



## Healthy Families and Environment for a Better Life

(Picture of peer educator talking to a couple sitting on the grass)

### Discussion Guide for HOPE-LVB Peer Educators



This publication was developed by the HOPE-LVB Project team and peer educators in Uganda and Kenya. Technical input was provided by the BALANCED Project.



## Preparing for your discussion



## Pre-counseling Checklist

**1. Visit the community beforehand to be familiar with their situation.**

**2. Collect your materials**

- Notebook, pen/pencil
- Reporting documents/registers
- Flipchart on family planning
- IEC handouts
- Referral forms
- Family planning methods for demonstration and distribution
- Condoms for demonstration and distribution
- Penile model
- Tape measure for measuring gardens
- Demonstration tools (spade, watering can, rake)



## Counseling Tips

- **Find a good place to talk.**
- **Make introductions**
  - Smile, shake hands and Introduce yourself
  - Explain who you work for
  - Explain why you have come to visit.
- **Establish rapport:**
  - Ask the family member(s) how they are doing
  - Ask general questions about the family.
  - Ensure confidentiality (if talking about Family Planning).
  - Praise the household member for the good things they have done.
- **Use good communication skills:**
  - Be attentive and listen carefully.
  - Use simple and clear language.
  - Be positive.
  - Paraphrase what you have heard from the person.
  - Respect the person's views.
  - Ask open-ended questions.
  - Seek to understand.
  - Do not scold or shame the person.
  - Ensure the person that you understand his/her concerns.



## Choosing the topic

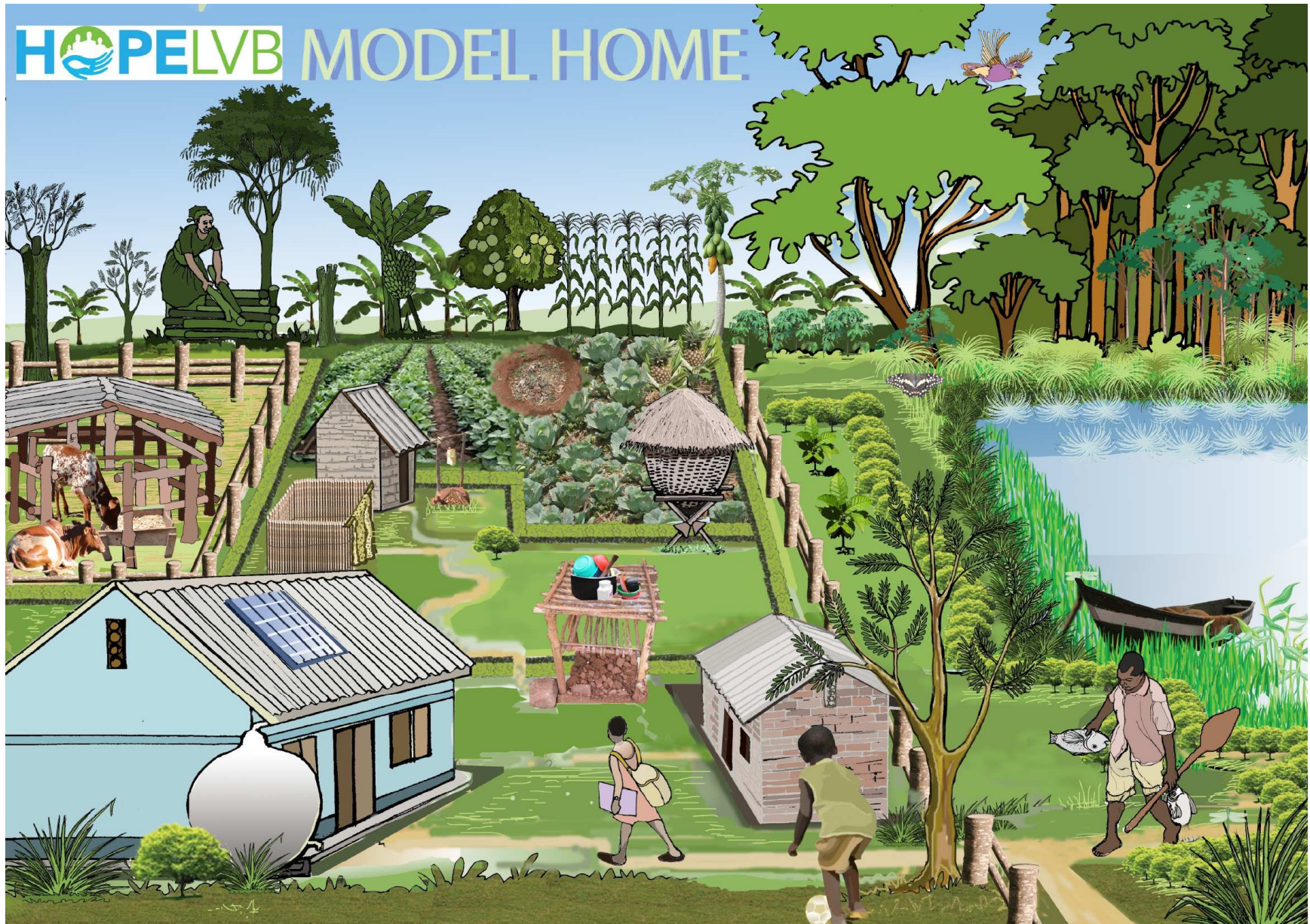
1. Observe the homestead. Begin the discussion based on what you observe.
2. If you have a planned topic, also talk about any of the following based on what you observe.

