

# Tool 1 Family planning



**Question:** *What do you see in this picture?*

**Responses:** **1.** A family: a mother, a father and three children. **2.** A couple getting advice about family planning methods. **3.** A couple watching a demonstration of how to use a male condom.

**Question:** *Can pregnancies be planned?*

**Responses:** **1.** Yes, pregnancies can be planned. **2.** Various methods can be used to prevent pregnancies. Some are temporary and some are permanent. (Give examples.)

**Question:** *How many children do you have?*

**Response:** Listen for a description about family and children.

**Question:** *Do you plan to have any (more) children?*

**Responses:** If yes, ask to share more about number of desired children and how pregnancies will be planned.

**Question:** *Have you ever used any of these methods to prevent pregnancy?*

**Responses:** If yes, ask to share their experience.

Whether they answer yes or no here, ask if they are interested in learning more about contraceptive methods. Provide information about where local family planning advice and services can be obtained in the community.

**Question:** *Which one of these methods can prevent pregnancies and protect against sexually transmitted infections?*

**Response:** Using condoms correctly every time you have sex.

**Question:** *Why is planning pregnancies important?*

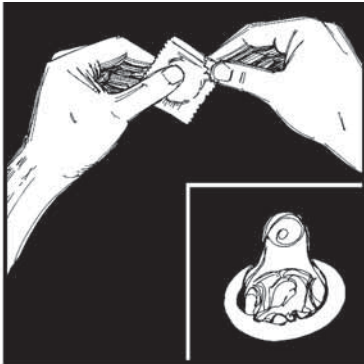
**Responses:** **1.** Planning pregnancies improves the health of mothers and children. **2.** Women and children are healthier when there are fewer than four children in a family. **3.** Planning pregnancies can give couples and individuals the choice of how much time there is between the births of each child. **4.** Planning pregnancies can give couples and individuals a choice of when to stop having children.

- Key messages:**
- ➔ Pregnancies can be planned.
  - ➔ Planning pregnancies helps couples decide when they want to have children.
  - ➔ Planning pregnancies improves the health of mothers and children.
  - ➔ Condoms, if used consistently and correctly, can prevent pregnancy.
  - ➔ Condoms, if used consistently and correctly, protect against HIV and sexually transmitted infections.
  - ➔ Use condoms consistently and correctly.

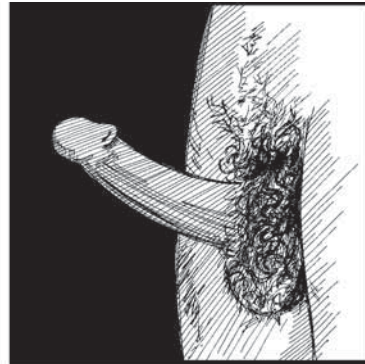
**Take action:** What is one thing you will agree to DO about family planning?

## Tool 2

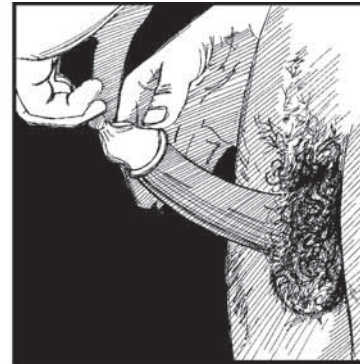
## Correct male condom use



**1** Check the expiry date, then open the sachet. Take care not to rip the condom inside. Make sure the tip of the condom is pushed through the outside of the coiled ring.



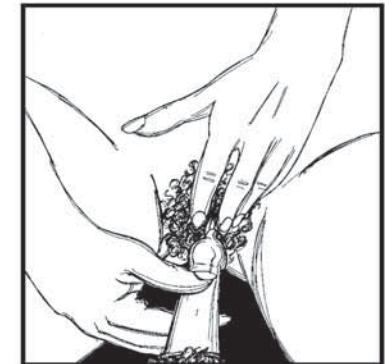
**2** Ensure the penis is erect. If necessary, pull back the foreskin.



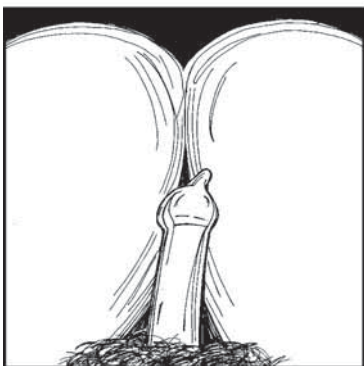
**3** Pinch the tip of the condom and place the ring over the head of the penis.



