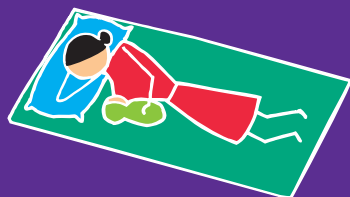


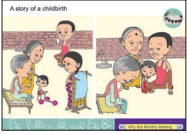
Why this monthly meeting?



Ministry of Women & Child Development
Government of India, 2018

1





A story of a childbirth

Explain that we will start understanding the purpose of this meeting with a story.



Read the story (given on the right side) aloud to start the discussion.

Discuss the story in detail with the participants and encourage them to share similar experiences.



Ask:

Have any of us seen a maternal death similar to that of Kajal, that happened during delivery or for some reason related to delivery?

Has anyone among us seen a child death like that of Laila?



Let the participants explain the reasons according to their own experiences.

Keep asking, 'What else?'

On a piece of paper, keep a list of the reasons for death and malnutrition that the participants describe.

If they do not mention poverty and low social status among the various reasons then ask:

Would this have happened if the family was well educated and prosperous? What would they have done in such a situation?

Story:

This is a story of Rahul and Kajal, who lived in a village like ours.

Rahul and Kajal had been married for three years. Their first daughter, Seema, is now two years old. When Seema was a little more than one year old, Kajal gave birth to her son.

Lalla was born at home, all of a sudden. Kajal had developed strong pains late at night. Rahul's mother and neighborhood lady somehow managed to deliver the baby at home.

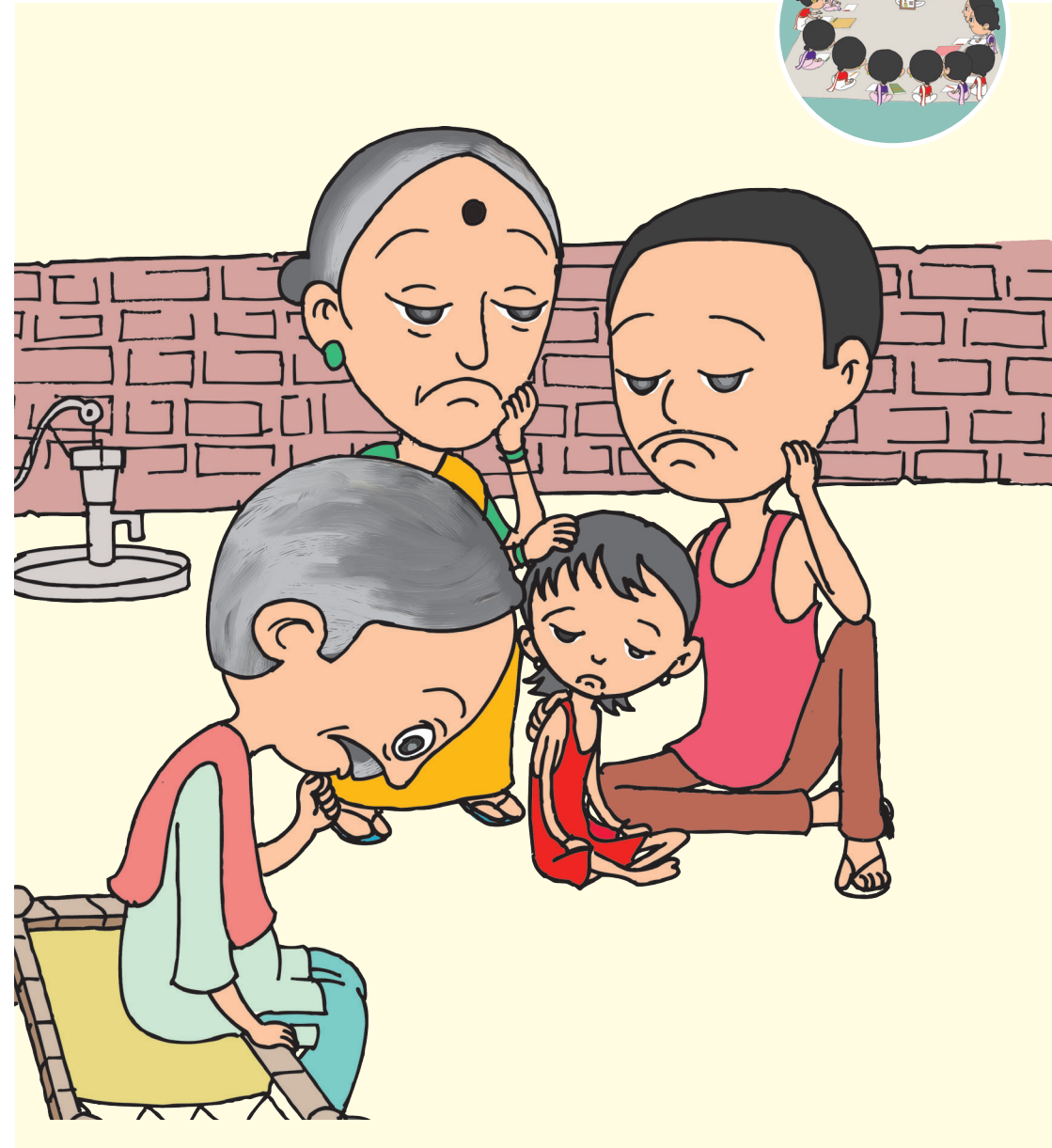
With Lalla's birth, there was much joy at home, after all he was the first son. Unfortunately, the celebration turned into anxiety, when they realized that Kajal's situation was getting steadily worse after delivery. She had been bleeding since the childbirth, and the blood simply would not stop flowing. The nearest hospital was at least three hours away, and in panic, they decided to get a dai from the neighboring village. Even she arrived only by morning, which proved too late, because by then Kajal had weakened further, and she finally passed away the same day.

