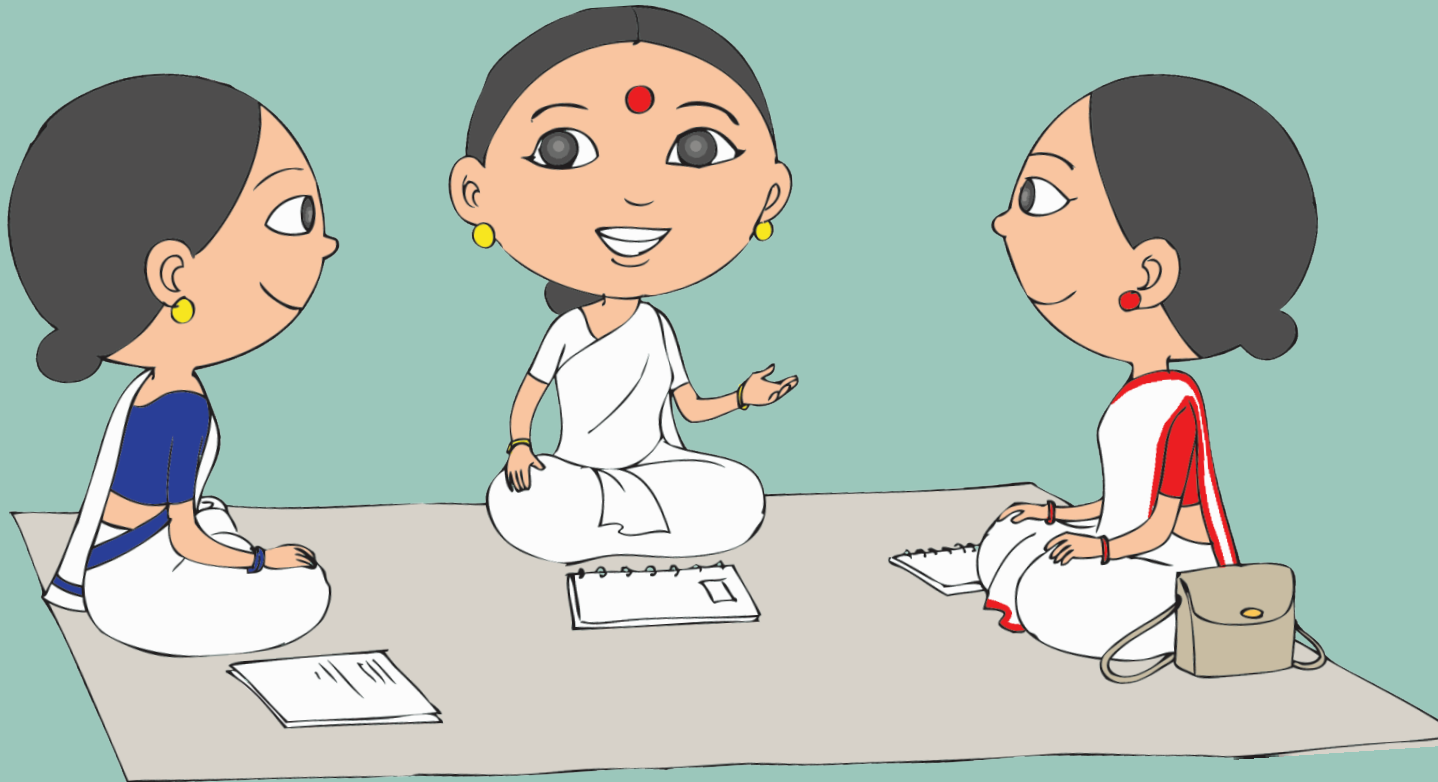


Planning And Organising Community Based Events At AWC



Ministry of Women & Child Development
Government of India, 2018

3





What are the opportunities available with us to counsel mothers?



Display the card.



Tell the participants that today we will discuss how to plan and organize community event at Anganwadi centers.



Welcome participants and enquire about the opportunities that they have to meet mothers and families in a month.

Initiate a discussion with the help of the points given on the right side.



Tell the participants that they are already aware of today's topic. They have organized and participated in such events at Anganwadi centers before.

