

# THRIVE BY FIVE



## A HANDBOOK FOR COMMUNITY-BASED ORGANIZATION VOLUNTEER



MINISTRY OF HEALTH




**PATH**  
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# YOUR SPECIAL GOAL:

To support families in your community to provide

nurturing care  
for their children.



And to help caregivers care for themselves. 

# YOUR SPECIAL TASKS:

## PREPARE YOURSELF



1. GET TO KNOW NURTURING CARE AND THE THRIVE BY 5 (TB5) PROGRAMME
2. PRACTICE IN YOUR OWN HOME WHAT THE PROGRAMME TEACHES

## SUPPORT OTHERS






3. SENSITISE THE COMMUNITY TO NURTURING CARE AND TB5
4. RUN THE TB5 PARENTING PROGRAMME
5. SUPPORT CAREGIVERS AT HOME.

YOU WILL CONDUCT ALL THE MEETINGS IN A TEAM OF TWO VOLUNTEERS.

YOU WILL DIVIDE THE FAMILIES AND SUPPORT THE HOME VISITS INDIVIDUALLY.



# ACTIVITY CALENDAR

	<b>SENSITISATION</b> 	<b>PARENTING PROGRAMME</b> 	<b>HOME VISITS</b> 
<b>Week 1</b>	Map opportunities for sensitisation meetings (church gatherings, community action and dialogue events, Chief Barazas, health days)	Identify and invite families to join a caregiving circle: 12–14 families per circle; approximately equal number of parents of children ages 0–2 and 3–5 years.	
<b>Week 2</b>	Sensitisation meeting		
<b>Week 3</b>	Sensitisation meeting	TB5 meeting 1	
<b>Week 4</b>	Sensitisation meeting	TB5 meeting 2	
<b>Week 5</b>	Sensitisation meeting	TB5 meeting 3	Home visit & kitchen garden (1)
<b>Week 6</b>	Sensitisation meeting	TB5 meeting 4	
<b>Week 7</b>	Sensitisation meeting	TB5 meeting 5	Home visit & kitchen garden (2)
<b>Week 8</b>	Sensitisation meeting	TB5 meeting 6	
<b>Week 9</b>	Map opportunities for new sensitisation meetings	TB5 meeting 7 Identify families for next caregiving circle	Home visit & kitchen garden (3)
<b>Week 10</b>		TB5 meeting 8 Identify families for next caregiving circle	
<b>Week 11</b>	Sensitisation meeting	TB5 meeting 1 (and so on)	3 monthly home visits for graduating families
<b>CONTINUE AS ABOVE</b>			

# YOUR TOOLKIT



## **FOR SENSITISATION MEETINGS**

- ✓ NURTURING CARE POSTER
- ✓ TB5 CARDS (88 cards)
- ✓ SENSITISATION MEETING CHECKLIST
- ✓ SENSITISATION MEETING REPORT

## **FOR CAREGIVING CIRCLES (INCLUDING PARENTING PROGRAMME AND HOME VISITS)**

- ✓ CAREGIVING CIRCLE ENROLMENT FORM
- ✓ TB5 PARENTING PROGRAMME MANUAL
- ✓ TB5 CARDS (88)
- ✓ PARENTING MEETING CHECKLIST
- ✓ LEADERBOARD, MARKERS & STICKERS, PRIZES
- ✓ SET OF HOMEMADE & LOCAL PLAY ITEMS
- ✓ WHATSTAPP GROUP (FOR EACH CAREGIVER CIRCLE)
- ✓ HOME VISIT CHECKLIST

## **FOR KITCHEN GARDENS**

- ✓ KITCHEN GARDEN STEPS
- ✓ ANIMAL COOP STEPS

## **MONTHLY COMMUNITY-BASED ORGANISATION (CBO) VOLUNTEER REPORT**

## **MONTHLY VOLUNTEER REFLECTION MEETING**

# SENSITISATION MEETINGS

WHAT ARE KEY MESSAGES YOU WANT TO SHARE WITH EVERYONE?

# SENSITISATION MEETING CHECKLIST

 Use this checklist to ensure a high quality sensitisation meeting

## Before the meeting

- Identify target group and location (e.g., religious meeting, village savings and loans association (VSLA), etc.). **Always prioritize existing meetings instead of calling new ones.**
- Help mobilise participants through community leaders, health workers, etc.
- Select your topic or play activity. (What will the participants like to talk about?  
What type of play activity would be good for them to try?)
- Select your TB5 card(s) for the meeting.
- Think how you will capture participants' attention.

