


# 9 Questions for Caregivers

## Begin here!

What foods do you know how to prepare for a child this age?


  
Unsure or does not know

Check the tips & tricks magazine to know more!  
(Prototype #7)

  
Porridge

  
Solid food

What animal source foods can be added to a child's bowl each day (at this age)?

  
Fish, egg, milk or yogurt

  
Unsure or does not know

Check the nutrition card game to know more!  
(Prototype #3)


Why is it good for a child over 12 months to eat from their own bowl?

  
Unsure or does not know

  
To be sure they are eating enough

How is your child's appetite? (Or do you have any concerns about your child's appetite now?)

Check the tips & tricks magazine to know more!  
(Prototype #7)

  
Great, eats whatever I offer

  
Good, but I still have to push to eat certain foods

  
I have concerns because I don't know that much

Check the assumption busting activity to know more!  
Start in row 1  
(Prototype #5)

What are the benefits of adding food to your child's porridge, such as animal source foods, oil or peanuts and vegetables?

  
Unsure or does not know

  
They have more nutrients. They are less likely to get sick.

Check the trivia game to know more!  
(Prototype #4)

Do your family members support you to add a variety of foods to your children's meals and between meals for healthy snacks?



Yes



Not entirely

What does your child like to eat?



Not many things or is not sure



Includes a vegetable, fruit or fish

Check the assumption busting activity to know more!

Start in row 3

(Prototype #5)

Check the assumption busting activity to know more!

Start in row 2

(Prototype #5)

What animal source food do you give your child? (Or could you try to add a food from animal sources to your child's bowl each day?)



I give my child dried fish, milk or egg



I could try to add a food from animal sources



None

Check the tips & tricks magazine to know more!

(Prototype #7)

What foods can your child feed him or herself? (Or could you try to give your child fruit or vegetables as healthy snacks between meals each day?)



My child can't feed him or herself



I could give my child fruits or vegetables



They feed themselves banana or mango

Check the assumption busting activity to know more!

Start in row 4 (Prototype #5)

Done!  
Great job

# 9 Questions for Influencers

## Begin here!

Why are families and communities important for a child from 6 months to eat a variety of foods for healthy growth?


  
Unsure or does not know

Check the nutrition card game to know more!  
(Prototype #3)

  
A child at this age needs more energy and nutrition than at any other time in life

  
Good nutrition now is equal to healthy child forever

What animal source foods can be added to a child's bowl each day (at this age)?

  
Fish, egg, milk or yogurt

  
Unsure or does not know

Check the nutrition card game to know more!  
(Prototype #3)

Why is it good for a child over 12 months to eat from their own bowl?

  
Unsure or does not know

Check the tips & tricks magazine to know more!  
(Prototype #7)

  
To be sure they are eating enough

What are the benefits of adding different foods to a child's meal from 6 months, such as dried fish or yogurt?

  
They have more nutrients. They are less likely to get sick.


  
Unsure or does not know

Check the assumption busting activity to know more!  
Start in row 1  
(Prototype #5)

What are the consequences to a family and community when a child from 6 months old eats only plain porridge?

  
Unsure or does not know

Check the trivia game to know more!  
(Prototype #4)

  
Waiting too long may cause your baby to stop gaining weight at a healthy rate, and put him at risk of becoming thin and weak.

How do you feel when the young child in your family and community is happy and healthy?



I feel happy too because my community is healthy



Nothing, other people's children does not affect my family

How do you support young children in your family and community to eat a variety of local foods each day during meals and between meals?



I don't know how to support other people's children



I cook for children from my family and community.

**Check the assumption busting activity to know more!**

**Start in row 3**  
(Prototype #5)

**Check the assumption busting activity to know more!**

**Start in row 2**  
(Prototype #5)

What else will you do to increase the variety of locally available foods for young children in your family for good health and growth?



I grow healthy food and I share it with my community



I don't do anything else

**Check the tips & tricks magazine to know more!**

(Prototype #7)

How will you encourage mothers and families to increase the variety of locally available foods for young children in your family for good health and growth?



Nothing, I'm doing enough



I will continue to share my knowledge with them

**Check the assumption busting activity to know more!**

**Start in row 4** (Prototype #5)

**Done!**  
**Great job**