<b>If talking to:</b>	<b>Use section:</b>
Farmers	Talking to Farming Communities
Fishermen (at home or on the beach)	Talking to Fishing Communities
A pregnant woman or mother with a child less than 1 year	Talking to Household Members
Family has several children less than 5 years old.	Talking to Household members



## Talking to Farming Communities

# HOPELVB MODEL HOME





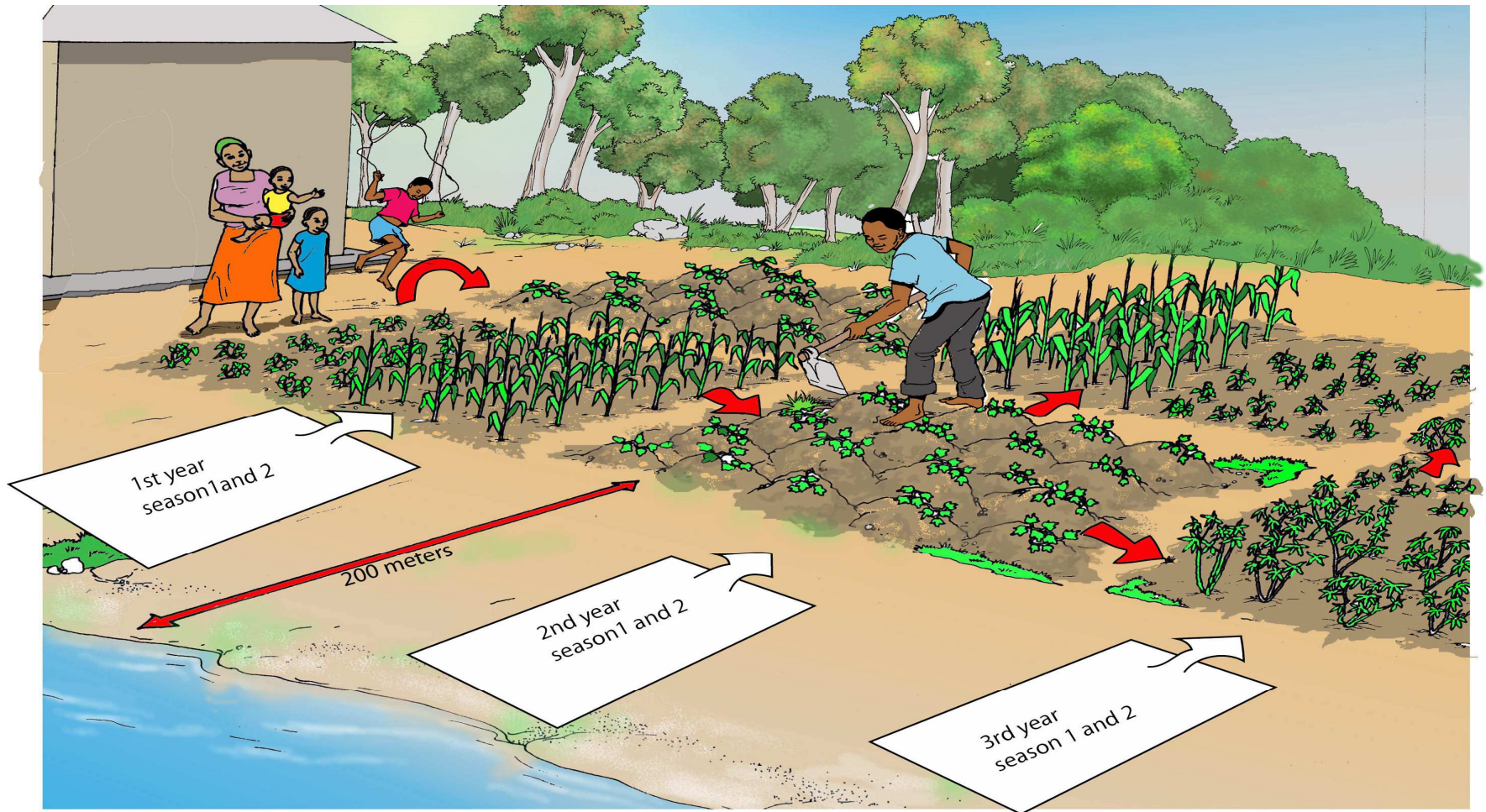


## Sustainable Farming

- **Discuss P, H, E linkages.**

- Families have smaller land holdings these days.
- Large families require more land for food. If there is not enough food, people get weak and sick.
- Good farming practices increase crop yield for income and food.
- Good farming practices prevent soil erosion into the lake. This maintains water level where fish breed.
- Planning your family reduces pressure on the land. There is food for everyone.

