



Hulu Beteina Health Bazaars

A Guide to Organizing a Hulu Beteina
Health Bazaar in Schools



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INTRODUCTION

This guide is designed to help school coordinators and community organizers understand how to design, organize, and manage Hulu Beteina Health Bazaar events in their respective communities. The guide contains five sections outlined below:

Section 1:

Overview - Describes Hulu Beteina Health Bazaars

Section 2:

Community Roles- Defines the roles of key players

Section 3:

Event Set Up and Schedule- Details the preparation work for the event and activities

Section 4:

Followup Activities- Explains activities that will take place in the communities in order to re-enforce the messages and continued service uptakes after the events

The guide also includes annexes such as a sample of a detailed agenda, a materials checklist, talking points for the events speeches, and a message guide for the drama skit and gender activity. Remember that these are samples to help school coordinators and community organizers get started. The samples can and should be adapted by the organizers and communities to suit local needs.

SECTION 1:

What Is a Hulu Beteina Health Bazaar?

Hulu Beteina Health Bazaars are 2-4 hour long events designed to create opportunities for community members to learn relevant health information and access health services. The events are organized around selected schools in a community.

Hulu Beteina Health Bazaars are designed to be slightly different from a typical community health fair. The activities include fair/carnival-like events designed to be family-friendly and open to all community members. The events are conducted in schools and serve to bring attention to health topics and services available to members of the community. Ideally, the Hulu Beteina Health Bazaars would coincide with already ongoing health days in communities where such events already exist.

The Hulu Beteina Health Bazaars are recommended to be conducted on a quarterly basis (every three months) at the minimum, or on a monthly basis where possible.

The following strategies are used for successful and effective health bazaar events:

- Bring health promotion and services to schools
- Invite relevant sectors to participate in the events
- Use Entertainment-Education (EE) approach to attract community members and maintain attention

Who Can Attend a Hulu Beteina Health Bazaar?

Everyone in the communities around the school is invited to attend and participate in the Hulu Beteina Health Bazaars. Also, school students and teachers are strongly encouraged to attend the event, which can enable students to sustain the event in school and disseminate information and practices through knowledge and lessons they gain from the events.



What Are the Objectives of the Hulu Beteina Health Bazaar?

The event uses an entertainment-education approach to incite and engage participants while providing essential information, and increase chances of sustaining the events through demand from communities.

The major objectives of these events are;

- To provide a platform for community members for learning important health information on relevant health issues
- To overcome barriers for the community and service providers, such as social, physical, power, distance
- To create an environment of open discussion, reflection, and interaction between community members, teachers, health workers, other experts and community service providers

SECTION 2:

Community Roles

Who are the key players?

- Schools director, club leaders, and teachers (i.e. club leaders)
- Primary Health Care Unit (PHCU) Director or other appropriate staff, Health Extension Workers
- Local Implementing Partners
- These groups will form a joint committee, plan and implement the events together.

Main roles of the committee

- Review activity plans, including drama scripts, and attend performance rehearsals to ensure relevance, quality of content and execution
- Ensure a crowd management mechanism is in place – e.g. ropes for fencing off stage area, assigning students to manage crowd

Roles and responsibilities of the school coordinators

- Select talented students who will prepare the entertainment activities, and perform during the event, including drama, poems, staged Q&A games, etc.

- Ensure appropriate health messages are incorporated in the various activities by reviewing scripts and materials and attending rehearsals
- Identify an appropriate place for stage setup (make sure that the stage is under the shade so that the audience can easily sit under the shade and attend the event)
- Ensure the stage is prepared and ready prior to the event (a day before)



- Set up and test sound system and electric wires for the event stage
- Decorate the stage and ground to attract crowds for the day event

Roles and responsibilities of the PHCU (Director and HEWs)

- Mobilize and ensure health services are available during the event (see Section 3 for proposed health services)
- Consult and guide health topics to be addressed in the various stage activities based on the proposed messages (see Annex 3)
- Roles and responsibilities of the Local Implementing Partners
- Support the Health Bazaar event organization and mobilize community members
- Participate and promote relevant health messages and services in respective project focus areas

Who else is involved?

