

Guidelines for facilitating a community-based support group meeting on infant and young child feeding



Alive & Thrive is an initiative to improve infant and young child feeding practices by increasing rates of exclusive breastfeeding and improving complementary feeding practices. The first two years provide a window of opportunity to prevent child deaths and ensure healthy growth and brain development. Alive & Thrive (A&T) aims to reach more than 16 million children under 2 years old in Bangladesh, Ethiopia, and Viet Nam through various delivery models. Learning will be shared widely to inform policies and programs throughout the world. Alive & Thrive is funded by the Bill & Melinda Gates Foundation and managed by FHI 360. Other members of the A&T consortium include BRAC, GMMB, the International Food Policy Research Institute (IFPRI), Save the Children, the University of California Davis, and World Vision.

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ACRONYMS AND ABBREVIATIONS

A&T	Alive & Thrive
BF	Breastfeeding
CBW	Community-based Worker
CF	Complementary Feeding
CHC	Commune Health Center
EBF	Exclusive Breastfeeding
IYCF	Infant and Young Child Feeding
IYCFSG	Infant and Young Child Feeding Support Group
PD	Positive Deviant
VHW	Village Health Worker

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Introduction

The guidelines in this document aim to support community-based workers (CBWs) in organizing and facilitating infant and young child feeding support group (IYCFSG) meetings in the community in an efficient, effective manner. Through these meetings, mothers and caregivers experience an environment open to discussion and learning about infant and young child feeding (IYCF) information and practices. This document is not a training manual. The guidelines provide specific steps – WHAT TO DO, HOW TO DO IT, and WHICH TOOLS TO USE.

CONTENT:

The guidelines cover 15 topics, 5 on breastfeeding (BF), 7 on complementary feeding (CF), and 3 on IYCF support in the community.

MATERIALS NEEDED:

To help community-based workers facilitate a group meeting, the following materials and tools need to be kept clean and tidy so that they can be easily picked out for use as needed.

- Alive & Thrive “Behavior change communication on IYCF in remote areas” trainee handbook
- A set of counseling cards on IYCF
- Dolls and breast models (where these are not available, invite mothers to demonstrate)
- A set of equipment for cooking demonstrations

PREPARATION FOR THE COUNSELING SESSION:

To have an effective group meeting, the CBW needs to make the following preparations in advance of the meeting:

- Read carefully the session in the “Trainee handbook” related to the meeting topic
- Select relevant counseling cards and read the content on the cards
- Get cooking demonstration equipment ready (if needed)
- Remind mothers and participants one day prior to the meeting on the timing and meeting venue that they agreed to at the previous meeting
- Come to the venue 15 minutes before the meeting to check the room and drinks; make sure there are enough seats for all participants

MEETING SCHEDULE:

Agreed by communes to ensure:

- Breastfeeding support groups have monthly meetings on a specified day
- Complementary feeding support groups have monthly meetings on a specified day
- Community groups hold meetings every two months

Types and topics of community-based infant and young child feeding support groups

Target groups	Meeting topics
Exclusive breastfeeding support group – one meeting/month	
<ul style="list-style-type: none"> • Pregnant women in the 3rd trimester • Mothers with children <6 months old 	<ol style="list-style-type: none"> 1. Maternal nutrition during pregnancy and lactation 2. Initiation of breastfeeding within one hour of birth 3. Exclusive breastfeeding in the first 6 months 4. How to breastfeed properly 5. Preparation for complementary feeding
Complementary support group – one meeting/month	
<ul style="list-style-type: none"> • Mothers with children aged 6 - 24 months old • Other caregivers in families with children 6 - 24 months old 	<ol style="list-style-type: none"> 1. Feeding children an adequate amount per day for their age 2. Feeding children diverse foods at each meal 3. How to prepare a hygienic meal 4. Nutritional care for children during sickness (illness) and recovery 5. Nutritional care for children with diarrhea and acute respiratory infection 6. Active feeding - Help children to eat well 7. Food demonstration
IYCF community support group – one meeting every two months	
<ul style="list-style-type: none"> • Decision-makers in families with children <24 months old 	<ol style="list-style-type: none"> 1. Causes and consequences of child malnutrition 2. Support from families and community for breastfeeding 3. Support from families and community for appropriate complementary feeding

TOPIC 1

MATERNAL NUTRITION DURING PREGNANCY AND LACTATION

Target audience:

Women in the last trimester of pregnancy and mothers having children under 6 months old.

Objectives:

After the meeting, mothers will be able to:

- Understand the importance of nutritional care for mothers during pregnancy and lactation for the development of the child
- Identify the specific care practices and diet for pregnant women in the last trimester and for lactating mothers

Preparation before the meeting:

- Read carefully Session 1 on page 15 in the trainee handbook
- Select counseling cards 1 and 2
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introductions	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Observe</i> (if any) mothers carrying their children and breastfeeding them; help mothers correct immediately if there is something wrong. 	
15 minutes	Step 1: Review content of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Tell mothers:</i> Today we will discuss the topic: Maternal nutrition during pregnancy and lactation • <i>Ask pregnant mothers</i> to share what they eat and how they take time to rest. • <i>Ask breastfeeding mothers</i> what they eat and how they take time to rest. • Praise mothers who know what to eat during pregnancy, lactation, and the importance of rest, and identify them as "positive deviants." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell mothers:</i> To know about appropriate nutritional care for pregnant women and breastfeeding mothers, we will discuss this topic together in this meeting. • <i>Use counseling card 1</i> to introduce "Maternal nutrition during pregnancy": Show mothers the picture and ask them to describe the details in the picture. • <i>Ask why</i> during pregnancy, mothers need to eat more than usual and need to consume iron tablets • <i>Read the back page</i> of counseling card 1 and explain why pregnant women need to eat more than usual and consume iron tablets. • <i>Use counseling card 2</i> to introduce "Nutrition for breastfeeding mothers." Show mothers the picture and ask them to describe all details in the picture. • <i>Ask why</i> breastfeeding mothers need to eat more than usual and drink enough water. 	<ul style="list-style-type: none"> • Counseling card 1  • Counseling card 2 

Time	Steps	How to do	Materials and Aids
		<ul style="list-style-type: none"> • Read the back page of counseling card 2 to explain why breastfeeding mothers need to eat more than usual and drink enough water. • Summarize key messages: <ul style="list-style-type: none"> <u>Nutrition for pregnant women:</u> <ul style="list-style-type: none"> ○ Consume iron tablets daily. ○ Eat 1-2 extra bowls of rice per day. ○ Eat adequate quantities from 4 different food groups. ○ Drink water frequently: 1.5 -2 liters of water per day. ○ Sleep well: 8 hours per day. ○ Do not use stimulants (wine, beer, cigarettes, etc.) <u>Nutrition for breastfeeding mothers:</u> <ul style="list-style-type: none"> ○ Eat 2 – 3 extra bowls of rice per day with meat, fish, oil, and vegetables. ○ Eat adequate quantities from 4 different food groups. ○ Drink more water: at least 1.5-2 liters per day. ○ Get adequate rest. ○ Do not use stimulants. 	
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <u>Ask mothers</u> what should be done to ensure adequate food and water intake. Could there be any difficulties following this advice? • <u>Ask mothers</u> to discuss how to overcome the difficulties. • <u>Invite positive deviant (PD) mothers</u> to share their experience. • <u>Ask mothers</u> to repeat key messages and get their commitment to practice, “Eat well – drink well – sleep well” for the healthy development of both mothers and children. 	