## During the meeting



- Greet the participants and introduce yourself.
- If you selected a discussion card:
  - Use a question or a real-life story to capture attention.
  - Listen carefully, encourage the participants to share, and respond tactfully by sharing new facts or ideas.
  - Do a practice activity on the card and invite everyone to role play in pairs. Discuss the importance.
- If you selected an activity card, engage everyone in a game and then discuss the importance.
- Encourage everyone to think of some new action to try at home.
- Record attendance.

## After the meeting

- Fill out the sensitisation meeting report.
- Check in with participants to see if they have tried at home what they learned.


# SENSITISATION MEETING REPORT

 Complete this form after every sensitisation meeting

 Date: \_\_\_\_\_  Location (school, church, etc.): \_\_\_\_\_

Community: \_\_\_\_\_

 Total participants: \_\_\_\_\_ (Men: \_\_\_\_ Women: \_\_\_\_ Children under 5: \_\_\_\_)

 Target group: (e.g., early child development center parents, VSLA, male caregivers)  
\_\_\_\_\_

Event (if relevant, e.g., Children's Day, Health Day) \_\_\_\_\_

Topic covered: \_\_\_\_\_

TB5 card(s) used (topic, number, title):  
\_\_\_\_\_


**Important comments made by participants (list one or two):**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Any commitments made by participants:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Challenges encountered:**

- Low attendance
- Participants sleepy, uninterested
- Caregivers reluctant to change beliefs
- Language barriers
- Time constraints
- Other (describe) \_\_\_\_\_

**What can you do to address these challenges:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 Volunteer name: \_\_\_\_\_

# CAREGIVING CIRCLE ENROLMENT FORM

<b>Enrolment date:</b>		
<b>Sub-county:</b>	<b>Village:</b>	<b>Household is close to:</b>
<b>Family last name:</b>	<b>Main caregiver:</b>	
<b>Names and ages of children 0 to 5 years:</b>		
1.		
2.		
3.		
4.		
5.		
<b>What vulnerability criteria does this family meet:</b>		
<b>How did you identify this family:</b>		
<input type="checkbox"/> Community Health Promoter referral <input type="checkbox"/> CBO referral <input type="checkbox"/> Health center referral <input type="checkbox"/> Community leader referral <input type="checkbox"/> Local church/mosque referral <input type="checkbox"/> Other _____		
<b>Did the family agree to take part in the caregiving circle?    Y   /   N</b>		
WhatsApp number that will be used during the program:		
Who it belongs to:		
Volunteer team that will work with this family:		
<b>PARTICIPATION IN THE PROGRAMME (COMPLETE AFTER EACH MILESTONE)</b>		
<b>MILESTONE 1: Parenting sessions completed</b>  <div style="text-align: center;">_____ / 8</div>	<b>MILESTONE 2: Home visits received during the programme</b>  <div style="text-align: center;">_____ / 3</div>	<b>MILESTONE 3: Home visits received after the programme</b>  <div style="text-align: center;">_____ / 3</div>

# PARENTING MEETING CHECKLIST

 Use this checklist to ensure a high quality caregiver circle

## Before the meeting

- 1) Review the steps.
- 2) Identify and practice the TB5 cards to be used in this meeting.
- 3) Prepare all the materials:
  - a. Manual, register
  - b. Leaderboard, marker, stickers
  - c. TB5 cards
  - d. Any models of materials, prizes, etc. listed in the manual
  - e. Playthings and snacks for children.

## During the meeting

- 1) Promote peer sharing and support.
- 2) Register attendance and timeliness on the leaderboard (*sample leaderboard on next page*).
- 3) Play a game with caregivers and younger children (aged 0–2 years) while your partner plays a game with caregivers and the older children (ages 3–5 years).
- 4) Update the rest of the leaderboard together with the participants.
- 5) Facilitate the main activity, working with two prepared TB5 cards.
- 6) If there is time or interest, let parents choose an additional TB5 card and conduct the activity.
- 7) Help the participants reflect on their learning.
- 8) Inform participants about home and bonus tasks and remind them to send photos and videos by WhatsApp.

## After the meeting

- 1) Reflect with your team what went well and what could be improved in the next parenting meeting.

## CAREGIVING CIRCLE LEADERBOARD (Sample filled out at the 2<sup>nd</sup> meeting)

N	Challenges	Monica	Elisabeth	Waithera	Beatrice	Leyaka	Maureen	Wanjiku	Rose	Patricia	Christine
1	Joined the session (1 point)	● ●	● ●	●	● ●	●	●	●	● ●	● ●	● ●
2	Arrived on time (1 point)	● ●	●	●	●		●			●	●
3	Did home task (2 points)	♥	♥		♥		♥		♥	♥	♥
4	Did bonus task (3 points)	★		★	★				★		★
5	Significant other in class (2 points)		♥					♥			
6	Significant other in home/bonus task (1 point)	●			●					●	
7	Kitchen garden effort (3 points)										
8	Invited new family (2 points)										

Note: Blue circle=1 point; red heart=2 points; purple star=3 points. Add a sticker under the participant's name at every meeting, according to the tasks achieved. Mark N1 and N2 at the start of every meeting, as if you are taking attendance. Add a sticker under the respective name at each meeting. Mark the rest of the challenges as they get done.

