

MOTHER BABY SUPPORT GROUP TRAINING AGENDA

NOTE THAT RECOMMENDED NUMBER OF PARTICIPANTS (HEWS) SHOULD NOT EXCEED 25.

BABY SUPPORT VOLUNTEERS DO NOT NEED TO BE TRAINED BUT SHOULD BE ORIENTED BY HEWS AFTER THIS TRAINING. THERE SHOULD BE 2 BABY VOLUNTEERS IN EACH MOTHER BABY GROUP, ONE VOLUNTEER PER MAXIMUM 5 BABIES.

TRAINING SHOULD HAPPEN IN A PLACE AS SIMILAR TO A TYPICAL MOTHER BABY GROUP SETTING AS POSSIBLE.

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

1. Recycled plastic or tin container, preferably with some colors
2. Some bottle caps or some colorful seeds (a few)
3. Some pieces of old cloth or textile (with nice colors).

PROVIDE KITS OF TOY-MAKING TOOLS, CONSISTING OF:

- scissors, roll of colorful rope, colored pencils or markers; transparent scotch tape; 2 medium cardboard boxes – 1 for making toys and 1 for storing toys; colorful cloth pegs; sewing kit.

DAY 1 – MOTHER BABY SUPPORT GROUP TRAINING

TIME	TOPIC	STEPS	MATERIALS
8:30-9:00	Opening & registration	<ol style="list-style-type: none"> 1) Ask everyone to prepare their name card (with a picture) 2) Do registration 3) Open the training 4) Review tools (Manual, pretest) 	
9:00-9:45	<p>Why support groups for pregnant women and mothers with young babies affected by conflict?</p> <p>How the groups will function</p>	<ol style="list-style-type: none"> 1) Ask: Have you ever been a part of a support group? What was your experience? 2) Brainstorm: Why do we need support groups, especially after conflict? 3) Add as needed: <ul style="list-style-type: none"> ▪ Conflict can create trauma, stress and depression ▪ Women during pregnancy and in the first year after birth are especially likely to suffer from depression, even in the absence of conflict ▪ Stress /depression in pregnancy can lead to birth complications ▪ Stress /depression after birth can reduce mother’s capacity to take care of herself and of the children ▪ Mutual support and problem solving are very powerful in reducing stress and depression ▪ Building confidence as a parent and seeing your child develop and thrive, also helps reduce stress & depression/ 1) Draw a table with these questions on the board: <ol style="list-style-type: none"> a. Who will be the participants / How many? b. Who will be the facilitators? / How many? c. How many meetings will mothers have? d. How frequently will the meetings happen? 2) Ask the participants to work in pairs and find the answers on the first page of the Manual. Then jointly fill the table. 	Mother baby manual

		<p>3) Ask: And what will the babies do, during the session? Brainstorm and then review Annex 4 for more ideas.</p> <p>3) Discuss if anything is unclear or if there are any doubts about how the support groups will work. Ask for suggestions from the facilitators on what could make the groups work better.</p>	
9:45-10:15	<p>What are the meetings about?</p> <p>Typical support group meeting</p>	<p>1) Ask the participants to look at the table of contents. Try to identify main topics of the meetings. These are three! (maternal well-being; nutrition; child development)</p> <p>2) Brainstorm: why do you think we have these topics, in mother baby support group?</p> <p>3) Invite groups to look through meetings 2 to 13 in the manual. How does each meeting begin? What comes next? How do all sessions end? What are some of the topics?</p> <p>4) Write out 4 parts of each meeting, and discuss why the meetings have this structure:</p> <ol style="list-style-type: none"> 1. Learning a game in each meeting, to gain more skills to support children's development at home 2. Problem-solving each time, to respond to new issues or problems in women's lives, through peer support 3. Working with the topic of the day 4. Review and practice at home, to ensure that what was learned is used at home 	
10:15-10:45	BREAK		

