3.3C | Frequency of Feeding and Amount and Consistency of Foods for Children 7-9 Months of Age



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

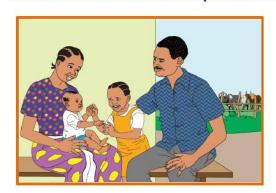


11.2 | THE BEST FATHERS FOR A CLEAN AND SAFE HOME ENVIRONMENT



SESSION 1

Malezi Bora Mothers as Champions for Good Nutrition and Healthy Families



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