



Training Manual for Marriage Counselors



ON DISSEMINATION OF ESSENTIAL HEALTH PACKAGES (EHP) TO YOUNG MARRIED COUPLES



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Acronyms:

ABC:	Abstinence, Be faithful to one partner, consistent use of Condom.
AIDS:	Acquired Immune-deficiency Disease Syndrome
ART:	Anti-Retroviral Therapy
ANC:	Antenatal Care
EHP:	Essential Health Package
ENA:	Essential Nutrition Actions
FP:	Family Planning
HIV:	Human Immune-deficiency Virus
IPTp:	Intermittent Preventive Treatment for Malaria during pregnancy
IRS:	Indoor Residual Spraying
IUD:	Intrauterine Device
LAM:	Lactation Amenorrhea Method
LLIN:	Long Lasting Insecticide Net
MDHS:	Malawi Demographic Health Survey
MNCH:	Maternal, Newborn and Child Health
MTCT:	Maternal to Child Transmission
PMTCT	Prevention of Mother To Child Transmission
RH:	Reproductive Health
SP:	Sulphadoxine Pyremethamine
STIs:	Sexually Transmitted Infections
TB:	Tuberculosis
VCT:	Voluntary Counseling and Testing
VMMC:	Voluntary Male Medical Circumcision
WASH:	Water and Sanitation Hygiene

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Introduction

Background

The health indicators for Malawi have generally remained poor across the board and most of the causes of health problems are preventable. Five of the top 10 causes primarily affect children younger than 5 years (lower respiratory tract infections, conditions arising during the perinatal period, diarrheal diseases, childhood vaccine-preventable diseases, and nutritional deficiencies). Malaria is endemic in 95% of the country¹; approximately 34% of all outpatient visits and 19% of deaths among children five years and younger are attributable to malaria². These have led to high neonatal mortality ratio of 31/1000 live births; infant mortality of 66 deaths per 1,000 live births and under-five mortality 112 per 1,000 live births. The maternal mortality ratio is estimated at 675 per 100,000 live births and the unmet need for family planning remains high. HIV prevalence among 15-49 year old Malawians is at 12% making it the leading cause of death in this age group³. Many efforts by the Ministry of Health have been reported to improve the health status of Malawians but it is noted that structural and social factors continue to contribute to poor health status. The Malawi Government therefore would like to encourage community involvement and participation in solving their health problems thereby improve their health status

Marriage Counselors Training Manual

This booklet is designed to help trainers; Faith Leaders and Faith Based Marriage Counselors understand the Essential Health Package (EHP) and be able to disseminate EHP messages to young couples. This in turn would result in supporting measurable improvements in the health and well being of their families and communities. The SSDI Project focus EHP areas include Malaria; Maternal, New born and Child Health; Reproductive Health and Family Planning; Nutrition; HIV/AIDS and Water and Sanitation Hygiene (WASH)

Users of the Manual

The facilitators guide has been developed to assist Faith Based Marriage Counselor Trainers train Marriage Counselors and other players such as Faith Leaders and other groups responsible for dealing with families on

how to disseminate EHP areas to young couples. This document will also be used to guide different players e.g. the Ministry of Health, Religious Mother Bodies, Program Managers, on what is taught to marriage counselors on health thereby disseminate unified messages to newly married couples.

A Guide to the User

This training manual should be used during training sessions with the guidance of a trainer. Remember that people remember fast what they hear and do other than what they just hear. Therefore, the trainers are encouraged to involve the learners as much as possible

About this Training Manual

Welcome to the Training of Trainers (TOT) manual for Faith Based Marriage Counselors. This training manual is designed for the trainers of Faith Based Marriage Counselors. The training manual focuses on introducing the marriage-counseling guide and enabling marriage counselor to disseminate essential health package (EHP) messages to young couples for leading a healthy life. The EHP messages will be given during marriage counseling to partners who intend to marry and also to those that have recently been married

The Ministry of Health in collaboration with SSDI-Communication identified the Faith Groups as the channel for disseminating EHP messages because they have many followers, are organized and interventions that go through them reach many people within a short period. Since Malawi is predominantly young population, young couples form a larger population group. The young couples are full of life and have many decisions to make including decisions about their health. Targeting young couples with health messages is therefore helps them make informed decisions and choices

Goal and Objectives

The Goal of the training manual is to contribute towards achievement of improved health status of Malawians especially the young couples by giving them information that will help them live healthy lives

The overall objectives of this training program are to enable participants to:

- Create understanding that Faith Leaders and the whole congregation have a role in improving health
- Develop knowledge and facilitation skills of master trainers to train Faith Based Marriage Counselors in effectively disseminating EHP messages listed in TAKUNYADIRANI during their counseling sessions with young couples.

