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MINISTRY OF HEALTH-ETHIOPIA

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HEALTHIER CITIZENS FOR PROSPEROUS NATION

SUPPORT GROUP FOR PREGNANT WOMEN, MOTHERS AND BABIES LIVING IN CONFLICT-AFFECTED AREAS



PILOT PROGRAM IN POST-CONFLICT AREAS
TO IMPROVE MATERNAL MENTAL HEALTH
AND CHILD NUTRITION AND DEVELOPMENT

2022

PATH
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**Big
Win**
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This pilot program was developed by PATH Ethiopia in consultation with the Federal Ministry of Health and ECD Technical Working Group to be piloted in post-conflict zones in Amhara region with Big Win funding, and drew on the following documents:

- **Thinking Healthy Reference Manual (SHARE, Human Development Research Foundation)**
- **Caring for the Caregiver (UNICEF)**
- **Baby-Friendly Spaces (ACF International)**
- **PIN Guide (Program for Nutritional Interventions, MOH Mozambique)**
- **PATH Mozambique materials**
- **Problem-solving approach to mental health (MHGap).**

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@ 2022

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OBJECTIVE AND DESCRIPTION OF SUPPORT GROUPS



WHAT IS THE OBJECTIVE OF THE SUPPORT GROUP:

To provide the pregnant women and breastfeeding mothers of children under 2 years living in conflict-affected areas with safe and supportive space and skills to take care of their own mental health, and to provide their children with adequate nutrition, responsive care and early learning opportunities.



WHO CAN PARTICIPATE:

- Pregnant women (3rd trimester) and mothers with children under 2 years directly affected by conflict or living in the area affected by conflict, but that are psychologically stable.
- Maximum 15 mothers per group
- To support the women to attend:
 - Transport subsidies may be provided for the women who need it
 - Women may be encouraged to take turns to bring and share refreshments
 - Meeting reminders may be sent to the women.



WHO CAN FACILITATE:

- Health Extension Workers (HEWs)
- Later on, HEWs can support WDA (1 to 30) or mothers that completed the mother group meetings and demonstrate needed skills, to facilitate some sessions
- Each group should have at least 1 facilitator and 2 volunteers (to support with children's playgroup)
- Children's playgroup volunteers can be from WDA or simply someone from community



WHAT SUPPORT SHOULD FACILITATORS RECEIVE:

- 5-half-day training
- Supportive supervision during first 2 sessions; monthly support thereafter
- Meetings of facilitators every 1 to 2 months, to problem solve and to review and prepare for new sessions



WHAT IS THE SUGGESTED FREQUENCY AND DURATION OF THE MEETINGS:

- 14 meetings conducted every week; if not possible, then every two weeks
- Duration will be 4 to 7 months depending on the frequency of the meetings.



IMPORTANT NOTE

Change cannot happen without involving other members of family and community. HEWs and WDA should work to disseminate the practices in this program beyond mothers, by offering special sessions to fathers, parents-in-law, and community in general.

TYPICAL SUPPORT GROUP MEETING (1H 30 MIN)



PART 1: Greetings and a game (15 min)

- Greet each other
- Learn a new game to do with your baby



PART 2: News and problem-solving (20 min)

- Mention one thing that made you happy recently
- Mention one thing that made you sad or worried recently
- Choose 1 most mentioned event what made mothers sad or worried
- Encourage experience sharing and brainstorming of possible solutions



PART 3: Main session (40 min)

- Taking care of ourselves: Meeting 2-5
- Eating well: Meeting 6-9
- Helping your child develop: Meeting 10-13



PART 4: Before going home (15 min)

- Share what you learned today
- Make a plan for action at home.
- Snack (optional).



MATERIALS NEEDED:

- Manual
- Straw mats for women and babies to sit on
- A box or a bag with homemade toys – 1 model of each (see Annex 1)
- Some toy-making tools (5 of each: colorful rope roll, scissors, markers, ruler; sewing kit; colorful cloth pegs; medium size cardboard box)
- A notebook to register attendance at meetings
- Paper and pens for some activities
- Pre-test and post-test

COVID-19-related precautions should be observed as instructed by the Ministry of Health.

1st MEETING - INTRODUCTION

ASK EACH PARTICIPANT TO BRING AT LEAST 3 OF THESE ITEMS, FOR TOY MAKING:

1. Recycled plastic or tin container, preferable with some color
2. Some packaging with an interesting drawing on it (for ex., of an animal or a food item)
3. Some old household utensil you do not use anymore (a plate, a spoon, a cup)
4. Some bottle caps or some colorful seeds (a few)
5. Some pieces of old cloth or textile (ideally with nice colors).

YOU WILL NEED:

- Pre-test copies for everyone
- Box or bag for storing homemade toys for the meetings
- Models of play materials in Annex 1
- 5 of each: scissors, roll of colorful rope, colored pencils or markers, glue stick; medium cardbox; colorful cloth pegs; sewing kit.



INTRODUCTION (30 MIN)

1. *Introduce yourself and the volunteer that will support with the children.*
2. *Ask: Does everyone know each other? If not, let's divide into pairs and talk to each other for 10 minutes, and then introduce each other:*
 - Your name (and name of the baby)
 - Where do you live?
 - Do you have any other children?
 - What is one way in which the conflict affected you?
3. *After everyone had a chance to introduce each other, summarize some of the themes you heard that were similar, about how the war had affected them.*
4. *Say: In spite of all the challenges, each of us has special qualities that make us strong and good people. Can each of you think of at least two good qualities you possess?*
5. *Encourage women to share some of their qualities, and write down all the qualities the women have mentioned. Given below are some examples.*

kind	helpful	loving	caring	sincere	honest	hard- working	truthful	generous
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6. *Name these qualities one by one and encourage all group members to recognize and appreciate these qualities within each other: This is what makes each of you strong and special!*



INFORMATION ABOUT THE MEETINGS (30 MIN)

1. *Register the participants on a simple form (use the same form at each meeting, with a column to mark participation each time).*
2. *Explain: The goal of these meetings is to help you provide each other with support after the conflict, and to strengthen your skills to take care of yourselves and your children.*
3. *Explain the topics of the meetings and what will happen in the group meeting normally.*
4. *Encourage the women to participate in every meeting and to bring their babies with them.*
5. *Explain that the volunteers will be at each meeting to help with the babies. Review what the volunteers and the babies will be doing (Annex 4).*

Discuss if mothers prefer to leave some snacks for volunteers to have with the babies, or if everyone wants to have snacks together at the end of each meeting.

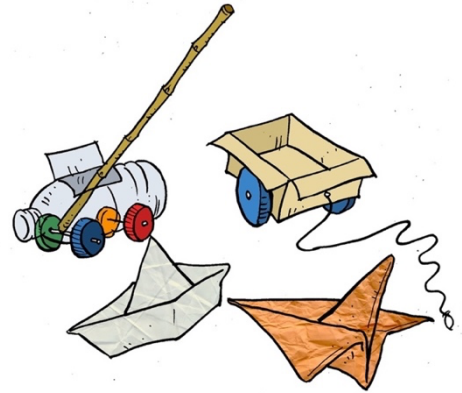
6. *Agree if the group will meet every week or every second week. Agree on the day and time that works for everyone.*
7. *Agree on the ground rules:*
 - a. *Punctuality & attendance*
 - b. *Active participation*
 - c. *Confidentiality: what is discussed in the group, will stay in the group. We want to create a safe place for all of us!*
8. *Do pre-test. (For low literacy groups, read the question aloud, then show response options, and let the women answer, before moving to the next question).*



MAKING PLAY THINGS FOR THE CHILDREN (30 MIN)

1. *Explain:* Today we will make some toys that our babies can play with, while we are at the meeting. And everyone can make the toys they liked, at home!
2. *One by one, demonstrate toy models based on annex 1. Ask about each toy:*

- How can the child and the parent use this toy? How else?
- What can the child learn, by playing this way?
- For what age is this toy?
- Are there any other toys you know, that we could make for our babies?



