

# SESSION GUIDE 4

## KEEPING OUR BODIES AND BRAINS STRONG

### GOAL OF SESSION 4

- Caregivers will understand the importance of proteins, examples of what they are; what they do for you; what happens if you do not have them and practical ways to prepare them for children (i.e. certain recipes)
- Caregivers will learn about memory games they can play in the home as well as using the protein food cards

### FACILITATOR RESOURCES

- Session guide 4
- Facilitator food cards

### CAREGIVER RESOURCES

- PLAYBOOK 4  
2 x DoMore porridge  
R4P B blox



Time: 2 - 2 1/2 hours



Facilitator script



## WELCOME

 5 MINUTES


- Mention the goal of the session:

 Today's session is all about foods that BUILD the body and brain!

- Mention how long the session will be, possible breaks during the session and which session you are on

We are on session 4 and this session should be about 2 hours.

- Any other set up or session admin
- Provide an overview of what will happen during the session

 In the last 3 sessions can you remember some of the activities or discussions we had together? (Helpful to use timeline or journey page for a visual aid)

We spoke about pregnancy in the first session and played with the food cards, session two explored birth to 6 months when breastmilk is the best. Session 3 was an exciting session as we looked at complementary feeding from 6 months.

## AGREEMENT IN THE GROUP

 5 MINUTES

- Introduce yourself.

 Let any new members in the group introduce themselves (suggested way to do this: round robin - see page 18 in the Facilitator guide)

## GROUP EXPECTATIONS

 5 MINUTES

- Do you remember some of the group agreements we made previously?
- Do you all still agree to the group agreement in the room?
- Reminder of the group norms. Use **Playbook 4 (PAGE 2)** to assist.

## ADMIN AND RECORD-KEEPING


 3 MINUTES

 What do you expect 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 4
- Please hand out the DO MORE porridge at the end of the session

## ICEBREAKER / WARM-UP ACTIVITY

 **10 MINUTES**

- **ROOM SET-UP:** Place different food cards on tables that are set up for small group discussion.
- Parents come in, get a food card and then go find the table that matches. (facilitator to work out how many small groups they want and choose the number of cards to use from there)



TABLE 1

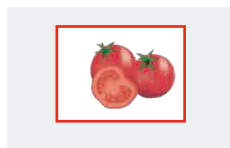


TABLE 2

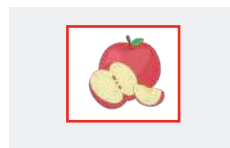


TABLE 3



TABLE 4

 In your small groups

- Reflect on any new Eat Love Play Talk ideas that you introduced to your family over the past month.
- What games did you play with your children this month?
- How did you show love to your family this morning?

# PLAYBOOK: OPENING PAGE

 **15 MINUTES**

- Use the playbook 4 to remind the group that this book is for you and your child.



**THIS BOOK BELONGS TO:**

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

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 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

 Mobiles on silent

 One person talks at a time

 Arrive on time

 Asking questions is good!

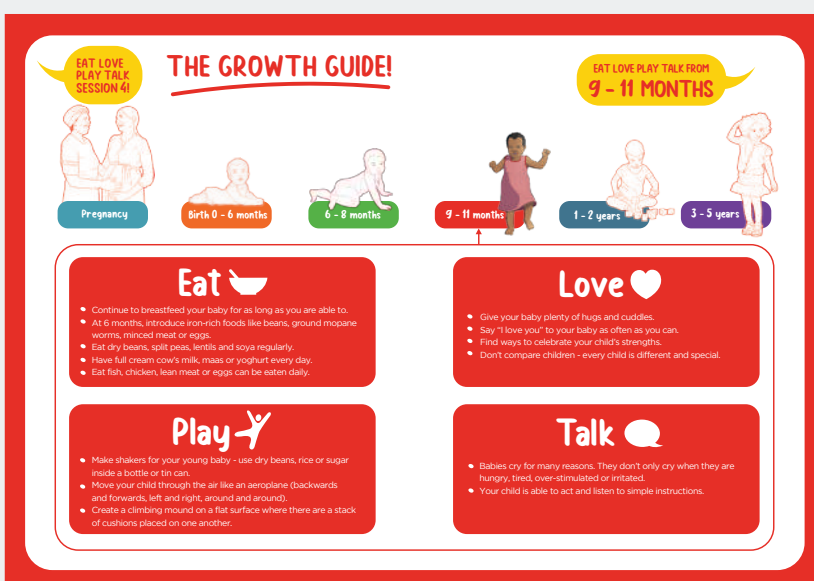
 We consider ourselves caregivers, let us remind ourselves, who is a caregiver?

# PLAYBOOK: THE GROWTH GUIDE

 **15 MINUTES**

## ACTIVITY

- We know that as children get older, their nutrition needs change. Just like how we can start to show love, play and talk in different ways too. In this growth guide you will find some fun idea's for EAT LOVE PLAY TALK with children between 9 and 11 months.