Rahul and his family were in complete shock. Lalla suffered the worst, since there was no one to take proper care of him. His grandmother tried to raise him on goat milk, and sometimes would feed him water. But Lalla began falling ill, sometimes with fever, sometimes with diarrhea. He lost weight, and his health became precarious. Almost a month after he lost his mother, Lalla also breathed his last. Now, a year later, there is no one to take care of Seema. She has become weak, and falls ill often. She has become what we would call a severely malnourished child.



10 Minute

A story of a childbirth





What could we have done to save Kajal, Lalla and Seema?



Display card and ask one of the participants to read the questions on the card.



Ask the participants to answer the questions and let the participants discuss.

To help the discussion, ask the following question in between:

- What were the reasons for Kajal's death?
- What were the reasons for Lalla's death?
- Why is Seema so weak? How will her present malnutrition status affect her physical growth and mental development?
- What could we have done to save lives of Kajal and Lalla?
- How can ASHA or AWW help Seema?



Emphasize that we are here for all families, but we are here particularly to help those who cannot help themselves.

Conclude by noting that the participants know so much and how easy it would be to save lives if we all acted on our knowledge at the right time.

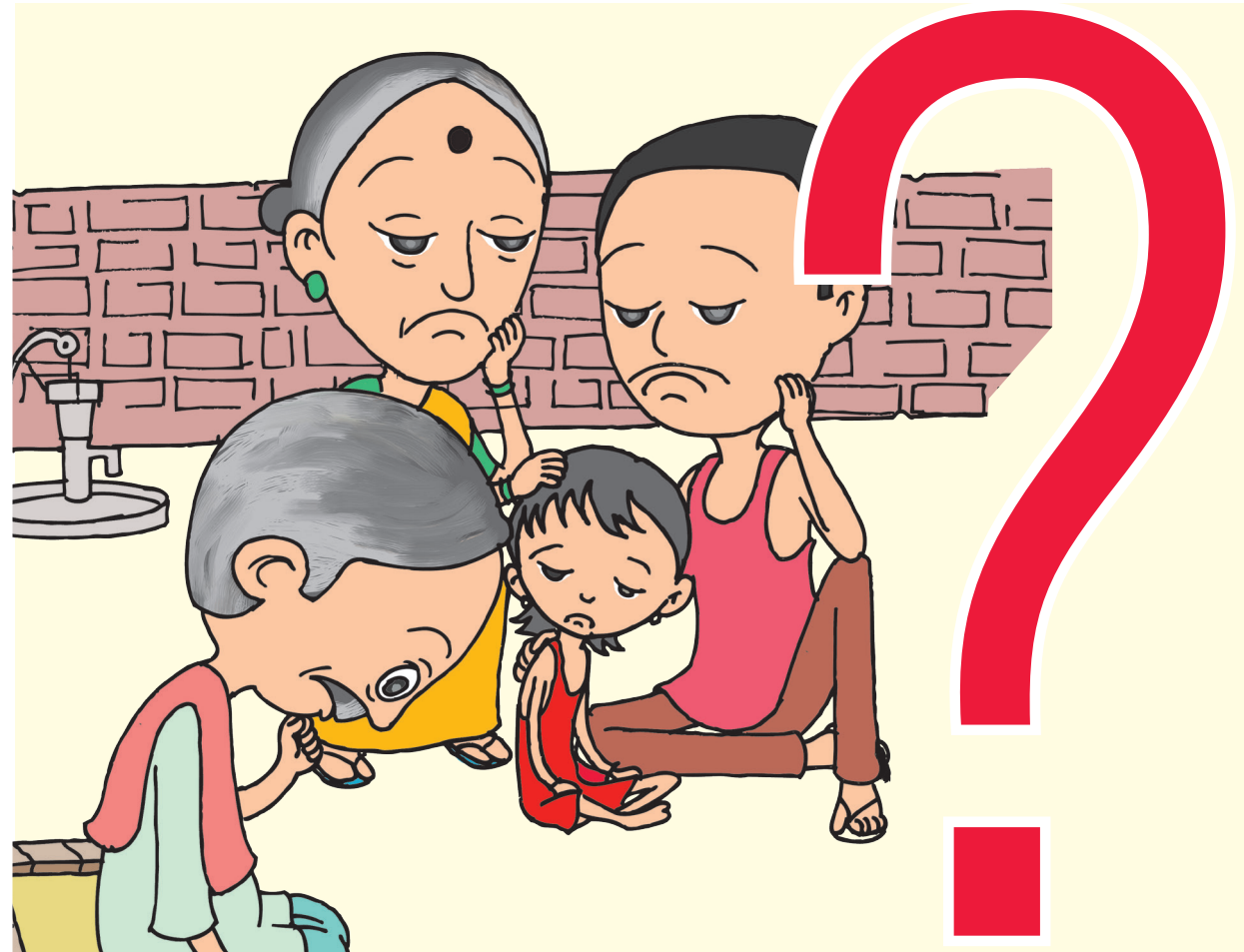


10 Minute

What could we have done to save Kajal, Lalla and Seema?