10:45 - 11:45	1 st meeting (Introduction) Simulation	<ol style="list-style-type: none"> 1) Sit in the circle. 2) Explain that you will now simulate 1st mother baby meeting with participants; they should pay close attention to what you are doing. 3) Simulate Meeting 1 with the participants, including pretest and toy-making (start on making toys and ask to complete by tomorrow) 	<p>Pretest</p> <p>Toy samples</p> <p>Toy making materials</p>
11:45-12:00	Review of 1 st meeting	<ol style="list-style-type: none"> 1) Ask the participants: <ul style="list-style-type: none"> ▪ What activity did you enjoy? ▪ Is there anything you would advise to improve? 2) Quickly review the steps followed, in the manual. 	
12:00-12:30	Baby playgroup simulation	<ol style="list-style-type: none"> 1) Explain that while their mothers participate in a meeting, the babies can play with support of 2 volunteers. 2) Explain that having a routine is very helpful for babies. Review Annex 4 together for suggested routine & adjust if needed. 3) Improvise pretend babies from available material or ask some participants to pretend to be babies. 4) Invite 2 volunteers to quickly simulate baby playgroup activities, using Annex 4. 	
12:30-14:00	LUNCH	Ask volunteers to prepare game in Meeting 3, 4 and 5	
14:00-15:15	Meeting 2 simulation (Do not let the bucket overflow)	<ol style="list-style-type: none"> 1) Explain that you will now do the Meeting 2, on maternal well-being. 2) Simulate the whole meeting, but shorten a bit (under 1 hour) Note: In problem-solving, it is very important that participants talk about some things that made THEM PERSONALLY happy and then sad, in the last two weeks. If participants talk about other people, share a personal example, to put them on the “right” track. 3) Review: <ul style="list-style-type: none"> • What activities did we do? (list) 	

		<ul style="list-style-type: none"> • Would this meeting be helpful to women? How? • Anything we could improve? 	
15:15-16:00	Meeting 3 simulation (What can we change)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 3 together, but that you will call on some participants to help you. 2) Ask the volunteer to simulate Part 1: Review and game 3) Explain that for this practice, you will skip problem-solving part (2) 4) Do Part 3 and 4 of the meeting (simulation) 5) Review briefly: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
16:00-16:30	BREAK		
16:30-17:30	Meeting 4 simulation (Dealing with conflict)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 4 together, on conflict with a partner, but that you will call on some participants to help you. 2) Ask the volunteer to simulate Part 1: Review and game 3) Explain that for this practice, you will skip problem-solving part (2) 4) Do Part 3 and 4 of the meeting (simulation) 5) Review: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
17:30	Homework	<p>Remind the participants to finish their baby toys by tomorrow.</p> <p>Ask selected participants to prepare and lead the following activities tomorrow. Write participant's name next to each activity below (game etc):</p>	

		<ul style="list-style-type: none">• Meeting 5 (Taking care of yourself)<ul style="list-style-type: none">• Game• Problem-solving• Main activity & homework • Meeting 6 (Eat well for your baby)<ul style="list-style-type: none">• Game • Meeting 7 (Breastfeeding)<ul style="list-style-type: none">• Game• (skip Problem-solving)• Main activity & homework • Meeting 8 (Baby's first food)<ul style="list-style-type: none">• Game• (skip Problem-solving)• Main activity & homework • Meeting 9 (Feed your baby well)<ul style="list-style-type: none">• Game• (skip Problem-solving)• Main activity & homework	
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DAY 2 – MOTHER BABY SUPPORT GROUP TRAINING

TIME	TOPIC	STEPS	MATERIALS
8:30-10:00	Meeting 5 simulation (Take care of yourself)	<ol style="list-style-type: none"> 1) Sit in the circle. Ask the participants to show the toys they made. Check if these are safe and stimulating. 2) Explain that we will now do Meeting 5 together, on taking care of yourself, but that you will call on some participants to help you. 3) Ask the volunteer to simulate Part 1: Review and game 4) Ask another volunteer to simulate Part 2: problem-solving (but shorten) 5) Invite another participant to do Part 3 and 4 of the meeting (simulation) 6) Review: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
10:00-10:30	Review Introduction to meetings on nutrition (6-9)	<ol style="list-style-type: none"> 1) Review the maternal wellbeing sessions with participants: <ul style="list-style-type: none"> • What capacity each meeting was trying to promote in the women? 1) Reinforce that: <ul style="list-style-type: none"> • When a woman does not feel positive or hopeful, she is not likely to take good care of her child • That is why these meetings will help women find ways to support themselves 2) Ask: Why do you think we have meetings that talk about nutrition? What are some of the issues that families find challenging, when it comes to nutrition, in our worda? Write 3 main topics on separate flipcharts: <ul style="list-style-type: none"> • What pregnant women and mothers eat • How breastfeeding is done • Starting the baby on foods 	