Time	Steps	How to do	Materials and Aids
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). ○ Remind mothers that when infants are older than 6 months, they should go to the support group for mothers of children 6-24 months old. 	

TOPIC 2

INITIATION OF BREASTFEEDING WITHIN ONE HOUR OF BIRTH

Target audience:

Women in the last trimester of pregnancy and mothers of children under 6 months old.

Objectives:

After the meeting, mothers will:

- Know and be able to explain why initiation of breastfeeding within one hour after birth is important

Preparation before the meeting:

- Read carefully session 3 on page 20 in the trainee handbook
- Select counseling cards 3 and 4
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Observe</i> (if any) mothers carrying their children and breastfeeding them; help mothers correct immediately if there is something wrong. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (<i>identify positive deviants</i>)	<ul style="list-style-type: none"> • <i>Tell mothers:</i> Today we will discuss the topic: Initiating breastfeeding within one hour of birth • <i>Ask mothers to tell about their delivery:</i> <ul style="list-style-type: none"> ○ Where did you give birth? When did you breastfeed your child for the first time? ○ Before the first breastfeed, did you give your child any prelacteals? If you did, why did you do so? • <i>Praise mothers</i> who breastfed their children within one hour of birth and did not feed them with any other food or drink. Acknowledge them as "positive deviants." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell mothers:</i> In order to understand why initiation of breastfeeding within one hour after birth is needed, we will discuss this topic together at this meeting. • <i>Use counseling card 3</i> and ask them to describe all details in the picture. • <i>Explain why initiation of breastfeeding within one hour of birth</i> is needed; explain clearly the benefit for children and for mothers. • <i>Tell mothers:</i> The most important benefit of breastfeeding immediately after birth is that 	<ul style="list-style-type: none"> • Counseling card 3 

Time	Steps	How to do	Materials and Aids
		<p>the child receives colostrum.</p> <ul style="list-style-type: none"> • <u>Use counseling card 4</u> and ask them to describe all details in the picture. • <u>Explain the benefits of colostrum</u> for the development of children. • <u>Emphasize</u>: To breastfeed children immediately after birth, mothers need support from midwives and other members in their family. • <u>Ask mothers</u> if they have any questions • Summarize key messages: <u>Benefits for children:</u> <ul style="list-style-type: none"> ○ Colostrum contains antibodies that help fight against diseases. ○ Contains nutrients to satisfy hunger; skin-to-skin contact helps prevent hypothermia ○ Rapidly clears meconium, which helps prevent jaundice after birth. • <u>For mothers:</u> <ul style="list-style-type: none"> ○ Helps the uterus to contract well, preventing postpartum bleeding. ○ Stimulates milk production – helping milk to “come in” faster. 	<ul style="list-style-type: none"> • Counseling card 4 
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <u>Ask pregnant mothers</u> if they think they might encounter any difficulties when practicing initiation of breastfeeding immediately after birth. • <u>Ask mothers to discuss</u> how to solve these difficulties and who can help them. • <u>Invite “positive deviants”</u> to share their experience. • <u>Invite mothers to repeat</u> key messages and get their commitment to practice “Initiation of breastfeeding within one hour of birth” for the health of mothers and children. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for 	

Time	Steps	How to do	Materials and Aids
		<p>the next meeting.</p> <ul style="list-style-type: none"> ○ Thank mothers and plan for the next meeting (topic, time, specific location). ○ Remind mothers that when infants are older than 6 months, they should go to the support group for mothers of children 6-24 months old. 	

TOPIC 3

EXCLUSIVE BREASTFEEDING IN THE FIRST 6 MONTHS

Target audience:

Women in the last trimester of pregnancy and mothers with children under 6 months old.

Objectives:

After the meeting, mothers will be able to:

- State what is meant by exclusive breastfeeding
- Understand and list the benefits of exclusive breastfeeding
- Commit to practicing exclusive breastfeeding

Preparation before the meeting:

- Read carefully session 3 (page 20) and session 5 (page 27) in the trainee handbook
- Select counseling cards 8, 9 and 13
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Observe</i> (if any) mothers carrying their children and breastfeeding them; help mothers correct immediately if there is something wrong. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Tell mothers:</i> Today we will discuss the topic: Exclusive breastfeeding in the first 6 months. • <i>Ask mothers to share:</i> <ul style="list-style-type: none"> ○ How do you feed your child (only breast milk, or with other milks and food)? Why do you do that? ○ <i>Ask mothers:</i> What does exclusive breastfeeding mean to you? • <i>Praise mothers</i> who are exclusively breastfeeding their children and do not feed them with any other food or drinks. Acknowledge them as "positive deviant mothers" (PD mothers). 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell mothers:</i> To understand what exclusive breastfeeding is and why exclusive breastfeeding is needed, we will discuss this topic together at this meeting. • <i>Show mothers counseling card 9</i> and ask them to describe all details in the picture. • <i>Tell mothers:</i> Exclusive breastfeeding in the first 6 months (180 days) means giving the children only breast milk, no water, no formula or food. • <i>Show mothers counseling card 13</i> and ask them to describe all details in the picture. • <i>Point at each colored column</i> in counseling card 13 and explain step by step the meaning of each. Emphasize that the green-colored column shows the supply from breast milk that meets the nutrient demand at different ages of the child. 	<ul style="list-style-type: none"> • Counseling card 9  • Counseling card 13 

Time	Steps	How to do	Materials and Aids
		<ul style="list-style-type: none"> • Emphasize: The period from 0–6 months (pointing at column 1) is the time when children need only breast milk and do not need any other food. However, in order to have enough milk for children in the first 6 months, mothers need to breastfeed their children properly and on demand, both during the day and night. • Show mothers counseling card 8 and ask them to describe all details in the picture. • Explain clearly why they need to empty each breast. • Ask mothers if they have any questions • Summarize key messages: <ul style="list-style-type: none"> ○ Do not give children any food or drinks, not even plain water. ○ Breastfeed children on demand, both day and night. ○ Empty one breast before switching to the other. 	<ul style="list-style-type: none"> • Counseling card 8 
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • Ask mothers if they think they might encounter any difficulties when practicing exclusive breastfeeding. • Ask everyone to discuss how to solve these difficulties • Invite PD mothers to share their experience. • Ask mothers to repeat key messages and get their commitment to practice “exclusive breastfeeding for the first 6 months.” 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active at the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). ○ Remind mothers that when infants are older than 6 months, they should go to the support group for mothers of children 6-24 months old. 	

TOPIC 4

HOW TO BREASTFEED PROPERLY

Target audience:

Women in the last trimester of pregnancy and mothers of children under 6 months old

Objectives:

After the meeting, mothers will be able to:

- Know how to position and attach their children properly during a breastfeed
- Commit to breastfeed children properly to ensure successful exclusive breastfeeding

Preparation before the meeting:

- Read carefully session 6 (page 29) in the trainee handbook
- Select counseling card 7
- Locate a doll and a breast model
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members.

