

SMALL, DO-ABLE ACTIONS CSO (SDAS) VOLUNTEERS AND CHWS CAN RECOMMEND TO FAMILIES

Sometimes, CHWs and CSO volunteers promote behaviours that are too “large” for family members to adopt. Small, Do-able Actions (SDAs) break complex behaviours into simpler, do-able ones that families can try between one home visit and another or between one support group and another. This document, adapted from guidance put forth by USAID, lists some but not all SDAs CHWs and CSO volunteers can promote. In addition to making practices more actionable, promoting SDAs also helps CHWs and volunteers keep home visits and support groups focused on just a few topics, rather than covering a broad array of behaviours with superficial detail.

Attend support groups!

Welcome CHWs to your house!

Speak with a CSO volunteer and CHW!

MATERNAL HEALTH

Serve antenatal care (ANC)

- Recognise signs and symptoms of pregnancy
- Decide to seek ANC early, before the end of the first trimester
- Plan transport, resources, and logistics
- Have husband accompany wife
- Attend all recommended ANC visits
- Obtain all required services from qualified provider at each visit
- Adhere to provider instructions during and following each visit

Maternal nutrition

- Take iron or IFA tablets or syrup before and during your pregnancy, according to health facility workers' direction
- Eat an extra meal or an extra amount at each meal
- Eat healthier foods
- Reduce your household workload by having your husband and in-laws help out with some of the chores
- Seek advice about maternal nutrition

CHILD HEALTH

- Take the sick child (diarrhoea, fever, cough, rapid breathing) to the health facility immediately
- Give a child with diarrhoea ORS (Oro), zinc, homemade solution, and more liquids and foods

- When you work outside the home or plan to be gone from the child for a while, make arrangements for childcare, preferably from an adult

NUTRITION

Early initiation of breastfeeding

- Have newborn placed on chest and breast immediately (within first hour after birth)
- Allow newborn to suckle, even if milk does not appear to be pre-senting
- Don't give prelacteal feeds (something other than breast milk in the first few days of life)
- Give colostrum

Exclusive breastfeeding

- Decide to breastfeed exclusively
- Plan with family members how to breastfeed exclusively if the mother is away from the baby
- Make sure baby attaches properly to the breast and positioning of the baby against the mother is good
- Feed only breast milk day and night when the baby is hungry or when it is time (8-12 times per 24 hour period)
- Do not give or allow others to give the child water, other liquids, foods, or things like gripe water, herbal medicines, and traditional medicines. Only give medicines when prescribed by a doctor or other health worker
- Allow time to feed; let the baby finish all the milk in one breast then offer the other breast
- Seek care for breast or breastfeeding problems
- Ask the father, mother-in-law, and other family members to help with one of the tasks you normally carry out
- Try calming the crying baby by rocking the baby to sleep or holding the baby on his or her tummy on your lap and rubbing the baby's back
- If you think the baby cries because he or she is sick, see a health worker



- Instead of selling chickens, other small livestock, and eggs give them to your family first

Complementary feeding

- Obtain animal source foods (especially eggs, dagaa, and other fish) and nutrient rich fruits and vegetables
- Prepare and offer food of the right consistency, based on the age of the child
- Prepare and feed the required number of meals based on the age of the child
- Prepare and feed meals of adequate amounts based on age
- Prepare and feed meals hygienically
- Be patient when the child feeds and actively encourage the child to eat
- Replace sweet snacks and sugary drinks with healthy snacks

Measurement of child's growth

- Take vitamin A when asked to do so by a health facility worker
- Grow colourful crops in your home garden
- When you go to the health facility, make sure your child's height and weight are recorded and that the health facility worker gives you recommendations about how to make your child healthy

WASH

Handwashing with soap

- Construct or purchase a handwashing station (e.g., tippy tap)
- Obtain soap (or ash) and water
- Make sure soap and water are available at handwashing station at all times
- Place water and soap near the latrine
- Place water and soap near the place where food is prepared
- Wash hands before feeding the baby – whether the mother feeds the baby or anyone else
- Wash hands with soap and water after handling infant faeces at any point
- Wash hands with soap and water after handling animal faeces
- Wash the baby's hands frequently

Sanitation

- Keep animals caged
- Keep animals away from children

- Hold (or have someone else hold) the baby so that he or she is out of the dirt
- Find a secure way of keeping your animals outside of the house at night
- Decide to build or access a latrine
- Build or access an improved latrine
- Always use the latrine for human faeces, including faeces from babies
- Cover the latrine hole
- Maintain latrine and surroundings

Water

- Collect water from an improved source
- Transport water in a clean, covered container
- Treat water by boiling, solar water disinfection, chlorination, or filtration
- Store water in a clean, covered container out of the reach of children
- Retrieve water using a clean, long-handled implement (e.g., spoon or ladle)
- Provide water to children with a clean cup

EARLY CHILDHOOD DEVELOPMENT

- Fathers and mothers, speak to your infants and children as early as possible, even if you think they can't hear or respond
- Fathers and mothers, tell your children a story, even when they are very young
- Fathers and mothers, make simple toys from locally available materials for your children to play with
- Play with your children
- Name the objects around the young child so that the child learns them
- If available, take your child to a learning centre or early childhood learning centre, including kindergarten or community child care
- Sing to your child
- Draw with your child
- Count with your child

WOMEN'S WORKLOAD

- Fathers and grandparents, help your wife or daughter-in-law with chores such as carrying water, washing clothes, etc.
- Fathers, help feed your children