		<p>3) Under each topic, brainstorm what are some common challenges that mothers have: list at least 3 per topic...</p> <p>4) Quickly inform that meeting 6 should help improve the nutrition of pregnant women and mothers; meeting 7 aims to help with breastfeeding practices; and meetings 8 and 9 prepare mothers for feeding well their babies.</p>	
10:30-11:00	BREAK		
11:00-12:15	6 th Meeting (Eat well to be healthy for your baby)	<p>1) Explain that we will now do Meeting 6 together, on eating well, but that you will call on some participants to help you.</p> <p>2) Ask the volunteer to simulate Part 1: Review and game</p> <p>3) Explain that for this practice, you will skip problem-solving part (2)</p> <p>4) Do Part 3 and 4 of the meeting (simulation)</p> <p>5) Review:</p> <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
12:15-12:30	Songs on nutrition	<p>1) Use 15 minutes to make a song or two about good nutrition, based on Meeting 6, that everyone can learn.</p> <ul style="list-style-type: none"> • This can be a song about foods that make us smart, or colors and tastes of different foods etc. 	
12:30-14:00	LUNCH		
14:00-15:00	Meeting 7 simulation (Breastfeeding your baby)	<p>1) Explain that we will now do Meeting 7 together, on breastfeeding, but that you will call on some participants to help you.</p> <p>2) Ask the volunteer to simulate Part 1: Review and game</p> <p>3) Explain that for this practice, you will skip problem-solving part (2)</p>	

		<p>4) Invite another participant to do Part 3 and 4 of the meeting (simulation)</p> <p>5) Review:</p> <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
15:00-16:00	Meeting 8 simulation (Baby's first food)	<p>1) Explain that we will now do Meeting 8 together, on baby's first food, but that you will call on some participants to help you.</p> <p>2) Ask the volunteer to simulate Part 1: Review and game</p> <p>3) Explain that for this practice, you will skip problem-solving part (2)</p> <p>4) Invite another participant to do Part 3 and 4 of the meeting (simulation)</p> <p>5) Review:</p> <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
16:00-16:30	BREAK		
16:30-17:30	Meeting 9 simulation (Feed your baby well)	<p>1) Explain that we will now do Meeting 9 together, on feeding your baby well, but that you will call on some participants to help you.</p> <p>2) Ask the volunteer to simulate Part 1: Review and game</p> <p>3) Explain that for this practice, you will skip problem-solving part (2)</p> <p>4) Invite another participant to do Part 3 and 4 of the meeting (simulation)</p> <p>5) Discuss whether some religious practices, such as fasting, can affect the child's feeding, and as a result, his health. For example: Is it acceptable for the child under 5 to fast? Why yes or why not?</p>	

		<p><i>(Explain that young children, especially younger than 5, should not fast, as it can cause malnutrition. Their bodies and brains are growing very actively, and will suffer if left without nutrition.)</i></p> <p>6) Review:</p> <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
17:30	Homework	<p>Ask selected participants to prepare and lead the following activities tomorrow. Write participant's name next to each activity below (game etc):</p> <ul style="list-style-type: none"> • Meeting 10 (Respond to your baby) <ul style="list-style-type: none"> • Game • Problem-solving • Meeting 11 (Baby massage) <ul style="list-style-type: none"> • Game • (skip Problem-solving) • Main activity & homework • Meeting 12 (Talk to your baby) <ul style="list-style-type: none"> • (skip Game) • (skip Problem-solving) • Main activity & homework • Meeting 13 (Play with your) <ul style="list-style-type: none"> • Game • (skip Problem-solving) • Main activity & homework 	

DAY 3 – MOTHER BABY SUPPORT GROUP TRAINING

TIME	TOPIC	STEPS	MATERIALS
8:30-8:45	Introduction to meetings on child development (10-13)	<ol style="list-style-type: none"> 1) Ask: Why do you think we have meetings that talk about child development, in mother-baby groups? 2) Take a poll: when does the child learn most? As a teenager? As a school child? From 3 years? From birth to 3? (The ones who agreed with the last statement, have won!) 3) Explain that brain develops fastest in the first 3 years. What helps the brain develop? Brainstorm and then add the following: parental touch and play; talking to the baby; responding to the baby when she wants your attention. 4) Conclude by saying: just as the child needs food to grow, she needs our attention, talking and playing, to become intelligent and good person! 	
8:45-10:15	10th Meeting simulation (Respond to your baby)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 10 together, on responding to your baby, but that you will call on some participants to help you. 2) Ask the volunteer to simulate Part 1: Review and game 3) Explain that for this practice, you will skip problem-solving part (2) 4) Do Part 3 and 4 of the meeting (simulation) 5) Review: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
10:15-10:45	BREAK		

