VENERA NO HADOMI EMA SELUK NIA MORIS

(Lk. 18,15-17)

Ida ne'e mak imajen nebe diak no furak husi Jesus nebe hadulas husi labarik sira. Jesus nia apustulu sira– dala ida tan – la komprende Jesus nia Espiritu no buka atu hado'ok labarik hirak nebe hakbesik-an ba Jesus. Klaru katak sira konsidera labarik hirak ne'e nudar labarik nebe halo ema seluk, inklui Jesus, la hakmatek. Maibe, Jesus siak apostulu sira nebe bandu labarik sira atu hakbesik an ba Nia. Jesus la simu deit labarik sira maibe mos tau liman iha sira nia ulun atu proteje sira hanesan proteje no tulun ema hirak nebe fraku no la iha protesaun ba sira nia an.

Labarik no bebe oan hirak ne'e, la sai deit nudar belun ki'ik oan sira nebe ita tenke defende no hadomi, maibe mos sai nu'udar ezemplu oin sa atu tama iha reinu Lalehan. Jesus dehan katak la tama iha reinu lalehan nudar ema bo'ot ho matenek no kbi'it rasik maibe hanesan labarik sira nebe konfia buat hotu ba Nai atu tama iha reinu Lalehan.

Jesus nia jestu iha leten inspira Santa Kreda atu kaer metin no hatudu ninia komitmentu ida ba mundu kona ba **SAKRALIDADE VIDA HUMANA HAHU HUSI MOMENTU FEKUNDASAUN TO'O MATE** (cfr. Gaudium et Spes no. 49), basa Igreja firmemente fiar katak vida umana, mesmu débil i nakonu ho sofrimentu, maibe nafatin Maromak nia dom nebe esplêndidu (cfr. Familiares Consortio no. 30).

Kreda nia komitmentu kona sakralidade vida umana ita bele hare liu husi ninia kolaborasaun ho ema ou intitusaun seluk atu defende ema nia vida inklui hatun rasio morbilidade no mortalidade inan no oan liu husi maneira fornese kuidadu saude nebe adeguada ba feto sira entre periodu konsepsaun no partu i mos período depois de partu.

Kuidadu ba inan isin rua hatudu katak ita fo valor no toma responsabilidade duni ba dimensaun maternidade nebe feto assume nu'udar vokasaun i misaun ida, basa feto nia maternidade, unida ba mane nia paternidade, reflete mistériu eternu atu fo moris, buat ida nebe própriu ba Nai Maromak. Feto nia Maternidade konstitui "parte" ida nebe espesial husi realidade komun atu sai inan-aman. Maibe realidade ne'e realiza-an diak liu tan iha feto, espesialmente iha período pré-natal, basa feto mak lori direitamente "todan" vokasaun no misaun atu fo moris, nebe absorve, literalmente, enerjia husi nia isin no klamar (cfr. Mulieris Dignitatem no.18).

Kuidadu ba inan iha etapa susisiva depois de partu, espesialmente iha primeiru período sai mos nu'udar buat nebe importante tebes, basa oan nia edukasaun presiza inan-aman nia

kontribusaun, maibe inan nia kontribusaun desisiva liu nu'udar baze ba personalidade umana nebe foun (cfr. Mulieris Dignitatem no.18). Atu hala'o didiak misaun nu'udar edukadora iha familia, inan sira mos presiza saude fizika nebe diak. Sein saude fizika nebe diak inan, hamutuk ho aman, labele realiza iha sira nia vida tomak buat nebe ita hanaran paternidade i maternidade responsável (cfr. Humanae Vitae no. 10).

Oan nu'udar rezultadu domin entre inan-aman sein dúvida, sai nu'udar dom nebe excelente husi matrimôniu i grandemente kontribui ba inan-aman nia diak (cfr.Humanae Vitae no. 9; Familiares Consortio no. 14). Tan ne'e, kuidadu oan sira, espesialmente iha primeru períodu sai nu'udar prioridade ida ba inan-aman sira no mos ba sosiedade. Espesialmente ba inan-aman sira, Joao Paolo II afirma: «Wainhira realsa inan-aman sira nia misaun espesifika, ita presiza akresenta *obrigasaun atu simu i servi moris liu-liu kuandu moris ne'e tama iha kondisaun frajilidade nebe bo'ot*» (Evangelium Vitae no. 43). Moris nebe frajil bele manifesta-an liu husi sofrimentu umanu hanesan hamlaha, uma la iha, estranjeiru, moras, dadur inklui bebe no labarik oan hirak nebe ho idade menus husi tinan lima.

Relasiona ho asuntu kona ba oan, ami mos presiza akresenta iha ne'e katak Santa Kreda la obriga ou bandu kabe nain sira atu hetan oan barak. Santa Kreda hanorin deit katak kabe nain sira presiza toma konsiderasaun ba kondisaun ekonômika, psikológika, sosial i fízika husi inan no mos respeita prosesu biolójiku hotu iha inan nia isin, molok kabe nain sira foti desizasun atu hetan tan oan (cfr. Humanae Vitae no. 10). Hanesan ne'e deit mak kabe nain sira bele evita problema oin-oin nebe bele sobu sira nia uma kain.