Every event needs a master of ceremony who will lead the stage/event. The master of ceremony is the one that keeps the program flowing, the audience interested and engaged,

energized, and comfortable. The master of ceremony should be familiar with prioritized health messages by the organizing committee that will be communicated through out the event. (see Annex 3 with message guide). The master of ceremony can use this guide to articulate critical health messages identified for the day's event as the program transitions between different sessions/activities.



Why use schools as a venue?

Schools serve as a great platform for educating students, families, and communities on multiple health issues. During the Hulu Beteina Health Bazaars, schools serve as a center for bringing various actors together to exchange information and services in an accessible, central, and friendly location. Also, schools are valued by students, parents, and communities and can serve as connection points between schools and communities.



How to select schools

For the Hulu Beteina Health Bazaar events, it is recommended to use the following criteria for identifying and selecting schools for organized and successful events that will engage schools and communities.

- Schools that have functioning mini-media
- Schools that have active health clubs
- Schools that have established relationships with their communities or linkages with Health Extension Workers actively participating in school health education
- Schools that have leaders (school administration and health leaders) that are committed to learning about, organizing, and leading the event
- Schools that have leaders who are committed to working to enhance health promotion and service links through Action Learning Center initiatives
- attention

SECTION 3:

Event Setup and Schedule

Materials needed for Hula Beteina Health Bazaars

The following list outlines the materials needed for the Hula Beteina Health Bazaars:

- Tents (at least 2 per school)*
 - * Clean and accessible classrooms can be used if tents are not available
- Microphone (2)
- Large Speaker (1)
- Printed Materials with Health Messages for Posting in Schools and Distribution
- Stationery/Markers/Scissors
- Soap for Hand Washing Demo
- Electric Wire, Dividers, Socket/Plug on Walls
- First Aid Kit
- Music
- Paper for Invitations to Parents
- Camera for Documentation
- Nails for posting wires, games, posters, etc.
- Balls for Kids' Games (2 per school)
- Rope
- Decoration (i.e. Balloons, Toilet Paper)
- Hulu Beteina mHealth App
- Erkab Radio Drama on SD Card for LGD
- Beverages (i.e. Coffee, Tea, Sugar, Fendisha, Kolo)

Preparation Steps for Hulu Beteina Health Bazaar

Timeline	Tasks
One month before the event	<ul style="list-style-type: none">• Form a committee with representatives from participating schools, health centers, and HEWs and start preparing for the event• School coordinators work with health clubs to select talented students to prepare drama, poems, news, other activities for the center stage
Two weeks before the event	<ul style="list-style-type: none">• Create a “Day of the Event” checklist with a detailed timeline• Divide and assign tasks to all committee members (See section 2 on roles and responsibilities for more details)• Guide health clubs and selected students on the type/theme of their performances• Prepare a few questions on health using the theme, or facts for Q&A session, drama, discussion point on the father conference
One week before the event	<ul style="list-style-type: none">• Identify appropriate place for stage setup within the school, preferably in open air and under shade• Review the materials checklist and ensure their availability for the event day• Give notice to all students about the planned Hulu Beteina Health Bazaar and invite them to attend and participate during the day• Attend student rehearsals and provide necessary direction to ensure quality performances

Timeline	Tasks
One day before the event	<ul style="list-style-type: none"> • Send invitations to families via the students encouraging mothers and fathers to attend the event • Place tents and labels for activities and services. Tents are typically placed for health services that may require counseling and confidentiality. • Ensure appropriate spaces are identified for other discussions such as husbands conferences or promotions such as cooking demonstration
One the day of the event	<ul style="list-style-type: none"> • Set up equipment such as microphones and speakers and ensure they work properly • Arrange desks/chairs and tables around the stage for giving priority for elders, pregnant women and lactating mothers • Make sure the school compound is clean, and decorate using local resources (toilet paper and flags can be used for decoration) • Check that all the health services are ready

Stage and side activities

The Hulu Beteina Health Bazaar has a single center stage, surrounded by multiple activities and/or health services in the compound. When selecting center-stage it is important to ensure there is sufficient space for the announcers/performers as well as the anticipated audience around it. It is recommended to be in the open air and shaded area (under trees).

The illustrative setup is recommended for the health bazaars along with proposed side events. The center stage is “fun zone” where different entertaining activities will take place including



music, debates, poems, dramas, Q&As, and others. The side events are where health information and services take place. Side activities and events will be conducted under tents, in classrooms, or in open air.