## Crop Rotation Schedule





- **Discuss crop rotation.**

- Rotating crops increases soil fertility and yield.
- Rotating crops prevents disease and pests.
- Crop rotation schedule (for annual & short-term perennial food crops).

Year 1		Year 2		Year 3	
<i>Season 1</i>	<i>Season 2</i>	<i>Season 1</i>	<i>Season 2</i>	<i>Season 1</i>	<i>Season 2</i>
Maize and beans (intercropped)	Sweet potatoes	Sweet potatoes	Maize & beans (or other legume)	Cassava intercropped with a legume (except beans)	Cassava

- Plant crops 200 meters or more away from the lake.
- If needed, refer to agricultural extension officers.





- **Explain that larger families increase demand on trees and wood.**
- **Discuss benefits of trees.**
  - Prevent soil erosion and keeps soil healthy
  - Conserve moisture in soil and provide shade.
  - Prevent soil from running to the lake and destruction of fish breeding areas.
  - Are a source of pesticides and medicines.
  - Are good wind breakers, especially along the shore.
  - Contribute to rainfall and clean air.
  - Are the home for birds, bats and bees that protect the environment.
  - Many birds offer opportunities for ecotourism.
  - Leaves provide food for animals and are good fertilizer.
  - Some trees increase soil fertility.





## Discuss how to increase trees

- Conserve existing trees.
  - ✓ Do not cut existing trees.
  - ✓ If you must cut a tree, cut at a level that allows the tree to grow new branches.
  - ✓ Use energy saving cooking stoves.
- Plant calliandra, albizia, gravellia, markhamia trees in gardens and around homestead to improve soil fertility.
- Explain where to get tree seedlings.
- Explain how to plant tree seedlings.
- If needed, refer to agricultural extension officers and model households.







- **Explain organic manure.**

- Organic manure is healthy and less expensive.
- It conserves the soil and the lake.
- Organic manure increases crop yield.
- Mix sesbania, calliandra, or leuceana with water. Leave to decompose for 14 days. After 14 days, apply between rows.
- Throw cow, goat, chicken, pig dung into composting pit.
- If needed, refer to agricultural extension officer or model household.

- **Explain composting.**

- Composting vegetable material and animal dung makes good fertilizer. It increases crop yield.

- Dig a pit outside the garden or between the rows.
- Throw animal dung and vegetable material into pit. Allow to decompose for 14 days.
- If the pit is outside garden, transfer the composed material between the rows.

- **Discuss organic farming.**

- Organic farming is healthier for humans, animals and fish.
- Reduces need for harmful and expensive artificial fertilizer.
- Use only organic manure as fertilizer. It is cheap and good for the soil.
- Use only organic, local pesticides.
- Plant crops 200 meters or more away from the lake.





## Alternative Livelihoods

- **Explain alternative livelihoods.**

- It is important to have several sources of income.
- Alternative incomes provide more money for school fees, food, and medicines.
- It takes pressure off the land and lake.
- Get advice from the agricultural extension officer or model household about beekeeping, small animals rearing and farming.
- Get advice from BMUs about cage fishing.
- Get advice from women's groups about basket weaving, tree nurseries, beekeeping, dairy goats and other livelihoods.

- **Talk about savings and loans.**

- Saving money allows families to educate their children.
- Saving money helps families start a new business.
- Saving money helps families save to construct a house.
- Talk to BMUs, women's groups, youth groups about how to save.
- Talk to same people about forming group savings and loans and joining SACCOS.





## Healthy Timing and Spacing

- **Talk about natural resources first.**

- Ask how much land the family has.

- Inquire if it will sustain the family in 5 to 10 years?

- Ask about crops. Is there enough to sustain the family in 5 to 10 years?

- Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?

- **Discuss P, H, E linkages.**

- Large families need more land, trees, food, fish, water and other resources.

- These days, people have less land to grow food.

- These days, people have fewer fish to eat and sell.

- Less land, food and fewer fish lead to poverty and illness.

- When you space and prune trees, they grow strong and healthy. The same for spacing children.



