

Ogbonge Message Book



*Korect Advice package for take give food
to small pikin wey dem just born and di
one wey dey grow for inside komuniti*

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Card Dem for Advise: Ogbonge Message Dem

1. Food for mama wey get belle and mama wey still dey give pikin breast	1
2. Wetin make am good to take start to dey give pikin breast quick quick as u just born am	3
3. To give pikin breast from de day dem born am so te the pikin reach 6 months	4
4a. To give pikin ONLY breast from di day dem born am so te di pikin reach 6 month	5
4b. Di wahala wey go dey if u go kari anoda food give pikin wey u dey give breast before im reach 6 months	6
5. To dey give pikin breast to suck anytime wey im want am both for daytime and and for nighttime	7
6. Plenti metod dey we u fit use kari ya pikin take give am breast	8
7. Beta way for pikin mouth to take hold breast	9
8. To give breast to pikin wey small wey no get bodi (chikini pikin) wen im mama born am.....	10
9. How u go take komot milik from ya breast put inside cup give pikin	11
10. Mama dem wey dey work and how dem go dey give dia pikin breast	12
11. Beta way to take keep every thing klin	13
12. Wen pikin don reach 6months, make u start to give oda food join di breastmilik	14
13. For pikin wey dey 6month reacg 9 months, u go still dey give am breast plus oda food dem	16
14. For pikin wey dey 9month reach 12 months u go still dey give am breast plus oda food dem	18
15. For pikin wey dey 12month reach 24 months u go still dey give am breast plus oda food dem	20
16. Different different kain food dem	22
17. How u go take add vitamin and mineral (MNP) powder for pikin food	23
18. How to take give food to pikin wey dey sick wey neva reach 6 months	25
19. How to take give food to pikin wey dey sick wey don pass 6 months	26
20. Dey check how ya pikin dey take grow day by day	28
21. To give time afta u born pikin before u kari belle for anoda pikin dey make pikin dey kampe and e no go die	29
22. Wen u go kari pikin go clinic.....	30

Continued

23. Small farm for backyard and fruit tree dem	31
24. To dey keep small small animal dem inside compound	32

Special Condition Card

Card 1: If woman don carry HIV..... <i>Wetin be di chance say mama go kari di HIV take give im pikin, wen im no do anything take stop di waka?</i>	33
Card 2: If woman don carri HIV..... <i>Wetin be di chance say mama go kari di HIV take give im pikin, if two of dem dey take ARVs and na only breast di mama dey give am suck inside the first 6 months?</i>	34
Card 3: Make mama give pikin only breast milk and make im dey take ARVs.....	35
Card 4: For woman wey no gree to follow the advice wey govment don give ontop of how to give pikin breast	37
Card 5: Wetin go make person begin use milk wey dey for tin (baby food) wey dem dey sell for market.....	38
Card 6: Pikin wey no suck breast from 6 reach 24 months	39

Message Paper Wey Dem Dey Carry Go House

Beta food for woman wey don kari belle and di wan wey still dey give pikin breast..	40
How to dey take give ya pikin breast	42
How to take dey feed pikin wey don reach 6 months	44

Korect Advice


Dis card dem na to help advise mama dem & oda people wey dey take kia of small pikin dem wey dem just born, ontop di matter of small pikin & how to dey give dem food. Dis korect advise go help u well well and e go make life beta. For inside dis korect advice dem wey we don write for here, e get di one wey go tell u how u go dey open ya ear well well make u for hear and make u for sabi di matter, and even di one wey go help u get mind for how u go give support to people wey need ya help.

How u fit to dey open ya ear make u hear and make u sabi

- Make u use bodi talk wen good and wey clear and u no go use mouth talk am.
- Look di mama or di oda person wey dey help take kia of pikin for inside eye. Make ya head and im own dey same level.
- Make u open ya ear hear well well.
- No let anything disturb una.
- Make u take time, no dey rush rush.
- Touch di person wen e dey important.
- Make u ask question dem wey dem no go answer "yes" abi "no" but wey go make dem talk to u.
- Use the style wen good so dat di person wen dey listen go put mind for wetin you dey talk.
- Think back well well about wetin di mama or person wen dey take kia of di pikin tell u.
- No begin use talk wey dey condemn person.

How To Give Person Mind and korect Support

1. Make u just take wetin mama or di person wey dey take kia of pikin dey talk. Make im talk finish before u go add ya own. Dis wan go make am trust u.
2. Make u hear wetin be mama im wori (or the person wey dey help take kia of di pikin) for im pikin side.
3. Hail mama (or di person wey dey help take kia of di pikin) and pikin for wetin dem do well.
4. Make u help show example of wetin u wan help dem do.
5. Nor dey rush give plenti plenti advice. Give only di one wey mane go use for dis time.
6. No dey blow big oyoibo for dem. Use small small oyoibo wey di mama or di person wen dey take kia of di pikin go fit understand.
7. Make u use korect advice card dem or small message paper wey dem fit kari go house
8. Make u no command dem, instead make u tell dem di kain things dem wey dem fit do.



3 step Korect Advice ontop how u go take dey feed pikin wey dem just born or small pikin dem wey still dey grow:

Dis 3 step advice go help u sabi beta advice wey u fit give mama (or di person wey dey help take kia of di pikin) and u and di mama go even come gree ontop small and big pikin chop chop.

Dat 3 step advice be: Look into di matter well well, make u sabi why di matter be as e be well well and make u do something about wetin u see.

Step 1: Look into di matter dem well well — Ask wetin dey do dem, open ya ear make u for hear dem and look well well how di mama and pikin dey.

- Use beta language or talk take salute di mama (or the person wey dey help take kia of the pikin) like padi dem.
- Make u ask am some question wey go fit make am wan talk.
- Make u open ya ear well well to take hear wetin dem dey talk and make u dey watch dem as dem dey talk so fit sabi oda things wey dey wori dem. Na here u go use wetin we teach u before about to hear, sabi and helep.
- Make u look di pikin age and di kain food wey im mama dey give am chop, plus look how di pikin and im mama (or di person wey dey help take kia of di pikin) bodi be.

Step 2: Sabi dem well well — Make u sabi wetin dey wori dem and if di things wey wori dem plenti, make u know which one dey important pass di oda to take sabi di one u go hama first.

- Make u decide weda de food wey dem dey give di pikin dey ok and if the bodi of di pikin and im mama (or di person wey dey help take kia of di pikin) dey kampe.
- If wahala no dey, salute di mama (or di person wey dey help take kia of di pikin) well well and u go come face how to take give dem di information wey dem go use take kia of di pikin as im dey grow

Step 3: Do something ontop wetin u see — Make u talk with di mama, tell am some things wey im fit do and make una two agree ontop wetin im go fit do.

- Na from wetin u don see naim go help u know di kain small small information wey u go give di mama (or di person wey dey help take kia of di pikin) wey go helep am hama on di wahala wey dem get.
- No forget to hail di mama (or di person wey dey help take kia of di pikin) for di beta beta thing wey dem dey do well well.
- Give dem different small small way wey dem fit take hama on any wahala ontop how to feed dem pikin or how di bodi of di pikin (or di person wey dey help take kia of di pikin) take be. Anything wey u say make dem do must to get time for to do am (weda days or week sef).
- Use korect advice card or message paper wey dem fit kari go house take give di mama (or di person wey dey help take kia of di pikin) and no forget to answer dem question wey go follow.
- Helep di mama (or di person wey dey help take kia of di pikin) to take choose di advice wey im gree try, make e for fit hama di wahala wey una see. Na dis one dem dey call togoda agreement wey go helep u and mama to dey flow togoda.
- Tell di mama (or di person wey dey help take kia of di pikin) wia dem fit get more helep. Send dem go di clinic wey dem pass and tell dem to dey join even group wia dem go dey hear beta talk ontop how dem go dey feed dia small pikin and big pikin wey dey dem komuniti.
- Make sure say di mama (or di person wey dey help take kia of di pikin) know wia dem go find komuniti people wey sabi how to take kia of pikin, abi dokita or nurse.
- Salute di mama (or di person wey dey help take kia of di pikin) for di time wey una two sidon talk.
- Make una arrange di time wen una go see again if need dey.

Beta beta food for woman dem wey kari belle and di woman dem wey still dey give pikin breast suck

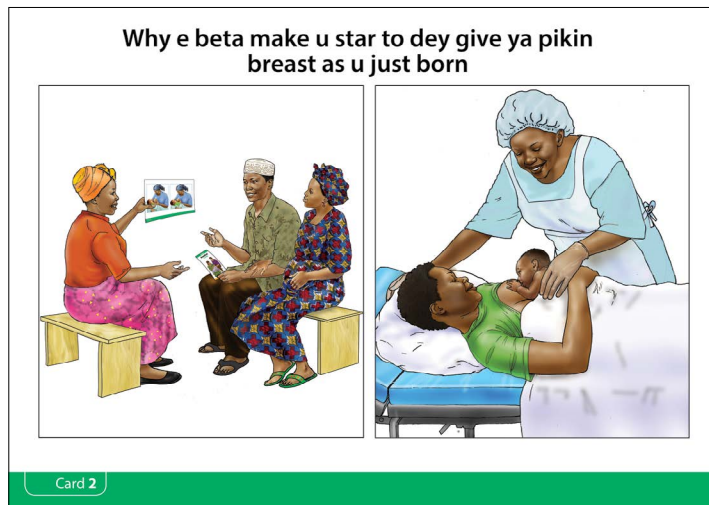


- * Make u go hospitu pass 4 times to take do antenatal for di time wey u still get belle. Dis go make u dey know how ya bodi be and how ya pikin dey grow for inside ya belle.
- * Make u know weda u get or u no get HIV, try make u no miss di times wey u suppose to go see ya dokita and make u dey take ur melecine as dokita or nurse take talk.
- * Wen u kari belle, make u dey chop extra small food or small chop-chop after u don chop morning, afternoon and night food everyday, to take give u power and vitamins for u and ya pikin wey dey grow for belle.
- * Wen u get belle and wen u still dey give ya pikin breast, some kain special food go helep ya pikin grow well well and to dey kampe.
- * Make u dey take iron-folate melecine wey go helep u get blood plenti for body wen u still kari belle and come reach 3 months after u don born.
- * Make u dey take worm melecine as dokita take talk, dis one go helep ya bodi get blood well well.
- * Make u dey sleep for inside beta mosquito net wey dem don take chemical wash and make u dey drink di melecine as dem give u for hospitu wey go make u no catch malaria.
- * No take coffee, tea and any kain drink wey get plenti sugar inside (mineral) wen u get belle. Anytime wey u wan drink something, make u make sure say na only water wey no kari doti u dey drink.
- * Make u dey chop beta food wey dey ya area, and make u dey add milik, fruit and vegetable wey dey fresh, meat, fish, egg and beans.
- * As u just born or inside 6 weeks wey u don born, make u take Vitamin A melecine so dat ya pikin go get di vitamin A wen im suck ya breast and dis one go make am no catch sickness.
- * Make u dey use beta salt (di one wey dem draw person eye ontop im bag) to take helep ya pikin brain and bodi grow well well.

Small Mama Wey Neva Reach To Born:

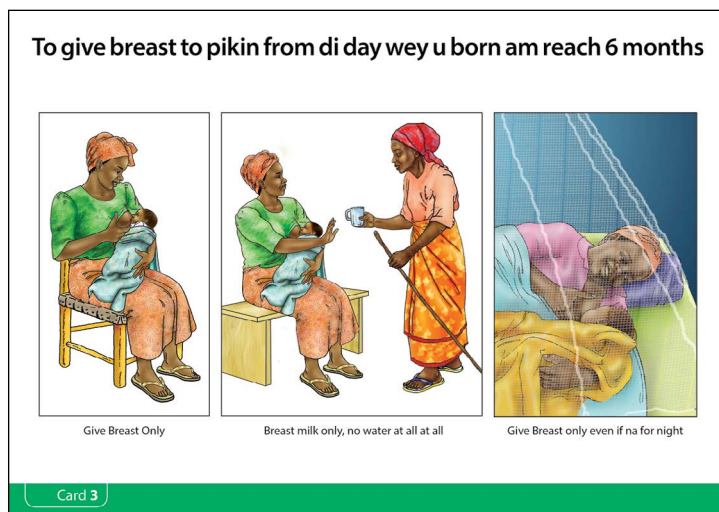
- * U go need to take kia of ya bodi, chop plenti food, rest well well pass mama dem wey don reach to born.
- * U need to dey chop beta food make ya bodi wey still dey grow plus ya pikin own sef to grow well well.
- * Wen u dey give pikin breast, u need to dey chop extra small food or small chop-chop two times every day, make u for fit get power and vitamins for u and ya pikin wey still dey grow.