Ne'e duni, kna'ar atu tau matan ba inan isin rua no oan ho idade tinan lima mai kraik nebe Ministeriu Saude RDTL inisia, ho kolaborasaun Igreja Katolika iha Timor Leste, hatudu duni katak ita hotu iha responsabilidade atu defende no promove, venera i hadomi Timor oan sira no Timor oan sira nia vida, nune'e ita bele hetan objektivu jeral nebe ita hakarak: **POVU TIMOR NEBE SAUDAVEL.**

Ikus mai, ami hakarak hato'o agradese wain no fo parabens ba Ministeriu da Saude RDTL ba inisiativa atu produz livriñu oan ne'e. La haluha atu informa komunidade Timor Loro Sa'e tomak katak ami **aprova livriñu** ne'e no **fo autorizasaun ba katekista sira** atu lê sai mensajen hirak nebe kontein iha livriñu ne'e kada domingu.

Timor Loro Sa'e Janeiru 2009

Ho Aprovasaun Ekleziastika

DIOCESE DE DILI-TIMOR
CÂMARA ECLESIASTICA
SERVIÇO ADMINISTRATIVO

(Mgr. Alberto Ricardo da Silva, Pr)
Bispo da Diocese de Dili

DIOCESE DE BAUCAU
TIMOR ORIENTAL

(Mgr. Basilio do Nascimento, Pr)
Bispo da Diocese de Baucau

IV GOVERNO CONSTITUSIONAL

MINISTÉRIO DA SAÚDE

Lia Menon

Liu husi livriñu ki'ik ida ne'e, Ministério da Saúde ho Igreja serviso hamutuk atu tau importansia ba saúde.

Objetivu husi mensajen saúde ne'e atu oinsa ita bele habelar liu tan informasaun ba ita nia komunidade tomak atu oinsa foti asaun preventivu balu nebe bele hadok ita husi moras oin-oin no mos halo integrasaun liu tan entre informasaun nebe fo sai iha fasilidade saúde no mos iha postu SISCa (*Serviço Integradu de Saúde Communitária*) ka liu husi voluntario saúde komunidade sira. SISCa hahu tiha ona iha suco hotu-hotu iha Timor tomak no komunidade hamutuk ho pessoal saúde hala'o aktividade kada fulan. Entaun agora, liu husi livriñu ida ne'e, povo sira rona informasaun saúde husi fasilidade saúde no postu SISCa no mos liu husi institusaun nebe sira tau konfiansa makas hanesan: Igreja.

Hau espera katak katekista sira sei uja livriñu ida ne'e kada Domingu depois de misa atu hato'o informasaun ba ita nia sarani sira. Hamutuk ita bele hatun taxa morbilidade no mortalidade labarik no inan liu husi aumenta povo sira nia kumprensaun no hahalok preventivo. Ami espera katak kolaborasaun ida ne'e sei lao nafatin ba oin atu nune'e ita hotu bele hetan objetivu jeral nebe ita hotu hakarak: **" Povu Timor nebe Saudavel iha Rai Timor nebe Saudavel "**.

Obrigado

REPÚBLICA DEMOCRÁTICA DE TIMOR-LESTE
RDTL
GAB. MINISTRO
MINISTÉRIO DA SAÚDE

Dr Nelson Martins, MD,MHM,PhD
Ministro da Saude
República Democrática de Timor-Leste

Booklet of Child Health Messages to be Given through the Church

Introduction

The objective of this book is to share key health information with families and assist them to know: (1) how to prevent illness, (2) how to do simple treatments at home and (3) when to access the health facility. The same information will be given during the same months at health facilities and at SISCa posts.

Who prepared this booklet?

This booklet was prepared by the Ministry of Health and the TAIS child health project, which worked very closely with the Church and other organizations to develop this activity and to test the health messages. All of these organizations are dedicated to improving children's health in Timor-Leste.

Who is this booklet for?

The messages are directed the families, but this booklet will be distributed to priests and catechists in order to use in delivering the messages before or after mass. The booklet may also be used by community leaders or community health volunteers (PSF) that are interested in disseminating information to their communities.

How is this booklet organized?

The booklet includes messages on 12 important health themes, one for each month of the year. Each topic has four messages, which will be disseminated at the weekly masses. For most months there will be four Sunday masses, so the priest or catechist should be one on each Sunday. It is possible that the month of February may have only three Sunday masses. In that case, give the messages for weeks three and four together in week three. It is also possible that once or twice a year a month will have five Sunday masses. If this case, on the fifth Sunday, the priest or catechist can repeat one of the earlier messages on the fifth Sunday from that same month. The messages follow a schedule that includes seasonal illnesses, so it is important to read messages according to the schedule. If you receive the book in March, then you start reading the messages for March. Please do not skip messages as each message follow and order and are linked to each other.