[Illustration of different FP methods]



- **Discuss benefits of healthy timing and spacing**

- Family needs less land and less food to feed the family.
- Children have time to grow healthy.
- Mother has time to recover and become healthy.
- Smaller families reduce land fragmentation. More land for future generations.
- Reduces high need for firewood, food, fish, and water.
- Families have time for income generating activities.
- Excess food can be sold for money.
- Time to save for children's education.

- **Review Family planning methods.**

- Contraceptive Pills
- Depo-Provera injection
- Moon beads
- Condoms
- Condoms prevent both STIs, including HIV and pregnancy.
- Give pills and condoms. Or, refer to VHT or health center.

- **Address misconceptions about FP methods.**

- **If at a home, discuss water, hygiene and sanitation and/or maternal and child health – See Section on [Talking to Households](#).**



## Talking to Fishing Communities







## Sustainable Fishing

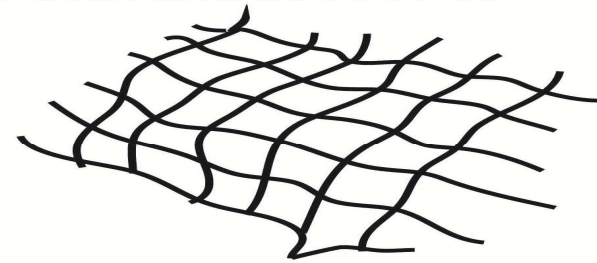
- **Discuss P, H, E linkages.**

- Many people increase demand for fish as food and income.
- There are many fishermen and fewer fish these days.
- Demand for fish will increase use of illegal fishing. This will reduce fish for the future.
- Good fishing practices conserve fish for now and the future.
- Protecting the lake provides more fish for food and income.
- More income brings money for food, school fees, legal fishing gear and new livelihoods.
- Planning your family reduces pressure on the lake. There will be more fish for everyone.

NILE PERCH



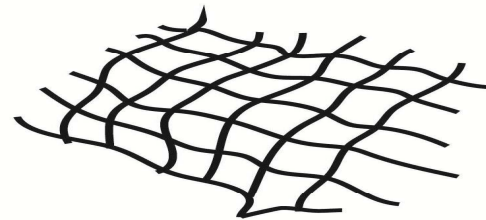
7 inch and above net



TILAPIA



5 inch and above net



OMEGA / DAGA {MUKENE}



10 millimeters net





- **Discuss benefits of legal fishing**

- Ensures more fish in the lake for now and the future.
- More fish provides more food and income for the family.
- More fish brings more birds and tourism.