**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, mass 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 dishes 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.

 **QUICK GROUP DISCUSSION:**

Who can remember what their child's favorite food was at this age? What other fun memories do you have of your child at this age?

# PLAYBOOK STORY SCENE

 10 MINUTES

## DISCUSSION: THE CLINIC SUPPORTS CHILDRENS HEALTH AND GROWTH



- **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 Clinic Sister.



We have Thandi



We have Clinic

(Story takes 5 minutes for 2 people to read.)

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

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.**

### THANDI:

'Sister, what happens once Hlengiwe turns one?'

### CLINIC SISTER:

'Once Hlengiwe turns one, you can give her her food first and then breastfeed her. On hot days or when she's thirsty, you can give her clean water in a clean cup. It's much better to use a cup than a bottle.'

Do try and carry on breastfeeding until Hlengiwe is at least 2 years old, but if you do stop breastfeeding after she's a year old, you can introduce her to full cream cow's milk and she should drink milk or have maas or yoghurt twice every day because it helps her bones to grow strong.

If you do need to leave Hlengiwe with your Ma, express your breast milk into a clean cup for Ma to feed Hlengiwe. Your breast milk will stay fresh for 4 to 6 hours even out of a fridge.'

**THANDI:**

‘I know you said I must give Hlengiwe eggs, liver, chicken, meat or fish every day to help her grow strong, but these things are so expensive. What else can I give her?’

**CLINIC SISTER:**

‘Dried beans, peas, lentils and soya are also good foods to make Hlengiwe strong and they are not as expensive. Just soak them overnight to make them soft before you cook them. Tinned pilchards are also good and not as expensive as meat.

Have a look at some of the other foods you’re buying and see if you can’t swap some of them for healthier foods like eggs.

For example – do you buy 2-litre fizzy drinks, vetkoek, sweets, chips or nikkaks? Rather save that money and buy healthy foods. Whatever you do, don’t offer Hlengiwe teas, coffees, fruit juices and especially not fizzy drinks.

These will fill her up and then she won’t be hungry for the healthy foods! The same goes for sugary or salty snacks like sweets, chips and nikkaks. They just fill her up but are not healthy and do not help to make her body and brain strong.’

**THANDI:**

‘Sister, when will Hlengiwe be able to eat the same food as the rest of the family?’

**CLINIC SISTER:**

‘By the time she’s about 2 and a half she will probably be able to use a spoon to feed herself most of the time, and by 3 she will most likely eat what the rest of the family is eating.

You will need to set her a good example by eating the healthiest food you can as a family! By then she will need her 3 healthy meals and 2 healthy snacks in between. Little children have little tummies and need to eat more often than grown-ups.’

**THANDI:**

‘I can’t wait for her to be able to join the rest of us for meals!’

**CLINIC SISTER:**

‘She can already! She will love to feel part of the family! And Hlengiwe will love it if you talk to her while she’s eating, encouraging her and putting into words what she is doing.

Every word she hears is a building block for her own language development. She loves it when you spend time together eating, talking and playing. You are number 1 in her life!’

**THANDI:**

‘I know! Hlengiwe just loves it when anyone in our family plays with her. She shrieks with delight when we play ‘peek-a-boo’, hiding our faces behind a blanket and then surprising her!

And then when we roll her on the bed, she waves her arms and legs with pleasure. You should hear her laugh when her Dad comes and throws her up and catches her. She’s already beginning to say ‘dada, dada!’

See you both when you come back for your next visit!’

**CLINIC SISTER:**

'I can just hear how proud you are of little Hlengiwe! It's so good to see a mum do the best she can to give her little one the best start in life!

You are laying a strong foundation for Hlengiwe to grow and develop well – and most importantly, the time you spend playing and talking with Hlengiwe, singing her songs and rhymes and telling her stories – you are investing in her brain development and setting her up for success in school and life!

I'm sure you know that your baby's brain is like an incredible computer. It is growing faster in these early years than in any other stage of life! You need to feed her body and feed her brain with your love, play and talk!

**THANDI:**

'Thanks so much, Sister! I really appreciate all the support you give me and Hlengiwe!'

**THE CLINIC SUPPORTS CHILDREN'S HEALTH, GROWTH AND DEVELOPMENT:****DISCUSSION QUESTIONS:**

- Where is Eat love play talk found in this picture?
- Who do you see and what are they doing?
- What do you notice on the walls? How are people treating each other?
- Why is it important to take your children to the clinic?
- What services should they get from the clinic? (Weighing and measuring, immunisations, Vitiman A, Deworming, developmental screening, oral health and health checks if your child is sick)



## DISCUSSION: EAT LOVE PLAY TALK AND YOUR CHILD

- Every session we discuss the 4 parts of our programme.