Listen carefully, and add what is missing, based on Annex 1.

3. *Using the materials that the women and the facilitators brought, make toys together for the playbox or play bag (follow Annex 1, but also make other toys).*
4. *If you have not finished, asked the mothers to continue preparing some of the toys at home and to bring with them to the next meeting.*

**SNACK
TIME!**

2nd MEETING - DO NOT LET THE BUCKET OVERFLOW!



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Have you made any toys at home? How did your child like the toy?
2. Every time we meet, we will learn a game you can do with your child at home. Today's game is **THE ANIMALS!**
3. Let's make the movements and sounds of different animals, and let our children copy us.
4. Let me be an example: Let's be cats. The cat does like that and says: Miaou, miaou!
5. What animal should we all be now? Let's try! The (animal does this) and says (xxx)!
6. Continue like this with other animals. Then let the older children suggest the animal.
Note: With the baby younger than 6 months, you can just show sounds and actions of the animals, and let the baby listen and watch.
7. What do you think the child is learning in this game? (The child is learning the names, the sounds and the movements of animals...)
8. Here are some toys we made last time. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. I would like to invite 3 to 5 volunteers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*

4. *If the time for this part is ending, decide if it is better to let the women continue sharing, or to stop and to move into the next session. Be responsive to women's needs.*
5. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
6. *Say: It seems that for many of you... (describe the problem the women referred to).*
7. *Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?*
8. *Let several women share, and then summarize key suggestions. Refer to the boxes below if more ideas are needed.*
9. *Ask the women if they would like to try some of these ideas. Praise them.*



SOME TYPICAL CHALLENGES AND WHAT CAN BE DONE ABOUT THEM

No time to play with the baby:

- Play as you do your chores, or feed or bath the baby
- Teach other members of the family how to play

No one in the family to talk to:

- Find a buddy in this group!

The problem is a death of a family member, which cannot be overcome:

- Do something in memory of the person, something that the person would appreciate (plant a tree; send an older child to study...)
- Put several belongings of a person together, and tell children stories about the family member
- Conduct a spiritual ceremony for the person; make time to talk about the person with others who knew the person very well.

The problem is too big for the family to solve (ex., destruction of a house or a field):

- Discuss which services need to be engaged, and help link the family.

Some challenges are not personal or family related, but are challenges for the whole community. In this case the community will need to come together to address these.



DO NOT LET THE BUCKET OVERFLOW! (40 MIN)

1. We just shared some things that make us sad and worried. Many of us were affected by the conflict, and this has surely made life even more challenging.

2. Each of us does a lot to support our children and our families. **When we have too many things to worry about, we might feel like a bucket that is so full that it is about to overflow.**



3. Let us listen to the story of Fatuma

Fatuma is 22 years old and is three months pregnant. She lives with her husband and his family. She has a 3-year-old boy named Getahun and a 2-year-old girl named Engocha.

Fatuma's husband leaves for work early in the morning and comes back late in the evening. Fatuma's mother-in-law is disabled, so Fatuma has to take full care of her home and children. Fatuma's brother and sister-in-law are still young and in school, so Fatuma takes care of them as well.

As Fatuma's pregnancy progressed, she started feeling tired all the time. Despite her condition, she tried her best to take care of her children and family.

During her last trimester Fatuma started experiencing pains. At night she could not sleep as she lay worrying about her health and her unborn child. She was getting concerned how she would manage her domestic work, without any help, after her third child would be born.

Fatuma's physical health and worries affected her mood. At times she got easily upset over small things and started crying. Fatuma's husband was losing his patience with her. He started spending most of his time outside to avoid her. Her husband's changed attitude made Fatuma feel even more lonely and sad. She often got irritable and expressed her anger by shouting at her children, which she used to regret later.

5. What are some things that are making Fatuma’s “bucket” overflow?
6. And because Fatuma’s “worry bucket” is so full, how does it affect her health and her mood?
7. The same can happen with us, when we have many things to worry about. Our bucket can become so full that it overflows. Then we can become depressed or even very sick. We might not be able to take good care of our children and our families.
8. Let’s divide into pairs. In your pair, talk for 5 minutes about the things that “make your bucket overflow” (things that make you worried). It can be the things you mentioned before, or other issues.
9. Now that you talked to each other, are your worries the same or different?
10. How did it feel having someone to talk to, about your worries? One way to feel less worried and not to let your bucket overflow, is to have someone to talk to.
11. Do you already have someone – a family member or a friend you can trust, with whom you can share some of your worries? Can you share who that person is?
12. And if no one comes to mind, do you think you could talk to someone in this group? Who could you talk to? Let us make a buddy system!
13. Great! Talk to the person every 2 to 3 days, if you can. This will help you feel less stressed.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing something you learned today, at home.
3. Try to talk to someone you trust about what worries you, before our next meeting!

**SNACK
TIME!**

3rd MEETING – WHAT CAN WE CHANGE?



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Have you talked to someone you trust, about your bucket of worries, since we last met? Would you like to share who that person was?
2. Today we will learn a new game you can do with your child. The game is **ONE, TWO, THREE, HEAD!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Move your head slowly towards the head of the child and say: "1,2,3, head!" Touch the child gently on the head with your head.
4. Then move your head to the child's tummy and say: "1,2,3, tummy!" Touch the tummy with your head.
5. Then move your head towards the foot of the child and say: "1,2,3, foot!" Touch the foot with your head.
6. Continue this way with other body parts, touching them gently with your head.
7. What do you think the child is learning in this game? (*The child is learning body parts and some counting, and is learning to enjoy the mom's company.*)
8. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met

2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *If the time for this part is ending, decide if it is better to let the women continue sharing, or to stop and to move into the next session. Be responsive to women's needs.*
5. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
6. Say: It seems that for many of you... (describe the problem the women referred to).
7. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
8. *Let several women share, and then summarize key suggestions. Use suggestions in the box below, if any of these are relevant to the situation.*
10. *Ask the women if they would like to try some of these ideas. Praise them.*



SOME TYPICAL CHALLENGES AND WHAT CAN BE DONE ABOUT THEM

Too many chores:

- Call a family meeting; explain how you feel and why you need help.
- List the chores and work with the family to share them more equally.

Violence in the family:

- Find someone who you can go to, in case you need a safe place
- Find someone who your husband respects, and talk to them about the situation

Rape during the conflict:

- Help the woman to have strong emotional support 24/7
- If possible, bring women with rape history together, to talk and to support each other. Link them with a mental health provider at referral hospital.



WHAT CAN WE CHANGE? (40 MIN)

1. Do you still remember our buckets of worries? Today, let us look closer at what is inside our buckets.
2. Inside our buckets, we can have worries or sad thoughts about things that we CANNOT change, such as someone's death or serious illness. And we can also have worries about things that we CAN change, especially if we get help from others. Let us listen to the story of Tsehai:

Tsehai is a mother of three children. Tsehai's husband was killed in the war, and she lives with her mother and sister-in-law. Since her husband passed away, Tsehai has been crying most of the time. She has stopped eating well or taking care of herself, and her clothes have stains. Tsehai misses her husband a lot, and is also worried about her future and that of her children. She is still strong and would like to earn some income, but she feels so sad and tired all the time, that she has no energy to think of what to do. Tsehai has never worked outside the home, so she does not know where to begin.

3. What are some bad things that happened in Tsehai's life that she CANNOT change?
4. And what are some things that, perhaps, Tsehai CAN change, if she gets support?
5. Divide into pairs. You have 5 minutes. First, talk about some bad things that happened to you that you cannot change. Then, try to find 1 or 2 things that you perhaps can change, if you ask others for help.
6. What types of things you experienced that cannot really be changed by you?
7. And what are some things you have talked about that you can change, if you get support?

 **BEFORE GOING HOME (15 MIN)**

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing something you learned today, at home.
3. Try to take some action, about the things you can change, before our next meeting!



