



SESSION 1

Malezi Bora Mothers as Champions for Good Nutrition and Healthy Families

SESSION 5: Strengthening Communication for Better Nutrition and Family Well-Being



CONTENT

- 1.1 Introduction, ground rules, and program overview; desired qualities in our children
- 1.2 "I Am"—the various roles that we as women play
- 1.3 Handwashing and safe disposal of child faeces

PREPARATIONS

- Cards showing positive qualities of a child (see Appendix 1)
- Chalk powder or other colourful substance (that won't stain)
- Procure basin, water in pourable container, and soap
- 50 small stones
- Blank paper and pens
- Flipchart paper, markers, tape

TIME

2 hours