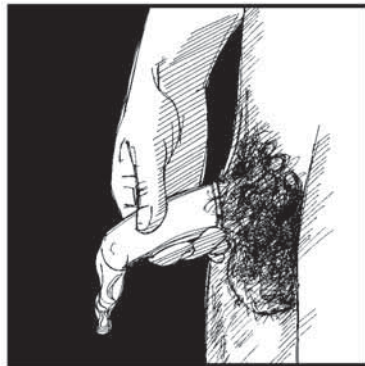
**4** Unroll the condom to the base of the penis. The tip of the condom is left exposed to collect semen.



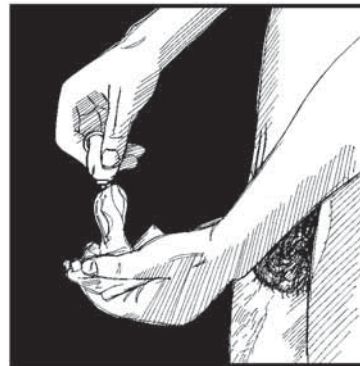
**5** Smooth out air bubbles before inserting the penis into the vagina or anus.



**6** Always use a condom for anal as well as vaginal intercourse.



**7** After intercourse, carefully remove the condom from the penis, ensuring no semen is spilt.



**8** Tie a knot in the condom and collect in a tissue or another disposable material.



**9** Place the wrapped condom into a sealed bin, or bury if no bin is available. Wash your hands.

**Question:** *Do you know how to use a male condom?*

**Responses:** If yes, use the pictures and ask them to describe the steps they see in the pictures.  
If no, ask if they would like to learn the steps to putting on a male condom.

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**Using a model (stick or banana), demonstrate correct condom use following the steps in the pictures:**

To use a male condom correctly:

- Always check the expiration date (or date of manufacture) on the condom wrapper or package, and discard if out of date.
- Take the condom out of the wrapper, making sure not to damage the rubber with your fingernails, teeth or jewellery when opening the package.
- Put the condom on when the penis is erect, but before it has come into contact with the partner's genitals (or mouth).
- Hold the top of the condom and squeeze out the air at the tip, leaving room at the tip for the semen.
- Roll the condom all the way to the base of the erect penis, using both hands.
- After ejaculation, withdraw the penis immediately before erection is lost, holding the rim of the condom to prevent spilling.
- Tie a knot in the condom and throw it away.

**Take action:** Find out where to access male condoms and how to use them correctly.

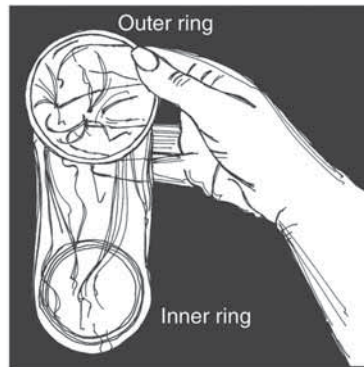


## Tool 3

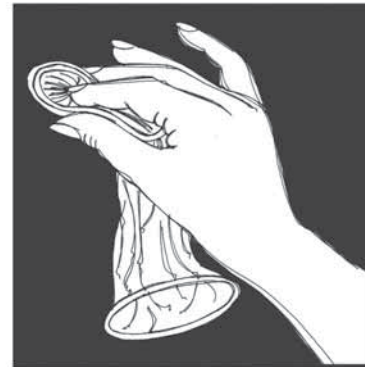
## Correct female condom use



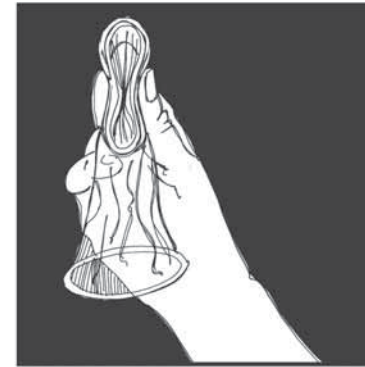
**1** After checking the expiry date, open the sachet, taking care not to rip the condom inside. Do not use scissors or a knife.



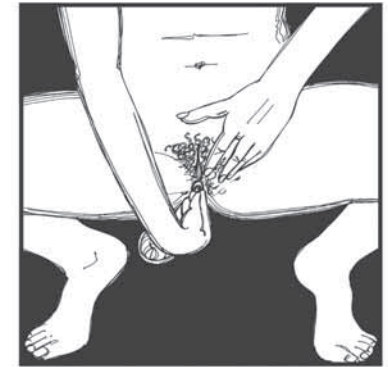
**2** The outer ring covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during intercourse.



