

SESSION GUIDE 2

THE BEGINNING OF THE JOURNEY

GOAL OF SESSION 2

- Caregivers will understand the need to support pregnant mothers in their community and be motivated to help.
- Caregivers will understand the importance of breastfeeding and resources they can draw on for support around breastfeeding.
- Caregivers will understand how exciting their baby's development is in the first 6 months.
- Caregivers will understand methods of bonding during the first 6 months (breastfeeding, storytelling, talking, singing, and nursery rhymes).

FACILITATOR RESOURCES

- Session guide
- Facilitator food cards

SESSION 2 (PREGNANCY AND BREASTFEEDING)

- Playbook 2
- 2 x bags of DMF porridge
- 1 x play mat
- 1 x "Breastfeeding" poster
- 1 x "The danger signs of illness" poster



Time: 2 - 2 1/2 hours



Facilitator script

Side-by-Side
Give your baby life,
Give them breastmilk.





BREASTMILK
protects your baby from diarrhoea,
chest and ear infections

Breastfeed your child for 2 years and longer,
give baby only breastmilk from birth to six months.
Let's work together side by side to encourage mothers to breastfeed.



WELCOME

 **5 MINUTES**

- Mention the goal of the session:
-  “During this session we are going to explore the need to support pregnant mothers in the community; understand the importance of breastfeeding and resources you can draw on for support around breastfeeding; understand how exciting your baby’s development is in the first 6 months and understand methods of bonding during the first 6 months (breastfeeding, storytelling, talking, singing, and nursery rhymes).”
- Any other set-up or session admin.
-  Please sign our attendance register.

INTRODUCTIONS

 **7 MINUTES**

- Introduce yourself
-  Let any new members in the group introduce themselves.

AGREEMENT IN THE GROUP

 **5 MINUTES**

- Reminder of the group norms. (Use Playbook 1 to assist)

GROUP EXPECTATIONS

 **5 MINUTES**

-  What are you expecting to learn during this session?

ADMIN AND RECORD-KEEPING

 **5 MINUTES**

- Attendance register

SESSION INCENTIVES

🕒 3 MINUTES

- Hand out the playbooks, play mats and posters to the caregivers.
- DO MORE FOUNDATION porridge is to be handed out at the end of the session.

ICEBREAKER / WARM-UP ACTIVITY

🕒 10 MINUTES

- STEP 1:
DIVIDE YOUR GROUP INTO 2 ROWS



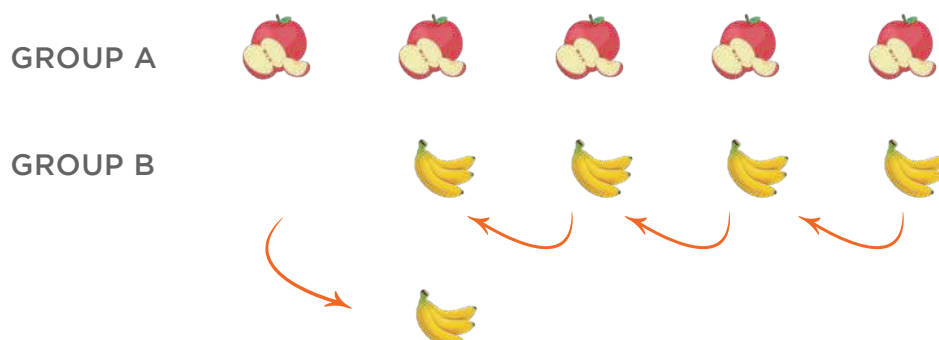
- STEP 2: ASSIGN ROLES:
APPLES ARE THE LISTENERS FIRST AND BANANAS ARE THE TALKERS.
- STEP 3:
SHARE WITH YOUR PARTNER:
“WHAT ARE YOU LOOKING FORWARD TO TODAY?” EXPLAIN WHY.
- STEP 4:
 - EVERYONE MOVES ONE PERSON TO THE RIGHT.
 - NOW APPLES ARE THE TALKERS AND BANANAS ARE THE LISTENERS.
- STEP 5:
NOTE TO FACILITATOR: IF A CAREGIVER WAS UNABLE TO ATTEND SESSION 1 GET YOUR SPEAKER TO TELL THE LISTENER ABOUT THE SESSION INSTEAD OF THESE QUESTIONS

ASK THE QUESTION:

-  - WHAT DID YOU ENJOY MOST ABOUT LAST SESSION?