Intended Audience

1. Master trainers of Faith Based Marriage Counselors, and
2. Marriage Counselors

How this Training Manual is organized:

The manual is organized in Modules according to the organization of the Newly Married Couples Booklet. Each module has a number of steps that guides the facilitator on the activities to be carried out on each step. Activities in the training modules have been designed to help participants develop the knowledge they will need to understand the given content. Participants will at some point review the content in the Chichewa reference Book let (TAKUNYADIRANI) and later summarise the content by capturing key points on each module. Participants will write the agreed key points on cue cards and will use the cue cards during counselling of young couples.

Workshop Schedule

DAY 1	Time	Activity	Time
	8.00 -8:30	Registration	
	8.30 - 8:45	Introduction <ul style="list-style-type: none"> • Introduction of participants and trainers • Introduce SSDI-Project and marriage counseling initiative • Set expectation of the training session 	10 05 05
	8.45 - 9:30	Marriage Counseling Group Work: 45 minutes <ul style="list-style-type: none"> • Why do we provide marriage counseling to newlyweds • What topics do we cover in marriage counseling • Objectives and overview of the workshop • Discussion 	15 15 05 10
	9.30-10.30	Getting Married Group Work and plenary: 60 minutes <ul style="list-style-type: none"> • Things the couple needs to discuss before marriage • Things to know and discuss soon after marriage • Review of the relevant sections of the Counseling booklet and discussion. • Agreement on key points for marriage counseling 	30 10 20
	10.00 -10:30	Morning Break	
	10.30-11:15	Health Body and Mind: 45 minutes <ul style="list-style-type: none"> • Group Work • The importance of nutrition • Use of Alcohol • Review of the relevant book chapter and • Agreement on key points for marriage counseling 	20 10 15
	11.15 -12:00	Thinking about Children: 45 Minutes <ul style="list-style-type: none"> – When and how many children – Family Planning methods and outlets • Visiting the Health provider • Agreement on key points for marriage counseling 	25 15
	12.00 -13:00	Lunch	

DAY 1	Time	Activity	Time
	13.00 -14:15	Pregnancy: 75 Minutes <ul style="list-style-type: none"> • Care and precautions • Antenatal check ups • Malaria prevention • Danger signs • Plenary • Review of booklet • Agreement on key points 	30 15 15 15
	14.15 -15:00	Caring for Mother and Newborn: 70 minutes <ul style="list-style-type: none"> – Birth Preparedness – Danger signs after delivery for mother – Danger signs for Newborn Baby – Nutrition & Malaria prevention • Plenary • Review of Booklet • Agreement on key points 	30 15 15 10
	15.00 -15:30	Refreshments	
	15.30 -16:30	Child Care: 70 minutes <ul style="list-style-type: none"> – Nutrition – Disease prevention • Plenary • Book review • Key points 	30 20 10 10
	16.30 -17:00	Conclusion and end of Day 1	
DAY 2		DAY 2	
	8.30 -9:30	<ul style="list-style-type: none"> • Review of Day 1 • Participants discuss key points of Day 1 in groups of 3 and report on what they have learnt. 	30
	9.30 -10:00	<ul style="list-style-type: none"> • Principles of Adult learning 	30
	10.00 -10.30	<ul style="list-style-type: none"> • Break 	
	10.30 -11.00	<ul style="list-style-type: none"> • Marriage counseling role play and practice 	30
	11.00 -12:00	<ul style="list-style-type: none"> • Marriage counseling role play and practice 	60
	12:00 -13:00	<ul style="list-style-type: none"> • Lunch 	
	13:00 -14.30	<ul style="list-style-type: none"> • Marriage Counselors role plays and practice 	60
	14:30 -15.00	<ul style="list-style-type: none"> • Consolidation of Results 	30
	15.00 –16.00	<ul style="list-style-type: none"> • Award of Certificates • Closing Remarks • Workshop Evaluation 	

Introductory Module: Introduction and Creating a Learning Environment

Objectives:

- To introduce participants to SSDI Project and its Marriage Counseling initiative
- To help participants get acquainted with each other and with the facilitators
- To create a conducive learning environment

Duration: 20 minutes

Materials:

Flip chart
Markers
B-Bold Paper
Writing pens
Celtape or pre-stick

Step 1: Introduction of Trainers and Participants (10 minutes)

- Ask participants to be in pairs
- Give them a piece of paper each and a ball pen
- Ask them to introduce each other using the following points:
 - Name and where they were born
 - Current work responsibilities
 - What they like
 - What they dislike
 - Marital Status
 - Age

- Let them write the introduction from the partner
- Let them introduce the partner to the group.