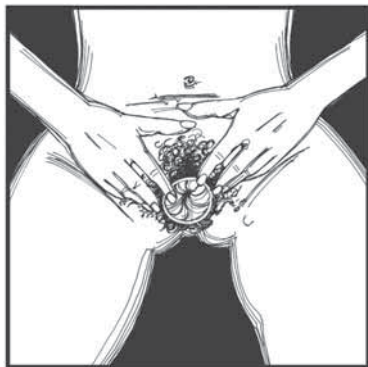
**3** Hold the condom at the closed end and grasp the inner ring.



**4** Squeeze the ring with the thumb and the second or middle finger so that it becomes long and narrow.



**5** Insert the inner ring into the vagina. Feel the inner ring expand and move into place. Place the index finger inside the condom and push it as far as it will go.



**6** The outer ring remains outside the vagina.



**7** Guide your partner's penis into the condom, taking care that it does not enter your vagina between the condom and the vaginal wall.



**8** To remove the condom, twist the outer ring to seal the semen inside and gently pull the condom out of the vagina.



**9** Place the condom into a tissue or another disposal material and throw away into a sealed bin. Do not dispose of the condom down a flush toilet. Wash your hands.

**Question:** *Do you know how to use a female condom?*

**Responses:** If yes, use the pictures and ask them to describe the steps they see in the pictures.  
If no, ask if they would like to learn the steps to putting on a female condom.

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### **Demonstrate proper female condom use following the steps in the pictures:**

To use a female condom correctly:

- Always check the expiration date (or date of manufacture) on the condom wrapper or package, and discard if out of date.
- Take the condom out of the wrapper, making sure not to damage the rubber with your fingernails, teeth or jewellery when opening the package.
- First squeeze the inner ring (closed end) of the condom between your thumb and middle finger. Then using your index finger, push the condom all the way into the vagina. Insert it as far as it will go until you cannot feel it any longer.
- Position the condom correctly. The ring at the open end should remain outside the vagina, resting against the labia (the outer lips of the vagina). Make sure the condom is not twisted.
- During intercourse, remove and insert a new female condom if:
  - the condom tears
  - the outer ring is pushed inside
  - the penis enters the vagina outside the condom
  - the condom bunches or twists inside the vagina
  - you have sex again
- Important points:
  - During intercourse, the condom's outer ring must be held in place to prevent the condom from slipping into the vagina.
  - The penis must be guided into the condom to prevent the penis sliding between the condom and the vaginal wall.
- After ejaculation, remove the condom immediately. While lying down to prevent spillage, twist the female condom near the ring that is resting against the labia. Remove the condom, being careful not to spill any of the contents.
- Tie a knot in the condom and throw it away.

**Take action:** Find out where to access female condoms and how to use them correctly .

## Tool 1

# Safe motherhood



**Question:** *What do you see in these pictures?*

- Response:**
1. A healthy pregnant woman.
  2. A pregnant woman getting a health check-up.
  3. A pregnant woman getting vaccinated.

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**Question:** *Why is the pregnant woman getting a health check-up?*

**Response:** Pregnant women should be checked at a health centre at least four times during each pregnancy.

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**Question:** *Why is the pregnant woman getting vaccinated?*

**Response:** Pregnant women should get vaccinated against tetanus, at least twice before giving birth.  
Provide information about local antenatal centres or healthcare centres where pregnant women can go for health check-ups in the community.

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**Question:** *What else should a pregnant woman do to take care of herself and her unborn baby?*

- Responses:**
1. Eat balanced meals of fruits, vegetables, grains and dairy products.
  2. Take iron and folic acid supplements as directed by a health worker.
  3. Get more rest than usual.
  4. Sleep under a mosquito net (if she lives in a malaria area). Be given intermittent preventive treatment for malaria.
  5. Practise good personal hygiene.
  6. Remain physically active by doing moderate exercise.
  7. Avoid smoking, drinking alcohol, or taking non-prescribed medicines.
  8. Get information about HIV and STI testing and counselling.

- Key messages:**
- ➔ Get checked by a health worker at least four times during pregnancy.
  - ➔ Get vaccinated against tetanus.
  - ➔ Eat balanced meals and get more rest than usual.
  - ➔ Know how to recognize the danger signs of problems during pregnancy and childbirth.
  - ➔ Have a plan and find resources for getting immediate help if problems occur.
  - ➔ A health worker should assist with every birth.