# HOME VISIT CHECKLIST

## Before the visit


- 1) Bring this handbook, parenting manual, and relevant TB5 cards for reference.
- 2) Review home tasks from the last parenting meeting and a report from the last home visit (if this is your follow-up visit).



## During the visit

- 1) Greet the family warmly and invite all family members present to join in the visit.
- 2) **Explain the purpose of the visit:** to follow up on what the family has been learning in the parenting programme.
- 3) **Ask open-ended questions:**
  - *“How is the family doing?”*
  - *“How have you been using what we learned in the parenting meetings so far?”*
  - *“What’s working well? What’s been difficult?”*
  - *“Can you show me?”*
- 4) **As caregivers answer, observe and probe more:**
  - *Is the caregiver being responsive (taking turns, responding to their child’s signals)?*
  - *Is the caregiver playing and talking with the child? What about the male caregiver?*
  - *Are health and hygiene practices promoted in the programme being followed?*
  - *How is the child’s nutrition (use of food groups, healthy snacks)?*
  - *Does the caregiver seem stressed or depressed and need emotional support?*
- 5) **Pause and identify what the family is doing well.** Praise the family to build confidence.
- 6) **Select two areas that need support.** Share some practices to try. Praise their efforts.
- 7) **Ask for the Mother and Child Health Handbook.** Check if the child has been following clinic appointments. Encourage reading of the Handbook.
- 8) Visit and provide support with the **family kitchen garden and/or animal coop.**
- 9) Thank the family and highlight at least one strength.

**After the visit:** Fill out a home visit report.

# HOME VISIT REPORT

 Complete this form after every home visit

 Date: \_\_\_\_\_  Location (village): \_\_\_\_\_

Family last name: \_\_\_\_\_

Family members present: \_\_\_\_\_

Children 0–5 years present (first names and ages): \_\_\_\_\_

Caregivers' strengths around nurturing care:

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Caregiver's challenges (if any):

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State of the kitchen garden/animal coop (any changes since last time):

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How did you help the family during this visit (list 2–3 actions):

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Any referrals needed:

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 Volunteer name: \_\_\_\_\_

## STEPS FOR SETTING UP A KITCHEN GARDEN



- 1) **Select the site:** Choose a location with good sunlight, access to water, and protection from animals.



- 2) **Prepare the land:** Clear the land, improve soil fertility using compost/manure, and prepare planting beds.

*Useful tips:*



- 3) **Plant:** Select and plant a variety of nutritious vegetables, herbs, and fruit trees or bushes. Consider the seasons best for planting different crops.

*Useful tips:*



- 4) **Manage the crops:** Take care of crops (weeding, pest and disease control, fertilization, irrigation, staking, pruning, and harvesting).

*Useful tips:*



- 5) **Manage the harvest:** Store, preserve, and process surplus produce for later use or sale.

*Useful tips:*

- 6) **Sell surplus produce.**



# CONSTRUCTING A CHICKEN COOP

## 1. Choose a suitable location.

- Pick a dry, raised area to prevent flooding.
- Ensure it's near the home for easy management.
- Provide shade from trees or build near a wall for protection.



## 2. Build a strong frame (structure).

- Use wooden poles or sticks to create a simple rectangular frame.
- Leave space for a small door (for cleaning and collecting eggs).
- Ensure the frame is at least 1 meter high so chickens can perch inside.

## 3. Construct the walls and roof.

- Use mud, woven reeds, or old iron sheets to cover the walls.
- Leave small gaps for ventilation (airflow).
- Make a roof with old iron sheets to protect the chickens from rain.

## 4. Make a perch for the chickens to sleep on.

- Place strong sticks inside the coop, about 1 meter above the ground.
- Space them so the chickens can comfortably sit without overcrowding.

## 5. Create nesting boxes for laying eggs.

- Use old wooden boxes, baskets, or sacks filled with dry grass.
- Place them in a dark, quiet corner to encourage hens to lay eggs.

## 6. Secure the coop against predators.

- Use chicken wire, woven reeds, or thorny branches to fence around the coop.
- Close the coop at night to protect the chickens from dogs, snakes, and thieves.