4th MEETING – DEALING WITH CONFLICT



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Have some of you tried to take some action, about the things you can change, since our last meeting? Who would like to share?
2. Today we will learn a new game you can do with your child. The game is **CATCH THE BIRD!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Show one finger to the child. Move it a bit, as if it were a small bird flying around.
4. Say: "Here is a small bird. Catch the bird!"
5. Try to "fly away" from the hands of the child, saying: "The bird is flying away!"
6. Once in a while let the child catch the bird. Say: "You caught the bird!"



Note: You can ask the child to make a bird with her finger, and now it will be your turn to catch the bird.

7. What do you think the child is learning in this game? (*The child is developing her imagination and is learning to play with others...*)
8. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*

3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *If the time for this part is ending, decide if it is better to let the women continue sharing, or to stop and to move into the next session. Be responsive to women's needs.*
5. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
6. Say: It seems that for many of you... (describe the problem the women referred to).
7. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
8. *Let several women share, and then summarize key suggestions.*
9. *Ask the women if they would like to try some of these ideas. Praise them.*



DEALING WITH CONFLICT (40 MIN)

1. Sometimes it is difficult to get support in the family. In some cases the husband and the wife do not get along, or one is even aggressive or violent with another.
2. Share a story of Awalet:

Awalet is 17 years old and has just had her first baby. The baby was born small, and the nurse told Awalet that she should keep the baby on her chest all the time, until the baby gains weight and becomes stronger. However, Awalet's husband is very disappointed that the baby is a girl, and that she is so weak. He does not want Awalet to spend time carrying the sickly girl around, and wants to start trying for another baby, this time a boy.

3. What do you think Awalet feel? Does she feel supported and loved by her husband?

4. What could Awalet do? Remember, she is very young, and does not have a lot of authority in her family. Who could she ask for help? Who would her husband listen to?
5. Which solution do you like best? Why?
6. Let's role play the solution that most women liked. Who will be Awalet? And the husband? And the respected person?
7. Do you still like this solution, or do you also have other ideas now? Let's role play the new idea, to see if we all like it!

If needed, share some of these additional ideas:

- Invite the HEW to visit the family (or invite the father to the PNC consultation) to talk about the value of girls and the importance of spacing pregnancies, for baby's and mother's sake
- Engage the religious leader as an advocate for Awalet
- Promote all-men meetings in the community about the value of girls and the importance of spacing pregnancies, for baby's and mother's sake.
- Invite fathers who are good role models, to become "buddies" with Awalet's husband and to help influence his thinking.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing something you learned today, at home.
3. Try to support someone or take an action yourself, about a conflict you or someone you know might have, in the family.

**SNACK
TIME!**

5th MEETING – TAKE CARE OF YOURSELF



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Have some of you been able to do what we learned last time, about dealing with conflict? Would you like to share?
2. Today we will learn a new game you can do with your child. The game is called **SEE AND TOUCH!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Take the child for a small walk. Show and let the child touch different things around you, for example, the tree, the cat, the pot.
4. Tell the child: *“Look at the tree! Let's touch the tree! This tree is big!”*
5. Continue in the same way with other things you see.
6. What do you think the child is learning in this game? *(The child learning the names of things around him/her, and how they look and feel).*
7. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*

3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *If the time for this part is ending, decide if it is better to let the women continue sharing, or to stop and to move into the next session. Be responsive to women's needs.*
5. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
6. Say: It seems that for many of you... (describe the problem the women referred to).
7. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
8. *Let several women share, and then summarize key suggestions.*
9. *Ask the women if they would like to try some of these ideas. Praise them.*



TAKE CARE OF YOURSELF (40 MIN)

1. Sometimes we get so busy with our chores and worries that we forget to stop and to take care of ourselves. Listen to the story of Tirsit:

Tirsit gave birth to a baby boy. After initial celebration, the husband had to travel for work, and Tirsit stayed with the baby and her parents-in-law. Her mother-in-law had cataracts and could not help much with the chores. Tirsit was so busy that she did not even have time to eat properly. As she went to bed, she was already thinking about all the tasks she had to do tomorrow. She soon developed headaches and was feeling constantly tired. Having so much to do, Tirsit stopped seeing her friends, and would only get upset when she saw them chatting together.

2. What do you think is happening to Tirsit?
3. What could Tirsit do, to take better care of herself? Who could she ask for help? (A neighbour, her old friends?)

4. One way to take care of ourselves, is to simply stop and take a break. By taking short breaks during the day, Tirsit can feel refreshed. She can either take a nap or do an activity she enjoys, for 20-30 minutes.



5. Divide into pairs. Talk to each other about things you enjoy doing. What do you like about it? How does it make you feel?
 6. Can each of you share what your buddy told they enjoy doing? Thank you! I can see we all have things we love doing and that help us relax! Let's remember to put some time aside for them, every day!
-

7. One way to take care of ourselves are relaxation exercises. Have you heard of such exercises?
8. Relaxations exercises help us feel less stress and worried, and feel that we have more control over our lives. We can feel more energetic and better able to cope with challenging situations.
9. Let us try a relaxation exercise together.
 - *Let us all sit comfortably. Close your eyes. Place one hand on your stomach so as to feel your stomach move when you breathe.*
 - *Breathe in and hold your breath until i count till 5, then breathe out. (Repeat 5 times)*
 - *Imagine your favourite color, the color that makes you happy.*
 - *Imagine that every time you breathe in, you can breathe this colour in your whole body, and feel the positive feelings becoming part of yourself.*
 - *Take a few more deep breathes. Stretch the whole body out, open your eyes.*
10. How did the activity make you feel?

11. This exercise will help you relax and you can do it as many times as you want during the day.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing something you learned today, at home.
3. Try to take some breaks and enjoy what you do, every day!

A light blue oval with a dark blue border containing the text "SNACK TIME!".

**SNACK
TIME!**

6th MEETING – EAT WELL TO BE HEALTHY FOR YOUR BABY



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Have some of you taken time to enjoy things you like, or to do breathing exercise? Would you like to share?
2. Today we will learn a new game you can do with your child. The game is called **A DRUM!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Find something around you that you and the child can use as a drum.
4. Start playing the drum and ask the child to help you.
5. First drum slowly, then fast, then slowly again.
Play the drum quiet, then loud, then quiet again.



Note: If the baby is very small, you can drum gently on his back or on his legs.

6. What do you think the child is learning in this game? *(The child is learning to make sounds, learning about fast and slow, quiet and loud, to play with a parent...)*
7. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*

4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



EAT WELL TO BE HEALTHY FOR YOUR BABY (40 MIN)

1. What does it mean for you, to eat well? And what does it mean, to eat poorly?
2. Why do we need to eat? Is it just so that we do not feel hunger? Or does the food do something else in our body?
3. How does the mother eating well, helps the baby to be healthy?
4. How many diferent types of foods there are? (3) Who can tell what they are?
 - Foods that give us energy to work and to care for the family (ENERGY)
 - Foods that protect us from illnesses (PROTECTION)
 - And foods that make our bodies and brains grow and develop (GROW & BE SMART)
5. Let us come up with a gesture for each food group!
6. What is an example of food that gives us lots of energy? (cereals, bread, potatoes, sugar cane, honey)

And food that protects us from getting sick? (Any fruit or vegetable)

And food that makes us grow and become smart? (lentils and beans, groundnuts (ocholoni), milk, youghurt, eggs, livers, fish, meat)
7. When a woman is pregnant, it is even more important for her to eat well, as her diet is affecting the health of the baby.

8. Divide into 3 groups. Each group should draw 3 circles. In one circle, they should draw a good breakfast, in another – a lunch, and in the third – a dinner. Each meal should have 3 food groups that are available in your community.
9. In 10 minutes, ask each group to present and check together if each meal has something from 3 food groups.
10. Explain that sometimes it can be difficult for women to have 3 food groups in each meal. In that case, having each food group at least once during the day is important.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing what you learned today, at home.
3. At home, try your best to have a food from each group, every day for the next two weeks!

