



**Manual**  
**WASH, Nutrition, Maternal and Child Health**

January 2015

**January 2015**

**Publisher:**

HE Social Impact  
<http://www.healthyentrepreneurs.nl>

**Editors:**

Timo Beentjes

**Contact**

**Healthy Entrepreneurs Headquarters**

Wendy Ros  
[Wendy@healthyentrepreneurs.nl](mailto:Wendy@healthyentrepreneurs.nl)

Timo Beentjes  
[Timo@healthyentrepreneurs.nl](mailto:Timo@healthyentrepreneurs.nl)

**Rwanda**

Antoine Gatera  
[Antoine@healthyentrepreneurs.nl](mailto:Antoine@healthyentrepreneurs.nl)

**Burundi**

Emmanuel Gatera  
[Emmanuel@healthyentrepreneurs.nl](mailto:Emmanuel@healthyentrepreneurs.nl)

**Democratic Republic of Congo**

Wivine Mwinja  
[Wivine@hesocialimpact.com](mailto:Wivine@hesocialimpact.com)

Copyright Notice – This document is property of Healthy Entrepreneurs B.V. Healthy Entrepreneurs B.V. took everything in power to refer to used materials when you do feel bypassed by this document, please contact Healthy Entrepreneurs Headquarters.

## **Content**

<b>WASH, Nutrition, Maternal and Child Health.....</b>	<b>6</b>
The manual .....	6
Goals of giving education regarding WASH, Nutrition, Maternal and Child Health.....	6
The sensibilisation application .....	6
What if you do not know the answer? .....	6
<b>Chapter 1   Water, Sanitation and Hygiene (WASH).....</b>	<b>7</b>
<b>1.   Water .....</b>	<b>7</b>
1.1   What is safe drinking water?.....	7
1.2   Why should water be cleaned in the first place? .....	7
1.3   What are the things in water that are making me sick?.....	7
1.4   What is good water to drink? .....	7
1.5   How much water do I have to drink? .....	7
1.6   What is a good source to get your water from?.....	7
1.7   How do I take care that my clean water remains clean?.....	7
1.8   When somebody else is drinking water out of source that seems clean, does that mean that it is clean? .....	7
1.9   When water is clear, is it then safe to drink? .....	8
1.10   When I feel healthy I think my body can resist some unsafe water, is this right? ..	8
1.11   Is rainwater always safe to drink? .....	8
1.12   Can I after boiling water drink it without any problems? .....	8
1.13   What is the best method to store my water? .....	8
1.14   I have bleach at my house; can I just put something in my water? .....	8
1.15   Do I always have to cover my water tank? .....	8
1.16   Can I immediately drink water just after I treated it with chloride or special pills? .....	8
1.17   Should I clean my water filter with chloride? .....	8
1.18   How do I know when I should clean my water filter? .....	8
1.19   Is water out of the tap per definition safe to drink? .....	8
1.20   How do I recognize an unsafe source of drinking water? .....	8
1.21   What is ORS?.....	9
<b>2.   Sanitation .....</b>	<b>9</b>
2.1   What are the features of a latrine that are making it a safe and hygienic location? ..	9
2.2   What is needed to clean the sanitation spot? .....	9
2.3   How can I simple improve my pit latrine? .....	9
2.4   How often do I have to clean the latrine? .....	9
2.5   What to do about all those flies around my latrine? .....	9
2.6   What is the best location to build a latrine?.....	9
2.7   How is a disease transmitted? .....	9
2.8   Why is a latrine unhygienic? .....	10
2.9   I don't have a flush latrine, is that a problem for the hygiene? .....	10
<b>3.   Hygiene .....</b>	<b>10</b>
3.1   What are the 5 factors of hygiene? .....	10
3.2   How can your fingers and hands transmit diseases? .....	10
3.3   How can you transmit diseases trough water? .....	10
3.4   How can u flies transmit diseases?.....	10
3.5   How can food transmit diseases?.....	10
3.5   What is the risk of a parasite?.....	10
3.6   How does transmission take place of a parasite? .....	11
3.7   How to prevent diseases the best? .....	11

