

SESSION GUIDE 3

BUILDING ON A GOOD START!

GOAL OF SESSION 3

- Caregivers will understand the importance of feeding their young children healthy, fresh foods (how much and how often, especially protein) and offer clean water from 6 months old
- Caregivers will be given new ideas around love, play and talk with children from 6 months to 2 years old

FACILITATOR RESOURCES

- Session guide
- Facilitator food cards

CAREGIVER RESOURCES

PLAYBOOK 3

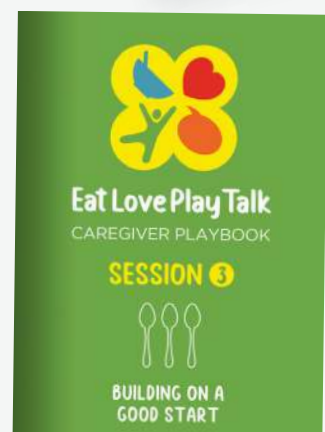
- 2 x DoMore porridge
- Bean bag (one each)



Time: 2 - 2 1/2 hours




Facilitator script



WELCOME

 **5 MINUTES**

- Mention the goal of the session:

 By the end of this session we hope you will feel empowered with information around complementary feeding (what to put on your little one's plate from when they are 6 months old) and be given new ideas around love, play and talk with children from 6 months to 2 years old.

- Any other set-up or session admin.

 Please sign our attendance register.

INTRODUCTIONS

 **5 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 3** (page 2) to assist.

GROUP EXPECTATIONS


 **3 MINUTES**

 What are you expecting to learn during this session?

ADMIN AND RECORD-KEEPING

 **3 MINUTES**

- Attendance register.

 **NOTE:** please remember to submit pictures of these forms to your Master trainer after each session.

SESSION RESOURCES

🕒 3 MINUTES

- Hand out Playbook 3 and the other caregiver resources (see front page of the session guide).
- Please hand out the DO MORE FOUNDATION porridge at the end of the session.

ICEBREAKER / WARM-UP ACTIVITY

🕒 10 MINUTES

- Place a few different cards face up on the table. The caregivers must guess what food you are describing (this can also be done in pairs).
 - Start with easy riddles, for example:
- 💬 I'm thinking of a fruit. It is yellow and to eat it you have to peel the skin. What is it? (Banana)
or
I'm thinking of a vegetable. It is long and orange, and when you eat it, it makes a crunchy sound in your mouth. What is it? (Carrot).
- Give parents a turn to practise. Be supportive and use positive language to encourage them to guess.

EXAMPLE:

💬 I AM ORANGE, AND WHEN YOU EAT ME I MAKE A CRUNCHY SOUND.



💬 I AM RED AND ALSO ROUND...



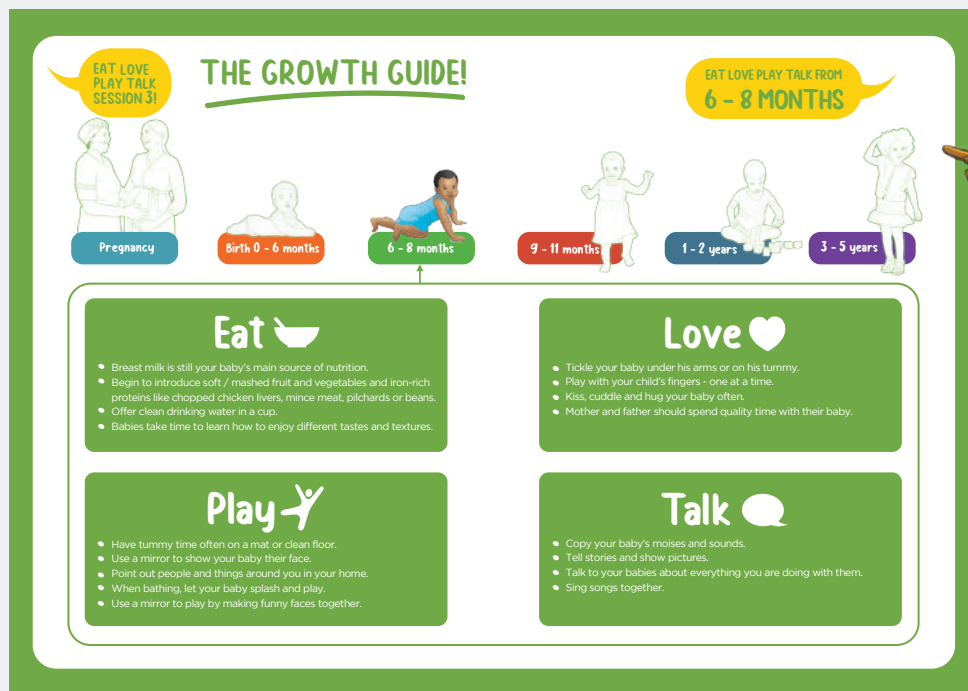
💬 I AM YELLOW AND YOU HAVE TO PEEL ME.



