

SESSION GUIDE 7

STRONG FAMILIES = STRONG CHILDREN

GOAL OF SESSION 7

CAREGIVERS WILL:

- understand the importance of mealtime and how this is a time of togetherness
- understand important points around hygiene and food preparation in the home for good health
- understand the importance of eating a whole meal with foods that build, foods that protect and foods that give us energy
- understand how Eat, Love, Play, Talk are ways in which we can be active parents and support children's growth and development
- reflect on past learning during the programme

FACILITATOR RESOURCES

- Session Guide 7
- Printed knowledge questionnaire (1 per caregiver)
- Facilitator guide
- Food cards

CAREGIVER RESOURCES

PLAYBOOK 7

DoMore porridge

Certificate of Completion for each parent (personalised with their name)



Time: 2 - 2 1/2 hours



Facilitator script



WELCOME

 5 MINUTES

- Provide an overview of what will happen during the session.

 Today's session is all about keeping our bodies full of energy.

By the end of the session you will understand the importance of mealtime and how this is a time of being together, and understand important points around hygiene and food preparation in the home for good health. Parents will also explore the importance of eating a whole meal with foods that build, foods that protect and foods that give us energy. The session ends with a celebration and reflection.

- **NOTE TO FACILITATOR: WE WILL ALSO BE DOING OUR FINAL KNOWLEDGE QUESTIONNAIRE.**

INTRODUCTIONS

 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).

- Certificates have been preprinted. There are a few extras sent for you to write on if needed.

AGREEMENT IN THE GROUP

 5 MINUTES

- Reminder of the group norms. Use Playbook 7 (page 2) to assist

ADMIN AND RECORD-KEEPING

 3 MINUTES

- Think back to when we started this journey. What did you expect?
- What are your hopes for today's final session?

ADMIN AND RECORD-KEEPING

 3 MINUTES

- Attendance register.
- Note to Facilitator: Every caregiver should complete their Caregiver questionnaire. They should provide answers based on their own personal experience (this is NOT a test and will not impact the completion of the programme). As a facilitator you can explain the question but try not give
- KNOWLEDGE QUESTIONNAIRE

SESSION INCENTIVES

🕒 3 MINUTES

- Hand out incentives
- Caregiver Playbooks

ICEBREAKER / WARM-UP ACTIVITY

🕒 5 MINUTES

- **“DO YOU REMEMBER?”**
- Participants are to be seated, with their feet on the floor and hands placed gently on their laps. Participants are encouraged to keep their eyes closed or slightly open, looking at the floor.
- The facilitator encourages participants to take 5 big breaths counting 1,2,3 as you inhale / 1,2,3 as you hold your breath / and 1,2,3, as you exhale.

With each breath, the participants are encouraged to clear their minds of the stresses they are carrying and the worries they have for the future to be fully present in the room.

Whilst still maintaining the same breathing patterns, the facilitator encourages the participants to think back to one of their happiest family memories - in particular, a memory of sharing a meal with people they loved.



- TAKE FULL BREATHS IN THROUGH YOUR NOSE.
- COUNT TO 6 AS YOU BREATHE IN AND BREATHE OUT.



- CLEAR YOUR MIND



- FOCUS ON A HAPPY FAMILY MEMORY

- Using the following prompts, the facilitator helps guide the participants to better visualise or insert themselves back into the memory:

NOTE TO FACILITATOR: No one needs to answer these questions out loud. This is a personal activity.

- What does the air smell like?
- Who is with you?
- How are you feeling at this moment?
- What are you eating?
- Is it a special occasion?
- What makes this moment so special?



BIG GROUP DISCUSSION

FACILITATOR: PLACE THE ALL FOOD CARDS ON THE FLOOR FACING UP.

This can be done in a big group. If you need more cards, caregivers can use theirs too.

Each participant is to select one food card that best reminds them of their memory or mealtimes with their families. Each participant has a turn to reflect on their chosen card, why they selected that particular card and the associated emotions, memories, rituals and people who sat with them at the meal.

PLAYBOOK: THE GROWTH GUIDE ACTIVITY 1

15 MINUTES

TODAY WE ARE REFLECTING ON USING THE GROWTH GUIDE IN OUR HOMES.

WHAT MESSAGES AND KNOWLEDGE DO YOU REMEMBER FROM OUR PREVIOUS SESSION?

WHAT WAS YOUR FAVOURITE MESSAGE FROM EAT LOVE PLAY TALK? WRITE THESE IN THE OPEN SPACES IN YOUR PLAYBOOK.

THE GROWTH GUIDE!