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Observe</i> (if any) mothers carrying their children and breastfeeding them; help mothers correct immediately if there is something wrong. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Tell mothers:</i> Today we will discuss the topic: How to breastfeed properly. • <i>Invite mothers</i> to tell how they usually breastfeed their children (Do they lie or sit? How long is each feed?) • <i>Ask mothers</i> to breastfeed their children (if they brought their children with them) and others to observe and give comments. • <i>Praise mothers</i> who attach their children properly and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell mothers:</i> To understand what proper breastfeeding is and why we need to breastfeed properly, we will discuss this topic at this meeting. • <i>Show mothers counseling card 7</i> and ask them to describe all details in the picture. • <i>Explain</i> what proper breastfeeding is and why mothers need to breastfeed properly. • <i>Further explain:</i> Consequences of breastfeeding inappropriately (use information in session 6, page 32 in the trainee handbook) • <i>Use a doll and a breast model</i> to demonstrate or invite a mother to breastfeed her child; show mothers how to breastfeed properly. • <i>Invite a mother with her child to practice:</i> The whole group observes and gives comments and then all mothers practice with their children or dolls. 	<ul style="list-style-type: none"> • Counseling card 7 

		<ul style="list-style-type: none"> • <u>Ask mothers</u> if they have any questions • Summarize key messages: <u>Signs of proper breastfeeding:</u> <ul style="list-style-type: none"> ○ The mother should be in a comfortable position with her back supported. ○ The child’s full body should be supported with his head and body in line. ○ Attachment: The child should take a mouthful of areola. ○ The mother should empty one breast before switching to the other. ○ The mother should breastfeed her child on demand, both day and night. • <u>Benefits:</u> helps produce more breast milk and maintains breastfeeding so the child breastfeeds longer and there is sufficient growth. • <u>Consequences of poor attachment:</u> <ul style="list-style-type: none"> ○ The child does not get enough milk, which leads to malnutrition. ○ Breast milk production is reduced and breast problems might occur (cracked nipple, nipple fissure, blocked ducts, abscess, etc.). 	<ul style="list-style-type: none"> • A doll or breast model (if any)
10 minutes	<p>Step 4: Share experience and get commitment to practice at home</p>	<ul style="list-style-type: none"> • <u>Ask mothers</u> if they encountered any difficulties when they first tried adopting good breastfeeding practices. • <u>Ask everyone</u> to discuss how to solve those difficulties. • <u>Invite PD mothers</u> to share their experience. • <u>Ask mothers to repeat</u> key messages and get their commitment on practicing “How to breastfeed properly.” 	
5 minutes	<p>Step 5: Evaluate the meeting and plan for the next meeting</p>	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active at the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). ○ Remind mothers that when infants are older than 6 months, they should go to the support group for mothers of children 6-24 months old. 	

TOPIC 5

PREPARATION FOR COMPLEMENTARY FEEDING

Target audience:

Mothers of children 5 - 6 months old.

Objectives:

After the meeting, mothers will be able to:

- Understand why it is necessary to start complementary feeding at 6 months (180 days)
- Know how to help children accept complementary food at the first feed

Preparation before the meeting:

- Read carefully session 7 on page 33 in the trainee handbook
- Select counseling cards 13 and 14
- Be at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment. • <u>Introduce</u> new members (if any). • <u>Observe</u> (if any) mothers carrying their children and breastfeeding them; help mothers correct immediately if there is something wrong. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Tell mothers:</u> Today we will discuss the topic: Preparation for complementary feeding. • <u>Ask mothers:</u> <ul style="list-style-type: none"> ○ When did mothers in the village start feeding their children complementary food? What kinds of food did they use? ○ In our group, who started complementary feeding for your children? Which kinds of food did you use? Why did you do that? • <u>Praise mothers</u> who started complementary feeding at the right time and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <u>Tell mothers:</u> To know the most appropriate time to start complementary feeding, we will discuss this topic together at this meeting. • <u>Show mothers counseling card 13</u> and ask them to describe all details in the picture. • <u>Point at the columns</u> and explain that the symbol of a bowl on a blue background means that this is the time when a child needs to be given complementary food. This counseling card shows that only when children are at 6 months of age do they need complementary food. 	<ul style="list-style-type: none"> • Counseling card 13 

Time	Steps	How to do	Materials and Aids
		<ul style="list-style-type: none"> • <u>Emphasize</u> the consequences of starting complementary feeding too early or too late. • <u>Show mothers counseling card 14</u> and ask them what they see in the picture (<i>describe all details</i>). • <u>Read the information on</u> the back of the counseling card to explain clearly frequency, quantity and diversity of food, etc. • <u>Emphasize:</u> When starting complementary feeding, mothers should feed their children with 2-3 spoons of watery semi-solid soup then increase to half a bowl per meal. • <u>Ask mothers</u> if they have any questions. • Summarize key messages: <ul style="list-style-type: none"> ○ <u>The right time</u> to start complementary feeding is when children are at the age of 6 completed months. ○ <u>Help children get acquainted with complementary food</u> by 2-3 spoons semi-solid soup, then increase to half a bowl per meal. The introductory period should not last more than 1 week. ○ <u>If complementary food is started too early</u> (children are under 6 months), the children will breastfeed less, leading to reduced production of breast milk. Children’s intestines are weak, so introducing other food is likely to increase the risk of diarrhea. ○ <u>If complementary food is started too late</u> (children are older than 6 – 7 months), breast milk no longer provides enough energy for the healthy growth of the children, which increases the risk of malnutrition. 	<ul style="list-style-type: none"> • Counseling card 14 
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <u>Ask mothers</u> whether they encountered any difficulties when practicing complementary feeding at the right time • <u>Ask everyone</u> to discuss how to solve those difficulties • <u>Invite “PD mothers”</u> to share their experience. • <u>Ask mothers to repeat</u> key messages and get their commitment to practice “preparation for 	

Time	Steps	How to do	Materials and Aids
		good complementary feeding.”	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 6

FEEDING CHILDREN AN ADEQUATE AMOUNT OF FOOD PER DAY FOR THEIR AGE

Target audiences:

Mothers and child caregivers in families of children aged from 6 - 8 months old. *(Or 8-11 months, or above 12 months)*

Objectives:

After the meeting, mothers will be able to:

- Understand how many meals per day a child needs according to the child's age
- Know how much food per meal is enough and appropriate for the child's age

Preparation before the meeting:

- Read carefully session 7 (page 33) in the trainee handbook
- Select counseling cards 17 and 14 *(or 15, or 16 depending on the target audiences)*
- Be at the venue 15 minutes before the meeting: Prepare tea, water and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for conducting the meeting:

Time	Steps	How to conduct	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment. • <u>Introduce</u> new members (if any). • <u>Ask the mothers</u> to share the health status and diets of their children. 	
15 minutes	Step 1: Review the topic of the previous meeting	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Tell everyone:</u> Today we will discuss the topic: Feeding children an adequate amount per day for their age • <u>Ask the mothers:</u> How many meals do you usually feed your children in a day? How much food do your children eat at each meal? • <u>Praise the mothers</u> who give their children complementary food in adequate and appropriate amounts for their ages and acknowledge these mothers as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss contents of the new topic	<ul style="list-style-type: none"> • <u>Talk to the mothers:</u> The appropriate number of meals per day and the amount of food per meal that children need at different ages will be discussed together at this meeting. • <u>Use counseling card 14</u> to introduce the appropriate amount of food for children ages 6-8 months (<i>focusing on frequency and amount of food</i>) 	<ul style="list-style-type: none"> • Counseling card 14 