Step 2: Introduce SSDI Project: 5 minutes

The facilitator should introduce SSDI Project using the following points:

- SSDI Project is a USAID funded initiative to support the Ministry of Health in improving the health status of Malawians
- The project supports the MoH in 6 areas (Malaria, Maternal; New Born and Child Health; Nutrition; Family Planning; HIV/AIDS and TB; Water and Sanitation)
- One of the channels that SSDI will use to disseminate EHP Health Messages is the Faith Groups because they have many followers, are organized and interventions that go through them reach many people within a short period.
- Since young couples form a larger population group, are full of life and have many decisions to make including that about their health; SSDI project intends to focus on young couples

Step 3: Setting Expectations: 5 minutes

- Give each participants B-Bold paper and a marker to write with.
- Inform participants that they should share what they expect to learn and do in the course, emphasizing that they should not sit back and be passive but take responsibility for their learning.
- With this in mind, ask participants to write one expectation on the B-Bold paper to the question: *What do you expect to learn and do during this course?*

(Write this question on flip chart before this section starts)

- *Collect the cards from the participants, read them one by one, and post them on the wall in front of the room. Group cards by similar responses and summarize the responses.*

Module 1: Marriage Counseling

Objectives:

By the end of the session participants will be able to:

- Outline the objective of marriage counselling
- List topics that they cover during marriage counselling
- Know the objectives of SSDI marriage counselling initiative
- Appreciate the fact that the workshop will assist them in providing better counselling services to newlywed couples.

Time : 45 Minutes

Materials

Flip chart
Markers

Process

Step 1: Group work and Discussion 30 minutes

- Divide participants into two equal groups (Group 1 and Group 2)
- Ask each group to appoint a note taker and another to present the findings of the group work in plenary.
- Ask both groups to list the objectives of counselling services to newlywed couples. Explain that they should list why marriage counselling is required and how it helps newlywed couples.
- The objectives could be to “make them better Christians”, “to improve their marital life”, “to enable them to respect each other”, to make the couple more robust and empowered with partnership skills, etc.

- Once they have written the objectives, ask both groups to list the contents/topics of counselling sessions that they generally cover. The topics could be, respect of the spouse, cleanliness, love, supporting each other etc.

Step 2: Plenary and Discussion 15 minutes

- Ask each group to present their findings in plenary.
- Discuss each groups' presentation and see if the objectives match the contents of counselling.
- If health topics are not adequately covered under the contents of counselling, ask participants if health is an important component of good life? If yes, should it be part of the counselling topics that they cover?
- Share the objectives of the workshop and the key topics to be discussed in it.
- Ask participants to see if the objectives of their counselling and that of the workshop match?
- Ask if they think this workshop will help them improve their counselling skills and serve their communities better?

Module 2: Getting married (About to wed and just wedded)

Objectives:

By the end of this session the participants will be able to:

- List topics and issues that couples need to discuss before they get married
- List ways the new couple needs to know to keep their marriage strong.

Duration: 60 minutes

- Teaching Methodology:
- Group work
- Presentation
- Discussion

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers and
- Family health Booklet (Takunyadilani Book let pages 2 - 3)

Process:

Step 1: Group Work and Plenary 30 minutes (Group Work 20 minutes; Plenary 10 minutes)

Divide participants in two groups and:

- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary.

- Ask group 1 to list issues and topics that a couple needs to discuss *before* they get married. Ask them why it is important for the couple to discuss these things?
 - The issues and topics could be how they will use their money, what is each ones dream of a good marriage to them, number of children, religion etc.
- Ask Group 2 to discuss and list ways that would make a *newly married* couple strong.
 - responses could be respect, communication, openness etc.
- Once they have written their responses, ask both groups to present their findings.

