



WORKBOOKS FOR
COMMUNITY HEALTH WORKERS

PN-AAN-933

ISBN: 32410

Healthy Pregnancy Feeding and Caring for Children



HEALTHY PREGNANCY

FEEDING AND CARING
FOR CHILDREN

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A more detailed list of acknowledgments can be found in the Overview to the MEDEX Primary Health Care Series.

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The MEDEX Primary Health Care Series

Healthy Pregnancy

A WORKBOOK FOR
COMMUNITY HEALTH WORKERS

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HEALTH MANPOWER DEVELOPMENT STAFF
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Community Health Worker's Name:

Address:

Library of Congress Catalog Card No. 83-80675

First Edition

Printed in U. S. A.

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Funded by the U. S. Agency for International Development Contract No. DSPE-G-0006. The views and interpretations expressed are those of the Health Manpower Development Staff and are not necessarily those of the United States Agency for International Development

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SESSION 1

When a Woman Is Pregnant

As a community health worker your main role is to make sure that mothers and children in your community stay healthy. One way you can help mothers and children stay healthy is to make sure that women have healthy pregnancies. Then, babies born in your community will be healthy. In this workbook you will learn how to help pregnant women have healthy babies.



In this session you will learn what foods and care pregnant women need.

How many women in your community are pregnant now?

How can you tell if a woman is pregnant?

Most women know when they are pregnant. Their menstrual periods stop. Some women begin to feel nausea and some vomit, especially in the morning.

Most people see pregnancy as a blessing. A pregnancy is especially a blessing if both parents want a child.

Who does a woman first tell when she finds out she is pregnant?

When does a pregnant woman go to the village midwife?

Do pregnant women go to the health center? When do they go to the health center?

What care does a pregnant woman need to stay healthy?

For a healthy baby, good care begins before the baby is born. Good care means eating the right foods, seeing a health worker regularly, and watching for danger signs of pregnancy.

A pregnant woman needs more food to stay healthy. Why does a pregnant woman need more food?

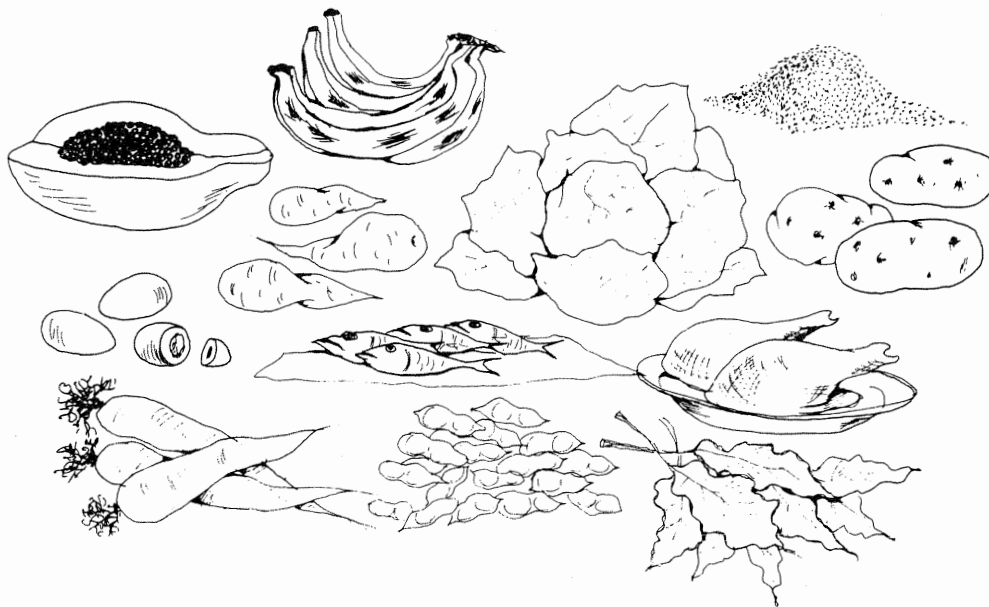
A pregnant woman needs more food because she is feeding two people. She is feeding herself and the baby inside. The baby inside needs food to grow healthy.

Do pregnant women eat more food in your community? Why?

What kinds of foods do pregnant women in your community eat?

Can you think of any foods that pregnant women in your community do not eat?

Look at these pictures. Which foods are good for pregnant women?



Make a list of foods that grow or that are available in your community at different times of the year.

SUMMER	AUTUMN	WINTER	SPRING



Discuss what foods you would advise pregnant women in your community to eat:

In summer _____

In autumn _____

In winter _____

In spring _____

A pregnant woman feels weak and tired if she does not eat green, leafy vegetables. Green, leafy vegetables have plenty of iron in them. A pregnant woman who feels weak and tired may be in danger because she does not have enough iron in her blood. A pregnant woman needs to eat lots of green, leafy vegetables. She also needs to take iron tablets every day. Then she will have plenty of iron in her blood. A pregnant woman should visit the health center regularly. The health worker at the health center will give her iron tablets.

What green, leafy vegetables can you advise pregnant women in your community to eat?

As a community health worker you can help pregnant women get enough food. Encourage families to grow vegetables. Some families in the community grow vegetables. Ask members of these families to tell others how to grow vegetables in a garden near the house.



Do many families in your community grow vegetables? What vegetables do they grow?

A pregnant woman does not need special foods. She should eat foods that are available in the community. She should eat more of the foods she normally eats.

What have you learned in this session?

What are the first things you can share with pregnant women in your community?

SESSION 2

Caring for a Woman during the First Three Months of Pregnancy

Pregnancy is normal and natural. Most pregnant women stay healthy with good care. Pregnant women need to take good care of themselves. The baby inside is small and needs care. With good care the baby inside grows healthy. When a pregnant woman is healthy the baby inside grows healthy.

In this session you will learn about good care for a woman during the first three months of pregnancy. You will learn what a woman should do to take care of her body. You will learn the danger signs of pregnancy. You will also learn why a pregnant woman should visit the health center regularly.

What is good care for a pregnant woman?

Good care means eating more food. Good care means taking good care of herself. Good care also means making sure the baby inside is growing well.

Care during the First Three Months of Pregnancy

Care for the baby begins when the parents want to have a baby. When parents want a baby the baby gets the love and care he needs to grow up healthy.

During the first three months of pregnancy a woman needs love and support from her family.

What care can the family give the pregnant woman?

The family can make sure that the pregnant woman eats more food. The family can encourage the pregnant woman to visit the health center regularly. The family can also help the pregnant woman prepare for the baby.

What care does a woman need during the first three months of pregnancy?



A woman's body changes during the first three months of pregnancy. Her breasts become tender and begin to swell.

What other changes take place during the first three months of pregnancy?

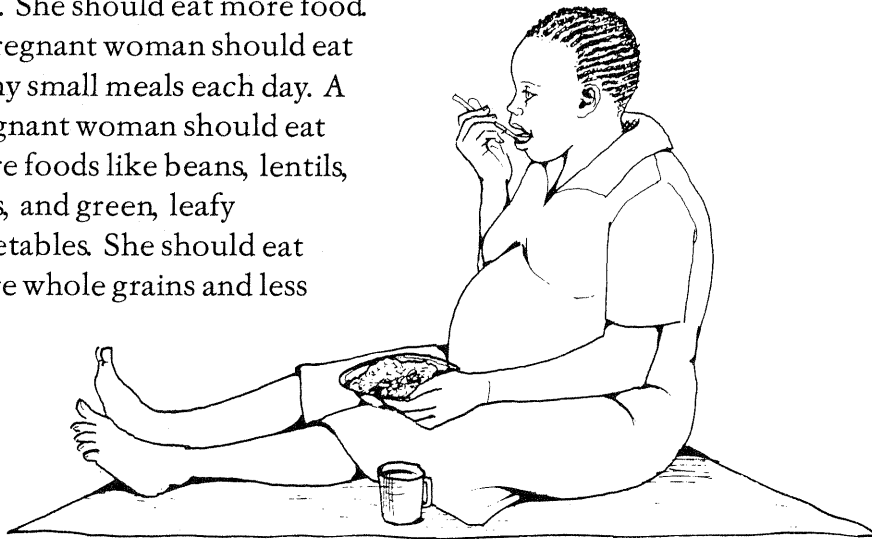
Many pregnant women feel sick during the first three months of pregnancy. They feel like vomiting. This is natural because of the changes taking place in a pregnant woman's body.

What should a pregnant woman do if she feels sick?

A pregnant woman should eat a dry snack soon after she wakes up in the morning. She should eat many small meals during the day. She should not eat a few large meals. A pregnant woman should not eat greasy foods. She should drink plenty of water and other fluids.

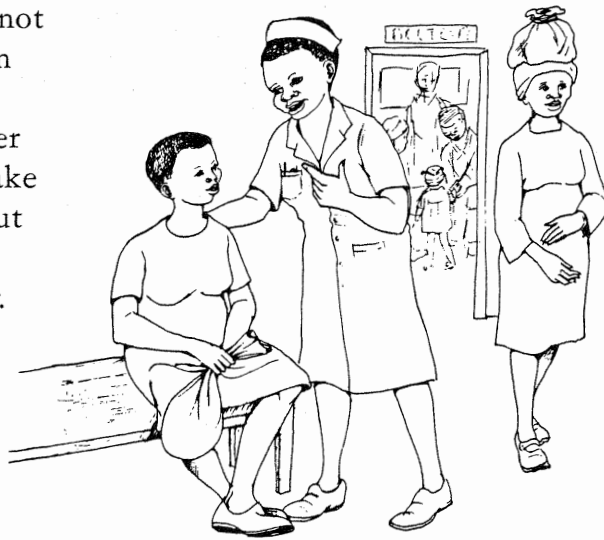
Here are some things a pregnant woman should do to stay healthy. She should start during the first three months of her pregnancy.

A pregnant woman should eat well. She should eat more food. A pregnant woman should eat many small meals each day. A pregnant woman should eat more foods like beans, lentils, eggs, and green, leafy vegetables. She should eat more whole grains and less salt.



A pregnant woman should keep her body clean. She should bathe and wash regularly. A pregnant woman should wear clean clothes.

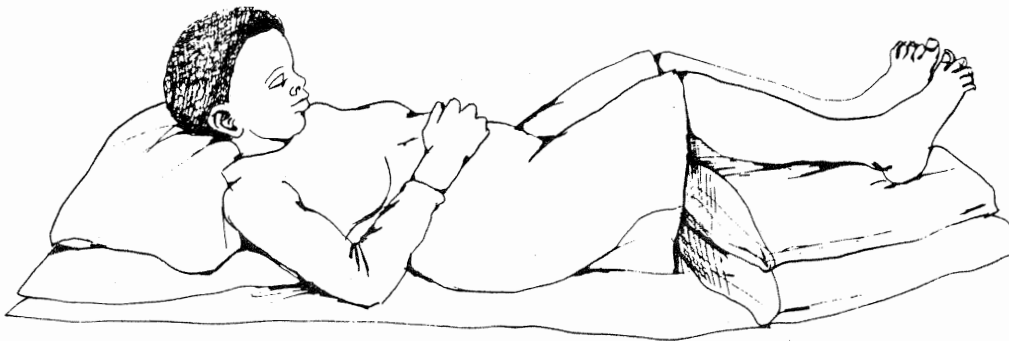
A pregnant woman should not take any medicines. She can take iron tablets or other medicines the health worker gives her. She should not take any other medicines without checking with the health worker at the health center.



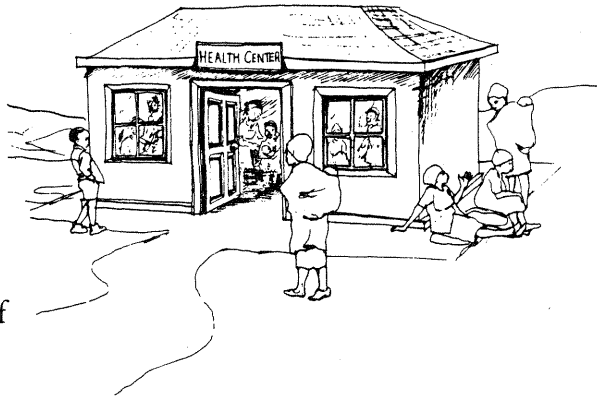
A pregnant woman should not smoke tobacco or drink alcohol. Smoking and drinking can harm the baby inside.

A pregnant woman should stay away from children who have measles.

A pregnant woman should continue to do her work. She should do light work. A pregnant woman should not do heavy work. She should not get too tired. She should try to rest during the day. A pregnant woman should put her feet up on pillows or blankets. Then she will not get swollen legs and ankles.



A pregnant woman should visit the health center once a month. The health worker at the health center will check to see if the woman and her baby inside are doing well. The health worker will also share ideas with the pregnant woman on how to take care of herself and her baby inside.



Problems during the First Three Months of Pregnancy

A pregnant woman should watch out for some danger signs during the first three months of pregnancy.

What problems can a woman have during the first three months of pregnancy?

Bleeding is the most important problem that pregnant women should watch out for. Bleeding can be very dangerous. A pregnant woman should go to the health center if she has bleeding. A pregnant woman should also go to the health center if she has pain in her belly.

A pregnant woman may get pain when she urinates. The pregnant woman should go to the health center.

If a pregnant woman loses weight or has a cough, she may have tuberculosis. Tuberculosis is dangerous for the pregnant woman and the baby inside. The pregnant woman should go to the health center. The health worker will find out if she has tuberculosis.

A pregnant woman should take good care of herself during the first three months. Good care during the first three months of pregnancy helps the baby inside have a good start.

SESSION 3

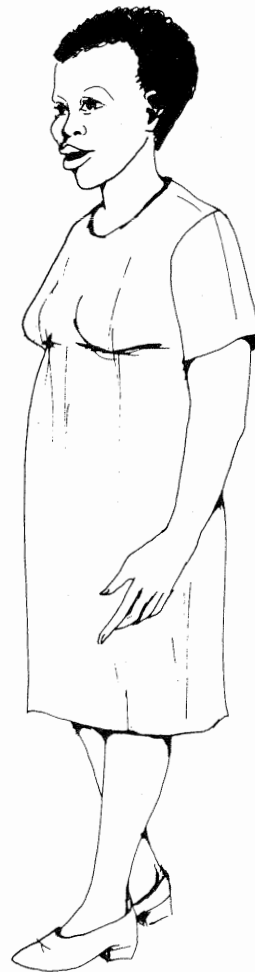
Caring for a Woman during the Fourth to Sixth Month of Pregnancy

In this session you will learn about good care for a woman during the fourth to sixth month of pregnancy. During the fourth to sixth month of pregnancy a woman may notice more changes in her body.

What changes take place during the fourth to sixth month of pregnancy?

During the fourth to sixth month of pregnancy, a woman can feel the baby in her belly. A pregnant woman may also feel the baby moving inside. This is normal.

The baby inside grows bigger when it is healthy. The woman's belly begins to look much bigger. The baby inside takes a lot of space in the woman's belly. The woman may have to urinate more often.