10:45-11:45	Meeting 11 simulation (Baby massage)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 11 together, on baby massage, but that you will call on some participants to help you. 2) Ask the volunteer to simulate Part 1: Review and game 3) Explain that for this practice, you will skip problem-solving part (2) 4) Invite another participant to do Part 3 and 4 of the meeting (simulation) 5) Review: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
11:45-12:30	Meeting 12 simulation (Talk to your baby)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 12 together, on talking with your baby, but that you will call on some participants to help you. 2) Explain that for this practice, you will skip game and problem-solving 3) Invite a participant to do Part 3 and 4 of the meeting (simulation) 4) Review: <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
12:30-14:00	LUNCH		
14:00-15:00	Meeting 13 simulation (Play with your baby)	<ol style="list-style-type: none"> 1) Explain that we will now do Meeting 13 together, on playing with your baby, but that you will call on some participants to help you. 2) Ask the volunteer to simulate Part 1: Review and game 3) Explain that for this practice, you will skip problem-solving 4) Invite a participant to do Part 3 and 4 of the meeting (simulation) 	

		<p>5) Review:</p> <ul style="list-style-type: none"> • What activities did we do? (list) • Would this meeting be helpful to women? How? • Anything we could improve? 	
15:00-16:30	<p>Last meeting</p> <p>Plan for action</p>	<p>1) Review the steps of Meeting 14 together. Ask each participant to share one new thing they have learned in this training.</p> <p>2) Ask each team of facilitators to sit and make a plan for starting their support group. They should write up the steps they will take:</p> <ul style="list-style-type: none"> • Where will support group meet? • When will meetings happen (every week or every second week? day and time)? • How will they motivate the mothers to join? (max 15 per group) • Who else should be informed about the support group? • What materials will they need to prepare? • (Any other questions?) <p>3) Invite each group to present; discuss and help improve each plan.</p>	
16:30-17:00	BREAK		
17:00-17:15	Closing	<p>Distribute training participation certificates.</p> <p>Explain that:</p> <ol style="list-style-type: none"> 1) Participants will meet every 4-6 weeks for 1 half-day: <ul style="list-style-type: none"> ▪ To share what worked very well ▪ To share and solve problems <p style="margin-left: 40px;">To review and practice 1-2 activities in the upcoming meetings</p> 2) Trainers will visit each mother baby group at least once a month and provide support. 	

MONTHLY REFRESHER OF MOTHER-BABY GROUP FACILITATORS

TIME	TOPIC	STEPS	MATERIALS
8:30-9:00	Sharing positive experiences	<ol style="list-style-type: none"> 1) Summarize data on how many support groups are active and how many meetings most groups have done 2) Ask the facilitators, one by one, to share what they think is working well, in their support groups. Ask if they see any changes in some of the mothers, if so, what kinds of changes. 3) Add your own observations from the mentoring visits, of things that seem to work very well. Share any good practices that can be useful to other groups. 4) Celebrate the successes. 	<p>Data from support groups</p> <p>Data from mentoring visits</p>
9:00-10:00	Problem-solving	<ol style="list-style-type: none"> 1) Then ask each team to briefly discuss and then share one main challenge they have at this moment. 2) Note down the challenges shared, and add anything relevant from your observations from mentoring visits. 3) Brainstorm together on how these challenges could be solved. Let the teams help each other before giving your ideas. 4) Agree on the next steps. 	
10:00-10:30	Snack break		
10:30-11:30	Refresher on upcoming meetings	<ol style="list-style-type: none"> 1) Identify what are the sessions that most groups will be doing, next month. 2) Ask the participants which sessions they would like to review and practice. 3) Invite 1-2 volunteers to simulate the steps of the session/s and support. 4) Discuss if anything is still unclear 	