What are the opportunities available with us to counsel mothers?

Although Anganwadi centers open every day, we get very few opportunities to counsel mothers and families individually or in groups.

A few such opportunities are as follows:

- Home visits planned in a month.
- Supplementary nutritious food (THR- Take Home Ration) distribution day.
- Immunization Day and Village Health Sanitation and Nutrition Day.
- Annaprasan Diwas/ God-bharai etc.
- Mahila Mandal meetings, etc.

All these opportunities of individual and group counseling are already available with us. Today, we will especially discuss how to plan and organize Annaprasan Diwas at an Anganwadi Center.



10 Minute

M3

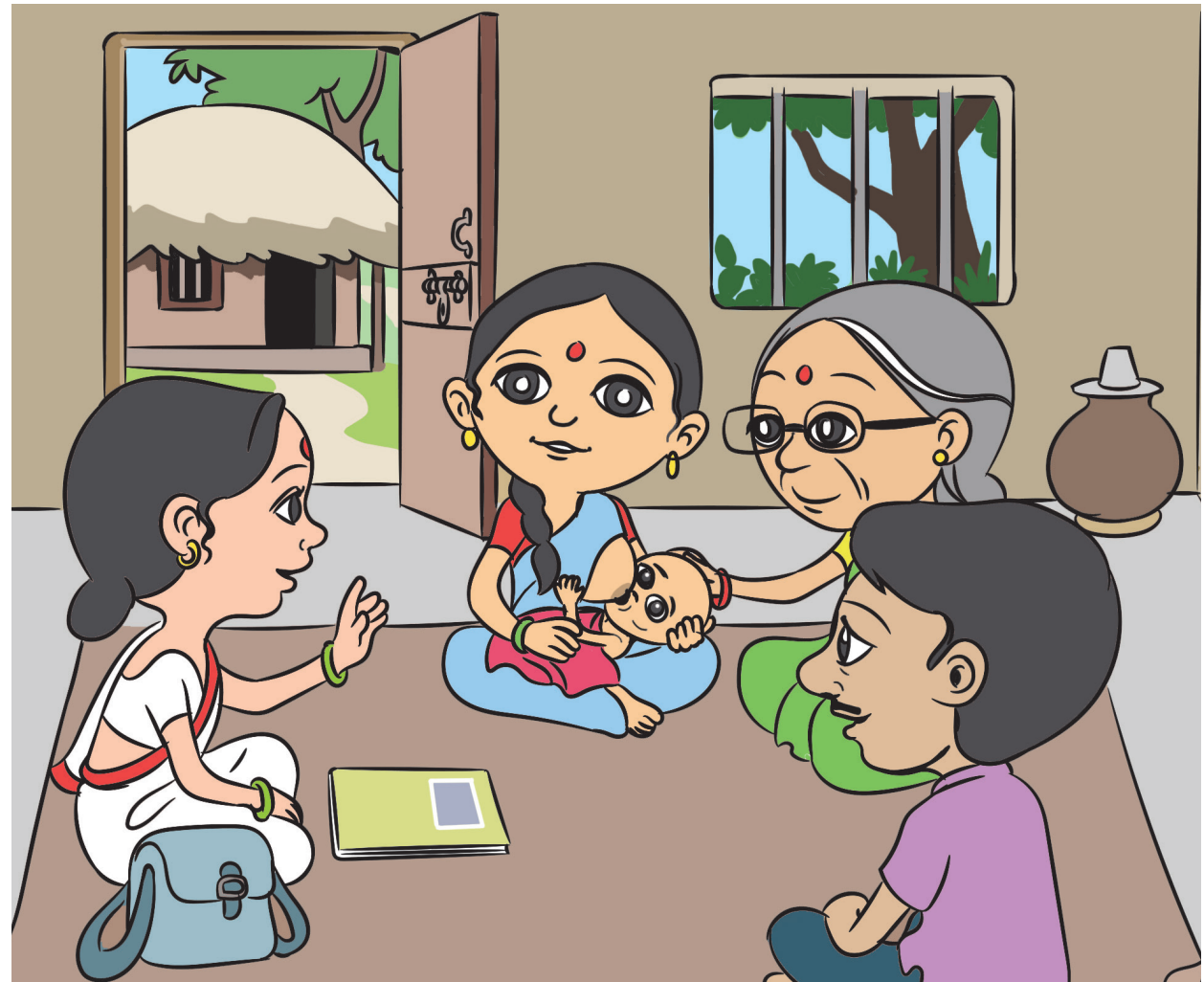
Planning And Organising Community Based Events At AWC

F1

What are the opportunities available with us to counsel mothers?



