

Grow, Glow, Go!

Healthy Child Feeding for
GOODLIFE



Acknowledgements

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Table of Contents

Acknowledgements	i
Table of Contents	ii
FLIP 1	1
How to Use this Flip Chart	2
Section 1: Understanding the Food Groups & Healthy Feeding for Child's Growth and Development	
FLIP 2	3
Eating Healthy for GOODLIFE	4
FLIP 3	5
Food Groups for GOODLIFE	6
Section 2: Promoting the right Food Path for Children	
FLIP 4	7
Food Path for GOODLIFE	8
FLIP 5	9
Feed for GOODLIFE: Age 0 to 6 months	10
FLIP 6	11
Feed for GOODLIFE BRIDGE Period: Age 6 to 9 months (1)	12
FLIP 7	13
Feed for GOODLIFE BRIDGE Period: Age 6 to 9 months (2)	14
FLIP 8	15
Feed for GOODLIFE: Age 9 to 24 months	16
FLIP 9	17
Feed for GOODLIFE: Age 2 to 5 years	18
FLIP 10	19
Feed for GOODLIFE: Non - Breastfed babies (Age 0 to 6 months).....	20
Section 3: Anaemia during Pregnancy and in Children	
FLIP 11	21
Anaemia in Children and Pregnant Women	22
FLIP 12	23
Prevent Anaemia for GOODLIFE	24
Section 4: Healthy Meals for GoodLife	
FLIP 13	25
Prevent Food Contamination for GOODLIFE	26
FLIP 14	27
Examples of Healthy Meals for GOODLIFE (1)	28
Examples of Healthy Meals for GOODLIFE (1 Continued)	29
Examples of Healthy Meals for GOODLIFE (2)	30
Aduane Pa Ma Asetena Pa	iii
Contact Information	iv

How to Use this FLIPCHART



Recommended Child Feeding Activities Examples of Flips You Can Use

Try to cover all the pages in the flip chart. Here are examples of different settings:

- Keep up with Soap with Soap
- Use this opportunity for demonstrations and encourage people to eat meals & enriched meals for GOODLIFE

School Based Interactions

- Discuss for example:
 - 3 Food Groups for GOODLIFE
 - Keep Good Hygiene and Wash with Soap for GOODLIFE

Child Welfare Clinics:

- Discuss for example:
 - Food Path for GOODLIFE
 - Feed for GOODLIFE (choose any 3)
 - Eating Healthy for GOODLIFE
 - Prevent Anaemia for GOODLIFE

Community Meetings or Organized Groups:

- Discuss for example:
 - Eating Healthy for GOODLIFE
 - 3 Food Groups for GOODLIFE
 - Prevent Anaemia for GOODLIFE (choose any 3)

Community Meetings or Organized Groups:

- Discuss or Perform:
 - Examples of Healthy Meals for GOODLIFE
 - Keep Good Hygiene and Wash with Soap for GOODLIFE
 - Involving men in feeding sessions at home
 - Hanging of 'treated nets' (LLIN)

How to use this flipchart

Principles of a good Dialogue

- **Look:** make eye contact and observe your audience's behaviour.
- **Listen:** to what people say and don't be judgmental.
- **Learn:** why your audience is having a problem with the health issue.
- **Share:** invite your audience to share their experiences on (with) the topic.
- **Care:** show compassion and empathy.

Before the session

- Choose no more than 2-3 cards to use in a session to allow time for discussion.
- Be familiar with the content and get ready any materials (e.g. Child Health Records) you may need.

Use the GAP IT*method (1. Greet—Ask—Praise: 2. Inform—Talk)

The GAP IT method is a two-step process that:

1. Finds the gaps in knowledge of your audience on a given topic; and,
2. Fills the gaps with correct information and engages them in guided discussion on it.

1. Find the gaps.

- **GREET:** Greet warmly. Make the individual(s) feel comfortable. Introduce the topic(s) you will cover in the session.
- **ASK:** Ask the start-up questions on each card to get discussion started before showing the images. Encourage the audience to participate and ask questions.
PRAISE: Always be respectful and praise the person or people for their responses and participation.

2. Inform and discuss

- **INFORM:** Show the flipchart image. Explain all the key messages on the back of the card (side facing you). Find a way to respectfully correct any wrong information they provided earlier. Give advice and counsel regarding knowledge, attitudes and behaviours that need improvement.
TALK: Use discussion questions (and/or your own questions) to generate discussion among the group about the issue. Focus on issues specific to their community or situation.

3. Closing

- **REVIEW / RECOMMEND:** Review 2 or 3 key points from the session. Recommend one or two small, do-able action(s) they can take.
- **THANK:** them for their time and participation and lead call and response:

* Adaptation of WHO concept adapted from presentation in the *Facilitator guide, Volume 2 for Community-based health and first aid in action (CBHFA)*, International Federation of Red Cross and Red Crescent Societies, March 2009.

Eating Healthy for **GOODLIFE**



Eating Healthy for GOODLIFE

Start-up Question: What do people describe as healthy meals? What are the components of a healthy meal?

Meals rich in nutrients help children grow and develop properly, and also protect them against diseases such as pneumonia and diarrhoea. Feeding the child with healthy meals in the right amounts and mix will make him **GROW**, **GLOW** and **GO**.

What is a healthy meal?

A healthy meal is:

- Prepared with foods from the three food groups (See Flip 2)
- Adequate (enough) and has the right texture for the child's age
- Served with fruits
- Safe and free from germs

What are the effects of not feeding the child with healthy meals?

