

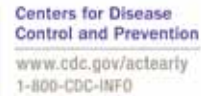
# THE ESSENTIAL PACKAGE



Improving Outcomes for Young  
Children and Caregivers Affected  
by HIV and AIDS



**Part I: Critical Needs and Actions for Young Children Prenatal–8 Years**  
*A Visual Reference Guide for Home Visitors*



**Note:** Many illustrations in this guide were created for Save the Children’s Visual Package for Parenting Discussion Group Modules on Early Childhood Development (ECD), designed and tested in Mozambique. Several illustrations and key messages were also used with permission from the Child Health Information, Education and Communication Cards (IEC), produced by John Snow, Inc., Health Communication Partnership, USAID and the Ministry of Health in Mozambique. The Visual Reference Guide was developed with generous funding from the Conrad N. Hilton Foundation.

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# Introduction

The Visual Reference Guide for Home Visitors on Child and Caregiver Needs has key questions, messages and suggested actions for caregivers on how to promote optimal health and development for their children and care for their own needs. The Home Visitor will use this guide to first evaluate what is happening in the caregiving environment; encourage positive practices; share ways to improve the household's health and nutrition and to stimulate children's development; and make referrals to support child and caregiver needs.

Part I focuses on ways to promote optimal development, health, nutrition, rights and protection for children, prenatal through age 8, in the context of HIV and AIDS. The guide provides key questions, messages and suggested actions relevant for each developmental stage. Part II provides key messages and

suggested actions for addressing caregivers' own needs as we know that for caregivers to best support their children's healthy development, they must be able to meet their own health, social, emotional and material needs. As many children have lost one or both parents, the guide includes different types of caregivers.

The current guide is to be used as a template and reference guide, including information on the critical needs and essential actions to promote optimal child development. Based on the situational analysis of the context in which it will be used, pictures, suggested actions, and language in the guide can be adapted as needed to best fit the context (e.g., making the guide more pictorial with less text; using country specific pictures, etc.).

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## Notes for the Home Visitor

**Prepare:** Review the cards before the home visit. Use the cards that match the age of the child(ren) and the type of primary caregiver in the home. Cards include general messages relevant to all children and caregivers, as well as messages relevant for specific ages and types of caregivers.

**Create a Positive Environment:** Listen and make eye contact. Encourage caregiver to share his/her opinion and ask questions.

**Initiate an open conversation about what is happening in the household.** During the conversation:

- Observe the home environment as well as interactions between caregiver and children for questions on abuse, hygiene, social behavior, etc.
- Address questions in the guide within the conversation, probing to understand what is happening, why and how you might be able to work with the caregiver to make some positive changes. Focus on issues the caregiver identifies as important and those of biggest concern within the household.

- Identify positive behaviors occurring in the household and reinforce the caregiver for what he/she is doing well.
- Describe the appropriate actions from the Visual Guide and explain why they are important. Look for examples of good practices in the community.
- Refer to key services (PMTCT, Antenatal Care, Nutrition Counseling, Preschool, Early Learning Center).

**Follow-up:** Is the caregiver practicing the actions you recommended in the last visit? Praise the caregiver for caring for their children. Encourage caregiver to continue positive practices. If the caregiver is not able to perform these actions, who else in the community can help to care for children and meet their needs?

**Ask for Assistance:** If you encounter a difficult situation, tell the caregiver that you will bring information and share during the next visit. Ask other Home Visitors and supervisors for the correct information or strategy to address the situation.



- Care & Support
- Prenatal Care
- Good Nutrition



- Home to Early Learning Environment
- Family Interactions
- Immunizations
- Infant and Child Feeding



- Pre-School to Primary School
- Interactions with Peers
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- Eating with Family



## Prenatal to Birth



## Care and Support



### Key Messages:

- Women should have support from other family members to rest during and after pregnancy. This reduces stress that can negatively affect the health of the mother and the child.
- Lack of needed rest can affect a mother's ability to take care of herself and her child.
- Pregnant women need love, affection and emotional support from family members.
- Pregnant women, especially those who are HIV+ or who have lost a spouse, need emotional support and advice to help them care for themselves and their children.



## Care and Support

### Reflection Questions:

- What do you see happening in this picture?
- Do you have the support that you need to rest and take care of yourself? If not, let's talk about how you might find some support.
- Are you feeling down or under stress?
- Let's talk about why this is important and what you can do to take care of yourself.

### Suggested Actions:

- Encourage family members to help with chores and childcare so you can rest and seek regular medical care.
- Seek social and emotional support if you are feeling down or under stress.
- Seek information on women's groups or other available resources for advice and support on ways to take care of yourself and preparing for the birth of your child.



## Health



### Key Messages:

- Prenatal and postnatal care watches the health of mother and child. This increases the chances that the child will be healthy.
- Mothers are at risk for depression which can affect their ability to care for themselves and their child. It is important to let your doctor know if you think you are depressed.
- HIV+ women can pass the virus on to their child during pregnancy and delivery. All pregnant women need medical attention to get tested and receive treatment and counseling if they are HIV+ to keep themselves healthy and to protect their children.

# Health

## Reflection Questions:

- What do you see happening in this picture? Are you attending prenatal care regularly? If not, why not? How can I help you get this important medical care?
- Have you been tested for HIV? If positive, are you taking the necessary treatment?
- Let's talk about why this is important and some things you can do to stay healthy.

## Suggested Actions:

- Go to the nearest health facility regularly.
- Deliver your child at the hospital or health facility whenever possible.
- You and your partner should get tested for HIV and get counseling if needed.
- If HIV+, take ART as directed.
- If on other medication, take as directed.
- Attend women's groups that provide advice to pregnant women on caring for themselves and their unborn child.



## Nutrition



### Key Messages:

- Pregnant mothers need a balanced diet of proteins, fruits, and vegetables that provide the nutrients that they and their children need to stay healthy.
- Multivitamins can also help pregnant women to get the nutrition they need for their child to grow well.
- Pregnant women should receive counseling on breastfeeding.
- HIV+ women can pass the virus on to their child during breastfeeding, so they should receive counseling on how to best feed their child.

# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- Are you eating nutritious foods and taking vitamins regularly?
- Let's talk about why this is important and some things you can do to make sure you are getting the nutrition you need.

## Suggested Actions:

- Eat dark green, yellow and orange vegetables or fruits, butter, cheese, fish and red meats, liver, nuts and eggs.
- Take multivitamins with folic acid.
- Eat a mixed diet 3-4 times a day.
- Seek counseling on breastfeeding your child, particularly if you are HIV+.



## Rights and Protection



### Key Messages:

- Women have a right to routine medical care during pregnancy and after.
- Sometimes pregnant women are victims of violence and abuse. You have a right to be safe from harm, violence and abuse and to seek help if you are experiencing this.

