Healthy Families and Environment for a Better Life

(Picture of peer educator talking to a couple sitting on the grass)

Discussion Guide for HOPE-LVB Peer Educators
This publication was developed by the HOPE-LVB Project team and peer educators in Uganda and Kenya. Technical input was provided by the BALANCED Project.
Preparing for your discussion
Pre-counseling Checklist

1. Visit the community beforehand to be familiar with their situation.

2. Collect your materials
   - Notebook, pen/pencil
   - Reporting documents/registers
   - Flipchart on family planning
   - IEC handouts
   - Referral forms
   - Family planning methods for demonstration and distribution
   - Condoms for demonstration and distribution
   - Penile model
   - Tape measure for measuring gardens
   - Demonstration tools (spade, watering can, rake)
Counseling Tips

• Find a good place to talk.

• Make introductions
  □ Smile, shake hands and Introduce yourself
  □ Explain who you work for
  □ Explain why you have come to visit.

• Establish rapport:
  □ Ask the family member(s) how they are doing
  □ Ask general questions about the family.
  □ Ensure confidentiality (if talking about Family Planning).
  □ Praise the household member for the good things they have done.

• Use good communication skills:
  □ Be attentive and listen carefully.
  □ Use simple and clear language.
  □ Be positive.
  □ Paraphrase what you have heard from the person.
  □ Respect the person’s views.
  □ Ask open-ended questions.
  □ Seek to understand.
  □ Do not scold or shame the person.
  □ Ensure the person that you understand his/her concerns.
Choosing the topic

1. Observe the homestead. Begin the discussion based on what you observe.

2. If you have a planned topic, also talk about any of the following based on what you observe.

<table>
<thead>
<tr>
<th>If talking to:</th>
<th>Use section:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farmers</td>
<td>Talking to Farming Communities</td>
</tr>
<tr>
<td>Fishermen (at home or on the beach)</td>
<td>Talking to Fishing Communities</td>
</tr>
<tr>
<td>A pregnant woman or mother with a child less than 1 year</td>
<td>Talking to Household Members</td>
</tr>
<tr>
<td>Family has several children less than 5 years old.</td>
<td>Talking to Household members</td>
</tr>
</tbody>
</table>
Talking to Farming Communities
Sustainable Farming

- Discuss P, H, E linkages.
  - Families have smaller land holdings these days.
  - Large families require more land for food. If there is not enough food, people get weak and sick.
  - Good farming practices increase crop yield for income and food.
  - Good farming practices prevent soil erosion into the lake. This maintains water level where fish breed.
  - Planning your family reduces pressure on the land. There is food for everyone.
Crop Rotation Schedule

1st year season 1 and 2

2nd year season 1 and 2

3rd year season 1 and 2

200 meters
• Discuss crop rotation.

  □ Rotating crops increases soil fertility and yield.
  □ Rotating crops prevents disease and pests.
  □ Crop rotation schedule (for annual & short-term perennial food crops).

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Season 1</strong></td>
<td><strong>Season 2</strong></td>
<td><strong>Season 1</strong></td>
</tr>
<tr>
<td>Maize and beans</td>
<td>Sweet potatoes</td>
<td>Maize &amp; beans (or other legume)</td>
</tr>
<tr>
<td>(intercropped)</td>
<td>Sweet potatoes</td>
<td></td>
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</table>

  □ Plant crops 200 meters or more away from the lake.
  □ If needed, refer to agricultural extension officers.
• Explain that larger families increase demand on trees and wood.

• Discuss benefits of trees.
  □ Prevent soil erosion and keeps soil healthy
  □ Conserve moisture in soil and provide shade.
  □ Prevent soil from running to the lake and destruction of fish breeding areas.
  □ Are a source of pesticides and medicines.
  □ Are good wind breakers, especially along the shore.
  □ Contribute to rainfall and clean air.
  □ Are the home for birds, bats and bees that protect the environment.
  □ Many birds offer opportunities for ecotourism.
  □ Leaves provide food for animals and are good fertilizer.
  □ Some trees increase soil fertility.
Discuss how to increase trees

☐ Conserve existing trees.
  ✔ Do not cut existing trees.
  ✔ If you must cut a tree, cut at a level that allows the tree to grow new branches.
  ✔ Use energy saving cooking stoves.