3.8	What is personal hygiene? .....	11
3.9	What is a hygienic lifestyle?.....	11
3.10	When I do have a hygienic lifestyle, does that mean I will not be able to become sick? .....	11
3.11	What is necessary to prevent the 5F's? .....	11
3.12	What are the best products to take care of a proper hygiene? .....	11
3.13	How to wash your hands? .....	11
3.14	When do I have to wash my hands? .....	11
<b>Chapter 2 Nutrition .....</b>		<b>12</b>
2.1	What is nutrition? .....	12
2.2	What is more important: macro or micronutrients? .....	12
2.3	What is good nutrition?.....	12
2.4	I eat everyday 3 times, is that good nutrition? .....	12
2.5	I am really skinny, am I now malnourished? .....	12
2.6	How do I know if I am wasted? .....	12
2.7	How does my child look like when stunted? .....	12
2.8	I think I am underweight, what can I do? .....	12
2.9	Is breastfeeding really necessarily for my child?.....	12
2.10	When is my diet in balance?.....	12
2.11	What are the most important food groups?.....	13
2.12	Why should I eat food from all the different food groups?.....	13
2.13	When I eat lots of food I know for sure that I have a good diet, right? .....	13
2.14	When I get diabetes I will die real soon, right?.....	13
2.15	Can you only get overweight when you eat all food groups? .....	13
2.16	Overweight is something that is appreciated in my community; therefore I try to become really fat. Is this healthy? .....	13
2.17	Will stunting and wasting disappear in time? .....	13
2.18	Is overweight something that will never be able to solve?.....	13
<b>Chapter 3 Maternal Health.....</b>		<b>14</b>
3.1	What is the reason why I have to take care of myself during pregnancy? .....	14
3.2	Why is it important to get tested as soon as possible for common diseases including HIV while being pregnant? .....	14
3.3	Do I need to go to the health facilities when I'm pregnant? .....	14
3.4	I am pregnant, what is the first thing that I have to do?.....	14
3.5	How do I know that I am pregnant? .....	14
3.6	What can I do to prevent any disease to come to me during pregnancy? .....	14
3.7	I am afraid something goes wrong during delivery, what can I do?.....	14
3.8	What kind of complications can happen during pregnancy and delivery? .....	14
3.9	Why do I need to go to the health facilities after my delivery, is it not finished? ...	14
3.10	What are they going to do in the health facilities when I go for a check up regarding pregnancy?.....	15
3.11	What to do when I am have heavy bleedings? .....	15
3.12	What to do when my unborn baby is not moving anymore?.....	15
3.13	Why do I need to keep space in between pregnancies?.....	15
3.14	How can I do family planning? .....	15
3.15	What is the role of my husband during pregnancy? .....	15
3.16	When do I know if my new-born has a complication?.....	15
3.17	What do you do when your wife is going in labour? .....	15
3.18	Why is unsafe abortion dangerous? .....	15

<b>Chapter 4</b>	<b>Child Health</b>	<b>16</b>
4.1	Is nutrition the most important thing for my child?	16
4.2	Why can I not give water to my baby after delivery?	16
4.3	What is the best method to give food to my child?	16
4.4	Which diseases are bad for my child?	16
4.5	Why is diarrhoea so dangerous for my child?	16
4.6	Is pneumonia a disease that I can prevent?	16
4.7	Why is it not possible to protect my child for all diseases with vaccines?	16
4.8	What is the best method to prevent my child from getting malaria?	16
4.9	Why do I have to immunize my child?	16
4.10	Does my child have rights?	16
4.11	Why is it important to give exclusive breastfeeding?	17
4.12	What do I do when I have troubles to give breastfeeding?	17
4.13	Why can a child not sleep in my bed?	17
4.14	Why do I need to monitor my child while its growing?	17
4.15	I don't have tools to measure my child's weight, what can I do?	17
4.16	What do I do with the waste and faeces of my child?	17
4.17	Can I let my child of 3 years old play with my newborn baby?	17
4.18	When my child has HIV, what can I do about it?	17
4.19	What is the role of the father to keep the child healthy?	18
4.20	What is a good environment for my child to grow up?	18
4.21	What is the best method to keep my child healthy?	18

## **WASH, Nutrition, Maternal and Child Health**

This manual is giving you some tips and tools to help the people find the right information regarding Water, Sanitation and Hygiene (WASH), Nutrition, Maternal and Child Health.

### **The manual**

The manual follows the structure of the application on the tablet. The manual has different chapters that deal with different subjects corresponding with the information on the tablet. In the manual we give answer to the most frequently asked questions. People might ask these questions after seeing the videos and information on the tablet. Whenever you get a question from youth you can use this manual to support you in answering the questions. Not all questions that youth will be asking are in there, but it covers many questions. When you feel you cannot answer a question, also not with the help of the manual, please contact a health care provider or ask the customer to go there and get the information him/herself.