Time	Steps	How to conduct	Materials and Aids
		<ul style="list-style-type: none"> • Further emphasize that the semi-solid soup/porridge for the children needs to be thick enough because if it is too watery, children will be full without receiving the necessary amount of food. Show mothers the picture of 2 spoons of semi-solid food on counseling card 17 so that they know appropriate food consistency. • Note for the CBW: <ul style="list-style-type: none"> ○ <i>If the target audience is mothers of children 9-11 months old, the CBW does the same as above using counseling card 15, and using counseling card 16 for mothers of children 12-23 months old.</i> • Talk about the diet for children who are breastfed on demand. If children are not breastfed, they need to be fed 1-2 extra meals/day to grow well. • Ask the mothers if they have any questions. • Summarize key messages: <i>Depending on the age of children of mothers attending the meeting, summarize key messages which are appropriate for that age.</i> <p>The number of meals increases gradually by age</p> <p>Children from 6-8 months old:</p> <ul style="list-style-type: none"> ○ 2-3 main meals + 1-2 snacks + frequent BF ○ 2-3 spoons when starting complementary feeding; gradually increased to half a 250 ml bowl. <p>Children from 9-11 months old:</p> <ul style="list-style-type: none"> ○ 3-4 main meals + 1-2 snacks + breastfeeding ○ half a 250 ml bowl per meal <p>Children from 12-23 months old:</p> <ul style="list-style-type: none"> ○ 3-4 main meals + 1-2 snacks + breastfeeding ○ ¾ to one 250 ml bowl per meal 	<ul style="list-style-type: none"> • Counseling card 17  <ul style="list-style-type: none"> • Counseling card 15  <ul style="list-style-type: none"> • Counseling card 16 
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • Ask the mothers: Are there any difficulties practicing age-appropriate complementary feeding for children? • Invite everyone to discuss how to overcome these difficulties. • Invite PD mothers to share their experience. 	

Time	Steps	How to conduct	Materials and Aids
		<ul style="list-style-type: none"> • <i>Ask the mothers to repeat</i> what they have learned today. Invite mothers with children of various ages to commit to practicing "age-appropriate complementary feeding with adequate amounts of food and continued breastfeeding up to 24 months of age" 	
5 minutes	<p>Step 5: Evaluate the meeting and plan for the next meeting</p>	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 7

FEEDING CHILDREN DIVERSE FOODS AT EACH MEAL

Target audiences:

Mothers and child caregivers in families of children 6-24 months old.

Objectives:

After the meeting, the mothers and caregivers will be able to:

- Identify names of 4 food groups that are necessary at each complementary feeding meal
- Understand the importance of feeding children a variety of foods

Preparation before the meeting:

- Read carefully session 8 (page 35) in the trainee handbook
- Select counseling cards: 17 and 18
- Be at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for conducting the meeting:

Time	Steps	How to conduct	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment. • <u>Introduce</u> new members (if any). • <u>Ask the mothers</u> to share the health status and diets of their children. 	
15 minutes	Step 1: Review the topic of the previous meeting	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Tell everyone:</u> Today we will discuss the topic: Feeding children diverse food at each meal • <u>Ask the mothers:</u> What do you usually feed your children? Which kinds of food are used to prepare the semi-solid soup/porridge? • <u>Praise the mothers</u> who prepare meals for their children with 4 food groups and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss contents of the new topic	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> Why we need to feed children diverse foods and the 4 main food groups will be discussed together at this meeting. • <u>Show the mothers counseling card 17</u> and ask them what they see (describe all details). • <u>Point to the top line</u> of counseling card 17 and name 4 food groups that children need at each meal, including: <ol style="list-style-type: none"> 1. Starch: found in rice, corn, potato and cassava 2. Protein: found in meat, fish, eggs, shrimp, beans, etc. 3. Lipid: found in fats and oils, butter, 	<ul style="list-style-type: none"> • Counseling card 17 

Time	Steps	How to conduct	Materials and Aids
		<p>sesame seeds and peanuts</p> <p>4. Vitamins, minerals and fiber: found in vegetables and ripe fruits</p> <ul style="list-style-type: none"> • <i>Ask the mothers</i> about food usually available such as vegetables, crabs and shellfish, etc. and ask them to arrange these foods in four food groups. • <i>Emphasize</i>: Children need to be given food from all 4 food groups. The food needs to be changed frequently to maintain good appetite and healthy growth. • <i>Show mothers counseling card 18</i> and ask them to describe all details in the picture. • <i>Further explain</i> about some iron-rich and vitamin A-rich foods that are very good for children • <i>Ask mothers</i> if they have any questions • Summarize key messages: • A complementary meal for children needs to include all 4 types of food: <ul style="list-style-type: none"> ○ Starch: rice, corn, potato, wheat ○ Protein: meat, fish, shrimp, beans, etc. ○ Vitamins and minerals: vegetables and fruits ○ Lipid: oils, fats, butter, sesame seeds and peanuts • Feeding children diverse foods: change dishes frequently to increase appetite and prevent deficiency (<i>or excess</i>) of vitamins and minerals. 	<ul style="list-style-type: none"> • Counseling card 18 
10 minutes	<p>Step 4: Share experience and get commitment to practice at home</p>	<ul style="list-style-type: none"> • <i>Ask the mothers</i>: Is there any difficulty feeding diverse foods to your children? • <i>Invite everyone</i> to discuss how to overcome these difficulties. • <i>Invite the PD mothers</i> to share their experience. • <i>Ask the mothers</i> to repeat what they have learned today (key messages) and get their commitment to "Feeding children diverse 	

Time	Steps	How to conduct	Materials and Aids
		foods at each meal."	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active at the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 8

HOW TO PREPARE A HYGIENIC MEAL

Target audience:

Mothers and child caregivers in families of children ages 6-24 months old

Objectives:

After the meeting, the mothers and caregivers will be able to:

- Name "four cleans" when preparing complementary meals for their children
- Understand why they need to ensure "four cleans" and commit to practice those when cooking for their children at home

Preparation before the meeting:

- Read carefully session 9 (*page 37*) in the trainee handbook
- Select counseling card 19
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for conducting the meeting:

Time	Steps	How to conduct	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment. • <u>Introduce</u> new members (if any). • <u>Ask the mothers</u> to share the health status and diets of their children. 	
15 minutes	Step 1: Review the topic of the previous meeting	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Tell everyone:</u> Today we will discuss the topic: How to prepare a hygienic meal • <u>Ask the mothers:</u> to tell how they prepare food for their children. • <u>Praise mothers</u> (if any) who pay attention to hygiene when cooking for their children and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss contents of the new topic	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> Why we need to pay attention to ensure hygiene when preparing food for children and how to prepare hygienic meals will be the topic for discussion at this meeting. • <u>Show the mothers counseling card 19</u> and ask them to describe all details in the picture. • <u>Explain</u> when they need to wash hands and how to wash hands to ensure proper hygiene. • <u>Explain:</u> Based on session 9 on page 37 in the trainee handbook, give further explanation: <i>The child's intestines are weak and easily vulnerable. When the child eats strange or unclean food, the child is likely to develop diarrhea.</i> 	<ul style="list-style-type: none"> • Counseling card 19 