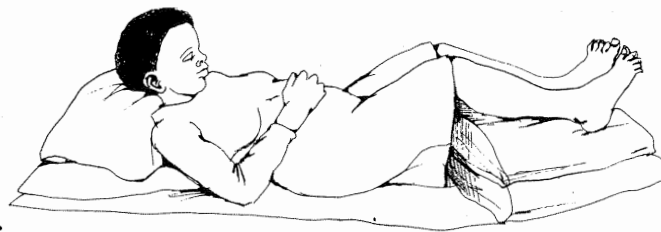
During the fourth to sixth month of pregnancy a woman should continue to take care of herself like she did during her first three months.

Care during the Fourth to Sixth Month of Pregnancy

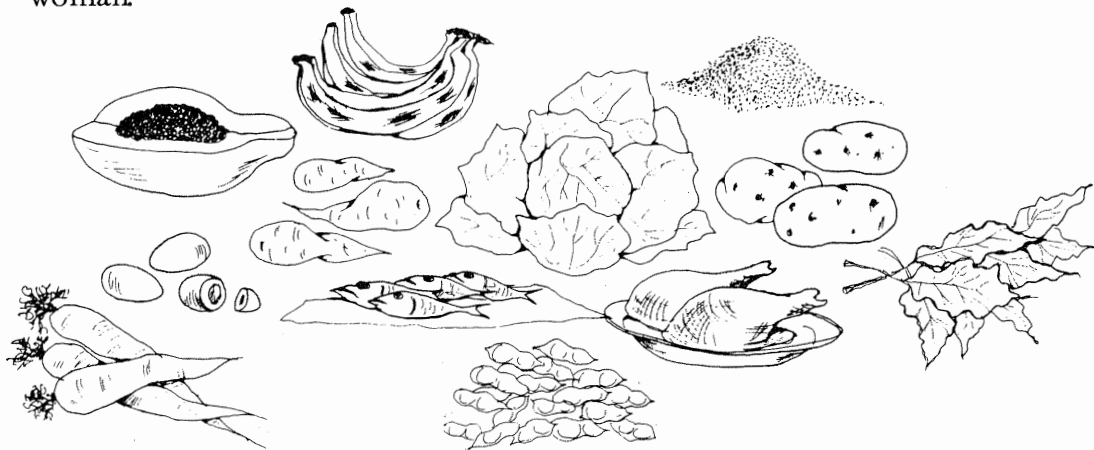
How should a pregnant woman take care of herself?

A pregnant woman should eat well. She should eat more food. She should keep her body clean and wear clean clothes. A pregnant woman should visit the health center once a month.

A pregnant woman should continue to eat small meals each day. She should try to rest during the day. She should rest with her legs up. Then she will not get swollen ankles.



A woman should continue to take iron tablets regularly during the fourth to sixth month of pregnancy. She should also continue to eat green, leafy vegetables and other good foods. Whole grains, beans, milk, nuts, lentils, vegetables, and fruits are good for the pregnant woman.



Meat and fish are also good if the family eats them. A pregnant woman should drink plenty of water.

A pregnant woman should eat good foods. Then her baby grows healthy. Good foods also help in another way. The pregnant woman does not have problems passing her stools.

What is good care for the pregnant woman during the first six months of pregnancy?

Problems during the Fourth to Sixth Month of Pregnancy

As a community health worker you should visit pregnant women regularly to find out if they have any problems. Share what you know with pregnant women in your community. Share with them how to take care of themselves. Discuss the problems they should watch out for. Help them with their problems by sharing what you have learned in this workbook.



Women often have some minor problems during the fourth to sixth month of pregnancy. Most of these problems can be taken care of if pregnant women take good care of themselves. Pregnant women do not have trouble passing stool if they eat foods like vegetables, fruits, and whole grains. Pregnant women do not get pain during urination if they keep their bodies clean and wear clean clothes. Pregnant women do not feel like vomiting if they eat many small meals each day.

Urinating often during these months is normal. The baby inside is growing and needs more space.

What other problems do pregnant women have during these months?

Some problems during the fourth to sixth month of pregnancy can be dangerous and serious. Send a pregnant woman to the health center if she has any of these problems:

- Bleeding
- Headaches
- Pain in the lower belly
- Pain when she urinates
- Cough for more than four weeks
- Fever
- The baby inside stops moving
- Weight loss
- A very weak and tired feeling



Do pregnant women have any other problems during the fourth to sixth month of pregnancy?

In the next session you will learn about the last three months of pregnancy. The last three months of pregnancy are very important for the health of the pregnant woman and the baby inside. A woman has to take good care of herself during the last three months of pregnancy. She should prepare for the delivery of the baby. She should also prepare to breast-feed the baby.



Your trainer will now act the role of a community health worker visiting a pregnant woman during the fifth month of her pregnancy. One of the CHW trainees acts as the pregnant woman. Another CHW trainee acts as the mother of the pregnant woman.

Make a note of the questions the trainer asks the pregnant woman. Also listen to the things the trainer shares with the pregnant woman. The trainer also talks with the pregnant woman's mother to discuss how the family can help the pregnant woman.

The role play begins with the community health worker visiting a pregnant woman who has not gone to the health center for three months.

Community health worker: "Good morning, Mrs. Leetam. Good morning, Mama Matinsko. Last time I came to see you, Mrs. Leetam, you were going to visit the health center. The health worker at the health center has told me that you have not visited the health center for three months...."

Write and discuss all the points that the trainer covered in the role play.

Now three other trainees play the three roles of the pregnant woman, her mother, and a community health worker visiting them at home.

What did you learn from the two role-plays?

What is good care for a woman during the first six months of pregnancy?

What are the first things you can do to help pregnant women in your community?

SESSION 4

Caring for a Woman during the Last Three Months of Pregnancy

The last three months of pregnancy are very important for the health of the pregnant woman and the baby inside. In this session you will learn about the care a woman needs during the last three months of pregnancy. You will also learn how a pregnant woman should prepare to have a baby and how she should prepare for breast-feeding.

What have you learned so far about good care for a pregnant woman?

A pregnant woman needs to eat well. She needs to eat more food because she is eating for two people. A pregnant woman should keep her body clean and wear clean clothes. She should also visit the health center at least once a month.



Care during the Last Three Months of Pregnancy

What else should a pregnant woman do to have a healthy pregnancy?

The baby inside grows during the last three months of pregnancy. The pregnant woman's belly becomes much larger. The pregnant woman needs to eat more food as the baby inside grows. She also needs more rest. The pregnant woman should not do heavy work and become too tired. The family can help the pregnant woman in many ways.



How can the family help the pregnant woman?

The family can make sure the pregnant woman eats more food. The family can let the pregnant woman rest when she feels tired. The family can also help the pregnant woman prepare for the birth of the baby.

The pregnant woman needs more rest during the last three months of pregnancy because she may feel short of breath. A pregnant woman may also get swollen ankles if she does not rest often.

A pregnant woman can have serious problems during the last three months of pregnancy. These problems can be dangerous both for the pregnant woman and the baby inside. During the last two months of pregnancy a woman should see a health worker at the health center at least once every two weeks.

Problems during the Last Three Months of Pregnancy

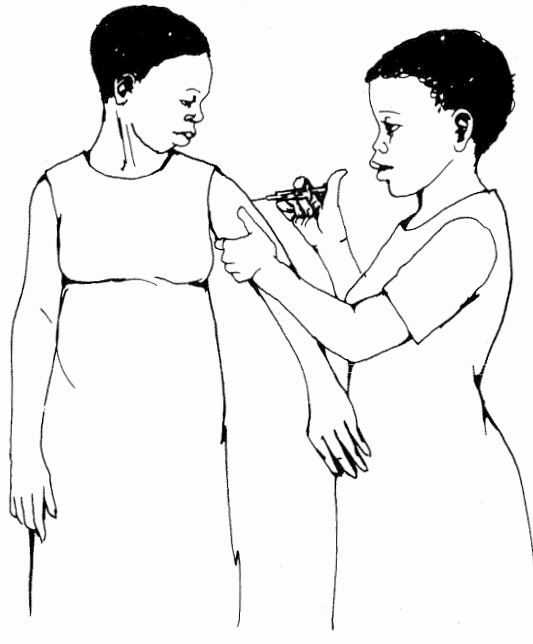
What problems should women watch out for during the last three months of pregnancy?

Send a pregnant woman to the health center right away if she has any of these problems:

- Bleeding
- Headaches
- Pain in the lower belly
- Pain when she urinates
- Cough for more than four weeks
- Fever
- The baby inside stops moving
- Sudden weight loss
- Sudden weight gain

During the seventh month of pregnancy a woman needs to go to the health center for a special injection. This injection is good for the health of the pregnant woman and the baby inside. This special injection helps the baby so he does not get lockjaw, or tetanus, when he is born. The health worker at the health center will tell the pregnant woman if she needs more injections in the eighth and ninth months of pregnancy.

Most women have healthy pregnancies and healthy babies. Some women have problems when they are pregnant. Women should not wait until the time of delivery to find out that they are in danger. The woman or the baby may die.



When is a pregnant woman in danger at the time of delivery?

A pregnant woman is in danger at the time of delivery if:

- She is having her first baby
- She is less than 152 centimeters tall
- She has had four or more babies
- She is over thirty years old and is having her first baby
- She may have twins or triplets
- She has fits during her pregnancy
- She has a long illness like diabetes or heart disease
- She has blood, water, sores, or a bad smell in the birth canal
- She had problems when giving birth to her other children such as an operation at the time of delivery, the baby died at the time of delivery, or a lot of bleeding at the time of delivery

Pregnant women who have any of the problems listed above need extra care. All pregnant women in the community should visit the health center regularly to find out if they are in danger at the time of delivery. As a community health worker you can also help some pregnant women who are in danger.

Women who are in danger at the time of delivery may have to give birth at the health center or at a hospital.

The health worker at the health center will tell a pregnant woman who is in danger where she should give birth. This is important for the health of the mother and the baby.

As a community health worker you should share with the village midwife what you have learned about healthy pregnancies. Work with the village midwife to help each woman in your community have a healthy pregnancy.

What would you share with the village midwife in your community?

What can you as a community health worker do to help each woman in your community to have a healthy pregnancy?

Preparing Women for Breast-feeding

Breast-feeding is natural and very healthy for the baby. Most women can breast-feed without any problem. A woman who is having her first baby needs help and advice to prepare to breast-feed.

Many women in the community breast-feed their babies. Babies need mother's love and care. Babies need mother's milk. Mother's milk is the best food for the baby. A woman should breast-feed her baby from the first day. A woman's body makes enough breast milk when she eats good foods and drinks plenty of water and other fluids.

A pregnant woman should keep her breasts clean. Some women need to gently massage their nipples with cold water. This will help the baby breast-feed.



Do many women in your community breast-feed their babies?

How long do women breast-feed their babies?

Do women have problems when they breast-feed? What kind of problems do they have?

As a community health worker you should make sure that young pregnant women prepare to breast-feed their babies. Ask older women in the community to share their experiences on how they breast-feed and how they take care of their breasts.

Knowing the Signs of Birth

Most women who have had babies know the signs of birth. Share what you know about the signs of birth with women who are having their first baby.

A pregnant woman should prepare for the birth of her baby if she:

- Feels a gush of fluid in the birth canal
- Has a bloody discharge
- Has pains in the belly again and again in an hour

These are the signs of birth.

A pregnant woman should call the village midwife if she can have her baby at home. Or, she should go to the health center. Women who are in danger should go to the health center or hospital right away.

Visiting a Pregnant Woman at Home

As a community health worker you should visit a pregnant woman regularly. During the last three months of pregnancy you should visit a pregnant woman at least once a week.

What should you share with a woman during the last three months of pregnancy?

Your trainer will now play the role of a community health worker visiting a pregnant woman in the last three months of pregnancy.

What are some of the things the trainer shared with the pregnant woman?

Each trainee should play the role of either the community health worker or the pregnant woman. This way you will be able to practice and learn all you need to share with a pregnant woman during the last three months of pregnancy. Remember to encourage women who are doing all the things that are good for a healthy pregnancy.

What would you share with a pregnant woman during the last three months of pregnancy?

In the next session you will learn how you can help a pregnant woman prepare for the birth of a baby. You will also learn how a woman can have a healthy birth at home.

SESSION 5

Having a Baby

A pregnant woman who takes good care of herself has a healthy baby. A pregnant woman who is in danger may need to have her baby in the health center or the hospital. In this session you will learn how a woman should prepare to have a baby at home. You will also learn how a pregnant woman can have a healthy birth at home.

Which women are in danger and may not be able to have a baby at home?

Which women can have a baby at home?

Preparing for the Birth of a Baby

Preparing to have a baby begins when the parents decide they want a baby. The parents are then prepared to have a baby in the family. Preparing for the birth of a baby is important during the last three months of pregnancy. A pregnant woman should continue to take good care of herself and visit the health worker regularly to have a healthy pregnancy.

As a community health worker you can also help a pregnant woman prepare for the birth of her baby.

What can you do to help a pregnant woman prepare for the birth of her baby?

You can share what you have learned about good care during pregnancy. You can also make sure that pregnant women who are in danger go to the health center. Health workers will help women who have a baby at the health center or the hospital. You as a community health worker can help women who have a baby at home.

What are some of the things that a pregnant woman needs to prepare to have a baby at home?

To have a healthy birth, a pregnant woman needs these things in her home:

Soap



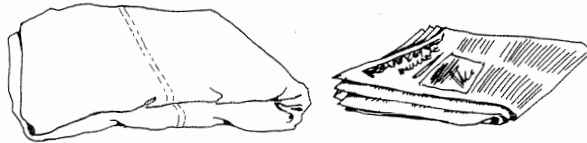
New razor blade



Pot of clean water



Clean bed cloth, plastic sheet, or plenty of newspapers



Clean cloth, cotton wool, or sanitary pads



Three pieces of string



Two or more changes of clothes for the woman



Clothes for the baby



Having a Baby at Home

Having a baby at home can be a lovely experience for a woman. In the story “Mateboho Has a Baby” you will learn how Mateboho had her baby at home. You will learn how Mateboho had a healthy pregnancy. Mateboho was well prepared for having her baby at home.

Mateboho Has a Baby

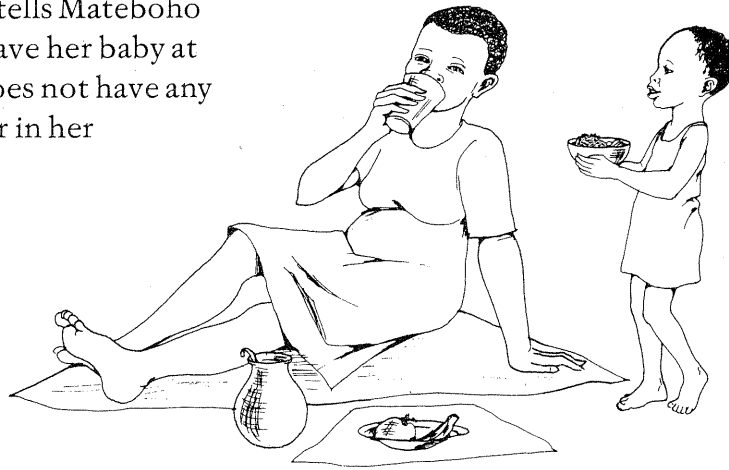


Mateboho and her husband want to have a healthy baby. When Mateboho becomes pregnant she goes to see the village midwife, Mamosa Matala. Mamosa Matala is also the community health worker. Mamosa Matala shares with Mateboho what she has learned. Mamosa Matala also asks Mateboho to visit the health center.

