watery stools
- Repeated vomiting
- Marked thirst
- Eating or drinking poorly
- Fever
- Blood in stool
“Attention to cleanliness and hygiene prevents diarrhea from spreading”

Objective

Understand the importance of good hygiene practices in preventing diarrhea.

Take Away Messages

- Diarrhea is caused by germs found in human faeces - if the germs get into your water or food, hands, utensils or surfaces used for preparing and serving food, they can be swallowed and cause diarrhea.

- Personal and family hygiene can prevent diarrhea. To protect yourself and your family, here’s what you need to do:
  - Use clean water for drinking.
  - Exclusively breastfeed your babies who are less than 6 months.
  - Keep hands clean by washing them regularly with soap – after using the toilet, disposing a child’s excreta and before handling food.
  - Eating safe and clean food which is not spoilt.
  - Having and using a toilet at home.
  - Proper disposal of faeces- including children’s feces.

- You can also protect your child from diarrhea by washing and cooking raw food properly - avoiding exposure of food to dust, flies or cockroaches, serving and eating cooked food immediately, avoiding contact between raw and cooked food, and use clean containers for serving and storing food and water.
Discussion Questions in Video

1. Why don't we adopt behaviors that help prevent diarrhea?

2. How can we protect ourselves from diarrhea?

Points for Group Discussion

How do diarrhea germs spread from bad hygiene practices?
Key Response: Diarrhea is caused by germs found in human faeces. If you do not practice good hygiene - the germs can end up on your hands, utensils and places for food preparation, in your water and food and then in your mouth. Your children put their hands in their mouths frequently. So it is important to keep the household area clean. Teach your children how to properly wash their hands, especially after defecating and before eating.

Facilitator's Note: Review the F diagram in the Hygiene Sanitation Chapter, under Video 1, and explain to the group how germs are spread by poor hygiene practices.

Discuss the common practices in which caregivers don’t wash their hands. For example, limited supply of water for household chores leads to conserving water by not washing hands.

Why is measles immunization important for children?
Key Response: Having measles can also cause diarrhea which in turn causes loss of micronutrients such as vitamin A and zinc. Measles immunization can substantially reduce the incidence and severity of diarrheal diseases. Every infant should be immunized against measles at 9 months of age.

Proper weaning and feeding practices are important in maintaining a child's health. If children are well nourished – the severity and impact of diarrhea is lessened.
“Giving children time, attention, talking and playing with them helps their growth and development”

“Going to school is an important milestone in a child’s life”
Parents and caregivers can help children to grow, develop and learn by interacting with them frequently. Your child needs a lot of care and affection especially in the first 3 years of life. You should hold, cuddle, and interact with your child as often as possible. Maternal – child interaction during feeding is crucial to promote the optimal feeding behaviors. Father’s role in caring for the child, providing love, affection, and stimulation is important. Families together can ensure good quality child care, good nutrition and health care as well as provide an environment that is safe, secure and violence free; this is essential for the child’s development. Girls and boys need the same amount of attention, affection, feeding and care.

Objective
Know that children’s minds develop rapidly when they are interacted with, touched and cuddled, and stimulated.

Take Away Messages
- Parents and caregivers can help children to grow, develop and learn by interacting with them frequently.
- Your child needs a lot of care and affection especially in the first 3 years of life. You should hold, cuddle, and interact with your child as often as possible.
- Maternal – child interaction during feeding is crucial to promote the optimal feeding behaviors.
- Father’s role in caring for the child, providing love, affection, and stimulation is important. Families together can ensure good quality child care, good nutrition and health care as well as provide an environment that is safe, secure and violence free; this is essential for the child’s development.
- Girls and boys need the same amount of attention, affection, feeding and care.
Discussion Questions in Video

1. What can we do to ensure children’s healthy mental and physical development?

2. What factors are important for a child's development?

Points for Group Discussion

Why do children need interaction at a very young age? If they are properly fed and clothed- that should be enough.

