

# Nourishing Connections

COMMUNITY HEALTH WORKER JOB AID



**USAID**  
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## ACTIVITY 1 Empathways to Nutrition

Start the counseling session by connecting with the caregiver and initiate compassionate care.

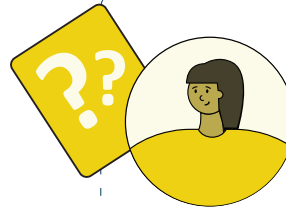


### GOAL

To connect and build trust with caregivers.

## ACTIVITY 2 Assessing the Caregiver's Knowledge of Nutrition

Understand the caregiver's knowledge level of child nutrition.

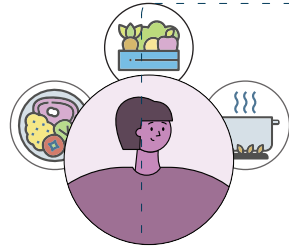


### GOAL

To understand the situation to tailor the session to the caregiver's needs.

## ACTIVITY 3 Counseling Flow

Focus on one or two issues and solve them together.



### GOAL

To focus on one or two challenges and solve them together.

## ACTIVITY 4 Action Plan

Build an action plan of key steps to try.



### GOAL

To agree on one or two actions the caregiver will try.

## Supporting Tools

These tools can help you as you want to engage with caregivers through other dynamic activities. Please find additional information on how to use these tools in their respective guides at the end of this document.



### PRICE COMPARISON

Help families rethink affordability

*10–15 minutes*

#### BENEFIT

Lead the caregiver to understand that healthy food for their children can be affordable and accessible.



### TRIVIA

Reinforce nutritional knowledge

*20–25 minutes*

#### BENEFIT

Lead the caregiver to understand how to properly feed their six to 24-month-old child.



### CARD GAME

Teach caregivers to cook healthy and diverse meals for their six to 24-month-old child

*40–60 minutes*

#### BENEFIT

Teach the caregiver how to practice dietary diversity for their six to 24-month-old child.

## WHAT IS THIS?

This booklet provides detailed instructions for community health workers (CHWs) to counsel mothers on child feeding in a compassionate way.

## WHAT IS THIS JOB AID?

The Nutritional Job Aid is a custom-made tool for you and other CHWs to conduct compassionate counseling sessions. This helps you improve feeding practices for children with tailored discussions and problem solving. Use this when the topic is about feeding children six to 24 months.

## GOALS

To support you in:

- Conducting compassionate counseling sessions that ensure caregivers feel comfortable in sharing their thoughts and struggles, and feel listened to and valued.
- Assessing caregivers' knowledge of nutrition and nutritional practices
- Focus counseling on one or two key issues, and plan together with the caregiver which specific actions she will try.

## CONTENTS OF THIS BOOKLET

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### ***Don't forget!***

Listening carefully and sharing your personal experience during the session will make the caregiver more comfortable speaking with you about them and their situation.



# ACTIVITY 1



## Empathways to Nutrition



### DURATION

5–8 mins.



### WHAT IS IT?

A question to ask the caregiver, and answer yourself, to create a connection. This will also help you initiate a conversation naturally before continuing with the counseling session.



### GOAL

To connect and build trust with caregivers.



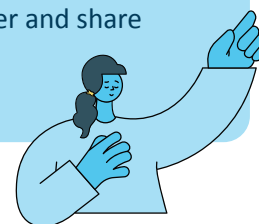
### HOW TO FACILITATE THIS ACTIVITY

**Step 1:** Read “**The Pledge**” to commit to keeping the session confidential and be present to listen to the caregiver.

**Step 2:** Ask one of the two “**Get to know each other**” questions to the caregiver and share your own answer.

### *Don't forget!*

This should be a conversation where you and the caregiver listen to each other and share your experiences.

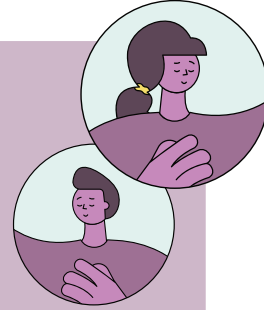


## Step 1.

### The Pledge

Introduce yourselves to each other. Then, read this aloud to the caregiver to create a commitment to an honest and open dialogue.

“ *During this counseling session, I commit to an open and respectful dialogue.*  
*I pledge to really see you and hear you.*  
*I will keep what you tell me confidential.*  
*I will keep an open mind to understand and respect you as a whole.*  
*I commit to providing you the best nutritional recommendation possible for your child's health.* ”



## Step 2.

### Get to know each other

Choose one question and connect with the caregiver.

A.