Mateboho goes to the health center. The health worker tells Mateboho how to take good care of herself and the baby inside. The health worker asks Mateboho about her last pregnancy. Mateboho tells the health worker that her first child is now three years old, and healthy. Mateboho tells the health worker that her first child was born at the health center. She had no problems during her last pregnancy or at the time of birth.



The health worker at the health center tells Mateboho that she can have her baby at home if she does not have any problems later in her pregnancy.



Mateboho visits the health center every month. She follows the advice of the health worker and of Mamosa Matala.

Mateboho eats good food. She drinks a lot of water. She rests during the day. She follows the advice of Mamosa Matala for a healthy pregnancy. Mateboho visits the health center at least once every two weeks during the last two months of her pregnancy.



Mateboho's family helps her during her pregnancy. Mateboho and her family decide that Mateboho will have the baby at home. Everyone is happy that Mateboho is going to have the baby at home. Mateboho's mother goes to Mamosa Matala's home to tell her the news.

Mamosa Matala tells Mateboho's mother that the family should prepare for the birth of the baby at home. Mamosa reminds Mateboho's mother to have these things ready at home:

- Soap
- New razor blade
- Clean bed cloth and newspapers
- Cotton wool
- Three pieces of string
- Clothes for Mateboho
- Clothes for the baby



Mateboho's mother makes sure that all the things are ready at home. Mateboho is in the last month of her pregnancy.

Everyone in the family is prepared for the birth of the baby. When Mateboho feels the signs of birth she asks her mother to call Mamosa Matala.



Mateboho knows it is time for her to take a bath. Mateboho washes herself with soap and water. Mateboho then puts on clean clothes.

Soon Mateboho's mother and Mamosa Matala come to the house. Mamosa asks how Mateboho is feeling. Mateboho says that she is having pains again and again in her belly. Mamosa puts some clean sheets on the bed.





Then Mamosa washes her hands. She washes her hands with soap and clean water. Mamosa explains that washing hands is very important. Washing hands with soap and water helps to make sure that Mateboho and her baby do not get ill. Dirty hands can make the baby get lockjaw soon after birth. With clean hands, Mamosa feels Mateboho's belly. Mateboho's pains are getting stronger.



Mamosa asks Mateboho's mother to boil the strings and the razor blade in water for five minutes. Mateboho's mother is not sure why Mamosa wants to boil the strings and the razor blade. They look clean to her. Mamosa explains that the string and the blade can be dirty even though they look clean. If the dirt gets on the cord of the baby, Mateboho's baby can get very ill. The baby can get lockjaw. If Mateboho's mother boils the strings and the blade she can be more sure that they are clean.



Mamosa tells Mateboho that it is time to get ready to give birth. Mamosa washes her hands again. Even though her nails are small, Mamosa cleans her nails and hands well with soap and water. Being clean is very important for the health of Mateboho and her baby.



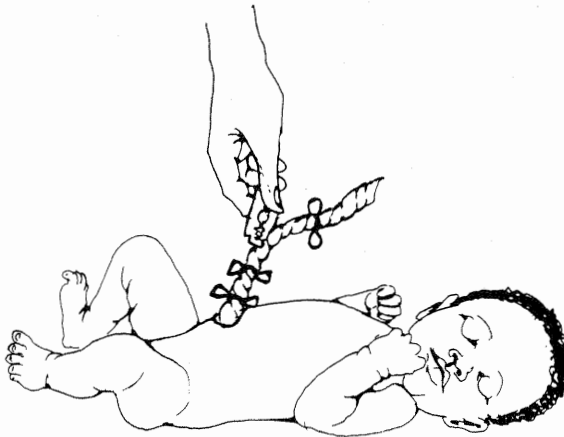
Soon Mateboho feels the baby coming. Mamosa helps Mateboho lie down. Mamosa washes with soap and water around the area where the baby comes from. Mamosa takes care to wash the back part last.



Soon the baby's head shows. Mamosa asks Mateboho to push the baby slowly. The head comes out first. Mamosa holds the baby's head with a clean, dry cloth.

Soon the baby is born. Mamosa wipes the baby's mouth and nose with a clean cloth. The baby sneezes and cries loudly. Mateboho and her mother smile. It is a pretty girl.

Mamosa puts the baby between Mateboho's legs. Mamosa ties the cord in three places with the clean and boiled pieces of string. Then Mamosa Matala cuts the cord with the clean and boiled blade.

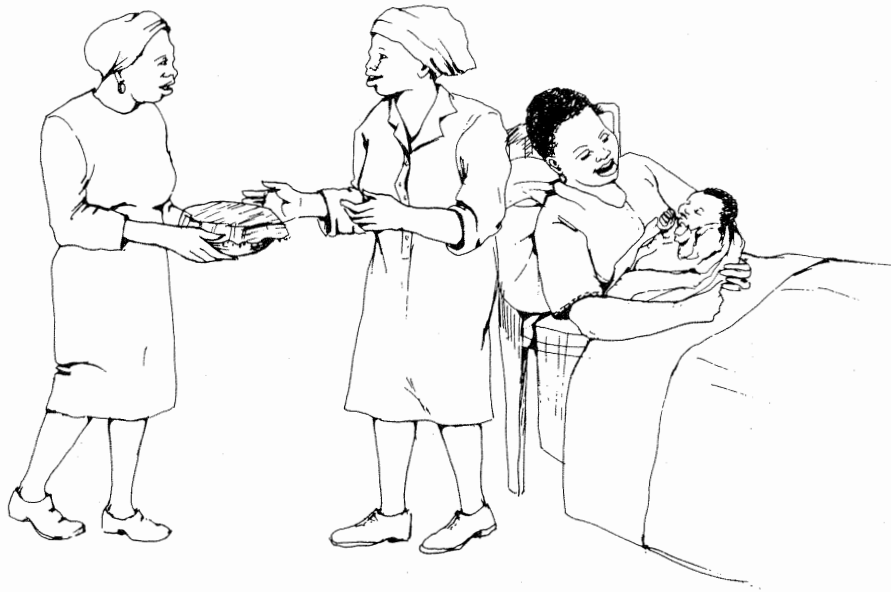


Mamosa wraps the baby in a clean cloth. Mamosa asks Mateboho to let the baby suck at her breast. Mamosa explains the baby will love being close to her mother and will try to breast-feed. See how well the baby already knows what to do! Breast-feeding the baby now will help Mateboho have more milk in her breasts soon. Mateboho and her mother say that they are going to call the baby Ntsieng.



When the afterbirth comes out, Mamosa cleans around the birth canal. Mamosa uses a clean cloth, clean water, and soap. Mateboho gets up and takes a bath. Mateboho puts some clean cotton wool between her legs. The cotton wool will soak up the bloody fluid that comes after the baby is born. Mateboho puts on clean clothes. Mateboho's mother changes the sheets on the bed. Mamosa looks at Ntsieng to see that everything is all right with the baby. Mamosa puts some clothes on Ntsieng. Ntsieng looks beautiful in her new dress.

Mateboho and her mother are very pleased that Mamosa helped Mateboho have a healthy birth. They both thank Mamosa for her help. Mateboho's mother brings a special dish for Mamosa to eat.



Mateboho holds the baby and smiles. Mateboho also has some of the special dish. It is delicious.

Mamosa finishes eating. She tells Mateboho to carry Ntsieng to the health center after the baby's cord falls off or if the cord gets swollen or sore. If Mateboho cannot go, she should ask her mother to take Ntsieng to the health center. The health worker at the health center will check Ntsieng and give her a special injection. Mamosa tells Mateboho that she will come to visit Mateboho and the baby the next day. Now she has to go to take care of her own children.

Mateboho and her mother thank Mamosa Matala for being so kind to help. Mateboho's mother gives Mamosa some special fruits to take home for her children. They all say good bye.

You have just learned how Mateboho had a healthy birth. How can women have healthy births in your community?

Mamosa Matala was a community health worker and also the village midwife. What can you do to help pregnant women if you are a community health worker but not a village midwife?

As a community health worker you cannot help a woman to give birth by yourself. You can share what you have learned with the village midwife. In this way you can help women in your community have healthy pregnancies and births.

Why is it important to wash your hands well if you help when a pregnant woman gives birth?

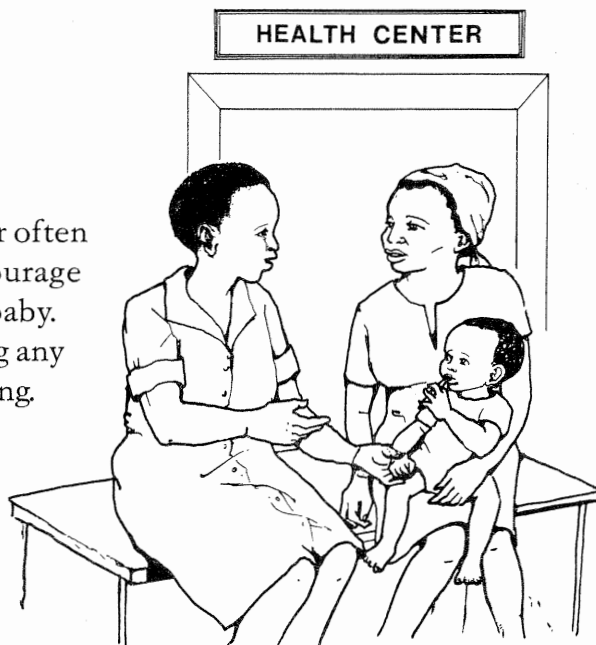
What is good care for a pregnant woman?

When does good care begin?

Good care begins when both parents want to have a baby. In the next session you will learn when it is a good time for a woman to have a baby. You will also learn what you can do so parents can decide when to have a baby. The right time to have a baby is when everyone in the family wants a baby.

After the Baby Is Born

You should visit the mother often after the baby is born. Encourage mother to breast-feed her baby. Help mother if she is having any problems with breast-feeding. Mother should take her baby to the health center once a month.



The baby needs special injections so he does not become ill with some common and serious illnesses. You will learn more about the care of young children in the Feeding and Caring for Children workbook.

After the baby is born there are some danger signs that you should share with the mother. Mother should go to the health center right away if she sees any of these:

- Lots of bleeding from the birth canal
- Swelling of her body
- Fever or other illnesses

Mother needs to eat more food after the baby is born. Mother is breast-feeding her baby and feeding herself. Mother is feeding two people.

What foods are good for a mother who is breast-feeding?

When mother eats enough food, her baby gets enough breast milk. Mother should also drink lots of water and other fluids.

SESSION 6

When to Have a Baby

You have learned in this workbook that good care begins when both parents want to have a baby.

What does this mean?

This means that both the man and the woman want to live together and have a family. This means that the man and especially the woman are healthy. This also means that the man and the woman feel that they can provide good care for a baby.

In this session you will learn about when a man and woman should have a baby.



Most couples want to have a baby after they are married. They want to have children because they want to have a family and the joy of children in the home. Parents take good care of their children when they want them. It is important that both the woman and the man want to have a baby. The family may not be happy if only one parent wants to have the baby.

Many couples decide to have a baby when they feel they can provide good care for the baby. Women and men often do not think they can decide when to have a baby.

Can couples decide when to have a baby?

How can couples have a baby when they want one?

Couples can have a baby when they want to if they know how babies are born. Most adults know how a baby starts. A baby starts when a man and a woman have intercourse. Some people use methods so they do not have babies. Most people are shy to talk about methods they use for not having babies. People in your community may use some methods.

What methods do people in your community use so they do not have babies?

Many people may not know about methods for not having babies.

Who do you think may want to know about methods for not having babies?

Women who have many children may not want to have more babies. Some parents may not want to have more than two or three babies. Some parents may not want to have a baby for two or three years.

You should find out if people in your community want to plan their families. You should find out if some people in your community do not want to have a baby for some time. Some people in the community may not know about methods they can use to plan their families.

Do many people in your community not know about methods to plan families? With which people should you share what you learn?

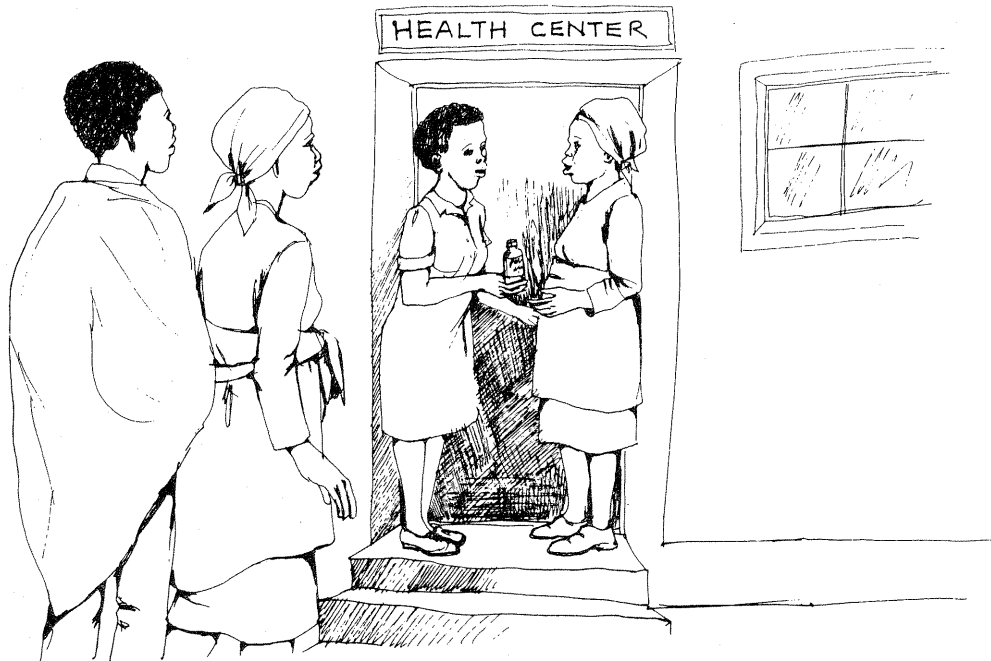
You should share what you learn with young men and women, with couples who have just been married, and with parents who have many children.

Young men and women should know that they can have a baby when they want one. Young couples may want to have a baby in two or three years. Some couples may want to have their babies two or three years apart. Some parents may not want to have any more children.

What do you know about methods for planning a family?

Do not be shy about sharing what you know. Learn to share your knowledge and your feelings about this subject with the women and men in your community. Then you will be able to help people in your community have a baby when they want one.

Let interested people in your community know about methods they can use so they have a baby when they want one. Send men and women who want more information to the health center. Health workers at the health center will share with the people how babies are born and what methods women and men can use to plan their families.



Three groups of people may want to plan their families:

People who do not want to have a baby for a time

People who want to stop having children

People who have problems having children

There are methods and information that can help each of these groups. You should help these people by sharing what you know. You should also send them to the health center for more information about planning their families.

When Should a Woman Have a Baby?

