

# **TISINTHE KADYETSEDWE KA WANA**

## **Full Set of Counseling Cards**

TJ revised 24/7/2012

# Topics of sessions

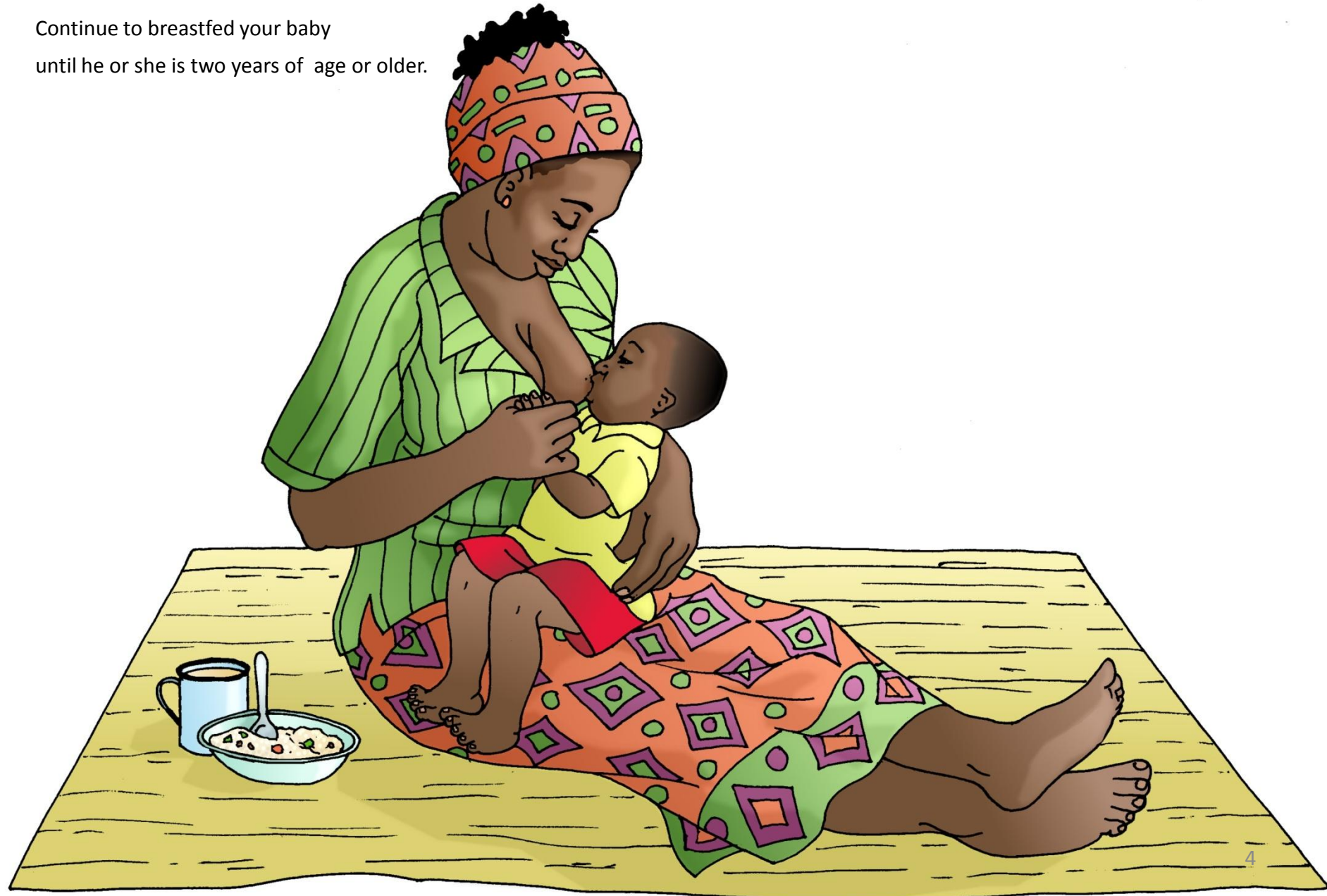
1. Continuation of Breastfeeding and Hand washing
2. Complementary feeding for different age groups
3. Seasonal food availability calendar (no card)
4. 6 Food Groups, consistency of porridge
5. Family meals and how they affect child nutrition, Food safety
6. Vegetables
7. Legumes/Pulses
8. Animal-source foods
9. Fruits and other healthy snacks
10. Feeding the sick child and prevention
11. Review of key messages (no card)
12. Graduation with Quiz (no card)



# How to use the counseling cards

- The front side of the card has a key message and illustration. The front side of the card should be shown to the group
- The back side of the card is for use by the CNF – the CNF should already be familiar with the questions and have reviewed the card in ADVANCE of the meeting on this topic.
- The facilitator should first ask mothers what they understand about the card
- The facilitator can then use the questions on the back of the card to stimulate discussion
- Discuss the content of the card and ask mothers to related the message to their own situation
- The facilitator can explain the importance of this message if there are questions
- After discussion of the key message and clarification of any questions ask the group to agree on what they can try individually and also to help any group members who have difficulty

# Yamwitsani mwana wanu mkaka wa mmawere mpaka atakwanitsa zaka ziwiri kapena kuphyola apo

Continue to breastfed your baby until he or she is two years of age or older.







| ASK   | LISTEN  | MOTHERS DISCUSS AND RECOMMEND  | MOTHERS AGREE  |
|---|---|--|--|
| <p>Please raise your hand if you are still breastfeeding.</p>   |  <p>All mothers should be continuing breastfeeding up to 2 years of age.</p> | <p>Congratulations. It is very good that you are continuing to breastfeed. Breastfeeding protects the baby against diarrhoea and other infections and gives the baby a healthy start in life.</p>  |  |
| <p>Let's talk about and discuss why a mother would stop breastfeeding before 2 years of age. Encourage mothers to say what they know and think.</p> |  <p>Some Mothers are not breastfeeding.</p>                                  | <p>→ All mothers should be continuing breastfeeding up to 2 years of age even if they are pregnant again.</p> <p>→ Feed your baby using both breasts at each feeding.</p> <p>→ Mothers should drink more water and other fluids (maheu) to increase their breastmilk supply.</p> <p>→ Your baby will be more satisfied and less fussy.</p> | <p>Encourage mothers who have stopped breastfeeding to restart breastfeeding. Ask if the group would like to adopt this idea as their first policy and to encourage others to do this.</p> |

Sambani mmanja mwanu ndi sopo  
ndiponso msambikeni mwana mmanjanso  
ndi sopo musayambe kudya chakudya  
nthawi zonse