☐ Plant calliandra, albizia, gravellia, markhamia trees in gardens and around homestead to improve soil fertility.

☐ Explain where to get tree seedlings.

☐ Explain how to plant tree seedlings.

☐ If needed, refer to agricultural extension officers and model households.
• **Explain organic manure.**
  - Organic manure is healthy and less expensive.
  - It conserves the soil and the lake.
  - Organic manure increases crop yield.
  - Mix sesbania, calliandra, or leuceana with water. Leave to decompose for 14 days. After 14 days, apply between rows.
  - Throw cow, goat, chicken, pig dung into composting pit.
  - If needed, refer to agricultural extension officer or model household.

• **Explain composting.**
  - Composting vegetable material and animal dung makes good fertilizer. It increases crop yield.

• **Discuss organic farming.**
  - Dig a pit outside the garden or between the rows.
  - Throw animal dung and vegetable material into pit. Allow to decompose for 14 days.
  - If the pit is outside garden, transfer the composed material between the rows.
  - Organic farming is healthier for humans, animals and fish.
  - Reduces need for harmful and expensive artificial fertilizer.
  - Use only organic manure as fertilizer. It is cheap and good for the soil.
  - Use only organic, local pesticides.
  - Plant crops 200 meters or more away from the lake.
Alternative Livelihoods

• Explain alternative livelihoods.
  - It is important to have several sources of income.
  - Alternative incomes provide more money for school fees, food, and medicines.
  - It takes pressure off the land and lake.
  - Get advice from the agricultural extension officer or model household about beekeeping, small animals rearing and farming.
  - Get advice from BMUs about cage fishing.
  - Get advice from women’s groups about basket weaving, tree nurseries, beekeeping, dairy goats and other livelihoods.

• Talk about savings and loans.
  - Saving money allows families to educate their children.
  - Saving money helps families start a new business.
  - Saving money helps families save to construct a house.
  - Talk to BMUs, women’s groups, youth groups about how to save.
  - Talk to same people about forming group savings and loans and joining SACCOS.
Healthy Timing and Spacing

- **Talk about natural resources first.**
  - Ask how much land the family has.
  - Inquire if it will sustain the family in 5 to 10 years?
  - Ask about crops. Is there enough to sustain the family in 5 to 10 years?
  - Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?
- **Discuss P, H, E linkages.**
  - Large families need more land, trees, food, fish, water and other resources.
  - These days, people have less land to grow food.
  - These days, people have fewer fish to eat and sell.
  - Less land, food and fewer fish lead to poverty and illness.
  - When you space and prune trees, they grow strong and healthy. The same for spacing children.
[Illustration of different FP methods]
• Discuss benefits of healthy timing and spacing
  □ Family needs less land and less food to feed the family.
  □ Children have time to grow healthy.
  □ Mother has time to recover and become healthy.
  □ Smaller families reduce land fragmentation. More land for future generations.
  □ Reduces high need for firewood, food, fish, and water.
  □ Families have time for income generating activities.
  □ Excess food can be sold for money.
  □ Time to save for children’s education.

• Review Family planning methods.
  □ Contraceptive Pills
  □ Depo-Provera injection
  □ Moon beads
  □ Condoms
  □ Condoms prevent both STIs, including HIV and pregnancy.
  □ Give pills and condoms. Or, refer to VHT or health center.

• Address misconceptions about FP methods.