A woman should have a baby when she is healthy. A healthy woman has a healthy baby. A woman should have a baby when the family wants a baby. A baby that is wanted gets good care and grows healthy.

A woman should wait at least two or three years to have another baby. After a baby is born he needs love and care to grow well. The baby also needs mother's milk for at least two to three years.

A woman's body also needs two to three years to become healthy again to have another baby. Having a baby means a lot of work for the woman's body. Two to three years space between babies is good for the health of the woman and the baby.



A couple should think about having another baby when the family can support another baby. More babies may mean less for each member of the family if food and resources are limited. A woman should discuss with her family before she has another baby.

In this workbook you learned about women who are in danger when they are pregnant. Women who are in danger should check with a health worker before they decide to have a baby. Sometimes women in danger can get seriously ill or even lose their life if they have another baby.

A woman should have a baby when she is healthy. If a woman is ill for a long time she should check with a health worker before she decides to have a baby.

As a community health worker what can you share with women in your community about planning their families?

As a community health worker your main role is to make sure that children and pregnant women in your community are healthy.

What can you do as a community health worker so that children and pregnant women are healthy?

Basic Messages

1. Eat more food. Eat for yourself and the baby inside.
2. Visit a health center at least once a month.
3. Green, leafy vegetables are good for you.
4. Rest often during the day.
5. See the community health worker when you have any problems.
6. Make sure you have a clean delivery at home.
7. Breast-feed your baby from the first day.
8. Space your children at least two to three years apart.

The MEDEX Primary Health Care Series

Feeding and Caring for Children

A WORKBOOK FOR
COMMUNITY HEALTH WORKERS

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Community Health Worker's Name:

Address:

Library of Congress Catalog Card No. 83-80675

First Edition

Printed in U. S. A.

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Funded by the U. S. Agency for International Development Contract No. DSPE-G-0006. The views and interpretations expressed are those of the Health Manpower Development Staff and are not necessarily those of the United States Agency for International Development

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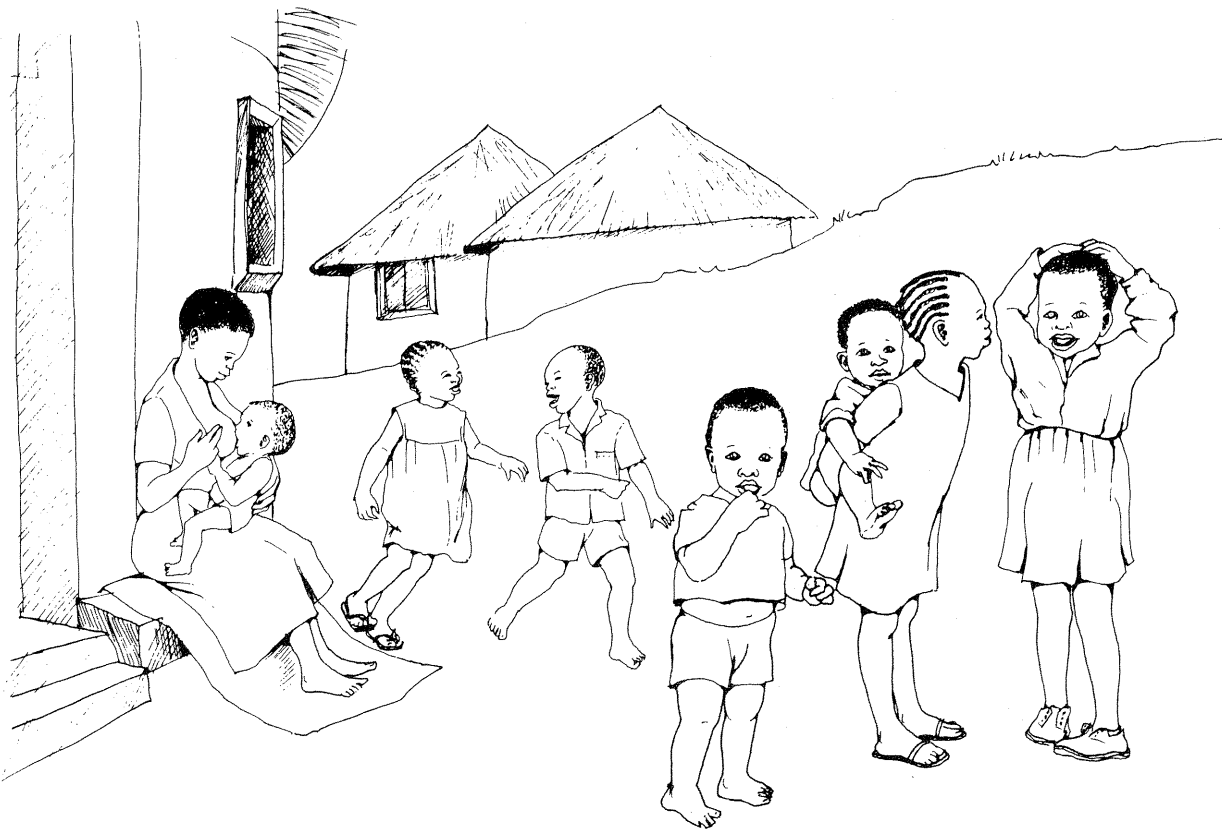
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SESSION 1

Good Care Begins Before the Baby Is Born

Children grow up healthy and strong if they get good care. In this workbook you will learn about good care for children. You will learn how a mother can take care of her child so he grows up healthy and strong. You will also learn about what food and how much food children need to grow up healthy and strong.

In this session you will learn about good care that begins before the baby is born.



Good care begins before the baby is born. What does this mean?

Good care before the baby is born means a woman eats enough food when she is pregnant. Good care also means a woman takes care of herself so that her baby inside grows well.



A pregnant woman needs to eat more food. She needs to eat food for two people. A pregnant woman needs food for herself and food for her baby inside. If she eats enough food, her baby inside will grow strong and healthy.

What foods do pregnant women in your community eat?

Can you think of any foods that pregnant women in your community do not eat?

Do women in your community eat more food when they are pregnant?

Discuss foods that are good for a pregnant woman to eat. Make a list of foods that grow in your community or that are available in your community.

A pregnant woman feels weak and tired if she does not eat green, leafy vegetables. Green, leafy vegetables have plenty of iron in them. A pregnant woman who feels weak and tired may be in danger at the time of delivery. She may be in danger because she does not have enough iron in her blood. A pregnant woman needs to eat lots of green, leafy vegetables. She also needs to take iron tablets every day. Then she will have plenty of iron in her blood. A pregnant woman should visit the health center regularly. The health worker at the health center will give her iron tablets.

A pregnant woman does not need special foods. She should eat foods that are available in her community. A pregnant woman should eat more of the foods she normally eats.

Foods

Make a list of foods that are available in your community at different times of the year.

SUMMER	AUTUMN	WINTER	SPRING

What foods would you suggest a pregnant woman should eat?

In summer _____

In autumn _____

In winter _____

In spring _____

Why should a pregnant woman eat green, leafy vegetables?

Caring for a Pregnant Woman

What care does a pregnant woman need? Who can provide the care she needs?

A pregnant woman needs the support of her family, relatives, and community. You as a community health worker also provide support that a pregnant woman needs.

As a community health worker you should see a pregnant woman regularly. You can help a pregnant woman in many ways. You can share what you know with pregnant women in your community. You can share ideas on what to eat, what problems to watch out for, how to care for themselves and the baby inside during pregnancy, and how to prepare for the birth of the baby.

You will learn more about care during pregnancy in the Healthy Pregnancy workbook.

SESSION 2

After the Baby Is Born

Mother also needs more food after the baby is born. Mother is breast-feeding her baby. Mother needs to eat for two people. Mother is feeding two people. Mother is feeding herself and her baby. In this session you will learn why mother should breast-feed her baby. You will also learn how mother can take care of herself so she can breast-feed her baby.



What foods are good for a mother who is breast-feeding?

Discuss foods that are good for a mother who is breast-feeding.

Foods

When mother eats enough food, her baby gets enough food. Why?

When mother eats enough food, her body makes enough breast milk for her baby. Then the baby gets enough breast milk.

Can you think of any foods that mothers in your community do not eat when they are breast-feeding?

Discuss why mothers do not eat certain foods. Discuss foods that are good for mothers to eat.

Best Food for the Newborn



Mother's milk is the best food for the newborn baby. The baby needs mother's love and care to grow up healthy and strong. Breast-feeding shows that mother loves and cares for her baby. Mother should breast-feed her baby from the first day he is born. Breast milk in the first few days is special. This milk may be different. It is sometimes yellow in color.

Mother should feed this special milk to her baby. This special milk protects her baby from many illnesses.

A newborn baby needs mother's milk many times each day. A newborn baby has a small stomach. Mother should feed her baby whenever he is hungry.

As the baby grows, he stays healthy from all the good things that mother does for him. Mother breast-feeds her baby. Mother plays and talks to her baby. Baby enjoys this and learns to smile for his mother.

Mother needs more food when she is breast-feeding. She is feeding two people, the baby and herself. Mother will have enough milk for her baby when she eats more food. It is cheaper for mother to eat more food than to buy milk for her baby.



Is it cheaper to buy food for mother than to buy milk for the baby?
Why?

Discuss how much it would cost for mother to eat more food. Mother needs to eat about one and one-half times what she normally eats. Discuss how much it would cost to buy milk for the baby so the baby gets enough milk.

Mother does not need special foods when she is breast-feeding. Mother should eat foods that she normally eats. Mother needs to eat more food. She does not need special foods.

Babies often get ill when they are very young. Special injections and medicines can help so that babies do not get many illnesses. Mother should take her baby to the health center at birth. The health worker at the health center will give her baby a special injection. This injection will help her baby so he does not get tuberculosis, or TB.

What are the main things you have learned so far?

Here are some of the points you have discussed so far:

A pregnant woman needs more food. She is eating for two people.

A pregnant woman does not need special foods. She should eat more of the foods she normally eats.

A pregnant woman should eat green, leafy vegetables and take iron tablets.

A mother who is breast-feeding needs more food. She is feeding two people.

A mother who is breast-feeding does not need special foods. She should eat more of the foods that she normally eats.

A mother should take her baby to the health center for special injections and medicines.

Breast-feeding

Breast-feeding is very good for the baby. Mother's milk gives the baby all the food he needs to grow well in the first four months. After four months the baby needs breast milk and soft foods.



Breast milk is clean. It does not make the baby sick. Mother should breast-feed her baby from the first day he is born.

What should mother do so that she can breast-feed her baby better?

Mother should eat more food before and after her baby is born. This is good for the health of the mother and her baby.

Mother should drink plenty of water or other fluids.

Mother should prepare herself to breast-feed before her baby is born. If mother has flat nipples, she should gently rub her nipples. Mother should gently pull her nipples to make them stand out so her baby can suck well. Breast-feeding is easy if mother takes good care of her breasts.

Mother should keep her breasts clean when she is breast-feeding. She should keep her breasts clean so that dirt does not go into her baby's mouth. Then her baby will not get sick. When mother keeps her breasts clean, her breasts and nipples do not get sore and painful. Then mother can breast-feed easily.

How often should mother breast-feed her baby?

Mother should breast-feed her baby at least six or seven times a day. Mother should breast-feed her baby whenever he is hungry.

What does a mother in your community do if she thinks she does not have enough breast milk?

Mother should eat more food if she thinks she does not have enough breast milk. Mother should also drink lots of fluids. Plenty of food and drink will help mother's body make more milk for her baby. Mother should also try to rest more.

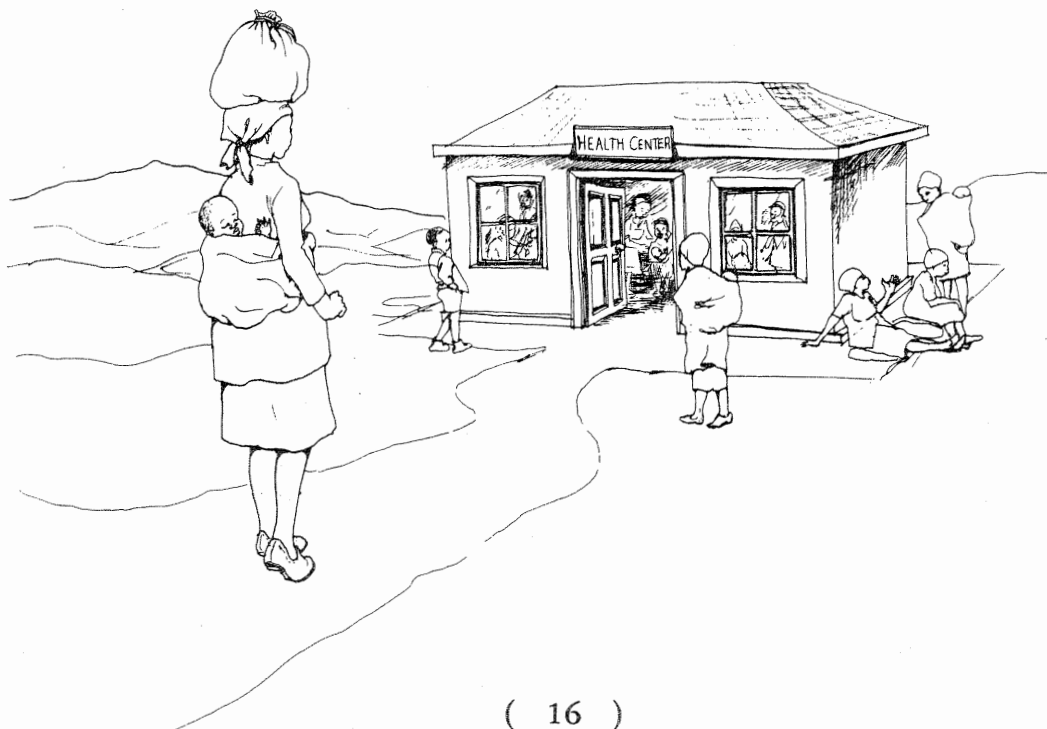
Sometimes mother thinks she does not have enough breast milk. The milk is enough for her baby as long as mother breast-feeds her baby often. When mother breast-feeds her baby often, her body makes more milk. Mother's body makes more milk every time she breast-feeds. The more times mother breast-feeds the more milk her body makes. So mother should feed her baby more often if she does not have enough breast milk.

How can mother know if her baby is getting enough breast milk?

If the baby gets enough breast milk, he is satisfied and sleeps well after feeding. The baby urinates several times each day. A baby who is not feeding enough will cry often.

A baby who gets enough breast milk grows well. Mother should take her baby to the health center every month. The health worker at the health center will check to see if the baby is growing well. The health worker will also give the baby special injections or medicines. These special injections and medicines help so the baby does not get ill with tuberculosis, polio, whooping cough, or some other common illnesses. These illnesses can make the baby very ill and weak. Many babies die from these illnesses.

When the baby is three months old, mother should take the baby to the health center. The health worker will give her baby a special injection and some special medicine. This special injection and medicine will help the baby so he does not get ill with some of the common illnesses. Mother must take her baby regularly to the health center.