How should catechists or others deliver these messages?

Before or after mass is usually when information is delivered to the congregation. The catechist should introduce the message, by saying: This important health message for families. This week's message is about (state the topic). I will read the message two times. Then the message should be delivered twice in loud voice and in a slow and clear manner. You can tell the congregation to think about and remember the message. The catechist's role is to disseminate the messages. The messages are intended to stand alone, therefore catechists simply read the messages. No further explanation is needed. If there are any questions, please refer community members to either health staff or community health volunteers. The catechist can deliver massage in Tetum first and if needed also deliver in the local language.

The Ministry of Health and the Catholic Church, Dili Diocese and Baucau Diocese would like to thank the partners that provided their technical input and use of their photos in this booklet: UNICEF, HAI and Hiam Health.

Monthly Schedule

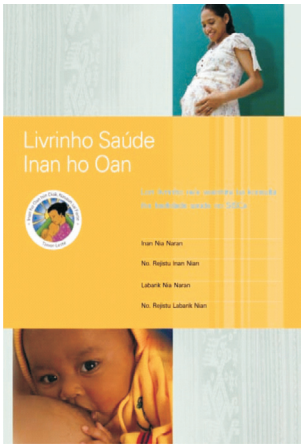
Month	Monthly Topic
January	Malaria
February	Things to do to protect children's health
	Imunizasaun
March	Immunization
April	Pregnancy and childbirth
May	Childbirth and newborn care
June	Birth Spacing
July	Feeding babies up to six months old
August	Feeding children 6 months to 2 years old
September	Recognition/treatment of respiratory illness
October	Tuberculosis
November	Diarrhea
December	Prevention of Diarrhea

January: Malaria and How to Prevent It

Health Message for the First Week:

Our health topic this month is malaria, which is a very dangerous and common disease in Timor-Leste. This week we'll hear what is malaria and how it spreads.

- Malaria is a serious disease people get when from mosquito bites. This is how mosquitoes spread malaria from one person to another.
- Its symptoms are a very high fever with chills, shakes and aches.
- The person may also have headache, diarrhea, vomiting and loss of appetite.



Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we heard that people get malaria from mosquito bites and how they feel (quite awful!). This week we'll hear about how to prevent the disease. The best advice is to:

Prevent bites:

- Use mosquito nets when sleeping…every night, all year round.
- Wear long sleeves, sarong
- Use smoke: wild basil, mosquito coils, mosquito repellant

Prevent the spread of mosquitoes

- Baby mosquitoes grow in water in streams, rice fields and irrigation canals around the house, so:
- Put fish in your rice field. They eat the baby mos quitoes.
- Cut the grass and roots that slow down the flow of the water. Baby mosquitoes will be washed out by a stronger flow of water
- Keep area around your house clean

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

Last week we heard about preventing malaria by sleeping under bednets. This week we'll hear about treatment of children with malaria.

- Quickly bring any child to the health facility for treatment with high fever and…
    - head ache
    - Vomiting or
    - aches
- Parents need to understand health staff's instructions clearly on how to take the malaria medicine.
- Increase the amount of liquids and food given to the sick child to help them recover from what was lost during illness.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

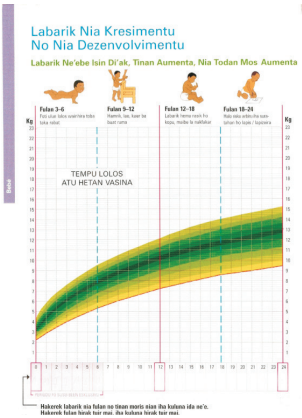
Remember that this month's theme is malaria. Since a high fever is an important symptom of malaria, today we'll talk about food and drink for children with a fever. To make a child with a high fever feel more comfortable:

- Continue to breastfeed a child with a fever.
- Increase the sick child's food portions when they have recovered.
- Wet a cloth, handkerchief or small towel and place it the child's forehead, armpits, thighs for children with a fever.
- Paracetamol can also be given to children with a fever

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

February: Things to do to protect children's health

Health Message for the First Week:



This month's messages will give you information on several good things that parents can do to protect their children's health. The first one concerns monitoring your children's growth.

- Having young children weighed is essential so parents and health staff can see how children are growing. If the child's growth is good, it shows that the child is eating well which will prevent sickness.
- Birth until 2 years of age is the most crucial period of physical and mental growth. If a child has poor growth during this essential period, it perma nently lost.
- Bring all children under 5 to be weighed every month at the health facility or SISCa post. Health staff or health volunteer will observe how the child is growing.
- If the child's growth is not sufficient, health staff counsel parents on how to increase their child's growth through proper feeding and treatment of illness.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa and that every February and August all children under five should receive de-worming tablets and vitamin A from the health facility or SISCa.

