

Key messages to be conveyed on Suposhan Diwas

8 Increase the quantity of complementary food with growing age:

- At 6-8 months, give 2-3 meals a day (total of at least 2 katoris per day).
- At 9-11 months, give 3-4 meals a day (total of at least 3 katoris per day)
- At 12-23 months, increase this diet at least 4-6 katoris per day.
- Remember, appropriate quantity and quality of food is important for the physical and mental growth of the baby. Provide support to mothers in feeding complementary food to the baby and ensure the availability of required vegetables at home.

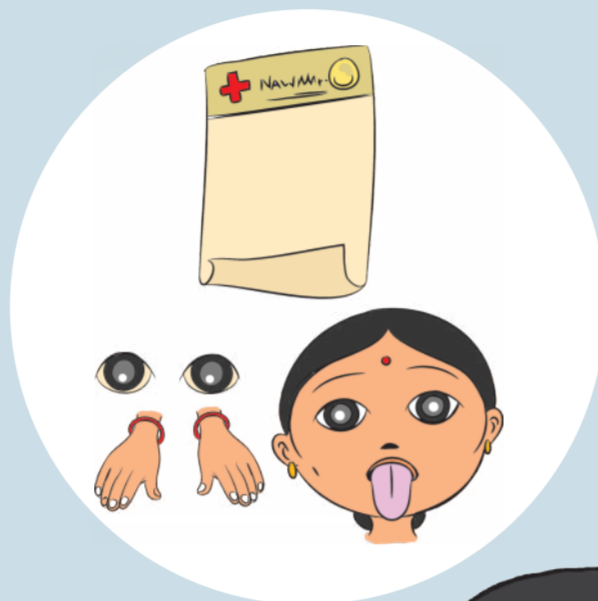


7 Complementary feeding after six months:

- The first two years of a baby's life is a period of speedy physical and mental growth.
- Once the baby reaches six months of age, start complementary feeding along with breastmilk to meet her nutritional needs.
- Feed all food items, available in the house, to the child

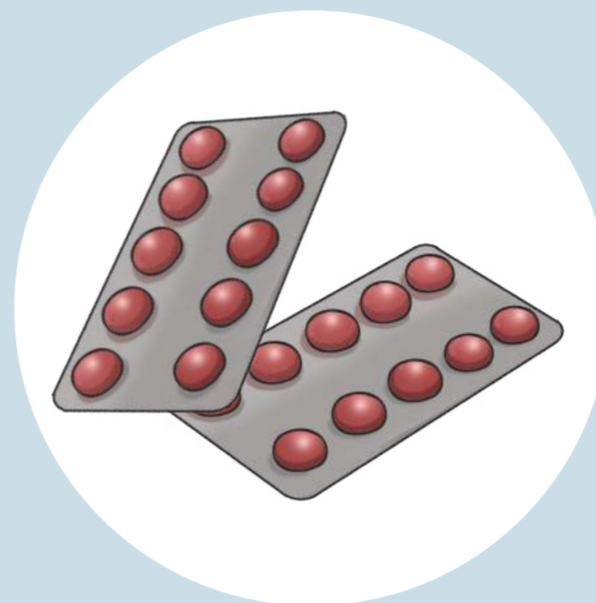
1 Ensure ANC check-ups and care of pregnant woman:

- Have three antenatal care (ANC) check-ups, at least, after registration.
- ANC check-ups help in identification and management of pregnancy-related complications.
- Get weight taken regularly.