Proposed activities under tents (or classrooms if tents not available) include:

Anti-natal care (ANC), Family Planning (FP) services, Voluntary Counseling and Testing (VCT), and Postnatal Care services (PNC).

Proposed side activities in open air include:

Immunization services (EPI), Growth monitoring, deworming, cooking demonstrations, bed net demonstration, and hand washing demonstration.

Proposed side activities in classrooms include:

Radio listening group and discussion, fathers conferences, mHealth demonstration, and pregnant mother/father conferences.

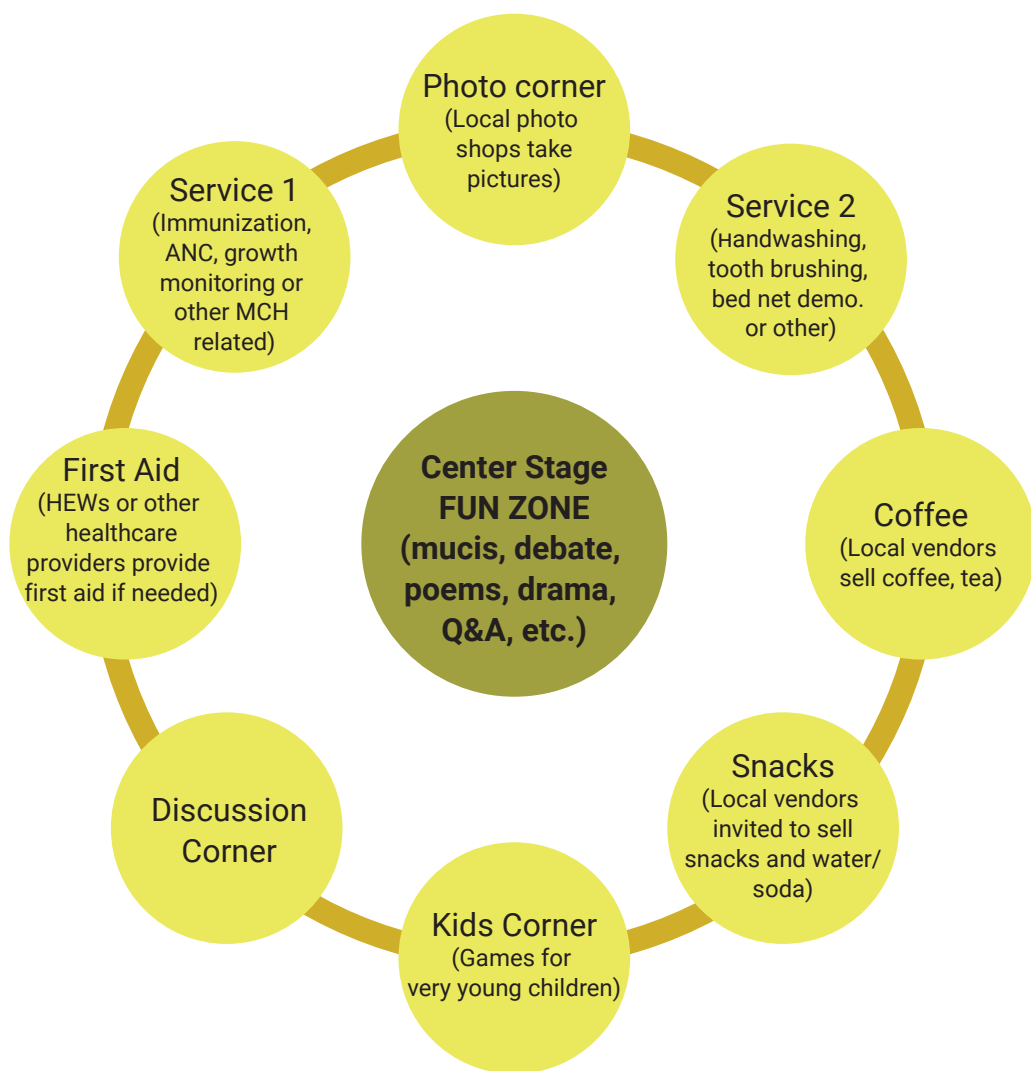


Figure 1- Illustrative Health Bazaar Set Up

SECTION 4:

Follow Up Activities at the Community Level

In addition to the health bazaar organized in schools, other activities are recommended to re-enforce health seeking behaviors in the communities. Health extension workers, school clubs and communities, religious leaders, pregnant women, and other community members are encouraged to participate in these activities. Some of these activities include:

Radio Listener Groups: Communication for Health is currently producing and airing weekly radio program that includes drama and non-fiction segments with systematically embedded health messages on different health topics. It is recommended to establish listener groups in woredas identified for Action Learning Centers and other communities that are willing to organize and conduct similar listener group discussions. Some of these groups may be with men and women, and some just men, or just women, or pregnant women. The aim of these listening groups is to generate reflective and active discussions around the issues raised in the radio programs. The aim is have members of the groups support and influence each other towards positive health seeking behaviors and serve as change agents among other family members, community and help them try new and healthy behavior. Once established, the group will listen to recorded radio programs for 15 minute followed by 30-

45 minute discussion. The discussion will be led by HEWs who will have been trained on facilitation skills and has discussion guide tools to use for each episode.

Maternity Waiting Rooms: Maternity waiting rooms are ideal opportunities to engage pregnant women on important health issues related to their newborns and themselves. Women that come to waiting homes stay between days to weeks, making it an ideal time for midwives and/or other health workers to inform and engage them on such reflections and discussions. The Communication for Health project has developed a series



of videos that can be viewed in maternity waiting homes. The videos are relevant to new mothers and the health topics they cover are:

- Postnatal care
- Newborn care at home
- Family planning
- Immunization
- Seeking care for childhood illnesses
- Malaria prevention and treatment

Viewing the videos will require TV sets with USB ports to play flash disks. While a good number of health centers have TV sets, still many other health centers need such equipment and partner support in providing such equipment to health centers would be valuable for providing access to critical health information to pregnant mothers.

The video series is designed to be informative and relatable, featuring contrasting stories from real people. The videos are accompanied by discussion guides to be used by midwives who are trained on IPC and facilitation skills. The discussions use stories to spark discussions on personal experiences, barriers, and solutions with the mothers and other family members that may be visiting.

School Health Interventions: Schools play a major role in modeling and nurturing future leaders and health practitioners of the country. School children need to learn and benefit from healthy practices, but can also be change agents and deliver messages to their families and communities. Parents and community members benefit by gaining a broader knowledge on local health problems and new health information through their school children. Working in collaboration with the schools can also help health extension workers easily deliver the health information to communities and enable them to have additional health agents. Therefore, Communication for Health works to link schools and students with families and community



members and to communicate health issues using different tools and venues. Some health issues have been identified to be common and relevant for school settings including Nutrition, WaSH, malaria, and TB.

The school health activities designed by the Communication for Health project include the following:

- Supporting school events/health days: Guiding and providing health appropriate messages and materials for schools organizing health days.
- Supporting school clubs and leaders: School clubs can play a vital role in mobilizing students and activating dialogues and encouraging practice of healthy behaviors. The school clubs can also initiate and lead the health days.

mHealth: Communication for Health's mobile health (mHealth) solution aims to support rural women and couples to better manage and track their health, especially during the maternity period. The application will allow Ethiopian women and men in rural areas to have direct access to vital information

about various health topics, including reproductive health, family planning, nutrition, and child development to empower and inspire them to take action for their family's health. Health extension workers are intended to share and show mothers the purpose of this application, how to use it, and relevant information that can be used during action learning events and beyond. This will also be coupled with listeners' group discussions, pregnant mother conferences, and other community gatherings.

ANNEX 1:

Detailed Agenda - Illustrative

Objective: To improve communication between health service providers and the community by reducing physical and social barriers between them			
Responsbile	Activity	Discription	Time
Emcee	Welcoming and opening	Welcome participants and explain the objectives of the event as: <ul style="list-style-type: none"> To bring students, teachers, the larger community and health service providers closer together To provide a platform for students and their parents to come together and relax 	9:00 - 9:20 AM
Students	Music and dancing performance at center stage	Explain, in between the music, that there will be different entertaining events at the center stage as well as in different corners within the school compound	9:20 - 9:40 AM
Students	News	Entertaining and informative news focusing on different health topics will be presented	9:40 - 10:00 AM
Students	Music and dancing performance at center stage	Students will perform on the stage	10:00 - 10:10 AM
Students	Drama	An entertaining and educational drama that focuses on a selected health or health related topic will be played on stage by students	10:10 - 10:30 AM