***MOVE TO THE RIGHT**

-  - HOW DID THE HOME PLAY ACTIVITIES GO FROM SESSION 1?



ICEBREAKER / WARM-UP ACTIVITY REFLECTION QUESTIONS:

- What were the first responses, impressions and ideas that came to you while you were doing this exercise?
- In this activity you have been asked to be either an active listener or speaker. Think about when you were a speaker - what was it like for you to introduce yourself without your partner responding? What was it like to be listened to?
- Think about when you were a listener- what was it like to just listen? What made it easy for you to actively listen? What might have made it difficult for you to listen intently?
- As a caregiver, we are often called to be either a listener or a speaker. From what has been discussed, how do you think we can integrate what we have learnt into how we respond to our children?
- Being a caregiver may feel at times a lot like being a speaker, however, what do you think may be benefits from adopting a listening position?

PLAYBOOK OPENING PAGE:


 10 MINUTES

PAGE 1 DISCUSSION: WHO DOES THIS BOOK BELONG TO?

- Ask the caregivers to take out their Playbook 2 from the playbag.

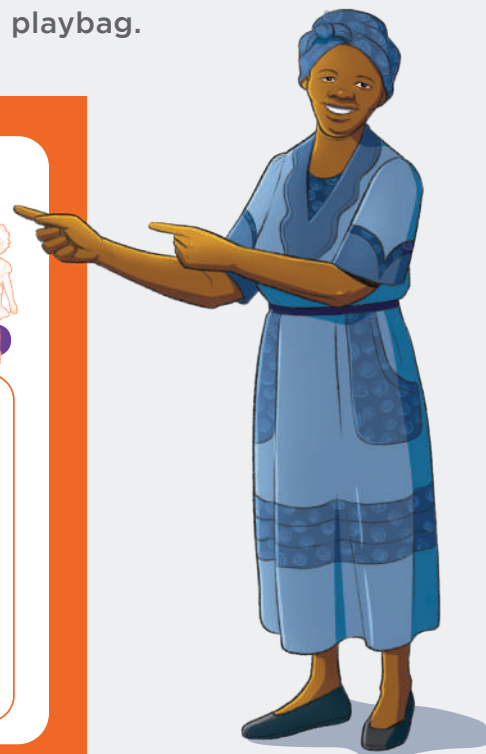
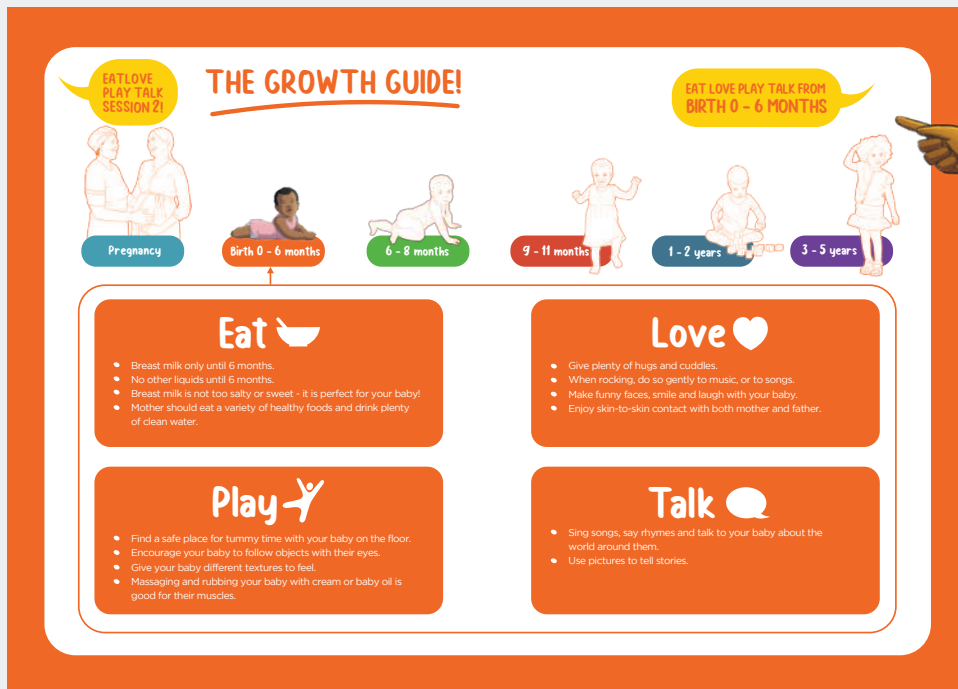