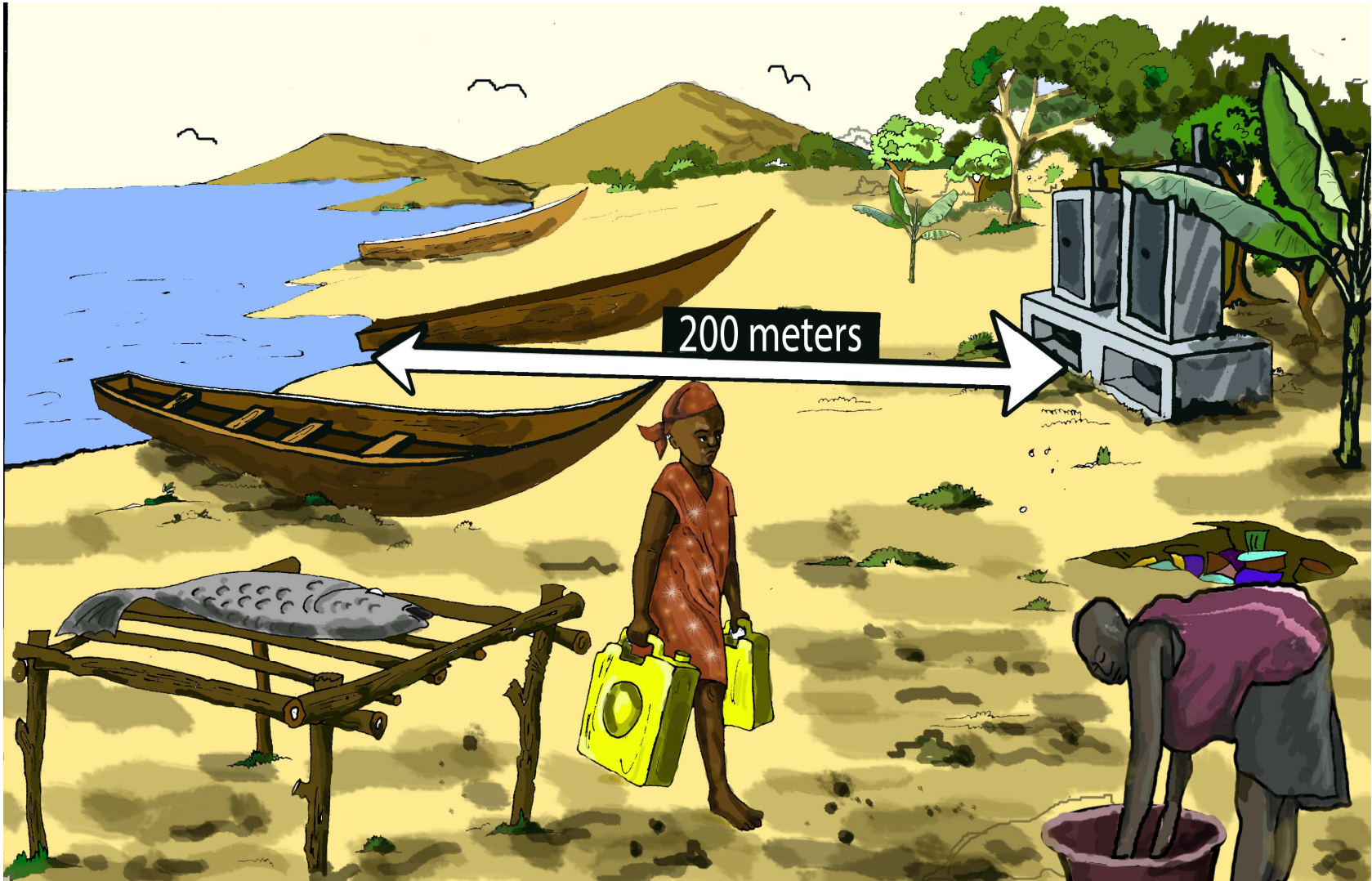
- **Discuss legal fishing gears.**

- Legal fish nets allow for fish to mature. This brings in more income for the fisherman and his family.
- Explain legal net sizes:

<b><i>For:</i></b>	<b><i>Use:</i></b>
Nile Perch	7 inch and above net.
Tilapia	5 inch and above net.
Omena/Daga (mukene)	10 millimeters net.

- **Explain how to increase fish yield.**

- Avoid fishing in breeding areas and seasons.
- Observe the closed fishing season.
- Do not fish in the mouth of the river.
- Avoid using chemicals, lanterns and other harmful methods to catch fish.
- Plant trees to prevent soil erosion and loss of breeding areas.
- Obey local environmental by-laws. They protect the lake and the fish for the future.
- Plan your family to reduce pressure on the lake.





- **Discuss how to keep lake clean**

- Use pit latrines (Ecosans) to keep the lake clean. This prevents diseases to humans and animals.
- Build pit latrines/Ecosans 30 meters from the lake.
- Use rubbish pits to reduce disease for humans, animals and fish.
- Build rubbish pits 30 meters from the lake.
- Use organic fertilizer. It does not harm the lake or fish.
- Plastic and polythene are bad for the lake and the land
- Separate plastic from rubbish. Burn the plastic.
- Carry water to bath or wash clothes at home – not in the lake.
- Put big fish on racks to dry.
- Plant trees to prevent soil erosion onto breeding grounds.
- Refrain from sand mining and brick making. These pollute the lake and reduce fish catch.





## Alternative Livelihoods

- **Explain alternative livelihoods.**

- Develop another livelihood to reduce dependency on fishing.
- More income brings money for food, school fees, legal fishing gear and new livelihoods.
- Get advice about beekeeping, rearing of small animals and farming from the agricultural extension officer.
- Get advice about cage fishing from BMUs.
- Get advice about basket weaving, tree nurseries, beekeeping, dairy goats and other livelihoods from women's groups.

- **Discuss alternative livelihoods and saving money.**

- Saving money helps you purchase legal gear, food, school fees.
- Talk to BMUs, women's groups, youth groups on how to save.
- Talk about forming group savings and loans and joining SACCOS.







## Healthy Timing and Spacing

- **Talk about natural resources first.**

- Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?
- Ask how much land the family has. Inquire if it will sustain the family in 5 to 10 years?
- Ask about crops. Is there enough to sustain the family in 5 to 10 years?

- **Discuss P, H, E linkages.**

- Large families need more land, trees, food, fish, water, trees and other resources.
- These days, people have fewer fish to eat and sell.
- These days, people have less land to grow food.
- Less land, food and fewer fish lead to poverty and illness.
- Protecting the lake, fish and land provides more food and income for your children.
- When you space and prune trees, they grow strong and healthy. The same for spacing children.



[Repeat illustration of family planning methods (page 22)]



- **Discuss benefits of healthy timing and spacing**

- Planned families reduce pressure on the lake. There will be fish for everyone.
- Planned families need less fish and food to feed the family, and less firewood to cook.
- Children have time to grow healthy.
- Mother has time to recover and become healthy.
- Families have time for income generating activities.
- Excess food can be sold for money.
- Families have time to save for children's education.