Emcee	Extending invitation to the different corners	<p>The emcee will invite the PHCU director to explain the different services available in the different corners, and let participants know that they can visit these corners at any time during the bazaar</p> <ul style="list-style-type: none"> • Immunization • Family planning • Hand washing demonstration • Infant and young child feeding demonstration • Male engagement corner • Bed net use demonstration • Tea and coffee corner • Soccer games • Photo corner 	10:30 - 11:00 AM
Students	Music and dancing performance at center stage	Students will perform on the stage	11:00 - 11:10 AM
Health service provider	Q & A Competetion	<p>The competetion will be held among selected students of grade 5, 6,7 and 8. Winners will be awarded dictionaries. The health service provider will provide explanations after the students answer each question.</p>	11:10 - 11:25 AM
Emcee	Seat grabbing contest by parents		11:25 - 11:40 AM

Students	"Enkokilish"		11:40 - 11:50 AM
Students	Breaking the Pot	Students will invite three elderly participants to play the game. Three pots will be hanged high by rope. The pots will contain either a bed net, soap or other health related materials inside. Players will be blindfolded and given a stick to break a pot. They will take whatever was inside the pot they broke as a reward.	11:50 AM - 12:05 PM
Students	Rope pulling contest between teachers and health service providers	Ask five to six female teachers and an equal number of female health service providers to volunteer for the contest.	12:05 - 12:20 PM
PHCU Director	Award ceremony, discussion on way forward, and closing	Prizes will be awarded for the winners of the different contests. Students and teachers who helped in organizing the bazaar will be recognized. Discussion with participants on how often the bazaar should be organized.	12:20 - 12:30 PM

ANNEX 2:

Talking Points for Speeches

In five minutes or less, distinguished guests (elder role models or influential persons) in the community should give the welcome speech. Speeches should integrate the core message of the event as follows:

- Guest speaker should introduce the event and why it is important to the community with the following core messages
- Welcome to this colorful health event organized by the school and health centers.
- This event is to bring build help us seek services; get information on our health while getting entertained by our students.
- This event will also help us interact with our health providers, get access to various health services and health education.
- Lets get tuned and entertained with the beautiful music, dance and enjoyable activities while getting our health information.
- Encourage people to stick around
- Thank partners who have supported the event
- Thank the community for coming

ANNEX 3:

Health-Focused Messages to Guide Drama, Q&A, and Other Activities

It is preferable if the activities include health content in a way that teaches the community such as Entertainment-Education (EE). But make sure that the key messages per health area are addressed. It is also better if the drama content focuses on the top priority health issue in the community.

The following are messages per health area which can be addressed in the drama, in the form of poem or play. The master of ceremony (who is leading the stage/event), should select some of these health messages to address at each transition. The master of the ceremony should raise the health themes by either asking the audience about them in the form of questions or asking them to reflect on the theme as it applies to their home or community.

Malaria

Symptoms of malaria and what to do when they occur

The symptoms of malaria are fever, chills, rigor, and vomiting. When you observe these symptoms, go to a health facility immediately.

Preventing malaria

Malaria is transmitted by mosquitoes. It can be prevented by sleeping under LLIN every night, spraying houses with IRS and not replastering or painting sprayed wall for six months, and drying stagnant water in the neighborhood, etc.

How to use bed net properly

It is important to show how to hang bed nets rather than just telling people. Whenever there is shortage of bed nets in the house, pregnant women and children under 5 should be given priority to sleep under a bed nets because they are more affected by malaria because of their weak immune system.

Hand washing

Importance of hand washing

- To prevent diseases such as diarrheal disease, respiratory disease, intestinal worms, and eye disease
- To save money that you would otherwise spend for the medical treatment and time

When are critical times of hand washing?