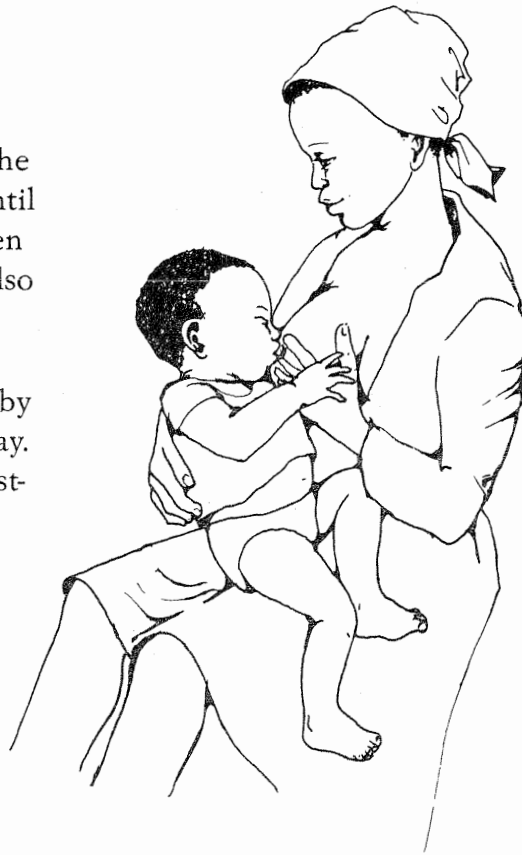
SESSION 3

Feeding and Caring for the Baby

Babies need food to grow up strong and healthy. In this session you will learn about how much food babies need. You will also learn how mother should prepare the food for her baby.

Feeding the Baby Soft Foods

Breast milk is the best food for the baby from the time he is born until he is two to three years old. When the baby is four months old he also needs soft foods. The baby is growing bigger. He needs more food. Mother should feed her baby soft foods two or three times a day. Mother should continue to breast-feed her baby. Breast-feeding is good for the baby.



What foods do mothers give a young baby at first?

Discuss foods that are available in the community and that are good for a young baby.

What foods do mothers say are not good for a young baby? What foods do mothers not give a baby who is four months old?

Make a list of foods that mother can feed her young baby at different times of the year.

SUMMER	AUTUMN	WINTER	SPRING

What is a good first food for the babies in your community?

A baby who has never eaten soft foods has to learn how to eat these foods. The baby only knows how to drink milk when he is four months old.



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Mother should mix some water or milk in the food to make it soft. Mother should make the food thicker as her baby gets used to eating. In the beginning her baby will spit out almost all the food. Her baby will swallow very little. This does not mean that her baby does not like the food. Her baby does not know how to swallow soft food. Her baby must learn how to swallow food.



Mother should not give up. Soon her baby will learn to swallow food. Soon he will like the food. Babies take some time to learn to eat from a spoon. If mother starts to give her baby some soft foods at four months, the baby will learn to eat in one or two months.



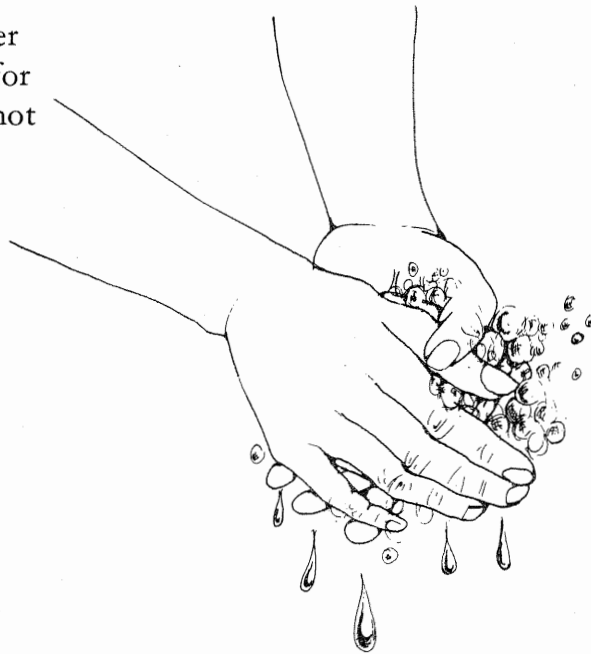
How should mother feed the food to her baby?

Mother should always feed her baby with a clean cup and spoon. A cup and spoon are easy to keep clean. On the first day, mother should try to feed her baby about one tablespoon of food in small amounts. On the second day, mother can feed her baby a little more. Soon the baby will learn to eat more and more food with a spoon. When the baby has learned to eat one food, mother should give her baby another food. Soon the baby will learn to like different foods.



Preparing Food for the Baby

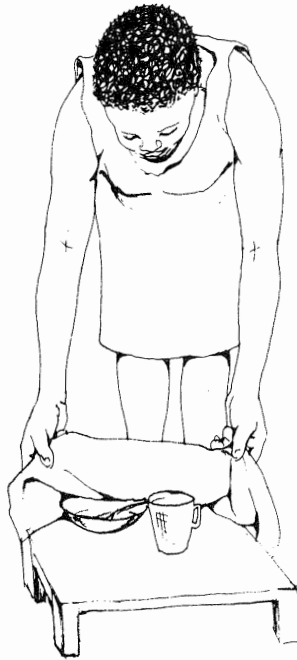
Mother should always wash her hands before preparing food for her baby. Then her baby will not get ill often.



Mother should always wash the cooking pot, cup, and spoon well before preparing food for her baby.

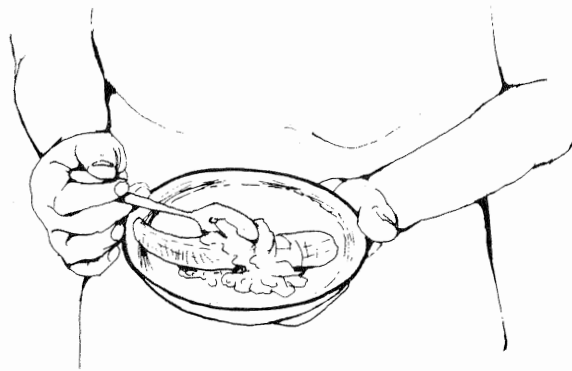
Mother should always keep food covered. Flies and other insects can bring dirt onto food. Dirty food can make her baby ill.

Food spoils very soon in hot weather. Mother should cook fresh food for her baby as often as possible.



The Baby Is Five to Six Months Old

When the baby is five to six months old, mother should continue breast-feeding. The baby needs mother's milk. The baby needs the love and care of his parents. The baby is getting used to eating some foods like porridge made from wheat, rice, corn, or sorghum. The baby should start eating some vegetables and fruits. Mother should remove the skin, seeds, or husks from the vegetables and fruits. She should mash the food so the baby can swallow the food easily. Mother can add a little oil or margarine to the porridge or mashed vegetables.



Mother should not give her baby just the water from vegetables and soups. She should mash the vegetables with the soup. The baby needs breast milk and about one cup of porridge with some vegetables or fruits every day.

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Potatoes, peas, lentils, greens, carrots, bread, corn, flour, sorghum flour, wheat flour, and fruits are all good foods for the baby. Foods that grow in the community are good for the baby. Mother should mix two or three of these foods for the baby. Mother should feed her baby three or four times a day. Mother should continue to breast-feed her baby.

At five months the baby needs another special injection and medicine that will help him so he does not get illnesses like lockjaw or polio.

The Baby Is Seven to Eight Months Old

Breast milk is very good for the baby at this age. At seven or eight months the baby can also eat many different foods. The baby still has a small stomach. Mother should feed her baby four or five times a day. Mother should mix vegetables with the porridge. Mother can also add eggs, beans, lentils, milk, or fruits.

Many babies begin to sit at this age. Some babies also begin to get their teeth. At this age, a baby likes to put things in his mouth. Mother should try to keep her baby's hands clean.



Mother should give her baby a clean carrot or a banana to hold and nibble. Mother should also give her baby clean water after he eats. Drinking clean water will keep her baby's teeth clean.

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Babies need water to drink. Mother must give clean water to her baby. The baby will get diarrhea from dirty water. The baby loses a lot of water and good food with diarrhea. Mother must give her baby plenty of water or other liquids when the baby has diarrhea. Mother must also continue to breast-feed her baby when he is ill.

At seven months the baby needs a special injection and medicine. The injection and medicine are good for the health of the baby. Mother should take her baby to the health center. The health worker at the health center will give the baby the injection and medicine. The injection and medicine will help the baby so he does not get illnesses like lockjaw or whooping cough. Many young children die from illnesses like tuberculosis, lockjaw, and whooping cough. Mother must take her baby to the health center regularly. Her baby can be saved from many illnesses if he gets all his injections and medicines.



Write and discuss the main points you have learned so far in this session.

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The baby does not need special foods in tins, boxes, or packets. Mother should give her baby foods that are available in the house. Mother should make the food soft so her baby can eat it easily. Mother should wash her hands before preparing food for her baby. Mother should also cover the food.



The Baby Is Nine to Eleven Months Old

The baby is growing fast when he is nine to eleven months old. He needs plenty of food to grow well. Mother should slowly give her baby more food. Mother should continue to breast-feed her baby. If mother cooks meat or fish, she can give her baby some meat or fish without bones at this age. Mother should cook the meat until it is very soft.

The baby will grow well if he eats beans, lentils, eggs, grains, vegetables, and fruits. When the family eats meat, the baby can also eat meat. Mother does not have to buy meat especially for her baby.

Mother should not add spices to the food for her baby. Mother should take out the food for her baby before adding spices. Mother should feed her young children before she feeds others in the family. Mother should feed her baby four or five times a day.

At nine months mother should take her baby to the health center for a special injection. This injection will help her baby so he does not get ill with measles.

The Child Is One Year Old

Mother should keep breast-feeding her one-year-old child. Breast milk is good for the one-year-old child. At one year, the child should be able to eat whatever food mother cooks for the family. Mother should still



soften the food for her child. Mother should not add spices to the food. Mother should make the food for her child thick. Her child needs soft food, not watery food.

The child still has a small stomach. He needs to eat four or five times a day. Mother should add a little cooking oil or margarine to the food for her child. Mother should also help her child to learn to feed himself.



What does a one-year-old child in your community eat?

How much does a one-year-old child eat in a day?

The Child Is More than One Year Old

The child who is more than one year old is still growing. Children grow very fast in the first five years. This is why young children need plenty of food. Young children also become ill very often. This is another reason that children need plenty of food. Food makes their bodies strong. Strong bodies keep children healthy. They do not become ill easily.

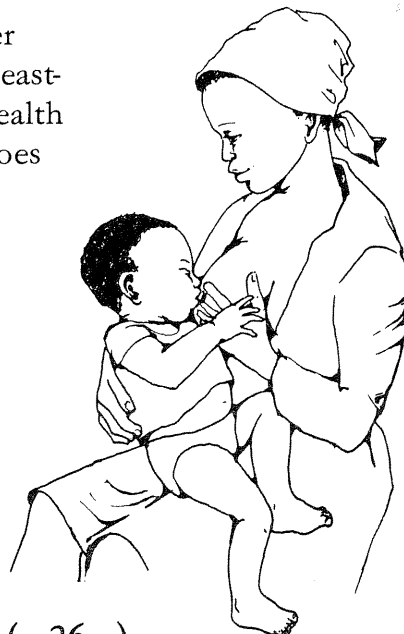
Mothers and fathers should remember that children have small stomachs. Parents must feed their child four or five times a day.

Mother should continue to breast-feed her child for as long as possible. Breast milk is good for even the two-year-old child. Mother must give her child other foods from four months of age.

At one or two years the child is eating food from the family pot. This does not mean that he should have only two or three meals like the adults. The young child needs to eat more often. Mother can keep a snack for her child after each meal time. She can give the child a snack between meals.

At eighteen months the child needs a special injection and medicine. These will help him so he does not get illnesses like tuberculosis, lockjaw, whooping cough, or polio. When the child is old enough to go to school he may need one more injection. Then the child may be saved from these terrible illnesses for many years as he grows up.

Mother should breast-feed her child for at least two years. Breast-feeding is very good for the health of her child. Breast-feeding does not harm the mother.



When her child is four months old mother should start giving him some soft food. As the child grows, mother should give her child more food.



See what a healthy child he is! He is happy and healthy when mother takes good care and gives him good food. Do all parents in your community want children like this?

What can you do to help parents have healthy children?

What are the first things you can do in your community to help parents have healthy children?

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SESSION 4

How Children Become Weak and Thin

Even with the care mothers give, some children become weak and thin. A weak and thin child becomes ill very often. An ill child becomes more weak and thin. In this session you will learn how and why children become weak and thin. You will also learn how to recognize children who are weak and thin.

What do weak and thin children look like?



Sometimes you can tell by looking at the child. The child looks thin. He is not interested in what is happening around him. He is sad. He looks tired and cries often. A child who is weak and thin sometimes has light-colored hair. His hair is not shiny like the hair of a healthy child. His skin may be dry and may seem to peel. His face may be round and look swollen.

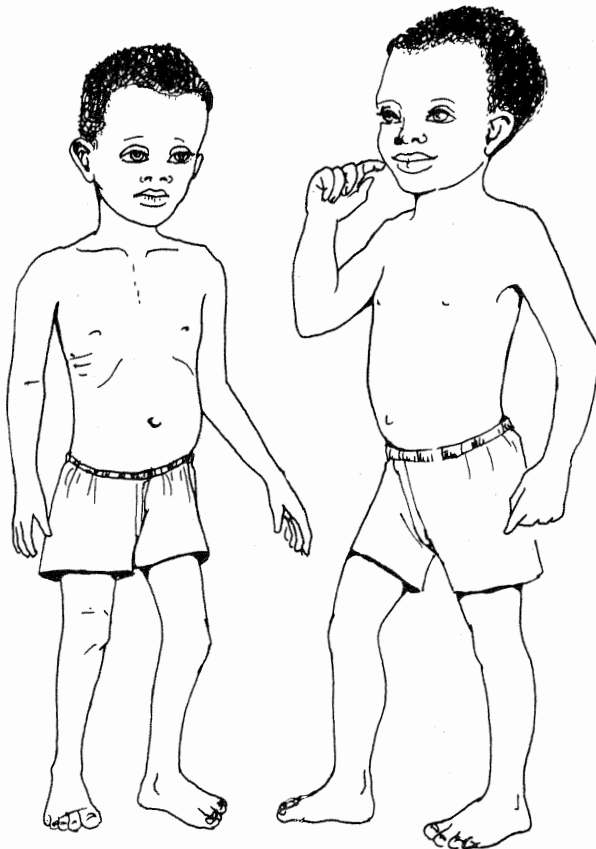


A healthy child looks like the one in this picture. What do you notice about this child?

The child looks well and happy. He looks like he is ready to play.

Look at the children in your community. Find out which children are healthy. Notice the difference between a healthy child and a weak and thin child.

Sometimes it is difficult to tell if a child is healthy or if he is weak and thin. Look at the picture. Can you tell which child is healthy and which is weak and thin? How can you tell?



It is easier to tell when a child is healthy if you know his age. What if both children in the picture are the same age? They should look almost the same. Which child do you think is weak and thin? Why?

The child on the left is weak and thin. Maybe he does not get enough food. What should you do when you want to know if a child is weak and thin?