Why e beta make u star to dey give ya pikin breast as u just born



- * Make u start to dey give ya pikin breast suck just as u born am (within 30 minutes). Dis go helep make ya pickin sabi suck quick wen di breast still dey soft, di blood wey dey komot from ya body go stop and e go helep komot placenta.
- * Make ya body wit ya new born pikin body touch as u just born am. Dis go make im bodi warm, helep am dey breathe well, e go also helep am sabi how to suck breast well and e go make u and ur pickin dey close.
- * Dat thick milik wey dey first komot from mama breast wey come dey yellow, e good well well for ya pikin.
- * Dis thick yellow milk no go gree make sickness catch ya pikin and e dey helep komot di black shit wey pikin dey first shit.
- * Make u dey give breast to ya pikin well well and everytime as e go helep ya breast get plenti plenti milik and make di milik dey flow well well.
- * Ya pikin no need water or anytin wey get water befor ya breast begin komot milik even sef take reach 6 months. Make u no give am water or anything to drink. E no need dem and dem fit cause wahala for ya pikin.

To give breast to pikin from di day wey u born am reach 6 months

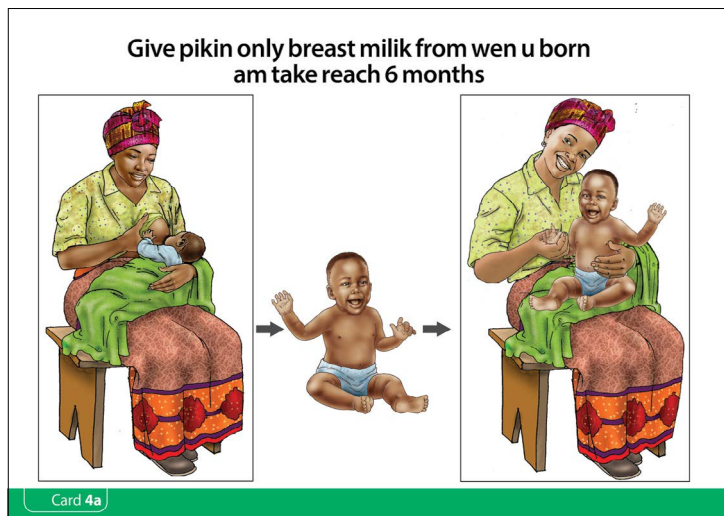


- * From wen u born ya pikin take reach 6 months, na only breast make u dey give am. Make u no give am any oda thing, even water sef.
- * To give ya pikin only breast (exclusive breastfeeding) mean say na ONLY breast u go dey give ya pikin until im don reach 6 months.
- * Breast milk go give ya pikin all di food and all di water wey im need from wen u born am take reach 6months.
- * Even sef for hot weda or anyhow wey sun hot reach, ya pikin need only breast to cool im bodi.
- * If u give ya pikin any oda thing, e go make am no too dey wan suck breast again and ya breast no go too dey make milk again.
- * Water, food, or any oda thing fit make pikin sick.
- * U go only fit give ya pikin melecine if na dokita or nurse say make u give am.

Things wey person wey dey work for komuniti suppose to shine eye ontop:

Sometime for day 1 and day 2 wen dem just born pikin, di pikin go dey suck suck like only 2 or 3 times inside one day. But wen some day don pass, to dey give pikin breast every small small time good as e go dey helep mama breast to dey make plenti milk for di pikin.

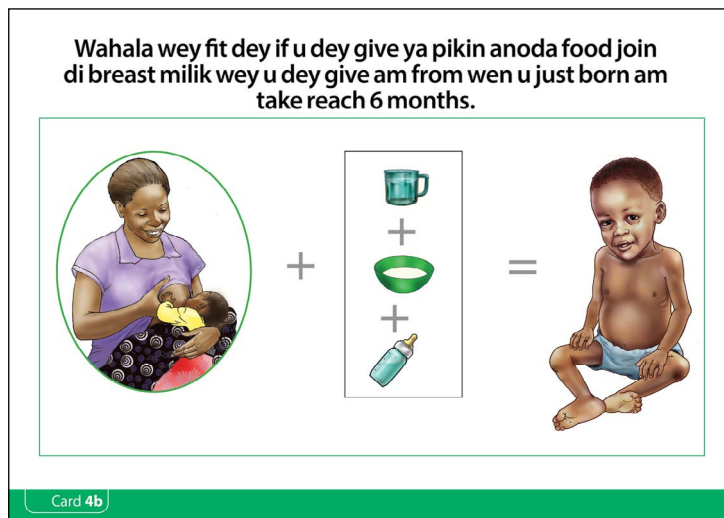
Give pikin only breast milik from wen u born am take reach 6 months



- * To give pikin only breast milik from wen u born am take reach 6 months go make ya pikin no catch any sickness like too much shit (wey oyibo dey call diarrhoea) and some kain sickness wey fit make am no dey breathe well.
- * If u dey give pikin only breast milik from wen u born am take reach 6 months and u no see ya period (di blood wey dey komot for ya bodi), u no go fit kari anoda belle.
- * Oda beta things wey mama and im pikin fit enjoy wen im dey give breast only na:
 - Breast milik go dey everytime. Mama breast no go dry.
 - Mama and im pikin go dey close well well wen na only breast im pikin dey chop.
 - Mama sef bodi go dey kampe wen na only breast im pikin dey chop.
 - Mama wey dey give pikin only breast go dey save di money wey im for dey pay for hospitu as pikin no go dey sick.
 - Di family and di komuniti wia mama dem dey give pikin only breast go come strong come dey kampe.

Card dem for advise 4b

Wahala wey fit dey if u dey give ya pikin anoda food join di breast milik wey u dey give am from wen u just born am take reach 6 months



- * "Mixed feeding" na wen u dey give ya pikin breast come join am wit oda food or drink dem like small pikin milik or food, animal milk or even sef water.
- * To dey give oda food join breast milik wen ya pikin neva reach 6 months fit wound ya pikin for belle.
- * To dey give oda food join breast milik go make am easy for ya pikin to start to dey catch sickness like too much shit shit, cold inside bodi plus make im bodi dey chinkini chinkini like pikin wey no dey see food chop at all.
- * To dey give ya pikin food or any oda drink like, baby food, cow milk or water sef apart from breast milk before 6 months reach, fit wound ya pikin for belle. E no go let ya pikin get all di beta beta thing wey go make im bodi dey kampe, like if to say na only breast milk u dey give am.

Things wey person wey dey work for komuniti suppose to shine eye ontop:

If mama don get HIV, make u show am di six special condition card dem, wey kari message ontop HIV and how mama fit give breast to im small pikin.

To dey give pikin breast to suck anytime wey im want am weda na for daytime and and for nighttime



- * Make u dey give ya pikin breast suck anytime wey im want am weda na for daytime or na nighttime (e fit reach 8 go 12 times sef) as dis go make milik always dey plenti for ya breast.
- * Di more wey ya pikin dey suck and come put im mouth well well for breast, di more wey ya breast go dey make milik.
- * Different different sign wey go quick show u say ya pikin wan suck breast:
 - Pikin no go wan stay one place. E go dey move im bodi one kain.
 - Pikin go dey open mouth come dey turn im head left and right.
 - Pikin go dey komot im tongue for mouth.
 - Pikin go dey suck im finger and hand.
- * Pikin cry cry fit be di last signal sey im dey hungry or sey anoda thing dey worry am.
- * Make ya pikin finish one breast komot im mouth by imself before u give am di oda breast. To dey change pikin from one breast to anoda quick quick, no go gree di pikin get di beta food wey dey deep inside di breast. Di milik wey dey first komot from breast be water water and na im go make di pikin no want water again. As di pikin dey suck dey go, di milik wey dey komot last get plenti fat and na im be di food wey dey make pikin belle full well well.
- * If pikin dey sick or dey sleep too much, make u wake am sometimes to take give am breast suck.
- * No dey use feeding bottle, sucker or cup we get long mouth like feeding bottle. Dem no dey easy to klin and dem fit make ya pikin catch sickness.

Things wey person wey dey work for komuniti suppose to shine eye ontop:

- * *If mama dey wori sey im pikin no dey get pelnti millk from im breast, make u try talk to am make im mind for come down. U go come helep di mama to remember how im go fit dey kari di pikin so dat di pikin go dey take di breast well well.*
- * *Tell am say im pikin dey get enof milk:*
 - *If e no dey show sey di pikin too thin (or say im dey add bodi come dey fat, if in dey slim before).*
 - *If di pikin dey sharp and come dey do according to im age.*
 - *If di pikin dey add bodi, make u check di pikin health card wey dem dey take measure as im dey take grow. If u no too sure say im de add bodi as e suppose do, make u tell dem to kari di pikin go clinic or hospitu wey near dem.*
 - *If pikin piss no get dark colour and im dey piss reach or pass 6 times inside one day, wen e come be say na only breast im dey suck.*

Plenti metod dey we u fit use kari ya pikin take give am breast



- * If u dey kari ya pikin well wen u dey give am breast, e go helep ya pikin suck well well, e go come make ya breast dey get milik nyafu.
- * **Di 4 way wey u go take know sey u kari ya pikin well na: pikin bodi go dey straight, im go face di breast, pikin bodi go near mama bodi and mama hand go sopot di pikin bodi:**
 - * Di pikin bodi go dey straight, make e no bend at all, but make im head go back small.
 - * Make di pikin bodi face di breast, no let am dey flat for ya breast or ya belle.
 - * Make di pikin near u well well.
 - * Make u use all ya hand to take sopot all di pikin bodi, no just hold only im neck and im sholdas.
- * **Different, different way dey wey u fit use hold ya pikin:**
 - * Kari ya pikin well well make ya hand dey supot im head and all im bodi go reach im bottom sef. (Dis na di one wey nearly all mama dem dey use kari dem pikin give am breast).
 - * Di position wey u go hold ya pikin for one hand and ya breast dey di opposite side for im mouth to reach de breast (Dis one good for pikin dem wey small).
 - * To lie down keep pikin for ya side (na dis one dem dey take give pikin breast for night make mama for rest small).
 - * Hold pikin close to ya bodi, come pass di pikin bodi under ya armpit and use ya hand suppot im head and bodi. (U fit use dis metod if na operation u take born di pikin, if ya breast mouth dey pain u or wen u dey give breast to two pikin dem (twins) or to pikin wey too small).

Things wey person wey dey work for komuniti suppose shine eye ontop:

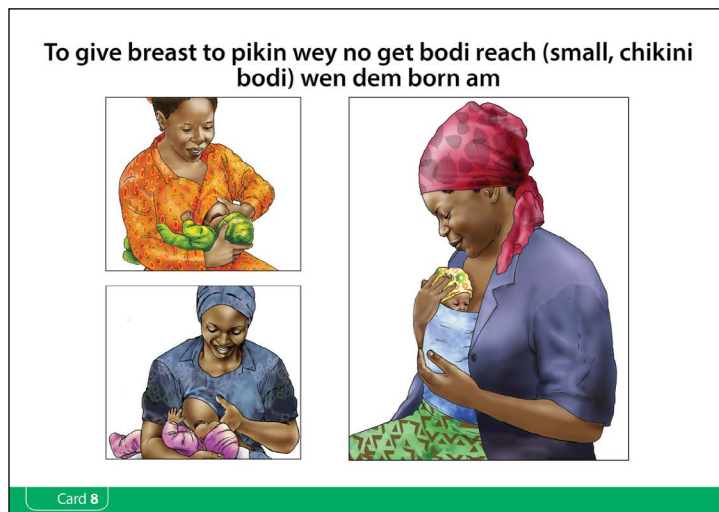
If big pikin don sabi suck and hold breast well well, no need to dey change position for am again.