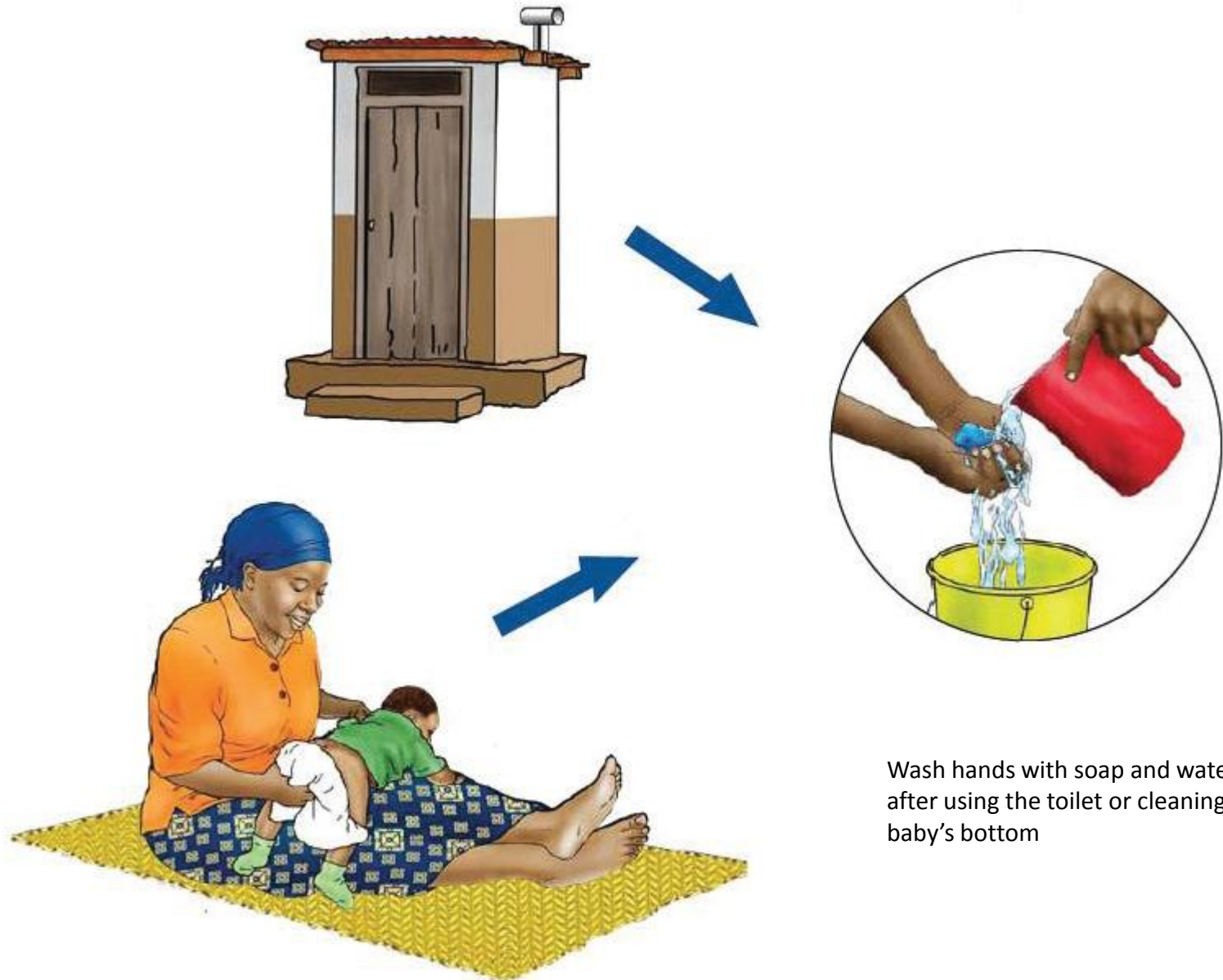
Wash hands and baby's hands  
with soap and water before  
eating



| ASK AND DISCUSS   | LISTEN  | RECOMMEND  | MOTHERS AGREE  |
|---|---|--|--|
| <p>When do you wash your hands? How do you wash your hands?</p> <p>What can we do to help us remember and be able to practice handwashing before preparing food and before eating?</p>                                |  <p>Wash hands with soap before contact with food and before feeding the child.</p>    | <p>Congratulations. Dirt or contamination from animal or human feces can easily get on your hands and will cause diarrhea and other illnesses for you and/or your baby.</p>        |  |
|   |  <p>Mothers do not use soap and washes hands only occasionally.</p>                    | <p>→ Always wash your hands with soap. Water alone will not get rid of all the dirt. Always rinse your hands under the running water.</p>  | <p>Mothers agree on a few ways they will try to help them wash their hands routinely such as establish a hand washing station at home with soap and water.</p> |
| <p>When do you wash your baby's or child's hands?</p> <p>What are the main reasons you do not wash your hands or your babies hands?</p> <p>Discuss with group different ways they could improve on this practice.</p> |  <p>✓ Washes child's hands with soap before eating</p>                                 | <p>Congratulations. Young children's hands can also get dirty or contaminated and give them diarrhea.</p>  |  |
|   |  <p>Child's hands are not washed regularly. Child's hands are washed without soap.</p> | <p>→ Teach mothers and children how to wash their hands before they eat. Teach them to use soap and rinse their hands under running water (water being poured from a pitcher).</p> | <p>Mothers agree on a few ways they will try to improve on washing the baby's hands and practice hand washing with them.</p>                                   |







Sambani mmanja ndi sopo mukachoka ku chimbudzi kapena mukasintha thewela la mwana



Wash hands with soap and water after using the toilet or cleaning baby's bottom







| ASK AND DISCUSS  | LISTEN   | RECOMMEND  | MOTHERS AGREE  |
|--|--|--|--|
| <p>Why is it important to wash your hands after using the toilet? Why is this difficult to always do?</p> <p>What can we do to help us remember and be able to practice handwashing after using the toilet?</p>                                      |  <p>Wash hands with soap after using the toilet or cleaning baby's bottom.</p>                  | <p>Congratulations. Dirt or contamination from animal or human feces can easily get on your hands and will cause diarrhea and other illnesses for you and/or your baby.</p>        |  |
|  |  <p>Mothers do not use soap and washes hands only occasionally.</p>                             | <p>→ Always wash your hands with soap. Water alone will not get rid of all the dirt. Always rinse your hands under the running water.</p>  | <p>Mothers agree on a few ways they will try to help them wash their hands routinely such as establish a hand washing station at home with soap and water.</p> |
| <p>When do you wash your baby's or child's hands?</p> <p>What are the main reasons you do not wash your hands after you use the toilet or clean the baby's bottom?</p> <p>Discuss with group different ways they could improve on this practice.</p> |  <p>Washes child's hands with soap after using the toilet and after cleaning baby's bottom.</p> | <p>Congratulations. Young children's hands can also get dirty or contaminated and give them diarrhea.</p>  |  |
|  |  <p>Child's hands are not washed regularly. Child's hands are washed without soap.</p>          | <p>→ Teach mothers and children how to wash their hands before they eat. Teach them to use soap and rinse their hands under running water (water being poured from a pitcher).</p> | <p>Mothers agree on a few ways they will try to improve on washing the baby's hands and practice hand washing with them.</p>                                   |