• If at a home, discuss water, hygiene and sanitation and/or maternal and child health – See Section on Talking to Households.
Talking to Fishing Communities
Sustainable Fishing

- Discuss P, H, E linkages.
  - Many people increase demand for fish as food and income.
  - There are many fishermen and fewer fish these days.
  - Demand for fish will increase use of illegal fishing. This will reduce fish for the future.
  - Good fishing practices conserve fish for now and the future.
  - Protecting the lake provides more fish for food and income.
  - More income brings money for food, school fees, legal fishing gear and new livelihoods.
  - Planning your family reduces pressure on the lake. There will be more fish for everyone.
NILE PERCH

TILAPIA

OMEGA / DAGA {MUKEENE}

7 inch and above net

5 inch and above net

10 millimeters net
• **Discuss benefits of legal fishing**
  - Ensures more fish in the lake for now and the future.
  - More fish provides more food and income for the family.
  - More fish brings more birds and tourism.

• **Discuss legal fishing gears.**
  - Legal fish nets allow for fish to mature. This brings in more income for the fisherman and his family.
  - Explain legal net sizes:

<table>
<thead>
<tr>
<th>For:</th>
<th>Use:</th>
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<tbody>
<tr>
<td>Nile Perch</td>
<td>7 inch and above net.</td>
</tr>
<tr>
<td>Tilapia</td>
<td>5 inch and above net.</td>
</tr>
<tr>
<td>Omena/Daga (mukene)</td>
<td>10 millimeters net.</td>
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</tbody>
</table>

• **Explain how to increase fish yield.**
  - Avoid fishing in breeding areas and seasons.
  - Observe the closed fishing season.
  - Do not fish in the mouth of the river.
  - Avoid using chemicals, lanterns and other harmful methods to catch fish.
  - Plant trees to prevent soil erosion and loss of breeding areas.
  - Obey local environmental by-laws. They protect the lake and the fish for the future.
  - Plan your family to reduce pressure on the lake.
• **Discuss how to keep lake clean**

  - Use pit latrines (Ecosans) to keep the lake clean. This prevents diseases to humans and animals.
  - Build pit latrines/Ecosans 30 meters from the lake.
  - Use rubbish pits to reduce disease for humans, animals and fish.
  - Build rubbish pits 30 meters from the lake.
  - Use organic fertilizer. It does not harm the lake or fish.
  - Plastic and polythene are bad for the lake and the land
  - Separate plastic from rubbish. Burn the plastic.
  - Carry water to bath or wash clothes at home – *not* in the lake.
  - Put big fish on racks to dry.
  - Plant trees to prevent soil erosion onto breeding grounds.
  - Refrain from sand mining and brick making. These pollute the lake and reduce fish catch.
Alternative Livelihoods

• Explain alternative livelihoods.
  - Develop another livelihood to reduce dependency on fishing.
  - More income brings money for food, school fees, legal fishing gear and new livelihoods.
  - Get advice about beekeeping, rearing of small animals and farming from the agricultural extension officer.
  - Get advice about cage fishing from BMUs.
  - Get advice about basket weaving, tree nurseries, beekeeping, dairy goats and other livelihoods from women’s groups.

• Discuss alternative livelihoods and saving money.
  - Saving money helps you purchase legal gear, food, school fees.
  - Talk to BMUs, women’s groups, youth groups on how to save.
  - Talk about forming group savings and loans and joining SACCOS.
Healthy Timing and Spacing

- **Talk about natural resources first.**
  - Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?
  - Ask how much land the family has. Inquire if it will sustain the family in 5 to 10 years?
  - Ask about crops. Is there enough to sustain the family in 5 to 10 years?

- **Discuss P, H, E linkages.**
  - Large families need more land, trees, food, fish, water, trees and other resources.
  - These days, people have fewer fish to eat and sell.
  - These days, people have less land to grow food.
  - Less land, food and fewer fish lead to poverty and illness.
  - Protecting the lake, fish and land provides more food and income for your children.
  - When you space and prune trees, they grow strong and healthy. The same for spacing children.
[Repeat illustration of family planning methods (page 22)]
• Discuss benefits of healthy timing and spacing
  □ Planned families reduce pressure on the lake. There will be fish for everyone.
  □ Planned families need less fish and food to feed the family, and less firewood to cook.
  □ Children have time to grow healthy.
  □ Mother has time to recover and become healthy.
  □ Families have time for income generating activities.
  □ Excess food can be sold for money.
  □ Families have time to save for children’s education.