Health Message for the Second Week:

This week our health message is about the very common problem of worms that make many children feel bad.

- Lots of children get worms, which is makes them feel sick and destroys their health.
- Children get worms when they or other people who have worm eggs in their feces defecate on the ground; then rain, flies and the wind spread the worm eggs to many other places.
- These worm eggs may come into contact with children's hands and body when they play or eat without washing their hands. When children put their dirty hands into their mouths or eat, worm eggs can enter their mouths and then the worms grow inside.
- Signs of a child with worms may include:
    - Stomach become bigger
    - Stomach ache
    - Less energy
    - Hands, feet become slim
    - Feel etching in the bottom
    - Diarrhea
    - Loss of blood
    - No desire to eat
    - Child does not grow well

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa and that every February and August all children under five should receive de-worming tablets and vitamin A from the health facility or SISCa.

Health Message for the Third Week:

Last week we heard how eggs of worm can get into children through unclean food or water and then growth into worms inside the children and make them sick. This week we will hear about prevention and treatment of worms. The actions that families can do to prevent their children from getting worms are:

- Teach young children to defecate in designated places (latrine).
- Wash hands with soap (after defecation or before cooking and eating).
- Only drink boiled water
- Wear sandals because some worms can enter the body through feet.

Every February and August, do not forget to bring children under 5 to get deworming tablets at the health facility or SISCa post. The medicine kills any worms that children have.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

Last week we heard about how to prevent and treat worms. This week we hear about two other things that parents can do to protect their children's health….give them vitamin A capsules and iodized salt.

Vitamin A

- Vitamin A helps protects a person's vision. Children that are vitamin A deficient are more likely to get sick easily.
- Vitamin A also can help develop a child's intelligence.
- Vitamin A comes from animal products and from vegetables and fruits that are red and yellow in color such as carrots, pumpkins and tomatoes.
- Every February and August, don't forget to bring all children 6 months to 5 years of age to receive vitamin A at the health facility or SISCa post

Iodized Salt

- There are many people in Timor-Leste with goiters because they do not consume iodized salt. Mothers who do not use much iodized salt and have iodine deficiency can give birth to children with severe physical and mental problems.
- The easiest way to prevent goiters is to use iodized salt. Use iodized salt for the entire family. Salt that you buy in a package is iodized, but not salt that comes directly from the sea without treatment.
- Families in Timor-Leste use enough salt already, but it is important to make sure that it is iodized.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa and that every February and August all children under five should receive de-worming tablets and vitamin A from the health facility or SISCa.

March: Immunization

Health Message for the First Week:

This month our messages concern one of the best and easiest ways to protect your children's health and lives…immunization.

- Parents should bring their newborn baby directly after birth through to 9 months, 5 times to get their child immunized at the health facility or SISCa post.
- Health staff will provide children with complete immunizations, which will help prevent them from getting various diseases.
- If a child is not completely immunized, they will not have optimal protection against sicknesses.
- Now days, lots of children being protected from various disease through immunizations; thus many children can stay healthy.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we heard about how important immunization is to protect your children's health. Now we'll hear about when parents should bring their children to get immunized.

- The immunizations schedule for children can be found in the LISIO (Livro Saude Inan no Oan). Bring your children immediately after birth to receive immunization. If parents do not understand explanations about immunizations from health staff, it is important to ask questions.
- The Ministry of Health's main goal in immunization is that every child in Timor-Leste is fully immunized before their first birthday.
- Don't forget to your child's LISIO when go to health facility and SISCa post because the immunizations will write in the LISIO. Keep it in the save place in case of damage or lost, because we need it in the future.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

Last week we heard about when to bring your children for immunization. This week we hear about immunizing children when they are sick.

- Children with a little fever, cold, diarrhea, or vomiting can still receive immunizations. The immunization will not increase the child's existing cold or other symptoms.
- Each child should receive complete immunization based on the recommendations of health staff. A child can receive 2 to 4 vaccinations at one visit as long as the injection location is not the same.
- It is important to follow the immunization schedule from health staff, and it will protect your child from future sicknesses.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

Last week we heard that it is safe to immunize children when they are a little sick. Today we'll learn about side effects from immunizations.

- After receiving an immunization, some children have redness or swelling at the injection spot or fever.
- These side effects mean that the vaccination is working, and they should disappear within 2 days.
- If a child has a fever, they can be given Paracetamol and put wet cloth on their forehead, armpits and thighs. For more information please ask at the nearest health facility.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

April: Pregnancy childbirth

Health Message for the First Week:

This month the health topic is pregnancy and planning for delivery. This week we will present important information about health care during pregnancy.

- Pregnant women should visit the health facility at least 4 times during pregnancy. Even though some mothers may have delivered without any serious complications, problems could occur. Therefore, pregnant women should have check-ups and prevent possible problems from occurring.
- During these visits at the health facility, pregnant mothers will receive counseling from the midwife, get weighed and check the position of the baby.
- Pregnant woman will a receive mosquito net to protect themselves and the baby from malaria.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week you heard about the importance of going at least 4 times for check-ups during pregnant. This week we will discuss the how and why pregnant women need to obtain and take iron pills.