Key Response: This is not true. Children learn from the moment of birth. They grow and learn fastest when they receive attention, affection and stimulation, in addition to good nutrition and proper health care. Feeding and clothing them is not enough. Many mothers and families feel that the child's needs in the first few years of life are physical only. They do not understand the importance of care for infants and young children in their overall growth and development. We must interact with children.

Children play all the time. It doesn't seem like they are learning anything.

Key Response: This is not true. Children often play by exploring their environment and interacting with other children. This helps to develop their knowledge, experience, curiosity and builds their confidence as well.

Mothers often leave their babies and go outside the home for long periods of time.

Key Response: Babies and young children should not be left alone for long periods of time as this affects their physical and mental development. Leaving them for an hour or so with family members is alright but you should take them with you when leaving for extended periods of time. The more time your child spends with you, the more loved and secure they will feel.
“Going to school is an important milestone in a child’s life”

Objective

Understand the importance of formal learning, playing, and exploring in the overall development of the child— including intellectual and behavioral.

Take Away Messages

- Starting school is a critical stage in your child’s development. Children should enter school at age 6. You, your family, the school and the community should all be prepared for this transition.
- You should encourage your child to play and explore as this is key to her/his learning and helps them to develop socially, emotionally, physically and intellectually. This helps children get ready for school.
- Education for ALL children is good for the community. Parents and caregivers should equally and fully support all children going to school. Both girls and boys should attend school regularly.
- Children learn by copying what others do. The examples set by you and other family members such as parents and siblings are the most powerful influences shaping your child’s behavior and personality.
Discussion Questions in Video

1. Who can help in a child's successful transition to school?

2. How does playing contribute to children's development?

Points for Group Discussion

Why is it important for a child to enter school at age 6?
Key Response: Entering primary school on time is critical to ensure the continuity of a child's development. It is also their right. Support from parents, other caregivers, teachers and the community is very important and helpful to the child.

How does interaction and behavior by adults affect children?
Key Response: Children learn by copying what others do. If men and women do not treat each other equally, the child will observe, learn and probably copy this behavior. If adults shout, behave violently, exclude or discriminate, children will learn this type of behavior. If adults treat others with kindness, respect and patience, children will follow their example. If mothers and fathers treat each other with love and respect, this is what their children will learn and most likely 'replay' in their adult relationships.
You can stop malaria from spreading by avoiding water collection in and around your house and by sleeping under an insecticide treated bed net.

Malaria symptoms should not be neglected...immediate treatment should be sought.
Malaria is a serious disease spread through mosquito bites. And if there are mosquitoes in your village then all members of your family are vulnerable to malaria - particularly children and pregnant women. You and your community can protect yourself from malaria by doing the following:

- Avoiding water collection in and around your house;
- Keeping the overhead water tanks lid closed;
- Using insecticide treated bed-nets;
- Spraying the indoors with recommended insecticides; and
- Wearing clothes that cover arms and legs.

Malaria is very dangerous for small children and pregnant women. Their low immunity can cause them to easily succumb to malaria. You must take extra precautions during pregnancy - including sleeping under an insecticide treated bed net to prevent severe anemia and low birth weight babies.
Discussion Questions in Video

1. How can we protect ourselves from malaria?
2. What are the potential dangers from contracting malaria for pregnant women?

Points for Group Discussion

How is malaria spread by mosquitoes?
*Key Response:* Mosquitoes pick up the malaria parasites when they bite an infected person. Inside the mosquito the malaria parasites develop and reproduce. When the mosquito bites again, the parasites pass into the blood of the person being bitten.

Why is it important to sleep under an insecticide treated bed net?
*Key Response:* Sleeping under an insecticide treated bed net is the most effective way of preventing mosquito bites because most mosquitoes bite at night. Treated bed nets repel or kill mosquitoes when they are near or land on the net.