Di way wey pikin suppose hold im mama breast for mouth



- * If pikin hold im mama breast well well for mouth, e go help pikin suck well well and plenti milk go dey flow from di mama breast.
- * If pikin put mouth well for im mama breast, e go helep make di mama no get wound for di mouth of di breast.
- * Mama no suppose dey feel pain wen im dey give pikin breast suck.
- * But if breast dey pain u wen u dey give pikin breast suck, make u go wia dem go fit helep u put di pikin well for breast.
- * **4 sign dem dey wey go show if pikin put mouth well for breast:**
 1. Pikin mouth go open well well.
 2. You go dey see plenty of dat black area of mama breast mouth ontop di pikin mouth pass under im mouth.
 3. Pikin lip wey de under go shoot out and come pull down as im dey suck.
 4. Pikin chin go dey touch im mama breast.
- * **How to take know if pikin dey suck well:**
 - a. Pikin go dey suck breast slow slow, suck am fast fast, afta im go stop rest small before im start to suck again.
 - b. U sef fit dey see or hear as ya pikin dey swallow the breast milik wey im dey suck.
 - c. Mama wey dey give breast suppose dey fine and happy as breast no go dey pain am.
 - d. Wen pikin suck breast finish come komot mouth by imself, u sef go see say belle sweet am as im don belleful.
 - e. Ya breast go come soft wen ya pikin don suck finish.
- * Wen u dey give ya pikin breast and im dey suck well well as im suppose suck, plenti milk go dey flow for ya breast so ya pikin go dey chop belleful.
- * Wen ya pikin komot mouth from one breast, make u give am di oda breast too. Dis go make milik flow well well inside di two breast and di pikin sef go dey get beta milik wey go make am happy, strong and belleful.

To give breast to pikin wey no get bodi reach (small, chikini bodi) wen dem born am

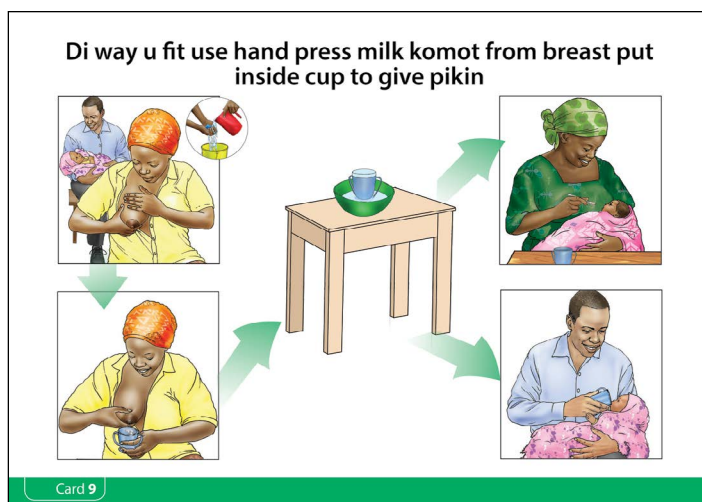


- * Mama breast milik don get everything wey dis kain small pikin wey get small bodi need to chop and grow.
- * Di milk wey beta pass for small pikin wit small bodi plus pikin dem wey dem mama born before time reach, be dem mama breast milik.
- * Di position wey u go hold ya pikin for one hand and ya breast dey di opposite side for im mouth to reach de breast and di position wey na under ya armpit di pikin go reach breast na 2 korret way to give breast to pikin wit small bodi.
- * Make u dey give pikin breast suck everytime, make im for dey use to am and dis one go dey help milik dey flow well well maséf.
- * E good to take time give ya pikin breast slowly. E dey very important say pikin dey near ya breast.
- * If pikin too dey sleep, u need to wake am make im chop. If u comot di pikin cover cloth and some of im cloth, e go help wake am from sleep. But make u no naked di pikin still leave some cloth for im bodi, becos small pikin dem dey catch cold quick quick.
- * Make u give pikin breast suck before im go begin cry.
- * To quick know if pikin dey hungry, u fit see one abi all dis sign dem: im no go wan stay one place, im go dey open im mouth and dey turn im head left and right, im go dey komot im tongue from im mouth or im go dey suck im hand or finger.

Things wey person wey dey work for komunity suppose to shine eye ontop:

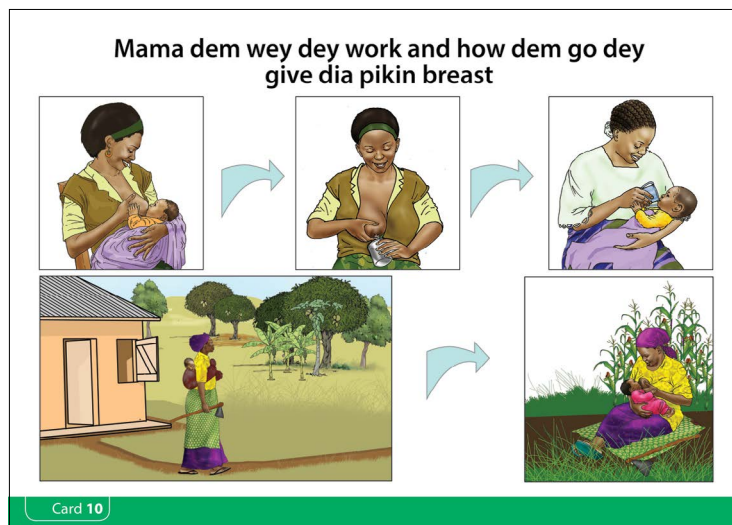
- * *To begin dey give breast to pikin dem wey small well well to suck fit dey hard for some weeks. U suppose teach di mama how to dey press im breast milik komot inside cup and come give am di pikin from di cup.*
- * *E Wen mama kari im pikin for im front instead of for back (kangaroo moda kia metod) mean say mama bodi and pikin own go dey touch well well, pikin bodi go come warm and dey close to im mama breast.*
- * *Wen mama kari im pikin for im front instead of for back (kangaroo moda kia metod) e go helep mama begin quick quick to dey give pikin only breast milik suck weda na direct from mama breast or di one wey dem press komot from breast put inside cup.*
- * *Oda people apart from di pikin mama fit also use dis same kangaroo moda kia style to take kia of di pikin.*
- * ***Try make u and di mama talk again ontop wetin dey for card 9 and 8 for mama wey get small pikin with small bodi wen dem born am.***

Di way u fit use hand press milk komot from breast put inside cup to give pikin



- * Make sure say ya hand and everytin wey u go use dey klin.
- * Wash ya hand with soap and water wey dey komot for pump.
- * To klin cup wit soap and klin water dey easy if u no fit boil dem.
- * Make u klin and boil d containa wey u go use put di milk u go press comot from ya breast.
- * Make u relax.
- * Sometimes to dey touch ya breast sofly sofly dey help. U fit put cloth wey u comot from warm water ontop ya breast sef as e go helep make di breast milk begin komot.
- * Make u put ya big finger for ontop di black area for di mouth of ya breast and di oda finger dem under ya breast.
 - Make u use ya big finger and di first two finger dem to take press di up of ya breast small small dey go ya chest and come move ya finger dem sofry till u reach di black part for di mouth of ya breast.
 - Di breast milik fit begin komot small small or sometimes sef e fit dey flow well. Put di milk wey dey komot for inside klin containa.
 - No rub d skin wey dey ya breast bekos e fit cause small wound and wen u squeeze breast mouth di milik go stop to dey flow.
 - Dey change di position of ya big finger and di first two finger dem. Dey press and komot hand around dat black area of ya breast.
- * Make u use like 3-5 minutes to take komot milik from one breast till milik begin komot slow slow, before u move go do di same thing for di oda breast. Dey do am like dat plenti times take reach like 20 to 30 minutes.
- * Keep di breast milik for inside containa wey get cover. Di milik fit stay reach 8 hours for cool place and reach 24 hours inside fridge and e no go spoil.
- * Make u give pikin dis milik from cup. U go put di cup for di down of di pikin mouth and make im use im tongue dey lick am small small. NO pour di milik inside pikin mouth.
- * Na only small breast milik wey pikin go fit finish u go pour enta di pikin cup from di klin containa wey get cover.
- * Feeding bottle and cup dem wey get long mouth dey dangerous to use, sake of say e no dey easy to wash di germs wey fit don hide inside dem komot.

Mama we dey work and still dey breastfeed pikin



- * Make u learn how u go dey take press milik komot from ya breast as u just born ya pikin (make u see how to dey do am for Card 9).
- * For di time wey u dey wit ya pikin, make u dey give am only breast milik everytime.
- * Press milik komot from ya breast and put for inside klin containa wey get cover before u komot for house to go work, make di person wey dey take kia of ya pikin fit feed ya pikin wen u no dey house.
- * Presst milik komt from ya breast put for containa wen u no dey wit ya pikin. Dis go helep di milik to still dey flow and ya breast no go swell.
- * Make u teach di person wey dey take kia of ya pikin, how im go fit use klin cup wey dey open to give pikin milik wen u no dey.
- * Di breast milik wey u press komot (wey u keep for cool place inside cup wey get cover) fit stay for 8 hours e no go spoil even if weda dey hot.
- * Make u use more time join wen u dey give ya pikin breast suck before u komot leave pikin and wen u come back.
- * Add more time join di time wey u dey give ya pikin breast suck wen u dey wit am. Dis wan mean say pikin go dey suck breast plenti for night and for weekend.
- * If u fit kari ya pikin go work (or anytime wey u know say u go komot for house reach some hours before u come back). If u no fit, make u find person wey go helep u kari ya pikin come meet u for ya working place, make u for fit give pikin breast suck direct wen u get small rest from work.
- * Make ya family member dem dey helep u dey take kia of ya small pikin and oda pikin dem and dem go fit dey helep u do some small small work for house too.

Things wey mama wey dey go work for office suppose do:

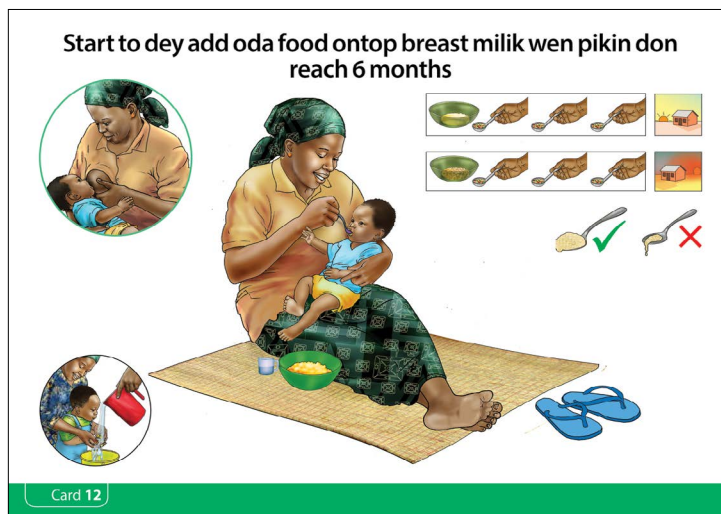
- * *Make u beg ya oga for office or working place make im gree give u:*
 - *Small small break time wey u go dey take give pikin breast for office or working place, plus time to take dey work wey no go too hard for u and wey u go fit arrange.*
 - *Place for ya office or working place wey u fit keep milik wey u don press komot for breast and noting go fit do am.*

How to take dey keep everything klin well well



- * E dey good to dey keep everything klin well well, as dis go help drive disease like di one wey dey make person shit shit plenti times and other sickness dem comot for u and ya pikin side.
- * Make u wash ya hand wit soap and klin water before u start to dey cook food and before u give ya pikin food.
- * Make u wash ya hand plus ya pikin hand and im face before u start to give am food.
- * Make u wash ya hand wit soap and klin water anytime wey u use toilet finish and wen u wash or klin ya pikin nyash finish.
- * Make u dey always use klin hands, klin plate, pot and spoon dem and klin cup to giv ya pikin food.
- * Make u use spoon or cup wey klin to give ya pikin food or anything to drink.
- * No use feeding bottle, sucker or cup wey get long mouth, sake of say dem dey hard to klin well well and dem fit dey make ya pikin sick.
- * Make u keep di food wey u go give ya pikin for place wey dey klin and safe well well wia doti no fit enta inside am.

