“Ensure that every pregnant woman goes for eight antenatal care (ANC) visits from an appropriate health care provider. The mother also needs support from her family and community in seeking care during pregnancy, at the time of delivery, after delivery and during the lactation period.”
“Ensure that every pregnant woman goes for eight antenatal care (ANC) visits from an appropriate health care provider. The mother also needs support from her family and community in seeking care during pregnancy, at the time of delivery, after delivery and during the lactation period”

Benefits of seeking ANC services:
1. The pregnant woman is checked and treated for any conditions which may harm her pregnancy, such as Malaria, Anaemia, HIV/AIDS, STDs
2. Regular examinations are carried out on the pregnant woman’s urine, blood, blood pressure, position of the baby and weight
3. The pregnant woman receives information that will help her have a healthy pregnancy and a healthy baby, such as:
   a. advice on the best foods to eat
   b. preventing HIV/AIDS and STDs
   c. preparing for a safe delivery
   d. preparing for the newborn and breastfeeding
4. The unborn baby is checked to make sure that it is growing well
5. The pregnant woman gets 2 Tetanus immunisations to protect the unborn baby from getting Tetanus

Danger signs during pregnancy
Report promptly to the doctor or nearest health facility if any of the following danger signs or symptoms appear:
- Extreme swelling of hands, feet and wrist
- Headaches and vomiting if prolonged, severe or repeated
- Pain in the abdomen or chest
- Bleeding, spotting and water from the vagina
- Eye problems such as double or blurred vision and swollen eyelids
- Bladder trouble especially painful urination and blood stained urine
- Chills fevers and exceptional fatigue
- High blood pressure and varicose veins

Important questions to ask
1. What do we see in the picture? (Let the group discuss)
2. What is the purpose of seeking ANC? (Let the group discuss and give answers)
3. When should a pregnant woman seek ANC?
4. How many times should a pregnant woman seek ANC?
5. What are the advantages of seeking ANC?
6. What danger signs should a woman look out for during her pregnancy and seek advice or at the ANC clinic?
7. Do pregnant women in this community go for ANC? (Discuss with the group the reasons why they do or do not go for ANC)
8. What should be done to encourage women to go for ANC?
“Ensure that pregnant women and children sleep under insecticide treated nets (ITNs) every night and accept to have their houses sprayed by authorities”
“Ensure that pregnant women and children sleep under insecticide treated nets (ITNs) every night and accept to have their houses sprayed by authorities”

For maximum protection:
1. Have your mosquito nets re-dipped in insecticides every six (6) months at Ministry of Health approved health facilities
2. Buy ITNs from reputable dealers
3. It is important for all members of your family to sleep under ITNs every night. But it is MOST important for children under 5 years of age and pregnant women to be safe from Malaria

How to use an ITN
It is important to always use an ITN correctly all the time. The steps below should be followed when using an ITN:
1. Open the package carefully so you do not damage the ITN
2. Hang it over your bed
3. Sleep under the net every night

Important questions to ask
1. What do you see in the picture? (Let the group discuss)
2. What disease is prevented by sleeping under an ITN every night?
3. Do adults and children in the community sleep under ITNs ( Probe for the reasons why or why not)
4. Where can one get an ITN from in this community and have it retreated? (Discuss where to get ITNs, how to treat them and how often and how to take care of them)
5. What should be done to encourage the use of ITNs?

Notes for CORPs:
- Malaria is the most common fever in Uganda and is one of the biggest child killers.
- Protect your children and family from Malaria by sleeping under insecticide treated mosquito nets (ITNs) every night

Benefits of using ITNs for Malaria control:
Sleeping under and ITN every night helps to control Malaria and Anaemia in children and adults, as well as reducing household expense on treatment and funeral expenses
“Ensure that men are involved in the process of offering care to women during pregnancy, childbirth, and after birth, when accessing family planning”
“Ensure that men are involved in the process of offering care to women during pregnancy, childbirth, and after birth, when accessing family planning”

Notes for CORPs:
There are many ways a husband can show his wife that he cares:
• Ensuring that she receives proper medical care
• Providing financial assistance
• Escorting her to the health facility
• Closely observing and listening to his wife during pregnancy

After delivery of your baby, give your wife time to rest and recover, by taking on some of the household tasks like:
• Bathing the baby
• Fetching water
• Taking time to hold and care for your baby
• Visiting the family planning unit with your partner to learn more about responsible parenting

Real men can show they care by helping their wives and children. Men who participate in household work are confident, caring and respected. They are good examples to their children.