**SNACK
TIME!**

7th MEETING – BREASTFEED YOUR BABY



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone tried to eat all three food groups, every day, for the past weeks? Who would like to share?
2. Today we will learn a new game you can do with your child. The game is called **MAKE ME A DRAWING!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Make simple drawings on the ground and show to the child (for example, a face, a fish, a car). Tell to the child: "Here is grandpa! And here is the car!"
4. If the child already sits by herself, give her a stick and encourage her to draw with you. Praise the child: "Very good! Is this a bird?"

Note: For the child younger than 6 months, you can make drawings on his tummy and tell him what you are drawing.



5. What do you think the child is learning in this game? (*The child is learning to understand and to make drawings; this will later help him when he will start learning how to read and write*)
6. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*

4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



BREASTFEED YOUR BABY (40 MIN)

1. How many of you are currently breastfeeding? And how many of you know someone who is breastfeeding?
2. We know that many of you receive good support from your health post or your HEW/WDA. So in this meeting we will just check on what you know:
 - Why is breastfeeding so important?
 - What are some good ways of breastfeeding?



-
3. Let us divide into 2 groups and play a game. The group that gets more correct answers wins!

QUESTION 1: Should the first milk that comes out of mother's breast be used or thrown away? Why?

(It should be used as it is extremely important for baby's health.)

QUESTION 2: Is it true that many mothers cannot produce enough milk?

(No. Most mothers can produce enough milk.)

QUESTION 3: Can anything be done to help mother produce enough milk?

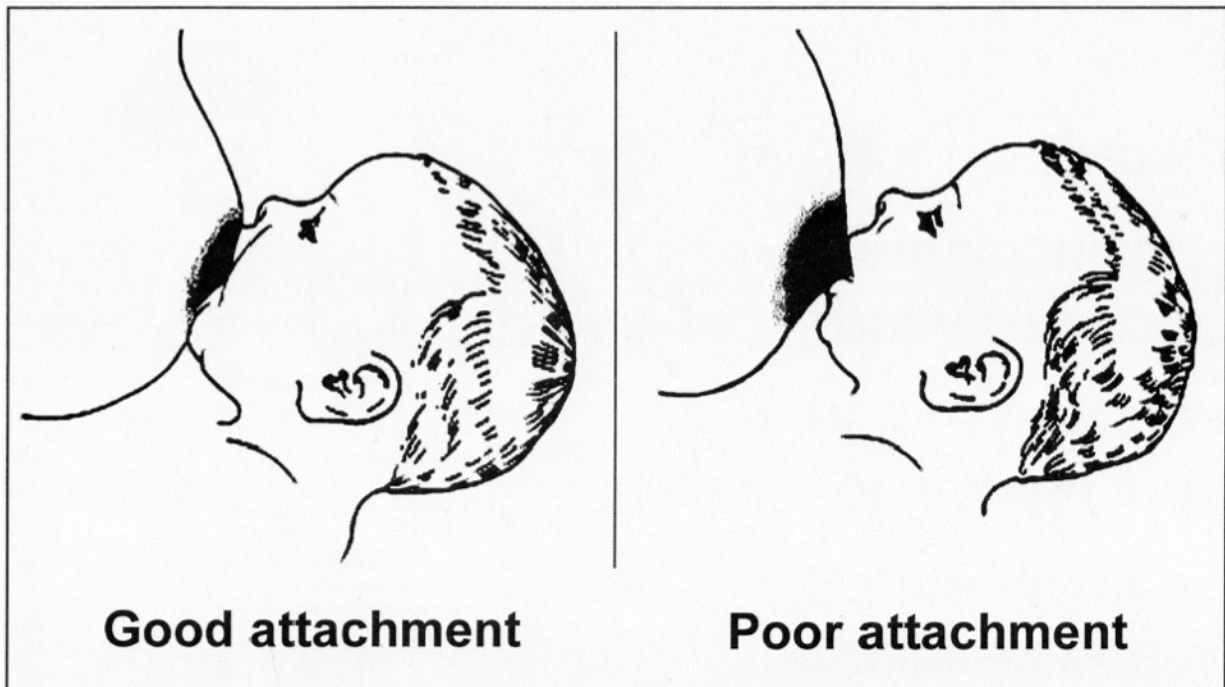
(Yes. Breastfeeding the baby at least every 3 hours and having good attachment to the breast will help the mother produce enough milk in most cases.)

QUESTION 4: What is good attachment to the breast?

(Good attachment is when

- **the baby is holding the area around the nipple**
- **the baby's chin is touching the breast**
- **the baby's lower lip is turned inside out.**

SHOW THE DRAWING (see enlarged, in Annex 2) AND ASK SOMEONE TO DEMONSTRATE.



QUESTION 5: Why do some babies always cry as if they are still hungry, even though they are breastfed?

(This often happens when the mother does not breastfeed the baby for long enough. In the first 5 minutes, the baby will only get to drink very watery milk. The more fatty milk will only start coming out if the mother breastfeeds for longer.)

QUESTION 6. It is good to start giving baby something else to drink, around 3-4 months, especially on hot summer days.

(No. The mother's milk fully protects baby both from thirst and hunger, until 6 months of age.)

4. Let us see which group has gotten more points. Congratulations!



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing what you learned today, at home.
3. Try to practice what you learned about breastfeeding today, at home, or teach someone else who you know has challenges.

**SNACK
TIME!**

8th MEETING – BABY’S FIRST FOOD



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone tried or shared with anyone, what you learned about breastfeeding last time? Who would like to share?
2. Today we will learn a new game you can do with your child. The game is called **GIVE AND RECEIVE!**

Pregnant women can first observe and then practice with the other woman’s baby!

3. Give something to your child (a spoon, a tree leaf, a shaker).
4. Then say: “Can you give me the shaker? Thank you!”
5. Then give the shaker back and say: “Here is the shaker for you!”



6. Play with the child like this several times, asking and giving things to the child.
7. What do you think the child is learning in this game? *(The child is learning the names of the objects, learning to collaborate with others...)*
8. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*

4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



BABY'S FIRST FOOD (40 MIN)

1. We already learned about 3 groups of foods that everyone should eat daily, to stay healthy. **Babies should also start eating 3 groups of food every day, once they reach 6 months.**
2. However, babies have never eaten real food before and they have no or few teeth. What are some ways can introduce foods to the baby?
3. Thank you for your ideas! Yes, you are right:
 - a. We should **start with only 2-3 spoons** of food.
 - b. We should **start with 2 meals and one healthy snack** (fruit puree etc.).
 - c. We should let the child eat first, and then **offer the breast milk after**.
 - d. We should make all first foods **very soft** in the beginning, like a puree.
 - e. The baby should eat **something from 3 food groups** daily!
 - f. We should introduce **one new food at a time**, for the baby to get used to it.
 - g. We should **play and talk to the baby**, to help him or her eat!



4. Divide into 3 groups. Each group has 5 minutes to brainstorm and prepare to role play solutions for their situation:

SITUATION 1: A young mother wants to know what should be a good first meal for a 6 month old, and how she should prepare it. What will you advise?

(Solution: As long as the meal includes 3 food groups, is mashed and is not too liquid, it will be the right first meal!)

SITUATION 2: Someone told to the mother that eggs and livers should not be given to the baby at 6 months. She is just giving porridge with some oil but her baby is not growing well. How can you help the mother?

(Solution: Both eggs and liver are absolutely excellent first foods, as they both help the baby grow and become smart, and protect her from getting sick.)



SITUATION 3: A father wants to help the baby try new food, but the baby is refusing. How can you help?

(Solution: Make a game or a song for the baby, to help her eat. Also you can try to add some sweet fruit juice to make the food taste nicer.)