**Take action:** What is one thing you will agree to DO to stay healthy during your pregnancy?  
What is one thing that you will agree to DO to prepare for a safe birth?



## Tool 2

# Preparation for safe delivery



**Question:** *What do you see in this picture?*

**Response:** A healthy baby being delivered by trained healthcare workers.

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**Question:** *Where do you plan to deliver your baby?*

**Response:** Listen to response.

If necessary, help mother to identify a birth attendant such as a doctor, nurse or midwife who will be available to assist during childbirth.

The mother and baby should be checked by a skilled birth attendant in the 12 hours immediately after delivery.

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**Question:** *During your pregnancy, what are some reasons you should you go to a health centre immediately?*

**Responses:** **1.** Vaginal bleeding during pregnancy or heavy bleeding after childbirth. **2.** Severe abdominal pain. **3.** Severe headaches or blurred vision. **4.** Persistent back pain. **5.** Swelling of legs, arms, hands or face. **6.** Fever. **7.** Convulsions. **8.** Contractions every 20 minutes or less, prior to 37 weeks. **9.** Water breaks and not in labour after six hours. **10.** Long labour (more than 12 hours). **11.** No movement of the baby. **12.** Not gaining weight.

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**Question:** *Do you have a plan to get to the nearest health centre at any time, day or night, if complications during pregnancy, childbirth or after childbirth occur?*

**Response:** Listen to response.

If necessary, help mother to identify steps for a safe birth.

- Key messages:**
- ➔ Get checked by a health worker at least four times during pregnancy.
  - ➔ Get vaccinated against tetanus.
  - ➔ Eat balanced meals and get more rest than usual.
  - ➔ Know how to recognize the danger signs of problems during pregnancy and childbirth.
  - ➔ Have a plan and find resources for getting immediate help if problems occur.
  - ➔ A health worker should assist with every birth.

**Take action:** What is one thing you will agree to DO to stay healthy during your pregnancy?  
What is one thing that you will agree to DO to prepare for a safe birth?



# Tool 1

## Care of a newborn



**Question:** *What do you see in this picture?*

**Response:** **1.** A mother holding a newborn baby close to her.  
**2.** A mother breastfeeding her newborn baby.

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**Question:** *Why is the mother holding the newborn baby close to her skin?*

**Response:** It is important to keep a newborn baby warm at birth to prevent heat loss.

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**Question:** *Why is the mother breastfeeding her newborn baby?*

**Responses:** **1.** Babies should be put to the breast immediately, within the first hour after birth.  
**2.** Breast milk immediately after birth protects babies and should NOT be discarded.

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**Question:** *Why is breastfeeding important?*

**Responses:** **1.** Breast milk is always clean, the right temperature, and easy for babies to digest.  
**2.** Breast milk protects babies against infections and dehydration.  
**3.** Breast milk helps babies to grow strong and healthy.  
**4.** Breastfeeding helps mothers to have time with their babies.

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**Question:** *How long should babies be breastfed?*

**Responses:** **1.** Breast milk alone is the only food and drink that an infant needs for the first six months.  
**2.** Breastfeeding should be continued up to two years and beyond.

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**Question:** *What are some other things a mother can do to care for her newborn baby?*

**Responses:** **1.** Keep the cord clean and dry.  
**2.** Both mother and baby should be seen by a health worker within twelve hours of birth.  
**3.** Vaccinate newborns according to the national vaccination schedule.