## Rights and Protection

### Reflection Questions:

- What do you see happening in this picture?
- Are you able to seek routine medical care during pregnancy?
- Are you in a safe environment, free from harm, violence and abuse?
- If not, let's talk about why this is important and what you can do to stay healthy and safe.

### Suggested Actions:

- Seek support from family members to regularly attend prenatal visits.
- Protect yourself from verbal, physical, and sexual abuse.
- Seek help if you are being harmed in any way.



## Immunization Schedule Key Messages

### Primary Vaccinations

It is important that young children are immunized to be protected from illnesses. Each vaccination protects the child from a different type of illness. All children should complete the following vaccinations before 1 year of age:

**At birth:** BCG (Tuberculosis) and Polio

**At 6 weeks:** DPT (Diphtheria, Whooping Cough, Tetanus), Polio, and Hepatitis B

**At 10 weeks:** DPT (Diphtheria, Whooping Cough, Tetanus), Polio, and Hepatitis B

**At 14 weeks:** DPT (Diphtheria, Whooping Cough, Tetanus), Polio, and Hepatitis B

**At nine months:** Measles

If an immunization is unavailable, health professionals should advise the caregiver on when to return so that the child can receive the scheduled vaccination.

If children are above one year and have not received their full immunizations, caregivers should take them to receive them or participate in community-based immunization days.

The caregiver should always take their child's Health Card with them to record their child's immunizations as well as height and weight.

### Additional Immunizations

After the child receives the above immunizations in the first year, there may be additional vaccinations that he/she should receive. These additional immunizations help to continue to protect the child from serious illness.



## Immunization 1B



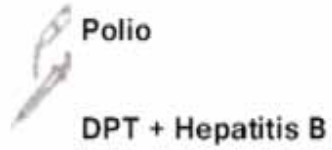
1. At Birth



Polio  
BCG



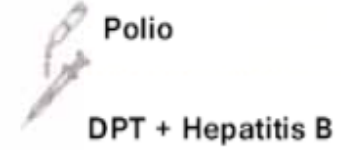
2. At 2 Months



Polio  
DPT + Hepatitis B



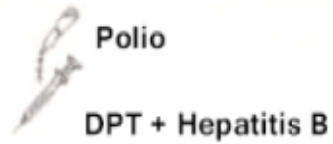
3. At 3 Months



Polio  
DPT + Hepatitis B



4. At 4 Months



Polio  
DPT + Hepatitis B



5. At 9 Months



Measles

*Chichuva. 2003*

## Developmental Milestones 1A

### Child Development Chart – Birth to 8 Years

	Gross Motor	Fine Motor	Communication and Language	Social/Emotional/ Self Help	Cognitive	
<b>6 to 8 Years</b>	<ul style="list-style-type: none"> <li>Child can hop multiple times on one foot without pausing in between</li> <li>Child can throw a small ball and hit a somewhat large target</li> </ul>	<ul style="list-style-type: none"> <li>Child can write alphabet if in a program where this is taught</li> <li>Child can trace shapes such as diamonds, rectangles, or triangles well.</li> </ul>	<ul style="list-style-type: none"> <li>Child reads at least four simple words</li> <li>Child can tell a complex story with a clear beginning, middle and end from imagination rather than telling about an experience</li> </ul>	<ul style="list-style-type: none"> <li>Child shows concern and sympathy for others in situations he has not experienced</li> <li>Child has a sense of right and wrong and can describe why something is right or wrong</li> </ul>	<ul style="list-style-type: none"> <li>Child describes daily experiences with you in detail without being asked questions about each factor (e.g., tell you about what happened at school, how she felt about it, etc)?</li> <li>Child can predict what might happen in a situation he has not experienced (e.g. a child steals a fruit from someone's house, what might happen to him?)</li> </ul>	<b>6 to 8 Years</b>
<b>3 to 6 Years</b>	<ul style="list-style-type: none"> <li>Stands on one foot without aid</li> <li>Throws a small ball overhand</li> <li>Hops 3 times on one foot</li> </ul>	<ul style="list-style-type: none"> <li>Touches thumb to the tips of each finger of one hand</li> <li>Draws circle and cross well</li> <li>Tosses small object up and catches it with one hand</li> </ul>	<ul style="list-style-type: none"> <li>Uses at least two possessive pronouns- mine, hers, his</li> <li>Tells stories</li> <li>Describes a picture showing an activity</li> </ul>	<ul style="list-style-type: none"> <li>Undresses and dresses self without help</li> <li>Participates in group games with rules</li> <li>Shows concern that playmates are not hurt in games</li> </ul>	<ul style="list-style-type: none"> <li>Understands concept of two</li> <li>Knows the meaning of on top and under, in front of and in back of</li> <li>Knows at least one song or simple rhyme</li> </ul>	<b>3 to 6 Years</b>
<b>24 to &lt;36 Months</b>	<ul style="list-style-type: none"> <li>Walks in straight line alternating feet</li> <li>Walks barefoot on tiptoes</li> <li>Can imitate movements with both arms</li> </ul>	<ul style="list-style-type: none"> <li>Screws and unscrews the lid of a container</li> <li>Makes little balls of clay or similar material</li> <li>Draws horizontal and vertical lines and an imperfect circle</li> </ul>	<ul style="list-style-type: none"> <li>Repeats simple songs or rhymes</li> <li>Names at least five commonly used objects</li> <li>Uses phrases of three or more words</li> </ul>	<ul style="list-style-type: none"> <li>Tells whether she is a girl or he is a boy</li> <li>Has special friends and knows their names</li> <li>Can play cooperatively with another child in games that represent real life experiences such as house</li> </ul>	<ul style="list-style-type: none"> <li>Separates and groups objects by one characteristic such as color</li> <li>Matches identical pictures or photographs</li> <li>Builds bridge with blocks</li> </ul>	<b>24 to &lt;36 Months</b>
<b>12 to &lt;24 Months</b>	<ul style="list-style-type: none"> <li>Walks unaided</li> <li>Squats, picks up object and stands up</li> <li>Runs fairly well</li> </ul>	<ul style="list-style-type: none"> <li>Puts object into a similar size opening of a container</li> <li>Opens a round container or canister and closes it</li> <li>Strings at least three beads</li> </ul>	<ul style="list-style-type: none"> <li>Names one object</li> <li>Expresses what she/he wants verbally and asks for at least three familiar things</li> <li>Uses phrases of two or three words</li> </ul>	<ul style="list-style-type: none"> <li>Is able to feed self without help</li> <li>Plays by himself/herself next to another child</li> <li>Helps with simple household tasks</li> </ul>	<ul style="list-style-type: none"> <li>Gets a familiar object that is out of sight when asked or wants it</li> <li>Imitates an everyday activity such as sweeping</li> <li>Recognizes at least 3 objects in drawing/picture when named</li> </ul>	<b>12 to &lt;24 Months</b>
<b>6 to &lt;12 Months</b>	<ul style="list-style-type: none"> <li>Rolls over completely</li> <li>Changes position by himself from lying down to sitting up</li> <li>Stands with support and takes steps sideways while holding something</li> </ul>	<ul style="list-style-type: none"> <li>Transfers objects from one hand to the other</li> <li>Picks up small objects with thumb and index finger</li> <li>Puts objects into a container</li> </ul>	<ul style="list-style-type: none"> <li>Expresses wants or greetings by action or gestures</li> <li>Makes expressions or gestures to say "no"</li> <li>Understands simple instructions</li> </ul>	<ul style="list-style-type: none"> <li>Begins to show anxiety over separation from parent or main caregiver</li> <li>Expresses feelings of affection</li> <li>Tries to feed self without help</li> </ul>	<ul style="list-style-type: none"> <li>Tries to get an out-of-reach object</li> <li>Plays game of hiding a person's face (Peek-a- Boo)</li> <li>Imitates changes in gestures or movements such as clapping to patting</li> </ul>	<b>6 to &lt;12 Months</b>
<b>Birth to &lt; 6 Months</b>	<ul style="list-style-type: none"> <li>Lifts upper body and supports self with forearms</li> <li>Tries to pull up if held by the hands</li> <li>Rolls over partially</li> </ul>	<ul style="list-style-type: none"> <li>Plays with fingers at midline</li> <li>Tries to pick up nearby objects with hands</li> <li>Grasps an object given to the baby in each hand</li> </ul>	<ul style="list-style-type: none"> <li>Pays attention to conversation</li> <li>Imitates sounds like "aaa", "ooo", "uuu"</li> <li>Talks (babbling) by repeating sounds – ba ba ba, pa pa pa, da da da</li> </ul>	<ul style="list-style-type: none"> <li>Makes eye contact</li> <li>Looks at and touches the face of someone that moves in close to baby's reach</li> <li>Smiles or laughs in response to tickling</li> </ul>	<ul style="list-style-type: none"> <li>Looks at own hands</li> <li>Explores object through looking, feeling, tasting</li> <li>Reacts to the disappearance of a moving object</li> </ul>	<b>Birth to &lt; 6 Months</b>