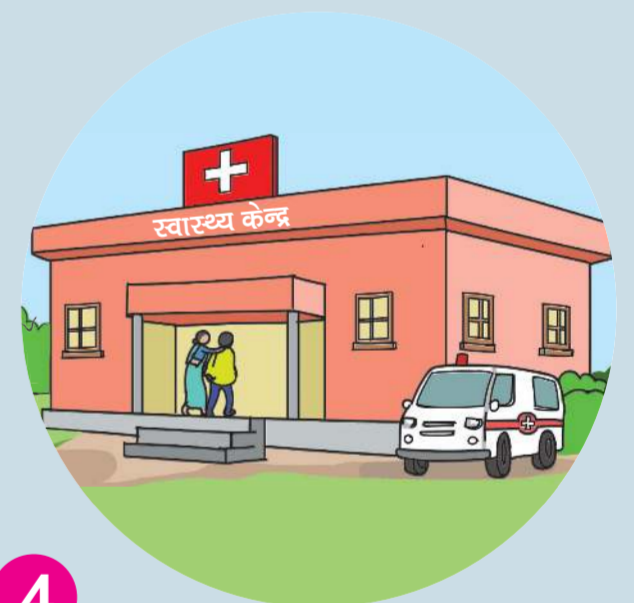
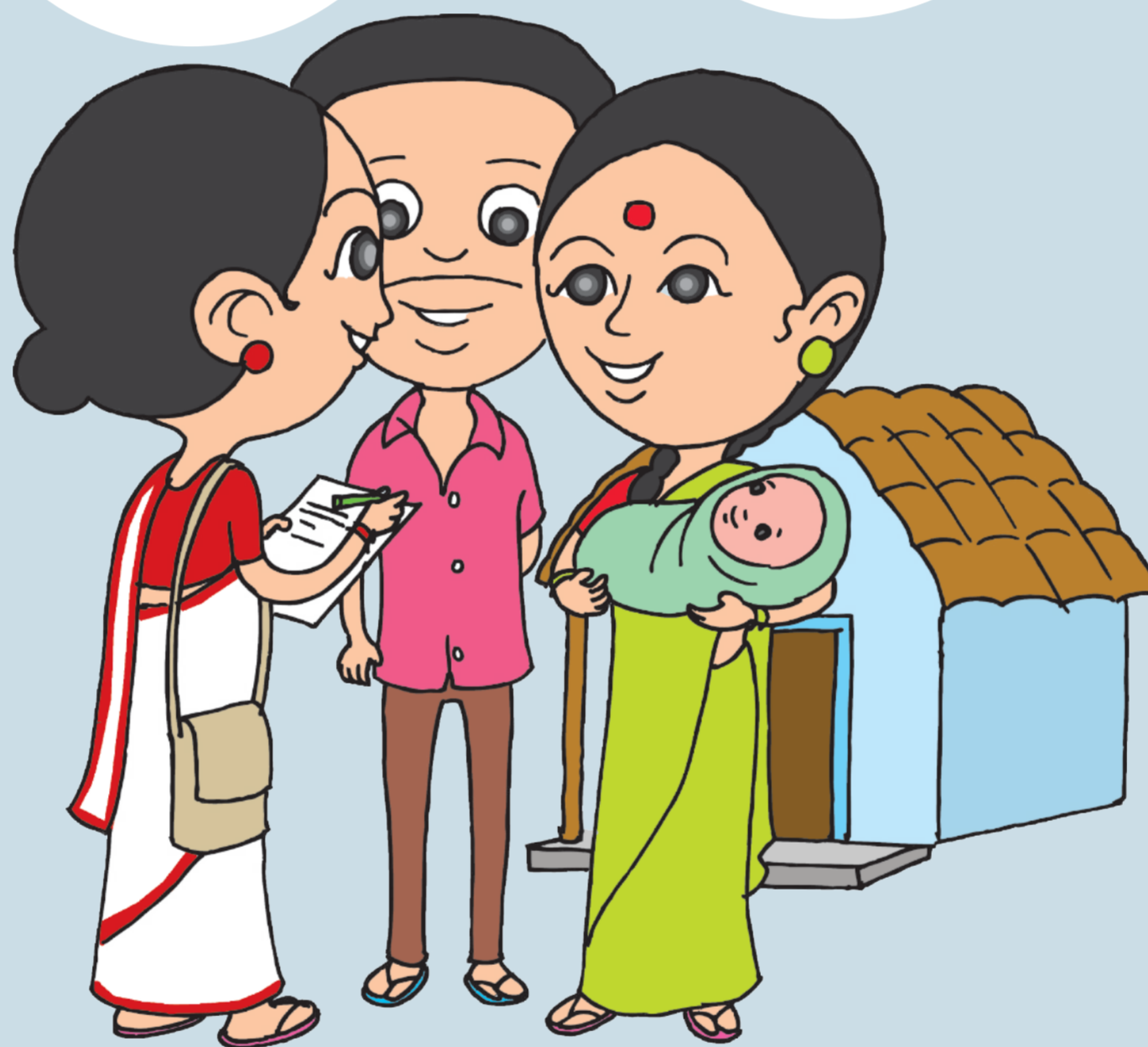
2 Ensure consumption of one IFA tablet daily during pregnancy:

- This helps to prevent anemia in mother and baby.
- As per advise also consume calcium and deworming tablets.



3 Eating a healthy and nutritious diet during pregnancy is important to meet the needs of the growing foetus:

- Give pregnant woman a variety of foods such as fresh seasonal vegetables and fruits, milk and milk products, pulses, cereals, millets, etc. non vegetarian families can continue to give all food items cooked at home.
- Do not let pregnant woman do heavy work.