TALK ABOUT YOUR FAVOURITE EAT LOVE PLAY TALK MOMENTS

Pregnancy, Birth 0 - 6 months, 6 - 8 months, 9 - 11 months, 1 - 2 years, 3 - 5 years

Eat

Love

Play

Talk

● OUR TIMELINE SHOWS DIFFERENT AGE CATEGORIES AND STAGES OF GROWTH:

- Pregnancy - Birth
- Birth - 6 months
- 6 - 9 months
- 9 - 11 months
- 1 year - 2 years
- 2 - 5 years

● NOTE TO THE FACILITATOR: IF CAREGIVERS ARE UNABLE TO WRITE OR DO NOT HAVE PENS, ENCOURAGE THEM TO TALK THROUGH THIS ACTIVITY IN SMALL GROUPS TO IDENTIFY THEIR FAVOURITE EAT LOVE PLAY TALK MESSAGES THAT THEY ARE USING IN THEIR HOMES.

PLAYBOOK STORY SCENE

🕒 10 MINUTES

DISCUSSION: STRONG FAMILIES = STRONG CHILDREN



- **STORYTELLING IDEA:**
Story takes 6 minutes for 4 people to read.

SUGGESTION:
The facilitator takes the role of the Mum, Thandi, in this session.

- Thandi
- Ma Ngobese
- Sipho
- Hlengiwe

🗨️ NOTE TO FACILITATOR:

THIS SESSION IS ALL ABOUT ENCOURAGING TOGETHERNESS WHEN EATING. MEALS SHOULD BE SHARED AND ENJOYED. USE THIS SESSION TO REFLECT AND INVITE OTHERS TO USE THIS OPPORTUNITY TO THINK BACK ON THE LAST 6 SESSIONS.

🗨️ IDEA FOR FACILITATION: BRING OUT ALL 6 PLAYBOOKS AND SPEND TIME LOOKING BACK ON THE MESSAGES.

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

THANDI:

I can't believe it's Sunday and the beginning of another week again! How time flies! And next Sunday will be Hlengiwe's 5th birthday! Hawu – how fast you have grown! We need to plan how we are going to celebrate your birthday, Hlengiwe! It's your turn to choose what we'll have for Sunday lunch and what you want us all to do with you!

HLENGIWE:

Yay! Does that mean we can have cake if I choose healthy foods for lunch?

THANDI:

It certainly does, my special girl! It's a very special occasion!

HLENGIWE:

My birthday is also a Sunday lunch, isn't it? So can we have my favourite – roast chicken with pap, carrots and spinach? And can I help you make a cake, Gogo? I'm good at measuring and stirring now.

MA NGOBESE:

You can certainly help me, Hlengiwe! Who would believe you are now five? I remember when you were even smaller than Sihle and we were trying to get you to eat butternut for the first time.

You screwed up your little face and spat it out! What a mess you made! But we didn't give up, we just mixed it with sweet potato until you got used to it and now you love butternut!

SIPHO:

And I remember when you would shake your head and even say, 'No! No!' Sometimes, you even banged your spoon on the table! Do you remember, Gogo? Do you remember, Thandi? Oh, we used to laugh so much! But we did listen to you! We never forced you to eat anything or made you eat more when you'd clearly had enough.

Luckily your Gogo is very wise and she told us to just keep offering you these foods because she knew that was best for your growing body and brain. Sometimes we gave them to you many times before you eventually got to like them. Now you eat almost everything. Today you are a strong, healthy, happy five-year-old!

THANDI:

And remember when Hlengiwe found that dirty bone on the floor and started sucking on it? That was just when you started crawling and used to put everything into your mouth. We didn't think too much about it, but then you started to get really sick with vomiting and diarrhoea, and you just lay on the bed with no energy.

I was so worried and didn't know what to do! Luckily Ma Vilikazi came around and told us that little children can get very sick very quickly and can even die from bad vomiting and diarrhoea, so we rushed you to the clinic.

Once again that marvellous Sister Mthembu gave us medication, and told me to carry on breastfeeding and just give you small amounts of foods like mashed banana, apple, potato and butternut often, and you soon recovered.

SIPHO:

It just shows how careful we have to be with hygiene always, especially with COVID-19 now. Hlengiwe, you are so good at reminding us to wash our hands every time we go to the toilet and before we eat.

Hlengiwe, did you remind Gogo to wash the vegetables before getting them ready for cooking? And we mustn't forget to wash Sihle's hands before giving him his food, especially as he's been crawling around on the floor picking up all sorts of things.

HLENGIWE:

Are we ready to eat yet? I'm starving! And also I've got so much I want to tell you about playing with my friends at Vulamehlo this week.

