

Annex 2

6 Key Care Practices for Health and Nutrition

- Feeding practices
- Care for food preparation and storage
- Care for hygiene and sanitation
- Home health practices
- Psychosocial care
- Care for girls and women

The following aspects should be looked into and appropriate health practices encouraged;

Feeding practices	
Age from 0-6 completed months	• Receiving exclusive breastfeeding • Problems or difficulties experienced in breastfeeding • Using bottle to feed liquid foods
After starting complementary foods	• Problems experienced in giving complementary food • Adequacy of the quality and quantity of complementary food • Problems encountered in continuing breastfeeding • Responsive feeding practices • How mother reacts to the baby (whether positive or negative) • Feeding the baby during illness • If the child is attending a day care center or a preschool feeding practices of that establishment

Care for food preparation and storage	
	• Hygienic preparation and storage of food • Cleanliness, hygiene and safety of the kitchen compartment

Care for hygiene and sanitation	
	• Access to clean drinking water and proper storage • Cleaning after baby passes stools or urine • Methods of discarding stools, soiled items and other garbage • Cleanliness inside the house and its environment (including bathing place and the toilet) • Safety inside and out of the house (ensuring it is free of accidents) • Tidiness of the child's appearance and clothing

Home health practices

- Hygienic practices during an illness (cold, cough, diarrhea, fever etc.)
- Feeding during illness

Psychosocial care

- Mother, father or caregiver showing the baby feel that they love him/her
- Providing the child with play things and whether the child is allowed to play with them
- Giving the child opportunities for psychosocial development during day to day activities
- Praising child's abilities and accepting what the child manages to do well
- Providing the child with adequate learning opportunities from within the home
- Avoiding from scolding the child or giving corporal punishment
- Having a safe environment for play
- Mother knowing of the importance of growth monitoring and follow up and encouraging the child for good psycho social development
- Being free of domestic violence
- Safety from child abuse

Care for girls and women

- Ensuring nutrition during pregnancy
- Ensuring nutrition during lactation
- Support for pregnant mother / lactating mother in domestic work (e.g. help from father etc. in carrying water from the well, cutting firewood, lifting heavy weights)
- Ensuring that the mother is happy and free from mental stress
- Parents treating boys and girls equally in
 - Feeding and nutrition
 - Playing at home
 - Playing with neighbours
 - Interacting with visitors
 - Attending pre school
 - Attending school
 - Buying things (clothes, shoes, books etc.)
 - Punishment given
 - Age of marriage/ being allowed to get married without parental consent/ dowry/ virginity
- Allowing for female contribution in taking important decisions such as
 - Buying or selling property
 - Building a new house
 - Deciding on suitable schools for children
 - Seeking medical treatment
 etc.