# Pakatha miyezi isani ndi umodzi yambani kumdyetsa mwana Chakudya choonjezara



Start complementary feeding at 6 months

| ASK  | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|--|--|--|--|
| <p>How many times do you feed your child soft food?<br/>How much do you give each time?</p>                  | <br>Mother feeds food 2 times/ day. Mothers feed 2-3 tablespoonfuls.   | <p>Congratulations. You are feeding your baby in a good way. They do not need a lot of additional food, but they need to get used to eating so twice a day and a few tablespoonfuls each time is correct.</p>  |  |
|  | <br>Mothers feed too little food.   | <p>→ Babies at 6 months do not need a lot of food because they should still be getting a lot of breast milk, but they need to be introduced to foods with small amounts until they are being fed 2 times a day, 2-3 tablespoonfuls each time. Mothers should breastfeed first before giving other foods.</p> | <p>Mothers agree to try to feed small amounts of food.</p>   |
| <p>What foods do you feed your baby?<br/>What difficulties do you have in beginning complementary foods?</p> | <br>✓ Mothers give thick porridge enriched with different foods like groundnut flour or mashed or pounded vegetables. | <p>Congratulations. Now is the right time to give your child food additionally to breast milk. Introduce the baby to new foods gradually.</p>  |  |
|  | <br>Mothers give watery porridge. Mothers do not enrich the porridge with different ingredients.                    | <p>→ Porridge that is too thin will not help your baby grow and will not prevent hunger. Use whole corn flour (mgaiwa) and enrich the porridge with groundnut flour and mashed vegetables. Or you can feed mashed fruits like paw-paw, banana, or avocado. Introduce the baby to new foods gradually.</p>    | <p>Mothers agree to try to begin complementary feeding. Mother could agree for example to feed thick porridge using mgaiwa flour or to enrich the porridge with foods other than maize and try to give mashed fresh fruit.</p> |

# Zakudya zoonjezera kwa mwana wa miyezi isanu ndi iwiri kapena isanu ndi itatu



Complementary feeding from 7 to 8 months'

| ASK   | LISTEN  | DISCUSS AND RECOMMEND   | AGREE  |
|---|---|---|--|
| Are you all breastfeeding your child? How often do you breastfeed your child per day? | √ Yes, all mothers are still breastfeeding.   | Congratulations. It is very positive that you are breastfeeding your baby so frequently to keep a good milk supply and your baby healthy.   |  |
|   | Not all mothers are still breastfeeding. → Discuss what the difficulties are and listen to what the mother say                                      | → Discuss with group how mother can be encouraged to feed their baby using both breasts at each feeding. Continue breastfeeding on demand.  | Mothers who stopped breastfeeding should be encouraged to restart breastfeeding.   |
| How many times do you feed your child food? How much do you give each time?           | √ Mothers feed food 2-3 times per day and give 1 additional snack depending on child's appetite. Mothers increased the amount of food to 1/2 a cup. | Congratulations. You are feeding your baby in a good way. During this period babies need to start eating 2-3 main meals and half a cup each time. 1 additional snack can be given depending on child's appetite. This helps your baby grow.                         |  |
|   | Mothers feed 2 or fewer times. Mothers feed less than 1/2 a cup each time. → Discuss what the difficulties are and listen to what the mother say    | → Discuss with group how they can increase the frequency of feeding to 2-3 times per day.<br>At each meal the baby should get about a 1/2 cup of food. 1 additional snack can be given depending on child's appetite.   | Mothers agree to try to increase number of times of feeding per day to 2-3 times and increase the amount given per feed to 1/2 a cup each time. Depending on the child's appetite, mothers will give 1 additional snack per day. |
| What foods do you feed your baby?   | √ Mothers gives thick porridge enriched with different foods like: groundnut flour or mashed or pounded vegetables.                                 | Congratulations. You are feeding your baby in a good way.   |  |
|   | Mothers give liquid porridge. Mothers do not enrich the porridge with different porridge.   | → Porridge that is too thin will not help your baby grow and will not prevent hunger. Use whole corn flour (mgaiwa) and enrich the porridge with groundnut flour, vegetables and animal source foods. Feed mashed fruits like paw-paw, banana or avocado as snacks. | Mothers will try to feed thick porridge using mgaiwa flour. Mothers will enrich the porridge.  |



# Zakudya zoonjezere kwa mwana wa miyezi isanu ndi inayi kapena khumi ndi umodzi



Complementary feeding from 9 to 11 months

| ASK  | LISTEN  | DISCUSS AND RECOMMEND   | AGREE  |
|--|---|---|--|
| Are you all breastfeeding your child?  | ✓ Yes, all mothers are still breastfeeding.   | Congratulations. It is very positive that you are breastfeeding your baby so frequently to keep a good milk supply and your baby healthy.   |  |
|  | Not all mothers are still breastfeeding.  | → Discuss with group how mother can be encouraged to feed their baby using both breasts at each feeding. Continue breastfeeding on demand.  | Mothers who stopped breastfeeding should be encouraged to restart breastfeeding.   |
| How many times do you feed your child food? How much do you give each time?<br><br>Discuss ways in which mothers and other family members can encourage babies to eat the correct amounts of food. | ✓ Mothers feed 3 main meals per day. Mothers feed 1/2 to 3/4 of a cup per feed. Mothers give 1-2 additional snacks depending on child's appetite. | Congratulations. You are feeding your baby in a good way. During this period babies need to start eating 3 main meals and 1/2 to 3/4 of a cup each time. This helps your baby grow. Depending on the child's appetite, 1-2 additional snacks can be given.          |  |
|  | Mothers feed less than 3 main meals per day. Mothers feed less than 1/2 of a cup each time. Mothers give no additional snacks.                    | → During this period you should give 3 main meals per day. At each meal the baby should get about a 1/2 to 3/4 of a cup each time. This helps your baby grow. Depending on the child's appetite, 1-2 additional snacks can be given.                                | Mothers agree to increase number of main meals to 3 per day and increase the amount given per feed to 1/2 to 3/4 of a cup each time. Depending on the child's appetite, mothers agree to give 1-2 additional snacks per day. |
| What foods do you feed your baby?  | ✓ Mothers gives thick porridge enriched with different foods like: groundnut flour or mashed or pounded vegetables.                               | Congratulations. You are feeding your child in a good way.  |  |
|  | Mothers give liquid porridge. Mothers do not enrich the porridge with different porridge.   | → Porridge that is too thin will not help your baby grow and will not prevent hunger. Use whole corn flour (mgaiwa) and enrich the porridge with groundnut flour, vegetables and animal source foods. Feed mashed fruits like paw-paw, banana or avocado as snacks. | Mothers will try to feed thick porridge using mgaiwa flour. Mothers will enrich the porridge.  |