### **Goals of giving education regarding WASH, Nutrition, Maternal and Child Health**

The education that HE Social Impact provides has the aim to reach a certain amount of goals:

- To increase knowledge regarding WASH, Nutrition, Maternal and Child Health.
- To increase knowledge of the population regarding dangers and barriers of WASH, Nutrition, Maternal and Child Health.
- To promote protecting activities regarding WASH, Nutrition, Maternal and Child Health.
- To make people aware of the choices regarding WASH, Nutrition, Maternal and Child Health.
- To support people to discuss subject regarding WASH, Nutrition, Maternal and Child Health.
- Making people aware of the opinions and prejudices that are present in society.
- To answer and comment on questions and remarks of people.

### **The sensibilisation application**

The application is based on some concepts, so called; blended learning and peer education.

Blended learning is a method that makes use of all kind of different methods to transmit the information from one person to the other. In the case of HE Social Impact technology and personal approaches are combined. The application is supporting the entrepreneur in providing information. But the entrepreneurs remain accessible for education to people who still have questions after using the application.

Furthermore, the method of peer education is provided on the application. Peer education is a method that allows people from the same social group to educate each other. In the movies and the content of the application the opinion of youth is showed. Besides, the actors in the movies and pictures are also youth. Youth telling youth what problems and solutions regarding WASH, Nutrition, Maternal and Child Health are in place, that is peer education.

### **What if you do not know the answer?**

When you do not know the answer to a certain question, you can always ask the person to go to a health care centre. In the health care centre they are specialised in these kind of questions, and will be able to help the person.

When you get certain answers more often, and they are not in the manual, please contact the HE Social Impact office or your contact person of HE Social Impact to report the missing question.

## **Chapter 1      Water, Sanitation and Hygiene (WASH)**

### **1.      Water**

#### **1.1      What is safe drinking water?**

Safe drinking water is water that is not able to get you sick, there are no bacteria, viruses and parasites inside the water. The best method to get safe drinking is by buying bottled water. Nevertheless, bottled water is really expensive. The best method is to get your water from a trustful source, a protected and improved source. This is important since that water is supposed to be the most safe. Keep in mind that NO water is safe, unless sealed bottled water. Therefore, always treat your water with chloride, pills or a filter. HE entrepreneurs can supply all of these methods.

#### **1.2      Why should water be cleaned in the first place?**

To prevent diseases, the most common diseases are diarrhoea or other diseases like cholera.

#### **1.3      What are the things in water that are making me sick?**

There are viruses, bacteria and parasites in water that can make you sick. All of them are giving you different symptoms. When you do not prevent or treat these diseases it can lead to death.

#### **1.4      What is good water to drink?**

Good water to drink is water from a protected and improved source. Animals should not be able to contaminate the source, or the water should be received directly from the ground water with the use of a water pump. Nevertheless, always treat your water after sourcing it. Besides, take care of a safe and clean storage for water: clean your storage with bleach from the inside, and clean with water to get rid of the excess bleach.

#### **1.5      How much water do I have to drink?**

To stay healthy and in good shape, it is wise to drink 2 litres of safe drinking water per day.

#### **1.6      What is a good source to get your water from?**

The source should be clean on first side, nevertheless bacteria, viruses and parasites are not visible with your eyes. Therefore, always go to protected and improved sources. The water where you get your drinking water from should be not used for other purposes like washing or as a water basin for animals. To be sure that you have safe water then you have to treat your water, either by chloride, water pills or filtering. The products to do so can be bought at the HE entrepreneurs.

#### **1.7      How do I take care that my clean water remains clean?**

After your have safe water in your possession you need to keep it clean. By taking good care of proper storage that is cleaned with bleach, you take care of this requirement. Proper storage is having a cover on top, which prevents bacteria, viruses and parasites from coming in your water. Water should not be able to be contaminated by any other possible source of contamination.

#### **1.8      When somebody else is drinking water out of source that seems clean, does that mean that it is clean?**

No. You have to make your own decisions. The person is not getting sick immediately, and not everybody is getting sick from the same source. Therefore, always take your own precautions and treat the water with chloride, water pills and filters.

**1.9 When water is clear, is it then safe to drink?**

No. Clear water is no guarantee for safe water. Always treat your water

**1.10 When I feel healthy I think my body can resist some unsafe water, is this right?**

Not all the unsafe water will make you sick, but it is better to prevent the possibility of getting sick. Especially with children it is really dangerous. Therefore never drink unsafe drinking water.

**1.11 Is rainwater always safe to drink?**

No. Also rainwater you have to treat. This is because most of the time the materials where you get rainwater with are open for contamination. So treat also drinking water.