- After going to the toilet
- Before food preparation
- Before eating
- Before feeding a child & breastfeeding
- After cleaning a child's bottom

How to wash hands

Use the following steps to properly wash your hands:

1. Wet your hands with clean water
2. Lather with soap and rub your palms
3. Interlace your fingers
4. Wash back of your hands
5. Wash your thumbs
6. Wash the back of fingers
7. Clean your nails
8. Proper hand washing should last for 20 seconds while rubbing your hands with soap/ash to removes germs from hands

Antenatal Care (ANC)

Visits

Good care during pregnancy is important for the health of the mother and the development of the unborn baby. So, pregnant women should receive at least 4 ANC services throughout their pregnancy:

- First visit: 8-12 weeks
- Second visit: 24-26 weeks
- Third visit: 32 weeks
- Fourth visit: 36-38 weeks

Male partners, mother or mother in-laws are welcome to attend an ANC session with a pregnant woman. Their support can help the woman adhere to the ANC recommendations, encourage shared decision-making, and improve the health for both mother and newborn

The visits are important since they help:

- Prevent maternal and neonatal disease like tetanus, anemia, malnutrition, and malaria
- Prevent transmission of HIV from mother to child
- Decrease maternal and neonatal mortality
- Detect diseases like hypertension early

Supplements and vaccines

Pregnant women should take iron foliate for 3 months and get the Tetanus Toxoid vaccine which protects the baby from neonatal tetanus and also provides lifelong protection against tetanus.

Postnatal Care (PNC)

PNC is the care given to the mother and her newborn baby immediately after the birth and for the first six weeks of life. It is provided to identify danger signs in mothers and newborns and protect them from illnesses and death. After giving birth the mother should stay at the health facility for 24 hours then visit the health facility for PNC 3 days after birth, 7 days after birth, and 42 days after birth .

PNC helps to reduce maternal and neonatal death as well as long term complications

Danger signs for the mother and baby

If the baby or mother has any of these signs, do not wait to contact near health facility immediately:

- For the mother: Danger signs include: vaginal bleeding has increased, vaginal discharge that smells bad, fast or difficult breathing, Fever, Severe headaches with blurred vision.
- For the newborn: Difficulty in breathing or in drawing, fever, feels cold, bleeding from the umbilicus, not breast feeding (poor attachment, not sucking well), skin color change into yellow.

Family Planning

Healthy timing and spacing of pregnancy is 2 years from the birth of one child to the birth of the next. Breastfeeding is not guaranteed to avoid pregnancy. This helps parents to provide quality care as the couple is able to have children only when they are ready

Family planning allows couples to attain their desired number of children and determine the spacing of pregnancies. Different types of family planning options are available:

- Short acting: like Condom, pills (coc) for 1 month, depo (injectable) for 3 month
- Long acting: like implant for 3 years , Jadelle for 5 year , IUCD for 10 year
- Permanent: sterilization that prevent pregnancy permanently. The procedure for men is a vasectomy and for women it is tubal ligation

Husband's role

Discuss openly and decide together when and how many children they need to have, support your partner and get FP service to together and decide on the method

Open communication among couples

Open communication means talking honestly and freely about everything having to do with a couple, what you want to do, where you will go, what you'll eat, your ambitions for yourself or your children, decisions about money, food etc.

A couple who makes decisions together will have a stronger relationship to be able to overcome life's challenges.

Open communication helps couples understand what the other person is thinking or their desires – and when these are better understood there will be increased love and trust.

Two can do more than one. If a couple is united in their ambitions for their family and children, they can achieve more.

Open communication helps avoid misunderstandings between couples.

Maternal and Child Nutrition

Breastfeeding

Breastmilk is the best food for the infant since it contains all the required nutrients. Exclusive breastfeeding means giving a baby only breastmilk, and no other liquids or solids, not even water

Initiate breastfeeding within one hour of birth even before the expulsion of the placenta

Breastfeed your baby on demand, 10-12 times day and night, to produce enough milk and provide your baby with enough food for good health and growth

Breastfeed your baby up to 2-year in addition to complementary

There should be no pre-lacteal feeds such as fenugreek water, water with sugar, thin gruel, other liquids, or ritual foods

Early initiation of breastfeeding has many advantages:

- Facilitates expulsion of the placenta. When the baby is put to the breast immediately after birth, the baby's suckling stimulates uterine contractions.
- Ensures sufficient breastmilk production.
- Minimizes maternal bleeding after delivery.
- Prevents breast engorgement with immediate and frequent suckling.
- Breastmilk contains disease-protecting substances (antibodies) that protect against infection and are not found in other milk.

- Breastmilk completely satisfies an infant's nutritional and water needs for the first six months. Infants do not need water or other liquids such as sugar water, fenugreek water, thin gruel, etc., to maintain good hydration, even in hot climates
- Breastmilk can be easily digested.
- Breastfeeding helps delay a new pregnancy and serves as a contraceptive method during the first 6 months, provided that breastfeeding is exclusive and the mother's menses has not returned.