- **Poor growth and development**-Child becomes too short or too thin or too fat for his/her age
- **Poor school performance** - Not able to learn and do well in school
- **Anaemia (Low blood)**- Suffers "low blood" which can lead to death
- **Other serious conditions** - Like Marasmus and Kwashiorkor which can also lead to death

What are the benefits of feeding the child with healthy meals?

- Child's brain develops fully and they can do their best at school
- Child grows physically stronger and reaches the right height and weight for his/her age
- Child does not develop Anaemia (low blood) which can lead to death
- Child is strong and can fight diseases such as **malaria, diarrhoea and pneumonia**.
- Recovers quickly from sickness.

What should you do to help your child benefit from healthy meals?

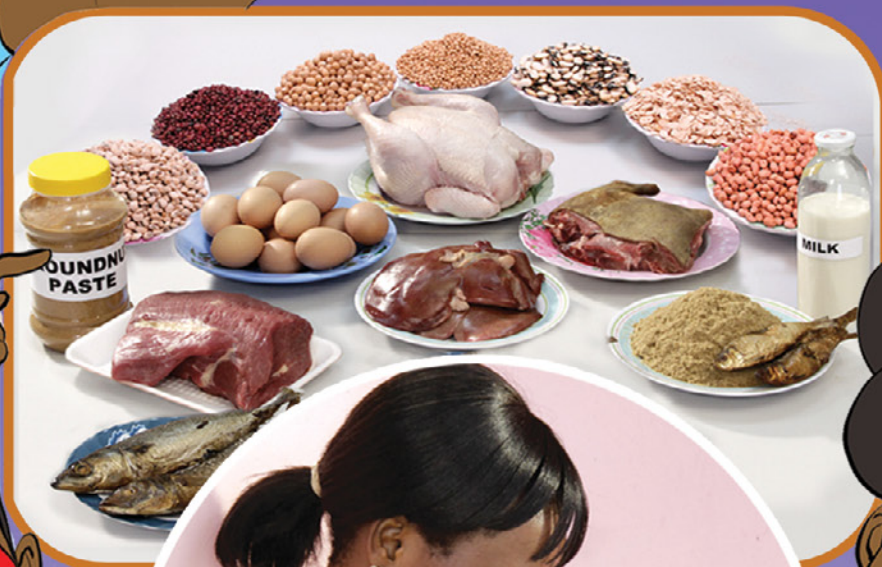
- **Give** your child the right quantities of meals prepared from the 3 food groups. Give fruits with meals.
- **Prevent** Diarrhoea & Worm Infestation
 - o Wash fresh fruits and vegetables properly before eating
 - o Cook food well before feeding to your child
 - o Heat pre-cooked food well before feeding it to your child
 - o Wash your hands before cooking and wash yours and the child's hands before feeding the baby or eating
 - o Wash cooking utensils, plates, cups, pots with soap and water before and after use
- **Prevent** other infections like pneumonia
- **Sleep** under a "treated net" (LLIN) every night to prevent malaria.
- **Attend** Child Welfare Clinics regularly to know how your child is growing and get Vitamin A and necessary immunizations for your child
- **Observe** your child and report any of the following signs to your health worker: poor appetite, weight loss, swollen feet, ankle and hands, refusal to play, crying all the time, loss of interest in his/her environment.

Discussion Questions:

- ***What makes a healthy meal?***
- ***Mention some of the benefits of feeding a child with healthy meals.***
- ***What can you do to ensure your child benefits fully from a healthy meal?***

3 Food Groups for **GOODLIFE**

Body-building Foods



Energy-giving Foods

Protective Foods

3 Food Groups for GOODLIFE

Start-up Questions: What are some of the foods most commonly eaten in this community? Do community members put these foods into groups and how do they call them?

The 3 main food groups are **Body- building (GROW)**, **Protective (GLOW)**, and **Energy- Giving (GO)** foods. Each group provides special nutrients or substances that help the body to function properly. Every meal should have adequate portions of foods selected from each of these groups. At a minimum, the child should get foods from each food group at least once per day.

What is a healthy meal?

Body - Building (GROW) Foods:

- Come from animal sources (e.g. meats, fish, eggs, milk and milk products), and plant sources (e.g. soya beans, bambara beans, broad beans, cowpea or black eye beans), and nuts and oilseeds (e.g. groundnuts, cashew nut, agushie and neri).
- Provide nutrients for building, repairing and maintaining the body.
- Help the child to build muscles, organs and also heal the body from cuts and bruises.
- They are also called “GROW” foods.

Protective (GLOW) Foods:

- Include fruits (e.g. orange, mango, avocado pears, pawpaw, watermelon, pineapple, and baobab fruit) and vegetables (e.g. alefu, nkontomire and other dark green leafy vegetables, carrots, tomatoes, garden eggs, and okro). Fruits are best eaten fresh. Vegetables should not be over cooked.
- Provide nutrients that protect the body from infections and help to heal.
- They are also called “GLOW” foods.

Energy - Giving (GO) Foods:

- Are mainly starchy foods, fats and oils (e.g. cassava, cocoyam, yam, plantain, maize, millet, rice, sorghum, plantain, Shea butter, palm and vegetable oil).
- Provide energy for the body to be active, and help a child sit, crawl, stand, walk, run and play around.
- If the body does not get enough energy-giving foods the body becomes weak.
- They are also called “GO” foods.