GETTING TO KNOW OUR FAMILIES

- Introduce yourself and name your children using the blocks to represent each child you have at home.
-  WHO IS A CAREGIVER?
- Discuss with your group who is a caregiver? What does it mean to be a caregiver?
- This book is something you can use at home with your children and at our group sessions.

We love to see parents being with their children. How is this family spending time together? You can use this playbook to create and make up wonderful stories with your children.

- Ask the caregivers to take out their Playbook 2 from the playbag.



GETTING TO KNOW THE TIMELINE: BIRTH - 6 MONTHS

- What has happened to the timeline since our last session?
- How does this timeline work?
- What does the timeline say about birth - 6 months?
- How can we use this information? Who do we share this information with?
- What was your experience like as a mother with a child this age?
- Did you have supportive information? Did you have any challenges?
- Who can we go to with questions we don't have the answers for?
- Do we always need to know the answer?
- How does the Road to Health Book help us?

REMEMBER TO ASK IF THE GROUP HAS ANY QUESTIONS.

PLAYBOOK: ACTIVITY

 10 MINUTES

PAGE DISCUSSION: WALKING TO THE CLINIC

STORY TELLING IDEAS: IINTSOMI STORYTELLING METHOD

lintsomi is an isiXhosa storytelling method where the narrator orates their story through tapping stones. A stone is used to represent each character in the story. Big stones are used for adult characters, and small stones for children.

What other ways of telling stories could be useful for this?

- act it out
- talk about the scene
- assign roles to parents in your group




- **NOTE TO FACILITATOR**

You can share this story any way that is comfortable for you!

- Assign someone the role of Thandi and Ma Vilikazi

 We have Thandi

 We have Ma Vilikazi

SESSION 2: THE BEGINNING OF THE JOURNEY!

(Story takes 6 minutes for 2 people to read.)

SUGGESTION: THE FACILITATOR TAKES THE ROLE OF MA VILIKAZI IN THIS SESSION.

GRAPHIC 2: WALKING TO THE CLINIC.

Ma Vilakazi was taking her grandchild to the clinic when she met her friend, Ma Ngobese's daughter, Thandi.

NOTE: PLEASE FEEL FREE TO CHANGE THE NAMES OF THE CHARACTERS IN THE SESSION TO SUIT YOUR COMMUNITY.

MA VILIKAZI: “Morning, Thandi. Your Ma told me you are expecting a baby. How are you doing? I remember being young and pregnant and being quite scared of everything that was happening to me. Are you going to the clinic for your checkup?”

THANDI: “Yes, Ma Vilikazi. And I am also scared. There are so many things I don’t know and my body feels so different.”

MA VILIKAZI: “I remember feeling just like that. We are so lucky there are clinic sisters who are always ready to help us and walk side by side with us on this new path. I remember learning so much from my clinic sister way back then.

In fact, there are 5 key things she told me that I can STILL remember! **(TIP FOR MA VILIKAZI: LIFT ONE FINGER AT A TIME AS YOU GO THROUGH THESE 5 THINGS.)**

NUMBER ONE - To go to the clinic AS SOON AS you think you may be pregnant and then for EVERY health check (8) after that and take the supplements they give you.

