



# Eat Love Play Talk

CAREGIVER PLAYBOOK

## SESSION 2



THE BEGINNING  
OF THE JOURNEY



[WWW.DOMORE.ORG.ZA](http://WWW.DOMORE.ORG.ZA)



## THIS BOOK BELONGS TO:

PARENT/CAREGIVER: \_\_\_\_\_

CHILD: \_\_\_\_\_

CHILD: \_\_\_\_\_

CHILD: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_



## A LETTER FROM THE FOUNDATION

At the DO MORE FOUNDATION, we believe that it takes a village to raise a child and the more that we work together and support one another, the more opportunities our children will have later in life.

We will be talking about opportunities to improve the wellbeing of young children, but we would like you to all know that **YOU ARE ENOUGH**. You are magnificent and we admire and acknowledge you as parents/caregivers.

This programme will give you you a few extra tools to make your life easier and help your children thrive.

We look forward to walking the EAT LOVE PLAY TALK journey with you and your child.

Warren Farrer  
Foundation Executive



## GROUP AGREEMENTS

AS A GROUP WE ALL AGREE TO...



Confidentiality



Free to share



Phones  
on silent



One person  
talks at a time



Arrive  
on time



Asking questions  
is good

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

EAT LOVE  
PLAY TALK  
SESSION 2!

# THE GROWTH GUIDE!

EAT LOVE PLAY TALK FROM  
BIRTH 0 - 6 MONTHS



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

## Eat

- Breast milk only until 6 months.
- No other liquids until 6 months.
- Breast milk is not too salty or sweet - it is perfect for your baby!
- Mother should eat a variety of healthy foods and drink plenty of clean water.

## Love

- Give plenty of hugs and cuddles.
- When rocking, do so gently to music, or to songs.
- Make funny faces, smile and laugh with your baby.
- Enjoy skin-to-skin contact with both mother and father.

## Play

- Find a safe place for tummy time with your baby on the floor.
- Encourage your baby to follow objects with their eyes.
- Give your baby different textures to feel.
- Massaging and rubbing your baby with cream or baby oil is good for their muscles.

## Talk

- Sing songs, say rhymes and talk to your baby about the world around them.
- Use pictures to tell stories.

## DO YOU WANT TO KNOW MORE?

### Eat

- Pregnant mothers should visit the clinic regularly for checkups.
- Eat a variety of healthy foods, and do not drink alcohol, take drugs or smoke while pregnant.
- It is important to breastfeed your baby, starting as soon as he or she is born until 2 years and beyond.
- A caregiver should ONLY give a baby breast milk - nothing else - not even water.
- Ask for help if you feel overwhelmed or struggle with breastfeeding.
- Only give medication when advised by a healthcare worker.
- You can still breastfeed if you are HIV positive, but you must be taking your medication.

### Love

- Breastfeeding is a way to connect to your baby. We show love by responding to their needs.
- New babies need plenty of close time and skin-to-skin contact with their mother and father.
- We can love our children by watching their growth. The Road to Health booklets are helpful tools for parents.
- We can walk side by side with each other as a community while we raise our children.

### Play

- From very young our babies can enjoy time playing with their siblings and others. A small baby will love to look at pictures or stretch their legs on the floor.
- We can sing songs and enjoy being outside with our babies in a safe and clean place.
- Avoid walkers and baby rings. Allow your baby to explore and use their muscles.

### Talk

- Babies cry for many reasons. They cry because they're cold, hot, tired, need a nappy change, are not feeling well or just want to be picked up and loved.
- Hearing your voice is so important to your baby's brain growth.
- He or she will even learn to recognise your voice before birth!
- The more we talk about health issues, the better we understand them as a family.

**SUPPORT**  
IS ALL AROUND US!



*From the picture, where do you think families should seek support and advice for children?*

## How can we sign up to MOMCONNECT?



### STEP 1:

Ask your clinic sister to confirm if you are pregnant.

### STEP 2:

We will help you register on a cell phone.



### STEP 3:

Answer a few simple questions about your pregnancy.

### STEP 4:

And just like that you're registered! Welcome to the family!

### How to opt out

You can opt out by simply dialling \*134\*550\*1#.

Please tell us why you don't want to receive messages anymore so that we can support you further and improve our service.

### What happens when you have your baby

If you've had your baby, congratulations on being a mother!

Reply "baby" to this SMS for SMSes about caring for your baby.

You will receive these SMSes until your baby is 1 year old.



Use your Road to Health booklet for support and information.





# DID YOU KNOW?

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- A healthy pregnancy is very important to ensure a good start to a child's life. Support pregnant mums!
- Breastfeeding and bonding are very important for both mother and baby.
- Breast milk is the best possible food for your baby and protects your baby from getting sick.
- Breast milk is ALL your body needs for the first 6 months.
- Breastfeeding and skin-to-skin contact help to build and grow the love between you and your new baby.
- EAT LOVE PLAY TALK with your children begins from conception. It's never too late to start!
- Talk to your baby from birth in everything you do with him or her. Sing and tell stories too.
- There are support services available to mothers.
- The Road to Health booklet is a useful tool for parents. It is not only for nurses and doctors. How to Raise a Healthy and Happy Child is written just for you!
- Sign up for MomConnect.