Citation: adapted from Child Development Scale, © Christian Children's Fund (now ChildFund International), April, 2006

# Birth to Children < 6 Months



## Care and Development



### Physical



### Thinking and Communication



### Social and Emotional

#### Key Messages:

- Your child needs to know that he/she is loved and can always depend on you to meet his/her needs.
- Even at this young age, your child is learning.
- Children need to develop motor skills such as sitting, rolling, and reaching for things.
- Singing and talking to your baby will help him learn to talk.

# Care and Development

## Reflection Questions:

- What do you see happening in these pictures? (under each domain)
- Have you seen your child doing these activities? What can you do to help your child develop physically, socially, emotionally and to think and communicate?
- Let's talk about why this is important and some things you can do to help your child develop.

## Suggested Actions:

### Physical



- Give child a spoon, your fingers or other objects to grasp
- Support child to sit up for short periods of time

### Thinking and Communication



- Copy your child's sounds
- Sing to child and tell them stories
- Place objects 30 cm away from child's face for them to look at
- Sing softly to the child often

### Social and Emotional



- Engage in regular mother-child contact (hug, hold, and caress child)
- Smile and make eye contact
- Notice and respond to your child's need in a caring way
- Help child to soothe herself
- Encourage men in the family to hold child

## Health



### Key Messages:

- Completing your child's immunizations will keep him from getting certain diseases. Keeping a record by using a health card will help you remember.
- Make sure your children are sleeping under mosquito nets.
- Bathing regularly and washing hands will help keep your child healthy.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival and allow your child to grow.

# Health

## Reflection Questions:

- What do you see happening in this picture? Do you take your child for health services? If yes, when? If not, why not?
- Is your child receiving immunizations? What do you need to make sure this happens?
- Let's talk about why this is important and some things you can do to keep your child healthy.

## Suggested Actions:

- Take child to receive immunizations.
- Bring health card to record immunizations.
- Take child to nearest health facility if shows signs of illness.
- Test your child for HIV and if infected, make sure she gets treatment.
- Sleep under a mosquito net.
- Wash hands with soap or ash before eating and after using the bathroom.
- Bathe child regularly.
- Boil or treat drinking water.



## Nutrition



### Key Messages:

- Growth monitoring, medical and nutrition services will help your child stay healthy.
- Breastfeeding is good for your child's health and development.



## Nutrition

### Reflection Questions:

- What do you see happening in this picture?
- Are you feeding your child only by breastfeeding? If not, why?
- Is your baby getting needed vitamins, such as vitamin A? If not, why?
- Is your child receiving regular growth monitoring? What do you need to do to make sure this happens?
- Let's talk about why this is important and some things you can do so your child has the nutrition he/she needs.

### Suggested Actions:

- Give child only breast milk for first 6 months-no other liquid (water, juice, teas, or porridge)
- If you are HIV + and/or cannot breastfeed, go for nutrition counseling.
- Notice when your child is hungry and feed her when she wants to eat.
- Take child to monitor weight, bringing health card to track growth.
- Ask health staff to explain growth chart on child's health card.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship.
- Document your child's birth so their rights to health care, education, protection services and inheritance are protected.
- Children need to be safe from harm, violence and abuse.
- When you treat all of your children the same you are showing them you love and care for them equally.