Plan together for the family’s basic needs such as food, health care and education and how you are going to use the available land to grow enough food, including fruits and vegetables for home consumption.

Helping your wife during and after pregnancy will make your family happier and healthier.

Important questions to ask
1. What do you see in the picture? (Let the group discuss)
2. In what ways can a man participate in childcare and reproductive health?
3. What can a man do to help his wife during pregnancy and after delivery? (Let the group discuss)
4. Does it happen here? (Have they seen the men in their community helping their wives?)
“Avoid unplanned pregnancies and ensure appropriate interval/spacing of your children by using appropriate contraceptive methods”
Notes for CORPs:

Child spacing is where the parents have a period between births of their children. Optimal child spacing means: having your children 2-3 years apart.

Another way to space the child without use of contraceptives is through exclusive breast feeding and waiting at least 6 months after stopping breastfeeding before getting pregnant again.

Optimal child spacing promotes child survival through having:

- More time to breastfeed and care for your child
- More money for child care because you will have less school fees to pay, less clothes to buy, less food to buy etc.
- More time for the mother’s body to recover and prepare for the next pregnancy

Feeding the baby only breast milk for the first 6 months helps to space births in a way that is healthy for you and your baby.

By exclusively breastfeeding your baby for the first six months a mother can prevent pregnancy only if:

- She feeds the baby only breast milk
- If the baby is less than 6 months old
- If the mother’s menstrual period has not returned

Important questions to ask:

- What are the available types of contraception?
- Where can one go to access contraception services?
- What should be done to encourage parents/couples to use contraception?
“Notify the birth of your child for registration as soon as possible after birth and obtain a birth certificate”
Notes for CORPs:

• Birth registration is free, accessible to all, and conducted for each newborn child immediately or as soon as possible after birth.

• Birth registration is the process by which a child's birth is recorded in the Civil Register by the government authority called National Identification and Registration Authority (NIRA).

• A birth certificate is the document that generally determines the nationality of the child.

• A birth certificate is the most visible evidence of a government’s legal recognition of the existence of a child as a member of society. In order to get a birth certificate they need to pay 5000 Uganda Shillings for citizens and 40 United States Dollars for non-citizens. Payment is made directly to the bank.

• If a child is not registered at birth and has no birth record, he or she will not have a birth certificate with that all-important proof of their name and their relationship with their parents and the state.

Importance of birth registration:

1. Serves as proof of parents before the law to provide legal protection for their children.
2. Establishes citizenship and nationality.
3. Proves the legal relationship between parents and a child.
4. Facilitates access to education and health care services.
5. Offers protection against exploitation, including trafficking, illegal adoption, child labour, child marriage and early military recruitment.
6. Facilitates access to services and special provision for children in difficult circumstances.
7. Facilitates future employment in the formal sector.
8. Facilitates future financial assistance including access to credit, loans and micro-finance schemes.
9. It is important that parents register their children and get a birth certificate for them so that they are able to access services easily.

Important questions to ask:

1. Why is birth registration important for children?
2. How does one register a child after a birth and obtain a birth certificate?
“Keep the newborn warm, umbilical cord and skin clean and dry and recognize low-weight (small), sick babies and those at risk of HIV infection and seek appropriate care”
Notes for CORPs:

Keeping the baby warm:

Care must be taken to maintain the body temperature of the new born, especially soon after delivery when babies tend to get cold and later to prevent excessive cooling or heating of the body, both of which can be dangerous for the baby.

In order to maintain the temperature of the new born at birth:

- Place the new born on the mother’s abdomen.
- Dry the baby with a clean cloth, then discard the wet linen.
- Place the baby in skin-to-skin contact on the mother’s chest and encourage early breastfeeding. Cover the baby over the mother with a fresh, clean, and dry cloth.
- After feeding, wrap the baby, including the head, with a clean, dry cloth and place him/her beside the mother or keep in skin-to-skin contact with the mother.
- Wait at least 24 hours before giving the baby his/her first bath.
- If the baby’s hands and feet are too cold, wrap him/her with an additional cloth or blanket, or place him/her in skin-to-skin contact covering the baby over the mother’s chest.
- If the baby is too hot, remove some of the clothes or covers.