Step 2: 10 minutes:

Facilitator to ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation. (*Takunyandirani booklet. Page 2 & 3*)

Step 3: 20 minutes

- Facilitator to lead a discussion on key points to put on the cue cards.
- Ask both groups to make cue cards for themselves to help them in counselling of young couples.

Key points on the Cue Card on About to Wed:

- Issues and topics that a couple needs to discuss *before* they get married
 - Each one's dream of a good marriage and future together
 - Interests of each other

- Their plans for work and career after marriage
- What they will spend their money on? How they will save?
- Religion
- Important values to them
- Friends, family members and work colleagues that are important to each of them
- Any illnesses or medical issues in each other's families
- Number of children they would like to have and when
- How they will both stay healthy for each other

➤ Ways that would make a *newly married* couple strong

- Always talk to each other with respect, honesty and courtesy.
- Shows love and help your partner
- Make time to do things they enjoy together.
- Support each other in their work, interests and beliefs.
- Keep their bodies fit and healthy for each other by eating well, exercising
- Keep their minds calm.
- Keep home clean and neat and make sure there is plenty of sunshine and fresh air always.

Module 3: Healthy Body and Mind

Objectives:

By the end of this activity, participants will be able to:

1. Describe the six food groups
2. Importance of eating a balanced diet
3. How to live a happy life
4. Dangers of alcohol abuse

Duration: 45 Minutes

Teaching Methodology:

- Group work
- Presentation and discussions

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers
- Six food groups chart
- Family Health Booklet (Takudyadilani)

Process

Step 1: Group work and Plenary 20 minutes

- Divide participants in two groups. Try to ensure participants are mixing well with one another and not going to the same group every time.
- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary. Again, ensure

different people get chance to present rather than the same participants doing it again and again.

- Ask group 1 to list the 6 food groups and their functions in the body
 - *The six food groups and functions are Fats for proper growth, vegetables for digestion, animal foods for growth, fruits for disease prevention etc.*
- Ask Group 2 to discuss substances that if abused could lead to health and social problems for the newly married couple.
 - *Responses could be alcohol, drugs, and tobacco*
 - *Group 2 should also discuss any customs or social norms that should be avoided.*
 - *Responses could be spending too much time out of the house with friends or in bars, cheating on wife/husband, Lying or mistrusting a partner.*
- Ask both groups to present their findings in the plenary.

Step 2: Review of relevant Booklet Chapter: 10 minutes

- Ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation (*refer to Takunyadilani booklet page 4*)

Step 3: Agreement on key points: 15 minutes

- Ask both groups to make cue cards for themselves to help them in counselling of young couples.

Key points on Healthy Body and Mind Module

- Six food Groups
 - Staples for energy
 - Animal Food for growth

- Vegetables for proper digestion
 - Fats for proper growth
 - Fruits for disease prevention
 - Legumes and Nuts for body building and energy
- Substances that if abused could lead to health and social problems for the newly married couple
- Alcohol
 - Drugs
 - Tobacco

Module 4: Planning Your Family

Objective:

By the end of this session the participants will be able to:

- Discuss and state important decisions that a newly married couple needs to make before and after giving birth
- State the advantages of family planning to the mother, the child and the whole family

Duration: 40 minutes (total)

- Teaching Methodology:
- Group work
- Presentation
- Discussion

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers and
- Family Health Booklet (Takudyadilani)

Process:

Step 1: Group Discussion: 30 minutes

- Divide participants in two groups.
- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary.
- Ask group 1 to discuss important decisions to make before and after a couple can have a child.

- *Important decisions could include number of children to have, when to have the first child, how soon, how frequently,*
- Ask Group 2 to discuss the advantages of family planning to the mother, the child and the whole family
- *Advantages could be smaller number of children means manageable family, healthy mother, healthy family*

Step 2: Plenary and Discussion: (15 minutes)

- Ask both groups to present their findings.