You can tell if a child is weak and thin by seeing him next to a child who is healthy and of the same age.

The Growth Chart

You can tell if a child is weak and thin in another way. You can look at his growth chart. The growth chart shows the weight of the child. Every child puts on weight as he grows. The growth chart tells you if a child is healthy. It also shows you how each child is growing month by month.

Children need food to grow. A child who does not eat enough food will not put on weight. He will not grow well. Children also lose weight when they are ill. Children need food when they are ill. Then they will grow well. You can use the growth chart to see if a child is growing.

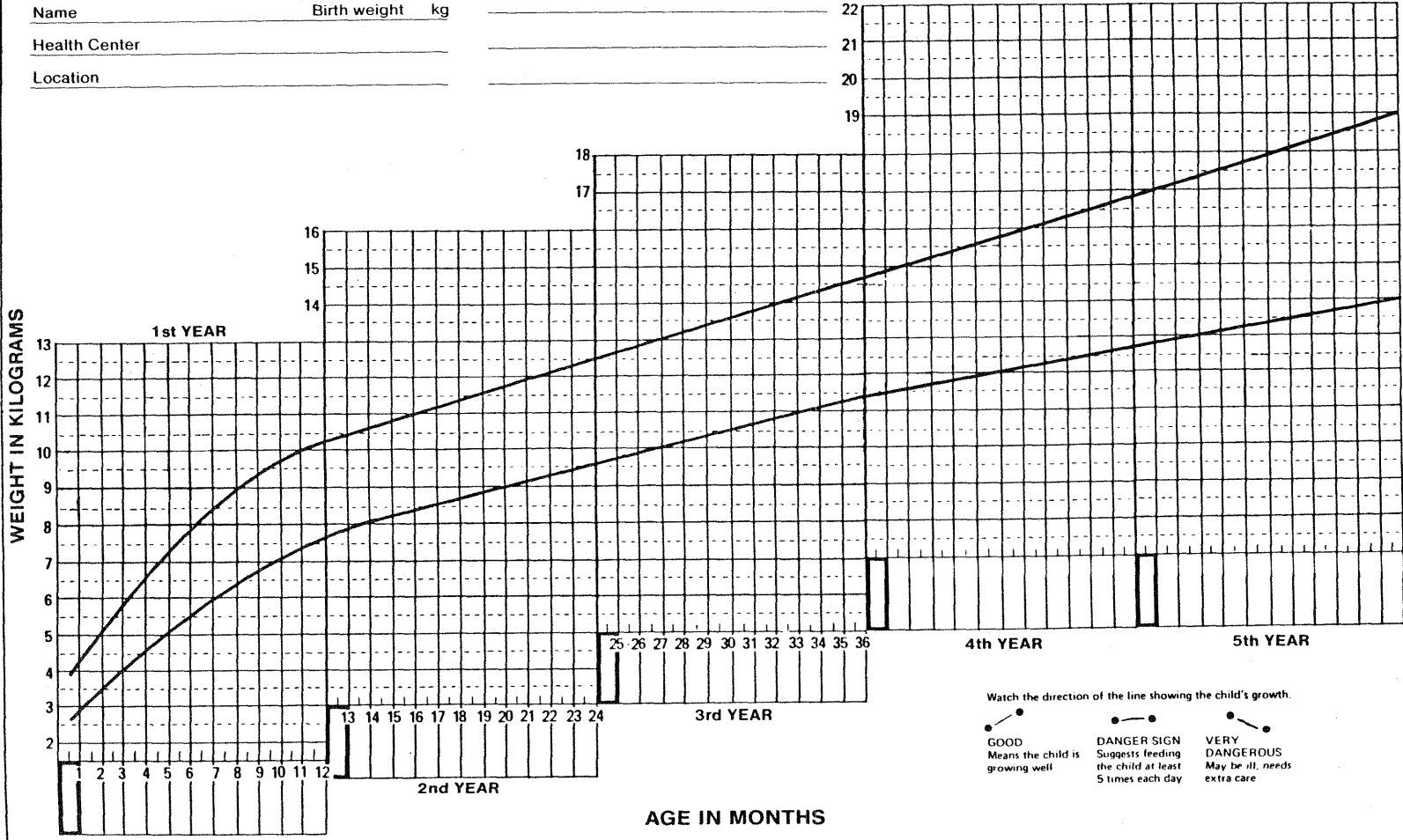
Have you seen a growth chart before? What do you understand about the growth chart?

REASONS FOR SPECIAL CARE

Name _____ Birth weight kg _____

Health Center _____

Location _____



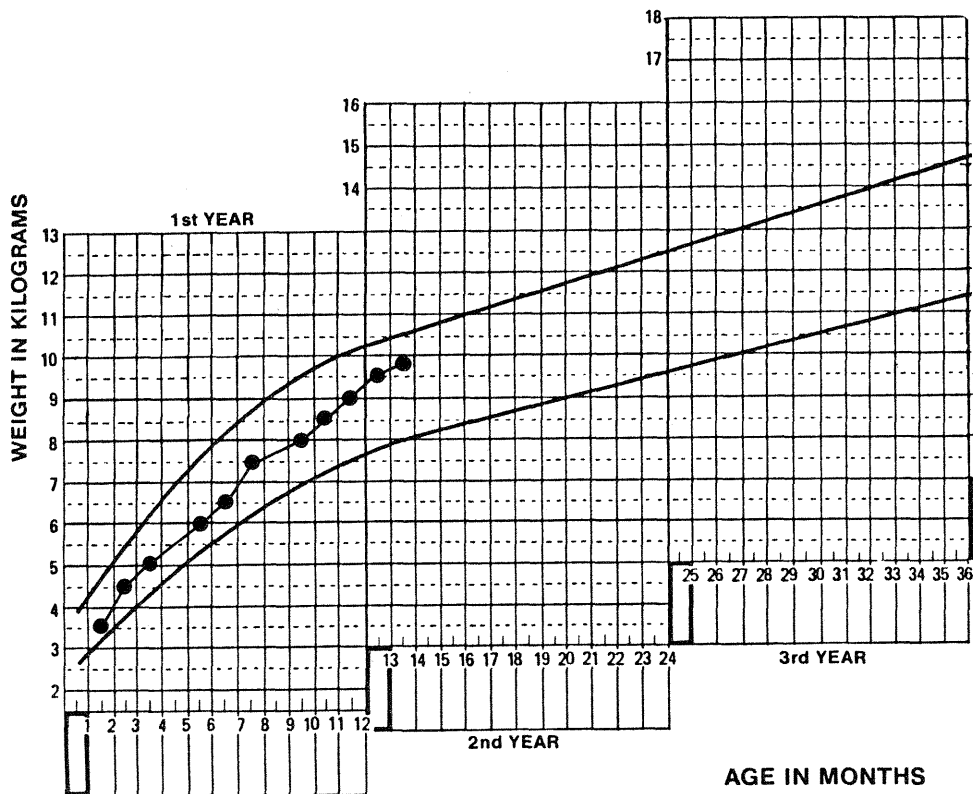
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Growth Chart

A health worker records the weight of a child on the growth chart. A child puts on weight if he is growing well. How can you find out if a child is growing well?

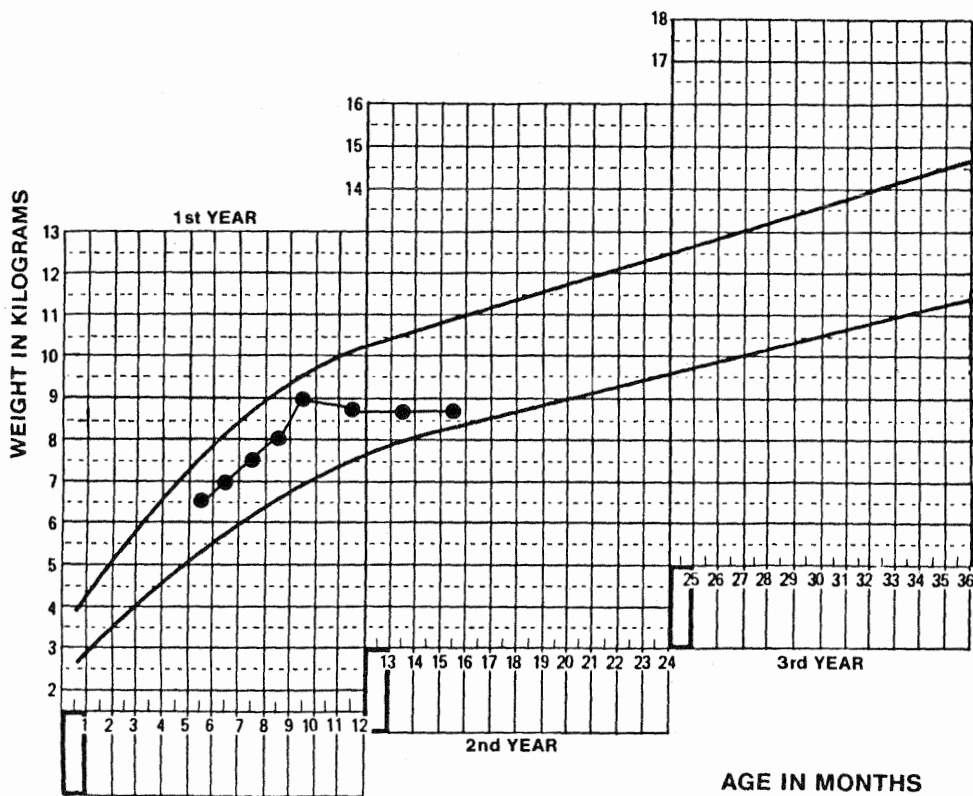
You can find out by looking at the growth line. This drawing shows the growth line of a child.

The growth line of a child is the line that the health worker has joined with dots. Each dot is the weight of the child each month. The child's weight goes up if he is growing well. His growth line also goes up. This is Thabo's growth line. See how the growth line goes up. Thabo is putting on weight. Thabo is growing well.



9/6

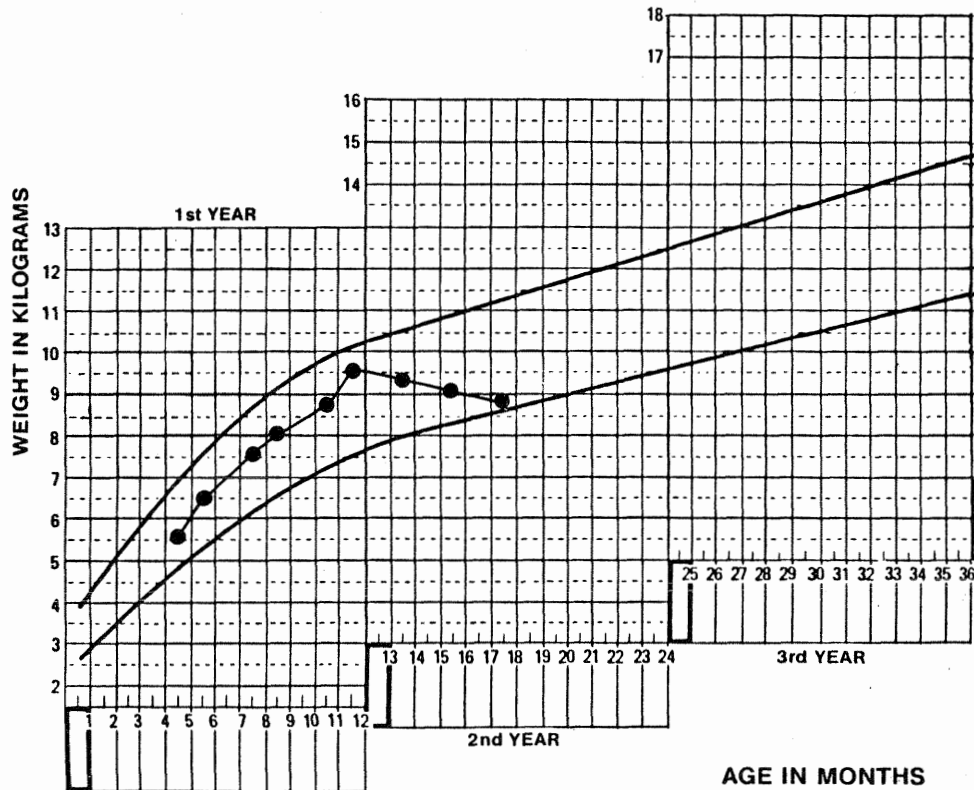
As a community health worker you should watch the growth line of every young child in your community. You should watch to see if the growth line is going up as the child gets older. Here is John's growth line. His growth line is not going up. His growth line is staying the same. What does this mean?



John is not putting on weight. He is not growing. John needs more food to grow well. You should visit John regularly and show John's mother how to feed him. Tell John's mother what to feed John and how often John needs food each day. Sometimes a child's weight stays the same if the child is ill. An ill child needs care.

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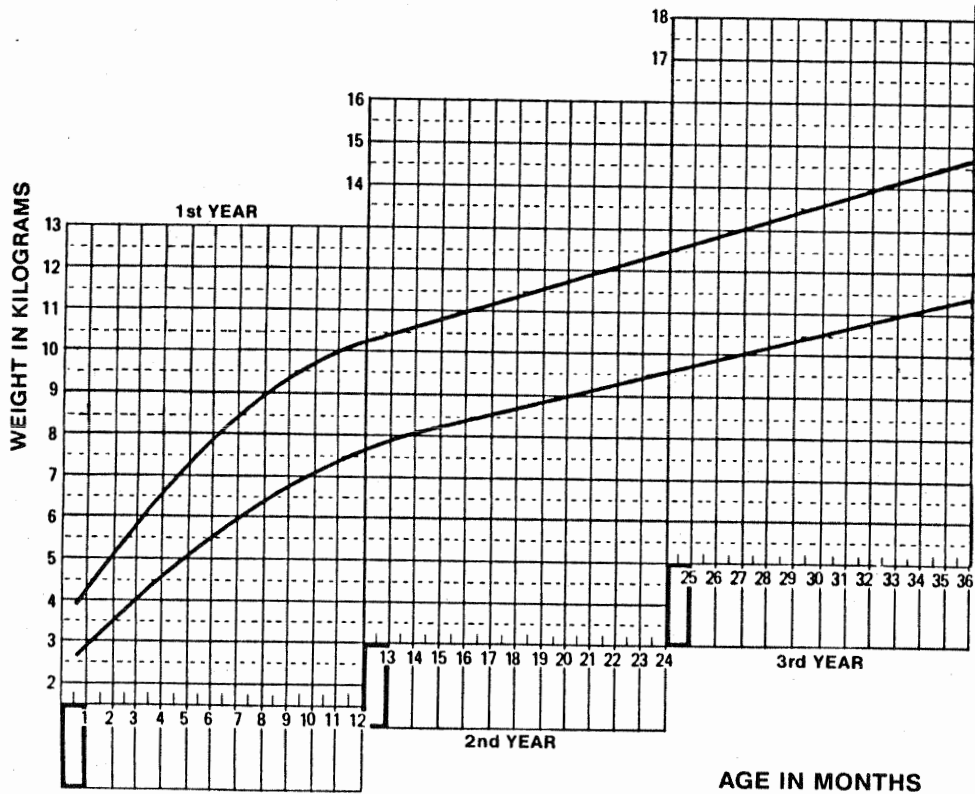
This is Maria's growth chart.