- The nurse will give iron pills to pregnant woman to prevent anemia during pregnancy and delivery. Anemia is a condition that makes the woman feel very tired, and it can be dangerous during childbirth.
- It is important to follow the midwife's instructions and go and get more pills when finished.
- Many mothers that take iron pills feel their energy level and strength increase. Store the iron pills in a safe, dry and secure place.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

Last week we heard how pregnant women should obtain and take their iron pills. This week we will discuss pregnant women's diet and weight gain.

- It is important for pregnant women to eat a variety of foods and gain weight. If a mother eats well during pregnancy, the baby will also be strong and healthy at birth.
- There are no foods that a woman needs to avoid eating just because she is pregnant. She can eat any food that she would normally eat. Pregnant women should not consume alcohol or smoke cigarettes because alcohol and cigarettes can be very harmful to the baby growing inside her.
- Some mothers are scared about gaining weight during pregnancy. Because of this, pregnant woman should go for check-ups at the health facility so the midwife/health staff can monitor the weight and make sure that her weight gain is sufficient.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

Our final topic regarding pregnancy is about the importance of planning ahead for the birth and about the recommendation to have a trained health professional to assist with delivery.

- Despite previous normal deliveries, every pregnancy has risks. This is why the Ministry of Health recommends that all pregnant women give birth in a health facility.
- All pregnant women and their families should sit together and have a decision about where the woman will give birth and who will call the midwife. It is also important to discuss who will call for help and how the woman will be transported to the clinic or hospital in the case of emergency. This we call a plan.
- If there is no birth plan, it will much more time to get assistance in case of emergency.
- If there is a plan, family can get assistance quickly in case of emergency. The mother and the baby will have increases chances of being saved with assistance from health staff.
- Danger signs for pregnant women after delivery are described in the LISIO. Mothers that experience any of the danger signs described in the LISIO should seek help from health staff as soon as possible without delay.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

May: Childbirth and Newborn care

Health Message for the First Week:

Our health topic this month regards childbirth and care for the newborn baby. Today we will discuss who will provide assistance during and right after delivery.

- It is important for a midwife to assist during and right after delivery as this is a high-risk time. If there are any problems or complications with either the mother or baby, the midwife is trained in what to do.
- Midwives can provide assistance during delivery either in the home or at a health facility and have the equipment and medicine to use in the case of emergency.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we talked about the important of arranged for a trained midwife to help with delivery and immediately after. Today we will mention two important things that you should be sure happen in the first hours after delivery:

- After delivery, dry the baby's body and head with a clean and dry cloth. Wrap the baby in a clean cloth to keep them warm. After 6 hours, the baby can be bathed in warm water.
- Place the baby on its mother's chest and immediately start to suckle. This helps the baby learn how to breastfeed, receive the first yellow milk and have a close
- Relationship with its mother.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

As you know, this month we are talking about delivery and what happens right after. Today we'll talk about sitting fire.

- Sitting fire is an important traditional practice in Timor, but it is important that people realize that smoke is dangerous for babies and can cause them to have difficulty breathing. Because of this, the mother and baby should not sit too close to the fire.
- The heat of the fire can also make the bleeding of women longer. The loss of the blood could make her very weak.
- It is better to wrap the baby in a blanket to feel warm rather than sitting fire.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

This month we've been talking about what is best to do after childbirth if you give birth at home. Today we'll discuss the importance of visiting a health facility/SISCa after delivery.

- The Ministry of Health recommends that the mother and baby should go for a check-up three days after delivery.
- Even the mother and the baby are doing well, it is best if the midwife examines them. During this time, the baby will also receive its first immunizations that will protect them from serious illness. The mother will also receive a dose of vitamin A that is good for both her and her baby.
- If mothers are worried about the baby getting cold from the wind or getting too much sun, the baby can be wrapped in a cloth or blanket.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

June: Birth Spacing

Health Message for the First Week:

This month we're going to talk about something that couples can do that will be beneficial to the health of their young children as well as to mothers. We Timorese love children, and every mother and father wants to do their best to provide the love and care that children need. One thing that couples can do together to protect both mothers' and children's health is to be sure to make enough time between the births of their children. This is called birth spacing. To benefit everyone's health, the time between one birth and the next should be at least three years. This month, we will hear some of the reasons why a period of three years or longer is good for the health of babies and children as well as for mothers and fathers.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

This week's health message is about the benefits for children when parents wait for three years or longer between one birth and the next. Many studies, including ones of Timorese families, show that the longer the time between the births of two children, the better the chance that the older child, the newborn, and the mother will all be safe and healthy.

Benefits for the child:

- Children will have much better nutrition and grow better because the mother is able to breastfeed exclusively for 6 months and then continue to breastfeed until each baby is two years old.
- Children will also have better physical and mental development and better chances to do well in school.