Time	Steps	How to conduct	Materials and Aids
		<ul style="list-style-type: none"> • <i>Talk to the mothers:</i> To ensure a hygienic meal, mothers need to practice all "four cleans:" <ul style="list-style-type: none"> ○ Clean hands: Wash hands before cooking and feeding a child ○ Clean tools: Clean knives, chopping-boards, pans, pots and bowls, etc. ○ Clean foods: Use fresh foods and wash them ○ Clean storage: Keep food in a covered container and in clean and dry places • <i>Emphasize:</i> In the "four cleans," "clean hands" is a key point because dirty hands directly pass bacteria to the child. • <i>Ask the mothers if</i> they have any questions. • Summarize key messages: <ul style="list-style-type: none"> ○ The child's intestines are weak, thus the child is likely to get diarrhea when eating unclean food ○ Practice the "Four cleans" when preparing food for a child ○ Wash hands with soap and clean water: <ol style="list-style-type: none"> 1. Before preparing food and feeding the child 2. After going to the toilet and changing the child's diapers and cleaning him 	<ul style="list-style-type: none"> • Session 9 on page 37 in trainee handbook
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <i>Ask the mothers:</i> Were there any difficulties in practicing complementary feeding with the "four cleans" as we discussed? • <i>Ask everyone</i> to discuss how to overcome these difficulties. • <i>Invite the PD mothers</i> to share their experience. • <i>Ask the mothers</i> to repeat what they have learned today (key messages) and get their commitment to practice "four cleans when preparing complementary meals for children'.' 	

Time	Steps	How to conduct	Materials and Aids
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 9

NUTRITIONAL CARE FOR CHILDREN DURING SICKNESS (ILLNESS) AND RECOVERY

Target audience:

Mothers and child caregivers in families of children aged 6 - 24 months old.

Objectives:

After the meeting, the mothers will be able to:

- Know the principles when feeding sick (ill) children and during the recovery period
- Know how to recognize danger signs in their children and when to take them to health facilities

Preparation before the meeting:

- Read carefully session 11 (page 41) in the trainee handbook
- Select counseling card 21
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for conducting the meeting:

Time	Steps	How to conduct	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment • <u>Introduce</u> new members (if any) • <u>Ask the mothers to share the health status and diets of their children</u> 	
15 minutes	Step 1: Review the topic of the previous meeting	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Talk to everyone:</u> Today we will discuss the topic: Nutritional care for children during sickness (illness) and recovery • <u>Ask the mothers:</u> to tell how they feed their children when their children are sick (ill) and after they have recovered. • <u>If there are mothers</u> who know how to take care of their children during and after sickness, praise and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss contents of the new topic	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> Understanding the importance of nutritional care for sick (ill) children after recovery from sickness (illness), will be discussed together at this meeting. • <u>Show the mothers counseling card 21</u> and ask them to describe all details in the picture. • <u>Read the back page of counseling card 21 and tell the mothers:</u> <ul style="list-style-type: none"> ○ When children are sick, they are often tired and lose their appetite. Thus, you should breastfeed them more frequently and divide their food into small meals. ○ When children are recovering from illness, they are likely to eat a lot (eating with good appetite after a long illness). Thus, you should feed them more than usual (1 	<ul style="list-style-type: none"> • Counseling card 21 

Time	Steps	How to conduct	Materials and Aids
		<p>extra meal/day) until they are fully recovered (regaining weight).</p> <ul style="list-style-type: none"> • <u>Note to emphasize:</u> <ul style="list-style-type: none"> ○ If one of these danger signs is detected, a child should be taken to a health facility as soon as possible: refusing to breastfeed, having diarrhea and being very thirsty, vomiting a lot, a fever (high temperature, >39 degree Celsius), convulsions, sleeping soundly and hard to wake up, etc. ○ Nutritional care for children during sickness and recovery is very important as it helps them to recover quickly and prevents the risk of malnutrition and diseases later in life. • <u>Ask the mothers</u> if they have any questions. • Summarize key messages: <ul style="list-style-type: none"> ○ <u>Children under 6 months:</u> Exclusively breastfeed in all cases ○ <u>For sick children:</u> Breastfeed more frequently; split meals into small meals, give a lot of water and Vitamin C-rich food ○ <u>For children who are recovering:</u> Continue breastfeeding; feed them 1 extra meal/day until they regain their weight ○ <u>Take children to health facilities</u> as soon as danger signs are detected 	<ul style="list-style-type: none"> • Session 11 on page 43
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <u>Ask the mothers</u> if they can follow the recommendations during and following illness. What support do they need • <u>Ask everyone</u> to discuss together feeding and support during and after illness • <u>Ask the mothers</u> to repeat what they have learned today (key messages) and danger signs that require taking children to health facilities • <u>Get mothers' commitment</u> to support each other to adopt the feeding recommendations when any family has a sick child. 	

Time	Steps	How to conduct	Materials and Aids
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 10

NUTRITIONAL CARE FOR CHILDREN WITH DIARRHEA AND ACUTE RESPIRATORY INFECTION

Target audience:

Mothers and child caregivers in families of children aged 6-24 months old

Objectives:

After the meeting, the mothers will be able to:

- Know and describe how to take care of children having diarrhea or acute respiratory infection
- Identify danger signs and treatment

Preparation before the meeting:

- Read carefully session 11 (page 42) in the trainee handbook
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members.

Duration: 90 minutes

Suggestions for conducting the meeting:

Time	Steps	How to conduct	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment • <u>Introduce</u> new members (if any) • <u>Ask the mothers to share the health status and diets of their children</u> 	
15 minutes	Step 1: Review the topic of the previous meeting	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Talk to everyone:</u> Today we will discuss the topic: Nutritional care for children with diarrhea and acute respiratory infection • <u>Ask the mothers</u> to tell how they feed their children when they have diarrhea or a cough and a fever. • <u>Praise the mothers</u> (if any) who know how to take care of their children properly when they have diarrhea or acute respiratory infection and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss contents of the new topic	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> Knowing the best nutritional care practices for children diarrhea or acute respiratory infection will be the topic of this meeting's discussion • <u>Give further explanation:</u> In this meeting, we discuss nutritional care practices at home in cases when the following symptoms are detected: <ul style="list-style-type: none"> ○ Passing watery stools more than 5 times a day ○ Having a cough, a fever, and a runny nose (children with acute respiratory infection) • <u>Read session 11 on page 42:</u> Introduce mothers to the nutritional care for children with diarrhea and acute respiratory infection, 	