**1.12 Can I after boiling water drink it without any problems?**

It is safer then drinking water without boiling, but boiling is not killing all the bacteria, viruses and parasites. To be sure that water is safe, other treatments are needed, boiling is a good additional method to prevent transmission of diseases.

**1.13 What is the best method to store my water?**

The best method is in a closed, cleaned container, which extracts water via a tap. This prevents safe water from getting contaminated.

**1.14 I have bleach at my house; can I just put something in my water?**

No. Bleach has too much chloride inside, you will become sick of too much chloride. Therefore, it is better to use bleach merely for cleaning the container in which you store water.

**1.15 Do I always have to cover my water tank?**

Yes. Otherwise, safe water will get contaminated.

**1.16 Can I immediately drink water just after I treated it with chloride or special pills?**

No. You have to follow the instructions, most of the time you have to wait for 30 minutes.

**1.17 Should I clean my water filter with chloride?**

Yes. The filter should be clean regularly. You can do this with safe water, do not use cleaning products this will damage the filter. Just clean it with water and brush.

**1.18 How do I know when I should clean my water filter?**

You have to clean your water filter every 3 months with merely water and a brush.

**1.19 Is water out of the tap per definition safe to drink?**

No. It depends if the water is properly filtered and treated by the national government. The general rule is that you always have to be careful.

**1.20 How do I recognize an unsafe source of drinking water?**

Unsafe drinking water sources are dirty and brown, used for other purposes like washing clothes. The water should be protected by surroundings, or but a well, so you know the risk of contamination is minimal. These rules are not always the case, therefore it is recommended to always treat your water.



### **1.21 What is ORS?**

When you have diarrhoea, which is mostly caused by unsafe drinking water, it is important to get your body hydrated. This can be done by safe drinking water and a combination of salt, sugar and lime/citron jus. These ingredients are important since they help the body to remain hydrated. You need for ORS: 8 teaspoons of sugar, 1 teaspoon of salt, jus of one lime or citron and 1 litre of safe drinking water. To make the ORS you put everything together and stir till all the ingredients are resolved in the water. Drink the fluid not all in once, but take every time a glass of ORS water after toileting.

## **2. Sanitation**

### **2.1 What are the features of a latrine that are making it a safe and hygienic location?**

The toilet should be clean and prevent the user to be contaminated with bacteria, viruses and parasites. This can be done with covers on the pits, separation of the latrine of ground water that is used for drinking. But most importantly, the latrine should be cleaned regularly, preferable with bleach.

### **2.2 What is needed to clean the sanitation spot?**

Bleach is always a good product to clean a latrine, nevertheless it is dangerous when used wrongly. Keep children away while using it. Wash properly with water afterwards to prevent contact with bleach.

### **2.3 How can I simple improve my pit latrine?**

The easiest way to improve your latrine is to cover it at all times between usages. Other improvements can be a ventilation system that prevents flies from coming out of the pit or a proper solid house around the pit that prevents animals and flies from getting in.

### **2.4 How often do I have to clean the latrine?**

Your latrine should be cleaned ones a week. Multiple times when the latrine is dirty due to usage.

### **2.5 What to do about all those flies around my latrine?**

To prevent flies from coming is hard. But to prevent contamination by flies it is wise to make a ventilated improved pit latrine. This can be done with a (dark) pipe at the back latrine. This pipe goes from the pit to the air and is attached outside of the latrine so the sun can heat it. The heat gives a flow of air from the pit to the air. By covering the pipe, the flies will get stuck and die in the pipe. They will therefore not be able to contaminate other locations.

### **2.6 What is the best location to build a latrine?**

The latrine should be build away from sources of drinking water. The faeces and pee can go from the pit to the water source. This can be dangerous since diseases might spread. Otherwise, the latrine should not be near a children's playground.

### **2.7 How is a disease transmitted?**

The disease can be transmitted following five methods: fingers, faeces, fluids, food and flies. When microorganisms like viruses, bacteria and parasites are on your fingers you can spread them to your body, by putting your finger in your mouth, touch your food with dirty hands etc. Otherwise, faeces can transmit diseases since it can contain microorganisms. Therefore, you always have to wash your hands. This chapter we have been talking a lot about water as well, when this fluid is being contaminated it can easily access your body when you drink it. Same

with food, when contaminated it can spread diseases. Finally, when flies are flying from a pit latrine to your food, your fingers or end up in your container with safe drinking water, they can contaminate you indirectly.