Maria's growth line is going down. What does this mean?

Maria is losing weight. Maria is not growing. Maria is in danger. If Maria keeps losing weight she may even die. You should ask Maria's mother to take Maria to the health center. Maria may become weak and thin very soon. You will learn how children become weak and thin in this session. In Session 5 you will learn how to take care of weak and thin children in your community.

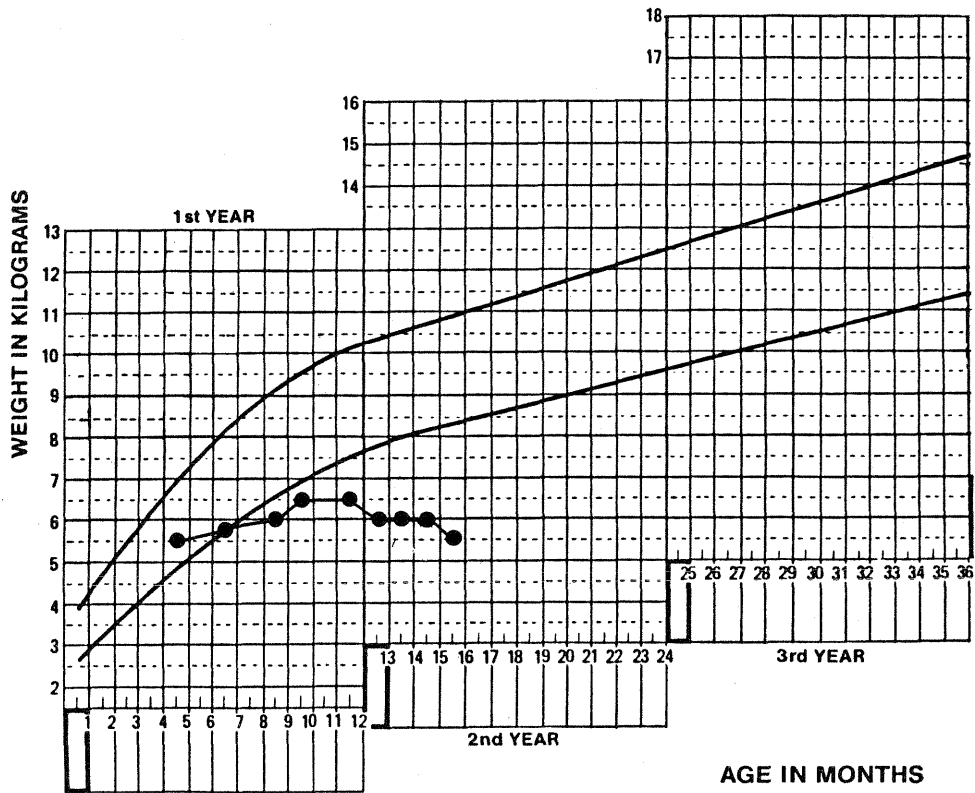
You looked at three growth charts: Thabo's, John's, and Maria's. The growth lines for Thabo, John and Maria were between these two curved, thick, black lines.



Most children's growth lines are between these two dark curved lines when they are growing. Some children's growth lines fall below the dark curved lines. These children may be weak and thin. These children are in danger. When children grow, their growth lines go up. When children do not grow, their growth lines do not go up. You will learn how to take care of children who are not growing.

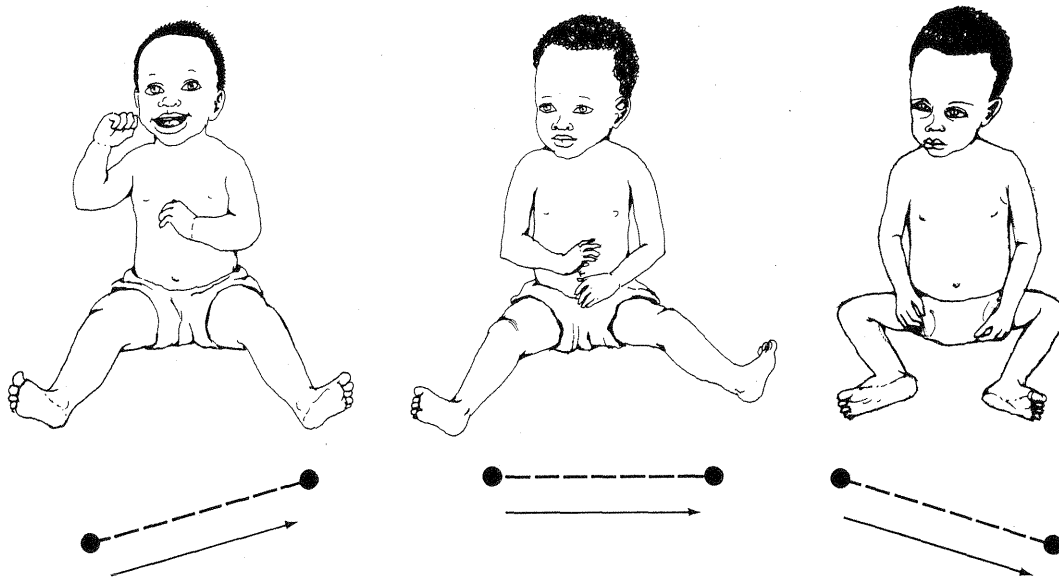
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Here is Mando's growth chart. Mando is weak and thin. He is not growing.



What are the important things you have learned about the growth chart?

You should see if a child's weight is going up, staying the same, or going down.



A child is growing well if his weight is going up every month. His growth line is also going up. Encourage mother to continue feeding her child many different kinds of food. Encourage mother to keep giving her child more food.

A child is in danger of becoming weak and thin if his growth line stays the same. The child is not growing. The child needs extra food so he can grow properly. Encourage mother to feed her child more food. The child will become weak and thin without more food. Show mother how to make food for her child. Ask mother to feed her child many times a day. Share with the family what you have learned. Visit the child regularly to see how he is growing.

A child is in danger if his growth line is going down. The child will become weak and thin very soon. The child is losing weight. He is not growing. The child may be ill. Mother may not be giving the child enough food. The child is becoming weak with the illness and weaker without enough food. Share with the mother and the family what you have learned. Show mother how much food her child needs. Food is the best cure for the child. If the child is ill, ask mother to take the child to the health center. Visit the child every day and see how he is doing.

As a community health worker, you should make sure children in your community do not get weak and thin. How can you do this?

Share with parents and families what you have learned. Show parents what foods a young child needs and how to prepare the foods. Show mothers how to take care of their children when they are ill. Then you can help keep children in your community healthy.

At the end of this workbook you will learn about another way to find out if children are weak and thin. See the Arm Tape at the end of this workbook.

Why do some children in your community become weak and thin?

Why Do Children Become Weak and Thin?

Children become weak and thin because they do not get enough food.

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Why do some children not get enough food?

Discuss why some children do not get enough food.

There are many reasons why children do not get enough food and become weak and thin. Here are some questions that may help you find out why children become weak and thin.

Is the family poor? Yes () No ()
Why is the family poor?

Does the family have very little land to grow food? Yes () No ()

Do the parents spend most of their money on drinking? Yes () No ()

Why do the parents spend most of their money on drinking? How can you help the family?

Did the mother not eat enough food when she was pregnant? Yes () No ()

Why did mother not eat enough food?

Does the family not have enough food? Yes () No ()

Does mother have many children? Yes () No ()

Is there very little food growing in the fields? Yes () No ()

Did mother not know that she should eat more food? Yes () No ()

Can you think of other reasons why children are weak and thin in your community?

Discuss the reasons why children are weak and thin.

Here are some of the common reasons why children are weak and thin:

The family does not have enough money to buy food.

The family does not grow any food, or the family does not have any land to grow food.

Mother is working and an older child looks after the baby. The older child does not know how much to feed his young brother or sister.

Mother did not eat enough food when she was pregnant. The baby was born weak and thin.

Mother does not eat enough food when she is breast-feeding. The baby does not get enough breast milk and becomes weak and thin.

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Mother does not know how much food a young baby needs.
Mother does not start giving soft foods to her baby when he is four months old.

Mother stops breast-feeding when she is ill. The child becomes weak and thin without breast milk.

Mother has twins. Mother does not eat enough to feed two babies.
Mother may not have enough milk to feed two babies.

Mother stops feeding her baby when he is ill. The baby becomes weak from the illness and weaker without food.

Mother stops breast-feeding her baby too soon. Mother starts giving her baby milk in a bottle. The baby gets diarrhea very often and becomes weaker and weaker.

Mother stops breast-feeding her baby too soon. Mother gives her baby milk with lots of water. The baby gets lots of water, but not enough food.

The baby does not get enough food. The baby becomes weak. The weak baby becomes ill very often. He also takes a long time to get well. The baby becomes weak and thin.

The child gets ill with measles. Mother stops feeding her ill child. Mother does not take her child to the health center for injections and medicines that protect him from getting measles. Mother does not know about the injections and medicines.

The child stays thin. Mother feeds the child enough food, but he stays thin. The child coughs a lot. Maybe he has tuberculosis. Children with tuberculosis stay weak and thin.

The child gets diarrhea. Mother stops giving her child any food or water when he gets diarrhea. The child becomes weak and thin from diarrhea, and weaker from hunger and thirst.

The child gets weak and thin because he has worms. Worms cause pain in the belly. The child's belly becomes swollen and big. The child stays thin even when mother gives him enough food. The worms eat up all the food. The child becomes weak and thin even though he has a big, swollen belly.

Can you think of other reasons why children in your community are weak and thin?

Make a list of the reasons that are most common in your community. Then write and discuss what you can do to help.

COMMON REASONS

WHAT YOU CAN DO

COMMON REASONS	WHAT YOU CAN DO
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What are the first things you can do in your community so children do not become weak and thin?

SESSION 5

**Making Sure a Child Does Not
Become Weak and Thin**

You have discussed why children in your community become weak and thin. In this session you will learn how you can help parents so children do not become weak and thin. You will learn how to care for children in your community who are weak and thin. You will learn when to send them to the health center.

How can you help mothers and fathers so they do not have weak and thin children?

You have learned and discussed some things in the last few sessions. What ideas can you share with mothers and fathers?

Discuss the ideas you have chosen to share with mothers and fathers.

There are some weak and thin children in most communities. There are many weak and thin children in some communities. Many children die because they are weak and thin. You can help save most of these children. These children need food and good care. If children get enough food and good care they do not become weak and thin.

Some children are weak and thin when they are born. Why is this?

Sometimes a woman does not eat enough food when she is pregnant. Her baby is born small. A woman should eat more food when she is pregnant. She should also eat lots of green, leafy vegetables. Then the pregnant woman will be healthy. Her baby will be born healthy.



Sometimes a pregnant woman gets ill with a high fever or another illness. She may give birth to her baby too soon. A baby who is born too soon is small and weak. When a pregnant woman gets ill, she should see a health worker.

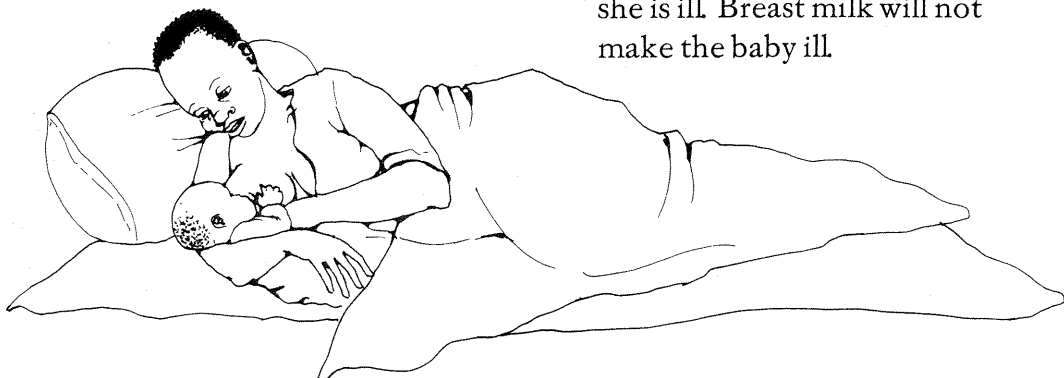


Some children become weak and thin after they are born. Why is this?



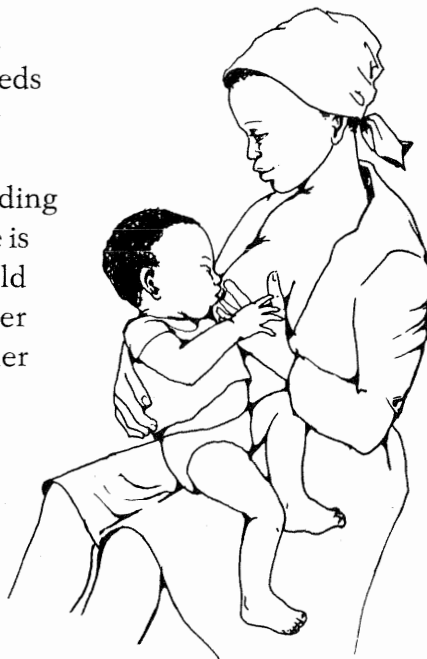
Sometimes mother does not breast-feed her baby for the first few days after he is born. The baby becomes ill and weak. Mother's milk in the first few days is thick and yellow. This is special milk that protects the baby from many illnesses. This milk is very good for the baby. Mother should breast-feed her baby on the same day he is born.

Some babies are born healthy, but they become weak and thin in the first few months. This happens when mother is ill and stops breast-feeding her baby. Mother should not stop breast-feeding her baby when she is ill. Breast milk will not make the baby ill.



Some children are born healthy, but they become weak and thin when they are five or six months old. Why is this?

Many babies are healthy when they are four months old. When they are five or six months old they become weak and thin. Until a baby is four months old, he needs only mother's milk. After four months a baby also needs soft foods. Mother should start feeding soft foods to her baby when he is four months old. Mother should also continue breast-feeding her baby. Breast milk is good for her baby, but mother should also start giving soft foods.



Some mothers try to give the baby soft food. The baby does not know how to eat soft food. Mother should cook the soft foods a little at a time. On the first day the baby has soft foods, mother should give her baby a little food. The next day, mother should give her baby a little more food. Soon the baby can eat about one cup of soft food in a day. Mother should keep giving her baby a little more food every day. The baby is growing fast. He needs food to grow.



Some mothers start giving the baby milk with a bottle. The bottle gets dirty very easily. Mother mixes the milk with water. The water may not be clean. Flies sit on the nipple of the bottle. Flies make the bottle more dirty. The baby gets diarrhea very often. The baby with diarrhea becomes weak and thin. Mother should breast-feed her baby. Then her baby will not get diarrhea often. Breast milk is clean.