How can prevention measures help protect against malaria?
*Key Response:* All community members—particularly young children and pregnant women need to be protected against mosquito bites. Most mosquitoes bite at night and prevention measures including sleeping under a treated bed net, wearing clothing that covers arms and legs, and having regular spraying around the house helps prevent these bites.
Malaria makes you feel very sick with high intermittent fevers, chills, rigors, muscular and joint pains, abdominal pain, etc. Sometimes its accompanied by nausea and vomiting. If you or anyone in your family has these symptoms, seek immediate help from your health care provider such as an ASHA and ANM.

Early diagnosis and early treatment can prevent malaria from becoming fatal. But you must take the full course of medicine for malaria.

To help your child recover quickly from malaria you should give her/him plenty of fluids and food at frequent intervals. This will help prevent malnutrition and dehydration during the illness and during the recovery period.

Objective

Understand the importance of early diagnosis and early treatment in preventing malaria from becoming fatal especially in children and pregnant women.

Take Away Messages

1. Malaria makes you feel very sick with high intermittent fevers, chills, rigors, muscular and joint pains, abdominal pain, etc. Sometimes its accompanied by nausea and vomiting. If you or anyone in your family has these symptoms, seek immediate help from your health care provider such as an ASHA and ANM.
2. Early diagnosis and early treatment can prevent malaria from becoming fatal. But you must take the full course of medicine for malaria.
3. To help your child recover quickly from malaria you should give her/him plenty of fluids and food at frequent intervals. This will help prevent malnutrition and dehydration during the illness and during the recovery period.

Discussion Questions in Video

1. What are the common symptoms of Malaria?
2. What should we do when someone has been diagnosed with Malaria?
Points for Group Discussion

How can we help a child recover quickly from malaria?
Key Response: A child suffering or recovering from malaria needs plenty of liquids and food. Children who have had malaria frequently can become anaemic. They should be tested for anaemia.

Why is it important to take the full course of medicine?
Key Response: Anyone diagnosed with malaria needs to take the full course of medicine, even if the fever disappears rapidly. If the treatment is not completed, the malaria could become more severe and difficult to cure.

How can we tell the difference from one fever from another such as in malaria?
Key Response: If you have any symptoms of malaria such as high intermittent fevers, chills, rigors, muscular and joint pains, abdominal pain, etc., you should see your health care provider such as an ANM and ASHA and get tested.

What should a pregnant woman do if she has malaria?
Key Response: Malaria during pregnancy is very dangerous for both mother and baby. If a pregnant woman is diagnosed with malaria, she needs to immediately go to a hospital and see a doctor. She will receive appropriate care there. Malaria during pregnancy can cause low birth weight babies, anaemia, stillbirths and even maternal deaths.

Facilitators in High Transmission Areas (HTAs) need to focus on asymptomatic malaria in this group discussion. People with asymptomatic malaria do not have the usual symptoms of high fevers, chills, pains, etc. Instead they are anaemic and the best way to diagnose malaria is through testing.
विश्वास और सम्पदा बुनियाद
महत्व
रिश्ते कि अन्य वस्तु के जीन उपलब्ध
था तो के अपर एकलों से और एसा में वर्णन रो।
Deluxe NIRODH
Use condom to prevent Pregnancy, Sexually Transmitted Diseases and HIV / AIDS.
Video 1
“We can better protect ourselves and our families if we have correct and complete information on HIV” 110

Video 2
“Open discussions on HIV can help create a network of support” 112

Video 3
“Getting tested for HIV is the right thing to do and this test is available free of cost at any ICTC center” 114

Video 4
“People living with HIV have the same rights as anyone else” 116

Video 5
“All pregnant women should get tested for HIV” 118
“We can better protect ourselves and our families if we have correct and complete information on HIV”

Objective

Know the correct modes of HIV transmission.