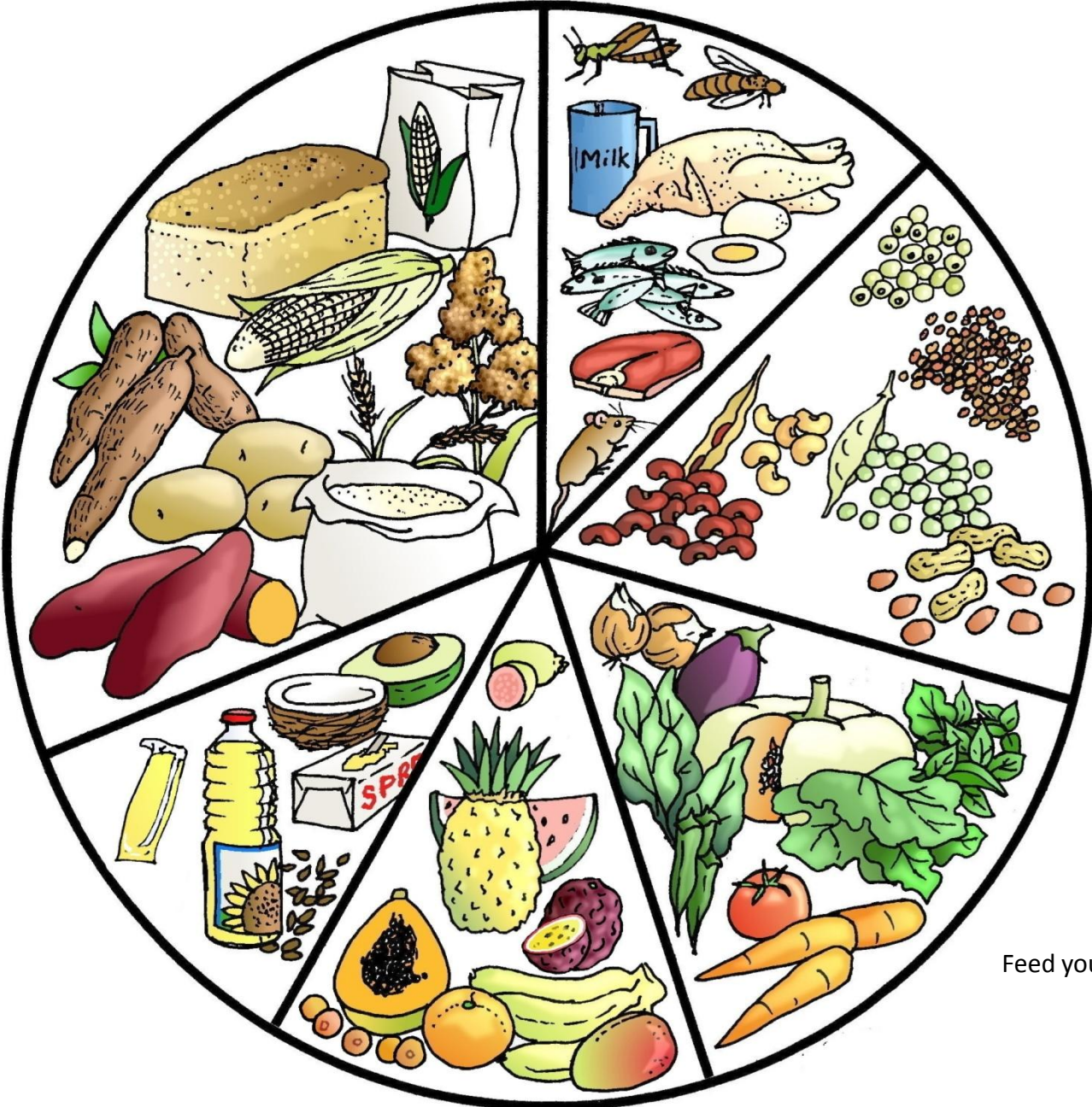
# Zakudya zoonjezera kwa mwana wa miyezi khumi ndi iwiri kapena makumi awiri ndi mphambu zitatu



Complementary feeding from 12 to 23 months

| ASK  | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|--|--|--|--|
| <p>Are you all breastfeeding your child? How often do you breastfeed your child per day?</p>                           | <p>√ Yes, all mothers are still breastfeeding.</p>   | <p>Congratulations. It is very positive that you are breastfeeding your baby so frequently to keep a good milk supply and your baby healthy.</p>   |  |
|  | <p>Not all mothers are still breastfeeding.</p>  | <p>→ Discuss with group how mother can be encouraged to feed their baby using both breasts at each feeding. Continue breastfeeding on demand.</p>  | <p>Mothers who stopped breastfeeding should be encouraged to restart breastfeeding and continue until the baby is 2 years or more.</p>   |
| <p>How many times do you feed your child food? How much do you give each time?</p>                                     | <p>√ Mothers feed 3 main meals per day and 2 nutritious snacks depending on the child's appetite. Mothers feed 3/4 to 1¼ of a cup per meal.</p>              | <p>Congratulations. You are feeding your baby in a good way. During this period your baby needs 3 main meals and 2 nutritious snacks as desired depending on child's appetite. 3/4 to 1¼ of a cup should be given per meal. This helps your baby grow.</p>                 |  |
|  | <p>Mothers feed 2 or fewer times. Mothers feed less than 3/4 of a cup each time. Mothers do not feed any nutritious snack per day.</p>                       | <p>→ During this period you should increase the frequency of feeding to 5 times per day, 3 main meals and 2 nutritious snacks.</p>   | <p>Mothers agree to increase number of main meals to 3 per day and increase the amount given per feed to 3/4 to 1¼ of a cup each time. Depending on the child's appetite, mothers agree to give 2 additional snacks per day.</p> |
| <p>What foods do you feed your baby? Is the baby getting family food? What are the best family foods for the baby?</p> | <p>√ Mothers gives thick porridge and/or nsima from the family food enriched with different foods like: groundnut flour or mashed or pounded vegetables.</p> | <p>Congratulations. You are feeding your child in a good way.</p>  |  |
|  | <p>Mothers give porridge only. Mothers do not enrich the porridge with different vegetables and animal-source foods.</p>                                     | <p>→ Porridge that is too thin will not help your baby grow and will not prevent hunger. Use whole corn flour (mgaiwa) and enrich the porridge with groundnut flour, vegetables and animal source foods. Feed mashed fruits like paw-paw, banana or avocado as snacks.</p> | <p>Mothers will try to feed thick porridge using mgaiwa flour. Mothers will enrich the porridge.</p>   |

