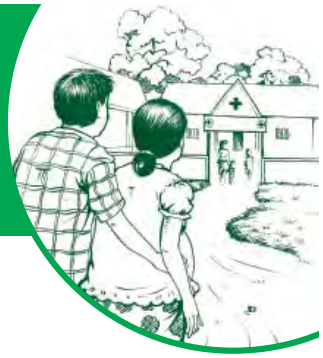
Village Volunteer Nutrition Job Aid
How to Help Mothers and Young Children Stay Healthy

USAID FROM THE AMERICAN PEOPLE

AED Academy for Educational Development

A2Z Micronutrients Sight Innovation

Pregnant woman contact



1 Advise about antenatal care

- Greet the woman. Introduce yourself
- Ask how she is feeling
- Explain the benefits of antenatal care

Antenatal care helps you and your baby stay healthy

- *Health staff check the health of mother and baby and treat problems early*
- *Receive advice about care during pregnancy*
- *Receive iron/folate supplements, mebendazole (deworming) and Tetanus Toxoid*

2 Discuss danger signs. Refer to health facility immediately if any danger signs.

- Vaginal bleeding
- Convulsions
- Hands and feet swollen
- Severe headache
- Very pale/anaemic
- Fever

3 Discuss iron/folate tablets

- Iron/ folate helps to prevent anaemia and keeps mother and baby healthy
- Pregnant woman should take one tablet of iron/folate a day for 90 days
- Discuss side effects such as stomach discomfort, nausea, diarrhoea, or constipation and black stools. Reassure that side effects are not serious.
- If stomach upset occurs take iron following a meal or last thing at night

4 Discuss deworming

- Worms may cause anaemia
- Deworming tablet is given after the first three months of pregnancy

5 Discuss Good Nutrition

- Eat 1 extra meal each day
- Eat a varied diet with iron rich foods (eggs, liver, meat), vit A rich foods (meat, ripe papaya, ripe mangoes, dark green leafy vegetables), and Vit C foods (all kinds of fruits)
- Use iodized salt for all the family
- Avoid food taboos women should gain at least 7 kgs during pregnancy

6 Advise about Tetanus Toxiod vaccine

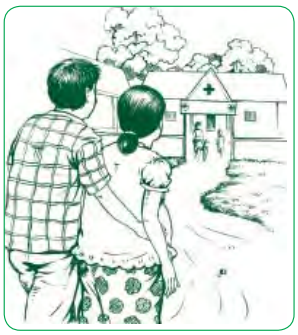
- The health center staff will provide as necessary
- Tetanus toxiod protects the mother against tetanus infection and the baby against newborn tetanus

7 Advise about self care during pregnancy

- Attend antenatal care at least 4 times during pregnancy
- Rest frequently and avoid lifting heavy objects
- Avoid smoking and alcohol
- Sleep under a mosquito net
- Don't take any medicines except that provided at the health facility
- Bathe daily, eat clean fresh food and drink clean water

8 Discuss place of delivery and transport

- Safest place to deliver is at a health facility
- Keep money for travel cost to health facility



9 Counsel about breastfeeding

- Put baby to the breast immediately after birth, within the first hour
- Put baby on mother's chest - baby's skin next to mother's skin
- Do not give pre-lacteal feeds (sugared water or any other liquids)
- Breastfeed exclusively until baby is 6 months (no water, other liquids or foods)
- Breastfeed on-demand, at least 10 times day and night
- Empty one breast completely before switching to the other in order to get the nutritious 'hind milk'
- Make sure baby is correctly positioned and attached

Post partum mother and newborn contact

1 Counsel about postpartum care

- Greet mother and introduce yourself
- Ask mother how she is feeling, how is her baby?
- Explain the benefits of post partum care

Benefits of Post Partum Care

- *Health staff will check mother and baby's health and treat problems early*
- *Receive advice and support for breast feeding*
- *Receive iron/folate tablets, vitamin A and Mebendazole (deworming)*
- *Baby will receive vaccine such as BCG and Hepatitis vaccine*

2 Advise about danger signs for mother and baby

If mother has any of these signs she should go to health facility immediately:

- Excessive vaginal bleeding
- Fast or difficult breathing
- Severe abdominal pain
- Fever
- Convulsions

If baby has any of these signs take to health facility immediately:

- Difficulty breathing
- Very small
- Convulsions
- Not feeding at all
- Fever or feels cold
- Bleeding
- Diarrhea

3 Counsel about Iron, Vitamin A and Deworming Medicine

- Take iron/folate tablets – 1 per day for 42 days to help keep mother and baby strong and healthy
- Advise about side effects such as stomach discomfort, nausea, diarrhoea, or constipation and black stools Reassure her that side effects are not serious
- If stomach upset occurs take iron/folate following a meal or last thing at night
- Vitamin A 200,000 IU to mother will help keep baby and mother healthy
- Mebendazole (deworming medicine) will get rid of worms