Benefits for mothers:

- The mother has more time to take care of each child.
- The mother has more time to recover her health and energy after pregnancy and childbirth
- The mother has more time and energy to do her daily activities

Next week we will discuss some benefits for the father and whole family of having at least three years between one birth and the next.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

This week's health message is about the benefits for the father and entire family of having an interval of three years or longer between births.

Benefits for fathers:

- Family economic situation is more comfortable
- More opportunities to:
    - Have better communication with their wives
    - Have children attend school
    - Increase level of parent's education
    - Look for work to support the family
    - The couple may also benefit because the husband and wife have more time that they can spend together and less times when they have to worry about sick babies.

Benefits for the family:

- Family has more time to love, cuddle, feed, play with and care for each baby.
- The family is more likely to be able to keep children in school and provide clothing and school supplies that they need.

Finally, more time between births allows families to save more money and spend less, so they have fewer worries about money.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

The last few weeks the health messages have covered the benefits of having an interval of three years or longer between births. This week's message is about what couples need to do in order to be able to achieve this time between one birth and the next.

The first thing that couples need to do is discuss together the benefits of having an interval of three years or longer between births. Then if they agree to try for at least three years until the next birth, the second step is for them to talk to a health provider who can describe many different ways to accomplish this. Together with the health provider, the couple can select the most appropriate and easiest method for them. It should also be a method that both the wife and husband feel comfortable with.

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July: Feedings babies up to six months

Health Message for the First Week:

This month our health topic is how to feed babies for the first six months of their lives. We'll start today by discussing food and drink for a newborn.

- Colostrum is the yellow milk that mothers produce after delivery. Some people believe that colostrum is dirty and not good for the baby but, it is very important for newborns.
- Colostrum protects newborns from sickness and helps baby's growth. There is no need to give water mixed with sugar or any another liquids as it will very dangerous for the newborn. Colostrum is all the baby needs during its first few days of life.
- If a mother breastfeeds her own baby, the baby will receive colostrum which is the perfect food for a newborn.
- This is strongly recommended by doctors. But, in case that the mother dies or is very sick another mother may breastfeed the baby. You can give the child formula as a last resort, if you take great care to mix it correctly with clean water and feed it by cup and spoon (not in a bottle).

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last you heard about how to feed a baby right after birth. This week we'll discuss the extremely important advice about giving breast milk alone for the first 6 months.

- Only give breast milk to a baby for the first 6 months. Mother's milk is the only food and drink that they need.
- Other food or drink during the first 6 months can be harsh on the baby's stomach as their stomachs are not yet ready for real food. A mother's milk also contains vitamins that will protect the baby from infections and sickness.
- Mothers should not worry that their breast milk is not enough for the baby until 6 months of age. It is important to know that, more a baby breastfeeds, the more milk a mother produces.
- Almost every mother has enough breast milk for her baby's development. Many mothers start to give formula and other food when the baby is only 3 or 4 months but these are not good practices. Giving other foods and liquids early negatively affect the baby's health and growth.
- All babies should only receive breast milk until they reach 6 months.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

We'll learn about that in today's health message. How long should a mother breast-feed her baby each time?

- A mother should breastfeed her young baby 8 to 10 times every day and night. She should release the breast from baby's mouth only when baby is full or asleep.
- This is important because breast milk has lots of vitamins and protein that help the baby growth and develop.
- Mothers should breastfeed for a long time each time. This is much better for the baby than lots of short breastfeeds.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

Today is our final message about the important topic of breastfeeding. We'll discuss challenges and problems that some mothers can face.

- After three months, some mothers have to return to their daily work and leave their babies at home. Mothers that are far from their babies can express their breast milk into a cup and other family members can feed the baby from the cup with a spoon. Please consult with a midwife or health staff if you have questions about expressing breast milk.
- Some mothers feel pain when they breastfeed their babies. These mothers should consult with a midwife or health staff about this problem. Some mothers stop to breastfeeding when they or their babies become sick. This is not good for the baby.
- If a baby gets sick, they need to feed more often. Mothers should continue to breastfeed with patience. Even if the baby does not have an appetite, they need to breastfeed to gain back their lost strength and recover.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

August: Feeding Children from 6 Months to 2 Years

Health Message for the First Week:

This month's important health important theme is how to feed children from 6 months to two years old. The topic this week is about introducing new foods when the baby reaches 6 months.

- During the first 6 months of life, breast milk is all the baby needs.
- Beginning at 6 months, mothers need to give soft and nutritious foods to the baby. These type of foods include:

1. Rice or corn porridge mixed with vegetables such as: dark green leafy vegetables. Porridge can also be mixed a little bit of egg, meat, fish, oil and iodized salt. Plain watery porridge fills a baby's stomach without giving enough nutrients that the baby needs to be healthy and grow well.
2. Also starting at 6 months give ripe fruits that you mash at first: bananas, papayas, mangos, oranges, watermelon and others.
3. These foods assist in the baby's growth and development.
4. Mothers should not forget that in addition to these foods, they should con tinue to breastfeed until the child is 2 years old or more.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa and that every February and August all children under five should receive de-worming tablets and vitamin A from the health facility or SISCa.