# Mwana adyetsedwe Zakudya za magulu( kapena kasintha-sintha)

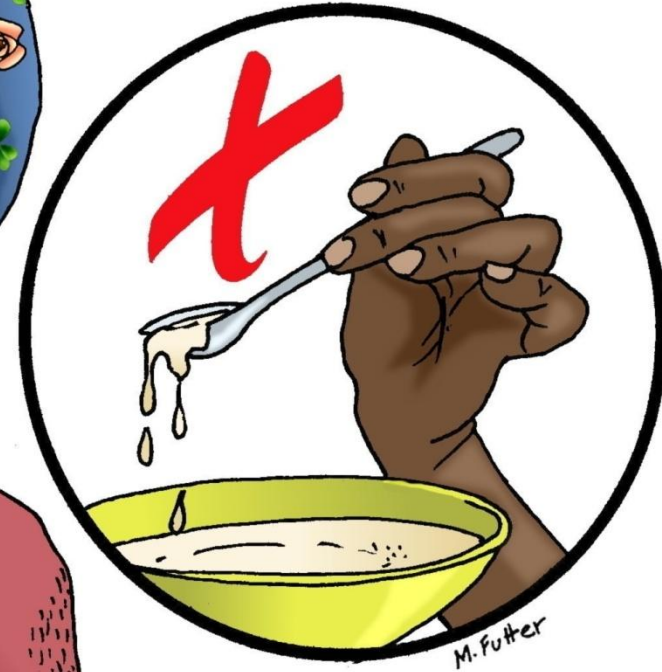


Feed your child a variety of foods

| ASK   | LISTEN  | DISCUSS AND RECOMMEND   | AGREE   |
|---|---|---|---|
| <p>What foods have you fed your baby? Describe the porridge you make. Do you mix it with any different kinds of foods?</p> <p>What types of family foods is the baby given?</p> <p>What types of foods are best for our children?</p> <p>What types of snacks are good?</p> | <p>✓ Mothers mix a variety of food into the phala/nsima.</p>  | <p>Congratulations to the mothers who are feeding phala/nsima with extra ingredients. You are feeding your baby well. Babies should eat foods from each grouping on the front of the card including egg, fish powder, beans, peas and green vegetables. You should use mgaiwa flour instead of ufa woyera for the porridge/nsima.</p> |   |
|   | <p>Mothers feeding plain phala/nsima. → Ask and discuss with group what other ingredients mothers can give to their with the phala/nsima. → Ask and discuss with group how mothers can help each other.</p> | <p>→All mothers could add the family vegetable (not just the liquid) from the family pot. Add groundnut flour, mashed beans, an egg, green leafy vegetables, oil, fish flour.</p>   | <p>Encourage mothers who are able to feed phala/nsima with extra ingredients to assist mothers who are not able to feed phala/nsima with extra ingredients.</p> |



# Phala lolimbako limapereka mphamvu kwa mwana



Not watery, thicker porridge gives more strength

| ASK  | LISTEN  | DISCUSS AND RECOMMEND   | AGREE   |
|--|---|---|---|
| <p>How thick should the porridge be?</p> <p>Who generally prepares the porridge for the baby?</p> <p>What are the reasons why watery porridge is prepared?</p> | <p>√ Thick porridge/nsima that stays on a spoon</p> | <p>Congratulations. The food should be thick enough to be fed by hand.</p>                                    |   |
| <p>What can we do to prepare enriched porridge?</p>  | <p>Runny, watery porridge</p>                       | <p>→ Avoid giving watery, thin porridge - it will not help your baby grow and your baby will feel hungry.</p> | <p>Encourage mothers who are already feeding a thick porridge/nsima to help mothers who are not. Agree to try making thicker porridge and to report back.</p> |

# Idyani zakudya za magulu kapena (kasintha-sintha ) tsiku ndi tsiku

Eat a variety of  
foods every day





| ASK   | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|---|--|--|--|
| <p>Which foods make a balanced meal? How often are most of you able to make a balanced meal? What can we do to improve the family meal?</p> <p>What are the cheapest sources of proteins in the community?</p> <p>How can families get vitamins and minerals without spending too much money?</p> | <p>✓ Vegetables and fish, egg or meat or beans, groundnuts with nsima. Snacks for children, pregnant and lactating women. Examples of good snacks: fruits in season, orange-fleshed sweet potato, groundnuts</p> | <p>Congratulations. Eating well is important for the whole family, especially children, pregnant and lactating women. Give young children their own bowl or plate. Feed your child, phala/nsima with other meat, beans, vegetables or other ingredients.</p> |  |
|   | <p>Not eating a variety of foods: vegetables, animal foods, groundnuts or beans, fruit</p>   | <p>→ Each day your family meals should be nutritious: include vegetables and fish, egg or meat with your nsima. Every day include a food like fish, egg, milk or beans. If you cannot eat these every day, try four times a week.</p>                        | <p>Encourage mothers to think about and try to improve family diets.</p>                           |
| <p>Which foods could you add more often? What can families do to add variety to the family meals? How can we help each other to be able to do this?</p>   | <p>Home gardens or community gardens,<br/>Grow fruit trees,<br/>Raise small livestock or fish</p>  | <p>Congratulations. There are many strategies that can be used to improve the family diet.</p>   |  |
|   | <p>Not able to have extra foods with the nsima (cannot afford, not available in the community)</p>   | <p>→ Discuss how they can help each other to improve their family diets.</p>   | <p>Encourage mothers to share their knowledge and practices related to improving family diets.</p> |