Step 3: Review of relevant Booklet chapter (15 minutes)

Ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation. Refer to Takunyadilani booklet page 5

Step 4: Agreement on key points (15 minutes)

Ask both groups to make cue cards for themselves to help them in counselling of young couples in making critical decisions concerning family planning like:

Key points on Planning Your Family Module

- Important decisions to make before and after a couple can have a child
- *When should we have our first child?*
- *How many children should we have?*
- *How long should we wait before having the next child?*
- *When should we completely stop bearing children?*

- Advantages of family planning to the mother, the child and the whole family
 - A smaller family will be easier to take care of
 - Well spaced pregnancies will make the woman's body gain its strength
 - Well spaced pregnancies will provide adequate time for each child to receive his / her due attention

Module 5: Pregnancy and Danger Signs

Objective:

By the end of this session the participants will be able to:

- Discuss and state important information that a newly married couple needs to consider before the woman gets pregnant
- State main points a couple needs to know when the woman gets pregnant under the following headings:
 1. Antenatal visits to the clinic
 2. Malaria prevention in pregnancy
 3. Danger signs in pregnancy
 4. Birth Preparedness

Duration: 1 hour 15 minutes (total)

- Teaching Methodology:
- Group work
- Presentation
- Discussion

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers and
- Family Health Booklet (Takudyadilani)

Process:

Step 1: Group Discussion: 30 minutes

- Divide participants in two groups. Ensure participants are mixing and not going to the same group every time
- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary.
- Ask group 1 to discuss three areas;
 - i) State important information and key factors that a newly married couple needs to consider before the woman falls pregnant
 - *This includes couple to go the clinic for advice, have HIV Test, have general medical examination*
 - ii) State importance and timing of antenatal care
 - *Importance of antenatal care includes the woman would get immunization against tetanus, will have HIV and anaemia testing and nutrition guidance and supplementation.*
- Ask Group 2 to discuss in their group main points a couple needs to know when the woman falls pregnant under the following headings:
 - i) Prevention of Malaria in pregnancy
 - *This includes sleeping under mosquito net every night and taking antimalarial tablets at least three times during pregnancy*
 - ii) Danger signs in pregnancy
 - *The group should mention Oedema, convulsions, severe headaches, bleeding, fever, persistent vomiting etc.*

Step 2: Plenary and Discussion: (15 minutes)

- Ask both groups to present their findings and allow for questions.

Step 3: Review of relevant Booklet chapter (15 minutes)

Ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation. *Refer to Takunyadilani booklet page 6, 7, 8, 9*

Step 4: Agreement on key points (15 minutes)

Ask both groups to make cue cards for themselves to help them in counselling of young couples.

Key points on Pregnancy and Danger Signs

- Important information and key factors that a newly married couple needs to consider before the woman falls pregnant
 - The couple should go to the clinic to speak to a health worker that they are ready to have a baby.
 - The Health Worker will encourage an HIV and anaemia tests done
 - The Health worker will do a general medical examination (check conditions that affect pregnancy, delivery and general health like weight, height, physical condition
 - The health worker will advise the couple to stop the family planning method they are using

- **Importance of antenatal care**
 - The following will be done at the ANC:*
 - Immunization against tetanus for the mother
 - Guidance on nutrition and Nutritional supplementation, especially iron, folic acid tablets to keep her blood strong
 - HIV and anaemia testing

- General checkup of the mothers and baby's health
- Antimalarial drugs

➤ **Timing of antenatal care**

- During the first 3 months
- Between the 5th and 6th month (20 – 24 weeks)
- Between the 7th and 8th month (28 – 32 weeks)
- At the beginning of the 9th month (at 36 weeks)

➤ **Prevention of Malaria in pregnancy**

- Sleep in a Long Lasting Insecticide Treated Net (LLIN)
- Get Malaria prevention tablets at-least three times per year

➤ **Danger signs in pregnancy**

- Getting easily tired and out of breath.
- Looking pale.
- Feet, arms or face are swollen or puffy.
- Having a fever, severe headache, blurred vision or persistent vomiting.
- Spotting or bleeding from private parts.
- Convulsions or fits.
- Severe burning during urination.
- Severe cramping of the uterus area.
- The baby (fetus) stops moving.

Module 6: Care for Mother and Newly born Child After Delivery

Objective:

By the end of this session the participants will be able to:

- Explain Birth preparedness (How to prepare for birth)
- List danger signs for the mother who has just delivered and the newly born baby
- List important points newly married couples need to know when caring for the newly born baby

Duration: 70 minutes

- Teaching Methodology:
- Group work
- Presentation
- Discussion

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers and
- Family Health Booklet (Takudyadilani)

Process:

Step 1: Group Work 30 minutes

- Divide participants in two groups. Ensure participants are mixing well and not going to the same group every time
- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary.