## Rights and Protection

### Reflection Questions:

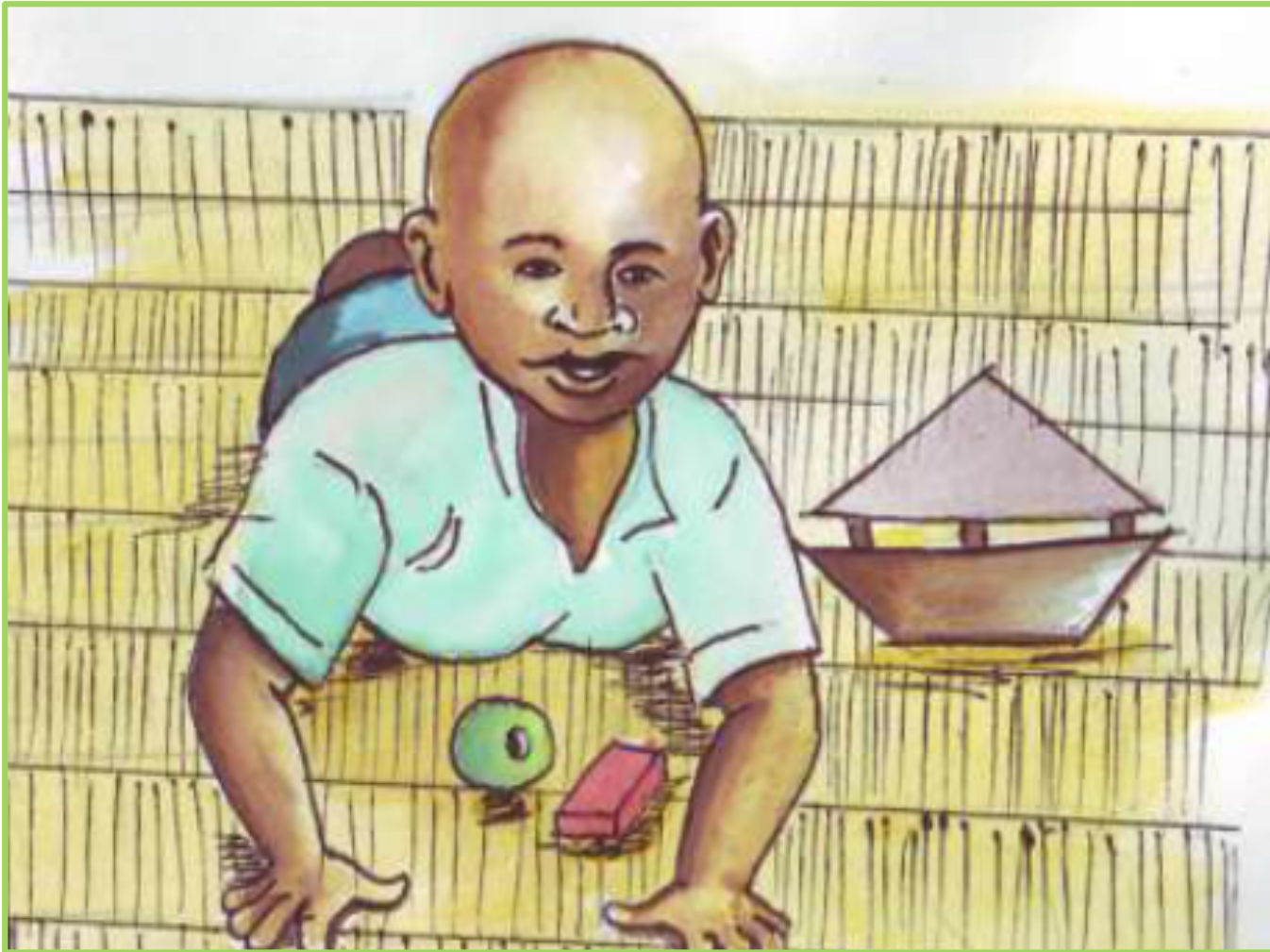
- What do you see happening in this picture? Have you done this for your child? If not, why not?
- Is your child in a safe environment, free from harm, violence and abuse?
- Is your child registered and/or has birth documentation?

### Suggested Actions:

- Register your child or make sure he/she has birth documentation.
- Obtain birth documentation within 21 days of birth.
- If your child is born at home, bring him or her within 24 hours for birth record .
- Protect your child from verbal, physical, and sexual abuse.
- Treat all your children the same.



## Children 6 to < 12 Months



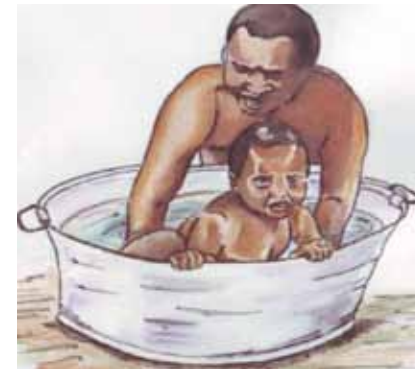
## Care and Development



Physical



Thinking  
and Communication



Social and Emotional

### Key Messages:

- Providing a safe, stable, and stimulating place to play will keep your child safe and help her brain grow.
- Children learn by moving and playing with objects so they need room to move around and explore.
- Singing and talking to your child will help him develop language skills.
- Showing affection and being responsive will help your child's brain grow so that she can learn new things and be happy.
- Children learn by doing and interacting with others.
- Children with disabilities should be included in activities with other children.

# Care and Development

## Reflection Questions:

- What do you see happening in these pictures (under each domain)? Have you seen your child doing these things?
- Tell me about what your child is doing physically? Is she/he sitting up? Crawling? Pulling to stand, reaching and playing with toys?
- Tell me about what kinds of sounds your child is making.
- Does he/she smile and enjoy you playing with her/him?
- Do you have any concerns about how your child is developing?
- Let's talk about why this is important and what you can do to help your child develop.



## Physical

- Help child practice standing while holding onto her with support
- Lay your baby on his tummy and put toys near him
- Make sure that children have a safe space to explore



## Thinking and Communication

- When your child looks at something, point to it and talk about it
- Ask child questions about the people and things around them. For example, "Where is Mommy?"



## Social and Emotional

- Hug, talk to, and care for child using a warm tone of voice
- Notice child's needs (hungry, tired, sad) and respond in a kind and caring way

## Health



### Key Messages:

- Receiving routine medical care and deworming, if necessary, will keep your child healthy.
- Completing your child's immunizations will keep him from getting certain diseases. Keeping a record by using a health card will help you remember.
- Sleeping under a mosquito net will protect your child from malaria.
- Your child needs to drink clean and safe water.
- Bathing regularly and washing hands will keep your child healthy.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival.

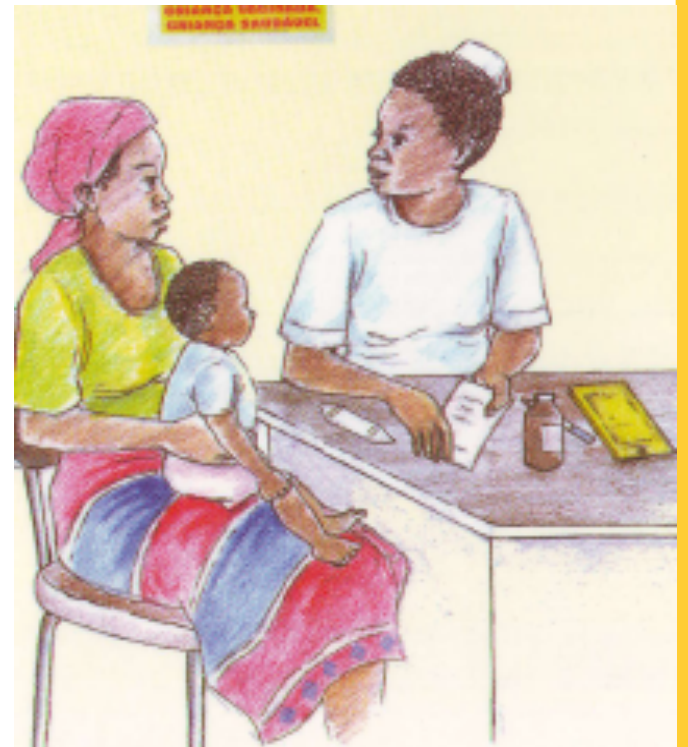
# Health

## Reflection Questions:

- What do you see happening in this picture?
- Does your child go the clinic for regular care and when he/she is sick? Has your child had his immunizations?
- Is your child sleeping under a net and drinking clean water?
- Are you keeping your child clean by bathing and washing hands?
- Let's talk about why this is important and some things you can do to keep your child healthy.

