Nourishing Connections

COMMUNITY HEALTH WORKER JOB AID
**ACTIVITY 1**
**Empathways to Nutrition**
Start the counseling session by connecting with the caregiver and initiate compassionate care.

**ACTIVITY 2**
**Assessing the Caregiver’s Knowledge of Nutrition**
Understand the caregiver’s knowledge level of child nutrition.

**ACTIVITY 3**
**Counseling Flow**
Focus on one or two issues and solve them together.

**ACTIVITY 4**
**Action Plan**
Build an action plan of key steps to 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

**TRIVIA**
Reinforce nutritional knowledge
20–25 minutes

**CARD GAME**
Teach caregivers to cook healthy and diverse meals for their six to 24-month-old child
40–60 minutes

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

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

**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

Activity 1: Empathways to Nutrition—Page 3
Activity 2: Assessing the caregiver’s knowledge of nutrition—Page 5
Activity 3: Counseling Flow—Page 9
Activity 4: Action Plan—Page 11
Closing—Page 13

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 do 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
   - Knows but doesn’t really understand how to practice the behavior
   - Knows and understands the behaviors but doesn’t really practice it

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
   - Knows but doesn’t really understand how to practice the behavior
   - Knows and understands the behaviors but doesn’t really practice it

3. Are you afraid of introducing new healthy foods to your child?
   - Unsure or does not know
   - Knows but doesn’t really understand how to practice the behavior
   - Knows and understands the behaviors but doesn’t really practice it

4. Why is it good for children over 12 months to eat from their own bowl?
   - Unsure or does not know
   - Knows but doesn’t really understand how to practice the behavior
   - Knows and understands the behaviors but doesn’t really practice it

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
   - Knows but doesn’t really understand how to practice the behavior
   - Knows and understands the behaviors but doesn’t really practice it

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.

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.

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

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).**

#### Variety of foods
What foods do you add to your child’s pap each day?

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

#### Variety of snacks
What foods do you offer the child between meals to eat by themselves?

#### Feeding practice
How do you feed your child?

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

### STEP 2: Follow-up
- **After the caregiver gave an answer, ask the follow-up question below.**

#### Variety of foods
- There are many good foods for children in our community. What else could you add to your child’s pap?

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

#### Variety of snacks
- What other local fruits or vegetables could you try to offer your child between meals?

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

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

### STEP 3: Explain
- **Ask the caregiver to explain their answer.**

#### Variety of foods
- Children often need to try new foods many times. What challenges might you face? How could you overcome these challenges? (Note: Share your own experiences with your children or grandchildren.)

#### Introducing new foods
- 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.)

#### Variety of snacks
- 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.)

#### Feeding practice
- 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?

#### Identifying needs
- Ask the caregiver to explain their answer.
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

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

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

C. Feed your child with a separate bowl?

D. Share these suggestions with family members for support?

Actions I will try

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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.