PLUS – Breastfeeding

- Breast milk contains all the nutrients required by the baby from birth to six months.
- After 6 months breast milk still provides a lot of the nutrients a child needs
- It is important to feed children aged 6 months to 2 years and beyond, with meals prepared from the 3 food groups in addition to breast milk.

Discussion Questions:

- **Mention the names of the 3 food groups and give examples of each food group.**
- **What are some of the benefits of each of the food groups? E.g. body- building, Protective food and Energy-giving foods**
- **For how long should a child be fed only breast milk? After 6 months why should breast milk be given to the child along with meals prepared from the food groups?**

Foodpath for **GOODLIFE**



0-6
months



6-9
months



9-24
months



2-5
years



Food Path for GOODLIFE

Start-up Question: What do mothers give their babies during the first 6 months of life? When do community members start giving other foods to the child?

Every child should be given breast milk ONLY for the first 6 months of life. Breast milk contains all the nutrients the baby needs for the first 6 months. But at 6 months breast milk alone is not enough for the baby so other foods (complementary) should be given for proper growth and development. Breastfeeding should be continued till the child is at least 2 years old.

What is Complementary Feeding?

- Complementary feeding is giving the child other foods in addition to breast milk.
- Complementary feeding should start at 6 months and continue till 2 years or more when the child stops breastfeeding.

What is the (BRIDGE) period in feeding?

The Bridge is between 6 to 9 months. It is the period after exclusive breastfeeding during which a baby is learning to eat family foods. If foods are not introduced to the baby in the right way during this period:

- The child will not eat, grow and develop well.
- The child will suffer illnesses such as, anaemia (low blood) and Kwashiorkor. Some of the effects of poor growth and development cannot be corrected later on in life.

What can you do to make sure your baby grows healthy during this time?

- Start giving new foods carefully and patiently to ensure all the child's nutrient needs are met
- Prepare the child's meals in a form that can be easily swallowed (e.g. mashed, cut-up into small pieces).
- Prepare the child's meals from the 3 food groups (Body-building, Protective, and Energy-giving (See Flip 3).
- Feed iron-rich foods daily. (E.g. liver, fish, meat, chicken, nkontomire, groundnuts, beans). Give especially, dark green-leafy vegetables once daily if possible.
- Add fruits with meals to help the body use the iron in the food.
- Feed small quantities of meals at a time. Do not add pepper or other hot spices.
- Prevent worms and other infections such as diarrhoea:
 - o Use clean water and utensils for child's food.
 - o Wash fruits and vegetables with clean water before cooking or eating.
 - o Wash your hands with soap and water before feeding the baby and at the 5 critical times (See Flip 13).

Discussion Questions:

- **When should mothers begin to give other foods to their babies? Give some reasons why other foods should be given at that time?**
- **What do you understand by the "Bridge" Period? What are some of the meals you can give to your child to help him/her grow healthy during the bridge period?**
- **Mention some of "iron – rich foods" you can feed your baby?**

Feed for Goodlife

0-6 MONTHS



0-6
months

Feed for GOODLIFE: Age 0 to 6months

Start-up Question: What makes mothers to give only breast milk to their babies for the first 6 months of life?

Breast milk alone is best for the baby from birth up to 6 months. It is rich in nutrients to make your baby **GROW, GLOW** and **GO!**

What to feed?

Breastfeed exclusively from birth to 6 months

- At birth, give the first yellowish milk (colostrum) from the breast to the child for protection.
- Give **ONLY** breast milk for the first 6 months of life. No water or any other liquids or foods.

How much and how often?

- Put the baby to breast within 30 minutes after birth
- Breastfeed the child as often as the baby wants, day and night.
- Allow the baby to suckle for as long as he/she wants at each feed
- The more the baby suckles the more breast milk is produced.

How to do it?

Practice good positioning and attachment

- Sit or lie in a comfortable position. You may rest your back against a chair or wall.
- Bring baby to breast and use the nipple to encourage baby to open his/her mouth wide
- Support baby with head, shoulder and buttocks in a straight line (with baby's stomach touching mother's stomach and buttocks in mother's palm.)
- Let the baby take the nipple and the dark part of the breast into the mouth.
- Feed the baby on one breast till he/she comes off. Burp (Kesu, Kihyew, goi'mo) baby before placing him/her on the other breast if he/she still wants to feed.
- Allow baby to come off the breast by him/herself.
- Wash your hands with soap and water before feeding the baby, after cleaning the baby, and after visiting the toilet (**See Flip 13**).

Discussion Questions:

- **How long do mothers wait before putting the baby to breast after birth?**
- **Why is it important for babies to be given only breast milk from birth up to 6 months? What can happen if other liquids or foods are given to the baby during that period?**
- **Mention two or three things a mother should do to ensure good positioning and attachment for breastfeeding?**

Feed for Goodlife

6-9 MONTHS



6-9
months



Feed for GOODLIFE during BRIDGE Period: Age 6 to 9 months (1)

Start-up Question: What meals are usually given to babies that are between the ages of 6-9 months? Why?

At 6 months breast milk alone is not enough for the baby's growth. You need to feed other foods (complementary foods) in addition to breast milk for your baby to **GROW, GLOW** and **GO!**

What to feed?