NUMBER TWO - To eat the healthiest food I can – for my own health and the health and brain development of the baby growing in my tummy.

NUMBER THREE - No alcohol, no drugs and no smoking, because these will damage my baby’s brain. That really scared me and I stopped straight away!

NUMBER FOUR - Self-care – to look after myself by staying healthy; only taking medication given by a health worker; drinking lots of clean water and getting light exercise and rest.

NUMBER FIVE - To get support from my clinic, my family, my friends, my social worker and my church.

So that’s 5 words to remember: clinic; food; no alcohol; self-care and support! (Use your fingers again.) And now I think she would also tell me to join an antenatal class like *Flourish*, if there’s one in your community! You’ll learn so much about yourself and your baby and you’ll make new friends and have fun with other expectant mothers!

And another thing – do get the clinic to sign you up for the National Department of Health’s MomConnect free messaging service. I hear it is full of helpful advice for pregnant mums and mums of babies and young children.”

THANDI: “That’s ‘sharp’, Ma Vilikazi! I’m going to use my 5 fingers to help me remember those 5 important things! I also want to learn more about caring for this baby, so I’ll definitely see if there’s a *Flourish* antenatal class here. Ma tells me it’s best to breastfeed my baby, but I don’t think that’s what the other young mums are doing?”

MA VILIKAZI: “Your Ma is wise as ever! Certainly breastfeeding is best for your baby AND from the moment he or she is born! How is your memory? Can you use your other 5 fingers to remember another 5 things? (Once again, Ma Vilikazi lifts one finger at a time on the other hand for each of these points.)

NUMBER ONE – Start breastfeeding as soon as baby is born! That first yellow milk, colostrum, is very important for the baby and is like the baby’s first antibiotic to protect him from getting sick.

NUMBER TWO – Breastfeed as often as baby wants – at least 8 to 12 times during the day and night. The more baby sucks from you, the more milk your body will provide!

NUMBER THREE – Give your baby ONLY breast milk for the first 6 months – nothing else – not even water! Breast milk has EVERYTHING your baby needs – food, water and protection against illness. It’s like a miracle food and it’s free, at the right temperature, fresh and hygienic.

NUMBER FOUR – No other foods until the baby is 6 months old. Babies’ little tummies are delicate and other foods can damage them.

NUMBER FIVE – Carry on breastfeeding until your baby is at least two years old if you can!”

THANDI: “That makes it easy for me to remember, Ma Vilikazi – 5 things to remember for each hand! But the other girls tell me breastfeeding is too hard, so I’m frightened to start!”

MA VILIKAZI: “It can be hard to get started, Thandi! I really struggled when I started breastfeeding, but my clinic sister and other mums encouraged and supported me and it became easier and easier. I found that the more I breastfed, the more milk I had. Eventually I managed to breastfeed my little one until he was two, which gave him a really good start in life! I’m sure your Ma will help, but if you struggle, do go to the clinic for help.

Thandi, your time of pregnancy is SO important. Do you know how much your baby’s brain is growing while he’s in your tummy? Just imagine! He or she will even learn to recognise your voice before birth! And once your baby is born, keep his or her skin to your skin as much as possible in the first few weeks. That way your baby will feel loved, safe and secure. Babies need so much cuddling and love being close to their very special Mum!”

THANDI: “Ma Vilikazi – I’m so pleased I bumped into you today - you’ve been such a help! I really feel excited about having this baby now and I want to learn as much as I can. Thank you so much!”


MA VILIKAZI: “Pleasure, Thandi. Anytime. And send my best wishes to your Ma!”

DISCUSSION: LET S TEST OUR MEMORIES



 Can we remember any of the 10 tips?

FACILITATION NOTE: This can be made into a game, with the participant who remembers the most actions and related tips being assigned the special title of “Memory Champ”. Each week you can recap these tips, awarding the “Memory Champ” title to the participant with the best recall.