It is important to continue breastfeeding up to 2 years because:

- Breastmilk continues to be an important source of nutrients for the first two years of life.
- It supplies the child's energy needs.
- It protects children from illness and malnutrition, even when they have started eating complementary foods.
- Breastfeeding continues to provide closeness, comfort, and contact that help in child development.

Complementary feeding

Complementary foods should be introduced at 6 months. After 6 months breastmilk cannot meet all of the baby energy and micronutrient requirements.

At 6 months a baby's digestive system is mature enough to digest different foods, and finely minced foods will not cause choking.

Complementary feeding is important as it provides energy, prevents disease and aids physical development and intelligence of the child.

Children need enriched foods because their stomachs are small, and they cannot eat large amounts of foods at each meal. Porridge made from a single staple cannot meet babies' needs fully. Simple household processing methods can make porridges more nutrient and energy-rich, and easy for the child to eat.

Enriched foods mean eating from at least the four food groups. They are:

- Animal source foods: meat, milk, and eggs
- Legumes: beans, chickpeas, lentils, and peas
- Staples: grains such as maize, wheat, barley, teff, millet, sorghum, and roots crops such as kocho, cassava, and potatoes
- Fruits: mango, papaya, pumpkin, banana, pineapple, avocado, and watermelon
- Vegetables: carrot, yellow sweet potato, tomato, eggplant, cabbage, and leafy dark greens

We can find diverse foods in local areas. Vegetables, fruits, and varieties of crops can be grown in the garden and empty spaces of surroundings of local houses.

Cereal or root based complementary foods can be enriched by:

1. Adding a small amount of germinated flour
2. Replacing water used for preparing porridges with milk
3. Adding butter/oil which will also make the thick porridge easier to eat
4. Mixing legumes such as pea, chickpea, or broad bean flour with the staple flour
5. Adding finely chopped meat, fish, or eggs
6. Adding finely chopped kale, carrots, or other vegetables
7. Adding mashed avocado, banana, papaya, or other fruits
8. Using iodized salt when preparing complementary foods

Eating from the four food groups increases the body's access to vitamin and immune power and helps the body grows smarter and stronger.

Complementary feeding based on child's age

Child Age	Details	How much?	How often?
6 months	Breastfeed on demand. Start with soft enriched porridge + Animal-source foods (eggs, liver, meat powder, etc.) + Enriched flour	Start with 2 to 3 tablespoons and gradually increase the amount to 3 coffee cups	2 to 3 times plus frequent breastfeeds
6 - 12 months	made from 3 portions of cereal(i.e., barley, sorghum) one portion of legumes (peas, chick peas, lentils,etc.)+	3 full coffee cups	2 to 3 meals plus frequent breastfeeds 1 to 2 snacks may be offered
12 - 24 months	Fruits (banana, papaya, avocado, etc.)+Vegetables (kale, carrots, pumpkin, sweet potatoes, etc.)	4 full coffee cups	3 to 4 meals plus breastfeeds 1 to 2 snacks may be offered

Importance of proper nutrition during pregnancy

It is also important for pregnant women to take care with what she eats as she is eating for herself and the baby. She is eating for two.

During pregnancy eat one extra meal every day for proper mental and physical development of the child. This will also make you stronger and more ready for delivery.

Start eating an extra meal from when you find out that you are pregnant.

Eat locally available nutritious food from at least the four food groups, which are:

- Animal source foods
- Legumes
- Staples
- Fruits and vegetables

In order to have an extra meal, family members can cook a bit extra at one meal and put some aside for the pregnant woman to eat later

Important tips for safe preparation of complementary foods

- Clean hands before starting preparation
- Clean all utensils
- Separate raw and cooked foods
- Safe and clean water and food
- Thoroughly cook foods
- Store foods in covered containers
- Don't store foods for a long period of time; cook small amounts to avoid long periods of storage and spoilage
- Keep food at safe temperature

Immunization

A successful and cost-effective means to help children grow into healthy adults. It's safe and protects children from vaccine-preventable disease like diphtheria, measles, pertussis, polio, tetanus, tuberculosis, hepatitis B and hemophilic influenza type B.