Start to dey add oda food ontop breast milik wen pikin don reach 6 months



- * Wen pikin don reach 6 months, im go begin need oda food join di breast milik wey u dey give am.
- * No stop to dey give ya pikin breast suck wen im want am both for daytime or for nighttime.
- * Breast milik still dey important pass for all di food wey pikin go dey chop.
- * First give pikin breast suck before u give am oda food chop.
- * Wen u dey give pikin oda food join di breast milik make u consider: how many times, how much, how e thick reach, di different different kain food to use, di wey u dey give pikin food and how e dey take am and weda everything klin.
 - **How many times:** Make u give ya pikin oda foods 2 times inside one day.
 - **How much:** Give ya pikin 2 or 3 big spoon (like say u dey taste) anytime wey u wan give am food.
 - **How e thick reach:** Make e tick well so u go fit use hand give am di food.
 - **Different different kain food to use:** Make u start wit food wey be like pap (corn, wheat, rice, millet, potato, giunea corn), banana or potato wey dem don pound or mash.
 - **How u dey giv pikin food and how im dey take am:**
 - Ya pikin fit need small time before im go sabi chop oda food wey no be breast milk.
 - Make u dey patient and make u dey help am well well to chop.
 - Make u no force ya pikin to chop.
 - Give ya pikin im own plate so u go fit know how much food im dey chop.
 - **Weda everything klin:** To keep everything klin dey important to stop dat disease wey dey cause too much shit shit and oda sickness dem (Card 11).
 - Make u use klin spoon or cup to give ya pikin food or anything to drink.
 - Make u dey keep food wey u wan dey give ya pikin for place wey klin, wey nothing fit do am and doti no go enter am.
 - Make u wash ya hand wit soap and klin water before u begin cook food and before u give ya pikin food to chop.
 - Make u wash ya hand plus ya pikin hand and im face before im go begin chop.

- Wash ya hand wit soap or ash and water afta u don use toilet finish, afta u klin or wash pikin yansh or afta u touch any animal.

Small talk about cup size:

- * *All di cup wey dem use do example for di advice card na mug wey di size na 250ml. If u wan use any oda cup to take feed pikin, make u test am to take know weda im size pass or na 250ml.*

Main Talk: After 6 months wey u born pikin, or anytime wen u stop to give pikin breast suck, u no go fit dey use di family planning metod wey oyibo dey call **Lactation Amenhorreal Method (LAM)** to take control wen u go get belle again (Look wetin dey Card 21).

- * *U go need to use anoda family planning metod even if u neva begin see ya period.*
- * *E get plenti metod of family planning wey no go affect di breast milk wey u dey give pikin.*

To dey give oda food join breastmilk from 6 months reach 9 months



- * No stop to dey give ya pikin breast suck wen im want am both for daytime or for nighttime. Dis go make im body dey kampe and im go get power becos na breast milik beta pass for all pikin food.
- * Breast milk dey give pikin half of di energy wey im need for wen im dey 6 months go reach 12 months.
- * Make u dey always give pikin breast before u give am any oda food to chop.
- * If u cook food wey get oil and fat for ya pikin, no use pass half of di small pikin spoon for inside one day.
- * Wen u dey give pikin oda food join di breast milik make u consider: how many times, how much, how e thick reach, the different different kain food to dey use, d wey u dey give pikin food and how e dey take am and weda everything klin.
 - **How many times:** Give ya pikin oda food dem 3 times inside one day and make u add “small chops” wey oyibo dey call snacks join afta im don chop.
 - **How much:** Make u small small dey add food to the amount wey u dey give ya pikin make e reach half cup of the 250ml cup: make u use di cup wey di mama bring take show am wia di food go reach for di cup. Make u dey use different plate for di pikin to take make sure say im dey chop im food finish.
 - **How e thick reach:** Make u give food wey dey don mash or grind. Wen pikin reach 8 months e go fit begin chop food wey im fit hold wit im own hand.
 - **Different diferent kain food to use:** Make u try give ur pikin different food together anytime wey im dey chop. Example na; Food wey come from animal (meat, egg, or yogot dem) dis ones alone get 1 star*; make u add food wey dem grow for farm like (wheat, corn, yam and potato dem) dis ones get 2 stars**; make u add beans and ground nut dem, dis ones get 3 stars***; add fruits and vegetables wey get plenti vitamin A and oda fruits and vegetable, dis ones get 4 stars****. (Make u look wetin dey for Card 16).

Small talk for health worker dem:

- * U fit use different style add the food dem to get 4 star food.
 - U fit mix am like dis; 2 star food go be 2 different kain food wey u don join together; 3 star food go be 3 different kain food wey u don join together; 4 star food go be 4 different kain food wey u don join together.

More small talk for health workers:

- *Food wey come from animal dey very important. Make u start early to dey give pikin food wey come from animal and make u give am plenti times as u fit. Cook am well and make u cut am small small.*
- *Small pikin fit chop egg, meat and fish wey dem don cook and grind well even if dem no get teeth.*
- *U fit give pikin small small chops (snacks) like fruit or bread wey u don rub groundnut paste put, one time or two times inside one day to join di correct food wey di pikin don chop.*
- *If u cook food wey get oil or fat inside for ya pikin, no use pass half of di small pikin spoon for inside one day.*
- *Use salt wey get iodine inside.*
- *U fit dey add one new food to di food wey u dey give ya pikin inside every week.*
- *No give ya pikin drink wey get plenti sugar inside.*
- *No give ya pikin biskit wey get plenti sugar inside.*

- **Di way wey u dey give pikin food chop and how im dey take am**
 - Make u dey patient and make u dey help pikin well well to chop.
 - Make u no force ya pikin to chop.
 - Give ya pikin im own plate so u go fit know how much food im dey chop.
- **Weda everything klin:** To keep everything klin dey important to stop dat disease wey dey cause too much shit shit and oda sickness dem (Card 11).
 - Make u use spoon or cup wey klin to give food or drink to ya pikin.
 - Make u keep ya pikin food for place wey dey safe and klin wia doti no fit enter am.
 - Make u wash ya hand wit soap and klin water before u begin cook food and before u begin give ya pikin food to chop.
 - Make u wash ya hand plus ya pikin hand wit im face before im begin chop.
 - Wash ya hand wit soap or ash and water afta u don use toilet finish, afta u klin pikin yansh or afta u touch any animal.

Small talk about cup size:

- * *All di cup wey dem use do example for di advice card na mug wey the size na 250ml. If u wan use any oda cup to take feed pikin, make u test am to take know weda im size pass or na 250ml.*

Main Talk: After 6 months wey u born pikin, or anytime wen u stop to give pikin breast suck, u no go fit dey use di family planning metod wey oyibo dey call **Lactation Amenhorreal Method (LAM)** to take control wen u go get belle again (Look wetin dey Card 21).

- * *U go need to use anoda family planning metod even if u neva begin see ya period.*
- * *E get plenti metod of family planning wey no go affect di breast milk wey u dey give pikin.*

To dey giv oda food from 9 months go reach 12 months



- * No stop to dey give ya pikin breast suck wen im want am both for daytime or for nighttime. Dis go make im body dey kampe and im go get power becos na breast milik beta pass for all pikin food.
- * Breast milik dey give pikin half of di power wey im go need from 6 months go reach 12 months.
- * Make u dey always give pikin breast suck first before u give am any oda food chop.
- * If u cook food wey get oil or fat inside for ya pikin, make u no use pass half of di small pikin spoon for inside one day.
- * Wen u dey give pikin oda food join the breast milik make u consider: how many times, how much, weda e too thick, di different kain food, as pikin dey do wen u dey give am food chop and weda everything klin.
 - **How many times:** Give ya pikin oda food dem join breastmilik 3 times reach 5 times inside one day. Dis one go be original food plus "small chops" wey oyibo dey call snacks. Make u sofry sofry dey add on top how much food u dey give and how many times u dey give am.
 - **How much:** Make u small small dey add food to the amount wey u dey give ya pikin make e reach half cup of di 250ml cup: make u use di cup wey di mama bring take show am wia di food go reach for di cup. Make u dey use different plate for di pikin to take make sure say im dey chop im food finish.
 - **How e go thick reach:** Make u give food wey u don take knife cut fine fine, food wey pikin fit use im own hand take pick and food wey u don cut small small.
 - **Different different kain food to use:** Make u try give ya pikin different food togeda anytime wey im dey chop. Example na; Food wey come from animal (meat, egg, or yogot dem) dis ones alone get 1 star*; make u add food wey dem grow for farm like (wheat, corn, yam and potato dem) dis ones get 2 stars**; make u add beans and ground nut dem, dis ones get 3 stars***; add fruits and vegetables wey get plenti vitamin A and oda fruits and vegetable, dis ones get 4 stars****: (look Card 16).

Small talk for health workers:

- * *U fit use different style take add di food dem to make am 4 star food.*
 - *U fit mix am like dis; 2 star food go be 2 different kain food wey u don join together; 3 star food go be 3 different kain food wey u don join together; 4 star food go be 4 different kain food wey u don join together.*

More small talk for health workers:

- *Food wey come from animal dey very important. Make u begin early to dey give pikin food wey come from animal and make u give am plenti times as u fit. Cook am well and make u cut am small small.*
- *Small pikin fit chop egg, meat and fish wey dem don cook and grind well even if dem no get teeth.*
- *U fit give pikin small small chops (snacks) like pieces of mango, pawpaw, banana, pear, or even sef oda fruit and vegetable dem, potato wey u don cook, even sweet potato and things like bread one time or two times inside one day to join di correct food wey di pikin don chop.*
- *If u cook food wey get oil or fat inside for ya pikin, no use pass half of di small pikin spoon for inside one day.*
- *Use salt wey get iodine inside.*
- *No dey give pikin drink wey get plenti sugar inside.*
- *No dey give pikin biscuit wey get plenti sugar inside.*

• **Di way wey u dey give pikin food chop and how im dey take am:**

- *Make u dey patient and make u dey helep pikin well well to chop.*
- *Make u no force ya pikin to chop.*
- *Give ya pikin im own plate so u go fit know how much food im dey chop.*
- **Weda everything klin:** *To keep everything klin dey important to stop dat disease wey dey cause too much shit shit and oda sickness dem (Card 11).*
 - *Make u dey use spoon or cup wey klin to give food or drink to ya pikin.*
 - *Make u dey keep ya pikin food for place wey dey safe and klin wia doti no fit enter am.*
 - *Make u wash ya hand wit soap and klin water before u begin cook food and before u begin give ya pikin food to chop.*
 - *Make u wash ya hand plus ya pikin hand wit im face before im begin chop.*
 - *Wash ya hand wit soap or ash and water afta u don use toilet finish, afta u klin pikin yansh or afta u touch any animal.*

Small talk about cup size:

- * *All di cup wey dem use do example for di advice card na mug wey the size na 250ml. If u wan use any oda cup to take feed pikin, make u test am to take know weda im size pass or na 250ml. U go need to use anoda family planning metod even if u neva begin see ya period. E get plenti metod dem for family planning wey no go harm di breast milik wey u dey give pikin.*

Note: *After 6 months wey u born pikin, or anytime wen u stop to give pikin breast suck, u no go fit dey use di family planning metod wey oyibo dey call **Lactation Amenhorreal Method (LAM)** to take control wen u go get belle again (Look wetin dey Card 21).*

To dey giv oda food from 12 months go reach 24 months



- * No stop to dey give ya pikin breast suck wen im want am both for daytime or for nighttime. Dis go make im body dey kampe and im go get power becos na breast milik beta pass for all pikin food.
- * Breast milk dey give pikin 1/3 of di energy wey im go need from 12 months go reach 24 months.
- * To help ya pikin to dey grow strong and to dey suck breast well u suppose use family planning metod wey no go let u kari anoda belle. Even sef if u come get belle for dis time e still dey good make u dey give ya pikin breast suck.
- * Wen u dey give pikin oda food join di breast milik make u consider: how many times, how much, weda e too thick, di different kain food, as pikin dey do wen u dey give am food chop and weda everything dey klin.
 - **How many times:** Give ya pikin oda food dem join breastmilk 3 times reach 5 times inside one day. Dis one go be korect food plus "small chops" wey oyibo dey call snacks. Make u sofry sofry dey add on top di food wey u dey give and how many times u dey give am.
 - **How much:** Make u small small dey add food to di amount wey u dey give ya pikin make e reach half cup of di 250ml cup: make u use di cup wey di mama bring take show am wia di food go reach for di cup. Make u dey use different plate for di pikin to take make sure say im dey chop im food finish.
 - **How e go thick reach:** Make u give food wey u don take knife cut fine fine, food wey pikin fit use im own hand take pick and food wey u don cut small small.
 - **Different different kain food to use:** Make u try give ya pikin different food togeda anytime wey im dey chop. Example na; Food wey come from animal (meat, egg, or yogot dem) dis ones alone get 1 star*; make u add food wey dem grow for farm like (wheat, corn, yam and potato dem) dis ones get 2 stars**; make u add beans and ground nut dem, dis ones get 3 stars***; add fruits and vegetables wey get plenti vitamin A and oda fruits and vegetable, dis ones get 4 stars****: (look Card 16).