Take Away Messages

- By knowing the correct ways of how HIV is transmitted you can protect yourself and your family. HIV is transmitted by:
  - Unprotected sex
  - Sharing of contaminated needles: If a person shares the needle or syringe used by/on an infected person, either for injecting drugs or drawing blood or for any other purpose involving piercing, s/he can get infected
  - Infected mother to child
  - Transfusion with infected blood
- In most cases, HIV is passed from one person to another through unprotected sex. Fluids of an infected person such as semen, vaginal fluid or blood are passed into the body of another person.
- HIV can be spread by using contaminated and unsterilized needles, syringes, knives and or blades. Any instrument used to pierce or cut a person’s skin must be fully sterilized by rinsing with bleach or boiling in water. Injections should only be given by a trained health worker using an AD syringe.
- You cannot get HIV from working, socializing or living with someone infected with HIV. Touching, hugging, shaking hands, eating together, coughing and sneezing also do not give you HIV. HIV is not spread by mosquitoes or other insects.
1. HIV is transmitted only through 4 modes. They are...?

2. Why is it important for us to have correct knowledge on HIV transmission?

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**Discussion Questions in Video**

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**Points for Group Discussion**

**What is the difference between HIV and AIDS?**

*Key Response: HIV (Human Immunodeficiency Virus) is the virus that causes the disease AIDS (Acquired Immuno Deficiency Syndrome). AIDS is a condition in which a person is affected by a series of diseases because of a weakened immune system. It is preventable and treatable, but incurable. A person can be infected with HIV for a long time before developing AIDS.*

**What are the symptoms of HIV and AIDS?**

*Key Response: When a person is infected with HIV, there is usually no change in that person's health for quite a few years. The person shows no visible signs of being sick and so has no symptoms that s/he has HIV. But during this time, the person can still pass on HIV to other people. When a person starts to get sick with AIDS-related diseases, they start to show symptoms. These symptoms can include weight loss, prolonged fever, frequent diarrhea, mouth lesions, and other infections.*

**Address the common myths people often have concerning transmission of HIV.**

*HIV is mainly transmitted through unprotected sex. Blood transfusions pose very little risk. Yet many people think this is the most common way HIV is transmitted. HIV is also not transmitted through casual contact consisting of: working, socializing or living with someone infected with HIV. Touching, hugging, shaking hands, eating together, coughing and sneezing also do not give you HIV. HIV is not spread by mosquitoes or other insects.*
HIV infection is preventable and treatable, but it cannot be cured. Therefore, it is critical for you to know the risks of HIV and follow preventive and risk reducing practices. They are:

- Abstinence
- Monogamous sexual relations with your spouse
- Consistent and correct use of condoms in every sexual encounter
- Ensuring that needles and syringes used are new, sterile and disposable
- If needles and syringes are not disposable, ensuring that they are properly sterilized before re-use
- All blood and blood products should be screened for HIV

It is not only your behavior but also that of your spouse's which puts you at risk for HIV. If your spouse engages in risky behaviors such as:

- unprotected sex with multiple partners
- injecting drug use

Then there is a high risk of HIV exposure for you.

Correct and consistent use of condoms during sex helps prevent HIV infection from spreading.
Discussion Questions in Video

1. In the context of sexual relations, how can transmission of HIV be prevented?

2. What barriers prevent us from dealing with HIV effectively?

Points for Group Discussion

Discuss the ABC approach with the group.
A: Abstinence (for young people - delay onset of sexual activity)
B: Be faithful (monogamous relations with uninfected partner)
C: Condom (correct and consistent condom use in every sexual encounter)

It is difficult for women to discuss sexual topics with their husbands.
Key Response: It is very important for women to understand their risk level for HIV. First they should have correct knowledge about HIV transmission and ways to prevent it. Then, although not easy, they should discuss the subject with their husbands. Remember it is not only your behavior but also that of your spouse’s which puts you at risk for HIV. If your spouse engages in risky behaviors then there is a high risk of HIV exposure for you.