Importance of immunization

- It can save a child's life
- Save time and money that would be spent for medical expense
- Protect future generation

Schedule for immunization for newborns

- At birth
- On the 6th week
- On the 10th week
- On the 14th week
- On the 9th month

During visits, don't forget to bring the immunization card and make sure to keep it safe.

ANNEX 4:

Engaging Men in Health

Social expectations of what men should and should not do, affect attitudes and behaviors related to a range of health issues. Research shows that inequitable gender norms influence how men interact with their partners, families and children on a wide range of issues, including decision making on household resources, open discussions on contraceptive use, sharing of domestic chores, parenting, and health-seeking behavior. How men think, behave, and how they relate to women and to other men, influences their own health behaviors in addition to those of their partners, children, and other family members. We will not make much progress towards gender equality and improving health without men's support. Some of the issues and messages to discuss with men are listed below:

Gender

Gender refers to a set of roles, responsibilities, rights, expectations and obligations that are socially and/or culturally associated with being male or female. Gender also includes the power relations between and among women and men, and girls and boys.

Gender is socially constructed as opposed to being biologically determined as sex.

Certain gender practices greatly influence health behaviors. These practices are rooted in gender norms that influence women's and men's responsibilities, decision-making power and access to resources within the home and the wider society.

Many of the recommended RMNCH health behaviors (e.g. seeking ANC and obtaining proper nutrition while pregnant and breastfeeding) need to be undertaken by women, but often men must give their permission and financial support before women adopt them. Other behaviors, such as breastfeeding, or taking children for immunizations, may require increased male involvement in household tasks to free up women's time.

Family Planning

Discuss openly and decide together with your partner on when to start having children, how many children to have, how to space children and when to stop having children.

Family planning is not only a women's responsibility; try to learn more about available family planning methods, go for family planning counseling together with your partner.

Provide support for family planning, e.g. transport to the clinic, payment for the method if necessary.

Maternal, Newborn and Child Health

Support and encourage your partner to go to health facilities for ANC visits during pregnancy.

Go with your partner to health facilities during ANC visits to get important tests and screening, such as HIV testing.

Support/share household work and childcare, so that your partner can have time to rest and/or go for ANC visit.

With your partner, plan and prepare for delivery by putting aside money, arranging transport to a health facility, buying clothes for the newborn etc.

Be by your partner's side during delivery and support/encourage them emotionally.

After delivery, discuss postpartum family planning methods with your partner and consult with a health provider.

Support and encourage your partner to go to health facilities for PNC visits after delivery.

Fatherhood

Participate actively in the care and support of your child so that she/he grows up happy and healthy.

Support your partner actively with household and childcare activities including feeding the child, cleaning, giving baths, washing clothes etc.

As a parent, try to give time to your child. Be a role model, always play with your kids, tell them stories, and appreciate their efforts.

Nutrition

Support the health of your partner and child by making available nutritious foods for household consumption such as fruits, vegetables, liver and eggs.

Support the feeding of your child by keeping clean food and purchasing additional nutritious food that fulfill the child's need to grow healthy.

Sample Activity: Gender Values Clarification

Objective: Allow participants to discuss and reflect on their individual values related to gender.

Preparation:

- 3 pieces of paper
- Marker
- Tape

Steps:

1. Write "Agree", "Disagree" and "Not Sure" on separate pieces of paper and set up the signs in different corners of the room.
2. Explain that this activity is about values, and they will be asked to express their feelings about particular values related to gender. Emphasize that no one is going to judge them, and that they should be as honest as possible. At the same time, they should not judge others, and should respect everyone's input.
3. Show participants where you have posted the three signs. Tell them that you will read statements. After each statement is read, they should think very carefully about how they feel about it and move to the sign in the room that matches their personal beliefs and feelings about that value statement.

4. Read out the value statements one by one. After each one, ask for a volunteer to explain their choice. Also say that they are free to change their stance and move to another sign in the room at any time. The statements are below.
- A woman's most important role is to take care of her home and family.
 - A man should have the final word about financial decisions in the home.
 - A man can do household work.
 - If a man expresses his emotions, he is less manly.
 - Family planning is only a woman's responsibility.
 - It's the woman who is pregnant so there is no need for men to go for ANC visits.
 - Ask participants to go back to their seats and reflect on the exercise for 5 minutes.
 - What do you think was the point of this exercise?
 - What did you learn about yourself?

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