Small talk for health workers:

- * *U fit use different style take add di food dem to make am 4 star food.*
 - *U fit mix am like dis; 2 star food go be 2 different kain food wey u don join togeda; 3 star food go be 3 different kain food wey u don join together; 4 star food go be 4 different kain food wey u don join togeda.*

More small talk for health workers:

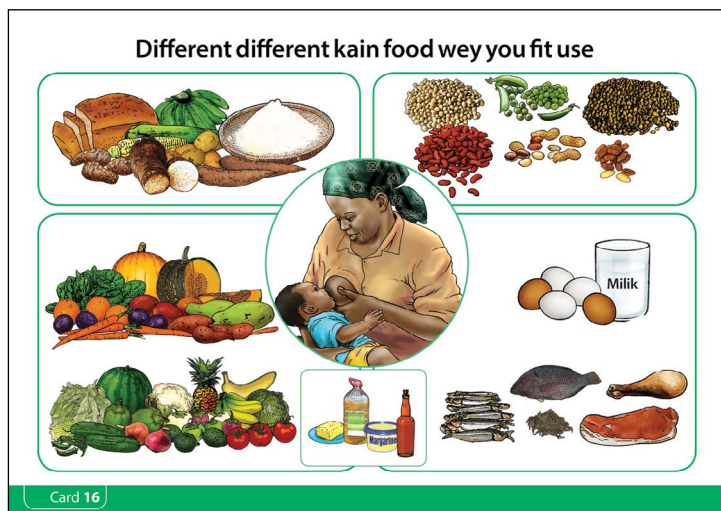
- *Food wey come from animal dey very important. Make u start early to dey give pikin food wey come from animal and make u give am plenti times as u fit. Cook am well and make u cut am small small.*
- *U fit give pikin small small chops (snacks) like pieces of mango, pawpaw, banana, pear, or even sef oda fruit and vegetable dem, potato wey u don cook, even sweet potato and things like bread one time or two times inside one day to join di korect food wey di pikin don chop.*
- *Use salt wey get iodine inside.*
- *No dey give pikin drink wey get plenti sugar inside.*
- *No dey give pikin biscuit wey get plenti sugar inside.*

- **Di way wey u dey give pikin food chop and how im dey take am:**
 - Make u dey patient and make u dey helep pikin well well to chop.
 - Make u no force ya pikin to chop.
 - Give ya pikin im own plate so u go fit know how much food im dey chop.
- **Weda everything klin:** To keep everything klin dey important to stop dat disease wey dey cause too much shit shit and oda sickness dem. (Card 11).
 - Make u dey use spoon or cup wey klin to give food or drink to ya pikin.
 - Make u dey keep ya pikin food for place wey dey safe and klin wia doti no fit enter am.
 - Make u wash ya hand wit soap and klin water before u begin cook food and before u begin give ya pikin food to chop.
 - Make u wash ur hand plus ya pikin hand wit im face before e eat.
 - Wash ya hand wit soap or ash and water afta u don use toilet finish and afta u don klin or wash pikin yansh or afta u touch any animal.
 - Wash ya hand wit soap or ash and water after u don touch animal wey dey play for inside house.

Small talk about cup size:

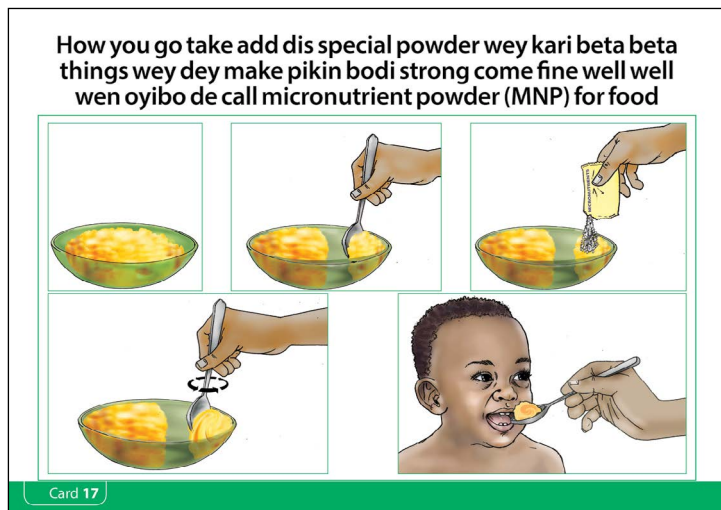
- *All di cup wey dem use do example for di advice card na mug wey di size na 250ml. If u wan use any oda cup to take feed pikin, make u test am to take know weda im size pass or na 250ml.*

Different different kain food wey you fit use



- * Make u still dey give ya pikin breast suck reach or pass 2 years. E dey very good to dey give pikin wey dey grow different different kain food everyday. Make u try to dey give am food from di different food group wey dey down.
 - Food from animal (meat, chicken, fish, liver, crayfish, snail and periwinkle) and egg, milik and food wey dem make from milk like yogot, kunun and wara.
 - Food wey dey grow for farm (maize, wheat, rice, millet and ginua corn) other food wey oyibo call roots and tubers (yam, cassava, potato and sweet potato).
 - Legumes (beans, groundnut and oda food wey be like beans) and seeds (beniseed).
 - Fruit and vegetable wey get vitamin A (mango, pawpaw, orange, vegetable wey di leaf dey deep green dem, carrot, sweet potato wey yellow well well and ugu), and oda fruit and vegetable dem like (banana, pineapple, water melon, tomato, pear, garden egg and cabbage).
- * Make u dey join together different food from all di group wey we just talk about, to take make korect food for pikin. Make u look di advice Card 12-15 as e be for ya pikin age.

How you go take add dis special powder wey kari beta beta things wey dey make pikin bodi strong come fine well well wen oyibo de call micronutrient powder (MNP) for food



* Why u suppose use dis special food (nutrient) powder (MNP)?

- Any food wey no kari plenti of dis beta beta thins (nutrients), go fit cause wahala for pikin dem bodi from 6 months go reach 24 months wen di pikin dem suppose grow well well.
- MNPs na vitamin and mineral powder wey person fit add join to food wey soft or di one wey no too soft or di one wey hard sef wey dem cook for house. Dis go make di food do beta work for small pikin dem bodi.
- Dis powder wey dey for paket wey u go use only one time go help family add beta nutrient and vitamins for inside dem small pikin food make dem dey kampe.

* How u go take add MNP to di oda food wey u dey give ya pikin join breastmilk.

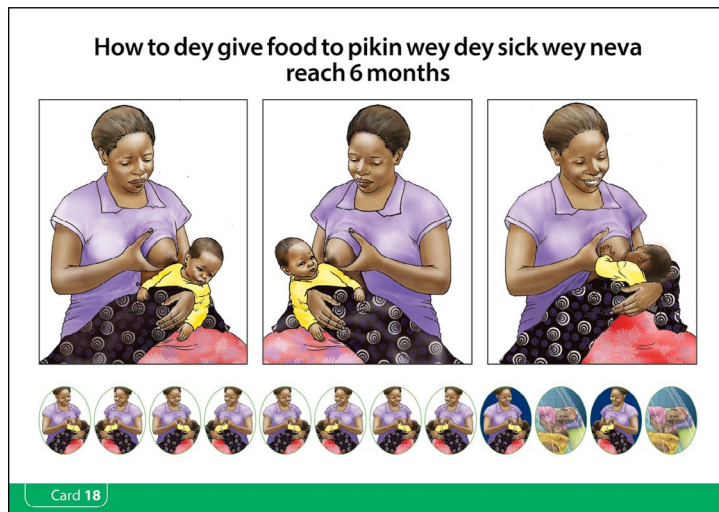
1. Wash ya hand with soap and water before u cook or give ya pikin food to chop.
2. Make u cook food like thick pap, potato wey dem pound or any food wey soft small or hard.
 - Make sure say di food wey u cook no dey too hot for pikin to chop.
 - No add di MNP inside food wey dey very hot: if di food dey too hot di iron nutrient go change di colour and di taste of di food.
 - No add di MNP inside anytin wey dey water water (water, tea or pap wey dey water water): for inside cold food wey get water, MNPs no dey mix, im go just float on top; di iron wey dey inside go melt sharp sharp and e go come change di kolor and taste of di food.
3. Make u komot small of di pikin food weda na di one wey soft small or na di one wey hard small for one side of di pikin plate or inside anoda separate plate.
4. Make u pour everyting wey dey inside di MNP packet for inside di small food wey u don komot:
 - Make u shake di packet well well before u open am to take make sure say the powder no gum togeda inside di packet.

- Make u cut the packet open and pour everytin inside di small food, make pikin fit chop all di beta beta thing dem wey u don put for dat small food.
 - Make u mix all di powder and di small food togeda well well.
5. Give pikin di small food wey u don mix wit MNP make im for fit finish am and den give pikin di oda food wey remain.
- Make sure say pikin chop di food finish afta 30 minutes wey u don mix am wit MNPs.
- * U fit add di whole packet of di MNP inside any kain food. Na only one paket u fit use inside one day.
- No share di food wey u mix di MNP wit oda people dem wey dey house. Di beta mineral and vitamin wey dey inside one packet na di korect amount for one pikin.
 - If dis powder wori ya pikin small, make u no fear as e no go tey before e stop.
- * Ya pikin shit fit dey black or soft or e fit no shit well for like 4 go reach 5 days afta u start to give am di powder.

Things wey person wey dey work for komuniti suppose shine eye ontop:

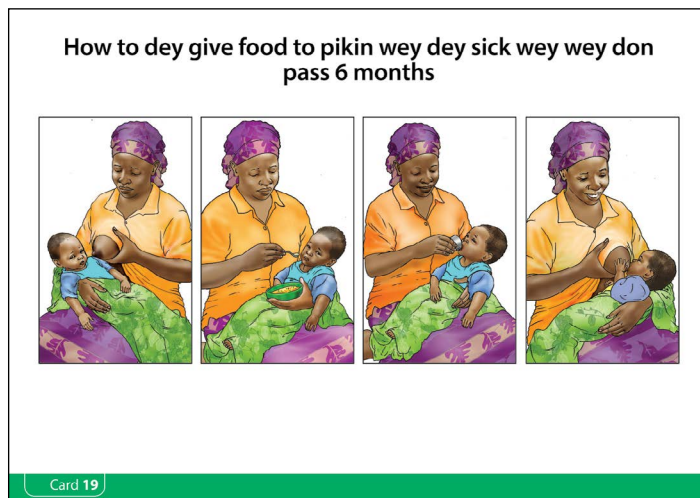
- * Make u advise di person wey dey take kia of di pikin how many packet e go dey give pikin inside every week. Di number of packet to give pikin evry week go depend on di kain program wey dey ground and weda di powder dey plenti for use. U go help di person wey dey take kia of di pikin make im fit remember di days wey im go dey give and the days wey im no go dey give di powder to pikin. Dis wan fit take style confuse am small.
- * Make u tell di person wey dey take kia of pikin make dem no give di MNP powder if pikin get fever or wen dem dey treat di pikin for any sickness wey dey spread from one person to anoda. If say na oda sickness dey wori pikin no wahala u fit give pikin dis powder.
- * Make u tell di person wey dey take kia of pikin make dem no give di MNP powder wen dem dey treat pikin for something like kwashiorkor wit CSB ++, oda food wey dey ready to use (RUSF) and oda ready to use food wey dem dey use take treat sickness (RUTF) like Plumpy Nuts, as pikin don already dey get plenti iron and vitamins inside dem.