**Keep food hot!**  
**Sungani chakudya chisazizire!**

**Keep food and water covered!**  
**Vindikirani chakudya kapena madzi nthawi zonse!**



| ASK                                    | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|--|--|--|--|
| Why do we need to keep food warm?      | We need to keep food warm so that it does not get bad.   | Congratulations. You are keeping the food safe for your child and the rest of the family to eat. This prevents diarrhoea and other illnesses.  |  |
|  | Mothers do not know why.   | → It is very important to keep the food warm. Do not give cold food to your child, which was cooked some hours ago. It might cause diarrhoea and other illnesses. To keep the food safe for eating, you need to keep it warm or reheat it before eating. | Encourage mothers to share their knowledge and practices related to food safety. |
| Why do we need food and water covered? | ✓ We need to cover food and water so that it does not go bad. Flies, insects and rodents can contaminate our food. | Congratulations. You know how to keep your child and family healthy. Contaminated food or water can cause diarrhoea and other illnesses.   |  |
|  | Mothers do not know why.   | → It is very important to cover your food and water and protect it from flies, rodents and dirt. If you do not cover your food and water it can get and get bad. This might cause diarrhoea and other illnesses.   | Encourage mothers to always cover food and water.                                |

Ndiwo zamasamba zimateteza thupi ku matenda ndi kupereka thazi

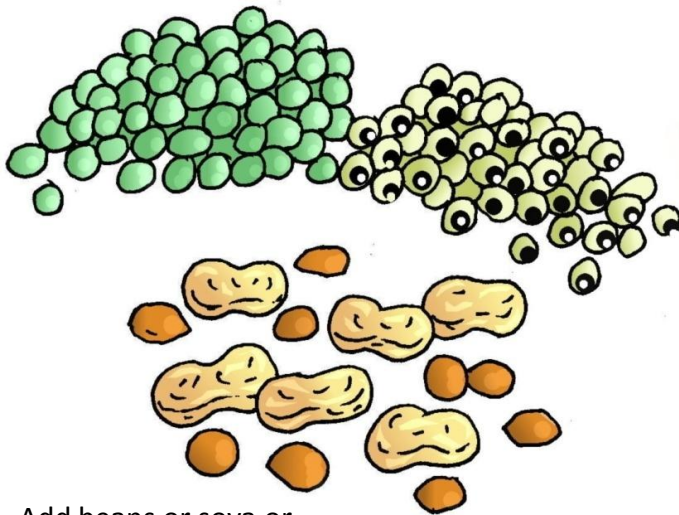
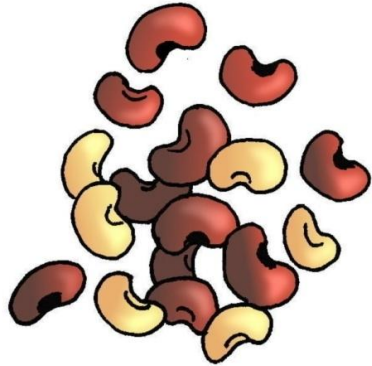


Vegetables  
help keep  
children  
healthy and  
prevent illness



| ASK   | LISTEN  | DISCUSS AND RECOMMEND  | AGREE   |
|---|---|--|---|
| <p>Do babies need vegetables? Which ones do they need? Why?</p>   | <p>√ All vegetables, especially green leafy vegetables, orange-fleshed sweet potatoes, pumpkin. Vegetables help keep children healthy and prevent illness.</p>                        | <p>Congratulations. Children should be fed a variety of different vegetables.</p>  |   |
|   | <p>Not appropriate for children, cannot chew, hurts stomach</p>   | <p>→ Always try to feed your child vegetables with the porridge/nsima. Discuss which vegetables are particularly good (e.g orange-fleshed sweet potatoes). Pound the vegetables well or mash with a fork for the very small children who cannot chew well.</p> | <p>Encourage mothers who are already feeding a variety of vegetables to help mothers who are not.</p> |
| <p>What vegetables do we grow? What else could we grow? How can we help each other to add vegetables into our child's diet?</p> | <p>√ Growing a wider variety of vegetables (orange-fleshed sweet potato, pumpkin etc),</p> <p>√ Sharing with each other,</p> <p>√ Growing more (as individuals or as a community)</p> | <p>Congratulations. You can help each other by sharing and/or growing a variety of different vegetables.</p>   | <p>Encourage mothers to share vegetables with each other. Agree to plant some other vegetables.</p>   |

Phala la mwana likhale lotsira ufa wa nyemba kapena soya kapena msinjiro tsiku ndi tsiku



Add beans or soya or groundnuts in your child's porridge every day

| ASK   | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|---|--|--|--|
| <p>Do you think children should eat beans, soya or groundnuts every day? Do babies need these foods? Why?</p>   | <p>✓ Yes all children should eat beans, soya or groundnuts every day.</p>  | <p>Congratulations. Children should be fed pounded beans or groundnuts every day. These foods are good for children and help them grow and have energy.</p>                      |  |
|   | <p>Not appropriate for children, cannot chew, hurts stomach</p>            | <p>→ Always try to feed your child pounded beans or groundnut flour with the porridge/nsima. Pound the groundnuts well into flour. Cook the beans well and mash with a fork.</p> | <p>Encourage mothers who are already feeding beans, soya or groundnuts to the children to help mothers who are not.</p>                    |
| <p>Are most of you able to add pounded beans, soya or groundnut flour to your child's food every day? Do most of you know how to prepare these foods for your baby?</p> | <p>✓ One or more persons in the group know how to prepare these foods.</p> | <p>Congratulations. You can help each other learn how to process and prepare these foods.</p>  | <p>Encourage mothers to share their knowledge and practices related to processing and preparation of beans, soya and groundnuts.</p>       |
| <p>How can we help each other to be able to do this?</p>  | <p>Do not know how to prepare these foods for babies appropriately.</p>    | <p>CNF should contact experts who know how to process these foods and invite them to come and share with the group.</p>  | <p>Mothers agree that it will be useful for an expert to come and that they will be willing to attend the extra session on this topic.</p> |