Explain the benefits of using a condom.
Key Response: Condom use is critical. It has 3 benefits:
- Protection from sexually transmitted diseases
- Protection from becoming pregnant
- Protection from HIV infection
If you suspect that you or anyone in your family might be/have been exposed to HIV, you should immediately go to the nearest ICTC and receive counseling and testing services. HIV testing and counseling can help in the early detection of HIV infection. It allows you to:

- get timely care and treatment
- learn how to manage living with HIV
- learn how to avoid infecting others

All HIV counseling and testing must be confidential, must provide pre and post test counseling and must take place with the consent of the person being tested. No one can be tested against their will.

HIV testing is available at many government facilities that have ICTCs and is free of cost.
Discussion Question in Video

1. What prevents people from getting tested for HIV?

2. If someone suspects that they may be infected by HIV, then why is it important for them to get tested?

Points for Group Discussion

Why should counseling and testing be confidential?

Key Response: Families and communities should insist on and support confidential HIV testing, counseling and information. Confidentiality helps protect children, adolescents and adults from experiencing stigma, discrimination, exclusion and isolation. ICTC counselors are trained to maintain confidentiality. If you get tested and the counselor sees you on the street— they are trained to not speak with you unless you initiate the contact.

Where can I get the HIV test and is it expensive?

Key Response: HIV testing is available at many government facilities that have ICTCs and is free of cost. Their counselors are trained to keep things confidential.

Discuss the common barriers that prevent people from getting tested for HIV.

- Fear of the test result
- Others in the community will find out and family honor will be ruined
- Getting tested is expensive
"People living with HIV have the same rights as anyone else "

Objective

Be able to address the barriers that inhibit equal treatment of those infected with HIV.

Take Away Messages

- HIV positive people are normal people who can lead normal healthy lives. You cannot tell someone has HIV by looking at them. Testing is the only sure way to know.
- No one should ever be discriminated against for being HIV+ or affected by AIDS.
- By having the correct knowledge of HIV transmission you can help prevent discrimination against people living with HIV. We all have a role and responsibility in reducing fear, stigma and discrimination against those infected with HIV.
- If you or your child are infected with HIV, you have the same rights as any other person: right to education, continued employment, housing, health care, protection, property, etc.
Discussion Questions in Video

1. What prevents us from meeting with, talking to or interacting with people infected with HIV?

2. What can we do to support people infected with HIV?

Points for Group Discussion

How can we help those living with HIV?

Key Response: Educating ourselves about HIV is an essential way to help reduce fear, stigma and discrimination against families living with HIV. Discrimination & stigma are the greatest barriers to dealing effectively with HIV. They deter individuals from getting tested for HIV. And for those who know they are positive- stigma and discrimination prevent them from sharing their diagnosis and taking action to protect others; and from seeking care and treatment for themselves.

What are some common forms of discrimination that take place against people living with HIV?

Key Response: HIV + people are often subject to discrimination and human rights abuses. Many have been thrown out of jobs and homes, rejected by family and friends, and some have even been killed. People often discriminate because they think the infected person engaged in a socially unacceptable behavior. The infected person often feels shame for being infected with HIV. If we see any form of discrimination, we must stop it immediately and try educating the person.
"All pregnant women should get tested for HIV"

**Objective**

Understand the risk of transmitting HIV to her unborn child and ways to prevent it.

**Take Away Messages**

- Every pregnant woman should get an HIV test and receive counseling to learn how to protect and care for herself, her partner and family and most importantly reduce chances of transmission to the baby. Free testing is available at the ICTC.

- You should:
  - Know that treatment with specific medicines during pregnancy and post partum period given to mother and baby can greatly reduce the risk of passing the infection to the infant.
  - Have information on special care during pregnancy and delivery which can reduce the risks of passing the infection to the infant.

  A doctor or trained health care provider can give you this information.

- Exclusive breastfeeding is the best option for feeding infants up to 6 months of age. Meet and consult your doctor or trained health worker for counseling on breastfeeding.
Discussion Questions in Video

1. Why should all pregnant women get tested for HIV at the earliest?
2. What information does a pregnant woman receive at an ICTC when she's getting tested for HIV?

