USAID Advancing Nutrition conducted a case study in northern Ghana and Nepal to understand how growth monitoring and promotion (GMP) is implemented in two different contexts. We learned from health workers about their perspectives and experiences with counseling during GMP services. They demonstrated strong skills and commitment, shared challenges, and proposed local solutions for strengthening counseling through an enabling environment.

**ACKNOWLEDGE CAPACITIES**

In counseling, you ask **open-ended questions** that will **allow the mother to talk**...This will help you explore the feeding practices...and to know if the child is sick or not. These will help you **identify the problem**...After identifying the feeding problem, you further **engage the mother on options to address the problem until the two of you agree** on what she can do to help address the problem.

— summarized comments by health worker, East Mamprusi, Ghana

**SUPPORT ENABLING ENVIRONMENT**

You will see the crowd tomorrow. I know that I should give counseling for at least 15 to 20 minutes to each women. **But I’m unable to give detailed counseling due to lack of time.**

— summarized comments by health worker, Jajarkot, Nepal