- Why did Kajal and Lalla die? Why did Seema's condition become so bad?
- Could we have done something to save their lives? What all could we have done to save their lives?
- What can we do for Seema?





Why this monthly meeting?



Display the card and ask the participants to read each point.



Ask the participants to give examples of the two objectives

- Can you give examples of healthy practices?
- Can you give examples of important health services?



Use the list on the right to facilitate discussions. Explain, that together, we will learn how to help families adopt healthy behaviours and take/utilize all important health services.

Examples of healthy behaviors

- Early breastfeeding after birth
- Preparing for childbirth
- Taking care of a weak newborn baby at home
- Consuming iron tablets given by the ANM/AWW
- Going to the right hospital in case of emergency.

Examples of health services

- Immunization
- Antenatal check ups
- Making iron tablets available in nearby hospitals
- Providing ORS to children with diarrhea.



10 Minute

Why this monthly meeting?



We will meet every month to learn how to help people like Rahul, Kajal, Seema and Lalla.

We will learn from each other, from the supervisor and from the materials given to us.

We will learn how to effectively achieve following two objectives:

1. All families in our communities should practice healthy behaviours.
2. All families in our communities should receive all important health services.

Achieving these objectives will become simpler for us if we work together as a team and share our responsibilities.





What will we do each month in this meeting?



Display the card and ask one of the participants to read.

After reading, explain the three main activities to be done during each meeting, using the guidelines on the right.

Explain that we will try and cover two topics each month, for one hour each, in the monthly meeting. For each topic we will have a separate action plan.

1. Review

We will review how we have carried out plans that we made in the previous month.

- What difficulties did we face
- What did we learn
- How many families could we convince

2. Learn something new

Starting with what we know, we will keep adding to our knowledge. Not just new knowledge, but new skills

- How to observe breastfeeding
- How to take care of a weak newborn baby at home
- How to give complementary feeding to a child

To learn new skills, we will practice by doing small role-play and practical demonstrations during the meeting.

3. Plan for the next month

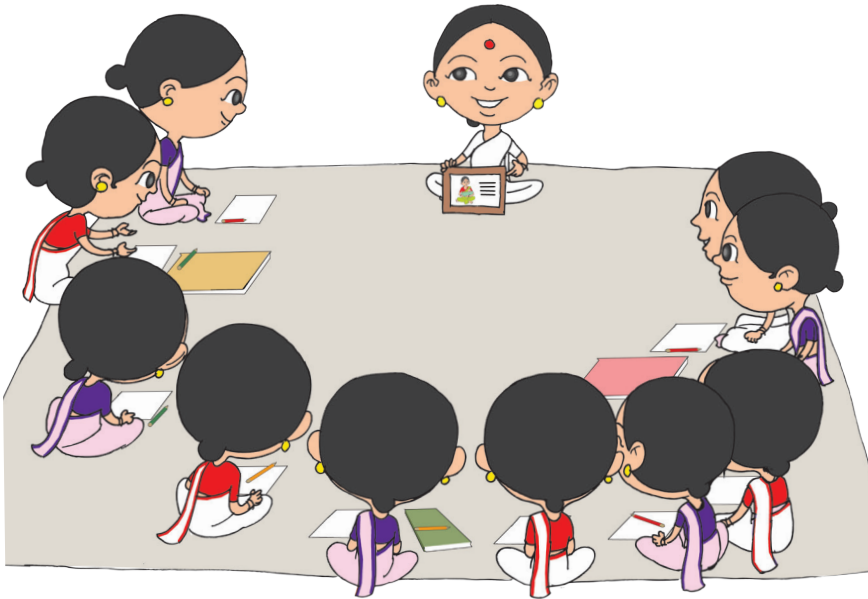
Based on the newly acquired knowledge and skills, we will make action plan for next month, such as -

- Start visiting mothers at least two times in the third trimester to help prepare for delivery.
- Start visiting families on the day of birth to ensure adequate newborn care.
- Start visiting families when the child is 5 – 6 months old to make sure they start complementary feeding on time.



10 Minute

What will we do each month in this meeting?