## **2.8 Why is a latrine unhygienic?**

A latrine can contain bacteria, viruses and parasites due to the faeces that are being dumped in the latrine. In faeces microorganisms can be present and via the latrine infect people.

## **2.9 I don't have a flush latrine, is that a problem for the hygiene?**

No, there are many people that do not have a flush latrine. To keep your latrine hygienic you need to clean your toilet regularly. And when possible improve your toilet to a ventilated improved pit latrine.

Hygiene

# **3. Hygiene**

## **3.1 What are the 5 factors of hygiene?**

*(NO TRANSLATION, is already done) The disease can be transmitted following five methods: fingers, faeces, fluids, food and flies. When microorganisms like viruses, bacteria and parasites are on your fingers you can spread them to your body, by putting your finger in your mouth, touch your food with dirty hands etc. Otherwise, faeces can transmit diseases since it can contain microorganisms. Therefore, you always have to wash your hands. This chapter we have been talking a lot about water as well, when this fluid is being contaminated it can easily access your body when you drink it. Same with food, when contaminated it can spread diseases. Finally, when flies are flying from a pit latrine to your food, your fingers or end up in your container with safe drinking water, they can contaminate you indirectly.*

## **3.2 How can your fingers and hands transmit diseases?**

When you touched contaminated food, water, flies or other surfaces that contain microorganisms, it can transmit these organisms to your body. Therefore be careful and wash your hands always are you used the toilet or before eating.

## **3.3 How can you transmit diseases trough water?**

Water can by itself, without your knowledge, contain all kind of microorganisms. It is therefore important to treat your water at all times. Boiling water is one solution, but to make sure that your water is clean you have to take extra measures like filtering and chloride. This can be added to boiling or function by itself.

## **3.4 How can u flies transmit diseases?**

Flies are flying everywhere, but especially to faeces and food. When they are contaminated with microorganisms on the faeces, they can easily put it on the food and therefore spread diseases.

## **3.5 How can food transmit diseases?**

When faeces, fingers, fluids or other surfaces are contaminating food, food can spread diseases easily while people eat it. Food can carry all kind of microorganisms, and therefore spread diseases to people.

## **3.5 What is the risk of a parasite?**

Parasites are leading primarily to weight loss, or to other complications or organs. Primarily the liver can easily be affected by the parasites.

### **3.6 How does transmission take place of a parasite?**

Transmission of a parasite is done like other viruses and bacteria; via fingers, fluids, food, faeces and flies. To prevent parasites you have to take all the hygienic measurement that also count for bacteria and viruses.

### **3.7 How to prevent diseases the best?**

You can prevent not all the diseases with hygienic measures, but the majority can be prevented. Hygienic measures reduce the chance of getting sick. But it is no guarantee.

### **3.8 What is personal hygiene?**

Personal hygiene are all the hygienic activities persons undertake to keep themselves healthy and hygienic. These measures are done to prevent contamination of microorganisms from somebody or something else.

### **3.9 What is a hygienic lifestyle?**

A hygienic lifestyle involves a lifestyle where you take all the preventive hygienic measures into account to prevent diseases. This can be done by strongly following hygienic methods.

### **3.10 When I do have a hygienic lifestyle, does that mean I will not be able to become sick?**

No. You can always become sick. Microorganisms can access your body also when you have a healthy lifestyle. A hygienic lifestyle is merely reducing the risk of getting sick.

### **3.11 What is necessary to prevent the 5F's?**

A proper hygiene is preventing to transmit diseases through the 5F's. One of the most important methods is washing your hands, have a proper latrine and drink safe water.

### **3.12 What are the best products to take care of a proper hygiene?**

Antibacterial soap for washing your hands and bleach for cleaning the water containers and latrine. But be careful with bleach since it is important

### **3.13 How to wash your hands?**

You wash your hands with soap. It should be done properly. It will take around 20 seconds: use water and soap, rub hands together for 10 seconds, rub between the fingers, clean under the nails, rinse with water and finally air dry your hands.

### **3.14 When do I have to wash my hands?**

You have to wash your hands after making use of the latrine, and before you are going to prepare, eat or serve food. These are the moments that microorganisms can easily be transmitted.

## **Chapter 2      Nutrition**

### **2.1      What is nutrition?**

Nutrition refers to how food is utilized by the body for growth, development, energy, reproduction and maintenance of health and the body. Nutrition is a key factor of physical and mental development of people and their ability to resist and fight infections. Food contains different nutrients. Nutrients are essential for health and include water, macronutrients like carbohydrates, proteins and fat, and micronutrients like vitamins and minerals.