How to dey give food to pikin wey dey sick wey neva reach 6 months



- * Make u dey give pikin breast plenti times pass as im dey suck before wen im dey sick, even if na too much shit shit dey wori am. Dis na to helep di pikin fight di sickness, im no go too lean e go still help am get beta quick quick from di sickness.
- * Wen u dey give breast to ya sick pikin, e go helep pikin bodi relax well well. If pikin no wan suck, make u try dey pet am till im begin suck breast again.
- * Make u dey give pikin only breast milk and melecine wey dokita or nurse say make u give am.
- * If pikin no come get power to use im mouth suck breast, make u press milk komot from ya breast put inside cup give am. Dis go help ya breast dey make milk well well and u no go get any kain wahala for ya breast.
- * Any time wey ya pikin don sick finish, e good make u still dey give am breast pass as u dey do before make im bodi for fit come back.
- * If u sef dey sick, u fit still dey give ya pikin breast. U go need to dey chop more food and to get ya people to dey help u.

How to dey give food to pikin wey dey sick wey dey don pass 6 months



- * Make u dey give pikin breast plenti times pass as im dey suck before wen im dey sick, even if na too much shit dey wori am. Dis na to help di pikin fight di sickness, im no go too lean e go still helep am get beta quick quick from di sickness.
- * Ya pikin go need plenti food and water for im body when e dey sick and e go also to take salt and sugar wey dem mix inside water wey oyibo dey call oral rehydration salts (ORS).

Small talk for health worker:

Make u let di person wey dey take kia of di pikin know how im go fit make and give pikin di ORS water wey dem go mix wit sugar and salt and Zinc tablet dem if e dey.

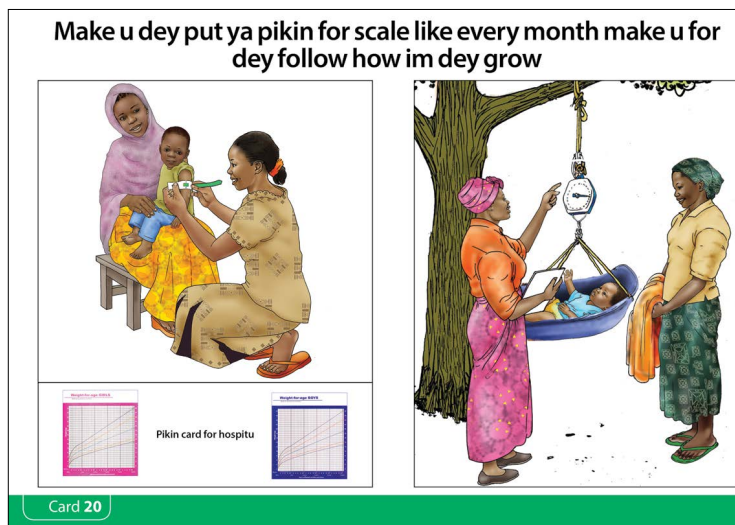
- * If pikin no gree chop like before, make u dey pet am and helep am to chop small small plenti times pass as e dey chop before.
- * Give pikin ordinari food like pap and make u no give pikin food wey pepper and oda spice dem dey too much or food wey oil plenti for inside. Even if di pikin too dey shit shit, e beta make im still dey chop small small as im dey shit.
- * Wen ya pikin don well finish, make u try helep am so tee im go fit chop one more food wey hard small everyday go reach like 2 weeks. Dis go helep am get im bodi back.
- * If u sef dey sick, u fit still dey give ya pikin breast. U go need to dey chop more food and to get ya people to dey helep u. Wen u dey sick, u go need to dey drink plenti water too.
- * **4 steps dey wey u fit use hama sickness wey dey make pikin shit shit plenti plenti times:** U fit give pikin wey dey from 6 months go reach 2 years, Zinc melecine + salt and sugar water (LO-ORS) for house.
 1. Make u dey give breast and water plenti plenti times to pikin wen im dey sick.
 2. Make u give am zinc melecine + special salt and sugar water. (LO-ORS).
 - Make u give am 1 tablet of zinc sulphate melecine wey be (20mg) for 10 days.
 - Di pikin go dey take the zinc melecine for all di 10 days dem, even if im no dey shit shit again.
 - Dem fit chop dis zinc tablet or melt am for inside small water or inside breast milik wey dey inside small spoon.
 - Make u give pikin 1 packet of dis special melecine (sugar and salt water) everyday for 3 days. Make u look wetin dem write put for di packet make u for know how u go use am and how much water u go put.

3. Make u still dey help pikin chop as u dey help am chop wen im dey sick. Give di pikin food wey u dey chop for house. No give am food wey get sugar inside and sweet dem, becos dem fit make im belle run and di too much shit shit go come dey bad pass before.
4. Make u go clinic or see people dem we dey work wit dokita wen ya pikin dey:
 - Shit shit plenti times and di shit be water water.
 - Wan drink water everytime.
 - Wen im eye don dey go inside im head too much.
 - Shit blood.
 - Wen im bodi no dey beta afta 3 days wey u don dey give am melecine.
 - Wen im bodi come hot and im go dey feel cold (malaria).
 - Wen im no dey chop or drink water as before.
 - If say wen u pinch ya pikin skin and e no come back quik quik.

Things wey person wey dey work for komuniti suppose shine eye onto:

Make u see wetin dey Card 22 for some sign dem wey no good wey go make u kari pikin go clinic or hospitu quick quick.

Make u dey put ya pikin for scale like every month make u for dey follow how im dey grow



- * Make u dey go di meeting wey dem go show u how how ya pikin dey grow (GMP), so u fit dey sure say ya pikin dey grow well well.
- * Make u dey kari ya pikin dey go dis month by month GMP meeting from wen u born am take reach di pikin one year.
- * Pikin wey well and wey dey grow well suppose dey get bodi every month. If ya pikin no dey add bodi or im bodi come dey small, make u know say wahala dey.
- * Wen u dey kari ya pikin go dis GMP meeting, e go helep u know quick quick, all di wahala wey ya pikin fit get, like weda im bodi dey thin or dey swell. Any wahala wey be say na bekos pikin no chop beta food cause am, go need say make u treat am quick quick and u go need to dey give pikin beta food wey fit be like melecin.
- * To measure di pikin hand (MUAC) na how u go take know weda ya pikin don add for bodi or weda im don lean finish. U fit do dis one only for pikin wey don pass 6 months.
- * When u dey dis meeting wit ya pikin, u fit ask question ontop how ya pikin dey grow, im health and di kain food wey good for make am grow.
- * E dey good make u do someting quick quick wen u know say pikin no fit add bodi, or im bodi dey swell. Make u kari di pikin go meet di people wey dey work wit dokita.
- * Wen u go clinic or hospitu to know how ya pikin dey grow, make u no forget to ask for family planning or how u go do make u no quick kari anoda belle.
- * Make u no forget to ask for di time wey u go dey kari pikin go for immunization injection make im for no catch any nyama nyama sickness wey dey kill small pikin dem.

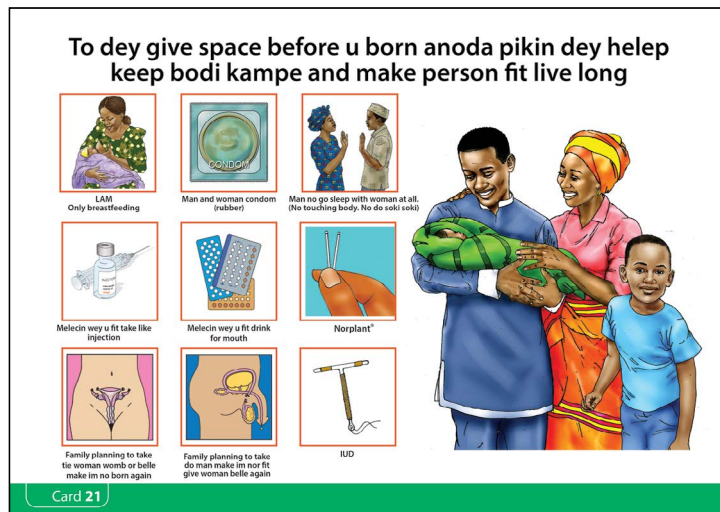
Things wey person wey dey work for komuniti suppose shine eye ontop:

Make u see wetin dey for Card 22 for some sign dem wey no good wey go make mama kari im pikin go clinic or hospitu quick quick.

Tell mama sey dem fit use anoda kain machine wey diffrent from di one wey im dey see for dis picture take know weda im pikin dey add bodi or not.

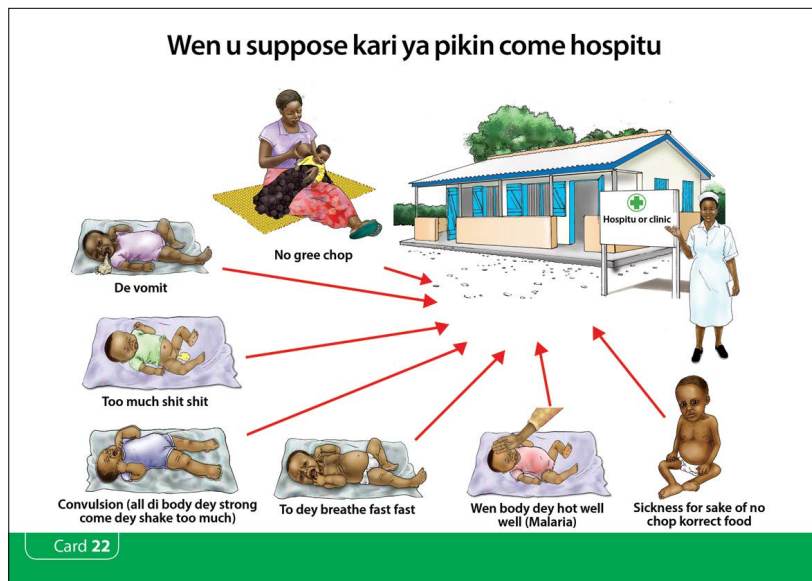
Card dem for advise 21

To dey give space before u born anoda pikin dey helep keep bodi kampe and make person fit live long



- * To dey give korect space wen mama born finish before e kari anoda belle dey helep mama and pikin bodi dey strong and dem two go live.
- * To give beta time and space before mama wey just born kari another belle mean say im go wait reach like 2 or 3 years before she kari anoda belle.
- * To give time after u born one pikin before u born anoda one go make u:
 - Get plenty time to giv ya pikin dem breast and take kia of dem well.
 - Get plenty time for u to get ya body back before u kari anoda belle.
 - Save plenti money becos u no get plenti pikin and di money wey go dey pay for school fees and to buy cloth and food no go too much.
- * To give ya pikin only breast suck from wen u born am reach 6 months go helep space ya pikin dem and come make u and ya pikin dey kampe.
- * To give ya pikin only ya breast milik from wen u born am reach 6 months fit make u no kari anoda belle ONLY if:
 - U give ya pikin only breastmilik.
 - U neva see ya period afta u don born.
 - Ya pikin neva reach 6 months.
- * Dem dey call dis family planning method Lactational Amenorrhea Method, or LAM.
 - L = L mean lactational, say im breast milik dey flow.
 - A = A mean no menses, im neva begin see im period again afta she don born.
 - M = M mean metod of family planning.
- * If any of dis 3 things wey we just talk for up don change, e mean say u fit get belle anytime.
- * E beta to go ask advice from hospitu wey dey near u ontop new family planning metod wey dey wey u fit use and how u go dey use am.