4 Counsel about nutrition

- Eat 1 extra meal each day for as long as breastfeeding baby
- Eat a varied diet with different types of foods - rich in iron (egg, liver, meat), vit A (ripe papaya, mangoes, and dark green leafy vegetables), and Vit C (all kinds of fruits)
- Use iodized salt for the whole family

5 Counsel about good hygiene and self care

- Bathe daily and keep genital area clean and dry
- Wash hands before handling baby
- Rest and sleep as much as possible when baby is sleeping
- Sleep under a mosquito net

6 Counsel about breastfeeding

- Skin to skin contact of mother and baby
- Do not give pre-lacteals (sugared water or any other liquids)
- Breastfeed exclusively until baby is 6 months (no water, other liquids or foods)
- Breastfeed on-demand, at least 10 times day and night
- Empty one breast completely before switching to the other in order to get the nutritious *'hind milk'*
- Make sure baby is correctly positioned and attached

7 Discuss birth spacing

- If mother has sex and is not exclusively breastfeeding she can become pregnant as soon as 4 weeks after delivery
- Woman and partner should go to the nearest health facility to receive information about birth spacing services

Mother and Child Contact

1 If child is 6- 11 months

- Greet mother, introduce yourself
- Ask mother how she is feeling
- Ask mother about her baby's health

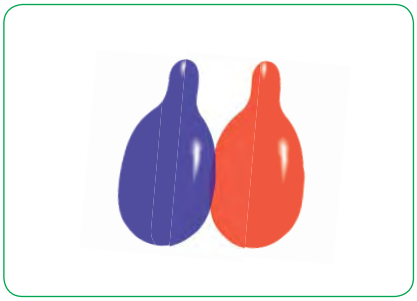
2 Advise the mother about good feeding practices

- Continue breastfeeding for as long as possible, at least until 24 months
- When baby is 6 months, breast milk is still important but not enough to meet the nutrition needs of growing baby. Start complementary feeding
- When breast feeding mother should eat an extra meal every day
- Use the chart on next page to counsel on complementary feeding

When an infant is 6 months old give complementary food. Add a variety of foods to thick rice porridge. Feed frequently according to the infants age and continue breast feeding

USAID

3 Discuss with the mother about the importance of Vitamin A supplementation for her child



- All children from 6 months to 5 years should receive vitamin A supplement twice per year – around May and November
- Vitamin A is distributed at health centers and during village outreach sessions
- Vitamin A saves children's lives by helping to protect them from common infections
- Vitamin A helps to keep children healthy and strong
- Vitamin A supplement is easy to give, safe, quick and painless
- Check that child has received vaccinations

❖ *Remind mothers to bring Child Health Card every time they attend outreach or health facilities*

4 If child is 12 months - 5 years discuss:

- Current feeding practices. Use complementary feeding chart to check if child is eating the required amount and variety
- Vitamin A supplementation for child twice per year around May and November
- Dewormiing medicine (mebendazole) which child can receive twice per year during the vitamin A supplementation round
- Check child has received the full course of vaccinations
- Remind her to bring Child Health Card every time she attends outreach or health facility

How to prepare for Vitamin A Supplementation Round

(Around May and November)

1 The month before the round

① Attend health center meeting to plan the vitamin A round

② Make a list or update list of children 0 -59 months

③ Make a list or update list of pregnant and post partum women

④ Inform the health staff about the number of women and children 0-59 months

⑤ Inform the village leader about the outreach activity and identify location

2 A few days before the round

① Inform mothers and caretakers about the HC outreach activity

- Who should come
- When, where and what time
- Explain why VAC is important
- Explain why Mebendazole is important

② Remind mothers to bring the Mother Card and Child Health Card

③ Conduct health education about vitamin A

3 Day of the Vitamin A Round

① Call mothers and children. Remind them to bring Child Health Card

② Help health staff set up the distribution area

③ Greet mothers and provide health education while they are waiting

④ Record vitamin A distribution in village volunteer register

⑤ Help with other activities as requested by health staff

4 Mop Up Activities

Village volunteers play an important role to ensure that all the children in their village receive vitamin A

① Following the vitamin A distribution check village register to see how many children were absent

② Estimate with health staff how many vitamin A capsules and mebendazole are needed

③ Visit families who did not attend. Explain about the importance of vitamin A

④ Check age of child

⑤ Give vitamin A (100,000 IU) to a child 6 – 11 months

⑥ Give vitamin A and half a tablet of Mebendazole to a child 12 – 23 months old

⑦ Give vitamin A 200,000 IU and 1 tablet of Mebendazole to a child 24 -59 months old

