




























A MINI GUIDE FOR PARENTAL COACHES
















# PC-ECD PROGRAM STEPS FOR HOME VISITING

BUILD RELATIONSHIPS AND CONNECT		
1		Greet the family warmly. Talk or play a bit with the children. Notice and respond to their interests.
2		Check if other family members would also like to join the visit.
3		Ask if anything new has happened in the family since the last visit. Check on any agreed actions. Discuss any obstacles.
4		Check how the mother has been feeling lately. Support with some actions to improve maternal mental health, if needed.
STRENGTHEN RESPONSIVENESS AND EARLY LEARNING		
5		Every 2 months, monitor child's developmental milestones and check if the family has any concerns about the child's development.
6		Ask the caregiver to show you a play activity or a conversation they have been enjoying with the child in the last few weeks.
7		Describe what you saw: <i>"When your child did X, I saw you do Y."</i> Praise: <i>"You are responding so well to your child. This helps him learn."</i>
8		Select and demonstrate a new age-appropriate play activity for the family to play with the child in the next weeks.
9		Invite caregiver and child to try the activity you showed. Describe what you saw, and praise the caregiver
10		If needed, reinforce 1-2 key messages on importance of play and responsive care.
SUPPORT MATERNAL AND CHILD HEALTH, NUTRITION, SAFETY & SECURITY		
11		Start each topic by asking questions about current practices. Based on the answers, decide what exactly to counsel on.
12		Monitor health check ups, vaccinations, supplementation and nutritional status. Refer if needed.
13		Agree on the next visit and on actions to do before next time.
<p>Note: Your visit should last between 30 and 45 minutes. This will allow you to demonstrate and practice new activities.</p>		



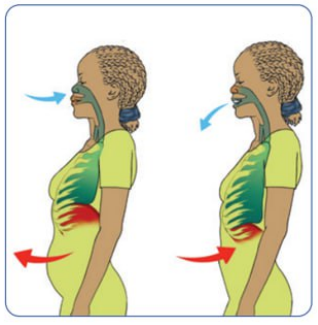
# AGE-SPECIFIC ACTIONS DURING BI-WEEKLY HOME VISITS

WHEN	WHAT TO DO
PREGNANCY	<ul style="list-style-type: none"> <li> 1. Check on and support maternal mental health</li> <li> 2. Check mother for danger signs &amp; concerns</li> <li>3. Check on eight antenatal visits</li> <li> 4. Check on and support maternal nutrition</li> <li>5. Check on intake of iron and folic acid pills</li> <li> 6. Check on and promote bonding with unborn baby</li> <li>7. Promote use of clean drinking water and handwashing</li> <li> 8. Check for signs of violence.</li> </ul>
POSTNATAL 0-2 months	<ul style="list-style-type: none"> <li> 1. Check on and support maternal mental health</li> <li> 2. Check mother and newborn for danger signs &amp; concerns</li> <li>3. Check baby's hearing, vision and key milestones.</li> <li>4. Check on three postnatal visits &amp; vaccinations</li> <li> 5. Check on and support maternal nutrition</li> <li>6. Check on and support breastfeeding</li> <li> 7. Help recognize baby's cues</li> <li>8. Check on and promote talking with baby &amp; baby massage </li> <li>9. Promote use of clean drinking water and handwashing</li> <li> 10. Check for signs of violence</li> <li>11. Offer special support for small baby</li> </ul>
FIRST YEAR 2-12 months	<ul style="list-style-type: none"> <li> 1. Check on and support maternal mental health</li> <li>2. Check developmental milestones &amp; concerns every 2 months</li> <li>3. Check for <b>red flags</b> in child's development at 9 months</li> <li> 4. Review child danger signs with family</li> <li>5. Check on monthly well-child visits &amp; vaccinations</li> <li>6. Check if Vitamin A was given at 6 and 12 months</li> <li>7. From 6 months, check monthly for malnutrition</li> <li>8. Check on and support breastfeeding</li> <li> 9. Check on and support adequate child feeding from 6 months</li> <li>10. Promote healthy snacks</li> </ul>