- Continue to breastfeed as often as the baby wants and give thick enriched porridges.
- Enrich porridges with any of these - fish powder, groundnut paste, milk, egg, or soy flour.
- Thicken porridge (it should stay on the spoon when tipped). Less water means more nutrients in baby's small stomach.
- Give fruits rich in Vitamins everyday - orange, mango, pawpaw, pineapple or banana, with meals to help the body use the iron in the food. Give these fruits mashed or as juice.
- Give iron-rich foods daily - e.g. fish, liver, meat, groundnuts, beans, nkontomire and other dark green-leafy vegetables in mashed form
- Give fortified cereals (with added vitamins and minerals), if available
- Use iodated salt and palm oil or fortified oils to prepare meals
- Give a snack everyday between meals (e.g. "bofrot", meatpie, waagashe, koose, bread with groundnut paste, banana and pawpaw) in mashed form.

How much and how often?

Feed your baby 3 times a day in addition to giving breast milk as often as the baby wants.

From 6 months:

- Give **1 stew ladleful** of thick enriched porridge or other soft foods **two times a day**.

Enrich thick porridges with

- o 1 teaspoonful of oil to increase energy.
 - o 1 teaspoonful of mashed fish or meat, fish powder or one (1) egg for body building.
 - o 1 tablespoon of mashed vegetables to porridge for protection and iron.
 - o Give 2 tablespoonfuls of mashed fruits with porridge for protection & iron absorption.
- Increase the quantity of meals gradually up to **1 soup ladleful** by 9 months.
 - Give **1 snack** everyday between meals.

Discussion Questions:

- **What types of porridge (koko) can you give to your baby? Mention some of the foods you can use to enrich the porridge? What quantity of porridge can you serve your baby at a time?**
- **What fruits and vegetables are usually easy to find on the market that you can use to feed your child?**

Feed for Goodlife

6-9 MONTHS



6-9
months

FLIP 7

Feed for GOODLIFE during BRIDGE Period: Age 6 to 9 months (2)

Start-up Question: How do mothers / caregivers usually feed their children aged 6-9 months?

Active or Responsive feeding is when you gradually and patiently introduce new foods (complementary foods) to enable your baby get used to them and **GROW, GLOW** and **GO!**

How to do it?

Practice responsive feeding

- Continue to breastfeed as often as baby wants.
- Feed in **small portions throughout the day** to help baby get use to new foods.
- Feed **slowly and patiently** from a separate bowl.
- DO NOT give water just before breastfeeding or feeding other foods. The baby would become full and not be able to eat enough food.
- **DO NOT add hot spices (pepper or ginger)** to the child's food (hot spices are not good for the child at this age).
- Make eating fun by singing or clapping. Ask the Father or an older sibling to also feed the child.
- Study to **know when child is hungry and when full**. This will help you know how much and when to feed the child.
- Feed the child's favorite foods especially when ill or has little appetite. Give an additional meal each day for **2 weeks after sickness to help child regain lost weight and strength**.
- Re-heat cooked food well before feeding.
- Wash your hands before preparing food and wash yours and the child's hands before feeding.

Remember! this is "The Bridge" period (6-9 months): a time that a child needs to start eating other foods in addition to breast milk in order to grow and develop properly as well as prevent illnesses such as anaemia.

Discussion Questions:

- **Mention 2-3 things you can do to achieve responsive feeding. (Health worker should complete list by mentioning points that have not been mentioned by audience).**
- **Why shouldn't a mother add hot spices including pepper and ginger to the child's meal? Why is it important to give children fruits with meals?**
- **Why is it important to give additional meal to a child after sickness? For how long?**

Feed for Goodlife

9-24 MONTHS



9-24
months

Feed for GOODLIFE: 9 - 24 months

Start-up Question: What meals are commonly given to children between the ages of 9 to 24 months? How are these different from the ones given to the 6-9 months old?

At 9 months start giving enriched family foods in a soft or mashed form. Do not add hot spices such as pepper and ginger so that the child can eat adequate quantities to **GROW, GLOW** and **GO!**

What to feed?

- Continue breastfeeding as often as the child wants and **give softened and enriched family foods**
- Give family foods such as - mpotompoto, soft or mashed rice, soft banku, or mashed yam (etc.) with stew or soup
- Add iron-rich foods such as - mashed liver or meat, fish, nkontomire or other dark green leafy vegetables, groundnuts or beans to the stew or soup. They promote proper growth, prevent anaemia (low blood) and other diseases.
- Give fruits everyday - e.g. orange, mango, water melon, avocado pear, pawpaw, pineapple, or banana etc. with meals.
- Give enriched or fortified cereals (with added vitamins and minerals), if available.
- **Use iodated salt** and palm oil or fortified oils to prepare meals.

How much and how often?

- Increase quantity and variety of meals to meet child's nutrient needs.
- Feed **3 times a day** with enough quantities and a variety of softened enriched foods. Do not add hot spices (pepper and ginger).
- Enrich mpotompoto made with yam or cocoyam or other tubers with:
 - **1 tablespoonful** of mashed fish or meat or beans for body building
 - **Boiled or mashed** nkontomire or any dark green leafy vegetables for Iron
- **Give fresh fruit juice or mashed fruits with meals** for protection and iron absorption
- **Increase the quantity of meal gradually up to 2 soup ladlefuls** by 24 months.
- Give **1 snack** between meals from **9-12months**, and 2 snacks from **12-24months**.

How to do it?

Practice responsive feeding

- Continue to do responsive feeding (**See Flip 7**).
- **Serve the child separately** in a clean bowl and supervise the child to eat. This way you will know how much the child has eaten.
- Wash your hands before preparing food and wash yours and the child's hands before feeding.

