

FACILITATOR GUIDE TO PARTICIPATORY ACTIVITIES FOR
TOPIC: INFANT CARE

How to use the Card set in a participatory way

1. **Hold and Describe:**
2. All cards are handed out to the audience and each person comes to the front and describes what they see.
3. **Own up and Sit down:**

Ask everyone with babies under two years to stand up. Go through each of the cards, and ask those who are not practicing the recommendations to sit down. If anyone is left standing at the end, congratulate them. Ask everyone else what they are doing to do to improve their child care.

DISCUSSION

Make sure all children under 2 have been immunised properly. Measure all babies with MUAC and show how it works.

Describe the importance of supplementing food at six months and ask everyone to discuss which food they are currently giving to their toddlers.

Explain the symptoms of malnutrition, and the difference between Miasmas and Kwahikor.

The next session will go into the different food types in more detail.