Keep the cord clean and dry:

- The umbilical cord has connections to organs inside the tummy. It can get infected easily and infections can spread readily to the rest of the body causing serious complications that can endanger the life of the baby.
- Before the birth keep a new razor blade unopened in its own paper wrapper along with clean thick thread in a clean box.
- These then can be boiled in water for 10 minutes before they are used to cut and tie the umbilical cord after the birth of the baby.
- Keep the cord uncovered by the napkin/diaper.
- If there is bleeding from the cord, take the baby immediately to the nearest health facility.
- Do not apply harmful substances like ash, clay, mud, etc.
- Apply an antiseptic only if recommended by the health worker.

Caring for a low birth weight (lbw) infant:

A low birth weight new born is very delicate. It is important to take good care of him/her to promote good health.

To avoid a dangerous drop in the baby’s body temperature, especially soon after birth:

- Dry the baby with a clean cloth, discard the wet cloth.
- Wrap the body including the head with a fresh dry cloth or several cloths as required.
- Wait at least 24 hours before giving the baby his/her first bath
- Practice exclusive breastfeeding, day and night, at least 10 to 12 times a day.
- Wash your hands with clean water and soap every time before touching a low birth weight baby, in order to protect him/her from infections.
- Visit the health facility and get your baby weighed once a week to make sure he/she is growing well.
- Ask the mother and another family member to practice continuous skin-to-skin contact, also known as Kangaroo Mother Care.

The Kangaroo Mother Care (KMC) method is an effective way of maintaining the body temperature in low birth weight babies, at birth for all babies, or during transport of sick babies.

Advantages of the KMC method:

1. Skin to skin contact protects the new born from becoming too cold.
2. The baby is near the breast, which makes breastfeeding on demand easier.
3. The breathing movements of the mother stimulate the breathing of the preterm infant.
4. The kangaroo method does not stop the mother from carrying out most of her daily chores if she desires.
5. The method can be used by any other members of the family.

Important questions to ask:
- How can one keep a new born baby warm?
- Why is it important to keep the umbilical cord clean and dry?
- What is Kangaroo Mother Care? (KMC)
“Take children 5 times before their 1st birthday to complete a full course of immunisation (BCG, DPT, OPV/IPV, PCV, Rota, Pneumonia, and Measles) and adolescent girls to receive the HPV vaccine against cancer of the cervix at the age of 10 years”

**Polio:** Two drops given in the mouth at 6 weeks, 10 weeks & 14 weeks

**BCG:** Given by injection on the right upper arm, one dose given at birth or first contact with the health worker

**Injectable Polio vaccine (IPV):** Given on the right upper thigh at 14 weeks or first contact after that.

**Measles:** Given by injection on the left upper arm at 9 months of age or first contact after the age of 9 months

**DPT, Hepb + Hib:** Given by injection on the left upper thigh at 6 weeks, 10 weeks and 16 weeks or first contact.

**Pneumococcal Conjugate Vaccine (PCV):** Given by injection on the right upper thigh at 6 weeks

**Rotavirus Vaccine:** Given by mouth at 6 weeks, 10 weeks & 14 weeks
**KEY FAMILY CARE PRACTICE 7**

"Take children 5 times before their 1st birthday to complete a full course of immunisation (BCG, DPT, OPV/IPV, PCV, Rota, Pneumonia, and Measles) and adolescent girls to receive the HPV vaccine against cancer of the cervix at the age of 10 years"
“Breastfeed all babies exclusively until the age of six months”
Begin breastfeeding within the first hour after birth so that the baby can feed on colostrum. Colostrum is the thick yellowish milk that comes from the breasts during the first few days after delivery. It is very nutritious and full of nutrients that protect the child from infections/diseases and allergies.

Exclusively breastfeed the baby for the first six months and during this time do not give any other food or drink including juice or water to the baby. This is because the baby’s stomach cannot yet digest other food and s/he may get diarrhoea.

Important of exclusive breastfeeding:
- Exclusive breastfeeding is important for the baby because:
  - It helps the baby to grow healthy and strong therefore not fall sick frequently
  - It contains nutrients that protect the baby from common childhood diseases
  - Breast milk is the best food made especially for the baby, it is cheap, easily available, at the right temperature and gives adequate diet for the first six months.
  - Every mother can breastfeed and the sooner the baby is put on the breast, the faster the milk will flow.
  - When the baby sucks frequently at the breast, more breast milk is produced.