Health Message for the Second Week:

Last week we heard about giving babies fruits and nutritious porridge without too much water. Today we'll hear some more good advice about how to feed children from 6 months to two years old.

- Before preparing children's food, mother should wash their hands with soap.
- Clean cooking materials (pots, pans, utensils, cups etc) prior to preparing the child's food.
- Prepare food according to the age of the child – the older the baby is, the more it can eat each time.
- Show a lot of patience when feeding young children.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa and that every February and August all children under five should receive de-worming tablets and vitamin A from the health facility or SISCa.

Health Message for the Third Week:

This week we'll discuss nutritious snacks for children 6 months to 2 years.

- Prepare soft and nutritious food for babies and children several times per day. Children one year and older can start to eat the same foods as adults.
- As a child gets older, the size of their food portions must also increase.
- Children one year and older need to eat three meals a day plus snacks such as ripe bananas or papaya.
- Mothers should continue to breastfeed until the child is 2 years or older.

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Health Message for the Fourth Week:

This week we'll hear about the important topic of feeding sick children.

- Continue to breastfeeding a sick baby, and if the child is over 6 months old, continue to give additional foods that the child likes to eat.
- Sometimes sick children have poor appetites, which is why we have to be patient when feeding them.
- When a child feels better and has a normal appetite again, it is important to take advantage of this opportunity and increase the child's food and drink to recover what was lost during sickness. Young children need this for their physical and mental development. This includes learning how to crawl, then walk and run and intelligence.

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September: Recognition/Treatment of Respiratory illness

Health Message for the First Week:

This month our health messages concern a very serious illness that affects many people, especially babies and children. This disease is called pneumonia.

1. Pneumonia is a sickness that affects peoples' lungs, nose, and breathing and can cause people to cough and have a throat ache.
2. Pneumonia is contagious and can be spread to others by person who coughing, or saliva and sneezing.
3. Pneumonia is particularly dangerous for newborns, as their resistance to sickness is not yet strong. Pneumonia kills many babies.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we heard about the serious illness called pneumonia. If your child has such symptoms as a runny nose, sneezing, and coughing, watch carefully to see if he or she also develops:

1. Fast or difficult breathing
2. High fever or
3. Chills

You should take a child with these symptoms immediately to a health clinic.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

Last week we heard about how to recognize the serious disease called pneumonia. The main thing to look for is whether your child with a cough or cold also has fast or difficult breathing. This week's message will tell you some things that parents can do the help prevent your child from getting pneumonia.

- Breastfeed children, because the mother's milk can protect them from pneumonia and other sicknesses.
- Avoid the children inhaling smoke from cooking fire and cigarettes, because smoke can damage the lungs and cause difficulty breathing. Adults should not smoke near children and avoid them from dusty areas
- Separate children with pneumonia from the other children, as pneumonia can spread from one person to another.
- When you cough, cover your mouth with your hand or use a clean handkerchief and do not spit near other people.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

Last week we heard about how to prevent pneumonia. If you think your child has pneumonia you must act quickly and wisely to help him or her recover.

- Pneumonia is a sickness that needs direct attention from health staff. If not, children can become seriously ill in a short period of time.
- Sick children who have fast or difficult breathing could have pneumonia. Bring these children to the health facility. Do not wait and treat at home, but bring the sick child as soon as possible to nearest the health facility.
- If staff health give medicine to treat pneumonia, it is important to understand the directions on how to take the medicine. If you are not clear, it is important to ask health staff.
- It is important to finish all medicine prescribed by health staff to prevent the sickness from returning. If you don't give all the medicine, the child could get sicker again.
- Increase breastfeeds for children that are still being exclusively breastfeed. For other children, also increase the number o breastfeeds along with other food and drink to add energy so that they have desire to eat. We need to be patient when feeding sick children as sick children often have poor appetites.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

October: Tuberculosis

Health Message for the First Week:

This month we will discuss tuberculosis (or TB), which is a serious disease that is quite common in Timor Leste. TB is a sickness that is caused by germs that often get into people's lungs.

The signs of TB are:

- Frequent coughing that lasts for over 3 weeks
- Significant weight loss
- Fatigue
- Cough with mucus sometimes mixed with blood
- Fever

If you have these symptoms, especially a bloody cough, go to the nearest health facility as soon as possible to get treatment.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we heard about the symptoms of TB and the need to go for treatment fast if someone has them. Today we'll talk about the treatment.

- The treatment period for TB is 6 to 8 months
- The full treatment period must be followed to prevent TB from reoccurring.
- Too many people with TB stop taking their medicine once they feel better. This means that their TB is not fully cured.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

Remember that we're discussing tuberculosis this month. Today we'll hear about prevention of TB. There are many things that you can do to protect yourself and your children from getting TB.

