

# USAPANG BIBA (Batang Ina at Batang Ama)



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Empowering Filipino Families

# Absolute Requirements for Usapang BIBA

1. Minimum of 6 and maximum of 15 participants per session
2. A team of 3 facilitators with at least 2 FP-CBT level 1 and AJA-trained midwife or nurse available to provide one-on-one counseling and FP method at the actual session
3. Temporary FP commodities available and ready for actual use or dispensing at the *Usapan* session venue
4. Referral hospital or partner site ready to provide Adolescent-friendly services.



# Organizing Usapang BIBA



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# Steps in Organizing Usapang BIBA

1. Identify clients who:
  - are 10-19 years old;
  - have given birth and currently not using an FP method;
  - had a miscarriage or abortion and currently not using an FP method; or
  - are in their 3<sup>rd</sup> trimester of pregnancy

through **RECORDS REVIEW**

- Masterlist of adolescents
- FP/ANC-EPI Integration
- TCL
- BHWs' List of Clients



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# Steps in Organizing Usapang BIBA

2. Invite participants and (if possible) their parents to Usapan through/during the following activities:

- FDS
- Mobilization of BPVs/BHWs



# Steps in Organizing Usapang BIBA

3. Select and set up your venue
  - Preferably a RHU or BHS
  - Ensure auditory privacy
  - Designate a waiting area for accompanying parents
  - Ensure that there are available service providers and referral system is in place



# Steps in Organizing Usapang BIBA

4. Prepare the supplies and materials
  - FP commodities
  - Equipment and instruments (for IUD insertion)
  - Poster of FP methods (limiting OR spacing)
  - Attendance sheet
  - Materials for participatory exercises
  - Form 1
  - Consent form
  - Snacks (optional)



# Steps in Organizing Usapang BIBA

5. Finalize arrangements with service providers for methods that would be given at a later date
  - Make necessary arrangements with referral facilities, private providers, and itinerant teams



# Steps in Organizing Usapang BIBA

## 6. Prepare yourself and you co-facilitators

- Discuss and agree on respective topics and responsibilities (counseling, service provision, managing the sessions, etc.)
- Assign one who will conduct FP talk with accompanying parents
- Request assistance of other service providers, if necessary



# Facilitating Usapang BIBA



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# 1. Registration (5 minutes)

Ask the participants to fill out the attendance sheet. Check if all cells are completed.

Review the column on fertility intention. Anyone in need of limiting may be directed to individual counseling. Only those in need of spacing should remain for the session.



## 2. Introduction (5 minutes)

Thank the participants for coming to the session.

Divide them into pairs. Each member will introduce the other (name, number of children, and what I observe about her/him today). Be humorous.



### 3. Expectations (2 minutes)

Sa inyong palagay, bakit kayo inimitahan dito? Para saan ba ang session na ito?

Thank them for their time and effort. Emphasize that they are all going through important changes in their lives, and congratulate them for wanting to learn more about what they can do as young mothers/ fathers. Invite them to give everyone a round of applause.



## 4. Mga pagbabago sa ating buhay (5 minutes)

Facilitator recalls the number of children of each participant before asking the 1<sup>st</sup> question.

1. Anu-ano ang mga dati ninyong ginagawa na hindi na ninyo nagagawa ngayon?
2. Anu-ano ang mga ginagawa ninyo ngayon na hindi ninyo dati ginagawa?
3. Mabigat ba ang responsibilidad ng may anak/asawa?
4. Ano ang gusto ninyo para sa inyong sarili?
5. Ano ang gusto ninyo para sa inyong mga anak?
6. Paano ninyo matutupad ang mga plano ninyo sa anak at sa sarili?



## 5. “Planting rice/corn” exercise (5 minutes)

Give a participant some grains of palay/corn. Ask her/him to make 2 rows that are perfectly planted with the right amount of space between grains.

Give another participant some grains of palay/corn. Ask her/him to make 4 rows that are planted close together.



Paano ang pagtubo ng palay/mais sa dalawang magkaibang taniman?

Alin ang magiging mas masigla at matatag? Alin ang magbubunga ng mas marami at maganda?