Important questions to ask
1. What do you see in the picture? (Let the group discuss)
2. When should a mother begin breastfeeding?
3. How long should a mother exclusively breastfeed for?
4. What are the benefits of exclusive breastfeeding?
5. What is colostrum and what are its benefits?
6. What should be done to help mother exclusively breastfeed for the first six months? (Let the group give their views and suggestions and encourage self-help solutions)
“Starting at six months of age, feed babies freshly prepared energy and nutrient rich complementary foods, while continuing to breastfeed the baby up to two years of age and longer.”
Notes for the CORPs:

• At six months of age, a baby needs more than breastmilk to continue growing
• Start giving the child additional appropriate food at six months while continuing to breastfeed until the age of 2 years and beyond, as breast milk still provides beneficial nutrients to the child

Important points to note when practicing complementary feeding:

• During each complementary feed, provide a mixture food made up of staples (matoooke, potato, rice, millet etc.) with protein sources (fish, meat, beans, ground nuts etc.)
• Add other foods slowly and carefully to your baby’s diet
• Start feeding your baby with semi-solid foods like thick porridge and increase gradually to mashed foods to help the baby’s stomach learn to digest the new food.
• Feed the baby with small amounts of food frequently three or more times a day. Add small amounts of fat (margarine) or oil to the baby’s food during preparation to make it nutrient dense by increasing the energy and vitamin content.
• Continue to breastfeed the baby on demand until two (2) years old and beyond
• Continue to give the baby solid foods and breastfeed even during illness.
• Always wash your hands with clean running water and soap when preparing food and feeding your baby
• Use clean dishes and spoons when preparing, serving and eating food.
• Feed the child from his/her own plate
• Help the child to feed by actively feeding him/her until you are sure that he/she is satisfied

Important questions to ask

1. What do we see in the picture? (Let the group discuss and give answers on the types of food)
2. Why is complementary feeding important?
3. At what age should complementary feeding start? (Let the group give reasons for the ages mentioned)
4. What mix of food can you feed your child at home to make a balanced diet?
5. What is appropriate quality, quantity and frequency of feeding a child of six months and above?
6. What do you require in the home for effective feeding of a child?
7. How long should breastfeeding be continued and why?
“Give children, adolescents and women adequate amounts of micro-nutrients and de-worm them”
**Notes for CORPs:**

- Essential identified micro-nutrients are Vitamin A, Folic Acid, Iron and Iodine.
- Vitamin A, Iron and Iodine help the body to function and grow properly.
- Vitamin A strengthens the child’s eyesight and protects the child against night blindness.
- Give older children (adolescent) Folic Acid and food rich in Folic Acid. Folic Acid helps young girls whose bodies are changing to prepare them for being a mother in the future.
- Iron is needed for the formation of blood in the body and the prevention of anaemia.

- Iodine prevents goiter and helps your child’s brain to grow.
- Diseases caused by lack of Vitamin A, Folic Acid, Iron and Iodine are all preventable.
- Food rich in Vitamin A, Folic Acid, Iron and Iodine, include:
  - Fruits such as paw paws, mangoes, passion fruits
  - Vegetables such as dodo, nakati, carrots, beans
  - Animal foods such as fish, eggs, liver and milk.
- Iodized salt
  - Vitamin A, Folic Acid, Iron and Iodine can be obtained by eating a balanced diet made up of a variety of locally available foods, including meat, fish, liver, eggs, beans, groundnuts, simsim, liver, maize, millet, cassava, matooke, Irish potatoes, sweet potatoes and green, orange or yellow vegetables and fruits.
- Children should be de-wormed to protect them from worms for example hookworms, roundworms, and tapeworms.
- De-worming increases growth and weight gain.
- De-worming improves mental and physical development.

**Important questions to ask**

- What type of food do we see in the picture? (Let the group name them)
- Which foods are rich in Vitamin A, Folic Acid, Iodine and Iron?
- Why is de-worming of children important?
- What types of food do you have in your homes that are good sources of Iron, Iodine and Vitamin A? (Let the group discuss and also give suggestions as to how other types of food can be obtained)
“Always wash your hands with clean water and soap before preparing/serving/eating meals, before feeding children, after using the toilet/latrine and after disposal of faeces, including children’s”
“Always wash your hands with clean water and soap before preparing/serving/eating meals, before feeding children, after using the toilet/latrine and after disposal of faeces, including children’s”

Notes for CORPs:

- Most illnesses and deaths among children are as a result of germs, which get into the child’s mouth via food and water
- Children often put their hands in their mouth therefore it is important to wash their hands with clean water and soap regularly, especially before giving them food
- Washing hands with soap and clean running water kills and removes germs, leaving the hands clean
- Care should be taken to prevent the spread of germs and so reduce illness and death through proper disposal of faeces and proper hand washing
- All faeces including children’s contain germs and may pass diseases from person to person
- To avoid these kinds of diseases:
  - Dispose of faeces, including children’s faces, in a latrine
  - Each home should have a latrine of its own in which to defecate and throw children’s faeces

Have a hand washing facility (e.g. tippy tap) with clean running water and soap near the latrine to use after defecation
- To have proper latrine that keeps everyone healthy, the latrine:
  - Should have a smooth floor slab
  - Pit should be covered after every use and door closed
  - Floor area, slab and surrounding area should be kept clean and dry
  - Should have enough air flowing through
  - Should be used properly
  - Should have a door that closes properly

- Using a latrine leaves the compound clean. Make sure all faeces are disposed of in the latrine and everyone washes their hands with soap and clean running water after going to the latrine.
- Always wash your hands with clean running water and soap:
  - Before preparing/serving/eating food
  - Before feeding the baby/child
  - After using the latrine
- After disposal of the child’s faeces
- Washing hands frequently with soap and clean running water protects you, your family and community against diseases.

Important questions to ask

1. What do you see in the picture? (Let the group discuss what the children are doing, how they are doing it and what the mother is doing)
2. What are the reasons for washing hands before eating?
3. When else should one make sure they wash their hands? (Lead the group to discuss before preparing/serving food, before feeding children, after using the latrine etc.)
4. Do community members here frequently wash their hands? (Let the group discuss constraints to the practice)
5. What should be done to encourage the frequent washing of hands? (Let the group discuss their views and suggestions and come up with self-help solutions)
“Promote mental and social development during early childhood (0-8 years) through responsive and stimulating care by talking, playing, showing affection and providing a stimulating learning and safe environment”
“Promote mental and social development during early childhood (0-8 years) through responsive and stimulating care by talking, playing, showing affection and providing a stimulating learning and safe environment”

Notes for CORPs:

A child needs to develop his/her mind and body. The development of a child depends how much love and encouragement s/he receives. Promotion of a child’s mental and social development can be done by:

• Playing with the child using toys, physical and imaginary games
• Talking with the child even though they are too young to talk back
• Singing to the child
• Listening to the child and responding with simple answers
• Telling stories to the child
• Using actions with the words and encouraging the child to repeat the words after you
• Expressing emotion and appreciation like thanking and hugging

• Providing the child with plenty of opportunities to develop their five senses—sight, sound, touch, smell and taste.

These activities help your child to develop his/her speech, his/her ability to think, confidence, control and how s/he relates to members of the family, other people and the society in which the child lives

Important questions to ask

1. What is mental development?
2. What is social development?
3. What is the importance of encouraging a child to play?
“Monitor growth and recognize children’s developmental challenges and disabilities for timely intervention and management”
Notes for CORPs:

Growth monitoring is important as it starts right from when the child is born and the parents/caregivers should be encouraged to do the following:

- Attend regular growth monitoring and promotion sessions (GMP) to make sure your baby is growing well.
- Take your baby for growth monitoring and promotion every month during the first year.
- A healthy child who is growing well should gain weight every month. If your child is not gaining weight or is losing weight, there is a problem. S/he should be taken to the nearest health facility for treatment immediately.
- Attending growth monitoring and promotion sessions can help identify nutrition problems your child may have, such as severe thinness or swelling. Nutrition problems may need urgent treatment.
- During growth monitoring and promotion sessions parents/caregivers can ask questions about their child’s growth, health, and nutrition.

It is important to address poor growth and other signs of poor nutrition quickly, as soon as they are identified. If the problem is severe, you should immediately take your child to the nearest health facility.

Important questions to ask

1. What is growth monitoring?
2. What is the importance of monitoring a child’s growth?
3. What are developmental challenges/disabilities?
“Protect and respond to neglect and abuse of children and women including harmful social norms such as Female Genital Mutilation/Cutting, rape, defilement and child marriage”
Traditionally, physical punishment is used to discipline children. However, physical punishment to discipline children is child abuse. Abusing or harming a child or woman is against the law. You can go to prison for damaging the body or mind of children and women.