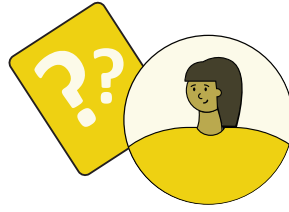
How has your experience been as a mother?  
What do you love the most about being a mother?

**You and the caregiver should share your experiences.**

B.

Can you share your experience with feeding your child? When did she/he start eating complementary foods? What do you like the most and what you find challenging about feeding your child?

**You and the caregiver should share your experiences.**



## ACTIVITY 2

# Understanding the Caregiver's Knowledge of Nutrition



### DURATION

5–8 mins.



### GOAL

To understand the situation to tailor the session to the caregiver's needs.



### WHAT IS IT?

During this activity, you will ask five questions to the caregiver. These questions will enable you to:

- Assess their knowledge of feeding children six to 24 months old.
- Decide how to focus the counseling session by asking probing questions or using supportive tools at the end of the session.



### HOW TO FACILITATE THIS ACTIVITY

**Step 1:** Ask the caregiver questions 1 to 5 and categorize their answers into one of three categories:

- **Knowledge:** The caregiver doesn't know child feeding recommendations
- **Attitudes:** The caregiver knows the recommendations but does not believe she can do these every day
- **Practices:** The caregiver practices some child feeding recommendations, but not all

**Step 2:** After asking the five questions, count and write how many answers the caregiver got in the knowledge, attitudes, and practices categories.

**Step 3:** Select a supporting tool could be useful to improve the caregiver's knowledge about nutrition. If time allows, you can use the additional supporting tools at the end of this session.

## Step 1: Ask the following questions

Then, choose one of the three categories based on the answers provided by the caregiver.

1

**What is the importance of families and the community in encouraging caregivers of six to 24-month-old children to provide a variety of food for healthy growth to them?**

Unsure or does not know

Knowledge

Knows but doesn't really understand how to practice the behavior

Attitudes

Knows and understands the behaviors but doesn't really practice it

Practices

2

**What are the benefits of adding different foods, such as dried fish or yogurt, when a child turns six months old?**

Unsure or does not know

Knowledge

Knows but doesn't really understand how to practice the behavior

Attitudes

Knows and understands the behaviors but doesn't really practice it

Practices

3

**Are you afraid of introducing new healthy foods to your child?**

Unsure or does not know

Knowledge

Knows but doesn't really understand how to practice the behavior

Attitudes

Knows and understands the behaviors but doesn't really practice it

Practices

4

**Why is it good for children over 12 months to eat from their own bowl?**

Unsure or does not know

Knowledge

Knows but doesn't really understand how to practice the behavior

Attitudes

Knows and understands the behaviors but doesn't really practice it

Practices

5

**What are the consequences to a family and community when a six-month-old child only eats plain porridge?**

Unsure or does not know

Knowledge

Knows but doesn't really understand how to practice the behavior

Attitudes

Knows and understands the behaviors but doesn't really practice it

Practices

## Step 2: Register the score

Once you have asked the caregiver all the questions, count the number of answers the caregiver gave that correspond to each category.

### EXAMPLE

Knowledge = 3 answers

Attitudes = 1 answer

Practices = 1 answer

## Step 3: Pick a tool (Optional)

*This step is optional.* Pick the best supporting tool according to the caregiver's answers that you could use at the end of the session.

*If the caregiver had the lowest score in...*

### Knowledge

use:



**Card game**

40–60 minutes



**Trivia**

20–25 minutes

### Attitudes

use:



**Price comparison**

10–15 minutes

### Practices

use:



**Price comparison**

10–15 minutes



# ACTIVITY 3

## Counseling Flow



### DURATION

20–25 mins.



### GOAL

To focus on one or two challenges and solve them together.



### WHAT IS IT?

The discussion is an activity with five questions to:

- Focus the discussion on one or two issues the caregiver currently faces.
- Plan small steps she can take to improve the issue.



### HOW TO FACILITATE THIS ACTIVITY

**Step 1:** Ask the caregiver, “*What actions have you tried? How did it go?*”

**Step 2:** Select one or two questions based on what the caregiver has said.

**Step 3:** Ask the caregiver to explain their answers and share your personal experience with the question.

**Step 4:** Plan together how to take small steps to improve.

**Step 5:** Repeat this process for one more question in the remaining rows.



### ***Don't forget!***

- Share your personal experiences.
- Be curious! Ask the caregiver to explain their answers.
- This should be a conversation where you and the caregiver listen to each other and share your experiences.



## STEP 1

Ask

Ask the selected question(s).

## STEP 2

Follow-up

After the caregiver gave an answer, ask the follow-up question below.

## STEP 3

Explain

Ask the caregiver to explain their answer.

## STEP 4

Solve together

Discuss how to solve the challenge.

### Variety of foods

What foods do you add to your child's pap each day?



There are many good foods for children in our community.