	 <ul style="list-style-type: none"> <li>11. Help recognize child's cues</li> <li>12. Check in and encourage talking and playing with baby </li> </ul>  <ul style="list-style-type: none"> <li>13. Promote use of clean drinking water and handwashing</li> <li>14. Make home safe from accidents</li> <li>15. Check for signs of violence</li> </ul>
<p style="text-align: center;">SECOND YEAR</p> <p style="text-align: center;">12-24 months</p>	 <ul style="list-style-type: none"> <li>1. Check on and support maternal mental health</li> <li>2. Check developmental milestones &amp; concerns every 2 months</li> <li>3. Check for <b>red flags</b> in child's development at 18 months</li> <li>4. Review child danger signs with family</li> </ul>  <ul style="list-style-type: none"> <li>5. Check on regular well-child visits and vaccinations</li> <li>6. Check if Vitamin A was given at 12, 18 and 24 months</li> </ul>  <ul style="list-style-type: none"> <li>7. Check monthly for malnutrition</li> <li>8. Support continued breastfeeding</li> <li>9. Check on and support with adequate child feeding</li> <li>10. Promote healthy snacks</li> </ul>  <ul style="list-style-type: none"> <li>11. Help recognize child's cues</li> <li>12. Check on and promote talking and playing with the child </li> </ul>  <ul style="list-style-type: none"> <li>13. Promote use of clean drinking water and handwashing</li> <li>14. Make home safe from accidents</li> <li>15. Check on and encourage positive discipline</li> </ul>
<p style="text-align: center;">2 TO 6 YEARS</p>	 <ul style="list-style-type: none"> <li>1. Check on and support maternal mental health</li> <li>2. Check developmental milestones &amp; concerns every 2 months</li> <li>3. Check for <b>red flags</b> in child's development at 24 months</li> <li>4. Review child danger signs with family</li> </ul>  <ul style="list-style-type: none"> <li>5. Check on regular well-child visits</li> <li>6. Check on Vitamin A and deworming every 6 months</li> </ul>  <ul style="list-style-type: none"> <li>7. Check monthly for malnutrition</li> <li>8. Check on and support with adequate child feeding</li> <li>9. Promote healthy snacks</li> </ul>  <ul style="list-style-type: none"> <li>10. Help parents follow the child's interests</li> <li>11. Check on and promote talking and playing with the child </li> <li>12. Promote use of childcare</li> </ul>  <ul style="list-style-type: none"> <li>13. Promote use of clean drinking water and handwashing</li> <li>14. Make home safe from accidents</li> <li>15. Check on and encourage positive discipline</li> <li>16. Promote road safety &amp; reduced screen time.</li> </ul>

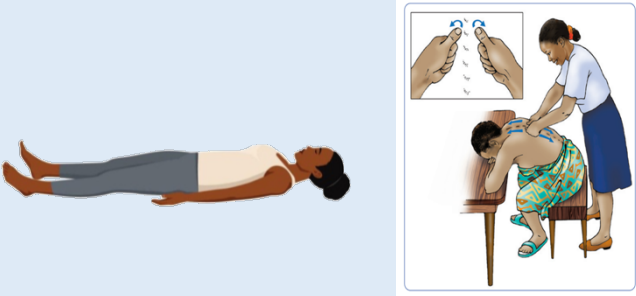
# SUPPORT MATERNAL MENTAL HEALTH

**TAKE TIME FOR YOURSELF:  
BREATHE DEEPLY**



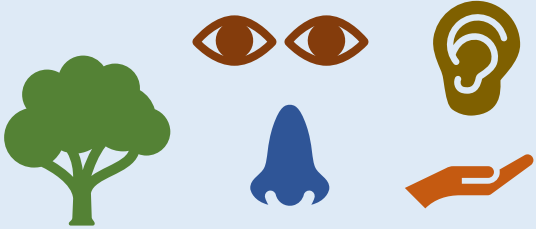
Breathe in slowly. Notice how the air is filling your lungs. Hold your breath for 5-10 seconds. Breathe out very slowly for 5-10 seconds. Repeat until you feel calm.