## Suggested Actions:

- Take child to receive immunizations, bringing card to record them.
- Take child to nearest health facility if shows signs of illness.
- Test your child for HIV and if infected, make sure she gets treatment.
- Sleep under a mosquito net.
- Wash hands with soap and ash before eating and after using the bathroom.
- Bathe child regularly.
- Boil or treat drinking water.





## Nutrition



### Key Messages:

- Being attentive to your child as she eats will encourage her to eat more and be healthy.
- Your child needs a mixed, nutritious diet with adequate amounts of vitamins and minerals to grow and develop.
- If your child does not receive sufficient amounts of vitamins and minerals, provide him with vitamin and mineral supplementation.
- Regular growth monitoring will help make sure your child is growing well.

# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- Have you started introducing nutritious foods to your child? If so, what are you giving?
- Do you know what types of foods are healthy for your child?
- Is your child getting needed vitamins, such as Vitamin A? If not, why?
- Is your child receiving regular growth monitoring? What do you need to do to make sure this happens?
- Let's talk about why this is important and what you can do so your child gets the food he/she needs.

## Suggested Actions:

- Continue to breastfeed.
- Introduce solid foods, such as corn porridge or another cereal mixed with leafy green vegetables, oil, milk, coconut milk, or egg yolk.
- Feed child 3 times a day if breastfeeding, 5 times a day if not.
- If there is a shortage of food in your household, try to reserve some food for your child.
- Take child to monitor weight, bringing health card to track growth.
- Ask health staff to explain growth chart on child's health card.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Shaking your child or hurting him/her is very harmful for your child.
- Children in your household should be treated equally.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- When you treat all of your children the same you are showing them you love and care for them equally.

# Rights and Protection

## Reflection Questions:

- What do you see happening in this picture? Have you done this for your child? If not, why not?
- Did you get your child registered?
- Is your child in a safe environment, free from harm, violence and abuse?
- Do you use positive discipline (e.g., limit setting, routines, praise) with your child instead of yelling or being too harsh?
- Let's talk about why this is important for your child.

## Suggested Actions:

- Register your child and make sure he/she has birth documentation.
- Protect your child from verbal, physical and sexual abuse.
- Refrain from disciplining your child too harshly, and spend more time encouraging wanted behaviors.
- Seek help if you or someone in your family is too harsh with your child.
- Treat all your children the same.



## Children 12 to < 24 Months



## Care and Development



Physical



Thinking  
and Communication



Social and Emotional

### Key Messages:

- Providing a safe, stable, and stimulating place to play will keep your child safe and help her brain grow.
- Your child needs a safe place to move around, walk and play with toys and objects.
- Singing, talking and reading to your child will help him develop language skills.
- Showing affection, being encouraging, being responsive and nurturing helps your child's brain grow so that he/she can learn new things and be happy.
- When you provide consistent rules with clear limits, you help your child know what they can and can't do.
- Children with disabilities should be included in activities with other children.

# Care and Development

## Reflection Questions:

- What do you see happening in this picture (under each domain)?
- Have you seen your child doing these activities? What can you do to help your child develop physically, socially, emotionally and to think and communicate?
- Let's talk about why this is important and some things you can do to help your child develop

## Suggested Actions:



### Physical

- Hold child's hands to help her walk
- Provide safe areas for your child to walk and move around in, away from knives or boiling pots, sharp stones, sticks, slippery surfaces and other known hazards



### Thinking and Communication

- Sing with child
- Read to child or tell stories
- Provide safe materials to play with
- Ask child questions about what they are doing



### Social and Emotional

- Praise child for his accomplishments
- Show affection
- Encourage child to play with family members and other children

## Health



### Key Messages:

- Receiving routine medical care and deworming, if necessary, will keep your child healthy.
- Completing your child's immunizations will keep him from getting certain diseases. Keeping a record by using a health card will help you remember.
- Sleeping under a mosquito net will protect your child from malaria.
- Your child needs to drink clean and safe water.
- Bathing regularly and washing hands will keep your child healthy.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival.



# Health

## Reflection Questions:

- What do you see happening in this picture?
- Does your child go the clinic for regular care and when he/she is sick? Has your child had his immunizations?
- Is your child sleeping under a mosquito net and drinking clean water?
- Are you keeping your child clean by bathing and washing hands?
- Let's talk about why this is important and some things you can do to keep your child healthy.

## Suggested Actions:

- Take child to receive immunizations, bringing card to record them.
- Take child to nearest health facility if shows signs of illness.
- Test your child for HIV and if infected, make sure she gets treatment.
- Take your child to receive deworming medicine.
- Sleep under a mosquito net.
- Wash hands with soap or ash before eating and after using the bathroom.
- Bathe child regularly.
- Boil or treat drinking water.



## Nutrition



### Key Messages:

- Being attentive to your child as she eats will encourage her to eat more and be healthy.
- Washing food before cooking will help keep away certain diseases.
- Eating a mixed diet including vegetables, fruit and meat is important for your child.
- Feeding your child three to five times a day will help ensure he/she gets enough food.
- If your child is ill she may need to eat smaller amounts of food more frequently to keep up her strength and replace lost nutrients.
- Vitamins and minerals are important to prevent malnutrition and later learning problems.
- Regular growth monitoring will help make sure your child is growing well.

# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- What foods does your child eat on a daily basis and how often during the day?
- Do you know what types of foods are healthy for your child?
- Has someone told you that your child needs vitamin supplementation such as Vitamin A? If so, is your child getting it? If not, why not?
- Let's talk about why this is important and some things you can do so your child has the nutrition he/she needs.

## Suggested Actions:

- Add pieces of meat or fish to child's diet.
- Feed child 3 times a day if breastfeeding, 5 times a day if not.
- Give child fruit (e.g., mangos, guavas, amabungo, avocado), yucca, or sweet potato as a snack twice a day in between meals.
- Take child to monitor growth, bringing under 5 card to track.
- If there is a shortage of food in your household, try to reserve some food for your child.
- If your child is not receiving enough vitamins and minerals, take him for vitamin and mineral supplementation.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Hitting your child or hurting in any way is very harmful for your child.
- Children in your household should be treated with equal importance.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- When you treat all of your children the same you are showing them you love and care for them equally.