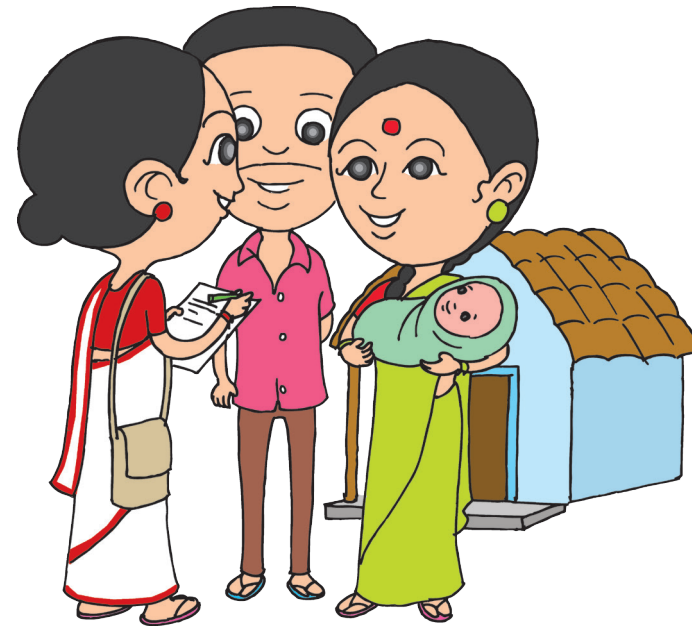


Review

What did we learn from our work last month?

Learning New Topics

What new information should we give to families on different techniques and behaviors?



Planning

Planning new activities for next month, related to the topic discussed





Will this mean extra work for us?



Tell the participants that we will try and understand the difference between merely working hard and working smartly with the help of a story.

Read the story (given on the right side), aloud, to the participants. Ask them what they think about it.



Explain:

- The intention is to get better results through smart work, not to do additional work.
- We are doing lot of work, but we do not always get good results. By learning to work together and work intelligently, we can get more results through lesser work.
- By working smartly, our workload may decrease. For instance we are expected to make 3-5 home visits every day. If we work smartly, we can get the same results by making just 1-2 home visits per day. We will learn how to do this in these meetings.

Story:

It is not enough to just work hard, one must also work smartly!

In a village, there lived twin brothers, Abhishek and Sahil. Both were known and respected for their woodcutting skills. One day, they wagered a bet, that the one who cuts more wood in a single day will receive a special gift from their father. They both set out together for the jungle early in the morning, carrying their axes, and quickly started cutting wood.

Abhishek noted that each time Sahil completed cutting down a tree, he would rest for a while. Abhishek thought this was a good opportunity for him to win the contest- he would continue cutting wood without resting, then surely he would end up cutting more wood. Sahil saw this, but was not bothered. He continued to take a pause after cutting each tree.

When the day ended, Abhishek saw that despite his efforts, Sahil's pile of wood was larger than his own. Surprised, he asked Sahil, "Dear brother, you rested after cutting each tree, and even though I worked harder than you did, how come you could cut more wood?"

Sahil smiled and said, "My friend, when you thought I was resting in between cutting trees, I was actually sharpening my axe! That's why, in the same length of time, I could cut more wood though you worked harder than I did."

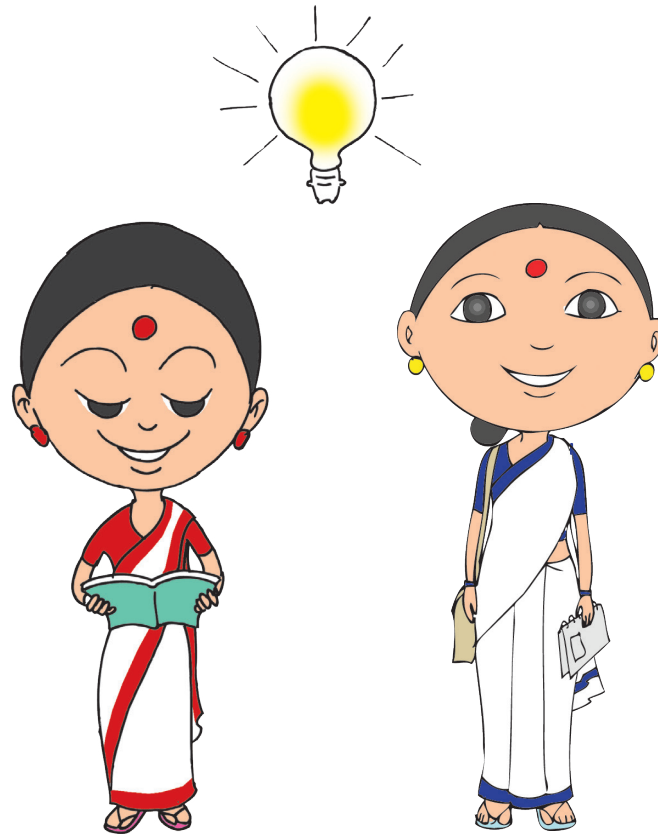


5 Minute

Will this mean extra work for us?



- No. We will not need to work more than what we are presently expected to work.



- We will learn to work more intelligently and we will learn how to get better results from our work.





What is common between Health and ICDS programmes?



Display the card and ask:

Why should health and ICDS programs work together?

ICDS and Health programmes have the same goals

- Ensure health awareness and healthy behaviors
- Ensure all families receive health services
- Through these means, reduce mortality and malnutrition, particularly among women and children.

If ASHA and AWW work together closely, they can get better results, with lesser effort.



10 Minute

What is common between Health and ICDS programmes?

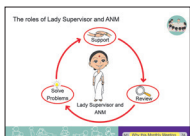


Increase awareness

Improve access to health
and nutrition services

Reduced death and
malnutrition





The roles of Lady Supervisor and ANM



Display the card.

Explain the supervisory roles of the lady supervisor and ANM using the list on the right.