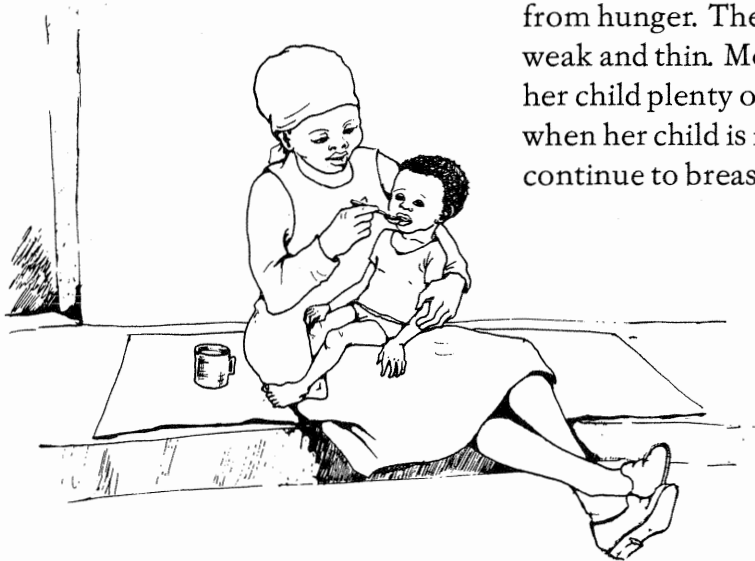
Some mothers feed the baby soft foods when he is four months old. Some mothers do not prepare the food in a clean way. The baby is still weak and thin. The baby has diarrhea often. The baby has diarrhea because mother prepares the food in an unclean way. Mother should prepare food for her baby more carefully. Mother should always wash her hands before preparing food. She should also wash her hands before feeding her baby. Mother should feed her baby with a clean cup and a clean spoon.



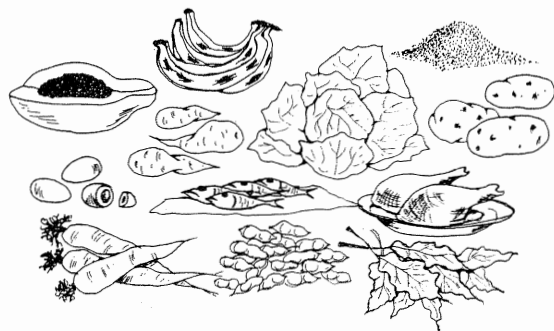
Sometimes mother stops giving her child any food or water when the child gets diarrhea. The child loses a lot of food and water with diarrhea. The child becomes weak and thin without food and water. Mother should give her child food and liquids when her child has diarrhea. Mother should also continue to breast-feed her child.

Some children become weak and thin after they get ill. Why is this?

Some mothers stop feeding the child when he is ill. The child becomes weak from the illness and weaker from hunger. The child becomes weak and thin. Mother should give her child plenty of food and water when her child is ill. She should continue to breast-feed her child.

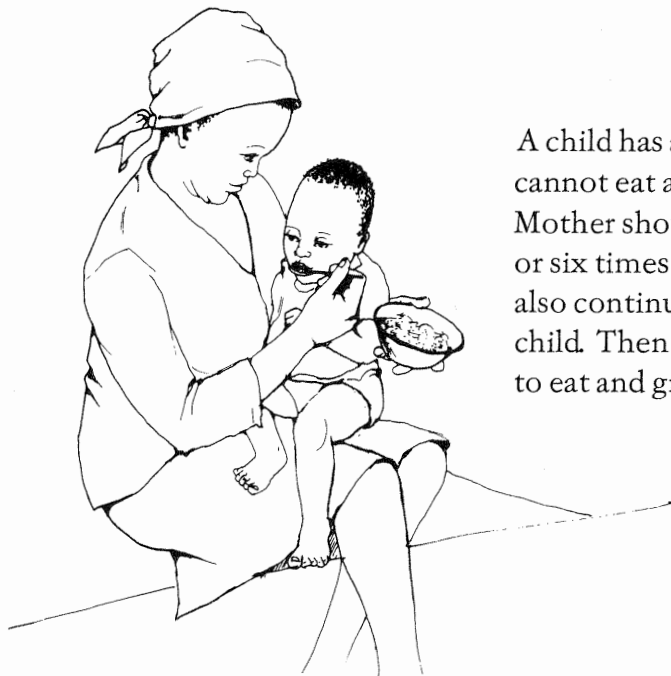


When a child does not get enough food, he stops growing. The child becomes weak and thin. Mother should give her child a little more food every day. Her young child is growing fast. Her child needs more food as he grows.



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Some mothers do not know what to feed the young child. Some mothers do not know how much to feed the child. You must share with mothers in your community what you have learned about feeding young children. Then children in your community will not become weak and thin.



A child has a small stomach, so he cannot eat a lot of food at one time. Mother should feed her child five or six times a day. Mother should also continue to breast-feed her child. Then her child gets enough to eat and grows healthy.

Even with the care mother gives, some children become weak and thin. Why is this? Maybe the child has tuberculosis. You should ask the mother to take her child to the health center. At the health center the child can be checked to see if he has tuberculosis. The child will also get some special injections that can help him so he does not get tuberculosis. Then the child will grow healthy again.



You should ask mothers with young children to go to the health center regularly. At the health center the children will get special injections and medicines that can help so they do not get illnesses like polio, tuberculosis, measles, tetanus, and others.

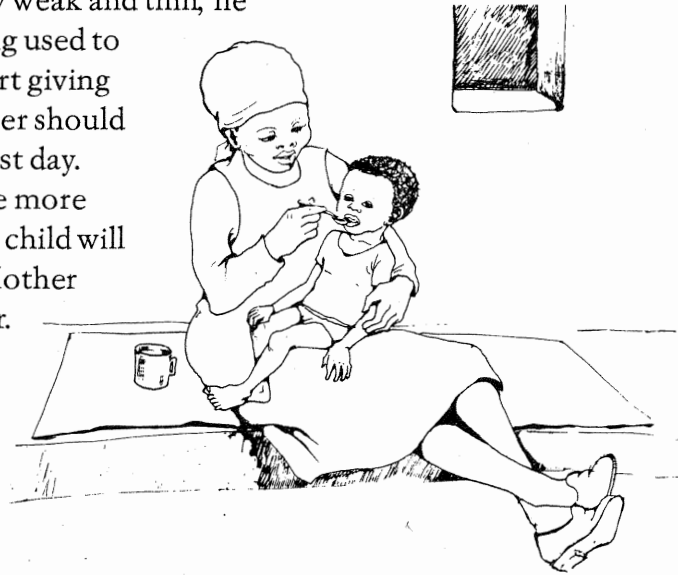


Care of Children Who Are Weak and Thin

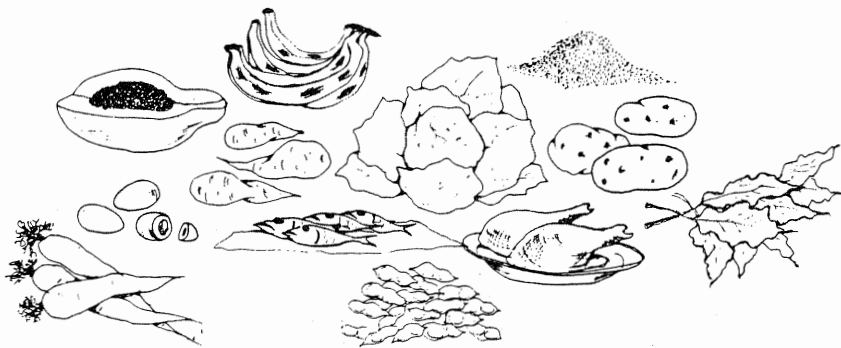
Are there many weak and thin children in your community? What can you do for children who are weak and thin?

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Food is the treatment for weak and thin children. If a child is more than one year old and very weak and thin, he will take some time getting used to eating. Mother should start giving her child soft foods. Mother should give a little food on the first day. Mother should slowly give more food day by day. Soon her child will get used to eating food. Mother can make the food thicker.

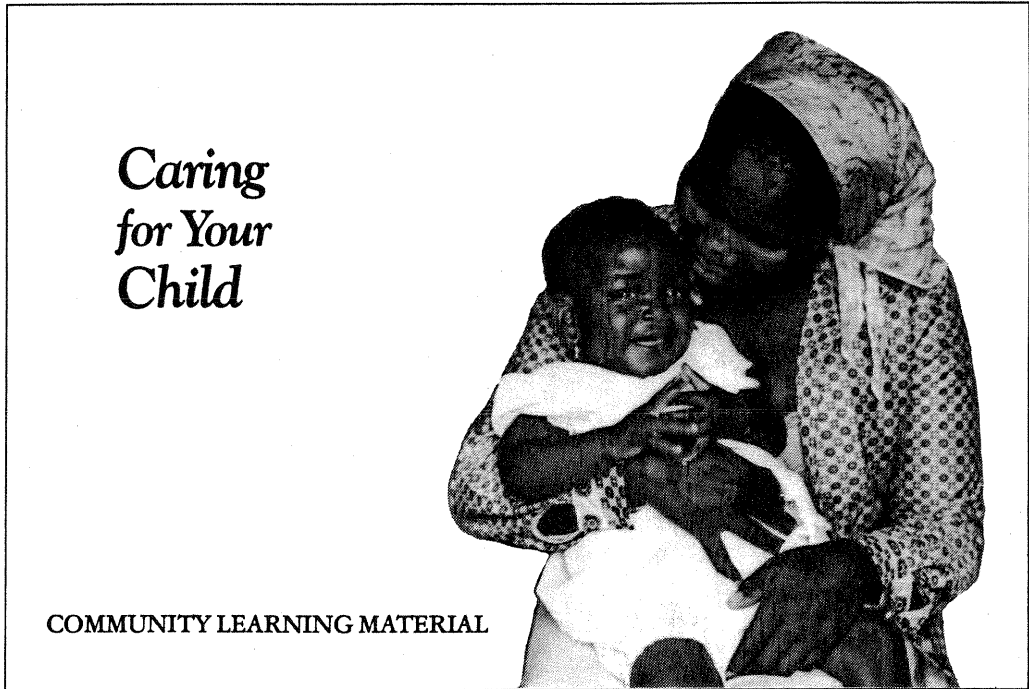


Weak and thin children need foods like whole grains, beans, and lentils, and meat, fish, or milk if mother can afford them. Weak and thin children need the good foods you have learned about. Mother should feed her child many times each day. Ask mother to take her child to the health center. The health worker at the health center will show mother how to make her child better. The health worker will show her how to make a special porridge for her child.



If there are many weak and thin children in your community, ask your trainer to show you how to make the special porridge for weak and thin children. This porridge is good for most children. If you can easily find all the grains and beans in your community, ask your trainer to show you how to make the porridge. You can then show the parents of young children in your community how to make the porridge.

You can use the booklet *Caring For Your Child* to share ideas on child care and nutrition with parents in your community. Your trainer will show you how you can use the booklet.

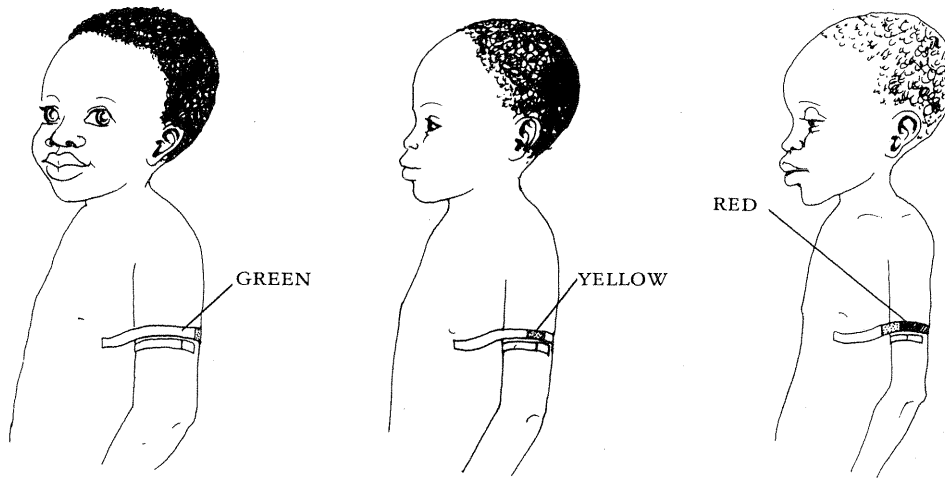


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The Arm Tape

Another way you can tell if a child is weak and thin is to use an arm tape. You can use an arm tape only to find out which children need special care. You cannot use an arm tape to find out how a child is growing month by month. You have to use a growth chart to find out how a child is growing month by month.

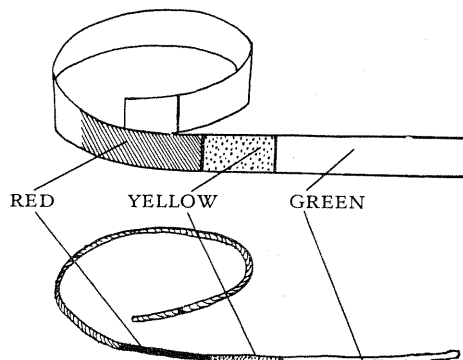
The arm of a child does not grow any bigger around from about the age of one to five years. A weak and thin child has thin arms. A healthy child has fat arms. The size of a child's upper arm can tell you if a child is weak and thin. You measure a child's arm with an arm tape. You can use the arm tape to measure children between the ages of one and five years.



Which child in this picture is weak and thin? _____

The child on the right is weak and thin.

You can find out if a child is weak and thin by using a tape to measure his arm. An arm tape has three colors: red, yellow, and green. Your trainer will show you how to make an arm tape. You can use an arm tape only for children who are one to five years old.



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How to Use an Arm Tape

Put the tape around the child's upper arm. Measure in the middle between the child's shoulder and his elbow.

See which color the black line meets. The child is healthy if the black line meets the green color.



The child needs care if the black line meets the yellow color. The child needs to eat more food. The child can become weak and thin if he does not eat more food.

The child is weak and thin if the black line meets the red color. The child is in danger. The child needs more food. The child can become very ill and may even die without more food. Ask the parents to take the child to the health center right away.

You will learn how to use the tape by making the tape and using it now. Your trainer will show you how to make the tape. Practice using the tape on each other and on some children. Use the arm tape to find out if children are healthy or not. The tape does not show you how well children are growing.

What are some of the important things you have learned about the arm tape?

First, see if the child's arm measures in the red, yellow, or green.

Second, find out if the health of the child is getting better or worse. You can do this by seeing the child regularly and watching his growth chart.

Basic Messages

Share these messages with mothers in your community:

1. Eat more food when you are pregnant
2. See a health worker soon if you are ill
3. Breast-feed your child for at least two years.
4. Eat more food when you are breast-feeding.
5. Continue to breast-feed when you are ill or your child is ill.
6. Start to feed your child soft foods when he is four months old.
7. Feed your child when he is hungry, at least five or six times a day.
8. Continue to feed your child when he is ill.
9. Give your child more water when he is ill, especially when he has diarrhea or is vomiting.
10. Seek help from a health worker early when your child is ill.
11. Take your child regularly to the health center for special injections and medicines.
12. Cover food to keep flies away from food.
13. Wash your hands before preparing food.
14. Wash your hands and your child's hands before feeding him.
15. Give your child clean water to drink.
16. Space your children at least two or three years apart.