## Rights and Protection

### Reflection Questions:

- What do you see happening in this picture? Have you registered your child? If not, why not?
- Is your child in a safe environment, free from harm, violence and abuse?
- Do you use positive discipline (e.g., limit setting, routines, praise) instead of being too harsh?
- Let's talk about why this is important for your child.

### Suggested Actions:

- Register your child and make sure he/she has birth documentation.
- Protect your child from verbal, physical and sexual abuse – don't harm or let anyone else harm your child.
- Treat all your children the same.
- Refrain from disciplining your child too harshly, and spend more time encouraging wanted behaviors.
- Seek help if you or someone in your family is too harsh with your child.



## Children 24 < 36 Months



## Care and Development



Physical



Thinking  
and Communication



Social and Emotional

### Key Messages:

- Your child needs a safe, stable, and stimulating place to play to help his brain grow and keep him from getting hurt. He will be walking, running and playing actively now.
- You can help your child develop language skills by singing, talking and reading to her.
- Encouraging your child to play with other children will help her learn to share, express feelings and care for others.
- Children with disabilities should be included in activities with other children.
- When you provide consistent rules with clear limits, your child will know what they can and can't do.
- Giving your child opportunities to make choices will help them learn to think about and make decisions.

# Care and Development

## Reflection Questions:

- What do you see happening in these pictures? Have you seen your child doing these activities? What can you do to help your child develop physically, socially, emotionally and to think and communicate?
- Let's talk about why this is important and some things you can do to help your child develop.

## Suggested Actions:



### Physical

- Help child draw in sand or dirt with stick
- Provide opportunities to run, jump, dance and kick



### Thinking and Communication

- Read to children or use pictures on household items to tell stories together
- Sing songs together
- Play games to identify names and functions of body parts and other objects
- Encourage children to play with others



### Social and Emotional

- Ask child to help you carry out simple activities
- Praise child for accomplishments
- Show affection to the child
- Provide consistent limits and redirect/divert child's attention when behavior is not appropriate



## Health



### Key Messages:

- Receiving routine medical care and deworming, if necessary, will keep your child healthy.
- Sleeping under a mosquito net will protect your child from malaria.
- Bathing regularly and washing hands will keep your child healthy.
- Completing your child's immunizations will keep him from getting certain diseases. Keeping a record by using a health card will help you remember.
- Your child needs to drink clean and safe water.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival.

# Health

## Reflection Questions:

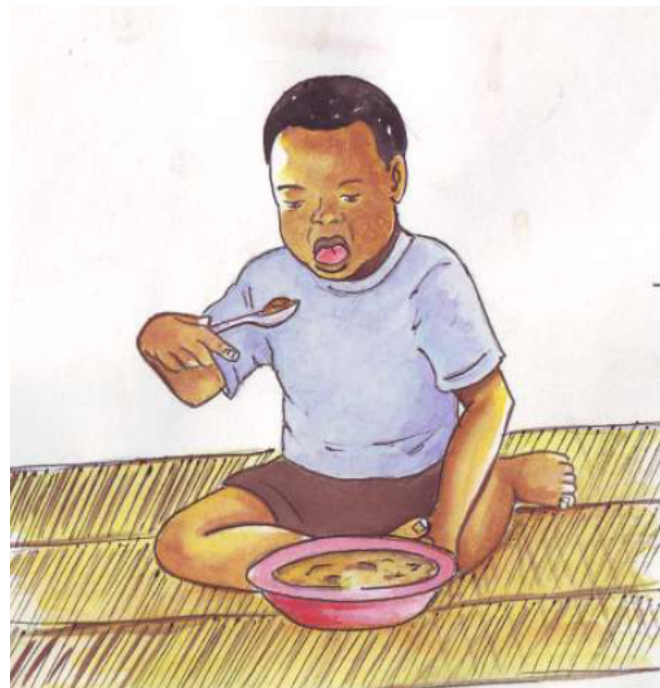
- What do you see happening in this picture?
- Does your child go for regular health care and when he/she is sick? Has your child had his immunizations? Do you consider your child healthy?
- Is your child sleeping under a mosquito net and drinking clean water?
- Are you keeping your child clean by bathing and washing hands?
- Let's talk about why this is important and some things you can do to keep your child healthy.

## Suggested Actions:

- Take child to nearest health facility if shows signs of illness.
- If child needs any additional immunizations, take him to the nearest health facility and bring health card to record them.
- Take your child to receive deworming medicine.
- Test your child for HIV and if infected, make sure she gets treatment.
- Sleep under a mosquito net.
- Wash hands with soap or ash before eating and after using the bathroom.
- Bathe child regularly.
- Boil or treat drinking water.



## Nutrition



### Key Messages:

- Being attentive to your child as she eats will encourage her to eat more and be healthy.
- Your child needs to eat a variety of foods including vegetables, fruit and meat to get the vitamins and nutrients he needs to grow up healthy.
- Washing food before cooking will help keep away certain diseases.
- Feeding your child three to five times a day will help ensure he/she gets enough food.
- If your child is ill she may need to eat smaller amounts of food more frequently to keep up her strength and replace lost nutrients.
- Vitamins and minerals are important to prevent malnutrition and later learning problems. Some children need vitamin and mineral supplementation if they don't get these in their food.
- Regular growth monitoring will help make sure your child is growing well.

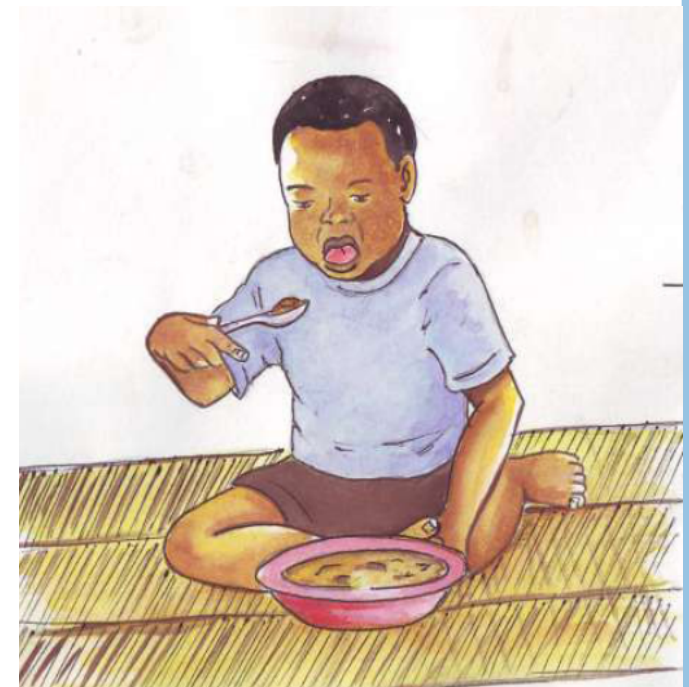
# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- What foods does your child eat on a daily basis and how often during the day?
- Do you know what types of foods are healthy for your child?
- Has someone told you that your child needs vitamin supplementation such as Vitamin A? If so, is your child getting it? If not, why not?
- Let's talk about why this is important and some things you can do so your child has the nutrition he/she needs.

