

In this initiative, we use existing ORS corners to teach mothers how to make ORS and to demonstrate other correct behaviours.

The ORS corners will be manned by Facilitators personnel at the busiest time<sup>1</sup>. It is important to note that mothers referred to the ORS corner, are unlikely to have much time on their hands, are anxious and are likely to be with their child. So any activities must be quick and unobtrusive. During this initiative which operates Monday to Friday, Facilitators will wear t-shirts that say 'Komboni Housewives'. They will wait until they have at least five mothers, and do five things quickly:

1. Demonstrate how to make ORS.
2. If available, give mothers a regular empty plastic bottle on which there is marked a 1 litre line to help them make their own ORS at home.
3. Give stickers on how to make ORS (and use Zinc) and ask them to place these inside the door of their home. This take-home element reminds mothers how to make ORS and also on the use of Zinc.
4. Write down their names for entry into a weekly draw and place these in a competition box at the ORS Corner. If drawn at the end of the month (so 6 draws done during the sponsored radio show 'Talk to Komboni Housewives'), they will receive a visit from the Komboni Housewives who will give them t-shirt, hat, a cell phone and some air-time. To claim the prize at the visit, they will need to show the sticker on the door, show their measuring bottle, and demonstrate how to make ORS. These winners will be featured in our call in radio programme. This element is there to reinforce the event and correct behaviours, and to provide positive PR.
5. Demonstrate the Plastic Breast and Baby's Tummy

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<sup>1</sup> Between 9am and 11am.

## CIRCLE OF MOTHERS (ORS CORNER) SCRIPT

Scene – sitting at the ORS corner in a circle with a brazier filled with charcoal with a pot on top of it.

Eligibility – Mothers with children on Plan A and Plan B. If child is severely dehydrated and needs IV this child is not eligible. Mothers will first register then proceed to the ORS Corner before being seen by the health care provider.

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**FACILITATOR:** Dear mothers welcome to the “Circle of Mothers” where you can join us in learning more about how to make ORS properly, about zinc and to talk about infant feeding. Let’s get to know each other by introducing ourselves, please tell us your name as well as your nick name and the age of your child who you’re with here.

Mothers: Introduce themselves.....

**FACILITATOR:** Now, we all hear interesting stories about the **bad ways in which children are kept by other people.**

**FACILITATOR:** You know when we hear a bad story most of us go “nxa nxa nxa!” Now let’s all say “nxa nxa nxa” ..... (Everyone does it)

**FACILITATOR:** Now after we say “nxa nxa nxa” we will then say “tiku checkingani!” Okay now let’s all say “nxa nxa nxa, tiku checkingani!”

**FACILITATOR:** So now we would like to hear of the bad ways children are kept. When we tell this bad story, let us all say “nxa nxa nxa, tiku checkingani!” Do we understand? (If no explain once more)..... These should be of stories you’ve heard before or you have seen in our communities. Let me start: .....(give a bad experience of child rearing, experience should not be related to feeding practices) ..... “nxa nxa nxa, tiku checkingani!”

**FACILITATOR:** Can someone else tell us a bad experience they have heard or seen....When this has been shared I want all of us to go “nxa nxa nxa, tiku ceckingani!” (Allow for only 2 mothers).

**Mothers:** share experiences followed by “nxa nxa nxa, tiku ceckingani!”

**FACILITATOR:** There is an exciting thing happening in our compounds right now. There are 6 mothers who are called “Adzimayi Bamu Komboni” and they are moving through the compounds looking out to see some of these bad behaviours. They look like this...(show them picture of KHs)...have you heard of them?

When they see something bad, they try to help correct it. We are partners in that programme – and we want to help correct some of the stories you talk about so that when the Komboni Housewives see you, they see you doing the right thing and don't talk about you.

**FACILITATOR:** Who here knows how to make ORS? Please explain how you make ORS step by step. If any of you think this is the incorrect way please say nxa nxa nxa and then tell us how you think it should be done. If you think it's correct then clap for her.

**Mothers:** Give experiences. (Allow for 2 different people to explain)

**FACILITATOR:** Thank you for sharing your experiences mothers. Now I'm going to do a demonstration and show you the proper way of making ORS:

Step1: Use boiled or chlorinated water to make the ORS.

Step 2: When the water has boiled wait for it to cool.

Step 3: Measure 1 liter of the boiled or chlorinated water.

Step 4: Add the sachet of powder into the 1 liter of water and mix until the salts and sugars have dissolved.

Step 5: Store in a clean covered container.