**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 us our 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.

### WHAT IS EAT LOVE PLAY TALK?



These are 4 areas of connection and growth that we caregivers can spend our time doing with our children to help them thrive!

Use the points in the play book to guide the discussion

### 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.

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# ACTIVITY

🕒 10 MINUTES

## FOOD CARD ACTIVITIES



- **NOW HOW ARE WE GOING TO REMEMBER ALL OF THESE IDEAS? THROUGH MEMORY!**
- Facilitator hands out one set of nutrition cards to each group.
- Introduce the activity: Go through your pack of nutrition cards and take out all of the cards that you think are high in protein (SEE EXAMPLES TO THE LEFT) Ask caregivers to put these in the middle of the table.

- **PROTEINS ARE IMPORTANT FOR CHILDREN BECAUSE IT HELPS US GROW STRONG BODIES THAT ARE STRONG!**

🗨️ **ASK THE GROUP:**  
Are proteins only meat?

🗨️ **ANSWER:**  
NO! Lentils and beans are also high in protein

### GAME 1:

#### STEP 1



Two different cards

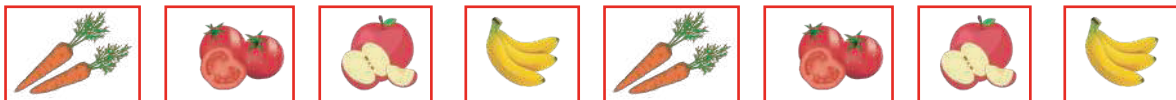
#### STEP 2



Tell your partner to look carefully, close their eyes and take one away.  
Ask the partner which food card did I take away?  
Repeat this with 3, 4 or 5 cards.

### GAME 2:

**STEP 1** Allow time to look at all cards on the table



**STEP 2** Turn the cards face down.  
Ask the caregiver to turn them over to find the matching pairs.



- **TURN TO PAGE 86 IN THE FACILITATOR GUIDE FOR ALL THE DIFFERENT KINDS OF FOOD CARDS GAMES TO SHOW YOUR GROUP OF CAREGIVERS**

# PLAYBOOK BENEFITS OF PROTEIN

🕒 15 MINUTES

## DISCUSSION: WHAT ARE THE BENEFITS OF PROTEIN?

- **THE ROAD TO HEALTH BOOK** CAN ALSO BE USED. IF WE ARE UNCERTAIN, THE CLINIC CAN BE A GREAT PLACE TO GET INFORMATION ABOUT CHILDREN GROWTH.

🗨️ - What are the benefits of protein? **BUILDS MUSCLE AND BUILDS BONES!**

🗨️ - Is my child getting enough protein?

**ANSWER:** Discuss the signs that your children may need more protein  
If we are uncertain, we can check our children's height and weight.

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

🗨️ 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 giving them their immunisations, vitamin A and de-worming.

## 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.)

# PLAYBOOK PROTEIN RICH RECIPES

## DISCUSSION: EASY RECIPES INCLUDING PROTEIN RICH FOODS

  
**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 onion
- 1 Tomato
- 1 Tbsp cooking oil
- 1 Tsp salt
- 50g - 80g chicken livers
- 3 Tsp chicken spice

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

- 1 onion
- 2 medium Tomatoes
- 15ml 1 Tbsp cooking oil
- 1 Tsp salt
- 500g chicken livers
- 3 Tsp chicken spice

**METHOD:**

- Wash, peel and chop onions and Tomatoes.
- Wash chicken livers and cut them to half.
- Heat the oil in a steam pot.
- Add chicken spice and salt to chicken livers.
- Add chicken livers to heated oil and fry until brown.
- Add onions and Tomatoes and stir occasionally.
- Simmer until livers are soft and tender. For about 15 minutes.
- Serve.

**SCRAMBLED EGG**

**SERVING SIZE:**

- 2 - 6 YEARS: 2 Tbsp
- 9 - 23 MONTHS: 1 Tbsp
- 6 - 8 MONTHS: 2 Tbsp



**INGREDIENTS:**

- 1 large egg
- 1 Tbsp milk (5ml)
- 1 small pinch salt
- 1 Tsp cooking oil

**METHOD:**

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

- **BREAK THE GROUP INTO PAIRS AND DISCUSS THE 3 RECIPES IN THE PLAYBOOK**



- Would these be easy for you to make at home?



- How could you change or adapt this recipe for your family meals?



**CHICKEN LIVERS**



**SCRAMBLED EGG**



**VEGGIE BITES**

## DISCUSSION: DID YOU KNOW...?

- **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?**

- 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!

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- 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!
- Take children to the clinic regularly for growth monitoring, immunisations and health checks.

## 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 learnt?

## HOME PLAY

- Take note of the proteins served at home and share some new recipe ideas with your family.
- Possibly try out a new recipe with the chicken livers, eggs or lentils!
- Play the memory game with the food cards at home.

- **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?

## 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)