A person is abusing or violating a child or a woman if he or she:

- Beats a child or a woman
- Burns the child’s hand or other body parts
- Sexually abuses the child or when a woman is forced to engage in sex against her own free will.
- Leaves the child alone with no one to look after him/her
- Denies the child/ woman food or drink
- Locks the child/ woman out of the house
- Curses or shouts a lot at the child
- Teases a child too much and makes him/her feel stupid
- Demeans a child by spitting on her/him
- Forces a child into child marriage (before the age of 18)
- Has the genitals of a girl/woman mutilated/cut

**Important questions to ask**

1. What do we see in this picture?
2. What are the reasons for the mothers’ actions? (Let the group discuss and give answers)
3. Does this kind of child abuse happen in your communities/homes?
4. In what other ways could the mother have disciplined her child without abusing him/her?
5. What other forms of abuse/neglect/harmful practices do you know?
6. What should be done to encourage parents/guardians/caregivers and community leaders to talk to their children/adolescents to empower them to avoid neglect, abuse and harmful practices?
7. What should be done to encourage parents/guardians/caregivers and community leaders to talk to their children/adolescents about telling an adult or reporting these harmful practices when they occur in their lives or those of other children/adolescents?
“Enroll and keep your children in school until the age of 18”
“Enroll and keep your children in school until the age of 18”

Notes for CORPs:
• Parents/Guardians should ensure that when a child is 6 years old he/she is registered for P1
• UPE provides books and other stationeries to children from P.1 to P.3
• As a parent/guardian, your role is to provide a school uniform and meals for your child in any UPE school
• Parents should study and play with their children; this will enable their children to grow emotionally, physically and mentally
• With education a child can gain confidence which s/he use to express himself/herself and be able to communicate with their fellow children or adults

Important questions to ask
• Why should children be enrolled in school?
• What should be done to encourage parents/caregivers to enroll and keep their children in school?
“Ensure wellness and proper development of adolescents by supporting and encouraging them to use adolescent and youth friendly services including getting information about Sexually Transmitted Infections (STIs)/Sexually Transmitted Diseases (STDs), HIV/AIDS and contraception”
“Ensure wellness and proper development of adolescents by supporting and encouraging them to use adolescent and youth friendly services including getting information about Sexually Transmitted Infections (STIs)/Sexually Transmitted Diseases (STDs), HIV/AIDS and contraception”

**Notes for CORPs:**

- HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the disease resulting from a totally weakened immune system.

- HIV is spread through sexual intercourse, infected blood and from infected mothers to their babies during pregnancy, child birth or breast feeding.

- Contraception also known as birth control is used to prevent pregnancy.

- It should be noted that it is important for parents/caregivers to be able to talk to their adolescents without feeling shy and creating a safe space for them to discuss what they want to share with the adolescents.

- Parents/caregivers should be able to find ways/activities to engage adolescents in so that they can have all the information before making decisions with regards to contraception and STIs/STDs and HIV/AIDS.

- Create safe spaces where parents/caregivers can easily communicate to adolescents about delaying sexual relations, avoid smoking, drinking alcohol and taking drugs.

- Parents/caregivers and communities should also be sensitised about the importance of adolescents delaying sexual activities to avoid unplanned pregnancies.

- Parents/caregivers and communities should also be sensitised about the importance of adolescents avoiding smoking, drinking alcohol and taking drugs.

- Communities should play their part in discouraging adolescents from early sexual relations, smoking, drinking alcohol and taking drugs.

**Important questions to ask**

1. What should be done to provide adolescent/youth friendly services for adolescents with HIV/AIDS?

2. How can parents/caregivers communicate with adolescents about HIV/AIDS and STIs/STDs?
“Protect children from teenage pregnancy (including abortions) and other risks by supporting and talking to them to delay sexual relations, avoid smoking, drinking alcohol and taking drugs”
Notes for CORPs:

- CORPs should counsel parents/caregivers so that they are empowered and able to talk to their children/adolescents freely.
- It is important that the discussions are held in an area or space where adolescents do not feel judged and can freely express themselves.
- Parents/caregivers and communities can organise activities where the adolescents can be engaged and therefore will not get involved in harmful activities and at the same time can use that time to acquire skills that will help them in the future.
- Giving adolescents all the relevant information is key as it allows for them to make informed decisions.
- Health workers should counsel adolescents and encourage them to delay sexual relations to avoid unplanned pregnancies which could lead to them seeking out abortions.
- Reassuring adolescents that they should not be influenced by their peers to start smoking, drinking alcohol or taking drugs because these practices are dangerous and harmful to their health.