Explain that this is in addition to the work of the ANM in providing health services, and other duties such as keeping records and making reports.

1. Support

Help the AWW/ASHA in being effective in their work.

Help in gaining new knowledge/information.

- Help in learning new ways to work.
- Help in correcting mistakes.

2. Solve problems

Help solve problems that the ASHA/AWW cannot solve themselves.

- Convincing families that do not listen to ASHA/AWW.
- Taking the problems of ASHA/AWW to higher authorities.

3. Review

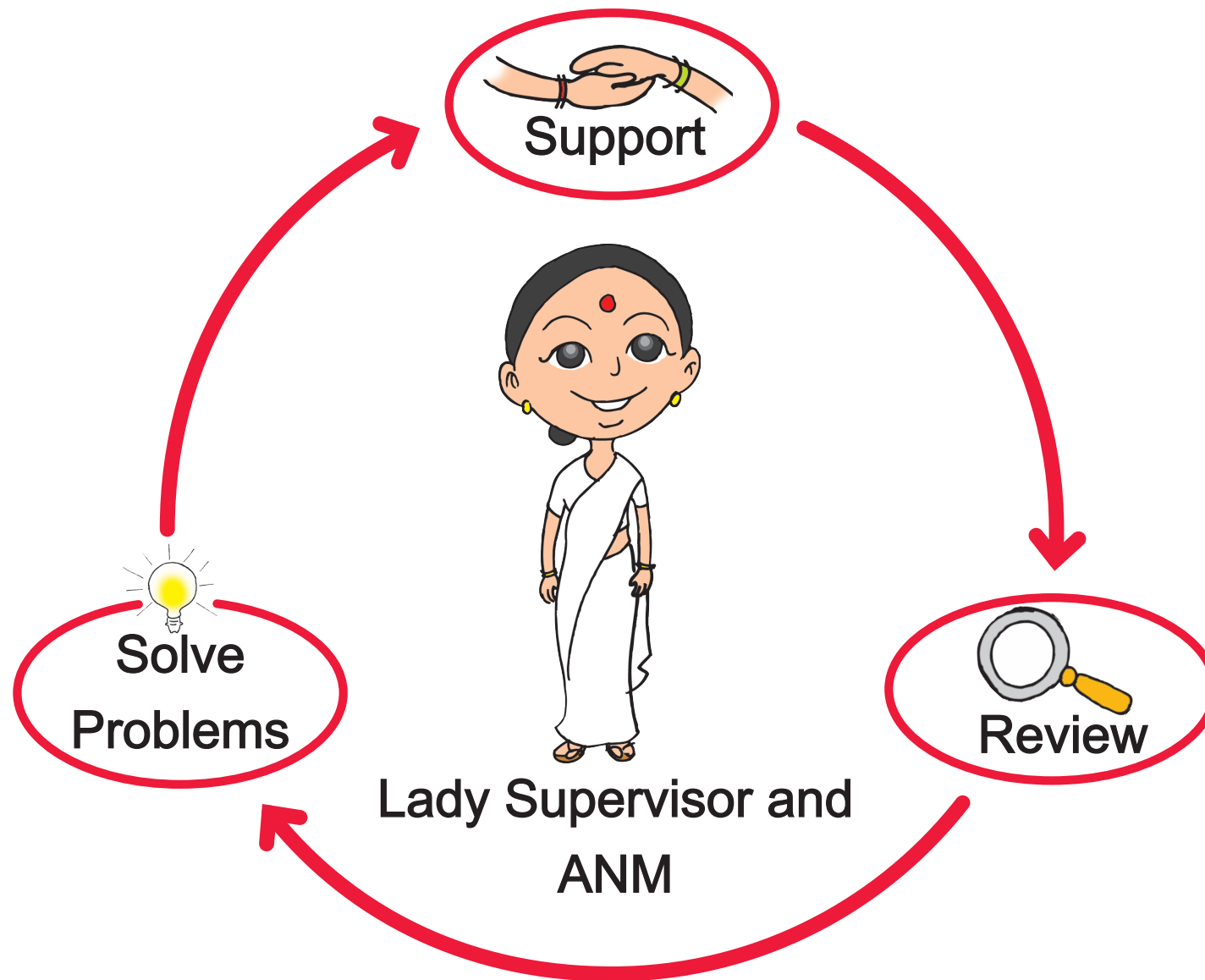
Review whether program objectives are being achieved.

- Observe the work and records of AWW/ASHA.
- Visit families in the community and find out whether they are receiving health services and information.
- Gather and analyze information.



10 Minute

The roles of Lady Supervisor and ANM





What will happen after the meeting?



