



# Eat Love Play Talk

CAREGIVER PLAYBOOK

## SESSION 4



**KEEPING OUR BODIES  
AND BRAINS STRONG**



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## 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



Phones  
on silent



Arrive  
on time



Free to share



One person  
talks at a time



Asking questions  
is good

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EAT LOVE  
PLAY TALK  
SESSION 4!

# THE GROWTH GUIDE!

EAT LOVE PLAY TALK FROM  
**9 - 11 MONTHS**



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

## Eat

- Continue to breastfeed your baby for as long as you are able to.
- At 6 months, introduce iron-rich foods like beans, ground mopane worms, minced meat or eggs.
- Eat dry beans, split peas, lentils and soya regularly.
- Have full cream cow's milk, maas or yoghurt every day.
- Eat fish, chicken, lean meat or eggs can be eaten daily.

## Love

- Give your baby plenty of hugs and cuddles.
- Say "I love you" to your baby as often as you can.
- Find ways to celebrate your child's strengths.
- Don't compare children - every child is different and special.

## Play

- Make shakers for your young baby - use dry beans, rice or sugar inside a bottle or tin can.
- Move your child through the air like an aeroplane (backwards and forwards, left and right, around and around).
- Create a climbing mound on a flat surface where there are a stack of cushions placed on one another.

## Talk

- Babies cry for many reasons. They don't only cry when they are hungry, tired, over-stimulated or irritated.
- Your child is able to act and listen to simple instructions.

THE CLINIC SUPPORTS  
**CHILDREN'S**  
HEALTH AND GROWTH!



From the picture, what support  
does the clinic provide young children?

## DO YOU WANT TO KNOW MORE?

### Eat

- Proteins are foods that build your and your child's bodies and brains.
- They are important for growth and repair (healing).
- Proteins keep our muscles, blood, nerves and bones strong. We should try to eat protein-rich food at each meal.
- Beans, split peas, lentils, soya, meat, fish, chicken, eggs, cheese and peanut butter are all excellent sources of protein.
- Make sure vaccinations are up to date in your child's Road to Health book. Visit the clinic to get your child weighed and measured regularly.

### Love

- Babies and young children need mom and dad's time and attention.
- Children love to cuddle, laugh and smile with their loved ones.
- Pulling funny faces and making funny noises is a wonderful way to play and teach the child about emotions from a young age.
- Stories at bed time are a lovely way to help your child feel safe and loved.

### Play

- We can help build our children's brains with simple activities like making our own puzzles, reading stories together or playing guessing games.
- Being outside is a lovely way to play and enjoy nature together.
- Encourage your child to explore different safe objects around them.
- Stack objects one on top of another or put smaller objects into a container.

### Talk

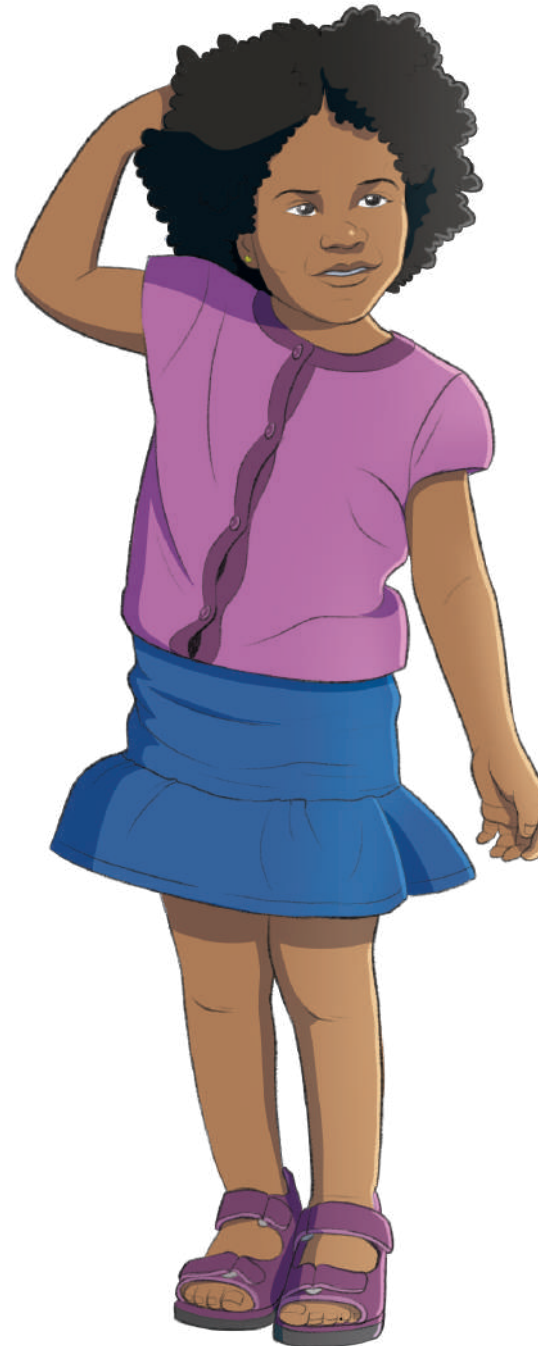
- Children love stories about themselves, their family members and the things that happen around them.
- Tell about child stories from the day that they are born. Even if they don't understand what you are saying, they still love hearing your voice.
- Talk to your child about what you're doing. Every word they hear is a building block in their language development and process of learning to speak.
- Ask your child questions about the world around them. Questions are a fantastic way for children to learn.