Feeding During and After Illness

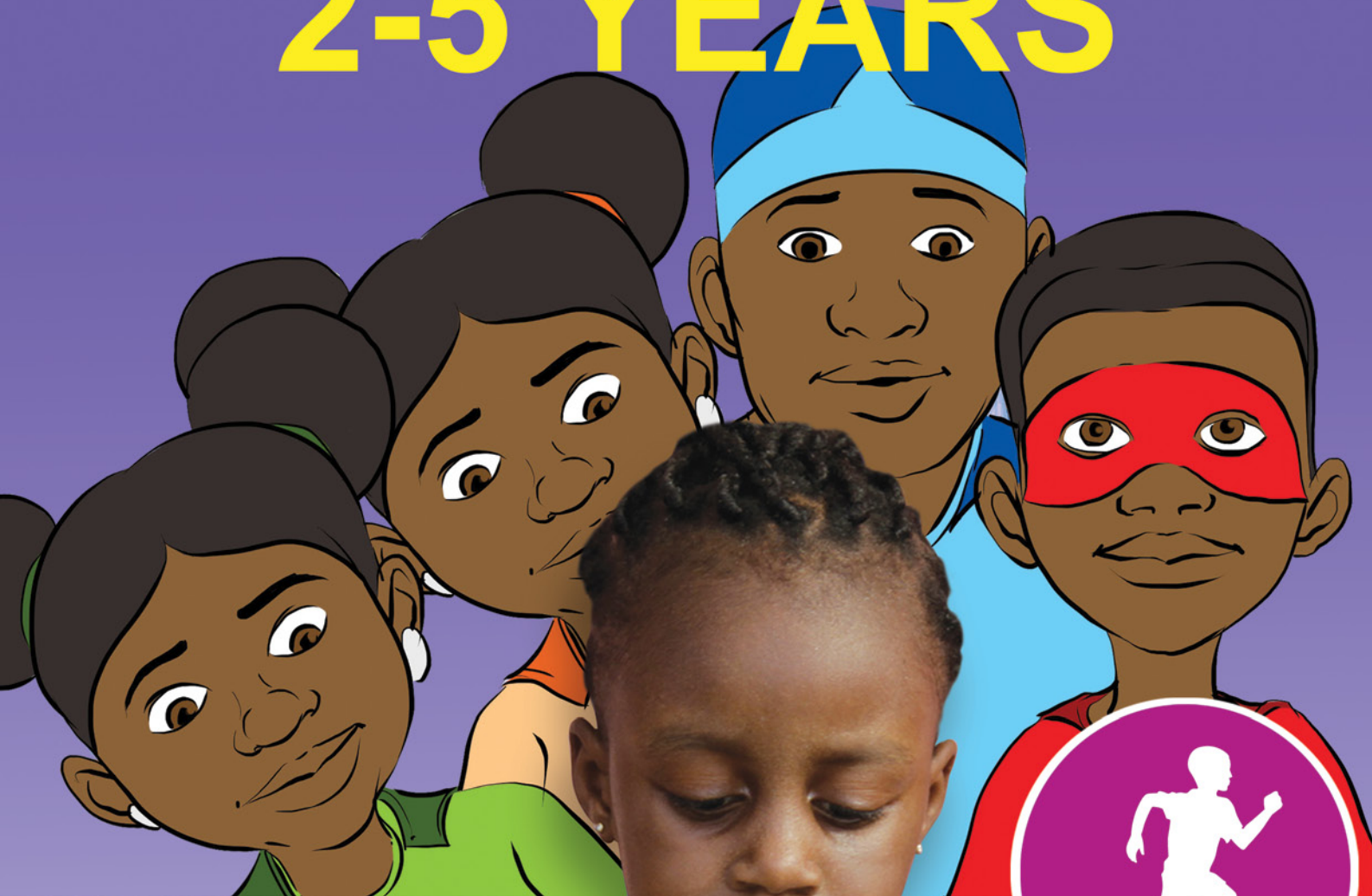
- Continue to breastfeed/feed during illness
- Feed child's favourite meals especially when ill or has reduced appetite.
- Give an additional meal each day for **2 weeks after sickness to help child regain lost weight and strength**.

Discussion Questions:

- **Mention some of the enriched family meals that you can give your child at this age. How much meal should be given at a feed till the age of 24 months?**
- **Why should children at this age be served in separate bowls and supervised to eat?**
- **Mention 2-3 snacks that you can give your child at this age. Why is it important to give fruits with meals?**

Feed for Goodlife

2-5 YEARS



2-5
years

Feed for GOODLIFE: 2 years to 5 years

Start-up Questions: What meals do families give children between the ages of 2-5 years? How are these different from the meals given to children below 2 years?

From age 2 to 5 years, continue to feed enriched family meals prepared from the 3 food groups. Serve in separate bowl to ensure the child is eating the rights amounts to make him/her **GROW, GLOW** and **GO!**

What to feed?

- Continue to breastfeed beyond 2 years if the child wants.
- Give larger amounts of enriched family foods
- Give family meals prepared from the 3 food groups, in a form easy for the child to swallow.
- Continue to feed your child with iron-rich foods such as meat, fish, liver, heart, gizzard, egg, nkontomire and other dark green leafy vegetables, groundnuts or beans.
- Give enriched or fortified cereals, if available.
- Give fruits every day with meals.

How much and how often?