- Children should be immunized as soon as possible after birth because the first immunization called BCG.
- Do not smoke or consume alcohol.
- Cover your mouth when coughing to prevent others from catching TB.
- Mucus from coughing should not be spat out on the ground but in a cup to prevent TB germs from spreading to others.
- Because TB is highly contagious, family members with TB should sleep in a separate room from others until a health professional tells them that they are no longer contagious.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

This week we will hear about ways in which family members can support someone that has TB.

- Family members can help support people with TB by: making sure they take their medications and encourage them to follow their treatment.
- Family members can also support people with TB by accompanying them to the health facility for consultations.
- People with TB need lots of rest and need to eat nutritious foods that can help them gain back their strength like eggs and beans.
- People with TB need fresh air, so windows and doors need to be open during the day to allow wind to circulate around the house.
- Dishes and cups from people with TB should be kept separate and washed and dried in the sun after use to kill TB germs.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

November: Diarrhea

Health Message for the First Week:

This month we'll talk about diarrhea – what it is and how you should treat a child with diarrhea. Next month we'll learn about how to prevent diarrhea.

- Diarrhea refers to frequent, watery stools. It is a sickness caused by various types of bacteria.
- Diarrhea can be dangerous for young children because its causes them to lose lots of fluid and nutrition from their bodies.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

As you remember, the health theme this month is diarrhea, which refers to frequent, watery stools. This week we'll hear briefly how children and other people get diarrhea.

- People get diarrhea from bacteria from other people that are sick, and the germs comes out of their bodies through their feces. The feces of small children have much more bacteria than adult feces.
- Germs that cause sickness can be in food, on dirty hands, and in water, which is why it is important to dispose of feces in a designated area.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

This week we'll hear about care at home for a child with diarrhea.

- For children 6 months to 2 years old that have diarrhea, continue to breastfeed and increase amount of food and drink
- If a child is having many episodes of diarrhea, they should be given ORS (home-made or packet) to drink.

When diarrhea gets serious, the child must go to the clinic. We'll hear about that next week.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

The main danger of diarrhea is that the child loses too much water, which the body needs to live.

- Losing too much water can kill a child.
- A child with that has lost too much water has fatigue, paleness, poor appetite, dry lips, wrinkled skin
- When these signs appear, give the child as much breast milk and other safe drink as possible and seek assistance from the health facility as soon as possible.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

December: Preventing Diarrhea

Health Message for the First Week:

Our topic this month is how to prevent diarrhea. It is important to realize that diarrhea is one of the top causes of illness and even deaths in children. Today we'll talk putting feces in a designated place to prevent diarrhea.

- People can get diarrhea and worms from human feces that are not disposed of in the correct area. Children's feces contain even more germs than adults'.
- Germs that cause people to get sick can be through foods, hands water that enter through the mouth. That is way, it is important to keep the waste in the right place to protect other people.
- It is important for adults and children to use toilet (including traditional toilets). Do not leave feces from adults and children in the areas were children play in other areas such as: open spaces, pig pens, in the woods, behind the house, in the river, at the water source or behind trees.
- A latrine is the best place for feces and urine.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Second Week:

Last week we talked about putting feces in a safe place as one important way to prevent diarrhea. Not nearly enough families in Timor-Leste wash their hands with soap, yet this is one of the best ways to prevent diarrhea.

- Washing hands with soap (or ashes or detergent) this is the best way to kill the germs that can cause diarrhea.
- The crucial times for hand washing are:
  (1) after going to the bathroom
  (2) after washing the baby's bottom
  (3) before cooking
  (4) before eating (It is also important for parent's to wash young children's hands before they eat.)
  (5) before feeding the baby which includes providing milk to the baby.
- Washing hands by using water alone will not kill the germs therefore which is why it is very important to use soap.
- Because of this, adults and children should wash their hands with soap despite looking clean.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Third Week:

As you remember, this month we're talking about ways you can prevent diarrhea. Besides using latrines and washing hands with soap, another important practice is storing and retrieving drinking water in a safe manner.

- Boil water before drinking to kill germs. Boiled water can also cause people to become sick if it is not stored safely and free of contamination.
- Keep drinking water covered from dirt and flies. Retrieve water from the container using a clean cup or other clean utensil.
- It is better to store drinking water in a place that children cannot reach. Adults can help them get a drink when they are thirsty.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.

Health Message for the Fourth Week:

The last way that the Ministry of Health recommends for preventing diarrhea is to cover food.

- Every family should make sure that all food is properly covered so that flies from touching the food and spreading germs.
- Do not eat food that is covered in flies.
- Cooking materials (pots, pans, plans, utensils, glasses etc) should be washed prior to cooking and serving food.

Don't forget to bring your LISIO when taking your child under five to the health facility or SISCa.