**TAKE TIME FOR YOURSELF:  
TIGHTEN AND RELAX, OR DO MASSAGE**



Sit or lie down and close your eyes. Squeeze your muscles as tight as you can. Hold them tight for a bit, then relax completely and breathe deeply. Repeat. Or ask someone to massage your back.

**TAKE TIME FOR YOURSELF:  
WALK, SEE, TOUCH AND SMELL**



Walk around. Notice things around, their color and shape. Listen to the sounds: What do you hear? What smells are in the air? What can you touch? How does it feel?

**CONNECT WITH YOUR CHILD:  
TALK OR PLAY WITH YOUR CHILD**



Copy your child's sounds or actions, or join your child in the game. See how happy you make your child!

**REACH OUT TO OTHERS:  
TALK TO A FRIEND OR JOIN A GROUP**



Do you have a trusted friend? Can you talk with her about your feelings? Is there a mother group in your area? Or can you start one?

**REACH OUT TO OTHERS:  
HELP SOMEONE IN NEED**



When we help others, our mood lightens. Is there anyone who might need your help? What can you do?



## PLAY AND COMMUNICATION ACTIVITIES IN POSTNATAL PERIOD (0-2 MONTHS)

As you bath or change the baby: look her in the eyes, tell her what you are doing, name the body parts, and tell how much you love the baby.



Massage the baby every time after the bath.

Talk to the baby as you massage him, for example, tell him how strong he will become.



As you breastfeed the baby, look at her and talk or sing to her.

Ask if the milk is tasty and warm, if the baby is full or wants more.



Swing the baby gently from side to side and up and down, as you sing or talk to her.



Hold the baby face to face. Copy the baby's sounds and faces. Or let the baby copy you.



Move colorful cloth or object close to the baby's face for the baby to see and begin to reach for them.



**PLAY MATERIALS:** MOTHER'S AND FATHER'S FACES AND VOICES, COLORFUL CLOTHS OR OBJECTS SUCH AS PLASTIC RINGS ON A STRING.



# PLAY AND COMMUNICATION ACTIVITIES FOR CHILDREN AGED 2-12 MONTHS

Copy your baby's sounds and movements. Invent small games you both enjoy.



Talk to the baby as you change diaper, dress, or give the baby a bath.



With your 6-month-old, play small games during the meals to help them eat. Show that you also enjoy the food.



Clap hands and sing short fun songs together with your child.



Show the child the mirror. Talk about who is in the mirror, and make funny faces together.



Play peek-a-boo with your child. At 9 months, hide a toy and see if the child can find it.

Give your child some things to bang on. Sing or dance together as she bangs.



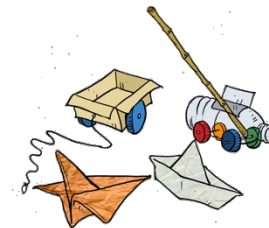
Show the child how to drop things into the container and take them out.



Make a shaker for your child. Make a sound and let them reach for it. Then let the child make a sound.



Put your 2- to 5-month-old child on the tummy 2-3 times a day and have something for her to look at and reach for.



Make a car for your child to push or pull, to help them walk. Talk about where the car is going.















Take your child for a walk. Notice what catches your child's attention. Talk about what your child is looking at.