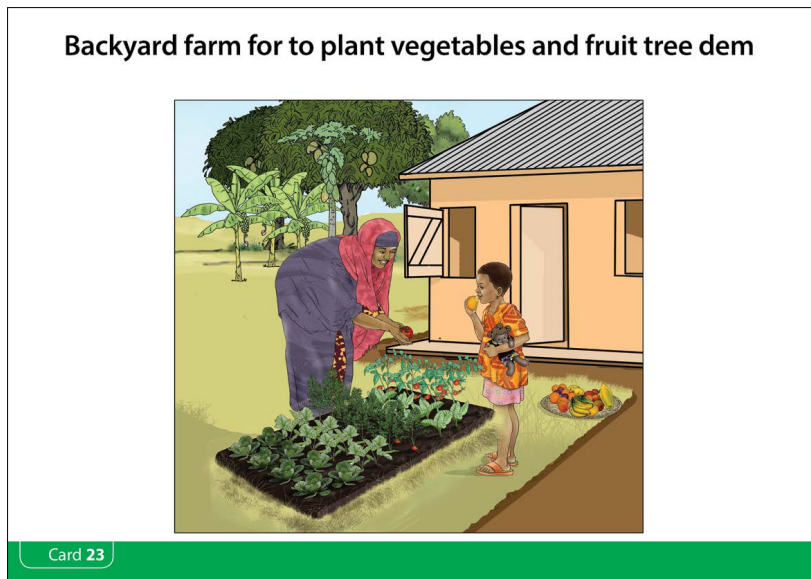
Wen u suppose kari ya pikin come hospitu



✳ Make u kari ya pikin run go hospitu or clinic wey dey near u quick quick if u see say any of di things wey dey for di list for down happen:

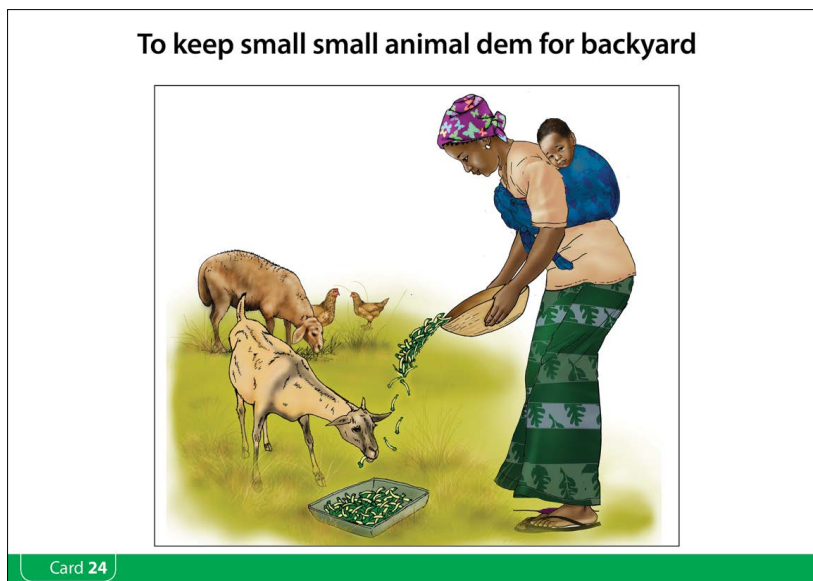
- Ya pikin no dey gree chop and e dey very weak (no dey get power).
- Ya pikin just dey vomit everything wey dey im belle.
- Ya pikin dey shit water water shit pass 3 times for one day (for 2-3 days and or say im dey shit blood or say im eye dey enta inside).
- Ya pikin get convulsion (that sickness wey dey make pikin bodi come dey shake well well, sometimes di pikin go tight all im bodi and even im mouth and teeth).
- Di down part of pikin chest de enter inside wen di pikin dey breathe in and e go be like say im belle go dey move up and down (disease wey de affect how person dey breathe).
- Wen pikin body dey hot well well (e fit be sign say pikin don get malaria).
- Wen ya pikin body dey thin or im body dey swell for sake of say im no chop beta food or im no dey see food chop at all.

Backyard farm for to plant vegetables and fruit tree dem



- * Make u do small farm for ya backyard wey u go dey plant different different vegetables wey ya family go dey see dey chop for inside every year. U fit plant karot and green dem like efo and ugu leaf. All dis food dem dey important as dem go give u and ya pikin di beta beta things like vitamins and minerals wey una bodi need for to stay well.
- * If u get plenti space for ya backyard, e go beta make u get like 3 small different different farm dem so u go fit dey plant different different things for different seasons of di year as weda sef dey change. Dis one go make u dey get fresh vegetable from ya own farm wey u and ya family go dey enjoy every time for di year.
- * U no need big big machine dem to take do backyard farm. U fit use only hoe and cutlass to take plant the backyard farm, but u go need to dey cut di bush, water di plant and take kia of di farm well well.
- * Wen u plant fruit tree dem like banana, mango, pawpaw, and orange dem, dem fit even bring money for u and ya family wen dem don grow and u start to dey pluck dem to sell after u don keep di one wey u and ya family go chop.

To keep small small animal dem for backyard



- * To keep small small animal dem, wey no cost like chicken fit give u and ya pikin dem di beta beta things dem wey go make pikin dem grow well and wey go make u and ya pikin bodi dey kampe.
- * Goat and sheep sef dey good to keep, if you get plenti space for inside ya compound.
- * If u fit to keep cow dem sef, ya pikin dem go dey get milik and oda beta beta things wey dem need to grow well and to make dem bodi dey kampe.
- * You fit even sell di extra meat, egg and milk wen you dey get from dis ya animal dem take buy oda kain food and things dem wey ya family need.

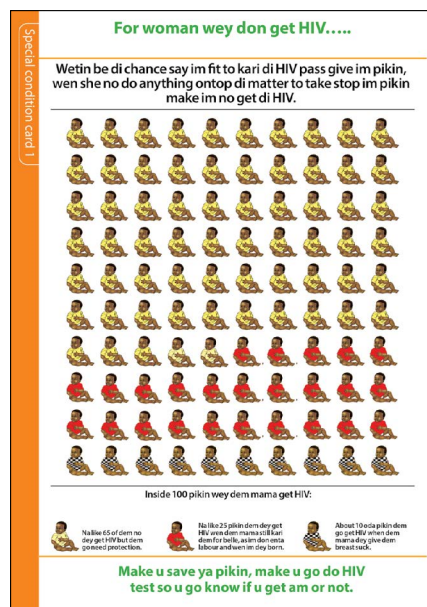
Small talk for komuniti worker:

Make u only use dis card dem for mama dem wey no wan follow di advice wey govmnt give ontop how to dey give pikin breast.

Special condition card 1:

For woman wey don get HIV.....

Wetin be di chance say im fit to kari di HIV pass give im pikin, wen she no do anything ontop di matter to take stop im pikin make im no get di HIV.



- * Woman wey get HIV fit kari am give im pikin wen e kari di pikin belle, wen im dey labour to born di pikin, wen she dey don born or wen she dey give di pikin breast.
- * But no be all pikin dem wey dem mama get HIV dey catch am o!
- * If u no do anything to take stop ya pikin make im no kari di HIV, for inside 100 mama dem wey get HIV, wey come get belle, born pikin and dey give pikin breast reach two years, na like 35 of dem go kari di HIV give dem pikin.
 - 25 pikin dem, fit catch HIV wen dem dey inside belle, wen mama dem dey for labour or as mama dey born dem.
 - 10 pikin dem dey catch HIV wen dem dey suck dem mama breast reach 2 years.

Di oda 65 mama dem NO go give dem pikin HIV.

- * All mama dem wey get HIV fit stop am make e no go catch anoda person if dem take kia to dey use condom if dem wan sleep with man wen dem get belle and wen dem dey give breast to pikin. If dem catch HIV again wen dem kari belle or wen dem dey give pikin breast, e go make am easy for pikin self to catch di HIV.
- * Make all d mama dem wey de give pikin breast and wey get HIV go hospitu or clinic wey near dem quick quick if dem see say dem get disease or wahala for dem breast.
- * Make dem no feed pikin from di breast wey get cut or small small wound for di mouth or di breast wey dey komot blood until dem don treat the wahala, but dem fit dey give di oda breast wey no get wahala. If mama see say pikin mouth dey red weda na inside or outside or d mouth get white white spot dem, make im quick quick kari di pikin go hospitu or clinic wey dey near dem.
- * E good make mama wey get HIV and come dey give pikin breast dey chop extra food everyday make e for dey get more power.

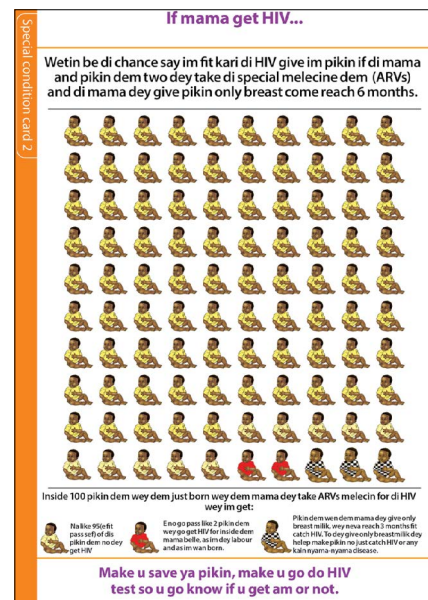
Small talk for Komuniti worker:

Make u use dis card if mama ask u about di wahala wey dey wen mama wey get HIV dey give pikin breast.

Special condition card 2:

If mama get HIV...

Wetin be di chance say im fit kari di HIV give im pikin if di mama and pikin dem two dey take di special melecine dem (ARVs) and di mama dey give pikin only breast come reach 6 months.



- * Woman wey get HIV suppose dey get di special melecine dem (wey oyinbo dey call antiretroviral drugs or ARV dem). Dis one go fit make d pikin for no catch HIV for belle, as dem born am or as e dey suck mama breast.
- * Pikin wey dem just born and im mama get HIV suppose dey get di special melecine dem (ARVs). Dis one go fit make di pikin no catch di HIV wen im dey suck im mama breast.
- * For di whole time wey di mama wey get HIV dey give im pikin breast, e dey good say make di mama wit im pikin dey take take dis special melecine (ARVs).
- * If mama we get HIV dey giv pikin only breast so te pikin reach 6 months and di mama or im pikin dey take dis ARV dem for d time we im de giv pikin breast, di chance say pikin fit catch di HIV go dey small.
- * If mama dem do all dis things wey dem talk here so, if u put 100 mama dem wey get HIV togeda and wey get belle, born or dey give pikin breast so te one year reach, na only like five of dis mama dem fit kari HIV give dem pikin.
 - 2 pikin dem fit get HIV wen dem mama still carry dem for belle, wem dem mama dem dey labour or as dem mama dey born dem.
 - 3 pikin dem fit get HIV as dem dey suck dem mama breast.

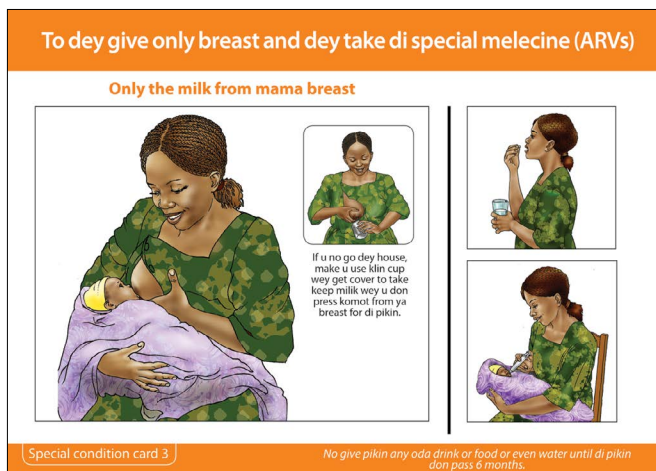
E fit pass 95 of dis mama dem wey no go carry HIV give dem pikin dem.

Small talk for Comunity worker:

Make u use dis card if mama ask u about di wahala wey dey wen mama wey get HIV dey give pikin breast.

Special condition card 3:

To dey give only breast and dey take di special melecine (ARVs)



- * Make mama wey get HIV go talk with dokita or dem people wey dey work with dokita for hospitu ontop how im go take dey feed im pikin.
- * To give pikin only breast so tee di pikin reach 6 month and di mama and pikin dem de take di special melecine (ARVs), di chance say di mama go kari di HIV give im pikin go small.
- * Wen mama wey get HIV dey give im pikin only breast, d pikin go get all d beta beta wey dey inside breast milik, plus di one wey go make di pikin no catch di sickness wey dey make pikin dey shit shit plenti plenti times and oda sickness dem.
- * If mama wey get HIV dey give im pikin breast join oda food and drink dem like milik wey dey inside tin, animal milk or even water sef, before im pikin reach 6 months, di chance say di mama fit kari di HIV give im pikin plenti.
- * To dey give pikin breast come dey join oda food dem put fit spoil di pikin belle and e go make am easy for di pikin to catch di HIV and oda sickness dem.
- * Wen pikin dey suck breast and come dey chop oda food join am, di chance say di pikin fit die becos of plenti shit shit and di one wey they cause too much cold for chest (pneumonia) plenti. Dis na becos pikin no dey get di protection wey only breast dey give am. Even self di food dem fit don spoil before pikin chop am.
- * If mama wey get HIV come dey get wahala for im breast, make im go see dokita make dem treat am quick quick. Dis mama fit dey press milk komot from im breast and boil am small and give di pikin come reach wen mama breast don get well again.
- * Pikin wey dey for danger to fit get HIV suppose go hospitu make dem check wen im don reach 6 weeks to know weda im get di HIV or not.
- * All pikin dem wey dem check for 6 weeks come see say dem no get HIV, make dem mama dem dey give dem only breast reach 6 months, and make dem still dey give breast reach 2 years or even pass but make dem take oda food dem join am wen pikin don reach 6 months just as dokita dem take advise.
- * All pikin dem wey dem check for 6 weeks come see say dem get HIV, make dem mama dem dey give dem only breast reach 6 months, even say mama and pikin no get di special melecine (ARVs). Make di mama dem still dey give breast reach 1 year but make dem take oda food dem join am wen pikin don reach 6 months just as dokita dem take advise.
- * Wen dis pikin don reach 12 months, make u stop to dey give am breast. But no just wake up one day stop am. U go dey stop am small small and e fit take like one month before u stop am final.