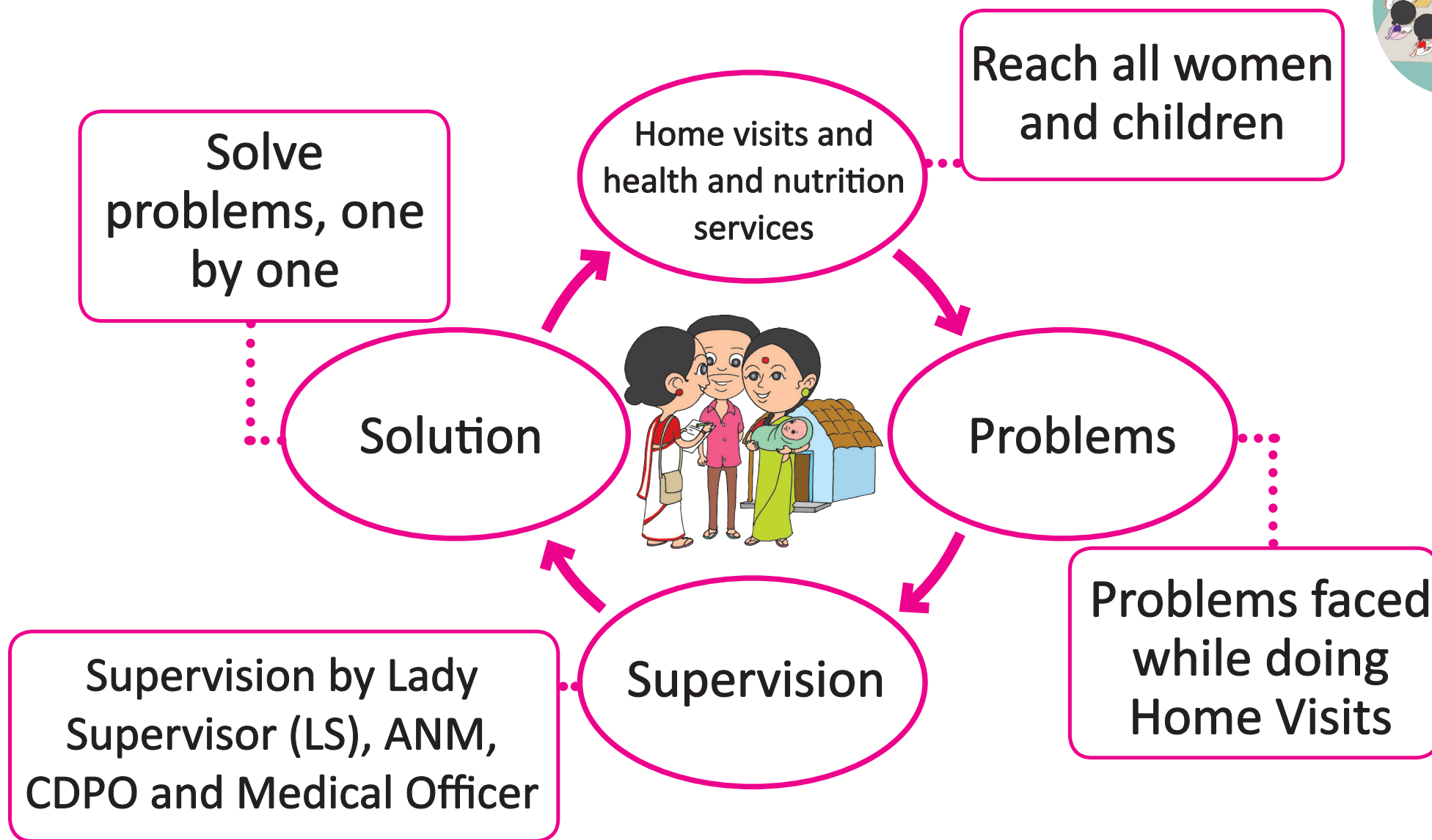
Display card and explain:

- Our effort does not stop with the monthly meeting.
- It only starts with the monthly meeting.
- The meeting will be followed by your efforts to help people change behaviors and receive health and nutrition services.
- You will often succeed but sometimes, you will face difficulties.
- There are supervisors at all levels to help you- LS, ANM, CDPO, MO, and members of Block Resource Group (BRG) and District Resource Group (DRG).
- Together, we will find solutions and succeed.



5 Minute

What will happen after the meeting?





What topics will we cover in these monthly meetings?



Display the card

Ask:

- Please look at this picture closely, and tell me what it shows

Have a small discussion, and explain to them that we will keep talking about this picture from time to time.

After the participants have given their views about the picture, explain the picture to them:

- The picture is about the first 1000 days of the life of a child– from pregnancy to the time the child is 2 years old:
 - Duration of pregnancy = 280 days
 - Duration of first two years = $365 + 365 = 730$
 - Total = 1010 days, or roughly 1000 days
- The picture shows the road on which the mother and child travel during this time, with the milestones being months of pregnancy until birth (the milestone 0) and then the months of life of the child until 2 years (24 months).
- Why is this period important?
 - All maternal deaths occurs during this period
 - All stillbirths, neonatal deaths and infant deaths occur during this period
 - All malnutrition begins in this period
 - All unwanted pregnancies start in this period

These meetings are devoted mainly to discuss and learn more about these problems, and planning together to eliminate them. We will talk about these details every month



Use the list on the right to give examples of the kinds of topics we will learn about every month for the next year or more, two topics each month.