THANDI:

Come, everyone. Let's sit together. Let's give thanks for the food we have. Siphon, please can you pick Sihle up and give him to me? I'll hold him on my lap and feed him while we all eat. Hlengiwe - you still haven't told us what else you want to do on your birthday?

HLENGIWE:

My best thing is when we play together as a family. Let's play the memory game with those food cards you were given, Mum. We'd better start with just a few cards to help Gogo remember! When we've finished that, I want to play ball outside. Even Sihle will enjoy that! Once I'm 5, Mom, do I go to big school? I hope my friends all come to the same school.

THANDI:

Yes, Hlengiwe. Next year you will start Grade R at big school. You'll even get to wear a uniform and special brown shoes. Pa and I are already saving money to buy these things for you.

It's such an exciting time and you will get to learn lots of new things, even to read and write when you get to Grade 1. You were so lucky to go to a really good ECD centre. Your teachers have made sure that you have a really strong foundation to do well at big school.

MA NGOBESE:

I just want to say that you and Sipho have also played such an important part in making sure Hlengiwe has the best chance to do well in her future – all the care you've taken to make sure she eats the healthiest food you can afford; the time you've both spent with her talking, singing songs and telling her stories, even from when she was born; and how you've found time in your busy lives to play with her.

You've had such fun together! And now you have a very special young lady who's happy, energetic, curious and hungry to learn new things. You can both be very proud of yourselves as parents!

SIPHO:

I think we all need to give ourselves a big pasha pasha!

**NOTE TO FACILITATOR:**

Today's story really gives us an overview of the growth of little Hlengiwe. I am sure we are all familiar with the saying 'it takes a village to raise a child'. In Hlengiwe's story we see the important role people played in supporting her parents. We also see the areas where her parents needed help and could not manage on their own. As parents it is important to think about our strengths, and the areas that we are still working on - when we work on ourselves and are led by our strengths, we see that opportunities arise for both us and our children. However, if we don't do the necessary work, we can imagine how this could threaten our child's development and ultimately our own growth.

PLAYBOOK EAT LOVE PLAY TALK BUILDING BLOCKS 🕒 15 MINUTES

DISCUSSION: EAT LOVE PLAY TALK AND YOUR CHILD



“THESE ARE 4 AREAS OF CONNECTION AND GROWTH THAT WE AS CAREGIVERS CAN SPEND OUR TIME DOING WITH OUR CHILDREN TO HELP THEM THRIVE!”

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

DO YOU WANT TO KNOW MORE?

Eat 🍴

- Well-balanced meals provide the body with energy, nutrients, vitamins and minerals.
- Health and well-being is promoted and diseases are prevented when we choose healthy meals.
- We want to limit drinks such as tea and coffee, sugar-sweetened drinks, excessive fruit juice and high-fat and salty snacks which stop children from wanting nutritious food.
- If children have sweet treats or drinks, offer these in small amounts.
- We want to ideally see a plate with foods that build, protect and give us energy.

Love ❤️

- We can celebrate each member of the family in different ways.
- Routines are useful ways to help your child feel safe! Have scheduled mealtimes, play time and sleep time.
- Love means protecting our children from harm. Even in the kitchen, protect your child from electricity, paraffin, poisons, sharp objects and small choking hazards. Keep chemicals out of reach of your children.
- Children at this age are curious. Help them find safe ways to explore in the home.
- We can care for our children by washing hands regularly and practising good hygiene.

Play 🎮

- Mealtimes together can be fun! Involve your child in making, serving and clearing away food.
- Avoid distractions while eating - turn off the TV, cell phone, tablet or computer - which can make young children less aware of what and how much they are eating. Use this time to connect with your family.
- Children of all ages love stories and books. You can even make up your own stories!
- Some play ideas could be: counting out potatoes or spoons, cutting up old cereal boxes or tea boxes to make easy puzzles, banging on pots or tearing paper into small pieces with your fingers.
- Keep active together by going for walks or throwing a ball to one another. Use your senses when talking to your child about the world around them. There are things to look at, touch, hear, smell and taste.

Talk 🗣️

- Listening to your children speak is important. Ask them questions about their day or their school. Be sure to listen to their answers.
- All children need to hear and learn to speak in their mother tongue. Children can learn many languages. You can have multiple home languages.
- When your child says they are full, listen to them. You can remove the meal and return it if your child asks for something to eat. Avoid letting children fill up on sweets or foods that are not healthy.
- Mealtime is a lovely time to express and share gratitude about the people in our family, and the food we have to eat.