PLAYBOOK: THE GROWTH GUIDE

 15 MINUTES


Ask the caregivers to take out their Playbook 3 from the playbag.



GETTING TO KNOW THE TIMELINE:

6-8 MINUTES

- What has happened to the timeline since our last session?
- What was your experience like as a caregiver with a child this age?
- Were you given useful information?
- Do you know other moms with children aged 6 months - 1 year?
- Why is the 6-month mark so important?

 **Complementary feeding! After 6 months we can begin to introduce babies to solid food. Until then breast milk is all your baby needs!**
Babies' water and food needs increase after 6 months

REMEMBER TO ASK IF THE GROUP HAS ANY QUESTIONS.



NOTE TO FACILITATOR:

WE ARE NOW GOING TO PRACTISE: READING TO GRAB YOUR CHILD'S ATTENTION.

- The facilitator is going to ask a participant to volunteer reading the part of Thandi. The facilitator will read for the character of the Clinic Sister. Even though this story is for adults, we're going to practise reading the story as if we have an audience of children - focussing on animation.

The audience / participants are encouraged to think if this story would capture a child's attention. If not, what can be done to make it more attention - grabbing and relatable to children?

HOW CAN WE TELL STORIES SO THAT IT CAPTURES THE ATTENTION OF OUR CHILDREN?

- Have an animated voice - change accents for different characters, speak or read loud enough and vary your pitch.
- Use books with pictures if you can.
- Think about moving your hands and using gestures to convey the story.
- Include your child in the storytelling and ask them questions throughout to check their understanding.

PLAYBOOK STORY SCENE

DISCUSSION: INSIDE CLINIC

 **10 MINUTES**



- **NOTE TO FACILITATOR:** You can share this story any way that is comfortable for you.
- **STORY TELLING IDEA:** Assign someone the role of Thandi and Ma Vilikazi and Clinic Sister



We have Thandi



We have Ma Vilikazi



We have Clinic Sister

(Story takes 6 to 7 minutes for 3 people to read.)

SUGGESTION: THE FACILITATOR TAKES THE ROLE OF THE CLINIC SISTER IN THIS SESSION.

GRAPHIC 2: THANDI & HLENGIWE VISIT THE CLINIC

This story follows the same characters from session 2, baby now 6 months. Thandi's baby is now 6 months old. She's at the clinic to have her immunisations and get advice on introducing solids. Ma Vilikazi is also at the clinic with her grandchildren for their growth monitoring and immunisations.

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

MA VILIKAZI: 'Hi, Thandi. How good to see you! I see your baby is getting big now! She is beautiful!'

THANDI: 'Hi, Ma Vilikazi. Good to see you too! I remembered all your 10 messages - 5 fingers on each hand! Now see what a beautiful baby daughter I have! Her name is Hlengiwe!'

MA VILIKAZI: 'Welcome, little Hlengiwe! What are you doing at the clinic today?'