- Home Visits
- Take Home Ration and Immunization day
- Programmes organized at Anganwadi centers like God-bharai (ritual for congratulating the mother on becoming pregnant), Annaprasan Diwas (ritual to celebrate child's introduction to cereals and foods other than breastmilk).





Why should we organize a community event?



Display the card.



Ask the participants

Why do you organize community events every month? What is the importance?



Ask the participants about their experience.

Initiate a discussion based on the information provided on the right side.

- To spread awareness on care of pregnant women and lactating mothers and children through social rituals, such as God-bharai and Annaprasan etc.
- To help families, especially the husband and the mother-in-law, understand the importance of health and nutrition of children and pregnant women and lactating mothers.
- Help create an atmosphere of cooperation to ensure that family and community members collectively take a decision to care for children and pregnant and lactating mothers.
- To make the village community members aware of the health, nutrition and care requirements of children and pregnant and lactating mothers.



10 Minute

M3

Planning And Organising Community Based Events At AWC

F2

Why should we organize a community event?



- To spread awareness on health and nutrition through rituals and other programmes.
- To help families, especially the husband and the mother-in-law, understand the importance of health and nutrition of children and pregnant women and lactating mothers.
- Encourage collective community and family decision to ensure information on care of children and mothers is put to practice.





Community Based Event - Preparation for Annaprasan Diwas



Display the card.

Today we will discuss about community event organised at Anganwadi centres (viz, Annaprasan Diwas)



Ask the participants to read all the points one by one and encourage everyone to participate in the discussion.

Take the discussion forward with the help of the information given on right side.

Today we will discuss how to organise Annaprasan Diwas.

How should we prepare for Annaprasan Diwas?

- List the children who are about to reach the age of 6 months.
- Inform the day and date of Annaprasan Diwas to the family members. Invite all elders of the family along with the parents of the child.
- Purchase and keep a bowl (katori), spoon and fruits (like banana and papaya) for the targeted children to be given as a token.
- Motivate husbands and mother-in-laws to participate in the programme.
- Request the family to bring a bowl of food prepared at home.
- Invite village elders, other mothers, members of SHGs and Panchayat Representatives to bless the children.

You may organize other community events at your Anganwadi centers in the similar manner. Only the target beneficiaries and key messages will change according to the type of community based event.



15 Minute

M3

Planning And Organising Community Based Events At AWC

F3

Community Based Event - Preparation for Annaprasan Diwas



- List the children who are about to reach the age of 6 months.
- Inform families of all such children about the date of Annaprasan Diwas.
- Extend special invitation to husband and mother-in-law.
- Request them to bring food prepared at home along with a katori (bowl) and spoon to feed the child.
- Purchase and keep a bowl (katori), spoon and fruits (like banana and papaya) for the targeted children.





How to organize Annaprasan Diwas?

What to do on Annaprasan Diwas?



Display the card.



Ask the participants to describe what they see in the pictures.

Motivate everyone to participate in the discussion.

Facilitate the discussion with the help of information given on the right side.

- Clean the Anganwadi center. Keep a bucket of water and soap for hand-washing. Keep the utensils, required for use during the event, ready.
- Spread mattress (dari or chatai) for family members to sit.
- Display some items, such as daal, rice, vegetables, banana, papaya, etc, which can be prepared at home as complementary food for the baby.
- Display the posters and charts for counseling on complementary feeding.
- Request all mothers to wash their hand and dishes before initiation of Annaprasan.
- Now request the mothers to mash daal-rice or milk-rice.
- Ask mothers to initiate feeding the child in small quantity as this is the first time the child is having semi-solid food and hence she will eat less.
- Motivate other members of the family to get involved in the feeding of child along with the parents.
- Counsel the family members about initiation of complementary feeding, appropriate quantity and frequency of feeding in a day.
- Counsel the non-vegetarian households that they may continue to feed the food items they consume.