- **Review Family planning methods.**

- Contraceptive Pills
- Depo-Provera injection
- Moon beads
- Condoms
- Condoms prevent STIs, including HIV and unwanted pregnancies.
- Give pills and condoms. Or, refer to VHT or health center.

- **Address misconceptions about FP methods.**

- **If at a home, discuss water, hygiene and sanitation and/or maternal and child health – See Section on [Talking to Households](#).**





## Talking to Household Members





## Water, Hygiene and Sanitation

- **Discuss P, H, E Linkages.**

- Human waste makes families sick (diarrhea, cholera).
- Plastic rubbish brings disease to people, animals and fish.
- Sick people are not able to farm or earn an income.
- Sick people need more natural resources.

- **Discuss pit latrines.**

- Human waste pollutes well water, crops, and the lake.
- Using pit latrines keep the well, land and lake clean. This prevents diseases.

- Using Ecosans (Kenya) can be a source of organic manure for the garden.
- Ecosans are long lasting (Kenya).
- Build pit latrines/Ecosans 30 meters from the main house and 30 meters from a water source.

- **Discuss and demonstrate hand washing.**

- Hand washing prevents human diseases.
- Show how to use soap and water to wash your hands thoroughly.
- Put leaky tin (tippy tap) with soap next to the latrine.
- Explain how to build a leaky tin (tippy tap).







- **Discuss rubbish pits.**

- Using rubbish pits reduces disease for humans, animals and fish.
- Build rubbish pits 15 meters from the house.
- Throw cooking waste and other matter into the rubbish pit.
- When full, let it decompose for 4 to 6 weeks. After that, apply to the garden.
- Plastic and polythene prevent water from going into the soil.
- Separate plastic from vegetable matter. Burn the plastic.

- **Discuss drinking water.**

- Clean water prevents diseases like cholera, diarrhea and others.
- Boil water for 10 minutes before drinking. It must boil (bubble) the entire time.
- If available, use water treatment methods for drinking water.
- Store clean water in clean containers.

- **Discuss drying rack.**

- Use a drying rack to dry dishes and utensils.
- Show how to make and use a drying rack.





**Discuss placement of cow, goat and chicken sheds.**

- Cows, goats and chickens need to be away from the house.
- Their manure attracts flies, which bring disease.
- Teach how to construct a shed for the cattle, goats and chicken.
- If needed, refer to model home or agricultural extension officer.