REFLECTION ON STORY:

 Many of us here today are already parents, and perhaps shared similar concerns as Thandi. We however may not have known the importance of breastfeeding and looking after ourselves - like eating healthily and avoiding alcohol. Knowing what we do now, some of us may be left feeling a bit guilty for what we did or did not do.

Acknowledging that we are always learning and will inevitably make mistakes is perhaps one of the hardest parts of being a parent. How do you as a parent / caregiver navigate moments when you feel uncertain or worry about making a mistake?

-  While we now understand just how important it is to breastfeed our babies, some of us may have needed to use formula. When do you think it becomes necessary for a mother to use formula as opposed to breastfeeding?
-  We get told many different things about what is best for our babies regarding food and eating, particularly during infancy. What stories have you heard, and how can we ensure what we hear is safe for our babies?

BRIDGING ACTIVITY

DID YOU KNOW? GROUP DISCUSSION

 15 MINUTES

- Point to the pregnant mom:
-  How can men and fathers in the community support pregnant mothers?

DID YOU KNOW?

Pregnant mums need plenty of healthy food to eat, good health care and love and support from family, friends and the community. In their own way, pregnant moms need to eat, love, play and talk. They need this so that their babies get the best start in life, right from conception.

DID YOU KNOW?

Your baby needs nothing else to eat or drink except breast milk for the first 6 months. Many mums think every time a baby cries he or she is hungry, but 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. Learn to know your baby and what he or she is trying to tell you through what he or she does and the noises he or she makes.

DID YOU KNOW?

Bottle feeding / formula food is more than the child support grant for the month. If you are thinking of formula feeding, caregivers should talk to a clinic sister.

DID YOU KNOW?

There are myths (untrue stories) in our communities that some people believe about breast milk and breastfeeding. Can you think of any from your community?

PLAYBOOK EAT LOVE PLAY TALK BUILDING BLOCKS

 10 MINUTES

DISCUSSION: EAT LOVE PLAY TALK AND YOUR CHILD

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.

Every week we will be discussing the 4 parts of our programme:

What EAT LOVE PLAY TALK messages do we have today?

EAT:

Pregnant mothers should visit the clinic regularly for their 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 at least 6 months and beyond.

A caregiver should ONLY give baby breast milk – nothing else – not even water.

LOVE:

Breastfeeding is a way to connect to your baby. We show love by responding to their needs. Ask for help if you feel overwhelmed or struggle with breastfeeding.

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 Book* and *How to Raise a Happy and Healthy Child* booklet are helpful tools for parents.

We can walk side by side with each other as a community while we raise our children.

PLAY:

Avoid walkers and baby rings. Allow your baby to explore and use their muscles.

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.

Suggest the playmat as a helpful tool for tummy time and games on the floor!

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.

BREASTFEEDING AND HIV

WHAT IS PREVENTION OF MOTHER TO CHILD TRANSMISSION OF HIV?



1- PREVENTION OF HIV INFECTION IN MOMS-TO-BE.

This means educating young women about HIV risks before they become sexually active and before they become HIV Positive (+). They need to know that HIV will not only change THEIR lives, but also the lives of their CHILDREN if they want to have children in the future.



2- PREVENT UNINTENDED PREGNANCIES AMONG HIV+ WOMEN.

We need to encourage the use of condoms and other contraceptives such as the pill and the injection if men and women want to be sexually active.

Condoms **MUST** be used if one of the partners is HIV+ or there is a risk of giving the other partner HIV **AND** making the woman **PREGNANT**. Start by knowing your status.



3- PREVENTION OF MOTHER TO CHILD TRANSMISSION DURING PREGNANCY, BIRTHING AND FEEDING.

The HIV virus is carried in the blood. So, there is a risk for the baby to get it during pregnancy and at birth. However, this risk can be made very low if the woman takes her HIV medicine every day and allows the health care professionals to help her and guide her through her pregnancy and the birth.

Breastfeeding is safe for an HIV+ mom as long as she is taking her medicine every day and not giving the baby any other foods...only breastmilk.


It is only unsafe to breastfeed a baby if the moms viral count is very high and the nurse/doctor tells you not to breastfeed.