10 Minute

M3

Planning And Organising Community Based Events At AWC

F4

How to organize Annaprasan Diwas?





What key messages should be given on Annaprasan Diwas?



Display the card.



Ask all the participants

What key messages do you give on the Annaprasan Diwas?

Motivate all the participants to participate in the discussion.

Facilitate the discussion with the help of the information given on the right side.



After discussion tell all the participants that we will conduct a short role play on counseling in a group.

Ask two Anganwadi workers to act as mother and father of a six month old child. Ask another participant to counsel the parents with the help of the information provided on the right side and ask other members to listen intently. On completion, review the role play.

- It is essential to initiate complementary feeding along with breast milk after six months. During 6-8 months, feed 2-3 bowls of mashed food 2-3 times during the day. Add variety as the child gets used to complementary feeding.
- A child gets adequate nutrition from breast milk up till the age of 6 months.
- But after that, complementary food is required for continuous growth of the child. Feed a variety of well cooked, mashed and soft food to the child.
- Counsel the non-vegetarian households that they may continue to feed the food items they consume.
- Take care of cleanliness during preparation of food and feeding the child. Continue breastfeeding along with complementary feeding.
- Regularly weigh the child to monitor his/her growth and to take timely corrective action.



15 Minute

M3

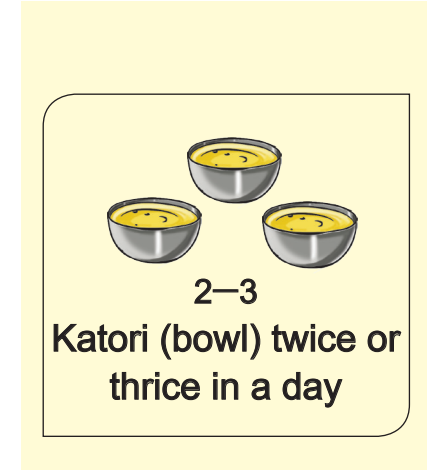
Planning And Organising Community Based Events At AWC

F5

What key messages should be given on Annaprasan Diwas?



- Complementary feeding is essential for continuous growth of the child.
- A child between the ages of 6-8 months should be fed 2-3 bowls of complementary food, 2-3 times during the day.
- Feed different types of well cooked, soft and mashed food.
- Take care of cleanliness during preparation of food and feeding the child.
- Continue breast feeding along with complementary feeding.
- Ensure regular weight and height measurement of child.





How to follow-up after Annaprasnan Diwas?



Display the card.



Ask the participants to read and discuss all the points.

Motivate everyone to participate in the discussion.

Facilitate the discussion with the help of the points given on the right side.

Make frequent visits to the family till the mother and child are comfortable with the food and feeding practices, and, if required, counsel them on complementary feeding through demonstrations.

- Tell the family members to be patient during feeding. Keep encouraging the child to eat.
- Ask the family members to inform the Anganwadi Worker in case they feel that the child is sick.

Use the counseling points from the previous module.