## Suggested Actions:

- If there is a shortage of food in your household, try to reserve some food for your child.
- You can continue to breastfeed but you should wean your child little by little.
- Give your child family food.
- Take your child to monitor his/her growth every month, bringing health card to track.
- If your child is not receiving enough vitamins or minerals, take him to the nearest health facility for vitamin and mineral supplementation.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Hitting your child or hurting him/her in any way is very harmful for your child.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- Children in your household should be treated with equal importance. When you treat all of your children the same you are showing them you love and care for them equally.
- Your child needs to start being more independent and engaging in self-help activities. This will help build confidence in what he can do.

# Rights and Protection

## Reflection Questions:

- What do you see happening in this picture? Did you get your child registered?  
If not, why not?
- Is your child in a safe environment, free from harm, violence and abuse?
- Do you use positive discipline (e.g., limit setting, routines, praise) instead of being too harsh?
- Does your child wash her own hands and face and begin to do things for herself?
- Let's talk about why this is important for your child.

## Suggested Actions:

- Register your child and make sure he/she has birth documentation.
- Protect your child from verbal, physical and sexual abuse – don't harm or let anyone else harm your child.
- Treat all your children the same.
- Encourage your child to do some things on his own – choose his own clothes and dress himself, wash hands and face.
- Refrain from disciplining your child too harshly, and spend more time encouraging wanted behaviors.
- Seek help if you or someone in your family is too harsh with your child.



## Children 3 to < 6 Years



## Care and Development



Physical



Social and Emotional

### Key Messages:

- A safe and stimulating place to play will help your child's brain grow and keep him from getting hurt.
- Singing, talking, reading and playing with your child can help them learn, develop language skills and get ready for school.
- Encouraging your child to play with other children will help her learn to share, express her feelings and care for others.
- Children with disabilities should be included in activities with other children.
- Entry into an early learning program can give your child opportunities to interact with other children and learn.
- Providing consistent rules and clear limits helps your child know what they can and can't do.
- Giving your child opportunities to make choices will help them learn to think about and make decisions.



# Care and Development

## Reflection Questions:

- What do you see happening in this picture?
- Have you seen your child doing these activities? What can you do to help your child develop physically, socially, emotionally and to think and communicate?
- Is your child enrolled in a preschool or early learning program? If yes, how is it going? If not, why and can I help you get him/her enrolled?
- Let's talk about why this is important and what you can do to help your child develop.

## Suggested Actions:



### Physical

- Encourage child to draw in the dirt/sand or on paper
- Encourage child to play sports, games and dance with other children



- Read/tell stories to child and have child tell stories
- Provide child with picture books
- Provide a play bag of materials (stones, bottle caps, small sticks seeds for stacking and making designs in the sand)



### Social and Emotional

- Include child in community activities such as church, festivals, and other activities
- Show affection to the child
- Express feelings through drawing or play, especially if your child has lost a loved one
- Encourage child to play with siblings and other children

## Health



### Key Messages:

- Receiving routine medical care and deworming, if necessary, will keep your child healthy.
- Sleeping under a mosquito net will protect your child from malaria.
- Bathing regularly and washing hands will keep your child healthy.
- Completing your child's immunizations will keep him from getting certain diseases. Keeping a record by using a health card will help you remember.
- Your child needs to drink clean and safe water.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival.

# Health

## Reflection Questions:

- What do you see happening in this picture?
- Are you keeping your child clean by bathing and washing hands?
- Is your child drinking clean water and sleeping under a mosquito net?
- Does your child go for regular health care and when he/she is sick? Has your child had his immunizations? Do you consider your child healthy?
- Let's talk about why this is important and some things you can do to keep your child healthy.

## Suggested Actions:

- Practice correctly washing hands before eating and after using latrine/bathroom.
- Bathe child regularly.
- Boil or treat drinking water.
- Take child to receive any other immunizations.
- Take child to nearest health facility if shows signs of illness.
- Test your child for HIV and if infected, make sure she gets treatment.
- Sleep under a mosquito net.



## Nutrition



### Key Messages:

- Being attentive to your child as she eats will encourage her to eat more and be healthy.
- Your child needs to eat a variety of foods including vegetables, fruit and meat to get the vitamins and nutrients he needs to grow up healthy.
- If your child is ill she may need to eat smaller amounts of food more frequently to keep up her strength and replace lost nutrients.
- Washing food before cooking will help keep away certain diseases.
- Feeding your child three to five times a day will help ensure he/she gets enough food.
- Some children need vitamin supplementation if they don't get vitamins in their food.
- Regular growth monitoring will help make sure your child is growing well.

# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- What foods does your child eat on a daily basis and how often during the day?
- Do you know what types of foods are healthy for your child?
- Does your child eat with other members of his family so they enjoy eating together?
- Has someone told you that your child needs vitamin supplementation such as Vitamin A? If so, is he/she getting it? If not, why not?
- Let's talk about why this is important and what you can do so your child has the nutrition he/she needs.

## Suggested Actions:

- Encourage and provide your child with a mixed diet including vegetables, fruit and meat whenever possible.
- Eat meals with family 3 to 5 times a day.
- If there is a shortage of food in your household, try to reserve some food for your child.
- Provide breakfast before preschool for your child.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Hitting your child or hurting him/her in any way is very harmful for your child.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- Children in your household should be treated with equal importance. When you treat all of your children the same you are showing them you love and care for them equally.
- Your child needs to start being more independent and feeding, dressing and washing himself. This will help build confidence in what he can do.

# Rights and Protection

## Reflection Questions:

- What do you see happening in this picture? Is your child enrolled in a preschool or early learning program? If not, why not?
- Does your child have the opportunity to make choices? To engage in recreational, cultural and spiritual activities? If not, why?
- Is your child in a safe environment, free from harm, violence and abuse?
- Did you get your child's birth registered?
- Do you use positive discipline (e.g., limit setting, routines, praise) instead of being too harsh?
- Let's talk about why this is important for your child.

## Suggested Actions:

- Register your child or make sure he/she has birth documentation.
- Protect your child from verbal, physical and sexual abuse – don't harm or let anyone else harm your child.
- Treat all your children the same.
- Encourage your child to be involved in things and let them make some choices.
- Refrain from disciplining your child too harshly, and spend more time encouraging wanted behaviors.
- Seek help if you or someone in your family is too harsh with your child.
- Enroll your child in a preschool or early learning program if possible.