THANDI: 'I've brought Hlengiwe to check how she's growing, because I'm still only breastfeeding her. I need to ask the Sister how I can start giving her other foods and what foods to give her. And she needs her 6-month immunisation.'
MA VILIKAZI: 'I'm also at the clinic for my grandchildren's health checks! Today they will be checking Sipho and Vuyiswa's growth to see how they are doing and if the healthy food I'm giving them is helping them to grow well. I have both children's Road to Health Book so that when the sister has weighed and measured them, she can record it in each of their books. Sipho also has to have his vaccination and Vuyiswa is due for her Vitamin A dose and de-worming medicine.'

Did the clinic give you a copy of *'How to Raise a Healthy and Happy Child'*? Don't you find it is full of useful information on all sorts of things you need to know as a mother or grandmother?'

THANDI: 'They did indeed and it is most useful! Ah - it's my turn to see the Sister!'

CLINIC SISTER: 'Morning, Thandi. I see you have brought little Hlengiwe in for her 6-month vaccination and growth check. That's great. Well done on making sure you have brought her for all her health checks and vaccinations in her first 6 months. I can see she's doing really well. I've weighed and measured her and her growth is right on track for her age. Congratulations on persevering with breastfeeding!'

THANDI: 'Thanks, Sister. I found it so hard to start with and I was worried that Hlengiwe wasn't getting enough milk to drink and that's why she was crying so much. I was so tempted to give her porridge so that she would stop crying and I could get some sleep. But I found that as I got to know my baby, that babies cry for many reasons. Sometimes it's just because they need a cuddle.'

It was you and Ma Vilikazi who persuaded me to keep trying with breastfeeding and that the more I breastfed, the more milk I would have. I didn't believe you at first, but it worked! And it has saved me so much money and time. When I worked it out, buying formula would have used up almost all my Child Support Grant AND it wouldn't have been as good for my baby! Now I need to know how to start her on other foods.'

CLINIC SISTER: 'You're quite right, Thandi. From 6 months, you need to continue breastfeeding first and then you can start adding other foods. Did I mentioned to you the last time we spoke that having sex with your partner does not affect your breast milk? Some people believe this, but it just not true.'

THANDI: 'No, you had not told me but thank you for telling me. Can I start adding baby porridge from 6 months? I see some of the mums only feed their babies porridge?'

CLINIC SISTER: 'It's fine to give her mealie meal or Mabele or oats porridge once a day, but it's best to give her fresh foods if you can – 1 or 2 teaspoons of sweet potato or pumpkin mashed fine. Introduce a new food one at a time for 2 or 3 days to see that it doesn't upset her tummy before you introduce another food.'

THANDI: 'What are the best foods for me to give Hlengiwe?'

CLINIC SISTER: 'Every couple of days you can add another whole food until she's eating lots of different fresh foods (not processed foods). It's especially important for you to give her foods that will build her body and brain, like egg, chicken livers or mashed fresh or tinned fish. You can even mix a little breast milk in if she likes that. Then you can start her on green leafy vegetables like imifino / morogo / spinach also mashed fine. Be very patient when you feed her – just little teaspoonsful at a time and don't force her to eat. Stop when she turns her head away and has had enough.'

THANDI: 'How often should I be feeding her?'

CLINIC SISTER: 'Keep breastfeeding her when she shows you she is hungry and give her a few teaspoons of other foods 3 or 4 times a day. As she gets older she should be eating many different fresh foods, but every day she should have some protein-rich foods like red / yellow / black beans, egg, chicken livers, meat, chicken or fish as well as lots of different orange/yellow and green vegetables and fruits.'

You don't need to add sugar to anything. Sugar just makes her want to have everything sweet and it's not good for her or you. If you feed her lots of different fresh foods you will be giving her the healthy food she needs to grow well, stay healthy and strong and to make her brain clever.'

THANDI: 'How much should I give her?'

CLINIC SISTER: 'As she grows older, you can give her a little bit more and a little bit more of many different foods until she is having 4 or 5 small meals a day. You don't need to mash her food so finely as she gets older. You can gradually make it lumpier and lumpier, and then when she can sit properly, you can cut her soft food up into small pieces and she will love feeding herself. I know it's messy, but this is all part of Hlengiwe's learning. She is learning to use her little fingers to pick things up and then to make her eyes and hands work together to find her mouth. Practice makes perfect!'