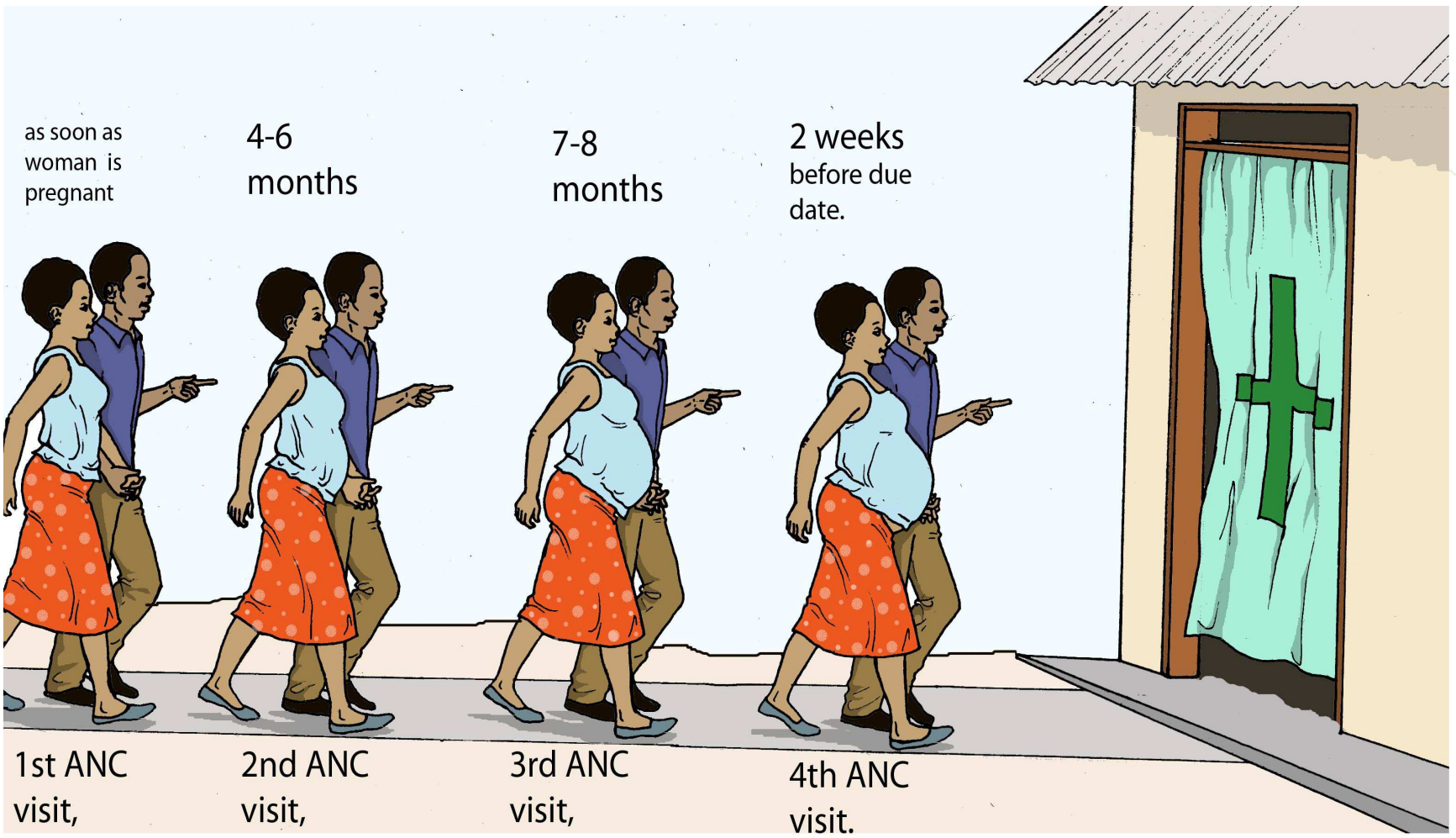
## Energy Saving Stoves

- **Discuss P, H, E linkages**

- Smoke from traditional cooking stones causes lung and eye infections.
- Sick people need more resources – food, medicine, time.
- Traditional cooking stones use a lot of firewood. This costs the family a lot of money and destroys the environment.
- Trees conserve soil. This increases soil fertility and number of fish in the lake.

- **Explain benefits of energy saving stoves**

- Reduces lung and eye infections among children and adults.
- Prevents children from burning themselves.
- Two days of firewood for cooking stones, last 3 weeks with energy saving stoves.
- Families save on firewood. Savings can be used for other things.
- Reduces time spent on cooking.
- Smart cooking – saves money, less ash, less smoke, less time.
- Show how to build an energy saving stove. If needed, refer to model household.





## Maternal and Child Health

- **Discuss P, H, E linkages.**

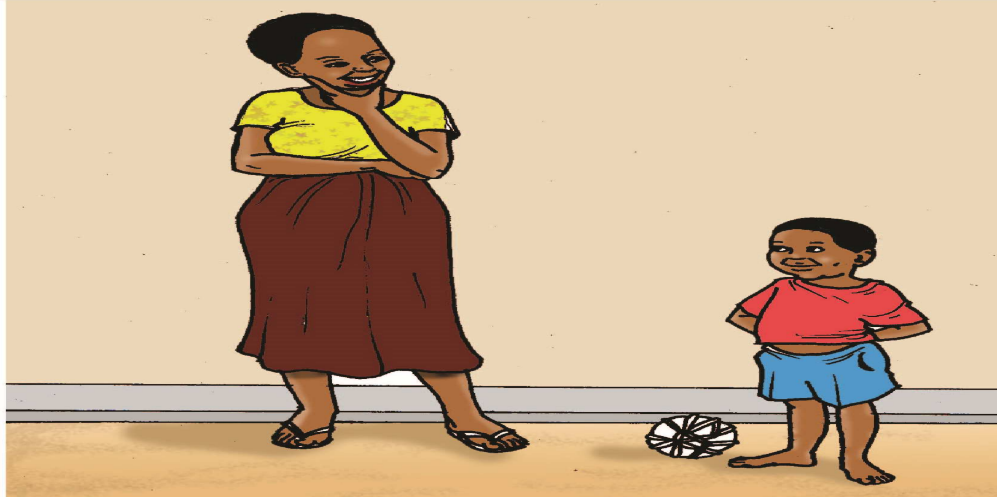
- Healthy women and children need fewer resources.
- Healthy women can easily take care of the family and farm.
- Healthy families are able to conduct livelihoods to earn money.

- **Benefits of a birth plan.**

- Many mothers and babies die during home delivery.
- Delivery in a health center decreases risk of bleeding and infection during child birth.

- Talk to the couple about their birth, including:
  - ANC visits.
  - Plan for delivering in health center.
  - Plan for saving money for the delivery at health center.
- Encourage women to deliver in the health center.
- Encourage the partner to support delivering at the health center.







- **Discuss Benefits of antenatal care (ANC).**

Pregnant women should attend at least 4 ANC visits.