Ano ang mangyayari kung ang palay/mais ay itinanim nang sala sa panahon?

Relate the discussion to FP, delaying birth, and proper spacing, as well as reducing risks for mothers and babies.



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## 6. Reproductive Life Plan (15 minutes)

Para matulungan tayong makapagplano ng pagbubuntis at panganganak, maari tayong gumamit ng Reproductive Life Plan.

Distribute copies of the RLP.



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## 6.1 Introduce the tool by explaining:

- What it is all about: plano sa pag-aanak sa buong panahong maaaring magbuntis
- What to consider: isipin ang personal na kalusugan, kalusugan ng bata, mga prioridad at pangarap, at katayuan sa buhay
- How to plan: sagutan ang mga tanong, tingnan ang kabuuan ng plano, isaalang-alang ang rekomendasyon ng HSP, baguhin kung kinakailangan, pumili ng FP method kung gusto



## 6.2 Call attention to the red (or shaded) parts

Give message about the healthiest years to be pregnant, and the dangers of “too young” and “too old”



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# 6.3 Fill out “name” and encircle “age”

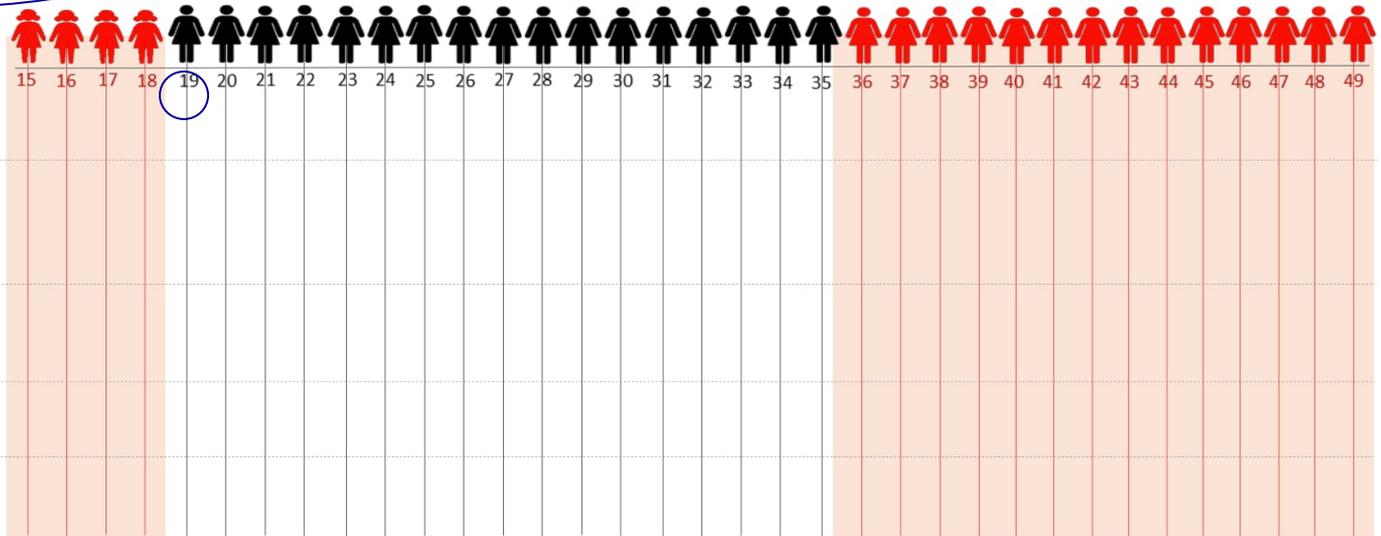
Pangalan: \_\_\_\_\_

Edad (Siligan ang numero sa ibaba)

## REPRODUCTIVE LIFE PLAN

Lagda: \_\_\_\_\_

Petsa: \_\_\_\_\_



# 6.4 Answer question #1

1. Buntis ka ba? Kung oo, markahan ng "X" ang linyang katapat ng edad kung kailan ka manganganak.

2. Ilang beses ka nang nanganak? Markahan ng "X" ang bawat linya ng edad kung kailan ka nanganak. Lagyan ng 2 o higit pang "X" kung kambal o multiple birth.