THANDI: 'While she's still breastfeeding, do I need to give her anything else to drink?'

CLINIC SISTER: 'As you know, for the first 6 months, breast milk has all the food and water a baby needs. You don't need to give her any water. From 6 months you will continue to breastfeed first until Hlengiwe is a year old and you can give her clean, safe water when she's thirsty.'

THANDI: 'That's good to know. Thanks, Sister and thank you for walking side by side with me and supporting me and Hlengiwe every step of the way!'

MA VILIKAZI: 'I'm leaving now, Thandi – good bye and good luck for the next exciting stage of Hlengiwe's development. I can see she's doing so well! She's so bright and alert! Aren't we so lucky to have such good clinic services AND the best thing is that they are FREE for children under 6!'

DISCUSSION QUESTIONS:

- What new information has Thandi learned in today's story? Use the picture to help you remember.
- Thandi is learning to better understand her baby's communication, and that crying doesn't necessarily mean Hlengiwe is hungry. What ways do your babies indicate to you that they are hungry?
- What has been your experience of complementary feeding?
- What do you think the posters on the walls are trying to communicate?
- How can fathers be involved with the child's clinic visits?

DISCUSSION: EAT LOVE PLAY TALK AND YOUR CHILD

DO YOU WANT TO KNOW MORE?

Eat 🍴

- Breastfeed your baby first, then introduce solid foods one at a time in small amounts.
- The more you breastfeed, the more milk you have.
- You can breastfeed from 6 months - 2 years old and beyond.
- It is important to introduce foods that will build your baby's body and brain, and protect your baby from illnesses.
- You should check growth and be up to date with vaccinations.

Love ❤️

- Some babies just need a cuddle. You can still enjoy close time with your baby through skin-to-skin contact.
- Children at this age need physical affection like hugs, kisses and smiles.
- Showing eye contact and interest means you care.
- Spending time with your baby shows them that you care.

Play 🧸

- Feeding can be fun! Cut up soft food into small pieces and let your child learn to feed themselves.
- When you eat, talk and play together, this is your baby's favourite time.
- A fun game could be when we play 'peek-a-boo', hiding our faces behind a blanket.
- Water and bath play is an enjoyable activity in which you can show your child a life skill in a fun way.

Talk 💬

- Babies cry for many reasons. Talk calmly to your baby about the world around them.
- Babies love it when you talk to them while they're eating, by encouraging their actions and putting into words what they are doing.
- Sing your child songs and rhymes.
- Story time from birth is a wonderful time to be together.



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

What EAT LOVE PLAY TALK can we share today?

EAT:

Breastfeed your baby first then introduce solid foods one at a time in small amounts.

The more you breastfed, the more milk you have.

You can breastfeed from 6 months - 2 years old and beyond.

It is important to introduce foods that will build your baby's body and brain, and protect your baby from illness.

Visit the clinic to check baby's growth and be up to date with vaccinations.

LOVE:

Some babies just need a cuddle. You can still enjoy close time with your baby through skin-to-skin contact.

Children at this age need physical affection like hugs, kisses and smiles.

Showing eye contact and interest means you care.

Spending time with your baby shows them that you care.

PLAY:

Feeding can be fun! Cut soft food up into small pieces and let your child learn to feed themselves.

When you eat, talk and play together, this is your baby's favourite time.

A fun game could be when we play 'peek-a-boo', hiding our faces behind a blanket.

Water and bath play is an enjoyable activity which is lots of fun for everyone.

IMPORTANT POINTS TO NOTE ABOUT THE FOOD GUIDES:

- These are not meal plans.
- These are ideas to help guide complementary feeding.
- Always prioritise whole, natural foods.
- Portion sizes are guides.
- Remember, it's good to introduce different textures and a variety of foods.
- The ways to serve are suggestions to avoid choking and introduce texture.
- There are some helpful recipes in the playbook for making soft foods.
- Every child is unique and has different eating habits.