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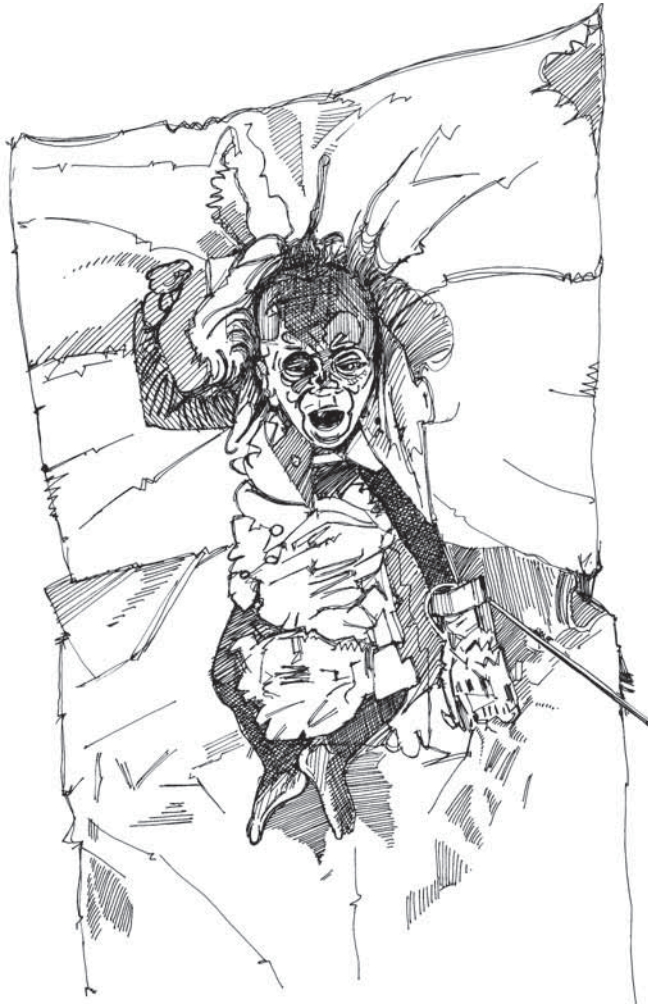
**Key messages:** ➔ Keep newborns warm and close to their mother (skin to skin) and begin breastfeeding within one hour of birth.  
➔ Breastfeeding helps protect babies and young children against dangerous illnesses.  
➔ Breast milk is the only food and drink a baby needs for the first six months.  
➔ Know how to recognize the danger signs in a newborn and get immediate help if problems occur.

**Take action:** What is one thing that you will agree to DO to keep your baby healthy?



## Tool 2

# Danger signs in the newborn



**Question:** *What do you see in this picture?*

**Response:**

1. A sick baby.
2. A mother who is worried that her baby is sick.

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**Question:** *What are some reasons you should take your baby to a health centre immediately?*

**Responses:**

1. The baby is having difficulty breathing.
2. The baby has no interest in sucking, sucks poorly at the breast, or is not able to feed.
3. The baby feels cold.
4. The baby has a fever.
5. The baby has red, swollen eyelids and pus discharge from his/her eyes.
6. The baby has redness, swelling, pus or bad odour around his/her cord or umbilicus.
7. The baby has a convulsion or a fit.
8. The baby has yellow skin or yellow eyes.
9. The baby is born very small.

**Key messages:**

- ➔ Know how to recognize the danger signs in a newborn and get immediate help if problems occur.
- ➔ Keep newborns warm and close to their mother (skin to skin) and begin breastfeeding within one hour of birth.
- ➔ Breastfeeding helps protect babies and young children against dangerous illnesses.
- ➔ Breast milk is the only food and drink a baby needs for the first six months.

**Take action:** What is one thing that you will agree to DO to keep your baby healthy?

## Tool 1 Nutrition





**Question:** *What do you see in this picture?*

**Response:** Examples of a variety of healthy and nutritious foods.

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**Question:** *What kinds of foods do you and your family like to eat?*

**Response:** Listen for a description of eating a variety of nutritious foods.

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**Question:** *Why should people eat a variety of foods every day?*

**Responses:**

1. Fruits and vegetables help to prevent illness.
2. Rice, potato, cassava, millet/sorghum, maize and edible oil give us energy.
3. Eggs, beans, lentils, milk, nuts, meat or fish help us grow and develop.

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**Question:** *What are important nutrients children need to get in their foods every day?*

**Responses:** Vitamin A, iron and iodine.

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**Question:** *What are some ways to get Vitamin A?*

**Responses:** Orange, yellow and green fruits and vegetables, oils, organ meats, fatty fish, eggs, dairy products, breast milk or Vitamin A supplements.

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**Question:** *What are some foods that have iodine?*

**Response:** Iodized salt, seafood, milk and cheese.

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**Question:** *What are some foods that have iron?*

**Responses:** Liver, lean meats, seafood, eggs, dark green leafy vegetables, nuts and beans.

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- Key messages:**
- ➔ Good nutrition prevents illness.
  - ➔ NOT enough food, NOT enough variety of foods, or illness can cause malnutrition.
  - ➔ Malnourished children do NOT grow or learn normally.
  - ➔ Malnourished children are more likely to become ill.
  - ➔ Malnourished children under five years of age are at greatest risk of death.
  - ➔ Foods can protect from illness, give energy and build the body.
  - ➔ Breast milk alone is the only food and drink that an infant needs for the first six months.
  - ➔ Breastfeeding should be continued up to two years and beyond.