Points for Group Discussion

Are pregnant women automatically tested for HIV during routine check-ups?
Key Response: Pregnant women are not automatically tested for HIV. In some ante-natal clinics the test is offered and in others women have to ask for it. All pregnant women can have an HIV test. A woman will never be tested without her consent. If a woman is not sure what the arrangements are at her ante-natal clinic, she can ask her health care provider about an HIV test.

What prevents a pregnant woman from getting tested?
Key Response: One barrier that prevents pregnant women from getting tested is that they feel they could not cope with finding out that they are HIV+ and that they have put their baby at risk. But the best action for every pregnant woman is to get tested for HIV – so she can receive counseling on how to better protect herself and her unborn baby.

If a mother is HIV positive, can her baby be protected?
Key Response: The risk of transmitting HIV to infants may be reduced if pregnant women receive comprehensive counseling, health care and antiretroviral treatment during pregnancy and through the first six months after childbirth. The most effective way to reduce transmission of HIV from the mother to the child is to prevent women from becoming infected with HIV. Access to condoms for women and men is a critical intervention to prevent HIV in children.
**Emergencies: Preparedness and Response**

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“We must be prepared for emergencies at all times”

Objective

Understand how preparedness through planning can minimize the impact of disasters and emergencies.

Take Away Messages

- You and your family should be prepared for any emergency and everyone should understand their responsibilities and know what to do in such a situation.

- You and your village panchayat should hold simulated drills of safety measures with boys and girls in schools and with all the families in the village in the presence of experienced people (experts).

- You should keep birth certificates and other important family documents always wrapped in a plastic wrap in a safe and easily accessible place.

- You should continue to follow basic hygiene and sanitation practices to prevent the spread of diseases during disasters and emergencies.

- You should work with your panchayat to build appropriate temporary latrines for the displaced community - for this the community will need to stock necessary building materials and simple supplies for constructing temporary latrines and production of safe drinking water.
Discussion Questions in Video

1. Why should we be prepared for an emergency or disaster?
2. How can we be prepared for an emergency or disaster?

Points for Group Discussion

How does preparedness help us?
Key Response: Preparedness:

- Saves lives
- Lessens personal suffering and loss
- Reduces the destruction of property and economic losses

What can we do to be prepared for an emergency or disaster?
Key Response: Families and communities should plan ahead and take simple steps to prepare for emergencies - at home, at school and in the community. You can do the following:

- By discussing with family members on what to do (responsibilities)
- Holding drills with Panchayat in schools and families in the community
- Having an early community warning system
- Identification of evacuation routes
“By knowing what to do when emergencies occur, we can better protect our families”

Objective
Know and understand what to do when disasters and emergencies occur.

Take Away Messages
- By knowing what to do in emergency situations you can minimize the risk for yourself, your family and your property
- Early community warning system and evacuation routes for escaping from danger should be well identified and communicated to each and every person in the community be it man, woman or child
- Preparing a family emergency bag in advance can be life-saving - it should include a torch (flashlight), batteries, candles, matches, radio, water container and first aid kit

Discussion Questions in Video
1. What should we do when a disaster strikes?
2. During an emergency what items should we take with us?
Why is it important to know what to do in an emergency?
Key Response: No natural emergency/disaster can be predicted. By knowing what to do in emergency situations you can minimize the risk for yourself, your family and your property

What items should we have in a family bag?
Key Response: A family bag should have:
- a torch (flashlight) and batteries
- candles and matches
- radio
- water container
- first aid kit

How do disasters affect children?
Key Response: Children are at an increased risk of disease and malnutrition during emergencies. Measles, diarrhea and malaria are major causes of child deaths. Access to health services is reduced and food shortages, including access to clean water, are common. Extra effort and attention must be paid to children to ensure they have access to these services

Review the process flow when a disaster strikes:
- Evacuation – move people to a safe place
- Search and rescue – report incident to proper authorities as soon as possible
- First aid – provide medical attention to those sick, pregnant women and small children
- Supply relief – provide food, water and sanitation to communities who have been dislocated