PLAYBOOK: THINGS TO AVOID



- Have a discussion in you group about the foods to avoid. This is for maternal health (pregnant mothers) and children. Talk about the inclusion of junk food and sugar.

ACTIVITY

FOOD CARD AND BEAN BAG ACTIVITIES

🕒 10 MINUTES

- *DIVIDE THE GROUP IN HALF. ONE HALF WILL PLAY WITH THE BEAN BAGS AND THE OTHER HALF WITH THE FOOD CARDS.*

GROUP 1: FOOD CARD ACTIVITIES

- Use the playmat and open out the play cards.
Ask the group to use their Playbooks to help them group the foods into:
 - Foods I would feed my child at 6 months.
 - Foods I would feed my child at 9 months.
 - Foods I would feed my child at 1-2 year.
 - Foods I would feed my child at 3-5 years.
- Use blanket as a play mat (demonstrate).



GROUP 2: BEAN BAG ACTIVITIES

- Show different ways that caregivers can use the bean bag at home with their children.

SOME IDEAS:

- Bean Bag Balance on your head or on your hand
- Bean Bag Race
- Throw and Toss into a bowl
- Hopscotch
- Bowling
- Catch and count the throws



PLAYBOOK CLOSING PAGE

DISCUSSION: DID YOU KNOW...?

 8 MINUTES

- **GROUP ACTIVITY:**
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.

DID YOU KNOW?

- From 6 months old, your baby needs more than just breast milk. This is when you start introducing baby to a variety of healthy new foods while still breastfeeding.
- Use fresh, natural foods as much as possible.
- Give your baby eggs, chicken liver or other mashed proteins every day.
- Continue to breastfeed until your little one is 2 or older.
- Give your baby clean, safe water if he or she is thirsty.
- You can find information on infant and child feeding in *The Road Health Booklet / How to Raise a Healthy and Happy Child*.
- Handwashing is very important - before we breastfeed, prepare food, eat, after we play, after we use the toilet and after changing nappies.
- Once your little one is sitting properly and can hold things (about 9 months old), let them use their clean hands to feed themselves.
- Eat fats sparingly. Use salt sparingly. Limit sugar as much as possible.
- Our children need us to show love and enjoy playing and talking about the world around them.
- Play is having fun together. It can take place anywhere, any time, in many ways and with many different things. Play is the way children learn best!



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- Use fresh, natural foods as much as possible.
- Give your baby eggs, chicken livers or other mashed proteins every day.
- Continue to breastfeed until your little one is 2 or older.
- Offer clean, safe water in a cup if your baby is thirsty.
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- Handwashing is very important - before you breastfeed, prepare food, eat, after you play, after you use the toilet and after changing nappies.
- Once your little one is sitting properly and can hold things (about 9 months old), let them use their clean hands to feed themselves.
- Eat fats sparingly; use salt sparingly. Limit sugar as much as possible.
- Our children need us to show love, enjoy playing and talking to them about the people and things around them in all their daily activities.
- Play is having fun together. It can take place anywhere, any time, in many ways and with many different things. Play is the way children learn best!

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

- Try out the bean bag and food card games at home.
- Share this knowledge and information with other caregivers who have young children in these age groups.
- If appropriate, introduce a new food to your child's plate based on the complementary feeding table (see food guides in Playbook 3).

- **REMINDER:**

Please remind caregivers to bring their playbags with their resources to every session as we will be using past resources in different sessions.



Use the picture in the Playbook with your child.

- How can we use this picture at home?

SEND-HOME RESOURCES

- DO MORE FOUNDATION Porridge (to be handed out at the end of the session - When caregivers are leaving, they can collect 2x bags of DO MORE FOUNDATION porridge on their way out.
- DO MORE FOUNDATION bean bag
- **FEED SMART FROM THE START** poster

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, etc.)
- Talk about sizes (big, small, tall, short)
- Talk about the family
- Talk about actions (walking, sitting, feeding and holding)
- Talk about your last visit to the clinic

NOTES:

[illegible]