10 Minute

M3

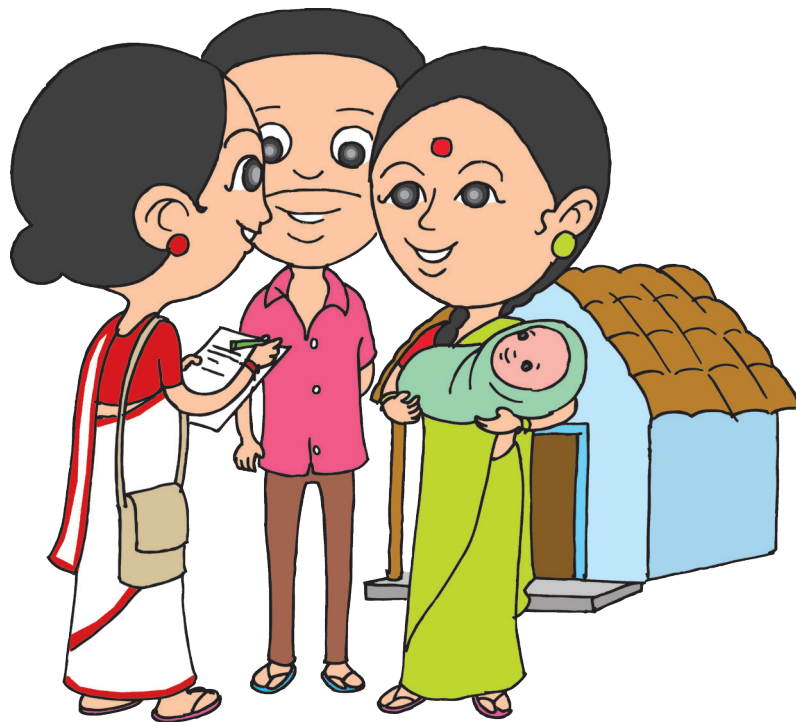
Planning And Organising Community Based Events At AWC

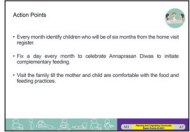
F6

How to follow-up after Annaprasan Diwas?



- Visit the family in the first week after the Annaprasan Diwas and ensure that complementary food is being given to the child.
- Make frequent visits to the family till the mother and child are comfortable with the food and feeding practices, and, if required, counsel on complementary feeding through demonstrations.





Action Points



Display the card.



Tell the participants that we will now summarize what we have learnt today.

Ask the participants to read the points given on the right side. Go to next point only after there is consensus on the previous point.

Explain to the participants

Though we have been doing this all along but from now on we will ensure that we follow the same process with every child.

Ask the Lady Supervisor to monitor each Anganwadi Worker for next few months and observe whether they were following the process which we learnt today.

- Every month we will identify children who will complete six months from the home visit register.
- We will fix a day every month for Annaprasan Diwas to initiate complementary feeding.
- We will visit the families till the mother and child are comfortable with the food and feeding practices.



10 Minute

M3

Planning And Organising Community Based Events At AWC

F7

Action Points



- Every month identify children who will be of six months from the home visit register.
- Fix a day every month to celebrate Annaprasan Diwas to initiate complementary feeding.
- Visit the family till the mother and child are comfortable with the food and feeding practices.





Discussion on Checklist, Reporting Format and Guidelines for Community Based Event



Display the card.

Provide a copy of the Checklist to the participants and explain its utility.

Provide a copy of the Reporting Format to the participants and explain the method of filling it.

Provide a copy of the Guidelines to the participants and explain each guideline. .



10 Minute

M3

Planning And Organising Community
Based Events At AWC

F8

Discussion on Checklist, Reporting Format and Guidelines for Community Based Event



- Discussion on Checklist.
- Discussion on Reporting Format.
- Discussion on the Guidelines.



- 1 *Why this Monthly Meeting ?*
- 2 *Making or updating Home Visit Planner & Initiating Home Visits*
- 3 **Planning and Organizing Community Based Events at AWC**
- 4 *Observing Breastfeeding in Newborn Babies - Why and How*
- 5 *Identification and Care of a Weak Newborn baby*
- 6 *Complementary Feeding: Diet Diversity*
- 7 *Preventing Anemia in Women*
- 8 *Assessment of Growth in Children*
- 9 *Ensuring that Complementary Feeding improves over time*
- 10 *Ensuring Exclusive Breastfeeding*
- 11 *Care of the Weak Newborn Baby - How many weak babies are we missing?*
- 12 *How to ensure timely initiation of Complementary Feeding*
- 13 *Identifying and preventing Severe Acute Malnutrition*
- 14 *Feeding During Illness*
- 15 *Supporting mothers with issues in Breastfeeding*
- 16 *How to take care of weak newborn with the help of Kangaroo Mother Care*
- 17 *Identification & Referral of Sick Newborn*
- 18 *Preventing illnesses to avert Malnutrition and Death*
- 19 *Prevention of Anemia in girls and adolescents*
- 20 *Birth Preparedness- For Institutional and Home Delivery*
- 21 *Preparation During Pregnancy: For NewBorn Care & Family Planning*