5. Group 1, please share your situation and role play your solution. Thank you!
6. Do the others think it was a good solution? Why? Could we do anything else?
7. Continue until all three situations have been role played and discussed.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing what you learned today, at home.
3. Try to improve your or other mother's practices with baby's first foods, in the next 2 weeks!

**SNACK
TIME!**

9th MEETING – FEED YOUR BABY WELL



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone tried or shared with anyone, what you learned about baby first foods last time? Who would like to share?
2. Today we will learn a new game you can do with your child. The game is called **HIDE AND SEEK!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Cover your face with your hands or a cloth (shawl)
4. Ask: "Where is mama?"
5. Let the baby open your hands / remove the cloth and find you. Or open the hands yourself.
6. Say: "I am here!"
7. What do you think the child is learning in this game? (*The child learns that mom does not disappear when s/he cannot see her...*)
8. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*

3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



FEED YOUR BABY WELL (40 MIN)

1. We already learned how to start feeding the baby at 6 months. What should we do as the baby is getting older? How frequently should we feed them? How much should we give? What should we give them? How should be the food?
2. Thank you for the ideas! You are right:
 - Because babies have small stomachs, we should **feed babies frequently**, moving to 3 meals and 2 snacks by 9 months.
 - **Good snacks** are fruits or piece of injera or kitta. Junk foods and sweet drinks are bad snacks, as they destroy appetite and teeth.
 - We should make all first foods **very soft in the beginning**, but can start **cutting up the food around 9 months**, to help babies practice chewing



- We should gradually give half a cup of food to the baby and **reach full cup by 12 months.**
 - We should **play and talk to the baby**, to help him or her eat!
3. Divide into 3 groups. Each group has 5 minutes to brainstorm and come up with ideas on one situation:

SITUATION 1: A grandmother is saying that eating twice a day, like the family does, should be enough for the baby. Everyone is in the field during the day, and no one has time to cook a separate meal for the baby. What will you advise this family?

(Solution: The baby needs to eat more frequently, or she will not grow well. Pack some extra food for the baby before you go to the field, and take some nutritious snacks with you.)

SITUATION 2: The family believes that the 9 month old baby is not ready to chew and continues to give him pureed and mashed foods. They are worried about choking. How can you help this family?

(Solution: From 9 months onwards we should not give mashed foods anymore, or the baby will not accept normal family food later, as he had not had enough practice chewing. Cook the food well and cut it up in small pieces. Encourage the baby to pick it up by himself and eat – this will also make feeding time fun for the baby!)

SITUATION 3: Whenever an uncle comes from afar, he always gives his 10 year old niece a sweet drink. The mother does not want to offend the uncle but she knows that sweet drink is not good for a baby. What can she do?

(Solution: The mother can thank the uncle very much and share that the nurse recommended not to give the baby sweet drinks but to give fresh fruit instead. Can the uncle bring a piece of nice fruit next time, perhaps?)



4. Group 1, please share your situation and role play your solution. Thank you!
5. Do the others think it was a good solution? Why? Could we do anything else?
6. Continue until all three situations have been role played discussed.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 to 5 mothers to share)
2. Close your eyes and imagine doing what you learned today, at home.
3. Try to improve your own and other family's practices around baby feeding, in the next 2 weeks!

**SNACK
TIME!**

10th MEETING – RESPOND TO YOUR BABY



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone tried or shared with anyone, what you learned about feeding your baby last time? Who would like to share?
2. Today we will learn a new game you can do with your child. The game is called **BODY PARTS**.

Pregnant women can first observe and then practice with the other woman's baby!

3. Point to your body parts and ask the child:
 - “Here is my nose. Where is your nose?”
 - “Here are my shoulders. Where are your shoulders?”
 - “Here are my ears. Where are your ears?”

Note: With small babies, point also to their body parts, saying: “And here is your nose!”



4. What do you think the child is learning in this game?
(*The child is learning the names of the body parts, and bonding with the mother...*)
5. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*

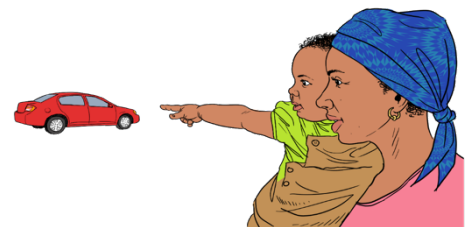
4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas.*



RESPOND TO YOUR BABY (40 MIN)

1. For our children to develop well, we need to notice and respond to the signals our children give us.
2. What signals can our children give us? Can you give some examples?
3. Exactly. Child signals are things we can observe, when we look at the child carefully.
4. One child can communicate to us that she is hungry; and another other child can show that he is tired. And another child can show us that he wants to play or to talk to us, or that he is scared. The child can give these signals by making sounds, gestures or just by looking. This is how children communicate what they need.

When we notice and respond to our child's signals, our child feels loved and protected.



5. Look at your child for a couple of minutes. Which signals can you see?
6. Very good. I see you already can notice the different signals your children are giving you!

Even small movements such as looking at something, sucking on hands, grabbing our finger, as signals that our children use to communicate.

7. When children give us signals, we should try to understand them and respond to their needs and interests. For example, let's think together:

- *If the baby is looking at you when you are changing his diaper, **it may be a signal that... (he wants to talk with you).***

How can we respond? (Let us talk with the baby while changing diapers!)

- *If the baby wants to see what is in your bag and wants to take things out from your bag, it is a sign that... (the child wants to explore and to learn).*

How can we respond? (Let us find something else the child can play with. for example, let's give him a box with some things inside, which he can take out and put back in.)

- *If the child is very focused when playing with some sticks and the sand, and is not responding when you call her, it is a signal that she... (is learning something new.)*

How can we respond? (Let us not interrupt her attention! Let her play a bit longer before you call her again.)

When we pay attention to the signals our children give us, and respond to them, we will have children that are healthy and intelligent. Their brains will be working well. And the children will feel loved and safe.

8. Let's make pairs! In every pair, one mother should observe her child and describe what signal she sees. Then she can respond to the child's signal. In the end she can ask if the other mother has any comments.

9. Then the other mother does the same with her own child.
10. **Which signals did you see** in your children? And did your friend notice any other signals?
11. **How did you respond** to the signals you saw? And in the end, how did the child react?
12. Let's remember that to understand the child's signals we need lots of practice. That is why, let us always observe our babies, so that we learn to understand their signals.



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 mothers to share)
2. Ask everyone to close their eyes. Imagine you are doing something in the home. Your child is next to you. What signals might your child show you? And how can you respond?
3. Try to respond to your child this way, at home!

**SNACK
TIME!**

11th MEETING – BABY MASSAGE



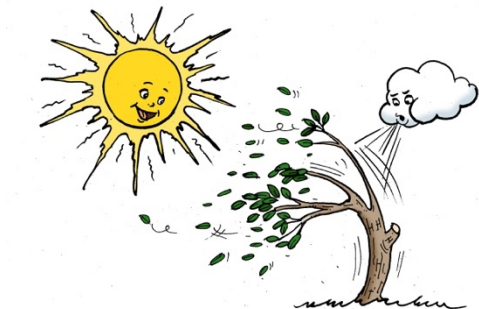
GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Here are some toys we made – you can use them with your babies. Try to use new toys today!
2. Today we will learn a new game you can do with your child. The game is called **FUNNY MASSAGE!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Sit the baby in front of you. Start massaging the back (or the chest) of the baby. As you massage the baby, tell the following story:

- “One day, the sun was high in the sky.” (draw a circle on the baby’s back)
- “The sun was very strong.” (draw rays of the sun coming down)
- “Suddenly, some clouds came.” (draw small circles)
- “Then, the wind started to blow.” (slide the hands across the back)
- “Then, thunder came.” (hit lightly with the hands on the back)
- “Straight away, a small rain started.” (tap on the back with your fingers)
- “In the end, the rain stopped, and the sun came out again!” (Draw a big circle on the back)



4. What do you think the child is learning in this game? (*The child is learning new words, is bonding with the mother...*)
5. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



BABY MESSAGE (40 MIN)

1. Do you or someone in the family give baby a massage? Can you share or even show, how you normally do it? Excellent!
2. When during the day do you do massage? Why?