**PLAY MATERIALS:** HOUSEHOLD OBJECTS, MIRROR, SHAKER, BALL, CONTAINERS, PUSH AND PULL CARS, OBJECTS OUTSIDE.



# PLAY AND COMMUNICATION ACTIVITIES FOR CHILDREN AGED 13-24 MONTHS

<p>Give the child things to play with next to you, while you do your daily tasks. Ask your child simple questions as they play.</p> 	<p>Let the child smell or taste different spices and food as you cook. Talk about how they smell and taste.</p> 	<p>Eat together. Talk about the food, what color it is, if it is hot or cold.</p> 
<p>Ask the child to point or name different body parts, during bath time.</p> 	<p>Look at pictures in the paper or the book with the child. Ask the child questions and tell short stories.</p> 	<p>Play pretend with the child. Talk about what you both are doing. Ask your child questions.</p> 
<p>Give the child cups, cut up bottles, blocks or boxes to stack. Show how to do it. Praise the child.</p> 	<p>Give your 1.5-year-old child a container like a bottle, and show him how to put small objects (pegs, sticks) into it.</p> 	<p>Take your child for a walk. Stop to look at and talk about things that interest the child.</p> 
<p>Dance and sing with your child. Pretend to move like different animals.</p> 	<p>Roll or throw the ball to each other. Say something each time you roll, throw or catch the ball.</p> 	<p>Roll and tumble with your child. Say: We are flying on the plane! And now we ride up and down on the bus!</p> 

**PLAY MATERIALS:** OBJECTS AROUND THE CHILD; HOME-MADE CARS, DOLLS, BALLS; THINGS TO STACK (CUT-UP BOTTLES, FOR EXAMPLE); BOTTLE AND SMALL OBJECTS TO PUT INSIDE; PICTURES TO LOOK AT; OLD COOKING UTENSILS TO PLAY PRETEND WITH.



# PLAY AND COMMUNICATION ACTIVITIES FOR CHILDREN AGED 2-6 YEARS

Ask your child for help with chores. As you work together, ask him questions. Tell him what you are doing, step-by-step.



Tell stories to your child when you put her to bed.



Take the child to the market and ask her to help you find some things. At home, ask to help sort the shopping.



Draw with your child on paper or sand. Guess each other's drawings.

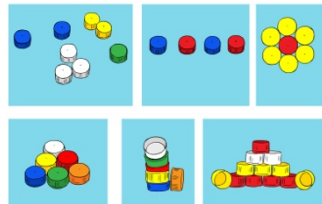


Make simple pictures for your child. Ask your child for this or that picture, and play guessing or memory games.



Show pictures or read short storybooks to your child. Then ask him to "read" to you.

Collect small things like bottle caps at home. Sort by color, shape or size. Make patterns with the child.



Build with blocks, boxes or sand. Talk about colors and sizes.



Make simple puzzles for the child and encourage her to put them together.



Pretend to be different animals or do different jobs or be different people, with your child. Talk as you play together.



Play counting games with your child. For example, ask him to jump 3 times and count together.





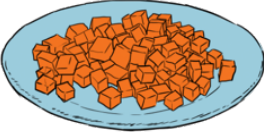

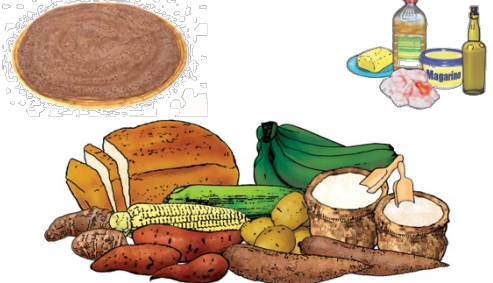




Ask the child to copy your movements. Then copy your child. Show some movement and ask the child to guess what you are doing.

**PLAY MATERIALS:** OBJECTS AROUND THE CHILD; PAPER AND PENCIL (OR STICK); BOOKS AND PICTURES; DOLLS, CARS & OBJECTS FOR PRETEND PLAY; BOTTLE CAPS OR SIMILAR SMALL OBJECTS TO SORT, COUNT & USE FOR PATTERNS; BLOCKS; HOMEMADE PUZZLES.