### **2.2      What is more important: macro or micronutrients?**

Both are important. There is not one more important than the other. You need both. But it has to be in balance. You cannot merely eat macronutrients or micronutrients, food should vary per dish.

### **2.3      What is good nutrition?**

Good nutrition contains a variety of food. It contains both macronutrients and micronutrients. Over time food should also vary, so do not eat the same every day, combine and vary that is what counts with nutrition. Also try not to cook your food too long, since it damages the nutrients inside the food. Additionally, too much food is also not good. It is all about balance and variety.

### **2.4      I eat everyday 3 times, is that good nutrition?**

The frequency does not mean that it is a good nutrition. The variety and the combination of food defines if your food is good nutrition. By combining all kinds of foods that you can buy on the market you are most of the time fitting a proper diet.

### **2.5      I am really skinny, am I now malnourished?**

No. Some people they are skinny, some people aren't. When you eat properly and are healthy the chance that you are malnourished is low. Nevertheless, when you want to know for sure you can go and get tested at the health facilities.

### **2.6      How do I know if I am wasted?**

When you suspect that you or your baby is wasted you should go to the health facilities. In the health facilities they can help you to find out.

### **2.7      How does my child look like when stunted?**

*NOT TRANSLATED When you suspect that you or your baby is stunted you should go to the health facilities. In the health facilities they can help you to find out.*

### **2.8      I think I am underweight, what can I do?**

*NOT TRANSLATED When you suspect that you or your baby is underweight you should go to the health facilities. In the health facilities they can help you to find out.*

### **2.9      Is breastfeeding really necessarily for my child?**

Breastfeeding is the best solution to feed a baby. The first 6 months are vital for a baby, in this period a lot of babies are still dying. By giving breastfeeding you reduce the risk that your baby will be dying in the first months of its life.

### **2.10      When is my diet in balance?**

Your diet is in balance when you eat enough, eat varied food and take food at least 3 times a day; morning, afternoon and evening.

**2.11 What are the most important food groups?**

It is hard to make a distinction between food and the quality this is just not possible. All the food groups are equally important to consume. Nevertheless, sometimes when people have a lack of certain food products, it is increasingly important for this specific person to eat this food group.

**2.12 Why should I eat food from all the different food groups?**

By eating all food groups you are able to take care of your body in a proper way, your food will be in balance.

**2.13 When I eat lots of food I know for sure that I have a good diet, right?**

No. The balance in between food groups, and macro and micronutrients is what makes your diet healthy or unhealthy. The quantity does not say that much about the quality of food intake.

**2.14 When I get diabetes I will die real soon, right?**

No. Diabetes is easily treatable, but you have to change your lifestyle, and need constant supervision by a medical doctor. When you have diabetes listen carefully to what your doctor is telling you and follow the instructions.

**2.15 Can you only get overweight when you eat all food groups?**

No. You can get overweight of all the food groups as long as you eat enough.

**2.16 Overweight is something that is appreciated in my community; therefore I try to become really fat. Is this healthy?**

No. Normal posture is the best to have. This means that you are not too fat, but are also not underweight. The best posture is somewhere in between, in combination with a proper diet.

**2.17 Will stunting and wasting disappear in time?**

Stunting and wasting should be always prevented, since the problems with development of the child will never disappear. Nevertheless, stunting and wasting itself might disappear in time.

**2.18 Is overweight something that will never be able to solve?**

No. Overweight can be solved. A proper diet and a healthy lifestyle with exercises is needed to reverse overweight.

## **Chapter 3      Maternal Health**

### **3.1      What is the reason why I have to take care of myself during pregnancy?**

A pregnancy is something that is hard working for your body. You need enough food and energy to grow a baby. Besides, working hard and sleeping little is not good for the pregnancy. When you do not have a healthy lifestyle the baby might have issues with development when it is born.

### **3.2      Why is it important to get tested as soon as possible for common diseases including HIV while being pregnant?**

When you are tested for HIV and you are positive, medicine can prevent from transmitting HIV to the baby. With these medicine you can also give birth and breastfeeding to the baby without the risk of transmission to the child.

### **3.3      Do I need to go to the health facilities when I'm pregnant?**

Yes. Immediately when you are pregnant you need to go to the health facilities. They will tell you when you have to return. You have to come a couple of times before delivery, while delivery (best is to have delivery in the health facilities) and afterwards. This is necessarily, not merely for the baby but also for the mother. Problems can be resolved before they occur due to the check-ups.

