

AWAWARENESS



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE



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.**

AWAWARENESS



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE





Get to know your partner

How has your experience
been as a mother?

Have you experienced any
challenge feeding your
child?

Both participants should answer.



Get to know your partner

What do you love most
about being a mother?

Both participants should answer.



Get to know your partner

What is the most unique
characteristic of your baby?

Both participants should answer.



UNDERSTAND



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE





Family & Friends

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

Do you agree with them?

Both participants should answer.



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.



EMPATHY



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE





Addressing needs

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

**Both participants should
answer.**



Addressing needs

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

**Both participants should
answer.**

Addressing needs

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.

Addressing needs

What makes it difficult to
ask for help?

**Both participants should
answer.**

Addressing needs

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?

Both participants should answer.

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?

Both participants should answer.

COMPASSION



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE



Your best experience

When did your child enjoy
the food?

How did you know?

Both participants should answer.

Mom goals

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

Both participants should answer.

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?

Both participants should answer.

Learnings

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

Both participants should answer.

Community Health Workers goals

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

Both participants should answer.



EMPATHY



USAID
FROM THE AMERICAN PEOPLE

Breakthrough
ACTION
FOR SOCIAL & BEHAVIOR CHANGE



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!**