3. Ilang beses ka nang nakunan o namatayan ng anak? Markahan ng "X" ang bawat linya ng edad kung kailan ka nakunan o namatayan ng anak.

4. Ilan pa ang gusto mong anak? Markahan ng "X" ang bawat linya ng edad kung kailan mo gustong manganak.

5. Anong plano/pangarap mo para sa sarili? Isulat sa linya ng edad kung kailan gagawin.



## 6.5 Answer question #2. Verify response by asking age/s of children

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
1. Buntis ka ba? Kung oo, markahan ng "X" ang linyang katapat ng edad kung kailan ka manganganak.					X																															
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## 6.6 Answer question #3. Verify response by asking age/s of children

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
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## 6.7 Answer question #4. Mark also if unsure.

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
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# 6.8 Answer question #5. Allow multiple answers.

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	
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## 6.9 Reflect and Ask

- How they feel about the graph: Ano ang masasabi ninyo sa naging takbo (dalas at agwat) ng inyong pagbubuntis?
- How the situation fits into what they want: Pinagplanuhan ba ninyo ito? Naaayon ba ito sa inyong kagustuhan?
- How the situation affects various aspects of their life: May epekto ba ito sa inyong kalusugan? Sa kalusugan ng bata/mga bata? Sa inyong mga prioridad at pangarap?



- If they intend to have more children soon:  
Makapaghihintay ba kayo? Address their concerns.
- Unsure if they want more children: Bakit di kayo sigurado sa inyong kagustuhan? Address their concerns.
- Explain the benefits of HTSP and the risks of not using HTSP (for adolescents, pregnant, post-partum, post-abortion, HP). Recall earlier discussion (“planting rice”)
- May gusto ba kayong baguhin sa inyong plano?



## 6.10 FP use

- Ask about FP use: May ginagamit ba kayong FP method? Address their concerns.
- For pregnant, post-partum, and post-abortion: discuss return to fertility and risks of getting pregnant again
- Discuss FP methods.
- Relate HTSP with their aspirations: Makakatulong ito para mas magawa ninyo ang inyong mga prioridad at plano
- Ask: Ano ang pagkakaintindi ninyo sa ipinaliwanag ko?



## 7. Method Choice (2 minutes)

May FP method ba na gusto ninyong gamitin? Markahan ninyo.

Ito ang mga ligtas at epektibong paraan para 'di muna magbuntis. Ang gusto ko ay:

 LAM Implant IUD Pills Injectable FAB Methods \_\_\_\_\_

Ito ang mga ligtas at epektibong paraan para 'di na magbuntis. Ang gusto ko ay:

 BTL IUD Implant NSV Injectable

**Paalala:**

- Ibahagi at talakayin sa iyong partner ang iyong plano.
- Kung may pagbabago sa planong ito, ipaalam agad at sumangguni sa iyong Health Service Provider.
- Mag-"healthy lifestyle" para maging malusog sa panahon ng pagbubuntis at sa lahat ng pagkakataon.



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## 8. Close the session (3 minutes)

- Ask: May mga katanungan pa po ba kayo? Kung wala na, paki-pirmahan ang plano sa itaas at ilagay ang petsa ngayon.
- Call attention to the last part: Ibahagi ang plano, kumonsulta sa HSP kung may pagbabago, at panatilihing malusog ang pangangatawan.
- Collect the RLPs: Hihiram lang po namin ang inyong mga plano.



- Using the Attendance Sheet, update the last columns. Indicate specific method of choice. Indicate in this column if undecided or not interested.
- If accepting a method, prepare consent form and FP Form 1
- Give back the RLPs.
- Thank participants for attending the session and ask those who chose an FP method to stay on for the one-on-one counseling (with the parents/guardians) and provision of service.
- If provision of service is on a later date, inform them of the date, place and time, and what they need to prepare.
- One of the facilitators should also talk to those who did not choose a method. Explore the possibility of follow-up.



## **Commission on Population and Development**

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