What else could you add to your child's pap?



Ask the caregiver to explain their answer.



Could you add yogurt, fish, or vegetables? Which ones? How? Can we try together now? What challenges would you face? How could you overcome these challenges?  
*(Note: Share your own experiences with your children or grandchildren.)*

### Introducing new foods

Have you introduced a new food to your child recently? How did it go?



What new local, affordable nutrient-rich foods could you try to introduce to your child?



Ask the caregiver to explain their answer.



Children often need to try new foods many times. What challenges might you face? How could you overcome these challenges?

### Variety of snacks

What foods do you offer the child between meals to eat by themselves?



What other local fruits or vegetables could you try to offer your child between meals?



Ask the caregiver to explain their answer.



Could you try to offer mango, sweet potato? Could we try together now? What challenges might you face? How could you overcome these challenges?  
*(Note: Share your own experiences with your children or grandchildren.)*

### Feeding practice

How do you feed your child?



Do you feed your child with his or her own bowl? How do you know when the child is hungry or full?



Ask the caregiver to explain their answer.



You can feel confident as a mother that your child eats enough when fed with his or her own bowl. Help your child finish the bowl with patience. No need to force or stop too early. What challenges might you face? How could you solve these challenges?  
*(Note: Share your own experiences with your children or grandchildren.)*

### Identifying needs

How do you usually identify your child's needs? What are the most common signals given by her/him?



Would say that it is easy or hard to identify her/his needs? What do you do when you are not sure?



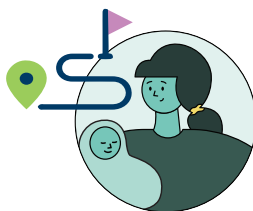
Ask the caregiver to explain their answer.



Now, provide recommendations to the caregiver about how to best and easily identify the child's nutritional needs. What could they do to better be alert, identify, and interpret their child's nutritional needs?

# ACTIVITY 4

## Action Plan



### DURATION

**8–10 mins.**



### WHAT IS IT?

In this activity, you will develop an action plan to enable the caregiver to provide a diverse diet to their six to 24-month-old child.



### GOAL

To provide actionable recommendations and documents agreements made during the session.



### HOW TO FACILITATE THIS ACTIVITY

**Step 1:** Ask the caregiver, *“What challenges and solutions did we discuss?”*

**Step 2:** Ask the caregiver, *“What would you like to try to do this week? This month?”*

**Step 3:** Discuss how and write it in the action plan.

**Step 4:** Detach the plan from the booklet and hand it to the mother.

### ***Don't forget!***

Listen carefully to the caregiver, be understanding of their struggles, and reach agreement on one two actions they will try.





# Action Plan

What will you try to do this week?

**A. Add healthy local foods to your child's bowl?**

What will you try to do this week?

**B. Add healthy local foods to your child between meals?**

What will you try to do this week?

**C. Feed your child with a separate bowl?**

What will you try to do this week?

**D. Share these suggestions with family members for support?**

## Actions I will try



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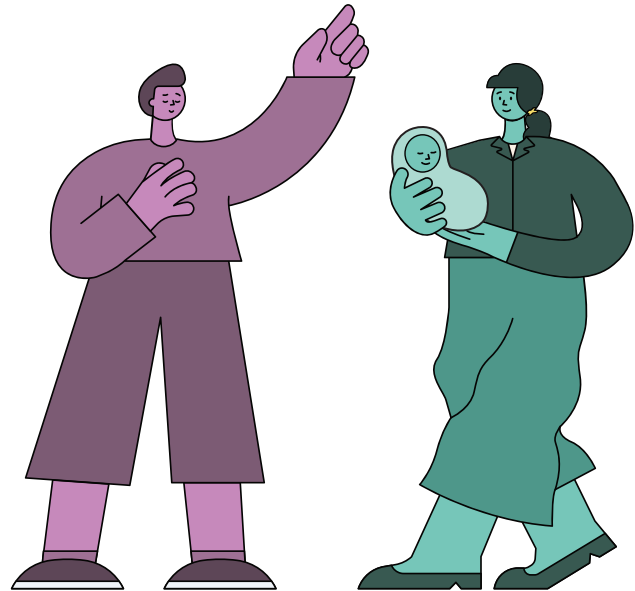
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# Closing



Choose one question to share your learnings with the caregiver.

**A.**

What gaps or challenges came up during our counseling session?

**You and the caregiver should answer the questions.**

**B.**

Thinking about what we discussed during the session, what are two things you could do to improve your child's diet?

**You and the caregiver should answer the questions.**

## End your session on a high note!

1. Do a quick overview of the positive things that came out of your session.
2. Encourage the caregiver to apply your recommendations and reinforce your belief they are achievable.
3. Thank the caregiver for their time and participation.