

Sample Care Group Curricula (List of Lesson Plans)

Module #1: Care Group Orientation (6 lessons)

- Lesson 1.1 Introduction to Care Groups; Project Vision
- Lesson 1.2 Educational Methods
- Lesson 1.3 Leader Mother Responsibilities
- Lesson 1.4 Using the CG Reporting Forms
- Lesson 1.5 All people have equal and intrinsic value
- Lesson 1.6 Things must Change / You can be an Agent of Change / Change Happens in Community

Module #2 : ENAs/EHAs Actions and Other Important Care during Pregnancy (8 lessons)

- Lesson #2.1 Seeking Antenatal Care and advantages of delivery service
- Lesson #2.2 Maternal Nutrition & Anemia Prevention
- Lesson #2.3 Importance of TT Injections & Full Immunization of Children
- Lesson #2.4 Iodized Salt and Iron-rich Foods.
- Lesson #2.5 Hand Washing with Soap/ash
- Lesson #2.6 Creation of HH Hand washing Stations
- Lesson #2.7 Preventing Malaria in Pregnant Women; Malaria and HIV
- Lesson #2.8 Early Initiation of Breastfeeding / Why Prolactin Feeds are Harmful

Module #3: ENAs and EHAs during Early Infancy (13 lessons)

- Lesson #3.1 Importance of Postpartum Care
- Lesson #3.2 Breastfeeding Technique / Positioning
- Lesson #3.3 Exclusive Breastfeeding, Why / Benefits; EBF when HIV+
- Lesson #3.4 Exclusive breastfeeding, How (e.g., on demand, both breasts) and Over-coming Barriers
- Lesson #3.5 General Danger Signs during Childhood Illness
- Lesson #3.6 Breastfeeding Problems and Care of the Breasts
- Lesson #3.7 Importance of GM/P
- Lesson #3.8 Men's Involvement in BF and Child Care
- Lesson #3.9 Child Spacing
- Lesson #3.10 POU Water Purification
- Lesson #3.11 Proper Disposal of Feces
- Lesson #3.12 Malaria Transmission and Prevention (incl. ITNs)
- Lesson #3.13 When a Child has Malaria: First Response and Home Care

Module #4: ENAs and EHAs during Late Infancy and Childhood (10 lessons)

- Lesson #4.1 Good Complementary Feeding
- Lesson #4.2 Use of Snacks & Continued BF
- Lesson #4.3 Recipes: Proper Use of Rations
- Lesson #4.4 Vitamin A rich Foods
- Lesson #4.5 Vitamin A Supplementation (children & postpartum)
- Lesson #4.6: Worms and Deworming
- Lesson #4.7 Proper Storage/ Sanitary Food Preparation
- Lesson #4.8 Boosting Nutrients and Energy Content
- Lesson #4.9 Serving Size, Family Distribution of Foods
- Activity #4.10 Consumption Survey & Counseling

Module #5: Management of Common Childhood Infections that lead to Malnutrition and Other Important Health Actions (8 lessons)

- Lesson #5.1 Signs of Dehydration & Why Dehydration is Deadly
- Lesson #5.2 Prevention of Dehydration with ORT
- Lesson #5.3 Proper Feeding of Sick Children
- Lesson #5.4 Deadliest Types of Diarrhea – Dysentery and Persistent Diarrhea
- Lesson #5.5 Prevention of Pneumonia (hand washing, avoiding indoor smoke) and Care Seeking
- Lesson #5.6 Home Vegetable Gardening
- Lesson #5.7 Consulting your C-IMCI trained Leader Mother and compliance with antibiotics
- Lesson #5.8 Communication between Husbands and Wives, and Women's Participation in Decision Planning