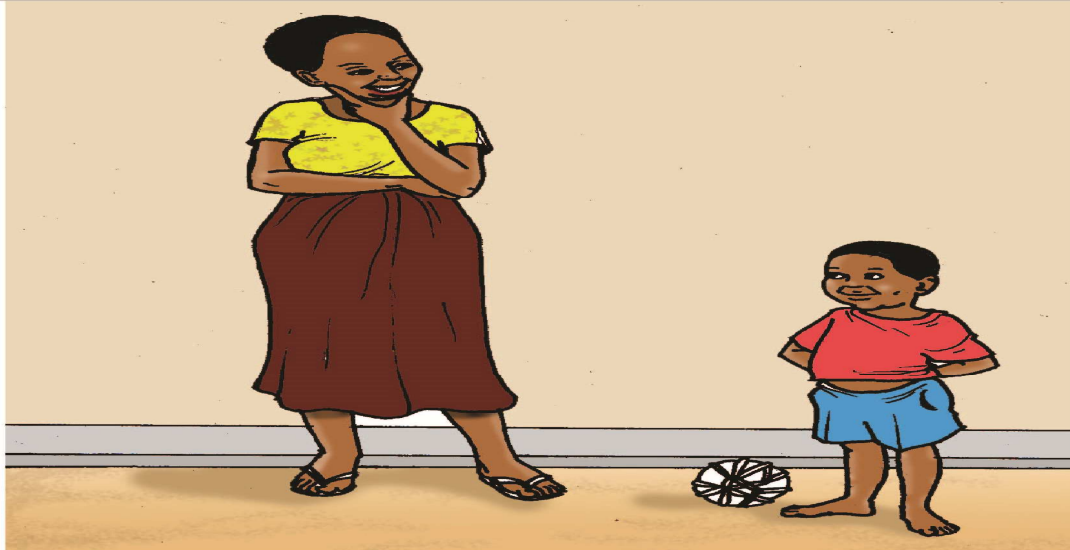
As soon as woman knows she is pregnant	Make 1 <sup>st</sup> ANC visit.
At 4 to 6 months	Make 2 <sup>nd</sup> ANC visit.
At 7 to 8 months	Make 3 <sup>rd</sup> ANC visit.
At 2 weeks before due date	Make 4 <sup>th</sup> ANC visit.

Timely completion of ANC visits is beneficial to your health

Antenatal care improves health of baby and mother.

Antenatal care helps determine early any complications.

Encourage partner to support the women going for ANC visits.





- **Benefits of post-natal care (PNC).**

- PNC visits help ensure health of mother and baby.
- A mother learns about infant feeding practices, good hygiene.
- A mother learns how to space her children and can get family planning methods.

- **Benefits child Immunizations**

- Immunizations prevent many childhood diseases.
- Keep immunization card safe and bring to health center.

- **Immunization schedule**

<b>Age</b>	<b>Vaccines</b>
At birth	BCG and polio zero.
At 6 weeks	Polio 1, DPT/HebB, Hib1 (PVC-pneumonia must be paid)
At 10 weeks	2 <sup>nd</sup> dose of the above.
At 14 weeks	3 <sup>rd</sup> dose of the above
At 9 months	Measles
12 months	Varicella (chicken pox), Vitamin A, deworm

- Children should get ALL of their immunizations on time. If not, the child is not protected.





- **Explain malaria prevention.**

- Sleep under an insecticide treated nets (ITN) or mosquito nets.
- Clear bushes around the home to prevent mosquitos.
- Clean out stagnant water to prevent mosquitos.

- **Discuss kitchen gardens.**

- Grow vegetables around your home.
- Vegetables provide good nutrition.
- Family buys less food at the market.
- Excess vegetables can be sold for income.





## Healthy Timing and Spacing

- **Talk about natural resources first.**

- Ask how much land the family has. Inquire if it will sustain the family in 5 to 10 years.
- Ask about crops. Is there enough to sustain the family in 5 to 10 years?
- Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?

- **Discuss P, H, E linkages.**

- Large families need more land, trees, food, fish, water and other resources.
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[Repeat illustration of family planning methods (page 20)]



- **Discuss benefits of healthy timing and spacing**

- Children have time to grow healthy.
- Mother has time to recover and become healthy.
- Family needs less land and less food to feed the family.
- Excess food can be sold for money.
- Reduces land fragmentation. More land for future generations.
- Reduces high need for firewood, food, fish, and water.
- Families have time for income generating activities.
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- **Review Family planning methods.**

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- Moon beads
- Condoms – they prevent STIs, including HIV and unwanted pregnancies
- Give pills and condoms. Or, refer to VHT or health center.

- **Address misconceptions about FP methods.**

- **Based on what you observe, discuss sustainable farming or sustainable fishing with families – See sections: [Talking to Farming Communities](#) or [Talking to Fishing Communities](#)**



*The HoPE LVB project has been made possible by the generosity of the John D. and Catherine T. MacArthur Foundation, the David and Lucile Packard Foundation, individual donors, and USAID, and through partnership between:*