## 7. Make simple containers for feed and water.

- Use an old plastic container or clay pot for water.
- Place feed in a shallow wooden or plastic tray to keep it clean.

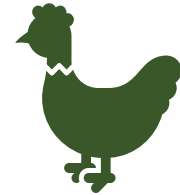
## Extra tips for maintaining a healthy chicken coop:

- Keep it clean—remove droppings and replace bedding regularly.
- Spread ash on the coop floor to prevent lice and mites.
- Let chickens out during the day to reduce feeding costs and keep them active.

# RUNNING A CHICKEN COOP

## Step 1: Choose the right local chickens.

- Use indigenous breeds (kienyeji) because they are strong, disease-resistant, and survive on local feeds.
- Start with two to three hens and one rooster—they will multiply over time.



## Step 2: Build a simple, low-cost chicken shelter, as discussed above.

## Step 3: Feed local chickens at low cost.

- Feed them maize bran, kitchen scraps, greens, and termites instead of expensive feeds.
- Let them forage freely during the day to find their own food.
- Provide clean drinking water in a plastic container or an old pot.

## Step 4: Prevent diseases without expensive medicine.

- Keep the chicken house clean and dry.
- Mix aloe vera leaves in their drinking water to boost immunity.
- Use wood ash in the house to prevent lice and mites.

## Step 5: Collect eggs and sell surplus chickens for Income.

- Collect eggs daily and store them in a cool, dry place for family food.
- Let a broody hen hatch some eggs to increase the number of chickens.
- Put aside an egg a day or at least three eggs a week, for every child aged 6 months to 5 years in your family.
- Sell extra eggs and chickens after family nutrition needs are met to buy food, school supplies, or home essentials.

# MONTHLY CBO VOLUNTEER REPORT

*Fill out one per volunteer team*

Month: \_\_\_\_\_ Year: \_\_\_\_\_  
 CBO name: \_\_\_\_\_ Sub-county: \_\_\_\_\_  
 Volunteer team (2): \_\_\_\_\_

## 1. Community sensitisation meetings

Meeting Type/Place	Topic (or Card Used)	Participants (Male/Female)

## 2. Parenting programme meetings

# Graduated caregiving circles (if any)		
# Current caregiving circle members	0–2 years:	3–5 years:
Parenting programme sessions done this month	Session numbers:	
# Significant others joining sessions this month	Male	Female
# Participants sending photos or videos of their practice at last meeting		

## 3. Home visits

# Households visited this month		
# Caregivers reached	Male	Female
# Children under 5 years reached	Male	Female
# Caregivers adequately demonstrating at home what they learned in the sessions		
# Households having established or improved a kitchen garden	Established: Improved:	
# Households having established or improved a chicken coop or other animal production	Established: Improved:	

## 4. Briefly note any major challenges, emerging needs, or observations:

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Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_

Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

# WHAT TO INCLUDE IN A MONTHLY SUCCESS STORY

1. Provide some information about the caregiver (her community, perhaps her age and what work she does).
2. Provide some information about children and their ages.
3. What did the caregiver do that you think is a success?
4. What did the caregiver herself say about it? (Include if you have their words.)
5. Do you have a photo or a video to share? (Send it to your supervisor, with a title “Success story-May2025”)



ONE PARAGRAPH IS PLENTY!

# MONTHLY VOLUNTEER REFLECTION MEETING

*Sample agenda for a 3-hour meeting*

*Note that these meetings should ideally happen just before or after the volunteers submit their monthly reports*

N	Time	Activity
1	20 min	<ul style="list-style-type: none"> <li>• Two volunteer teams share their success stories</li> <li>• Two volunteer teams project photos /videos of caregiver practices</li> <li>• CBO supervisors highlight strong points shared by volunteers</li> </ul>
2	30 min	<ul style="list-style-type: none"> <li>• CBO supervisors share examples of strong practices observed during mentoring last month (sensitisation, parenting groups, home visits)</li> <li>• If summary data for the month is available, that is also shared with all the volunteers</li> </ul>
<b>REFRESHMENTS</b>		
3	30 min	<ul style="list-style-type: none"> <li>• Volunteer teams share their most pressing challenges</li> <li>• Groups problem-solve on the three most common challenges</li> </ul>
4	60 min	<ul style="list-style-type: none"> <li>• CBO supervisors share three technical challenges they commonly observed last month</li> <li>• Participants review relevant guidelines and role play specific tasks to help them overcome the challenges</li> </ul>
5	30 min	<ul style="list-style-type: none"> <li>• Supervisors provide support to individual volunteer teams as they complete monthly reports and success stories.</li> </ul>