4- PROVIDING SUPPORT AND CARE FOR HIV+ MOMS, BABIES AND FAMILIES.

This is where the mentors come in and make the difference.

EAT LOVE PLAY TALK BUILDING BLOCKS REFLECTION:

 In pairs think about your time in the programme over the past month:

- What “something new” have you learned about how your baby eats - i.e. feeding, food preferences, breastfeeding?
- What “something new” have you learned about how your baby loves and how you love your baby?
- What “something new” have you learned about how your baby plays and how you play with your baby?
- What “something new” have you learned about how your baby talks
- Which block - Eat, Love, Play, Talk- do you feel you and your baby are growing in?
- Which block -Eat, Love, Play, Talk - do you feel you and your baby are needing more support in?

ACTIVITY 2 BABY MASSAGE IDEAS

 5 MINUTES

- *READ THE LIST WITH YOUR CAREGIVING AND EXMPLAE/ DEMONSTRATE THE VALUE OF TOUCH AND MASSAGE.*

- Use textured cloth and clothing to gently let the baby feel.
- Using noises (natural rhythm).
- Gentle massage stories (massage for the pregnant mom; massage with the baby = softer size). Massage for the baby during breastfeeding.- Use a brick to rub baby at different body parts (use language & different cp;pirs)
- Then mom gets a massage for a good job at breastfeeding.
- All part of the love (take care of self then take care of baby | me and then me).
- Mommies look at signs to see if their child is comfortable or not with the activities (baby turning to the sound; not loud sound; not hard massage, needs to be soft).
- The younger the baby, the softer the sound / touch.
- Massage your partner (ask what pressure they prefer).
- Massage your own legs, shins, etc.
- Can do the same with the baby (massage bonding, make noises, show different colours and get them to follow).
- Physical connection (We call this Kangaroo Care or skin to skin).



ADAPTED FROM JOHNSON & JOHNSON BABY MASSAGE GUIDE, 2021

IF TIME ALLOWS:

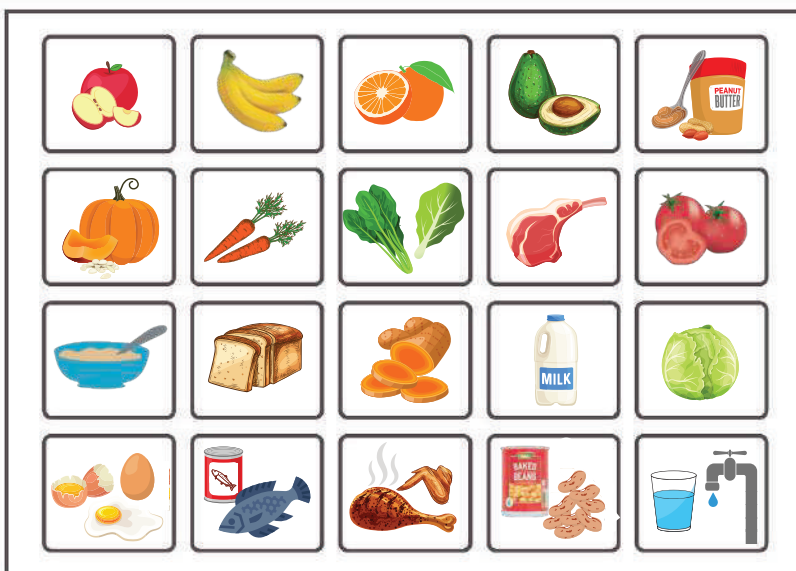
 Can we remember any of the 10 tips?

FACILITATION NOTE: This can be made into a game, with the participant who remembers the most actions and related tips being assigned the special title of “Memory Champ”. Each week you can recap these tips, awarding the “Memory Champ” title to the participant with the best recall.

ACTIVITY 3 FOOD CARD FUN

 10 MINUTES

- Matching Pairs: divide the group into pairs to play this game with the food cards.



- Lay the cards all upside down and flip two over at a time. If you get two that are the same then you have “won” that pair.