It is good to massage before or after bath. Do not massage the baby straight after eating or when the baby is falling asleep.

3. Who can tell us, why it is so important to massage our baby daily, at least in the first months while the baby is still not sitting?

4. Very well! **Baby massage is very important because:**

- It improves baby's digestion and reduces colics
- It improves baby's appetite
- It makes all internal organs work better
- It improves baby's breathing
- It makes baby sleep better
- It helps babies grow and gain weight, especially if they were born premature or small
- It helps develop bond between the baby and the mother or the father
- And it helps the mother feel less stressed or worried. She feels relaxed and happy during massage.

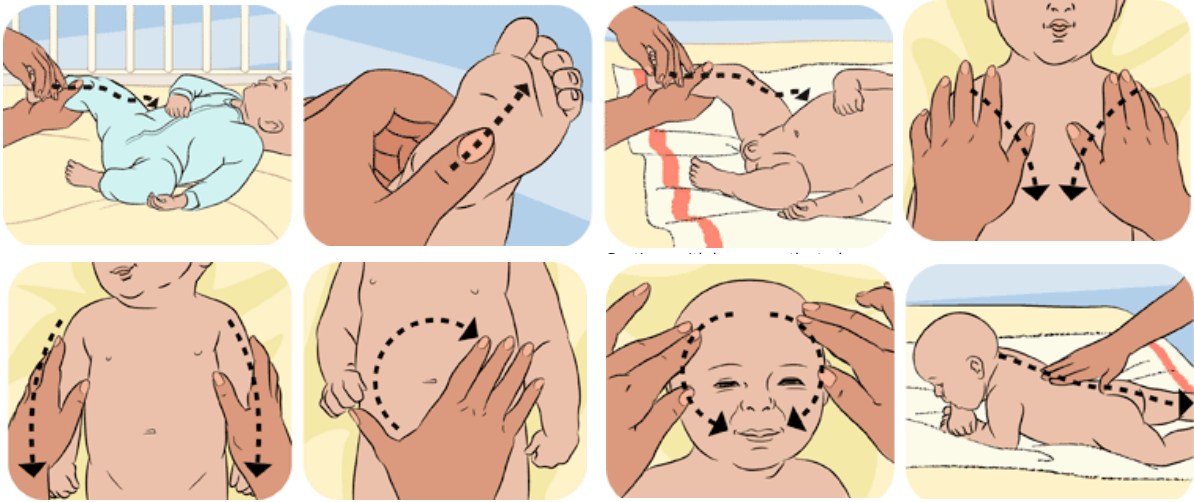
5. Do you think fathers should also massage the baby? Why do you think so?

6. Yes, it is very important for the fathers to massage the baby as well, because:

- It will help the fathers develop their own bond with the baby
- It will help the fathers that are timid around the baby or do not know how to handle the baby
- It will help the father feel less stressed or worried.

7. When you massage the baby, do you usually talk to the baby? Why would it be a good idea, to do so? Yes, it will help the baby develop and will strengthen the bond between you.

8. Let us look at this picture (Annex 3), which shows a good way to massage the baby. What steps can you see?



9. Can someone look at the picture, and try this with her baby? I will help by describing the actions on the picture. Remember to talk to your baby, when you massage her!

10. Excellent!



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 mothers to share)
2. Close your eyes and imagine massaging your baby, at home.
3. Try to practice baby massage at home every day, after baby bath or at any other time that is good for you!

**SNACK
TIME!**

12th MEETING – TALK TO YOUR BABY



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone of you tried to massage the baby at home? Would you like to share your experience?
2. Today we will learn a new game you can do with your child. The game is called **A JOURNEY!**

Pregnant women can first observe and then practice with the other woman's baby!

3. Sit the child on your knees. Tell the child a story. Move your knees as you tell the story:

- *"One day, we walked, and walked, and walked." (stamp or move your feet up and down)*
- *"Then we got on the bus, and drove up and down, up and down, on a bumpy road." (move your knees up and down and make your child jump a bit)*
- *"Next, we got on the train, and went side to side, side to side" (move the knees together with the child to one side and then to the other)*
- *"Then, we got on the bike and we pedaled, and pedaled and pedaled! (move the knees up and down one after another)*
- *"And we came home and fell on the bed!" (open the legs and let the child "fall" inside, but do not let his hands go!)*



4. What do you think the child is learning in this game? *(The child is learning the names of different transports and how they move...)*
5. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met
2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. Praise them.*



TALK TO YOUR BABY (40 MIN)

1. Today we will discuss why and when we should be talking to our children.
2. Do you usually talk to the baby that is not yet born? Why?

It is important that the mother and the father start talking with the baby still in pregnancy. This is because the baby can already hear at 5 months of pregnancy. Sometimes we can feel the baby moving when we talk or sing to them. **When the baby is born, he will recognize his parents' voices and will calm down when he hears them.**



3. And do you talk to the newborn? Why?

It is important to continue talking to the baby **as soon as he is born**, because the baby already hears and is ready to learn. He may not respond at once, but he will learn a lot of the words from you.

4. What do you think will happen to the child, whose parents rarely talk him, besides giving him commands or scolding him?

*Such a **child may become slow in his thinking and talking**, and may have difficulties in school.*

4. When is a good time, during the day, to talk to the babies?

***Any time a good time.** Let us talk to babies when cooking, feeding, working in the field, and during a bath. Tell them what you are doing. Tell them names of things they are looking at. Ask them questions.*



5. What are some good ways of talking to our babies, so that we help them develop?

Very good! Here are some additional good practices:

- **Ask questions instead of just giving commands:**
“What do we need for making shifro? What else?”
- **Ask questions that make the child answer in words or sentences, not just YES /NO:**
“What is it? What color is it? Where does this animal live?”
- **Describe to the child what you are doing, step by step:**
“First, I put the clothes in the water; then I add some soap; then I wash them like that...”

6. Let us make pairs, and practice talking with our babies. One mother can practice and the other will observe, then they can change places. You can move around. Use ideas above!

7. After 10 minutes, ask everyone to sit down. Ask 1-2 mothers: how did you feel, when talking to your baby?



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 mothers to share)
2. Close your eyes and imagine talking to your baby, at home.
3. Try talking to your baby just like you imagined and practiced, in the next 2 weeks!

A light blue oval with a dark blue border containing the text "SNACK TIME!".

**SNACK
TIME!**

13th MEETING – PLAY WITH YOUR BABY

Bring copies of the post-test for each mother.



GREETINGS AND A GAME (15 MIN)

1. Greetings, everyone! Please sit comfortably with your babies. Has anyone of you tried to talk to the baby at home? Would you like to share your experience?
2. Today we will learn a new game you can do with your child. The game is called **MAY I COME IN?** (**NOTE: SUBSTITUTE WITH A LOCAL FINGER GAME, IF APPROPRIATE**).

Pregnant women can first observe and then practice with the other woman's baby!

3. Ask the child to stretch the hand towards you. Hold the child's hand, and knock on her palm. Say: Knock, knock, knock, may I come in?
4. Let the child answer: Yes
5. Make your two fingers walk up her arm and stop at the elbow. Knock and ask again if you may come in.
6. Continue walking until the armpit. Knock and ask again. Tickle the baby!
7. Now it is your child's turn – give him your hand and ask him to walk up!
8. What do you think the child is learning in this game? (*The child is learning to ask for permission, is learning to expect what will happen next...*)
9. Let us ask the volunteers to help us with our babies by playing with them in the room next door, so that we can do our session.