- Ask group 1 to discuss Birth preparedness and list the danger signs for the mother who has just delivered and the baby.
- *Danger signs for mother include bleeding, oedema, severe headache, convulsions, foul smelling vaginal discharge. For baby (refusing to breast feed, breathing difficulties, convulsions, sleeping all the time).*
- Ask Group 1 to also to discuss important points to remember when caring for the newly born baby
- *Important points when caring for new born baby include keeping the baby warm, initiating breast feeding early, keeping baby warm, clean cord care*
- Ask Group 2 to discuss danger signs of the new born including *convulsions, fever, refusing to breast feed, red umbilical cord)*

Step 2: Plenary (15 minutes)

- Ask both groups to present their findings.

Step 3: Review of relevant Booklet chapters (15 minutes)

Ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation. Refer to *Chichewa family health booklet pages 9, 10, 11 and 12 Chichewa Takunyadilani booklet pages 10, 11, 12*

Step 4: Agreement on Key Points (10 minutes)

Ask both groups to make cue cards for themselves to help them in counselling of young couples.

Key points on Care for Mother and New born child

- **Birth preparedness**
 - Know the expected date of delivery the delivery date will be.
 - Put some money aside in case of emergency.
 - Buy all necessary materials that will be needed during and after birth with guidance from the health center.
 - Plan in advance for reliable transport to take the wife to the health facility for delivery when labour starts.
 - Organize who should take the wife to the health facility incase the husband is not around when labor starts
 - Choose the clinic where they want the baby to be delivered

- If the Health Facility is very far, plan for the wife to go and stay at the health facility to wait until labor starts

➤ **Danger signs for the mother who has just delivered**

- Increased bleeding from the private parts
- Convulsions or fits
- Vomiting or diarrhea
- Severe pain or abdominal aches
- Bloody or foul smelling of vaginal secretions
- Severe chest pain or difficulty in breathing
- Loss of consciousness
- Swelling or redness of breasts or legs
- Leakage of urine or stools from vagina
- Pain or severe burning during urination
- Severe headaches

➤ **Important points to remember when caring for the newly born baby**

- Take the newborn baby to the clinic within 12 hours if the child was born at home
- Keep the baby warm; always cover the baby with warm clothes and the head should always be covered
- Breast feed the baby exclusively
- Put nothing on the umbilical cord, just keep it clean
- Keep newborn baby's eyes clean. Put nothing in the eyes except eye drops if prescribed by the doctor.
- Take the baby back to the health facility within 7 days after delivery for check-up and ensure he/she receives all prescribed immunizations
- Choose a family planning methods as soon as the baby is born
- Continue to periodically go for HIV Testing. It is a first step towards preventing mother to child transmission
- Consider doing medical circumcision if the child is male

➤ **Danger signs of the new born**

- Difficult or rapid breathing.
- High temperature
- Watery stool three times a day
- Severe or continuous vomiting
- Convulsions High temperature
- Continuous sleep
- Convulsions

Module 7: Child Care

Objective:

By the end of this session the participants will be able to:

- List important points on child care as the child grows
- State important points to observe on nutrition for the mother and child
- List ways of preventing the child from diseases

Duration: 70 minutes

- Teaching Methodology:
- Group work
- Presentation
- Discussion

Materials/ Preparations:

- Masking tape
- Flip charts
- Markers and
- Family Health Booklet (Takunyadilani)

Process:

Step 1: Group Discussion (30 minutes)

- Divide participants in two groups and make sure to change the groups
- Ask each group to appoint one person as a note taker and another to present the findings of the group work in plenary.
- Ask group1 to list important points on how to care for the child as it grows and ways of protecting the child from diseases
- *Important points include taking the child to the clinic for vitamin A supplementation, deworming, getting the baby immunized, washing hands before feeding the child,*

- Ask group two to list important points on nutrition for both the mother and the baby
- *Points on nutrition of the mother include eating 6 food groups, taking adequate amounts of water, breast feeding the baby exclusively, introducing new foods slowly and in small amount. Always wash hands before preparing baby's food or before feeding the baby*

Step 2: Plenary (15 minutes)

- Ask both groups to present their findings.

Step 3: Review of relevant book chapters (15 minutes)

- Ask both groups to read the relevant section of marriage-counselling guide and add any areas not addressed in their presentation. *Refer to Takunyadilani booklet page 6, 7, 8, 9*

Step 4: Agreement on key points (10 minutes)

Ask both groups to make cue cards for themselves to help them in counselling of young couples.