TAKE A 5-10 MINUTE BREAK

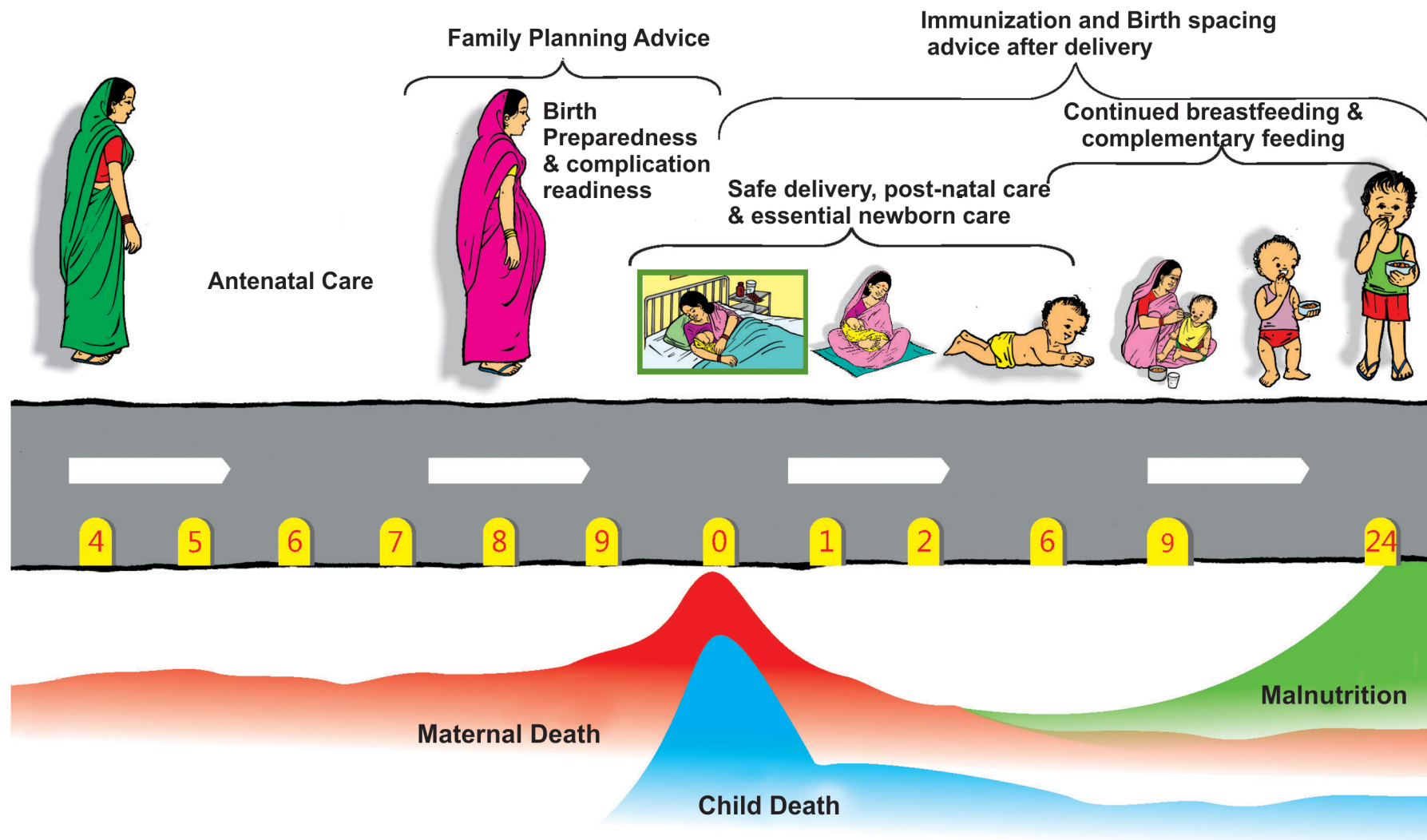
Examples of learning topics in these monthly meetings

- How to prepare the home visit planner for use
- Preparing for institutional births
- Postnatal care of the mother and baby
- Recognizing and caring for pre-term babies
- Recognizing maternal danger signs and what families should do
- How to ensure complete immunization
- Whom to counsel for family planning and for which methods
- Complementary feeding
- Recognition and care of severely malnourished children



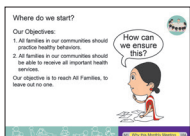
10 Minute

What topics will we cover in these monthly meetings?



Correct time to contact beneficiaries





Where do we start?

After the break, tell the participants that we will now begin our real work.



Display the card, and ask a participant to read it.



Ask

How do we ensure that no family is left out?

Let there be brief discussion, let the participants make suggestions.



Conclude by saying:

In order to reach all families, we need to know who are the families that live in the areas that we serve, especially those to whom we provide all our services. Do we know them all? How do we make sure that we know them all?

After a brief discussion go to the next card.



5 Minute

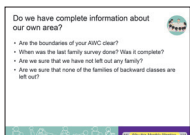
Where do we start?

Our Objectives:

1. All families in our communities should practice healthy behaviors.
2. All families in our communities should be able to receive all important health services.

Our objective is to reach All Families, to leave out no one.





Do we have complete information about our own area?



Display the card. Discuss each point briefly.

Get actual status of all participants (take notes in a diary to record the status described by the participants)



- How many AWWs are there who are not sure of their catchment area boundaries? What about those villages where there are more than one AWC?
- What about the status of tolas where only backward class communities live? What about tolas where only Muslims live? Are any of these tolas left out, not covered by any AWC?
- Does everyone have a map of the area covered by their AWC, showing each tola and each house in each tola? Have numbers been assigned to each house?
- When was the last house-to-house survey done? Does everyone have an updated survey register? Are the numbers in the survey register matching the numbers on the map?