• Review Family planning methods.
  □ Contraceptive Pills
  □ Depo-Provera injection
  □ Moon beads
  □ Condoms
  □ Condoms prevent STIs, including HIV and unwanted pregnancies.
  □ Give pills and condoms. Or, refer to VHT or health center.

• Address misconceptions about FP methods.

• If at a home, discuss water, hygiene and sanitation and/or maternal and child health – See Section on Talking to Households.
Talking to Household Members
Water, Hygiene and Sanitation

• Discuss P, H, E Linkages.
  □ Human waste makes families sick (diarrhea, cholera).
  □ Plastic rubbish brings disease to people, animals and fish.
  □ Sick people are not able to farm or earn an income.
  □ Sick people need more natural resources.

• Discuss pit latrines.
  □ Human waste pollutes well water, crops, and the lake.
  □ Using pit latrines keep the well, land and lake clean. This prevents diseases.
  □ Using Ecosans (Kenya) can be a source of organic manure for the garden.
  □ Ecosans are long lasting (Kenya).
  □ Build pit latrines/Ecosans 30 meters from the main house and 30 meters from a water source.

• Discuss and demonstrate hand washing.
  □ Hand washing prevents human diseases.
  □ Show how to use soap and water to wash your hands thoroughly.
  □ Put leaky tin (tippy tap) with soap next to the latrine.
  □ Explain how to build a leaky tin (tippy tap).
• Discuss rubbish pits.
  - Using rubbish pits reduces disease for humans, animals and fish.
  - Build rubbish pits 15 meters from the house.
  - Throw cooking waste and other matter into the rubbish pit.
  - When full, let it decompose for 4 to 6 weeks. After that, apply to the garden.
  - Plastic and polythene prevent water from going into the soil.
  - Separate plastic from vegetable matter.
  - Burn the plastic.

• Discuss drinking water.
  - Clean water prevents diseases like cholera, diarrhea and others.
  - Boil water for 10 minutes before drinking. It must boil (bubble) the entire time.
  - If available, use water treatment methods for drinking water.
  - Store clean water in clean containers.

• Discuss drying rack.
  - Use a drying rack to dry dishes and utensils.
  - Show how to make and use a drying rack.
Discuss placement of cow, goat and chicken sheds.

☐ Cows, goats and chickens need to be away from the house.

☐ Their manure attracts flies, which bring disease.

☐ Teach how to construct a shed for the cattle, goats and chicken.

☐ If needed, refer to model home or agricultural extension officer.
Energy Saving Stoves

- **Discuss P, H, E linkages**
  - Smoke from traditional cooking stones causes lung and eye infections.
  - Sick people need more resources – food, medicine, time.
  - Traditional cooking stones use a lot of firewood. This costs the family a lot of money and destroys the environment.
  - Trees conserve soil. This increases soil fertility and number of fish in the lake.

- **Explain benefits of energy saving stoves**
  - Reduces lung and eye infections among children and adults.
  - Prevents children from burning themselves.
  - Two days of firewood for cooking stones, last 3 weeks with energy saving stoves.
  - Families save on firewood. Savings can be used for other things.
  - Reduces time spent on cooking.
  - Smart cooking – saves money, less ash, less smoke, less time.
  - Show how to build an energy saving stove. If needed, refer to model household.
as soon as woman is pregnant

4-6 months

7-8 months

2 weeks before due date.

1st ANC visit,

2nd ANC visit,

3rd ANC visit,

4th ANC visit.
Maternal and Child Health

- **Discuss P, H, E linkages.**
  - Healthy women and children need fewer resources.
  - Healthy women can easily take care of the family and farm.
  - Healthy families are able to conduct livelihoods to earn money.

- **Benefits of a birth plan.**
  - Many mothers and babies die during home delivery.
  - Delivery in a health center decreases risk of bleeding and infection during child birth.

- Talk to the couple about their birth, including:
  - ANC visits.
  - Plan for delivering in health center.
  - Plan for saving money for the delivery at health center.

