



The Pledge

Each participant must read this aloud to the other participant, as a commitment to an honest and open dialogue.



I commit to an open, honest and respectful dialogue.

I pledge to truly see you and hear you.

I will keep what you tell me private and confidential.

Both participants must read this aloud to one another.







Get to know your partner

How has your experience been as a mother?

Have you experienced any challenge feeding your child?



Get to know your partner

What do you love most about being a mother?



Get to know your partner

What is the most unique characteristic of your baby?









Family & Friends

What do your family members and friends think about how you feed your child?

Do you agree with them?



Information seeking

If you have questions about how to feed your child, who would you ask for/where would you go first?

Only mothers should answer.



Ideal counselling session

Describe an ideal counselling session provided by a CHW.

Only mothers should answer.









Had you ever fed another child before you had your own?



Were you ever afraid of harming your child by giving them a certain type of food?

What makes it difficult to understand or address your child feeding needs?

How can they be addressed, and what is your role in addressing them?

Only the healthcare provider should answer.

What makes it difficult to ask for help?

What makes it difficult to provide help?

Only CHW should answer.

Scenario

Amina, 19, goes to a community talk to learn from the CHW tips about diet diversity for her 7-month-old baby. While in the session, she hears a CHW shouting at a young mother, saying she must be a "real bad mother" not to be giving solid foods to her 9-month-old baby. Then, Amina decides to leave the meeting.

How did Amina feel, during and after this experience?

What do you think might happen next for Amina?

What could have gone differently?

Scenario

A mother hears another mother advising "good" foods she should feed her child. The mother feels tired and does not have the time or energy to prepare all of these foods. And says that is for others who have more resources.

What could have gone differently to make this mother feel capable adopt the tips?





Your best experience

When did your child enjoy the food?

How did you know?

Mom goals

At a mom best, what are her goals and duties to a CHW during a visit?

Mom goals

Considering today's conversation, what nutritional gaps have come up?

Only mothers should answer.

Community Health Workers goals

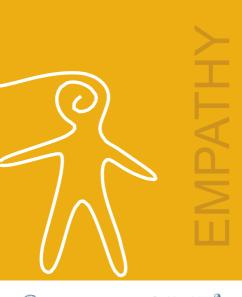
At a CHW best, what are his/her goals and duties to a mom during a visit?

Learnings

Thinking of previous questions, name three things that might impact your child nutrition?

Community Health Workers goals

Considering today's conversation, what nutritional counselling session gaps have come up?







FINAL REFLECTION

For Community Health Workers

Make a commitment to yourself of what you will do with your increased empathy for mothers in your community.

Complete these sentences:

Starting tomorrow, I will...

Within one month. I will...

Stuck? Ask a mother/caregiver or your colleagues for help!