WHAT IS EAT LOVE PLAY TALK?

These are four 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 playbook to guide the discussion.



HERE'S AN IDEA TO FACILITATE THE DISCUSSION:

Divide the group into smaller groups and assign each group 1 of the 4 blocks to discuss and share with each other. You could ask: What can we see in the picture scene on page 5 and 6 of the play book that relates to these messages of EAT, LOVE, PLAY, TALK?

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WHAT'S ON MY PLATE?

🕒 8 MINUTES


LET'S HELP GOGO CREATE A HEALTHY PLATE!

WHAT'S ON MY PLATE?

LET'S HELP GOGO CREATE A HEALTHY PLATE!
Make vegetables and fruit a part of every meal and snack.

WHEN HAVING LUNCH OR DINNER, AIM FOR:

1. Half a plate of vegetables and / or salad.
2. A quarter plate of rice, sump, pap, potatoes, sweet potatoes or brown bread.
3. A quarter plate of skinless chicken, baked or grilled fish, lean meats, eggs, cooked beans, split peas or lentils.




USE 1 TEASPOON OF SUNFLOWER OR CANOLA OIL FOR EACH PERSON BEING COOKED FOR.


AIM FOR AT LEAST 3 PORTIONS OF VEGETABLES AND 2 PORTIONS OF FRUIT DAILY.

WHAT OTHER NUTRITIOUS FOODS CAN YOU THINK OF TO PUT ON GOGO'S PLATE?


1 PROTECTIVE FOODS



2 ENERGY-GIVING FOODS



3 BUILDING FOODS



● GROUP ACTIVITY:

Discuss and use the playbook to make a meal that includes foods that build, foods that protect and foods that give us energy.

● AFTER-DINNER PLAYTIME: CHOOSE A FAVOURITE GAME WITH YOUR FAMILY.

● WHY PLAY AFTER DINNER?

- Build relationships
- Encourage learning through play
- Encourage talking and sharing
- Have fun together

● HERE ARE SOME IDEAS TO USE YOUR BRICKS OR ANY OTHER BLOCKS:

- Build the tallest tower
- Build the widest tower
- Set out patterns
- Choose colour to represent your day; or colour that matches your emotions;
- For more game ideas with block, see Facilitator Guide pages 90-94



● **EXTRA ACTIVITIES**

CERTIFICATES

Hand out certificates (stand, read name, final clap for all, photograph, congratulate one another - allow for time for participants to acknowledge one another)

TAKE A BIG GROUP PHOTO TOGETHER TO SHARE AFTER THE CELEBRATION!



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.



- Meals are a time of togetherness and an opportunity to talk and care for one another.
- Young children have small tummies and need to eat more often than adults - at least 5 times a day.
- Make mealtimes pleasurable. Don't force children to eat more than they need or want.
- Food preparation and kitchen hygiene can be done together, and the kitchen is full of items and activities through which children can learn many things.
- When we have meals together we model behaviour by what / how we eat.
- As a family, be active, have fun and enjoy being outside together.

CLOSE-OUT REFLECTION

 8 MINUTES

SOME REFLECTION QUESTIONS TO CLOSE UP YOUR GROUP TIME TOGETHER:

- What did you learn during Eat Love Play Talk?
- What was your favourite session?
- What will you continue doing now that Eat Love Play Talk is finished?
- Did we do any fun games that you played with your children at home?
- What was your favourite part about the ELPT group members or other parents?
- Would you recommend this programme to someone else in your community?
- What could we do better?
- What would you like to see less of?
- What would you like to see more of?



NOTE TO FACILITATOR: THIS IS A FEEDBACK OPPORTUNITY AND SOMETIMES NEGATIVE FEEDBACK IS HELPFUL FOR US TO IMPROVE AND GROW. GO INTO THIS SESSION BEING PREPARED FOR BOTH POSITIVE AND NEGATIVE FEEDBACK.

IS YOUR CHILD'S ROAD TO HEALTH BOOKLET UP TO DATE?

Check your book for:

- Immunisations
- Growth monitoring
- Vitamin A
- De-worming
- Dental hygiene check-ups
- Developmental screening

AGE	6-7M	9-12M	15-18M	24M	30M	36M	48M	60M	72M	84M
IMMUNISATIONS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEIGHT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DEVELOPMENTAL SCREENING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VITAMIN A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DE-WORMING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DENTAL HYGIENE CHECK-UPS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOME PLAY

- Be active at home with your children!
- Show them all the exciting ball games you know.
- For children younger than 2 years, screen time is NOT recommended.
- For children aged 2-5 years, sitting activities that are screen-based should be short.