⑧ Record on the village volunteer register that the child has received vitamin A / Mebendazole

⑨ If the child has a Child Health Card record on the card that the child has received VAC and Mebendazole

⑩ Report back to health center staff and return any unused VAC and Mebendazole

Vitamin A Preventive Supplement Twice per year in May and November

(For children 6 – 59 months)

Target group	Dose vitamin A	Mebendazole
Children 6-11 months	100,000 IU 	*NO mebendazole*
Children 12 -59 months	200,000 IU 	12- 23 months *1/2 tablet (=250 mg) of Mebendazole*
		24 -59 months *1 tablet (=500 mg) of Mebendazole*

Post partum Vitamin A, Iron/Folate tablets and Mebendazole

(within the first six weeks after delivery)

Target group	Dose vitamin A	Iron folate	Mebendazole
Women within the first six weeks after delivery	200,000 IU	42 tablets 1 tablet a day	1 tablet *(=500 mg) of Mebendazole*

The Three Food Groups

Food Group	What do they do?	Where do you find them?	Examples
Carbohydrates and fats	Give you energy	sugary and starchy foods like rice, bread, potatoes, taro, cereals, and some fruit and vegetables Fats are in dairy products, meat and oils	
Proteins	Help your body grow and repair itself	fish, meats, poultry, eggs, dairy products, beans and nuts	

Food Group	What do they do?	Where do you find them?	Examples
Vitamins, minerals / micronutrients	Vitamins and micronutrients are good for protecting your body and keeping it healthy	Vitamins are mostly found in fresh fruit and vegetables and dairy products (milk, and eggs Minerals / micronutrients are in lots of foods but are especially in red meat, liver and fresh fruit and vegetables	
Fibre	Helps you digest food	Fruit, vegetables and cereals	

If we feed ourselves poorly, we get sick easier and recover slowly. If children are not fed well, they do not grow and develop well. They may become slow learners.

If pregnant women do not eat enough food and a variety of foods, they are at risk of malnutrition, anaemia and infection, which can lead to complications for the mother and baby during pregnancy, delivery and after delivery.

What is Iodine

1 What is Iodine

Iodine is a micronutrient that is present in seafood and added to salt. Only salt that has been fortified with iodine contains iodine.

2 Why iodine is important

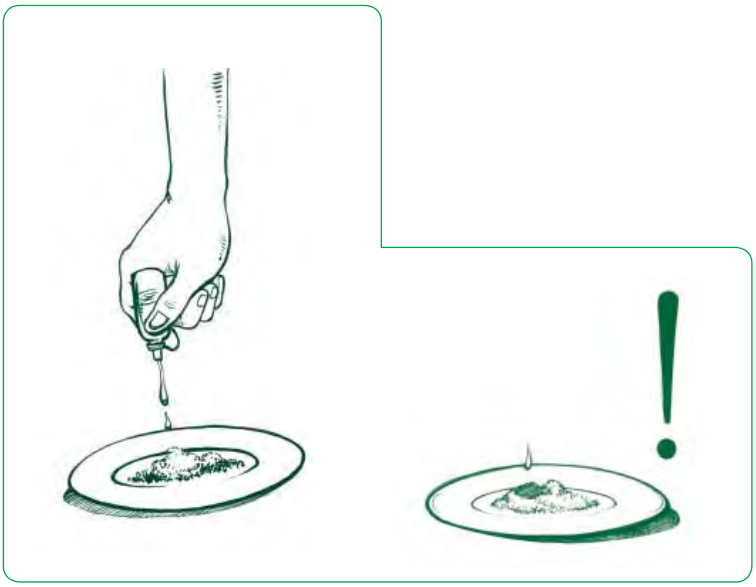
Iodine makes the thyroid gland work well. The thyroid gland is in the neck and plays an important role in the growth of children, the development and function of the brain, the way energy is used in the body, and also in regulating the body temperature.

Lack of iodine in the diet can cause:

- ☺ Goitre
- ☺ Impaired growth and mental retardation in children
- ☺ Fatigue and slow movements
- ☺ Miscarriage, birth abnormalities
- ☺ Low birth weight
- ☺ Still birth

3 How to test salt for iodine content

To test salt, ask mothers to bring a little of the salt they use at home. A small spoon of salt is enough.

- ☺ Add one or two drops of the test liquid to the salt
- ☺ If the salt turns purple, there is enough iodine in the salt
- ☺ If the salt stays the same, there is not enough or no iodine at all in the salt

If there is no Iodine in the salt, mothers and village chiefs should request salt vendors to provide iodized salt. Repeat the test on the newly acquired salt.