- Feed the child 3 times a day with enough quantities and a variety of modified enriched family meals. Add very little or no pepper.
- Give extra ladle(s) of food to a very active child.
- Give two (2) snacks a day in-between main meals (e.g. doughnut, bofrot, koose, bread with margarine or ground paste, kulikuli, biscuit, or banana).
- Give fruits, cut-up or juiced.

Give adequate quantities of vegetable sauce, soups, meats and fish.

For example

- **Fish or meat** : give at least **1 match box size per meal**
- **Vegetable Sauce** : **2 stew ladlefuls**
- **Thick Soups**: **1 soup ladleful**
- **Fruits**: Orange, Pineapple. Squeezed or cut-up

How to do it?

Continue to practice active/responsive feeding (See Flip 7)

- **Serve the child separately in a clean bowl and supervise the child to eat.**
- Wash your hands before preparing food and wash yours and the child's hands before feeding or eating.

Feeding During and After Illness

- Continue to breastfeed/feed during illness
- Feed child's favorite meals especially when ill or has reduced appetite
- Give an additional meal each day for 2 weeks after sickness to help child regain lost weight and strength.

Discussion Questions:

- **Why should children who are growing be fed bigger quantities of food and how many times in a day? Give examples of quantities of foods such meat, fish, stew, soups and fruits that should be given to children of this age.**
- **Why should active children be given more food? For how long should additional meal be given to a child after sickness? Why?**

Feed for Goodlife Non Breastfed Babies 0-6 MONTHS



Wash hands before feeding baby



0-6
months

FLIP 10



Feed for GOODLIFE: Non - Breastfed babies (0 to 6 months)

Start-up Questions: What foods do mothers that are not able to breastfeed give to their babies? What challenges do they face in feeding their babies?

Some mothers are not able to breastfeed after delivery for varied reasons. **Replacement feeding** is feeding a child who cannot breastfeed with a diet that meets all the required nutrient needs until he/she is able to eat other foods.

What to feed?

Milk is recommended for the first six months of life.

- Infant formula: Prepared according to instructions on the tin and **made fresh for each feed to avoid diarrhoea, chest infections, and malnutrition.**
- Give fresh fruits such as orange, banana or pawpaw, in mashed form.

If caregiver is not able to afford any type of milk, go to the health center for counseling and instructions on follow-up care of the baby.

How much and how often?

- Feed infant formula or prepared milk as based on the instructions on tin.

How to do it?

- Continue to practice responsive feeding (**See Flip7**)
- Wash your hands before preparing milk and feeding.
- Feed the baby, using a cup. DO NOT use a feeding bottle which is more difficult to keep clean and can be a source of infection for the baby. Babies can learn to drink from a cup even when they are young, but it may take time.
- Give vitamin (micronutrient) syrups according to instructions on bottle.

NOTE: Other foods and drinks are sometimes used to feed infants less than six months of age - for example, juices, tea, sugary drinks. These just fill the stomach and may reduce the child's appetite for nutritious foods. These are not suitable alternatives to baby's food for proper growth and development.

Discussion Questions:

- **When we say Replacement feeding what do we mean? What kinds of foods do you give to a baby that cannot be breastfed from birth till 6 months?**
- **What about using fresh cow's milk? Do you know of mothers who have had problems doing replacement feeding?**
- **Mention some of the liquids and food that should not be given to such babies. Why?**

Prevent Anaemia in Children
and Pregnant Women for

GOODLIFE



Anaemia in Children & Pregnant Women

Start-up Questions: Is Anaemia seen as a major problem among pregnant women and children by your family and compound? What is the local name for Anaemia? What do people think causes Anaemia?

Anaemia is a very common nutritional problem in Ghana, especially among pregnant women and children. For example:

- 4 out of every 5 children below the age of 5 year have Anaemia
- 4 out of every 10 school children have Anaemia
- 7 out of every 10 pregnant women have Anaemia.

What is Anaemia?

Anaemia is called “*shortfall*” of blood, “*low blood or thin blood*” by different people. People with Anaemia do not have enough iron in their body. This affects growth and brain development.

What causes Anaemia?

Pregnant women and children between the ages 6 months and 5 years are more likely to develop Anaemia because of:

- Failure to feed enough iron-rich foods such as fish, meat, chicken, groundnuts, beans and dark green leafy vegetables.
- Failure to give fruits rich in Vitamin C with meals.
- Repeated malaria attacks which destroy more blood cells and cause or worsen Anaemia.
- Worms in the intestines that drain nutrients necessary for making red blood cells.
- Poor child feeding starting during the BRIDGE period (See Flips 6&7).

What are the signs and symptoms of Anaemia

- Feeling tired and weak
- Lack of appetite and not able to eat well
- Headaches
- Repeated illness and slow recovery from illness
- Dizziness
- Pale palms and soles

What are the effects of Anaemia in Children?

- Brain does not develop well before and after delivery.
- Does not grow and develop well mentally and physically.
- Not able to learn and may not do as well at school as other children.
- Diseases like malaria and other infections more severe in children with Anaemia.

What are the effects of Anaemia in pregnant women?

- Mother not able to carry baby to full term(miscarriage)
- Mother not able to go through the stress of labour and bleeding during delivery
- Baby when delivered can be small and more likely not to survive
- Death of mother or baby due to complications during labour and delivery.