- Encourage women to deliver in the health center.
- Encourage the partner to support delivering at the health center.
• Discuss Benefits of antenatal care (ANC).

☐ Pregnant women should attend at least 4 ANC visits.

<table>
<thead>
<tr>
<th>Event Description</th>
<th>ANC Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>As soon as woman knows she is pregnant</td>
<td>Make 1\textsuperscript{st} ANC visit.</td>
</tr>
<tr>
<td>At 4 to 6 months</td>
<td>Make 2\textsuperscript{nd} ANC visit.</td>
</tr>
<tr>
<td>At 7 to 8 months</td>
<td>Make 3\textsuperscript{rd} ANC visit.</td>
</tr>
<tr>
<td>At 2 weeks before due date</td>
<td>Make 4\textsuperscript{th} ANC visit.</td>
</tr>
</tbody>
</table>

☐ Timely completion of ANC visits is beneficial to your health

☐ Antenatal care improves health of baby and mother.

☐ Antenatal care helps determine early any complications.

☐ Encourage partner to support the women going for ANC visits.
• Benefits of post-natal care (PNC).
  □ PNC visits help ensure health of mother and baby.
  □ A mother learns about infant feeding practices, good hygiene.
  □ A mother learns how to space her children and can get family planning methods.

• Benefits child Immunizations
  □ Immunizations prevent many childhood diseases.
  □ Keep immunization card safe and bring to health center.

• Immunization schedule

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>At birth</td>
<td>BCG and polio zero.</td>
</tr>
<tr>
<td>At 6 weeks</td>
<td>Polio 1, DPT/HebB, Hib1 (PVC-pneumonia must be paid)</td>
</tr>
<tr>
<td>At 10 weeks</td>
<td>2nd dose of the above.</td>
</tr>
<tr>
<td>At 14 weeks</td>
<td>3rd dose of the above</td>
</tr>
<tr>
<td>At 9 months</td>
<td>Measles</td>
</tr>
<tr>
<td>12 months</td>
<td>Varicella (chicken pox), Vitamin A, deworm</td>
</tr>
</tbody>
</table>

□ Children should get ALL of their immunizations on time. If not, the child is not protected.
• Explain malaria prevention.
  □ Sleep under an insecticide treated nets (ITN) or mosquito nets.
  □ Clear bushes around the home to prevent mosquitoes.
  □ Clean out stagnant water to prevent mosquitoes.

• Discuss kitchen gardens.
  □ Grow vegetables around your home.
  □ Vegetables provide good nutrition.
  □ Family buys less food at the market.
  □ Excess vegetables can be sold for income.
Healthy Timing and Spacing

- **Talk about natural resources first.**
  - Ask how much land the family has. Inquire if it will sustain the family in 5 to 10 years.
  - Ask about crops. Is there enough to sustain the family in 5 to 10 years?
  - Ask about fishing. Are there enough fish to sustain the family in 5 to 10 years?

- **Discuss P, H, E linkages.**
  - Large families need more land, trees, food, fish, water and other resources.
  - These days, people have less land to grow food.
  - These days, people have fewer fish to eat and sell.
  - Less land, food and fewer fish lead to poverty and illness.
  - When you space and prune trees, they grow strong and healthy. The same for spacing children.
[Repeat illustration of family planning methods (page 20)]
• Discuss benefits of healthy timing and spacing
  □ Children have time to grow healthy.
  □ Mother has time to recover and become healthy.
  □ Family needs less land and less food to feed the family.
  □ Excess food can be sold for money.
  □ Reduces land fragmentation. More land for future generations.
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  □ Families have time for income generating activities.
  □ Time to save for children’s education.

• Review Family planning methods.
  □ Contraceptive Pills
  □ Depo-Provera injection
  □ Moon beads
  □ Condoms – they prevent STIs, including HIV and unwanted pregnancies
  □ Give pills and condoms. Or, refer to VHT or health center.

• Address misconceptions about FP methods.

• Based on what you observe, discuss sustainable farming or sustainable fishing with families – See sections: Talking to Farming Communities or Talking to Fishing Communities
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