### **3.4      I am pregnant, what is the first thing that I have to do?**

Go to the health facilities. They help you with the process of pregnancy, and advice you how to live a healthy lifestyle.

### **3.5      How do I know that I am pregnant?**

You know when you are pregnant when you do a pregnancy test. Most of the time when your menstruation period becomes less or disappears you might be pregnant. Get a test at the HE entrepreneur or go to the health facilities to know for sure and get proper treatment.

### **3.6      What can I do to prevent any disease to come to me during pregnancy?**

A healthy lifestyle is the best method to prevent diseases during pregnancy. Nevertheless, sometimes it happens that you get sick, seek medical care when that happens.

### **3.7      I am afraid something goes wrong during delivery, what can I do?**

The only thing that you can do to reduce the risk that something goes wrong is to go to regular check-ups before delivery and to deliver your baby in the health facilities.

### **3.8      What kind of complications can happen during pregnancy and delivery?**

Many kinds of complications can happen during pregnancy and delivery, therefore the best method to prevent these issues is to seek medical care throughout the whole period of pregnancy. Medical staff can help with and prevent complications during pregnancy.

### **3.9      Why do I need to go to the health facilities after my delivery, is it not finished?**

No. There are complications for the mother or the child that can occur after delivery. Therefore the given appointments for medical care after delivery should be followed.

### **3.10 What are they going to do in the health facilities when I go for a check up regarding pregnancy?**

They check your situation, and try to find out if there is a risk on complications. Besides, they will check for HIV. This has to be done on time, since treatment prevents transmission to the child.

### **3.11 What to do when I am have heavy bleedings?**

Go to the health facilities. They can help you when problems occur. Do not wait, when you have problem during pregnancy speed is essential for the life of the mother and the baby.

### **3.12 What to do when my unborn baby is not moving anymore?**

*NOT TRANSLATED* Go to the health facilities. They can help you when problems occur. Do not wait, when you have problem during pregnancy speed is essential for the life of the mother and the baby.

### **3.13 Why do I need to keep space in between pregnancies?**

Keeping time in-between pregnancies helps to prevent problems for the mother, and to take care of enough food and breast milk for the new-born. When babies are born too fast after each other the body of the mother might be exhausted or the new-born might not be properly taken care of. To prevent too many children in a short period of time condoms and other family planning methods are helpful. To get sufficient information ask the HE entrepreneur or go to the health facilities.

### **3.14 How can I do family planning?**

There are many methods, but the easiest one is the condom. To get sufficient information ask the HE entrepreneur or go to the health facilities, they can tell you about all the family planning methods.

### **3.15 What is the role of my husband during pregnancy?**

The husband has a caring role. He should be taking care of the mother. She should be able to live a healthy lifestyle with sufficient food, no hard work and a safe and healthy environment. These characteristics should be taken care of by the father.

### **3.16 When do I know if my new-born has a complication?**

You not always know. But when you suspect something go to the health facility. Besides, when you deliver your baby in a health facility, they will immediately check the baby for possible complications.

### **3.17 What do you do when your wife is going in labour?**

At first take her to the health facility, provide her all the help that she needs. When your wife wants it, you should also support her during the delivery. Be there to help her through the delivery.

### **3.18 Why is unsafe abortion dangerous?**

The methods to do unsafe abortion are unhealthy and dangerous for your body. The best method to prevent these events is to take care of proper contraceptives methods that prevent pregnancy.



## **Chapter 4      Child Health**

### **4.1    Is nutrition the most important thing for my child?**

It is one of the most important things. The food of the child is making the development of the child possible.

### **4.2    Why can I not give water to my baby after delivery?**

Water can contain microorganisms that you do not see. These organisms can make your child sick, especially in the first 6 months after delivery. After the 6 months you can merely give treated and safe drinking water to the child. Besides, breastfeeding is the best method to establish a proper basis for development for the child.

### **4.3    What is the best method to give food to my child?**

The best method starts with 6 months exclusive breastfeeding after birth, followed by small steps with porridge made with safe drinking water combined with breastfeeding. Keep in mind that the mother who gives breastfeeding should be having sufficient food.

### **4.4    Which diseases are bad for my child?**

All diseases are bad for your child. The diseases that cause the most deaths are pneumonia, malaria and diarrhoea. Go to a health facility as soon as you notice that your child has extensive diarrhoea, is coughing or has fever.

### **4.5    Why is diarrhoea so dangerous for my child?**

Diarrhoea itself is not dangerous, but the results of diarrhoea can cause dehydration, a lack of development and even death when not treated.