Discussion Questions:

- **What is Anaemia? Mention 2-3 causes of Anaemia.**
- **Mention 2-3 signs and effects of Anaemia in children.**
- **Mention 2-3 effects of Anaemia in pregnant women**

Prevent Anaemia for **GOODLIFE**



* Sleep under a treated net (LLIN)



* Wash hands with soap and water



* Eat a meal prepared with iron rich foods. Example Beans with fried plantain or rice and palava sauce



Iron-rich Foods

Prevent Anaemia for GOODLIFE

Start-up Questions: What do people do to prevent Anaemia in pregnant women and children below the age of 5 years?

During pregnancy the need for iron to make red blood cells that carry oxygen to all cells in the body, becomes greater. More iron is also needed by the growing baby. Without adequate iron to make red blood cells the mother or child can develop Anaemia. Eating iron-rich meals help prevent Anaemia.

Prevent Anaemia During Pregnancy:

- Eat iron rich foods such as fish, meats, gizzards, heart and liver, groundnuts, beans and dark green leafy vegetables.
- Eat Vitamin C rich fruits with your meals to increase absorption of iron in foods.
- Take your iron and folic acid supplements daily throughout pregnancy until 6 weeks after delivery.
- Attend ANC as soon as you feel you are pregnant and receive the 3 doses of SP to prevent malaria.
- Sleep under treated net every night to prevent malaria. Get tested and treat malaria promptly during pregnancy.

Prevent Anaemia in Children:

- Give your child iron –rich foods such as fish, meats, gizzard, heart, liver, groundnuts, beans and dark green leafy vegetables.
- Give fruits rich in vitamin C (e.g. oranges, pawpaw, mangoes) to increase absorption of iron in foods.
- Give enriched or fortified cereals (with added vitamins and minerals) to infants older than six months, if available.
- Wash your hands and those of the child with soap under running water before cooking, eating, feeding the baby, and after cleaning the baby and visiting the toilet.
- Treat diarrhea promptly with ORS and Zinc
- De-worm child every 6 months after the age of 2 years. Prevent child from walking barefooted. Ensure the use of slippers or sandals.
- Ensure the child sleeps under “treated nets” (LLINs) every night to prevent malaria
- Treat malaria promptly and completely with Ministry of Health (MoH) recommended medicines (ACTs - AA, AL or DP) given to you by the health worker.

Discussion Questions:

- ***What are some of the iron-rich meals that help to prevent Anaemia in pregnant women and children?***
- ***Apart from eating iron-rich foods what other things should be done to prevent Anaemia in pregnant women children? Mention 2-3 points for each.***

Prevent Food Contamination for **GOODLIFE**



Before cooking



Before eating



Before feeding baby



After changing baby



After visiting the toilet



Prevent Food Contamination for GOODLIFE

Start-up Questions: What is meant by proper hygiene? Is practicing proper hygiene a major challenge to families and communities? Why is that so?

Many health problems occur due to lack of proper personal and environmental hygiene. Washing your hands with soap and water at the 5 critical times is the best way to prevent germs from spreading.

Why should you wash hands with soap and water?

- It is one of the most effective ways to prevent food contamination and diseases such as diarrhea.
- Washing hands with soap under running water promotes the health of the mother and child.
- It protects children between the ages of 6 months to 5 years against infections.

There are at least **FIVE critical times** to wash your hands with soap and water every day:

- Before cooking
- Before eating
- Before feeding the baby
- After cleaning the baby
- After visiting the toilet.

What is the best way to wash your hands with soap and water?

- Wet hands with water
- Apply soap (bar or liquid), ash or whichever you have
- Rub hands together, making sure the soap/ash reaches all hand surfaces including between your fingers and up to the elbow (both back and front of hands)
- Scrub very well for 20/30 seconds (singing one verse of “da nase” or count 1 to 30)
- Rinse hands well under running water to remove the soap/ash.

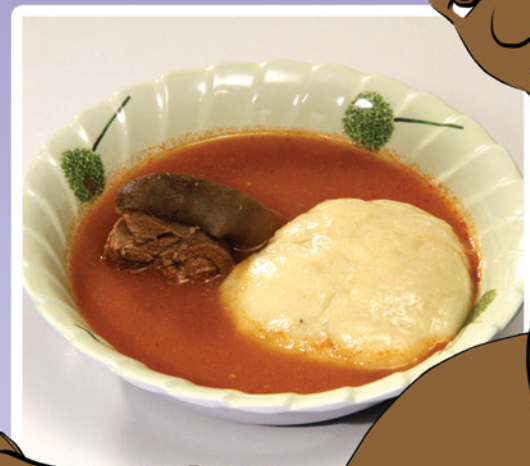
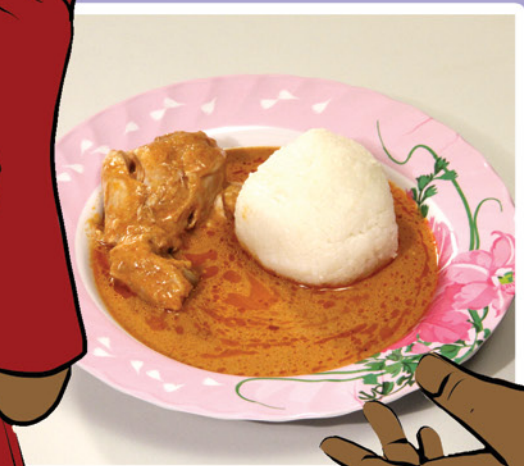
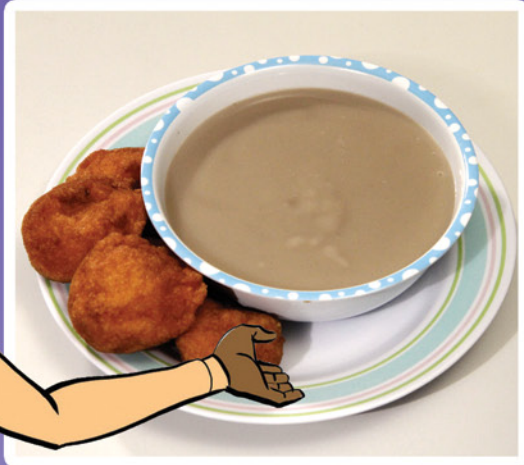
How can you prepare food and help prevent spread of infections?