# AGE-APPROPRIATE MEALS AND HEALTHY SNACKS

AGE	HOW MUCH TO GIVE	WHAT TO GIVE	A HEALTHY FAMILY MEAL HAS SOMETHING FROM EACH FOOD GROUP:	
6-8 MONTHS	<p><b>2 MEALS AND 1 SNACK</b></p> <p>FROM 3 TABLESPOONS TO HALF A CUP</p> 	<p>PORRIDGE AND MASHED FRUIT &amp; MASHED FAMILY MEAL</p> 	<p>FOODS THAT HELP US GROW AND MAKE US SMART</p> 	
9-11 MONTHS	<p><b>3 MEALS AND 2 SNACKS</b></p> <p>FROM HALF A CUP TO FULL CUP</p> 	<p>CHOPPED FAMILY MEAL</p> 	<p>FOODS THAT PROTECT US FROM DISEASES</p> 	<p>FOODS THAT GIVE US ENERGY</p> 
12 MONTHS AND OLDER	<p><b>3 MEALS AND 2 SNACKS</b></p> <p>1 CUP</p> 	<p>FAMILY MEAL</p>		

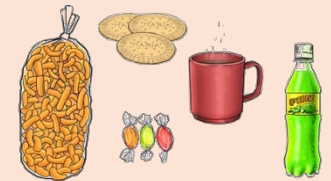
## HEALTHY SNACKS:

Fruit | Cooked carrot or sweet potato | Avocado | Egg | Ashuk | Kolo, kitta  
 Fresh fruit juice | Milk or natural yogurt (no sugar)



## UNHEALTHY SNACKS SHOULD NOT BE GIVEN TO CHILDREN UNDER 2, AND ARE BEST GIVEN ONLY SOMETIMES, TO CHILDREN UNDER 5:

Sweets | Biscuits from the shop | Chips | Deep fried snacks | Sweetened yogurt  
 Fizzy drinks | Packaged or powder drinks | Black tea or coffee








# RED FLAGS IN CHILD DEVELOPMENT












REFER THE CHILD IF HE OR SHE STRUGGLES WITH ANY OF THESE ACTIONS

AT 9 MONTHS	AT 18 MONTHS	AT 24 MONTHS
<ul style="list-style-type: none"> <li>★ Does not sit without support</li> <li>★ Does not move a toy from one hand to the other</li> <li>★ Does not play back-and-forth games (for example, peekaboo)</li> <li>★ Does not babble</li> <li>★ Does not respond to her or his name</li> </ul> 	<ul style="list-style-type: none"> <li>★ Does not walk</li> <li>★ Does not try to copy others</li> <li>★ Does not point or wave</li> <li>★ Does not say any single words</li> <li>★ Loses skills she/he once had</li> </ul> 	<ul style="list-style-type: none"> <li>★ Does not walk steadily</li> <li>★ Does not copy actions or repeat words</li> <li>★ Does not know how to use common objects</li> <li>★ Does not use 2-word phrases</li> <li>★ Does not follow basic requests</li> <li>★ Loses skills she/he once had</li> </ul> 



## DANGER SIGNS: SEEK CARE IMMEDIATELY FOR THE MOTHER

IN PREGNANCY		AFTER BIRTH	
	Convulsions and /or high fever		Convulsions and /or high fever
	Severe headaches with blurry vision		Severe headaches with blurry vision
	Vaginal bleeding		Intense vaginal bleeding
	Severe abdominal pain		Bad smelling vaginal discharge
	Swelling of fingers, face and legs		

**👉 DANGER SIGNS: SEEK CARE IMMEDIATELY FOR THE BABY OR CHILD**

**Chest in-drawing;  
Fast or difficulty breathing  
(nasal flaring + grunting)**

**Shaking or twitching**

**Coughing, wheezing,  
runny nose**

**Fever (>37.5° C); or  
Cold to touch (<35.5° C)**

**Weight loss**

**Very still or doesn't move  
when touched**

**Cord has pus, blood,  
or is red**

**Diarrhea**

**Yellow eyes or skin,  
especially yellow palms of  
hands or bottom of feet**

**Few wet  
and dirty  
nappies**

**Blood in  
poop**

**Vomiting blood or  
bile;  
Vomiting frequently**

**Stops feeding**