Key points on Child Care Module

- **Child care as Child grows; ways to protect child from diseases**
 - Take child to Health Facility to receive Vitamin A supplements at 6 months; and thereafter every 6 months until 5 years.
 - If salt is needed in preparing the child's food, always use iodized salt.
 - Child to sleep under a Long Lasting Insecticide Treated Net (LLIN) every day, all year round to protect them from Malaria
 - Wash hands with soap before breastfeeding, before preparing meals, before eating, after visiting the toilet, and after changing the baby's nappies.
 - Cover leftover food and heat it over the fire before eating again.
 - Prepare child's food fresh and feed the child

- Make sure the child gets regularly de-wormed
- Give child nutritious food from the six food groups
- Early treatment from diseases
- Take baby to the clinic for immunizations and observe vaccination dates

Vaccination schedule

Timing	Vaccinations
First week after birth	BCG Polio
At 6 weeks	Polio 1 Penta 1 PVC 1 Rota 1
One month later (four weeks later)	Polio 2 Penta 2 PVC 2
One month later (four weeks later)	Polio 3 Penta 3 PVC 3 Rota 2
At 9 months	Measles

Module 8:

Becoming a Participatory Facilitator

Objectives:

By the end of this session the participants will be able to:

- Prepare and facilitate a session with marriage counselors on how to disseminate EHP messages.

Duration: 150 minutes

Teaching Methodology:

- Presentation
- Discussion
- Role plays

Materials/ Preparations:

- Flip charts
- Markers and
- Family Health Booklet (Takudyadilani)

Process:

Step 1: Guide for Setting up facilitation practice of Faith Based Marriage Counselors TOT participants

- Select topics that TOT participants can use during practice sessions and write them on pieces of paper; put them in a small basket or bowl
- Develop Timetable for facilitation
- Tell participants that they will practice facilitation of Faith Based marriage counselors to disseminate EHP messages to newly married couples
- Inform them that in this practice, two participants will facilitate one session and the rest of the participants will act as marriage counselors trainees

- Share the groups
- Share topics by asking them to pick one piece of paper from the bowl / basket
- Give them 30 minutes for each team to plan and practice how best they will facilitate assigned topic
- Write a practice facilitation timetable so that teams will know when they will need to be ready for their Practice Sessions.

An example of facilitation Schedule

Workshop Topics	Session assignment	Team	Time
Introductory module	Step 1: Introduction of Trainers and Participants Step 2: Introduce SSDI Project	Monica and Jimmy	20
Marriage Counseling	Objective of marriage counselling and topics that they cover during marriage counselling		20
Getting Married	Issues and topics that a couple needs to discuss <i>before</i> they get married		20
Health Body and Mind	6 food groups and their functions in the body		20
Family Planning	Advantages of family planning to the mother, the child and the whole family		20
Pregnancy	Danger signs during pregnancy		20
Caring for Mother and Newborn	Birth Preparedness		

8. Once teams have been given their assignments encourage them to ask for clarification and any questions they may have before they begin to design and prepare for the practice facilitation. Encourage them to be creative with the Session that has been assigned to their team.

9. Call participants back in the bigger group once the allotted preparation time is over.

10. Distribute the learning sheet below for each participant to use in order to be able to provide constructive feedback.

11. Ask the first pair to start the facilitation session and the other participants to play the role of participants.

12. Ask 2 volunteers to provide constructive feedback at the end of each pair presentation. Proceed like that until each pair has a chance to facilitate

Learning Sheet for Making Presentations

Participant: _____				observation date: _____			
				OBSERVATIONS			
1- Poor 2- Good 3- Very good				1	2	3	Comments
1. Make an effective introduction of the subject							
2. Announce the objectives in the introduction							
3. Checks that the participants understand the main points before moving to another point							
4. Speaks in a clear and loud voice so everybody can hear him							
5. Talks with a good speed, not too slow or too fast							
6. Avoid speaking to the flip chart or the black board							
7. Avoid simply reading the information from the flip chart							
8. Moves around the room without disturbing participants							
9. Encourages group participation							
10. Establishes visual contact with everybody in the room							
11. The flip chart is readable from everywhere in the room							
12. Respects the timing							
13. Summarises the main points in the conclusion							
Comments:							