**FACILITATOR:** Can you describe other containers that measure 1 liter in your homes?

**Mothers:** Describe... **FACILITATOR:** show mothers 500ml or 1L lettering on bottles.

**FACILITATOR:** Does everyone know what they could use to measure 1 liter at home now? This is very important. If ORS is made correctly then there is a correct balance of salt and sugar in the water. The sugar and salt should be balanced. It is important that the child gets the correct balance of salt and sugar for him/her to get well. If

there is an incorrect balance between salt and sugar then the child can lose more water from their bodies leading to severe dehydration.

**FACILITATOR:** It's like when we take very salty or sweet stuff. What happens when we take foods that are too salty or too sweet, what do we want to drink after that?

**Mothers:** Water

**FACILITATOR:** Exactly! This happens because when there is a lot of salt and sugar in our bodies the water becomes less because it's sucked by the salt and sugar. So if we make ORS solution with too much salt or sugar our children will lose more water and become severely dehydrated.

**FACILITATOR:** Can one of you tell me what you have understood by what I have said?

**Mothers:** explain what they have understood

**FACILITATOR:** Do any of you know what this is? [Holds up Zinc tablets] What does it do?

**Mothers:** Explain.

**FACILITATOR:** Give the following messages on zinc

1. Zinc is the best treatment to stop diarrhoea
2. When a child takes zinc, it reduces the amount of stool coming out and the number of stools being released – if your child was releasing five stools in a day, then this number will reduce to until there are no more stools.
3. The full course of zinc should be taken for it to work properly.
4. The dosage is:
  - a. 6months and below – ½ tablet for 10 days (total 5 full tablets)
  - b. 6 months and above – 1 tablet for 10 days (total 10 tablets)
5. If the full course is taken, zinc can also prevent future episodes of diarrhoea

**REMEMBER:** ORS and zinc MUST always be taken together because the work best together. They are a couple, they go everywhere together, they are Mr. and Mrs Zinc and ORS.

**FACILITATOR:** Now we will talk about feeding practices. Can some of you **share experiences of mothers who do not feed their young babies properly?** After each experience lets all do nxa nxa nxa.

**Mothers:** share bad experiences (allow for 2 mothers)

**FACILITATOR:** Now please observe this demonstration

Step 1: Pours milk into a clear plastic bag

**FACILITATOR:** Ask mothers what they think it is. After they conclude it's a breast and then ask a volunteer to drink it, while they are drinking it, give the following messages:-

1. Breast milk is clean and does not contain any germs that come from our environment, it contains antibodies that protect our babies from germs.
2. Breast milk contains all the nutrients and vitamins a child needs to grow healthy.
3. If you **ONLY** breastfeed your baby for six months you can become part of the "Adzimayi bamu Komboni!" group.

**FACILITATOR:** Asks a volunteer to take it and drink from it.

Step 2: Pours milk into a plastic bag and add; biscuits (some from the floor), jiggies/snacks (some from the floor), maheu, supershake, juice, cooked nshima, cooked rape and cooked soya chunks. Then tie up the plastic bag and shake it up and down. The end product should be thick and very disgusting and quite solid..

Step 3: Pass it around and ask mothers to drink it.

Step 4: Explain that the plastic bag with the mixture of food is what goes into a baby's tummy and mixed feeding before six months is disgusting and causes infections. Tell mothers to always remember this baby tummy when they think of introducing other foods. They should always try hard to give breast milk for longer.

**FACILITATOR:** Allow for questions

**FACILITATOR:** Now back to ORS making. Can we have a volunteer to show us how to make ORS? (If mother does it wrongly group goes nxa nxa nxa, if mother makes it correctly the whole group ululates, claps and gives high fives. Mother also receives badge) Allow for 1 mother only. Discuss how they measure 1 liter properly again. Remind mothers that while ORS prevents dehydration they should always give zinc too as it stops the diarrhoea.

**FACILITATOR:** Thank you mothers. At the end of the day we should look out for one another like the Komboni Housewives are doing. In fact, we are all Komboni Housewives – here are some stickers to welcome you to the club. Now you can go out there and help other mothers who want to do the right thing, but don't know how.

Prize Winning

Explain to mothers that they will be a prize draw every month of a hamper which has a t-shirt, hat and badge in it. To win this prize they need to fill in their names, contact numbers and addresses on a piece of paper that they will drop in a box at the ORS corner. The draw will be done at the end of the month at the ORS corner and if they win they will be contacted immediately and they will be visited by the Komboni Housewives.