- Use clean water to wash fresh fruits and vegetables properly before eating and serving.
- Cook meats until well done to kill any germs
- Buy and eat only food that is hot, if you buy from the food seller
- Buy only cooked foods that are covered to keep flies from settling on it
- Keep foods covered and in clean bowls
- Re-heat cooked food well, especially if bought from food vendors, before giving it to the child
- Wash cooking utensils, plates, cups, pots with soap and water before and after use.

Discussion Questions:

- ***Mention the five critical times that you should wash your hands. Why is it important for your hands to be washed at these times?***
- ***Describe the best way to wash your hands. How do you know you have washed your hands adequately?***
- ***How can you prepare food to prevent spread of infections? Mention 3-4 things you can do.***

Examples of Healthy meals for **GOODLIFE**



Examples of Healthy Meals for GOODLIFE- (1)

Start-up Questions: What are some of the healthy meals that can be given to children of different age groups? Let's start from 6 to 9 months, then 9-24 months and finally 2 to 5 years.

For GOODLIFE a baby six (6) months old and above needs body building, protective and energy giving foods daily in addition to breast milk to **GROW, GLOW** and **GO!** (Refer to the Child Health Records booklet also).

Feed enriched foods from the 3 FOOD GROUPS

If possible every meal should have at least one food item from the 3 food groups. Or at a minimum, the child should get foods from each food group at least once per day.

Age: 0-6 months

Directions: Exclusive breastfeeding

Breast milk only

Example(s)

Give your child only breast milk. Do not give foods or any kind of liquids, including koko, infant formula, animal milks or water.







Examples of Healthy Meals for GOODLIFE- (1 continued)

Age: 6-9 months	Example(s)
	<p>Directions: Continue to breast feed as often as the child wants and introduce semi-solid or softened foods and fruits</p>
	<p>Mashed Banana or Pawpaw (At 6 months, start with one or two spoonfuls and increase servings gradually)</p>
	<p>THEN Thick whole grain porridge with koose. Give orange or pineapple (juiced) after eating.</p>
	
	<p>OR Mpotompoto with palm oil, fish powder, beans, nkontomire and other dark green leafy vegetables. Give orange or watermelon (mashed or juiced) after eating.</p>
	
	<p>OR Rice ball with groundnut soup and fish powder. Give orange or pineapple juice after eating.</p>
	

Examples of Healthy Meals for GOODLIFE- (2)





Age: 9-24 months

Directions: Continue breastfeeding as often as the child wants and increase softened enriched family foods gradually.

Breast milk plus modified enriched family foods +Fruits		Example(s)
		<p>Mashed Yam and Nkontomire Stew or any other dark leafy vegetables, tomatoes, onions, fish, meat or beans (powder, mashed). Give orange (juiced) after eating.</p> <p>OR</p> <p>Tuo zaafi with ayoyo soup and fish powder. Give pineapple juice or paw paw (mashed or juiced) after eating.</p>
		

Age: 2-5 years

Directions: Serve child in own separate bowl and supervise to eat

Modified enriched family foods +Fruits		Example(s)
		<p>Soft banku with okro stew and tuna fish. Give mango or pineapple juice after eating.</p> <p>OR</p> <p>Rice and palava sauce with flaked fish, meat or beans powder. Give orange or pineapple juice after eating.</p>
		

Discussion Questions:

Remember!

- **For GOODLIFE, a baby 6 months old and above needs body building, protective and energy giving foods every day in addition to breast milk!**
- **Each meal should have at least a food item from the 3 food groups, if possible.**

Aduane Pa Ma Asetena Pa

GOOD

live it well

live it well



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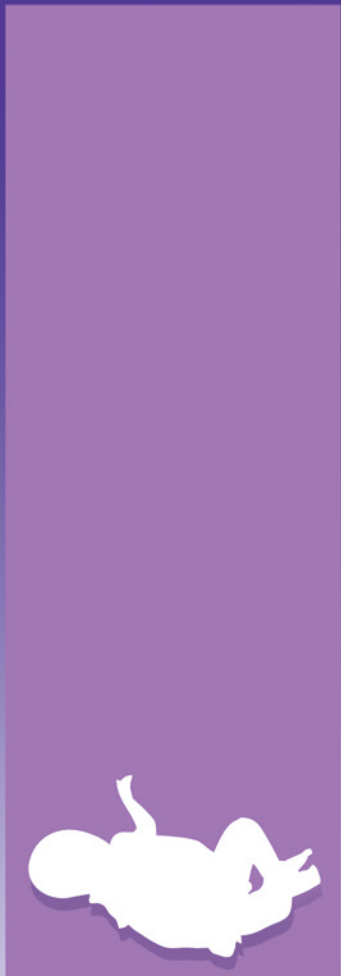


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