Based on the notes, determine which AWC areas require the input of the LS/ANM to demarcate the catchment areas, and plan to visit them at the earliest after this meeting.



5 Minute

M1

Why this Monthly Meeting

11F

Do we have complete information about our own area?



- Are the boundaries of your AWC clear?
- When was the last family survey done? Was it complete?
- Are we sure that we have not left out any family?
- Are we sure that none of the families of backward classes are left out?





Action points for the next month



Update Register 1 and Map

If the revised MIS has been rolled out, instruct as follows:

1. Update the map.
2. Update the Family Details register (Reg No. 1), and record LMP of all currently pregnant women and calculate the EDD.

Have both ready by the next meeting.

Take time to explain how to update map and Register 1. Use revised MIS Facilitator's manual for this purpose.

If the house-to-house survey has been done during 2017 (either in April or before or after), there is no need to repeat this before April 2018. If not updated in 2017, then the register should be updated next month.

The map should be updated at the same time when the Family Details register is updated.

Explain that we will use the updated information to update other registers in the next meeting.

Ask them to carry the map and register with them in the next morning.



15 Minute

Action points for the next month

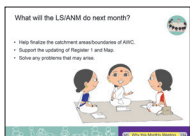


1. Update the Family Details Register (Register 1)

2. Update the Map

Ask the participants to bring along the updated map and Register 1 in the next meeting.





What will the LS/ANM do next month?



Display the card. Explain each point on the card and describe how you (LS/ANM) will help and support the workers over the next month.



- For those AWC whose boundaries are not clear, the LS/ANM will help identify clear boundaries.
- She will visit as many villages as possible to review the work, and will help with the survey of families where necessary.
- She will try and resolve any problems arising in the process.

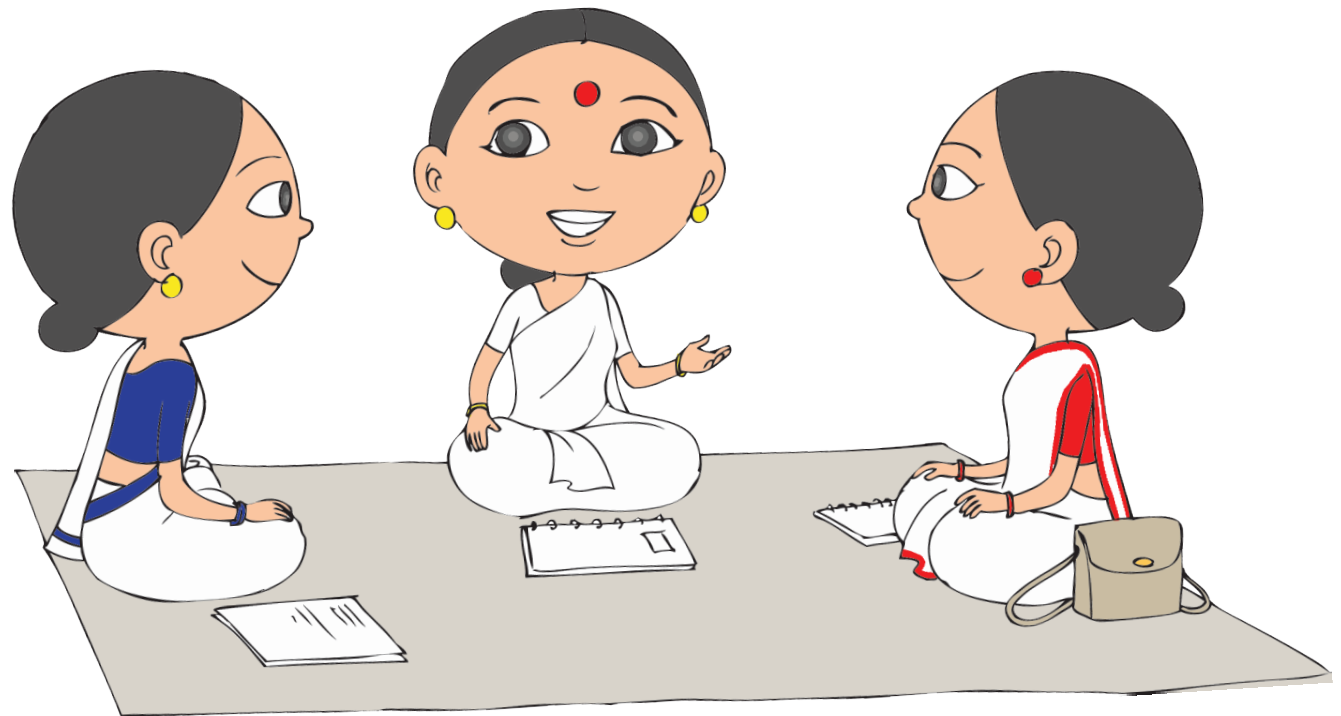


5 Minute

What will the LS/ANM do next month?



- Help finalize the catchment areas/boundaries of AWC.
- Support the updating of Register 1 and Map.
- Solve any problems that may arise.



- 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*