### **4.6    Is pneumonia a disease that I can prevent?**

There are some preventive methods that you can take into account: do not smoke around children, get a vaccine, have proper hygienic measures and keep your child rested and fit.

### **4.7    Why is it not possible to protect my child for all diseases with vaccines?**

Vaccines are not available for all diseases. For example children cannot be protected for malaria, but you can take preventive measures of other kind like mosquito nets and a proper hygiene.

### **4.8    What is the best method to prevent my child from getting malaria?**

Let your children sleep at all times underneath a mosquito net, and close doors and windows when the night is falling. Mosquitos bite primarily during nightfall and night. Nevertheless, malaria cannot be prevented at all times, therefore you have to seek care when your child has fever.

### **4.9    Why do I have to immunize my child?**

Immunizing your child is needed to prevent the child from getting certain diseases. Due to the vaccine the body will remember how to protect the body when a virus or bacteria access the body. Vaccines therefore save a lot of lives.

### **4.10 Does my child have rights?**

Yes. Most of the countries in the world have signed the Declaration for the Rights of the Child. In the declaration the right of the children the following core modules are given:

1. The child must be given the means requisite for its normal development, both materially and spiritually.



2. The child that is hungry must be fed, the child that is sick must be nursed, the child that is backward must be helped, the delinquent child must be reclaimed, and the orphan and the waif must be sheltered and succored.
3. The child must be the first to receive relief in times of distress.
4. The child must be put in a position to earn a livelihood, and must be protected against every form of exploitation.
5. The child must be brought up in the consciousness that its talents must be devoted to the service of its fellow men.

#### **4.11 Why is it important to give exclusive breastfeeding?**

Exclusive breastfeeding prevents the child from getting diseases that are related to food and water before the age of 6 months.

#### **4.12 What do I do when I have troubles to give breastfeeding?**

Breastfeeding is the most important food for a baby, so when you have troubles go for medical advice to the health facility. They can help with solutions to improve breastfeeding.

#### **4.13 Why can a child not sleep in my bed?**

During the night people move around; a baby is small and vulnerable and therefore at risk to be trapped underneath the heavy body of an adult. To prevent this from happening you should not sleep together with your child in the same bed.

#### **4.14 Why do I need to monitor my child while its growing?**

Sometimes issues in development are hard to observe. When you monitor the development of your child in time, you can see if the child is developing properly. The information that is collected can also help when you visit health facilities; they can use the data to make a proper observation and therefore diagnosis.

#### **4.15 I don't have tools to measure my child's weight, what can I do?**

The best tools in the surroundings are likely at the health facilities. To know the exact development of children it is always wise to go to health facilities.

#### **4.16 What do I do with the waste and faeces of my child?**

The waste and faeces of your child should be kept separately and safe. This can be done in the pit latrine that you are using, or otherwise you can use a proper waste management system that will be emptied safely and regularly. Be aware that faeces of children are highly infectious when it is contaminated with bacteria and viruses. Be careful at all times, especially with other children around.

#### **4.17 Can I let my child of 3 years old play with my newborn baby?**

Yes. But keep an eye, since children don't know what they are doing at all times.

#### **4.18 When my child has HIV, what can I do about it?**

When your child has HIV you can merely support the child at all times. The child will get medical care and medicine. These medicines are lifesaving. Without the medicine the child will die. The child should take the medicine at the same time every day; a parent should support the intake of the medicine. Additionally, the child might be having problems with the stigma of HIV, therefore all time non-judgemental support from parents is vital for their self-esteem.

#### **4.19 What is the role of the father to keep the child healthy?**

The father is really important to the family. Most of the time the father is earning the money, nevertheless the social role of the father is not always appreciated. The father is most of the time an example for the children, somebody they look up to. The father should be taking this serious and act as a role model for his children. Besides, the father should be taking care of all the supporting activities when needed during the development of children. What the supporting will be is different in every family, the woman and man should be discussing this together for their own family.

#### **4.20 What is a good environment for my child to grow up?**

A safe, friendly, healthy and supporting environment is important to children. They should feel at ease when they are present in their home environment. They should get the room to develop themselves, remain healthy and gain social skills within the context they live in. Furthermore, they should be having access to education, food, safe drinking water, proper hygiene and possibilities for a livelihood.

#### **4.21 What is the best method to keep my child healthy?**

Taking care of your child is the best method. It is too complex to mention all the activities that should be in place to keep your child healthy. You should do what is necessarily. Examples are a proper hygienic situation, sufficient food, access to health and education and a good and protective social environment that supports the child's development.