## Children 6 to 8 Years





## Care and Development



Physical



Thinking  
and Communication



Social and Emotional

### Key Messages:

- Showing an interest in your child makes him feel accepted and builds self confidence.
- Your child should be in school to get an education and experiences that will help her be successful in life.
- Giving your child lots of time at home to read, write and talk will help them love to learn and will lead to success in school and life.
- Children still need time to play each day – this encourages them to use their imagination, problem solving skills and apply what they are learning in school.
- Children who have suffered illness or loss of a loved one need time for play and to talk with someone about their feelings.
- Children with disabilities should be included in activities with other children.

# Care and Development

## Reflection Questions:

- What do you see happening in this picture (under each domain)?
- Have you seen your child doing these activities? What can you do to help your child develop physically, socially, emotionally and to think and communicate?
- Is your child enrolled in the local primary school? If yes, how is it going? Does she attend regularly? If not, why not and can I help you get him/her enrolled??
- Does your child have time for free play each day?
- Let's talk about why this is important and what you can do to help your child develop.

## Suggested Actions:



### Physical

- Provide time for children to play with others
- Encourage children to play active games and sports



### Thinking and Communication

- Show interest in child's reading and ask her to read aloud
- Provide materials that children can use to sort, build and make pictures
- Promote interaction with siblings and other children to build cooperation



### Social and Emotional

- Ask how child's day was/how they are feeling
- Take an interest in child's work from school
- Praise child for helping others with chores
- Encourage child to express feelings through drawing or play

## Health



### Key Messages:

- Receiving routine medical care, needed medications, and deworming, if necessary, will keep your child healthy.
- Sleeping under a mosquito net will protect your child from malaria.
- Bathing regularly and washing hands will keep your child healthy.
- Your child needs to drink clean and safe water.
- Testing your child for HIV and providing necessary treatment if positive will increase his chance of survival.

# Health

## Reflection Questions:

- What do you see happening in this picture?
- Are you keeping your child clean by bathing and washing hands?
- Is your child drinking clean water and sleeping under a mosquito net?
- Do you have a regular source of health care? If not, why not?
- Is your child taking needed medications?
- Does your child go the clinic for regular care and when he/she is sick? Has your child had all of his immunizations? Do you consider your child healthy?
- Let's talk about why this is important and what you can do to keep your child healthy.

## Suggested Actions:

- Have child bathe regularly and help to wash clothes.
- Have child wash hands before meals and after using the latrine/bathroom.
- Boil or treat drinking water.
- Take child to nearest health facility if shows signs of illness.
- Test your child for HIV and if infected, make sure she gets treatment.
- Sleep under a mosquito net.



## Nutrition



### Key Messages:

- Being attentive to your child as she eats will encourage her to eat more and be healthy.
- Your child needs to eat a variety of nutritious foods including vegetables, fruit and meat to get the vitamins and nutrients he needs to grow up healthy.
- If your child is ill she may need to eat smaller amounts of food more frequently to keep up her strength and replace lost nutrients.
- Washing food before cooking will help keep away certain diseases.
- Feeding your child three to five times a day will help ensure he/she gets enough food.
- Some children need vitamin supplementation if they don't get vitamins in their food.
- Making sure your child eats before going to school will help him learn.

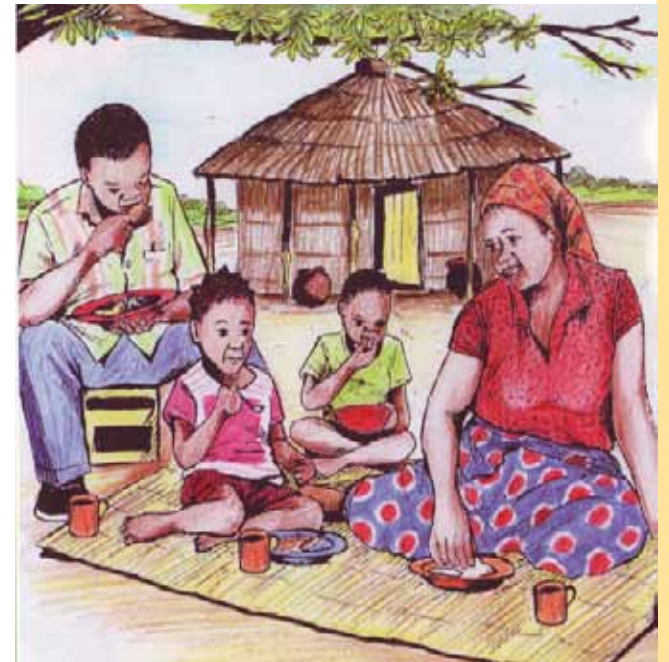
# Nutrition

## Reflection Questions:

- What do you see happening in this picture?
- What foods does your child eat on a daily basis and how often during the day? Do you let him/her help with meal preparation?
- Does your child eat before going to school?
- Do you know what types of foods are healthy for your child?
- Does your child eat with other members of his family to enjoy eating together?
- Has anyone told you that your child needs vitamin supplementation such as Vitamin A? If so, is she getting it? If not, why not?
- Let's talk about why this is important and what you can do so your child has the nutrition he/she needs.

## Suggested Actions:

- Encourage and provide your child with a mixed diet including vegetables, fruit and meat whenever possible.
- Have your child eat meals together with the family.
- If there is a shortage of food in your household, try to reserve some food for your child.
- Provide breakfast for your child before school.



## Rights and Protection



### Key Messages:

- All children have the right to citizenship and should be registered to make sure their rights are protected.
- Hitting your child or hurting him/her in any way is very harmful for your child.
- Children need to be in a safe environment, free from harm, violence and abuse (verbal, physical, sexual).
- Children in your household should be treated with equal importance. When you treat all of your children the same you are showing them you love and care for them equally.
- Your child is becoming more independent and can help around the house, but she also needs time for fun and play and to be part of outside activities. This will help her build confidence in what she can do. Be sure to understand the difference between child labor and child work.
- All children, girls and boys, have a right to education.

# Rights and Protection

## Reflection Questions:

- What do you see happening in these pictures?
- Does your child have the opportunity to make choices? To engage in recreational, cultural and spiritual activities? If not, why?
- What is the difference between child labor and child work?
- Is your child enrolled in school? If not, why not?
- Is your child in a safe environment, free from harm, violence and abuse?
- Do you use positive discipline (e.g., limit setting, praise) instead of being too harsh?
- Let's talk about why this is important for your child.



## Suggested Actions:

- Register your child or make sure he/she has birth documentation.
- Protect your child from verbal, physical and sexual abuse – don't harm or let anyone else harm your child.
- Treat all your children the same.
- Encourage your child to be involved in things and let them make some choices.
- Refrain from disciplining your child too harshly, and spend more time encouraging wanted behaviors.
- Seek help if you or someone in your family is too harsh with your child.
- Enroll your child in school and help her to attend regularly.