Time	Steps	How to conduct	Materials and Aids
		<p>respectively.</p> <ul style="list-style-type: none"> ○ For children with diarrhea: Do not feed them a strict diet. Breastfeed more frequently and give them more water. Give ORS to prevent dehydration. (<i>Read appendix to know how to prepare ORS</i>) ○ For children with acute respiratory infection: Breastfeed more frequently; divide food into small meals (<i>because children often vomit</i>). Give them fresh fruit juice. Let the children sit or half sit and half lie down when eating to help them swallow more easily. ● <u>Note to emphasize:</u> <ul style="list-style-type: none"> ○ If the child has symptoms (<i>danger signs</i>) such as refusing to breastfeed, having diarrhea and being very thirsty, vomiting a lot, having a fever (high temperature, >39 degree Celsius), having convulsions; sleeping soundly and hard to wake up, etc., take the child to a health facility as soon as possible. ○ Nutritional care for children with diarrhea or acute respiratory infection is very important as it helps them recover quickly and prevents the risk of malnutrition and diseases later in life. ● <u>Ask the mothers</u> if they have any questions. ● Summarize key messages: <ul style="list-style-type: none"> ○ <u>For the children with diarrhea:</u> Breastfeed more frequently; give the children plenty of water or ORS water. Do not feed them a strict diet. Divide their food into many small meals. ○ <u>For the children with acute respiratory infection:</u> Breastfeed more frequently; Divide their food into many small meals. Give them fresh fruit juice. Let them sit while feeding. ○ <u>Take the children to health facilities</u> as soon as danger signs are detected. 	<ul style="list-style-type: none"> ● Session 11 on page 42
10	Step 4: Share	<ul style="list-style-type: none"> ● <u>Ask the mothers</u> if they can do as 	

Time	Steps	How to conduct	Materials and Aids
minutes	experience and get commitment to practice at home	<p>recommended. What support do they need?</p> <ul style="list-style-type: none"> • <u>Ask everyone</u> to discuss what they have learned today and <u>get their commitment</u> to support each other when any family has a sick child. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active at the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 11

ACTIVE FEEDING – HELP CHILDREN TO EAT WELL

Target audience:

Mothers and family caregivers of children aged 6 - 24 months old.

Objectives:

After the meeting, mothers will be able to:

- Understand and practice active feeding - to help children eat well

Preparation before the meeting:

- Read carefully session 8 (page 36) in the trainee handbook
- Select counseling card 20
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Ask the mothers to share the health status and diets of their children.</i> 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Talk to the mothers:</i> Today we will discuss the topic: How to help children eat well • <i>Ask the mothers</i> to share how they feed their children and how long it takes to feed them. • <i>Praise the mothers</i> (if any) who know how to feed children appropriately and acknowledge them as "PD mothers." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell the mothers:</i> If children regularly do not get enough food, they may be at risk of malnutrition. At this meeting we will discuss the best way to feed children. • <i>Show the mothers counseling card 20</i> and ask them to describe all details in the picture. • Read the back page of counseling card 20 and explain how to feed children the right way. • <i>Notes:</i> <ul style="list-style-type: none"> ○ When children are getting used to eating different foods, they may push food out of their mouth. This does not necessarily mean they do not like the food. ○ When introducing new food, mothers need to feed their children a little 	<ul style="list-style-type: none"> • Counseling card 20 

Time	Steps	How to do	Materials and Aids
		<p>at a time.</p> <ul style="list-style-type: none"> • <i>Ask the mothers</i> if they have any questions. • Summarize key messages: <ul style="list-style-type: none"> ○ <i>When cooking food:</i> Pay attention to the child's interests and regularly change food to encourage children to eat well. Prepare small pieces of soft food for children that they can eat by themselves. ○ <i>When feeding children:</i> Be patient and encourage them to eat. Let them sit with the family and eat by themselves with the mothers' support. ○ <i>Do not distract them while feeding (such as watching television):</i> Do not force them to eat or get angry or leave them to eat on their own; do not take too long to feed them (more than 30 minutes); and do not force children to eat more food than is needed for their age. 	
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <i>Ask the mothers:</i> Are there any difficulties feeding children the way we have discussed? What support do you need? • <i>Ask the mothers</i> to discuss how to overcome difficulties. • <i>Invite PD mothers</i> to share their experience. • <i>Ask the mothers</i> to repeat what they have learned today and commit to practice active feeding – help children to eat well. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 12

FOOD DEMONSTRATION

Target audiences:

Mothers and caregivers in families of children of the same age group: 6 – 8 months, 9 – 11 months or 12 - 23 months old.

Objectives:

After the meeting, mothers will be able to:

- Understand and describe principles of a preparing complementary meal, that meet the nutritional demands of children according to their ages
- Practice cooking a meal for children appropriate for their age

Preparation before the meeting:

- Read carefully session 10 (page 40) in the trainee handbook
- Select counseling card 17
- Collect cooking equipment: gas stove, pots, knives, cutting boards, bowls, spoons, chopsticks, spices, clean wiping cloth, water, etc.
- Clean food that will be prepared during the meeting: four food groups that are enough to prepare 2-3 meals for children (according to age groups invited to the meeting)
- Arrive at the meeting venue 15 minutes before the session: Prepare table, stove, cooking tools, and food.

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <u>Ask and talk</u> openly about farm work or mother's employment • <u>Introduce</u> new members (if any) • <u>Ask the mothers to share the health status and diets of their children</u> 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <u>Ask</u> mothers to repeat the topic of the previous meeting. Ask them what they have done since the meeting to adopt new practices. What was their experience? Did they have any difficulty with the new practice? If any mothers still have problems, invite others to share their experience. • <u>CBW summarizes</u> main contents of the previous topics. 	
15 minutes	Step 2: Learn about mothers' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> Today we will "Prepare a hygienic meal" that is appropriate for your children' ages. • <u>Ask the mothers</u> to share how they prepare food for their children. • <u>Praise the mothers (if any)</u> who know how to prepare an appropriate complementary meal and acknowledge them as "<i>PD mothers.</i>" 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <u>Tell the mothers:</u> In the previous meetings, we learned about age-appropriate complementary feeding. Today we will practice together to prepare an appropriate complementary meal. • <u>Show the mothers counseling card 17</u> and ask them to describe all details in the picture. • <u>Repeat:</u> A child's meal should include all four food groups (as in the picture) and a variety of food available in the local area. • <u>Point to the food</u> (which has been prepared) and tell others which food will be used for food demonstration and for which age group. • <u>Read the back page of counseling card 17:</u> Repeat the steps to prepare a 	<ul style="list-style-type: none"> • Counseling card 17 

Time	Steps	How to do	Materials and Aids
		<p>complementary meal.</p> <ul style="list-style-type: none"> • <i>Practice:</i> Cook and describe what you are doing at the same time such as how to measure water and powder correctly. • <i>Remind about good hygiene practice.</i> Ask questions (how much powder, meat/ shrimp, vegetable, oil, etc. is needed for a child of this age) to get the mothers' attention. • <i>Pour the cooked food into a bowl</i> and invite mothers to taste and then give their comments. Use a spoon to test the consistency of the food and ask mothers to note this. • <i>Invite 1 – 2 mothers</i> to practice in turn preparing the food. • Summarize key messages: A complementary meal that meets the child's need must be: <ul style="list-style-type: none"> ○ Sufficient quantity (number of meals/day, number of foods/meal) and appropriate for the child's stomach size ○ Proper consistency ○ Representative of all four food groups ○ Hygienic • Offer different foods each day: Give the child diverse foods 	<ul style="list-style-type: none"> • <i>Session 10 (page 40)</i> in the trainee handbook
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <i>Ask the mothers:</i> Are there any difficulties following the recommended practices? What support do you need? • <i>Ask the mothers</i> to discuss together how to overcome these difficulties. • <i>Invite PD mothers</i> to share their experience • <i>Ask the mothers to repeat</i> what they have learned today and to commit to practice at home: preparing a complementary meal that follows the right process, meets the nutritional needs of children according to their ages, and is hygienic. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all mothers who actively participated in discussion. ○ Encourage mothers who did not talk much to be more active in the next meeting. 	