IS MY CHILD GETTING  
**ENOUGH  
PROTEIN?**

# **SIGNS THAT YOUR CHILD NEEDS MORE PROTEIN**

**Benefits of protein rich-foods?  
Builds muscles and bones!**



**EASILY  
TIRED**



**POOR MUSCLE  
GROWTH**



**DELAYED  
HEALING**



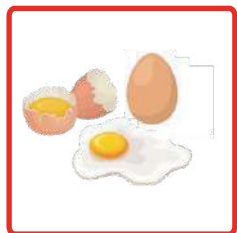
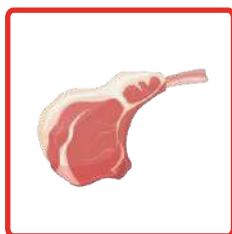
**SLOWER  
GROWTH**



**GETS SICK  
OFTEN**



## FOODS THAT BUILD!



### SMALL GROUP DISCUSSION QUESTIONS:

What protein foods are your family's favourite to eat?

What protein foods are you giving your little ones?

Where do you buy /get your protein foods from? Where do you do your shopping?

What is your best buy from these proteins? (DID YOU KNOW? Eggs are an affordable option.)



## PROTEIN-RICH RECIPES

### VEGGIE BITES



#### INGREDIENTS:



Finely chopped  
spinach or broccoli



Grated cheese



Egg

#### METHOD:



Mix all  
ingredients  
together






Fill tray  
with  
mixture



Bake in  
oven

## CHICKEN LIVERS

### SERVING SIZE:

|                |   |        |
|----------------|---|--------|
| 2 - 6 YEARS:   |  | 2 tbsp |
| 9 - 23 MONTHS: |  | 1 tbsp |
| 6 - 8 MONTHS:  |  | 2 tbsp |



### INGREDIENTS (1 - 2 SERVINGS):

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1/2 onion   | 1 tomato  | 1 tbsp cooking oil  | 1/4 tsp salt  | 50g - 80g chicken livers  | 1/2 3 tsp chicken spice   |

### INGREDIENTS (MAKES UP TO 10 SERVINGS):

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 onion   | 2 medium tomatoes   | 15ml 1 tbsp cooking oil   | 1/4 tsp salt  | 500g chicken livers   | 1/2 3 tsp chicken spice   |

### METHOD:

1. Wash, peel and chop onions and tomatoes.
2. Wash chicken livers and cut them to half.
3. Heat the oil in a steam pot.
4. Add chicken spice and salt to chicken livers.
5. Add chicken livers to heated oil and fry until brown.
6. Add onions and tomatoes and stir occasionally.
7. Simmer until livers are soft and tender, for about 15 minutes.
8. Serve.

## SCRAMBLED EGG

### SERVING SIZE:

|                |   |        |
|----------------|---|--------|
| 2 - 6 YEARS:   |  | 2 tbsp |
| 9 - 23 MONTHS: |  | 1 tbsp |
| 6 - 8 MONTHS:  |  |        |



### INGREDIENTS:

|   |   |   |   |
|---|---|---|---|
|  |  |  |  |
| 1 large egg   | 1 tbsp milk (15ml)  | 1 small pinch salt  | 1/2 tsp cooking oil   |

### METHOD:

1. Crack eggs into a medium bowl. Add milk and salt; whisk until combined.
2. Heat oil in a large pan over medium heat just until it is hot, swirling the pan to coat the bottom and sides.
3. Add eggs mixture and cook, stirring slowly but continuously, until they just begin to thicken, for about half a minute (30 seconds).
4. Begin vigorously stirring the eggs with a flat-edged wooden spatula, scraping the bottom of the pan as you go.
5. When eggs are just barely cooked through, after roughly another two minutes, remove the pan from the heat.
6. Serve.



# DID YOU KNOW?

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- Foods that build your body and brain are called proteins, which children should eat every day.
- Good examples include: chicken, chicken livers, fish, meat, eggs, lentils, split peas and beans, soya and peanut butter.
- If young children do not get enough protein they can become weak and tired and don't grow and develop well.
- Take your children to the clinic for every visit shown on each child's Road to Health booklet. Clinic staff will check your child's growth and development, as well as give them their immunisations, Vitamin A dose and de-worming medicine.
- Playing memory games is an excellent way to play with your young children. Hide objects or use cards to practise and improve memory.
- We can build loving relationships with our children by spending time with them, playing with them, telling them stories and talking to them about everything they are doing or experiencing.
- As your children begin to move around, make sure your home is safe!