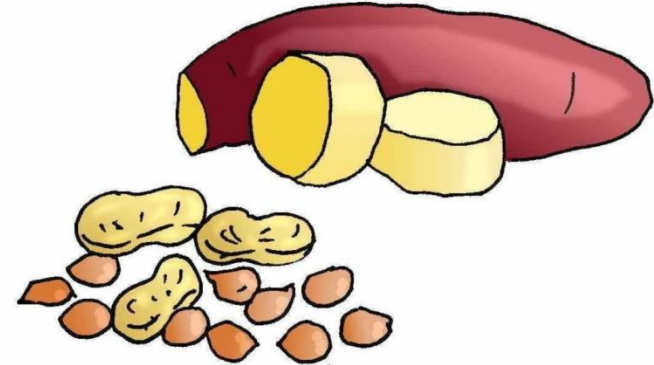
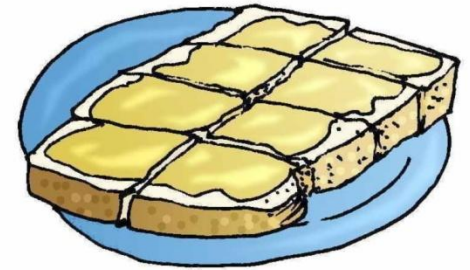
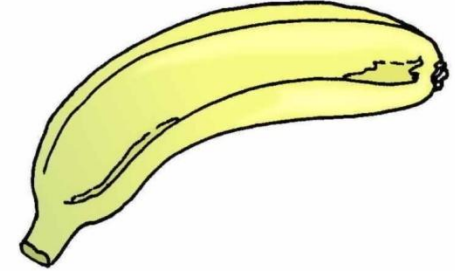
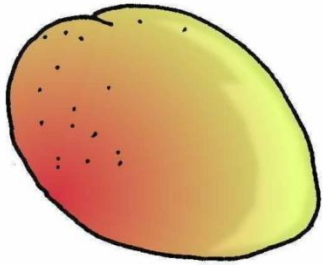
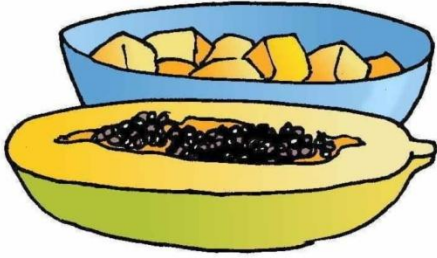
# Dyetsani ana zakudya zochochera ku nyama tsiku ndi tsiku kuti akule ndi thanzi

Foods from animals help children grow strong and lively. Give every day if possible



| ASK   | LISTEN   | DISCUSS AND RECOMMEND   | AGREE  |
|---|--|---|--|
| <p>Which types of foods from animals are good for children to eat frequently? Why?</p> <p>Are there types of foods from animals that children should not eat? Why?</p>  | <p>√ Fish, egg, goat or cow milk, meat (chicken, mouse, goat, beef, pork, bird, rabbit), liver or edible insects are all types of foods from animals that are good for children to eat frequently.</p> | <p>Congratulations. Children should eat foods from animals or edible insects every day. These foods help children grow strong and lively.</p>   |  |
|   | <p>Children should not eat certain foods, for example, fish, egg, milk, meat, liver or insects.</p>  | <p>→ Always try to feed your child foods from animals (e.g. fish powder, egg) or edible insects or milk with the porridge/nsima. Cook the foods from animals well and cut them into small pieces.</p> | <p>Encourage mothers who are already feeding foods from animals or edible insects to the children to help mothers who are not.</p>                                   |
| <p>How often are most of you able to add foods from animals?</p> <p>What are the cheapest sources of animal foods in the community?</p> <p>How can families these foods without spending too much money?</p> <p>How can we help each other to be able to do this?</p> | <p>√ One or more persons can add animal source food</p>  | <p>Congratulations. You can help other families to raise their own animals.</p>   | <p>Encourage mothers to share their knowledge and practices related to raising animals and/or to approach others in the community for advice.</p>                    |
|   | <p>Not able to add foods from animals (cannot afford, not available in the community)</p>  | <p>→ CNF should contact experts who know how to raise livestock, create fish ponds, know how to milk goats/cows.</p>  | <p>Mothers agree that it will be useful for an expert to come and that they will be willing to attend the extra session on this topic and invite their husbands.</p> |

# Mpatseni mwana zakudya zotolatola zopatsa thanzi



Give nutritious snacks to your child

| ASK  | LISTEN   | DISCUSS AND RECOMMEND   | AGREE  |
|--|--|---|--|
| Do children need snacks? Which types of snacks should be given to children? Why? | <p>√ Yes children do needs snacks. Pawpaw, banana, avocado, mango and other fruits in season, orange-fleshed sweet potato, boiled pumpkin, seeds, chikondamoyo, chigumu, chimimina, thobwa</p> | <p>Congratulations. Children need 1-2 nutritious snacks in addition to main meals as they grow older. This is an opportunity to add variety to your child's diet to improve their appetite and growth.</p>  |  |
|  | <p>Children do not need snacks.</p>  | <p>→ As children grow older, they need 1-2 nutritious snacks depending on their appetite every day.</p>   | <p>Encourage mothers to share their knowledge and practices related to nutritious snacks. Discuss the possibility of growing more fruit trees in the community.</p>  |
| Are there snacks that children should not eat? Why?                              | <p>√ Jiggies or kamba, sweet tea or fizzy drinks should not be given to the child.</p>   | <p>Congratulations. You know how to feed your child well. Jiggies or kamba, sweet tea or fizzy drinks should not be given to children. These foods are not nutritious.</p>  |  |
|  | <p>Did not answer jiggies, kamba, sweet tea or fizzy drinks.</p>   | <p>→ In addition to the child's meals, 1-2 nutritious snacks should be given to the child depending on the appetite every day. Fruits, for example, pawpaw and banana, orange-fleshed sweet potato, boiled pumpkin, seeds, chikondamoyo, chigumu, chimimina, thobwa can be given are nutritious snacks.</p> | <p>Encourage mothers to avoid feeding jiggies or kamba, sweet tea or fizzy drinks to the children. Encourage mothers to feed fruits or boiled vegetable instead.</p> |