Time	Steps	How to do	Materials and Aids
		<ul style="list-style-type: none"> ○ Ask mothers if they have any comments or if any changes need to be made for the next meeting. ○ Thank mothers and plan for the next meeting (topic, time, specific location). 	

TOPIC 13

CAUSES AND CONSEQUENCES OF CHILD MALNUTRITION

Target audiences:

Grandparents, parents, and decision-makers in families with pregnant women in the last trimester and children under 24 months old.

Objectives:

After the meeting, group members will be able to:

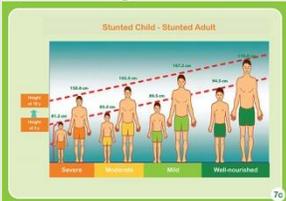
- Understand the causes and consequences of child malnutrition
- Commit to help mothers follow good feeding practices to prevent child malnutrition in the community.

Preparation before the meeting:

- Read carefully session 1 (page 3) in the trainee handbook
- Select counseling card 7b (*Stunted child – Stunted adult*)
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Group members</i> share freely about the village situation, and their health, family and children, etc. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> attendees who attended a previous meeting to share what they learned and if they have taken any action in response to what they learned. What was their experience? • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about family members' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Talk to everyone:</i> Today we will discuss the topic: The causes of malnutrition and its severe consequences and the role of family members in malnutrition prevention. • <i>Ask everyone</i> about the nutritional status of children in their village and which children grow well, are healthy, and are taken care of properly. • <i>Praise the families (if any)</i> having healthy children because they are carefully taken care of by parents, grandparents, etc. and then acknowledge them as "PD families." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell everyone:</i> If we want our children to grow healthy in the future, our priority should be given to nutritional care beginning during gestation. What can grandparents and parents do to accomplish that? We will discuss these topics during today's meeting. • <i>Show everyone counseling card 7c</i> "Stunted child - stunted adult." Show the picture so that everyone can see that if the child is malnourished at 3 years of age, the child's height will continue to be below average even at 18 years of age. • <i>Tell all group members:</i> Scientists have proven that the height of an adult (18 years old) = the height of the child at 3 years old + 77 cm. Then point to the picture and give 2 examples, one of malnourished child and the other of a healthy child to illustrate. 	<ul style="list-style-type: none"> • Counseling card 7c 

- Tell everyone: We all want to have smart and healthy children, but not all of us know how to get that result. Now let's find out what makes children stunted when they are 3 years old.
 - Fetal malnutrition – children are born with a low birth weight because pregnant women did not eat well, overworked, and had inadequate antenatal care
 - Inappropriate feeding: Children are not exclusively breastfed in the first six months and the quantity and quality of complementary meals are not adjusted for their age
 - Infectious diseases
 - Poor personal and environmental hygiene
- The consequences of malnutrition are severe and are not as simple as we thought:
 - Malnutrition affects the intellectual development of a child and makes it difficult for the child to learn well and succeed in the future.
 - Malnourished children have low resistance to infections, making malnutrition more severe, and increasing medical costs, even the risk of disability.
 - Malnutrition is the main cause of death in children.
 - All of these consequences have bad economic affects for both the families and communities.
- Ask the group members to repeat the above content
- Summarize key messages:
 - To have a strong and healthy generation in the future, we need to prevent malnutrition immediately.
 - Families and communities need to support mothers in the nutritional care of their children from pregnancy until 24 months of age:
 - Pregnant women and breastfeeding mothers need to eat and drink more than usual.
 - Favorable conditions should be created for mothers to breastfeed exclusively in the first six months of life including enabling mothers to be at home or

		<p>work near the house, do light work, eat and sleep well, etc. during the period of lactation.</p> <ul style="list-style-type: none"> ▪ Time and money should be prioritized to ensure that the child is given complementary food that meets his/her needs and is appropriate for the child's age. ▪ Mothers should be supported and reminded to attend monthly group meetings to know how to take good care of their children until two years of age. 	
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <u>Ask everyone</u> to share their experience about what should be done for better nutritional care of their wives/ children/ grandchildren. • Are there any difficulties in following the recommended practices? Invite PD families to share their experience. • <u>Get their commitment</u> to create favorable conditions for mothers. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all members who actively participated in discussion. ○ Ask the group members if they have any comments or if any change needs to be made in the next meeting. • <u>Introduce the topic</u> of the next meeting (14 or 15) and encourage all members to attend. • <u>Thank everyone</u> and plan for the next meeting (specific time and place). 	

TOPIC 14

BREASTFEEDING SUPPORT FROM FAMILY AND COMMUNITY

Target audiences:

Grandparents, parents, decision-makers of families with pregnant women in the last trimester and children under 6 months old

Objectives:

After the meeting, group members will be able to:

- Understand the benefits of breastfeeding and best practices for successful breastfeeding
- Commit to create favorable conditions for mothers to breastfeed their children exclusively in the first 6 months.

Preparation before the meeting:

- Read carefully
 - session 1 (page 6) – chapter I (Ideal breastfeeding practices)
 - session 3 (page 23) – chapter II (benefits of breastfeeding)
- Select counseling card 10
- Arrive at the venue 15 minutes before the meeting: Prepare tea, get water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Group members</i> share freely about the village situation, and their health, family and children, etc. 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> attendees who attended a previous meeting to share what they learned and if they have taken any action in response to what they learned. What was their experience? • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about family members' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Tell everyone:</i> Today we will discuss the topic: The importance of breastfeeding and Support from family and community in BF. • <i>Tell everyone:</i> Scientists have proven that to have a healthy and active child the following should be practiced: good pregnancy care, feeding colostrum within the first hour of birth, breastfeeding exclusively until 6 completed months, followed by complementary feeding and continued breastfeeding up to 24 months. Do not use feeding bottles and pacifiers. • <i>Ask all members</i> to share about what they should do to help their wives/ daughters/ grandchildren to follow these practices. • <i>Praise the group members</i> who help their wives/ daughters to follow good feeding practices and acknowledge them as "PD members." 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell everyone:</i> Why early initiation of breastfeeding after birth and only breast milk, no other food/drink, is needed for children in the first 6 months of life. What families can do to help mothers adopt these practices will be discussed in the meeting today. • <i>Introduce the benefits of breastfeeding</i> 	