NEWS AND PROBLEM-SOLVING (20 min)

1. Just like last time, I would like to invite 3 to 5 mothers to share today:
 - One thing that made them happy, since the last time we met
 - One thing that made them sad or worried, since the last time we met

2. *Do not pressure women to talk. If they are shy, be the first one to share.*
3. *As women talk, listen carefully. Look at them and give them your full attention. Thank them for sharing.*
4. *As you listen carefully to what the mothers are sharing, select one situation what made several mothers sad or worried.*
5. Say: It seems that for many of you... (describe the problem the women referred to).
6. Ask: Did anyone else in the group experience a similar problem? Would you like to share what you did, in this situation? What helped you?
7. *Let several women share, and then summarize key suggestions.*
8. *Ask the women if they would like to try some of these ideas. How could this be done?*



PLAY WITH YOUR BABY (40 MIN)

1. Today we will talk about why it's important for babies to play.
2. Who in your family spends most time playing with the baby or other children?
3. Can someone show how they play with the child? Excellent!
4. When the child plays, he learns a lot of things. Playing for the child is like working for adults. What do you think are some of the things the child learns, when playing?

When the child plays, she learns:

- To think, to pay attention, to solve problems
- To follow the rules
- To interact with others
- To use new words, to make sentences
- To use his muscles (for exemple, training his fingers to be able to write later).

5. Is there a specific age when a child starts to play?

No, the child starts playing when still in the tummy and continues after birth. For example, he can kick in the tummy, or he can imitate the faces that the mother or the father make!

6. At what age do children learn fastest?

The child learns fastest in the first 3 years! The child's brain is like a sponge then, and everything he does, helps him learn. That is why playing and talking with babies is so important.

7. What can we do, if we are busy and do not have a lot of time to play? Does anyone have ideas?

Yes, we can play during daily jobs or chores!



8. Give women the following task:

- Everyone, close your eyes and imagine one job you do frequently, with the baby next to you (or in your tummy). Now, imagine how you can play with a baby a little, while you do this activity.

Examples of jobs: cooking; washing clothes; sweeping; going to the market...

- Now, open your eyes. Share your idea with the members of your group!
- What will your child learn, by playing this way? Anyone would like to share?



BEFORE GOING HOME (15 MIN)

1. What is something new that you learned today? (Invite 3 mothers to share)
2. Please play with your baby at home, like you imagined today!
3. **Do the post-test.**

If some mothers cannot read, be prepared to say each question and each answer option aloud. Sit the mothers at a distance from each other, so that each mother answers by herself.

**SNACK
TIME!**

14th MEETING - CLOSING





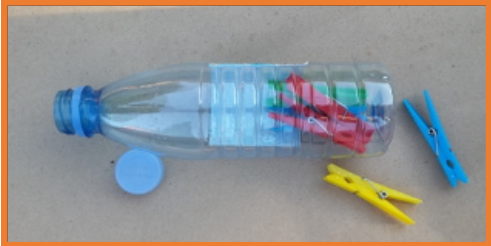

1. Bring some treats to celebrate the end of the mother baby meetings!
2. Before you proceed with the feast, allow each mother to share one thing that has been most helpful to her, in the mother-baby group. Celebrate each mother and each baby!
3. Check with the mothers about their plans. Encourage some of the mothers to start their own mother-baby groups, to help other mothers!



ANNEXES

ANNEX 1. PLAY MATERIALS FOR BABIES FROM BIRTH TO 2 YEARS

All the toy parts should be big enough, so that they cannot be swallowed or stuck into the nose or the ear. Toys should also be safe (without sharp edges).

AGE	PLAY MATERIAL	HOW TO PLAY AND WHAT THIS DEVELOPS IN THE CHILD
<p>Birth to 6 months</p>	<p>"MOVING TOYS"</p>    	<p>HOW TO PLAY</p> <ul style="list-style-type: none"> • Hang the toy above the place where the child is lying or sitting • Around 4-5 months, encourage the child to try to grab the toy, pass it from one hand to the other, pull on the string, etc. • Around 2 years, you can show how to remove the rings or pegs from the string, and how to put them back on. • When the child begins to lose interest, put new things onto the strings. <p>WHAT THIS HELPS THE CHILD DEVELOP</p> <ul style="list-style-type: none"> • Vision; eye and hand coordination • Understanding cause and effect
	<p>SHAKERS</p>  	<p>HOW TO PLAY</p> <ul style="list-style-type: none"> • Let the child listen to different sounds the shaker makes. Dance & sing. • Turn the shaker slowly, so that the child can see the pieces fall. • Move the shaker from the child and encourage him to reach it. • From 1 year onwards, show the child how to take the clothespins out of the bottle and how to put them back in. • From 2 years onwards, teach the child colors and count the pegs. <p>WHAT THIS HELPS THE CHILD DEVELOP</p> <ul style="list-style-type: none"> • Hearing, vision; eye and hand coordination

7 to 12 months

BASKET



HOW TO PLAY

- Show the child how take out and put the things back into the basket.
- Ask the child to give you something. Thank the child.
- From 1 year onwards, you can give the child an egg box and show how to pick up and put small things into egg containers.
- From 2 years onwards, you can ask the child to only put specific things in the container. For example: "Only put the blue bottle caps..."

WHAT THIS HELPS THE CHILD DEVELOP

- Eye and hand coordination
- Thinking; sorting
- Language

"DRUM"



HOW TO PLAY

- Let the child bang on a container, a plate or a box
- Show how to bang fast and slow and let the child copy you
- Sing, dance or clap hands when the child is playing the "drum"

WHAT THIS HELPS THE CHILD DEVELOP

- Eye and hand coordination
- Understanding cause and effect ("I can make sounds when I hit it")
- Social skills.

BALL



HOW TO PLAY

- Give the child the ball, ask what it is
- Sit on the floor and roll the ball to each other
- Throw or kick the ball to each other; or throw the ball into the hole or the bucket. Praise the child when she reaches the target.
- When playing, talk to the child, saying: kick, roll, throw!

WHAT THIS HELPS THE CHILD DEVELOP

- Coordinated movements
- Thinking and following instructions; social skills.

1 to 2
years

CARS (TO PUSH AND PULL)



HOW TO PLAY

- Show the child how to push and pull the car; open and close doors; and put and remove passengers and wares.
- Ask the child to bring you something by car from one place to another. Remember to thank the child.
- As the child is playing, ask him or her: What is it? What sound does the car make? Where are the wheels on the car? Is this a slow or a fast car?

WHAT THIS HELPS THE CHILD DEVELOP

- Coordinated movements
- Thinking and following instructions
- Language and social skills.

DOLL



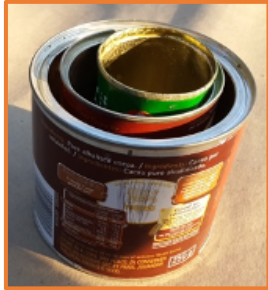
HOW TO PLAY

- Ask the child about the name of the doll, how old the doll is, what she likes to eat, where she lives, whether her hair is long or short, what clothes she has on today, where are her parents, etc.
- Ask if the doll is happy or sad, and why.
- Let the child interact with the doll: ask to give the doll to eat, hug the doll, put her to sleep, give her a bath, take her for a walk. Do some actions together.

WHAT THIS HELPS THE CHILD DEVELOP

- Language and social skills
- Thinking and imagination.

BUILDING TOYS



HOW TO PLAY

- Help the child stack up the containers or blocks, and let him /her knock down the tower
- Count the containers or blocks together
- Show the child how to insert cups or containers one inside the other. Let the child try; praise him.
- Hide something under one of the containers. Ask the child to find it.
- Ask the child, as he or she is working:
 - ✓ *What are you building?*
 - ✓ *Who will live in this house?*
 - ✓ *Give me a small cup, now give me a big cup...*

WHAT THIS HELPS THE CHILD DEVELOP

- Eye and hand coordination
- Thinking and imagination.