Important questions to ask

1. What are the dangers of adolescents smoking, drinking alcohol or taking drugs?
2. What risks are associated with teenage pregnancy on adolescent girls?
3. What should be done to encourage parents/caregivers to talk to their adolescents about the dangers of teenage pregnancy and other risks?

“Protect children from teenage pregnancy (including abortions) and other risks by supporting and talking to them to delay sexual relations, avoid smoking, drinking alcohol and taking drugs”
“Recognize when a child, adolescent and pregnant woman need psychosocial support and seek timely medical and appropriate care”
Notes for CORPs:

• Psychosocial can be seen as behaviors of an individual and their ability to adjust her/his mind and body to the social demands within a given environment.

• If the adolescent girl or boy is acting out or misbehaving, or as a result is committing petty offenses, emphasize the responsibility of the family and community to reach out and provide psycho-social support as needed.

• Emphasise that detention and sending a child to a rehabilitation institution is not always in the best interest of the adolescent girl/boy or the family/community.

• Parents/caregivers are advised to support adolescents to understand the changes that their bodies are going through.

• Parents/caregivers should ensure that girls are supported to manage menstruation challenges.

• Lashing out or misbehaving might also manifest itself through children committing petty offenses such as theft. A child coming into conflict with the law, especially as a first time offender, could be a cry for more attention or support from the family and community. Thus it is important that parents/caregivers talk to the children and find the root cause for them acting out before they serve the children with punishment.

• Pregnant woman go through several changes like gaining weight, swollen feet, losing self-confidence and it is important that they are supported through the pregnancy and that they should love themselves and the child they are carrying.

• Each child, adolescent and pregnant women goes through a variety of changes and deals differently in their social environment, so it is important that they should be supported and helped to understand that whatever they are going through is very normal.

• It is also important that they seek medical care as early possible should the need arise.

Important questions to ask

1. What are the psychosocial needs of adolescent girls and boys?
2. What should be done to encourage parents/guardians/caretakers/community leaders to recognize the psychosocial needs of adolescent girls and boys?
3. What is the importance of seeking timely care for children, adolescents and pregnant women?
Give children and pregnant women appropriate home treatment during sickness and recovery

1. Wash your hands
2. Measure one litre of drinking water into a clean container
3. Open the packet of oral Re-hydration Salt and empty it into the water
4. Mix the Oral Re-hydration Salts and the water well.
"Give children and pregnant women appropriate home treatment during sickness and recovery"

**Home management of fever**
- If the child’s temperature gets too high, it is dangerous and it may lead to convulsions/ fits.
- When the child has a high fever, remove the child’s clothes, cool the body down using a piece of cloth soaked in lukewarm water, so as to lower the child’s body temperature.
- Give an appropriate dose of anti-malarial and paracetamol tablets to reduce the child’s temperature.

**Home management of diarrhoea**
- Diarrhoea takes water and food substances out of the body. This can lead to dehydration and death in a short time.
- When a child has diarrhoea, give ORS and other home fluids like juice, as well as continuing to give food to the child.
- ORS replaces the water and food substances the child is losing and therefore gives the child more strength. Keep at least 2 sachets of ORS in the house and start giving ORS as soon as diarrhoea starts.
- To prepare the ORS, mix ORS in 2 tumpeco mugs of clean boiled and cooled drinking water.
- ORS can be obtained free from government health facilities all over the country.
- A child’s teeth should never be removed due to diarrhea or any other childhood illness. “False teeth” disease does not exist and what is removed is actually the young tooth of a child.
- A child’s teeth cannot cause diarrhoea or any other disease.
- Removing “false teeth” causes harm to the health of the child by inflicting pain on the child, destroying the pre-mature tooth making it impossible to grow, causing excessive bleeding and infection which may lead to permanent damage to the child’s jaw or death.

**Home management of a cough**
- When a child has a cough, give him/her more fluids and food. Fluids soothe the throat and reduce the frequency and intensity of coughing.
- Drugs are not necessary for all coughs except when a child has developed Pneumonia.
- When a child begins to breathe faster than usual or has difficulty breathing, take the child to the nearest health facility immediately.

**Important points to remember in giving sick children and pregnant women appropriate home treatment for illness:**
- A child loses a lot of body fluids and energy during illness due to sweating and body damage due to the disease itself therefore you must continue giving the child food and liquids during illness.
- Increase the amount and frequency of feeding in the two weeks following recovery.
- When signs or symptoms persist and the child’s and/or pregnant woman’s condition gets worse, seek assistance immediately from a health worker or take the patient to the nearest health facility immediately.