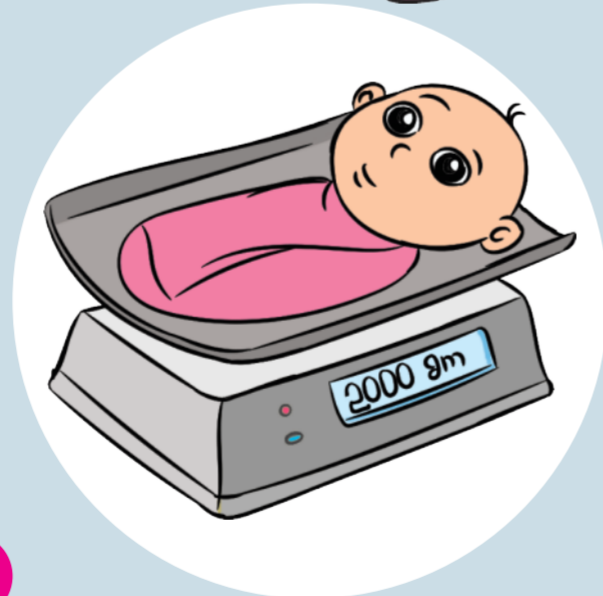


4 Ensure preparations for safe delivery:

- Identify hospital.
- Identify vehicle to take to hospital and write down contact number of the driver.
- Keep money in reserve for any emergency.
- Identify blood donor in case of an emergency.

6 Ensure regular growth monitoring of the baby:

- Measure weight and height/length of the child regularly, especially in the first two years.
- Measuring weight- every month, and height/length- every 3 months will tell you if the child is growing well and to his/her full potential.



5 Ensure exclusive breastfeeding as soon as possible for the baby:

- Breastfeeding mother's first concentrated yellowish milk within one hour of birth will protect the baby from infections.
- Provide exclusive breastfeeding to the baby in the first six months. Remember, not even water but only breastfeeding.



Guidelines for organizing Suposhan Diwas (especially to orient husbands)

Prior preparations (at least 2-3 days in advance)

1. **List** all pregnant women and lactating mother with baby one year of age, their husbands and mother-in-laws in the village.
2. Invite all listed pregnant, lactating mothers in the village, their husbands and mothers-in-law.
3. **Also, invite the following:**
 - (a) ASHA, ANM
 - (b) PRI members, VHSNC members
4. Thoroughly study the key information to be given during the event.

Preparation on the day of the event

1. Clean the AWC/or place of event and ensure adequate space for participants.
2. Arrange and keep the following ready:
 - (a) Functional weighing scale and length measuring board/stadiometer
 - (b) Iron and Folic Acid (IFA) and calcium tablets, and syrup for children
 - (c) Diverse food samples (green leafy vegetables, yellow, orange and red colour vegetables and fruits, pulses, cereal, millets etc.), if available for demonstration
 - (d) Contact details of ambulance services
 - (e) Relevant IEC material for counseling, as per availability
 - (f) Mat for sitting
 - (g) Water and soap for hand washing
 - (h) Refreshments for the participants
3. Keep the IFA tablets, different types of fruits and vegetables and equipments for measuring length and weight ready.
4. Read - through the key messages for the event to refresh memory.

Key activities during the event

1. **Welcome all participants.**
2. Explain the **purpose** of organising this event. **Communicate key messages** and ask mothers and family members to remember and bring into practice the points mentioned in the programme. Ensure that participants receive all the key messages.
3. **Demonstrate** different material related to the food, nutrition and growth monitoring of the child and mothers in front of the families.

Engaging participants

1. **Ask** - mother in laws and husband's about the traditional and cultural practices related to pregnancy, delivery and complementary food, that may act as a barrier in adopting healthy behavior:
 - (a) Food during pregnancy
 - (b) Practices related to initiating breast feeding
 - (c) Traditional practices associated with complementary food
2. **Ask** - to the mothers, husbands and mothers-in-law if they remember the messages given in the programme?
3. **Ask** - how will husbands and mothers-in-law help to ensure adequate care of the pregnant woman, breastfeeding and complementary feeding to the baby?
4. **Advise husbands and mothers-in-law on their special role:**
 - (a) Ensure preparations for delivery
 - (b) Ensure exclusive breastfeeding immediately after birth
 - (c) Ensure enough rest and food for pregnant woman
 - (d) Assisting in preparing and feeding age appropriate complementary food to the baby
 - (e) Purchasing diverse food items (such as pulses, seasonal leafy green, yellow and orange colour vegetables and fruits, milk and milk products, eggs), which are easily available at a low cost

Wrap up

1. **Seek commitment** from participants to follow the advice.
2. **Inform** participants about the next celebratory event.
3. **Take attendance and record** in relevant register/format.
4. **Close the event** with traditional song.
5. **Offer refreshment** to participants.

Remember to follow up next week

Make visits to the households the following week and especially speak with husbands to ascertain if the messages given in the event are being followed.