PICTURES



HOW TO PLAY

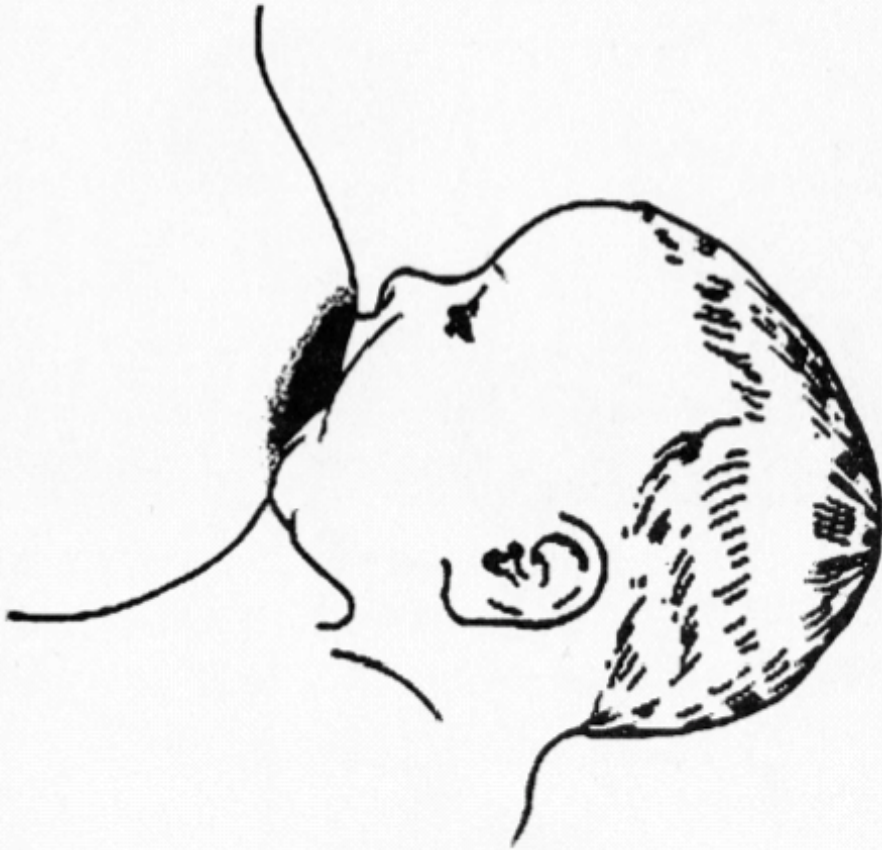
- Find some things at home that have colorful pictures
- Show the picture to the child and ask: What is this? /Who is this? What is it doing? Is it big or small? What color is it?
- When you take your child to the health post, and you see some pictures there, show them to the child and ask: Do you see the baby? What is the baby doing? Etc.
- Make a story about a child or an animal in the drawing. Next time ask the child to help you tell a story.
- For the child older than 2, you can cut the picture in 2 or more pieces and ask the child to join the pieces.

WHAT THIS HELPS THE CHILD DEVELOP

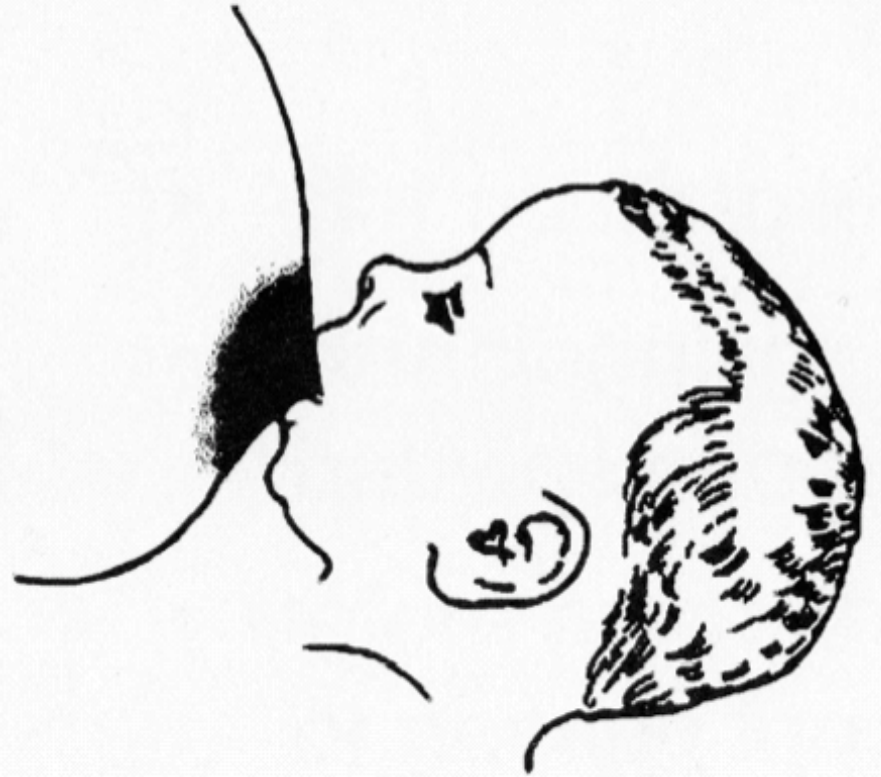
- Language and social skills
- Thinking and imagination.

NOTE: FOR THE PLAYBOX FOR 10 CHILDREN, PREPARE 1-2 TOYS OF EACH TYPE.

ANNEX 2. GOOD & POOR ATTACHMENT

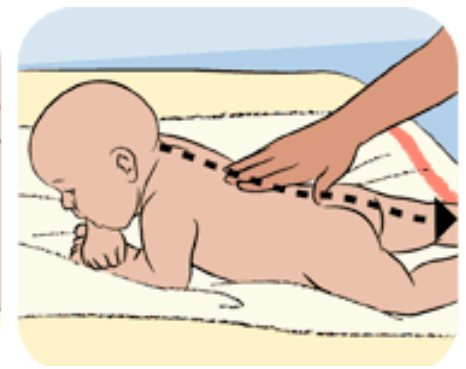
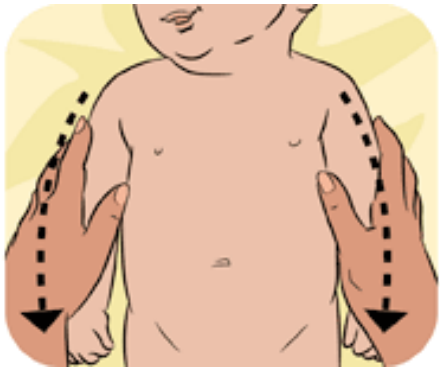
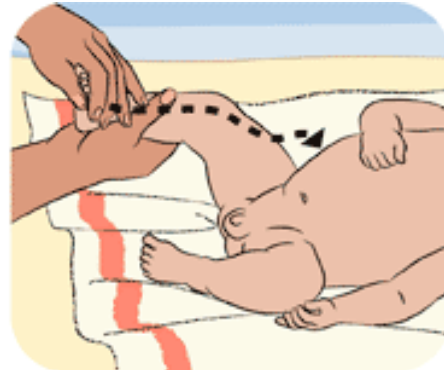


Good attachment



Poor attachment

ANNEX 3. BABY MASSAGE



ANNEX 4. BABY PLAYGROUP

While the mothers are busy with the session, the 2 volunteers can help with the babies. They volunteers can do the following:

- 1) Sing songs, clap and dance with the babies
- 2) Help the babies play with the toys in the playbox
- 3) Look at the pictures or picture books and name things
- 4) Take babies outside to look at things and to play in the sand (bring some containers to fill and empty).
- 5) Optional: Have a small snack (after washing hands)
- 6) Optional: Have a nap.

Help the babies play together, by showing them how to roll the ball or the car to each other, by “cooking” or “feeding” each other, and by copying each other. Use words to teach children: We don't hit; we share; we play with our friends...

Note: The youngest, breastfeeding babies that still do not sit by themselves (0-6 months), can stay with the mothers during the session.