**Important questions to ask**
1. Why is it important to provide home treatment during sickness and recovery for children and pregnant women?
2. List any signs of illness in children and pregnant women
3. What are the dangers of false teeth extraction?
4. What is ORS?
5. How does one prepare ORS correctly?
“Follow the health worker’s advice about taking medication, the treatment, follow-up visits and referral”

“Make sure you finish taking all the medicine just like I told you”
Notes for the CORPs:

• The family needs to understand the importance of seeking urgent care. A health worker can identify the problem. The patient may need treatment that only the health facility can give.

• Ask the family to bring the patient to see the health worker when they return from the health facility (or hospital).

• It is important that parents/caregivers learn and understand what has been told to them by the health worker at the health facility.

• Support the completion of the treatment at home, including giving the child the full course of medicines. Follow the schedule received from the health facility.

• If the child is being treated at home, also emphasize the need to continue to breastfeed the child frequently or, if the child is not breastfed, to offer water and other fluids until the child is well.

• Remind the family about the need to continue feeding the child frequently. If the child is receiving complementary food, give the child their favorite food more often and in small quantities. Extra feeding after the child is well is important as it enables the appetite to return and will help with gaining of weight.

• Encourage the family to continue to play and communicate with the child, even while the child is sick. Gentle stimulation helps the child to get well.

• If the child does not improve, assist the family in taking the child back to the health facility for further treatment/care.

Important questions to ask

Why is it important to follow the health worker’s advice about taking medication, treatment, follow-up visits and referrals?
“Continue to feed and offer more fluids, including breast milk, to a child when the child is sick”
“Continue to feed and offer more fluids, including breast milk, to a child when the child is sick”

{Luganda}
Youngera okuwa omwana eby’okulya n’okunywa nga mulwadde

{Ateso}
Inyikokite aitanyam ikoku araida edeka

{Runyoro/Rutoro}
Omwana otamuiha hamabeere nobwaraaba murwaire

{Luo}
Mede Ki miyo cam muromo bot latim matwo kadi bed two tye matek

{Runyankore}
Yongera kuriisa n’okunywisa omwana yaaba arwairwe

Notes for the CORPs:
• A sick child loses a lot of body fluids through increased body temperature, sweating and sometimes diarrhoea thus will need increased fluid intake.
• A sick child also loses a lot of energy through increased body temperature and poor appetite due to the disease itself.
• It is also important to give a sick child more food than usual to replace the lost energy.

• Parents/caretakers must continue to feed and offer more fluids, including breast milk to sick children.

Points to note in continued feeding during illness:
• Persuade the child to eat even if the child does not want to eat
• Give a little food at a time, more frequently if the child does not want to eat.
• Increase amount and frequency of the food following an illness for at least two weeks enable the child to recover.
• Feed the child instead of leaving the child to feed himself/herself
• When the child has diarrhoea, give the child extra home based fluids or ORS + Zinc
• Continue to breastfeed the child even during illness.

Important questions to ask
1. What do we see in the picture? (Let the group discuss the actions of the mother and what is on the bedside table)
2. Why is it important to continue feeding and giving fluids, including breast milk, to a sick child?
3. How should parents/caregivers continue to feed sick children?
4. Discuss with parents/caregivers about the best available food and fluids to feed a child during sickness
“Take appropriate actions to prevent and manage child injuries and accidents at home and in the community”
“Take appropriate actions to prevent and manage child injuries and accidents at home and in the community”

Notes for the CORPs:

- Accidents and injuries are common with people of all ages. However, children are naturally curious and active hence are more prone to injuries and accidents.
- To avoid child injuries in general, do not leave children unattended.
  - In case the child is injured, give first aid and where necessary, take him or her to a qualified health worker/nearest health facility.
  - Common injuries and accidents in the home include: cuts, poisoning, choking, electric shocks, falls, drowning and burns.
  - All these can be avoided by taking appropriate measures.

To prevent burns:

- Make sure your children cannot reach the cooking stove or hot pots.
- Do not let them play around the stove
- Watch your children carefully around fire
- Put petrol, paraffin lamps and matchboxes out of your children’s reach
- Never carry hot liquids above your children. Children are fast and can easily bump into you, causing you to spill the hot liquid on them.
- Constantly teach your children to stay away from hot objects.

Important questions to ask

1. What are the common causes of child injuries/accidents at home?
2. How can child injuries and accidents be prevented at home?