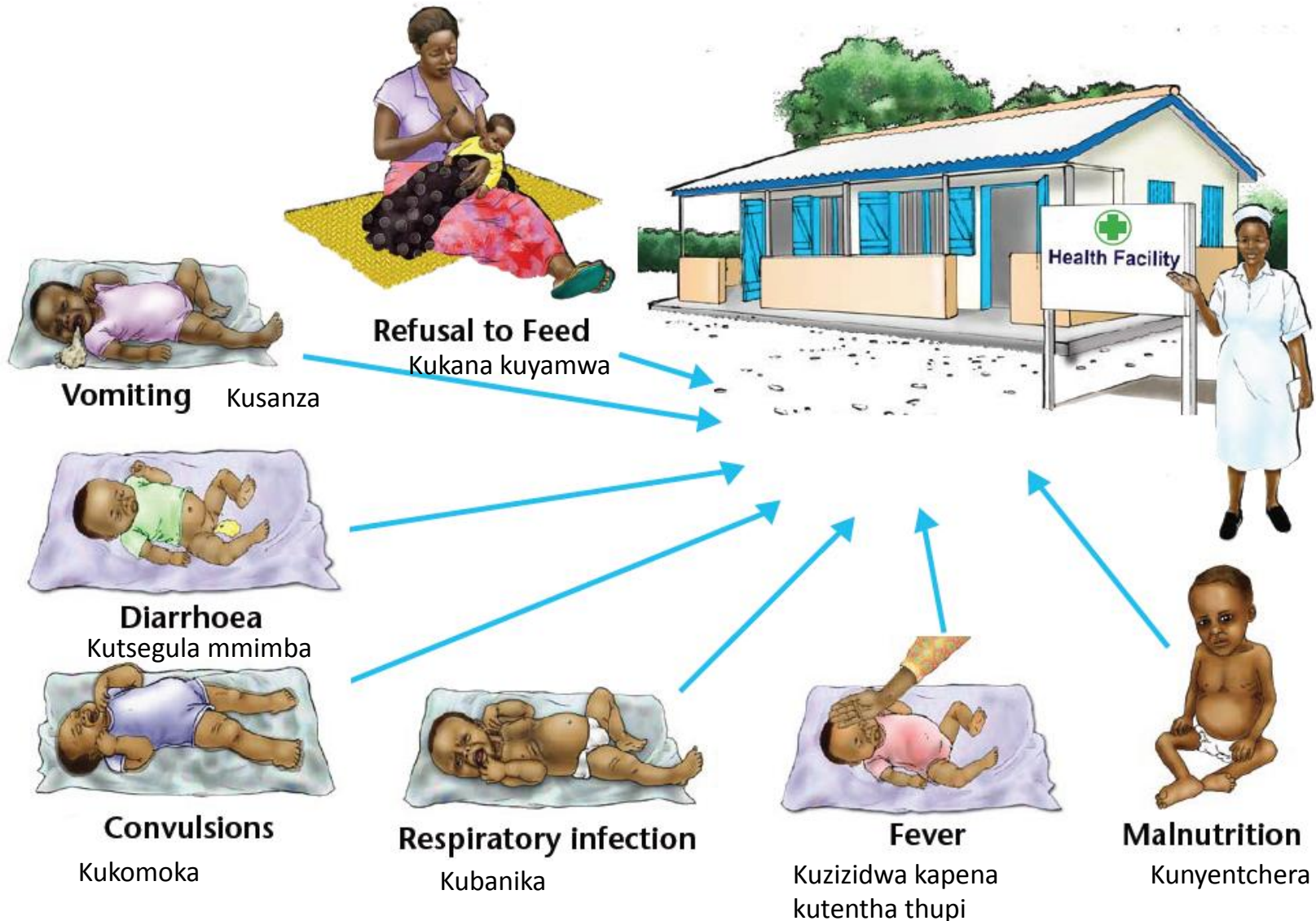
# Kadyetsedwe ka mwana wodwala pakudutsa miyezi isanu ndi umodzi



Feeding the sick child:( more than  
6 months)

| ASK  | LISTEN   | DISCUSS AND RECOMMEND  | AGREE  |
|--|--|--|--|
| Is it important to continue feeding and breastfeeding your child during illness?   | ✓ Yes, it is important to continue feeding and breastfeeding to maintain the child's strength and appetite.  | Congratulations. It is very positive that you continue feeding and breastfeeding your child during illness. The child will often want to breastfeed more frequently. It is good to give the child more breast milk. Offer the baby simple foods in small quantities like porridge and fruits, even if he or she does not express interest in eating. Avoid spicy or fatty foods.   |  |
|  | Mothers think it is not important to continue feeding and breastfeeding during illness. Mothers stop feeding/breastfeeding the child during illness. | It is important that you continue feeding and breastfeeding your child during illness. The child will often want to breastfeed more frequently. This will help the baby to fight sickness, recover faster and not lose weight.   | Mothers agree to continue feeding and breastfeeding their children during illness            |
| What do you do if your child does not want to eat during illness as normal?  | Mothers take time to patiently encourage your sick child to eat as his or her appetite may be decreased because of the illness.                      | Congratulations. It is very positive that you are patient and encourage the child to eat as his or her appetite may be decreased.  |  |
|  | Mothers do not offer food at all.  | You should take time to patiently encourage your sick child to eat as his or her appetite may be decreased because of the illness. Assist your child by putting the food within his or her reach or by helping him or her to hold the cup or spoon. Offer verbal encouragement when the child eats something.  | Mothers agree to patiently encourage their child to eat during the next episode of illness.  |
| When a baby is recovering from illness, how do you feed the baby? Do you breastfeed more and offer more food than usual? | ✓ Mothers are breastfeeding and feeding more than usual. The baby is replacing what he or she lost during illness.                                   | Congratulations. When a baby is recovering from an illness, the baby is replacing what he or she lost during illness. Give your baby one additional meal of solid food each day during the next two weeks after he or she has recovered. This will help him or her regain weight and strength lost during the illness. Gradually increase the amount at each feeding. Actively encourage your baby to eat this extra food and to breastfeed more frequently when his or her appetite has returned. |  |
|  | No mothers are not breastfeeding and feeding the child more than usual.  | You should breastfeed and offer more food to your child than usual. This will help your child regain weight and strength lost during the illness. Give your baby one additional meal of solid food each day during the next two weeks after your child has recovered from illness. If the child won't eat an entire meal, begin with some special foods like groundnut flour, avocado, fish, egg and chicken added to what the child will eat. Gradually increase the amount at each feeding.      | Mothers agree to breastfeed and feed the child more than usual during recovery from illness. |

# Zizindikiro zopysa zopangitsa mwana kumutengere ku chipatala





| ASK  | LISTEN  | DISCUSS AND RECOMMEND   | AGREE  |
|--|---|---|--|
| <p>When do you think a child needs to go to the health facility immediately?</p> <p>What are the reasons that children are not taken to a health facility when it is needed?</p> | <ol style="list-style-type: none"> <li>1. Refusal to feed,</li> <li>2. Vomiting and can not keep any food down</li> <li>3. Diarrhoea more than three times per day</li> <li>4. Convulsions,</li> <li>5. Respiratory infection,</li> <li>6. Fever,</li> <li>7. Malnutrition</li> </ol> | <p>Congratulations. It is very positive that you know all of the danger signs of life-threatening conditions of a child. You should take your child to the nearest health facility if he or she experiences any of these danger signs.</p>  |  |
| <p>Who can help ensure that children are taken to the health facility when they need to go?</p>  | <p>Mothers cannot name all of the above danger signs.</p>   | <p>Mothers should take their child to the nearest health facility when the child</p> <ol style="list-style-type: none"> <li>1. refuses to eat,</li> <li>2 . vomits,</li> <li>3. has diarrhoea,</li> <li>4. has convulsions,</li> <li>5 . has respiratory infection,</li> <li>6. has fever or</li> <li>7 . is malnourished.</li> </ol> | <p>Mothers agree to consult the health volunteer for a lesson on danger signs of life-threatening illnesses.</p> |