Time	Steps	How to do	Materials and Aids
		<p>(session 3-page 23- trainee handbook)</p> <p><u>Benefits for children:</u></p> <ul style="list-style-type: none"> ○ Protects children, prevents them from infections ○ Provides children with all nutrients for healthy growth and prevents them from illness ○ Stimulates optimal brain development ○ Easy to digest ○ Clean, always ready and the right temperature <p><u>Benefits for mothers and families</u></p> <ul style="list-style-type: none"> ○ Early initiation of breastfeeding helps stimulate uterine contraction which reduces bleeding after birth ○ Reduces the risk of breast cancer, ovarian cancer, and cervical cancer ○ Exclusive breastfeeding helps delay a new pregnancy ○ Promotes bonding and motherhood ○ Helps prevent postpartum obesity for mothers ○ Saves money <ul style="list-style-type: none"> ● <u>Show everyone counseling card 10</u> and explain more about how breast milk is better than formula ● <u>Ask the group members</u> to discuss what family members should do to help the mothers adopt good practices. ● <u>Talk to the whole group:</u> For successful exclusive breastfeeding, families and communities should support and enable mothers to eat and drink well, rest well, and always be with their children (doing housework or farm work near the house) so that they can breastfeed on demand. Participants should remind their wives/daughters to attend monthly support group meetings to know how to care for their children. ● Summarize key messages: <u>Families need to support mothers so that they:</u> <ul style="list-style-type: none"> ○ Do not squeeze out colostrum. They should breastfeed immediately, within 	<ul style="list-style-type: none"> ● Session 3, page 23, trainee handbook, Chapter II ● Session 1 (page 6) ● Trainee handbook – Chapter I <ul style="list-style-type: none"> ● Counseling card 10 

Time	Steps	How to do	Materials and Aids
		<p>one hour of birth</p> <ul style="list-style-type: none"> ○ Do not give their children any pre-lacteals before the first breastfeed ○ Breastfeed their children on demand, both day and night ○ Exclusively breastfeed their children in the first six months of life ○ Continue breastfeeding until their children are 24 months old 	
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> ● <i>Ask everyone to discuss:</i> Are there any difficulties in families supporting mothers to breastfeed as recommended? ● <i>Invite PD members</i> to share their experience. ● <i>Ask the group members</i> to repeat key messages and commit to create favorable conditions for mothers to breastfeed successfully. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> ● Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all group members who actively participated in discussion ○ Ask the group members if there are any suggestions or changes for the next meeting. ● <i>Introduce the topic</i> of the next meeting (<i>topic 15</i>) and encourage all members to attend. ● Thank everyone and plan for the next meeting (specific time and place). 	

TOPIC 15

SUPPORT FROM FAMILY AND COMMUNITY FOR APPROPRIATE COMPLEMENTARY FEEDING

Target audiences:

Grandparents, parents, decision-makers in families with pregnant women in the last trimester and children older than 6 months.

Objectives:

After the meeting, group members will be able to:

- Understand the importance of appropriate complementary feeding
- Understand the principles of complementary feeding and best complementary feeding practices
- Commit to support and create favorable conditions for mothers and families to practice appropriate complementary feeding

Preparation before the meeting:

- Read carefully session 1 (page 4) – Chapter 1 in the trainee handbook
- Read contents of counseling cards 14, 15, 16 in advance
- Arrive at the venue 15 minutes before the meeting: Prepare tea and water, and arrange chairs or mats in an arc shape to ensure enough seats for group members

Duration: 90 minutes

Suggestions for facilitating a group meeting:

Time	Steps	How to do	Materials and Aids
15 minutes	Opening: Create a friendly atmosphere for introduction	<ul style="list-style-type: none"> • <i>Ask and talk</i> openly about farm work or mother's employment. • <i>Introduce</i> new members (if any). • <i>Group members share freely about the village situation, and their health, family and children, etc.</i> 	
15 minutes	Step 1: Review contents of the previous meeting topic	<ul style="list-style-type: none"> • <i>Ask</i> attendees who attended a previous meeting to share what they learned and if they have taken any action in response to what they learned. What was their experience? • <i>CBW summarizes</i> main contents of the previous topics. 	
15 minutes	Step 2: Learn about family members' experience in the new topic (identify positive deviants)	<ul style="list-style-type: none"> • <i>Talk to everyone:</i> Today we will discuss the topic: The importance of complementary feeding and support from family and community in appropriate complementary feeding. • <i>Tell everyone:</i> Malnutrition negatively affects the future of children, worsening the economic status of the family. Malnourished children have high risk of diseases, increasing the medical costs, etc. The period of complementary feeding is the most vulnerable period for malnutrition. Malnutrition rates increase the most during this period. If all children are given appropriate complementary food, these consequences can be avoided. • <i>Ask everyone</i> to share how children should be fed and how to feed them. • <i>Ask everyone to discuss</i> what family members should do so that children are fed appropriate complementary food. • <i>Praise the group members</i> (If any) who pay attention to child feeding and have good knowledge about appropriate complementary feeding and acknowledge them as "<i>PD members.</i>" 	
30 minutes	Step 3: Introduce and discuss the new topic	<ul style="list-style-type: none"> • <i>Tell everyone:</i> What are appropriate complementary feeding practices? How can families support these practices? This will be the topic of today's discussion. • <i>Introduce the best complementary feeding practices</i> (session 1, page 6 in the trainee 	<ul style="list-style-type: none"> • Session 1 (page 6) in the trainee

Time	Steps	How to do	Materials and Aids
		<p>handbook)</p> <ul style="list-style-type: none"> ○ All children should be fed complementary food beginning at 6 months, no earlier and no later. ○ All children should be fed the recommended number of meals daily, appropriate for their age. ○ All children should be fed nutrient-and energy-dense food with appropriate consistency. Remember, the baby's stomach size is small. ○ All children should be fed to satiety with diverse foods, including all 4 food groups at each meal ○ All children should be fed iron-rich food ○ All children should be fed meat, fish, or poultry daily ● <i>Tell everyone:</i> Detailed instructions will be shared at the monthly meetings with mothers. We need to create favorable conditions and encourage mothers to participate in all group meetings. ● <i>Ask all members to discuss</i> what family members should do to support mothers. ● <i>Emphasize:</i> Families need to prioritize money to buy food for children and to create conditions for mothers to cook complementary meals that are appropriate for the children's age. ● Summarize key messages: <u>Families need to support mothers to</u> <ul style="list-style-type: none"> ○ Start complementary feeding when children are at 6 months of age ○ Ensure appropriate quantity of food <ul style="list-style-type: none"> ▪ 6-8 months old: 2-3 main meals + 1-2 snacks + breastfeeding ▪ 9-11 months old: 3-4 main meals + 1-2 snacks + breastfeeding ▪ 12-23 months old: 3-4 main meals + 1-2 snacks + breastfeeding ○ Ensure nutrient adequacy: Serve food from all 4 food groups and change what is served regularly ○ Ensure hygiene when preparing food and feeding children ○ Continue breastfeeding until children are 24 	<p>handbook</p>

Time	Steps	How to do	Materials and Aids
		months old	
10 minutes	Step 4: Share experience and get commitment to practice at home	<ul style="list-style-type: none"> • <i>Ask the group members</i> to discuss any difficulties they might encounter if they follow the recommendations. How can these difficulties be overcome? • <i>Invite PD members</i> to share their experience • <i>Ask the group members</i> to repeat the key messages and commit to creating favorable conditions to support mothers in appropriate complementary feeding. 	
5 minutes	Step 5: Evaluate the meeting and plan for the next meeting.	<ul style="list-style-type: none"> • Evaluate the meeting: <ul style="list-style-type: none"> ○ Praise all members who actively participated in discussion ○ Ask the group members if there are any suggestions or changes for the next meeting. • Thank all members and plan for the next meeting (<i>specific time and place</i>). 	