- **NOTE TO FACILITATOR:**

Remind participants that the food card game is not suitable for tiny babies as they put everything into their mouths. The cards are therefore not suitable for this or safe to be sucked.

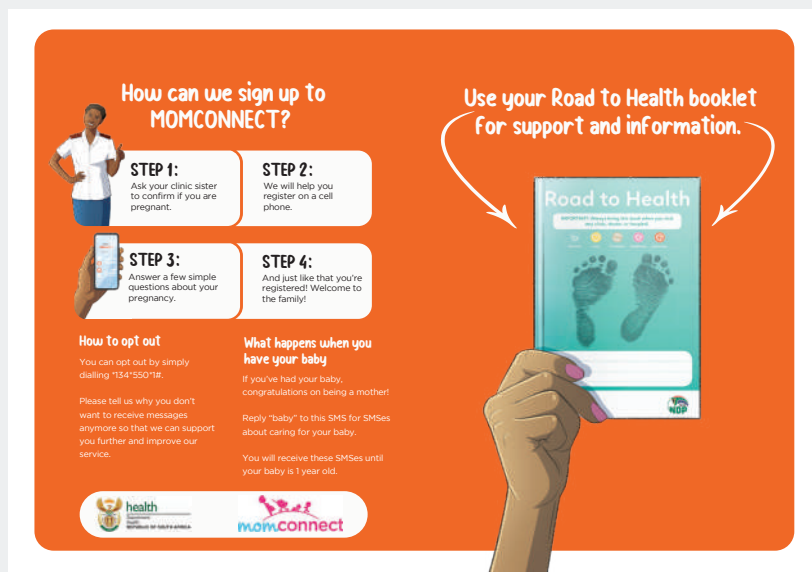
FOOD CARD ACTIVITY REFLECTION QUESTIONS:

- What did we do?
 - Was it easy?
 - How did you feel doing this activity?
 - Why do you think these feelings come up for us?
 - Could we use these games at home?
-
- *If you have extra time during the session, choose one or two more games to show the caregivers. You can find a whole host of ideas on pages 86 - 89 in your facilitator guide.*

RESOURCES AVAILABLE TO A CAREGIVER

🕒 5 MINUTES

- What supportive resources do we have in our community to support new mothers?



- Clinic
- *Road to Health Book*
- *How to Raise a Happy and Healthy Child* booklet
- Signing up for *MomConnect*
- The ECD centres and other support groups
- Neighbours and friends

PLAYBOOK CLOSING PAGE DISCUSSION: DID YOU KNOW...?

🕒 10 MINUTES

- Go through each of the key messages here. Ask the group to show the following if they understand the message:



Yes! I understand.



OK, but not sure.
Please go over that information again.



No! I DON'T understand.



- 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 baby 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 Book* is a useful tool for parents. It is not only for nurses and doctors. *How to Raise a Happy and Healthy Child* is written just for you!
- Sign up for *MomConnect*.

CLOSE-OUT REFLECTION

 5 MINUTES

- What do you think this session was all about?
- What did you enjoy the most?
- What did you learn that you didn't know before?
- How did you feel about this session today?
- What do you think could change in your home after today's session?
- What will you tell others about the information you have learned?

HOME PLAY

USES OF THE PLAYMAT:

- floor time fun
- block play
- story time
- family picnics



Where else can we use the playmats at home?



Use the clinic scene and examples from today to make up a story with your own child at home.

IDEAS ON USING PICTURE SCENE WITH CHILDREN AT HOME



ASK QUESTIONS:

- How many children do you see? Do you see a child that looks like you?
- look for colours
- count
- find shapes
- talk about the position of objects and people (behind, on top, below, next to)
- talk about sizes (big, small, tall, short)
- talk about the family
- talk about actions (walking, sitting, feeding and holding)

-  Be “Ma Vilikazi” for a pregnant mom in your community. How else can we share this knowledge with others in our community?
-  Over the next month, we want you to pay attention to how EAT LOVE PLAY TALK is used in your home. Give yourself a pat on the heart every time you help to use EAT LOVE PLAY TALK at home.