**Take action:** What is one thing you will agree to DO to eat a variety of nutritious foods?  
What is one thing you will agree to DO to make sure your children get enough of the right foods to eat each day?



## Tool 2

# Breastfeeding and complementary feeding



**Question:** *What do you see in these pictures?*

**Response:** Mothers feeding their children.

**Question:** *Why is the mother breastfeeding her newborn baby?*

- Responses:**
1. Babies should be put to the breast immediately, within the first hour after birth.
  2. Breast milk immediately after birth protects babies and should NOT be discarded.

**Question:** *What should babies eat?*

- Responses:**
1. Breast milk alone is the only food and drink that an infant needs for the first six months.
  2. After six months babies need other foods in addition to breast milk.
  3. Children aged six months to two years should be fed at least five times a day in addition to continued breastfeeding.

**Question:** *Why is breastfeeding important?*

- Responses:**
1. Breast milk is always clean, the right temperature, and easy for babies to digest.
  2. Breast milk protects babies against infections and dehydration.
  3. Breast milk helps babies to grow strong and healthy.
  4. Breastfeeding helps mothers to have time with their babies.

**Question:** *How long should babies be breastfed?*

- Responses:**
1. Breast milk alone is the only food and drink that an infant needs for the first six months.
  2. Breastfeeding should be continued up to two years and beyond.

- Key messages:**
- ➔ Know how to recognize the danger signs in a newborn and get immediate help if problems occur.
  - ➔ Keep newborns warm and close to their mother (skin to skin) and begin breastfeeding within one hour of birth.
  - ➔ Breastfeeding helps protect babies and young children against dangerous illnesses.
  - ➔ Breast milk is the only food and drink a baby needs for the first six months.
  - ➔ Mothers with HIV should discuss breastfeeding and replacement feeding with their healthcare provider. Replacement feeding may not be feasible in some circumstances, in which case exclusive breastfeeding for the first six months is recommended.

**Take action:** What is one thing that you will agree to DO to keep your baby healthy?

### Recommended schedule for breastfeeding

| After birth   | Birth to 6 months  | From 6 to 12 months   | From 12 to 24 months  | From 24 months onward   |
|---|--|---|---|---|
| Initiate breastfeeding immediately after birth, within one hour. Do NOT discard the first milk. | Give breast milk ONLY. Breastfeed as often as the child wants, at least 8 times in 24 hours. | Continue to breastfeed as often as the child wants. Begin supplementing with complementary foods three to five times a day. | Continue to breastfeed as often as the child wants. Begin supplementing with family foods five times a day. | Gradually begin to wean and give family foods five times a day. |

# Tool 3 Malnutrition





**Question:** *What do you see in these pictures?*

- Responses:**
1. A child being weighed.
  2. A child being measured.
  3. Malnourished children.

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**Question:** *What happens when a child does not eat enough food or does not eat a variety of foods?*

- Responses:**
1. The child is more likely to get sick and may die.
  2. The child will not grow or develop normally.
  3. The child will not learn properly.

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**Question:** *How often should children under five years be weighed?*

- Responses:**
1. From birth to five years children should be weighed on a regular basis according to national guidelines.
  2. Children who do not gain weight should be evaluated by a health worker.

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**Question:** *What causes malnutrition?*

- Responses:**
1. Malnutrition is caused by not having enough food, not having enough of the right food or illness.
  2. Poor feeding practices contribute to malnutrition.
  3. Poor feeding practices include inadequate breastfeeding, eating the wrong foods, and not giving the child enough nutritious food.
  4. Malnutrition can be caused by lack of access to healthy foods.

- Key messages:**
- ➔ Good nutrition prevents illness.
  - ➔ NOT enough food, NOT enough variety of foods, or illness can cause malnutrition.
  - ➔ Malnourished children do NOT grow or learn normally.
  - ➔ Malnourished children are more likely to become ill.
  - ➔ Malnourished children under five years of age are at greatest risk of death.
  - ➔ Foods can protect from illness, give energy and build the body.
  - ➔ Breast milk alone is the only food and drink that an infant needs for the first six months.
  - ➔ Breastfeeding should be continued up to two years and beyond.

**Take action:**

What is one thing you will agree to DO to eat a variety of nutritious foods?  
What is one thing you will agree to DO to make sure your children get enough of the right foods to eat each day?  
What is one thing you will agree to DO to make sure your child is growing and developing normally?