Small talk for health worker:

- * *Make u go look wetin we Govment don gree ontop how mama dem go give pikin breast wen HIV don enta di matter.*
- * *Wen mama wey born dey take melecine for HIV all im life and come dey give breast, di pikin suppose dey take melecine wey oyibo call nevirapine (NVP) everyday from wen dem born am come reach 6 weeks.*
- * *For one kain ARV (make u see wetin Govment talk for inside dis one), mama go dey take dis melecine reach one week afta im don stop to dey give breast to im pikin and di pikin sef go dey take NVP everyday from di time wen dem born am come reach 6 weeks afta dem born am.*
- * *E still get anoda kain ARV(make u see wetin Govment talk for inside dis one)mama go de take dis melecine for inside one week afta im don born and di pikin go dey take NVP everyday from di day wen dem born am come reach one week afta im mama stop to dey give am breast.*
- * *Make u tell di mama di beta wey dey inside di ARVs both for di mama bodi and for to help di mama no kari di HIV give im pikin.*
- * *Make u help mama dem wey get HIV to go clinic wey dey give ARV melecine or wey go direct dem to wia dem fit get di melecine.*
- * *Make u always dey talk di mama dem wey get HIV about di ARV melecine anytime wey u see dem even wen dem come clinic come hear how dem fit give dem pikin food.*
- * *Make u direct mama wey get HIV go see dokita anytime wey im wan change di way wey im dey take give im pikin food or wen im ARV medicine wan finish.*

Special condition card 4:

For mama wey no wan follow Govment advice ontop how mama wey get HIV go dey give im pikin breast



Only Baby Food (Food wey dey inside tin)

- * Na for hospitu mama dem dey get advice ontop di kain food im fit give im pikin.
- * If mama give im pikin ONLY baby food wey dey inside tin reach 6 months di pikin no go get HIV as im mama no dey give am breast.
- * Mama wey wan give im pikim ONLY baby food wey dey inside tin go still dey take the ARV melecine (reach one week after she don born and di pikin go take di melecine reach 6 weeks afta dem born am).
- * E good make mama dey make di pikin food and make im dey give am by imsef for sake of say dis go make mama and im pikin sabi themsef well well come dey very close. Dis go also komot di katakata wey fit dey wen person no do dis baby food wey dey inside tin as dem suppose do am.
- * Wen mama wey get HIV dey give her pikin breast come join am with baby food wey dey for inside tin and oda food dem or water before di pikin reach 6 months, di chance say di mama fit kari HIV give di pikin plenti.
- * Wen pikin wey neva reach 6 months de suck breast come join am with baby food wey dey for inside tin and oda food dem or water, dis one dey always cause wahala for di pikin as im belle neva strong finish. Oda food dem wey no be breast milk fit damage di pikin belle. Dis one fit make am easy for HIV and oda disease dem to enta di pikin bodi.
- * Make u helep di mama ontop of how im go dey give im pikin food:
 - No give pikin oda kain food join breast milk.
 - No put plenty water for di baby food wey dey inside tin pass as dem talk am for di tin bodi.
 - Helep mama read wetin dem write put for di bodi of di baby food tin.
 - Make u use cup take give pikin food.
 - Make u see wetin dey Special Condition Card 2.
- * Make u troway any baby food wey pikin chop remain.
- * Give pikin klin water as u dey give am food wey dey inside tin.
- * Make u direct mama go hospitu if im pikin dey shit shit plenti times or say in get any oda kain sickness or say mama no fit get tin food wey reach im pikin chop.

Special condition card 5:

Wen mama fit use baby food (milik) wey dey inside tin for im pikin



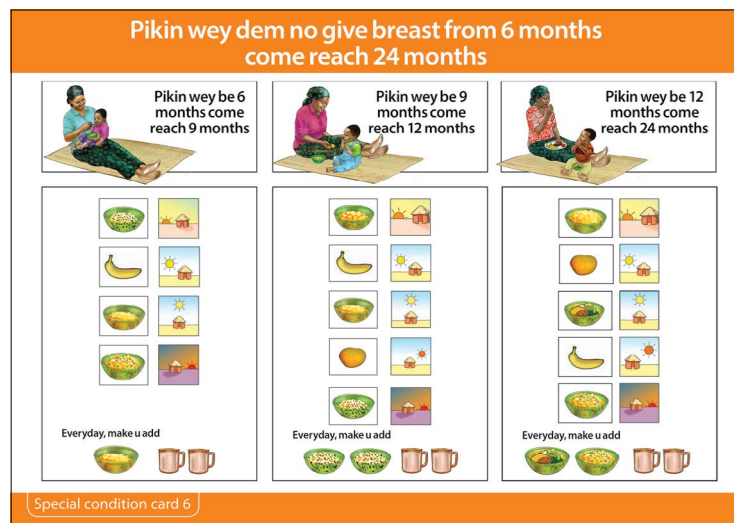
- * Make u and dokita or person wey dey work wit am talk ontop how u go take feed ya pikin.
- * Wash ya hand dem wit soap and water before u make di pikin food and when u wan give am food.
- * Make sure say u get enof baby food for ya pikin to take grow well well and wey go kari am reach 6 months or pass sef.
 - Pikin go need like 44 tin dem of di baby food wey be 450g from di day dem born am reach 6 months.
 - Pikin go need like 50 tin dem of di baby food wey be 400g from di day dem born am reach 6 months.
- * Make u dey always read wetin dem write put for di tin bodi well well. If wetin dem write no too dey clear to u, make u ask somebody to helep u.
- * If u want make pikin food, make sure sey na klin water u dey take mix am. If u fit, make u get d water wey u go use for one day readi. Make u put di water for fire and make e boil for 2 minutes. Put di water for inside flask or for klin kontaner we dem make to keep hot water.
- * Make u dey kari or keep di water wey u don boil and di baby food powder separate separate so dat u go mix only di one wey pikin wan chop if e be say mama workplace far from house or for make di pikin food for night.
- * Make u dey wash di thing dem wey u dey use make pikin food with klin water plus soap and make u dey boil dem so u fit kill all di nyamanyama thing dem wey go fit cause sickness for pikin.
- * Make u dey use only spoon or cup wey kiln well well to dey take give pikin food. Even pikin wey dem just born dey quick sabi how to take drink from cup. No use feeding bottle or cup wey get long neck.
- * Make u dey keep di baby food tin inside place wey dey klin and wia notin fit do am.
- * Make u dey only make di food wey pikin fit chop finish for one time, and make u no keep food wey u don make and wen di pikin no finish pass one hour.
- * NO give pikin breast suck again wen u don dey mix oda food give am. No dey mix any kain food give pikin to dey chop.

Small talk for komuniti worker:

Dis advice card na for mama wey decide for hospitu say im no wan dey give im pikin breast milk wit ARV melecine.

Special condition card 6:

Pikin wey dem no give breast from 6 months come reach 24 months



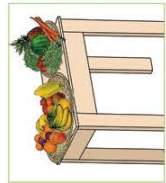
Small talk for health worker:

Make u use dis card for only pikin dem wey dem neva give breast suck wey don reach 6 months dey go 24 months.

- * All pikin dem wey neva reach 2 years and dem don stop to dey give dem breast suppose dey drink notin less than 2 cup of milik everyday.
- * Dis milk wey dis pikin dem suppose dey drink fit be baby food wey dey inside tin wey mama don make as dem write put for di tin bodi, or e fit be milik wey dem get from animal like cow and goat wey dem suppose boil well, well for pikin dem wey neva reach 12 months. U fit give pikin dis milik weda hot or cold as u want am, even self u fit mix am put inside pap or oda food dem for di pikin.
- * U suppose to always boil di fresh milik wey u get from animal dem before u give am to pikin wey neva reach 12 months.
- * All pikin dem need to dey chop oda food from wen dem don reach 6 months.
- * Pikin wey dem no dey give breast from 6 months reach 9 months go need to dey chop di same food and small chop chop like di pikin wey dey suck breast wey be di same age. But dis pikin wey no de suck breast go need one extra food plus two cups of milik everyday (1 cup na 250ml).
- * Pikin wey dem no dey give breast from 9 months reach 12 months go need to dey chop di same food and small chop chop like di pikin wey dey suck breast wey be di same age. But dis pikin wey no de suck breast go need two extra food plus two cups of milik everyday.
- * Pikin wey dem no dey give breast from 12 months reach 24 months go need to dey chop di same food and small chop chop like di pikin wey dey suck breast wey be di same age. But dis pikin wey no de suck breast go need two extra food plus two cups of milik everyday.
- * Afta 6 months don pass, make u dey give pikin 2 or 3 cups of water drink everyday, especially wen weda dey hot.



Beta way u fit take dey make food make e no cause wahala for u



* To dey keep everything klin (good hygiene) good well well as dis go helep make u no catch di sickness wey go dey make una dey shit shit plenty times and oda sickness dem.

* Make u dey use things (plates, pots, cups, spoons) wey dey klin to dey cook food and make u dey keep di food for wia dey klin well well wia doti no fit enta am.

* Make u cook meat, fish and eggs make dem done well well.

* Make u wash vegetable, cook am fast fast and no let am tee for fire, make u chop am quik quik so u fit get di beta things wey dey inside am.

* Make u wash fruit and vegetable dem wey dem no dey cook well well before u cut and before u chop am.

* Make u wash ya hand wit soap and water befo u make food and afta u don use di toilet or sey u just wash pikin nyash.



Oda beta things wey u suppose know



* Make u dey rest pass as u dey do before and no dey do too much work wen e don enta like 3 months before u born come reach 3 months afta u don born.

* Make u dey sleep inside mosquito net wey dem take chemical wey dey kill mosquito take wash everynight make u for no catch malaria.

* If u see say u get fever make u go hospitu quick quick make dem give u melecine.

* Make u dey take worm melecine to take drive komot di worm dem wey fit make u no get blood for ya bodi.

* Make u no dey use alcohol, tobacco or melecine wey go dey do make sleep dey catch u.

Food wey ya bodi need and how u fit dey take kia of ya bodi wen u get HIV

* E good well well make u know weda u get or u no get HIV. Di only way wey u fit know weda u get am na to go do di test make dem for check ya bodi.

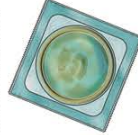
* If e be say u get HIV, make u see ya dokita make una talk ontop how u go dey take kia of yasef and di kaim melecine wey u go dey need plus how u fit to dey feed ya pikin.

* If u get HIV, u go need extra food to take fit dey get extra power.



* Make u save ya self and ya pikin from HIV and oda sickness dem wey person fit get from sex, wen u get belle and wen ya pikin dey suck breast. U fit do dis wen u no dey skin-to-skin sex and wen dey use condom wen u wan do sex.

* Make u dey wear condom well well wen u wan do sex and make sure say u wear as e suppose be. Make u go see ya family planning dokita.



This brochure was adapted and updated for UNICEF New York from material developed by University Research Co., LLC in Tanzania, Kenya, Malawi, and recently in Uganda under the Nulife Program: USAID Cooperative Agreement 717-A-00-08-00006-00, February 2010.



Food dem wey u suppose chop wen u get belle or dey give pikin breast



Make u dey chop beta food everytime!

Wetin u suppose know?



- * Wen u get belle, make u dey chop ogbonge food like three times everyday come still support am wit one extra small food or small chop chop (small chop dem wey person dey chop afta in don chop di main food).
- * Wen u u dey give pikin breast, make u dey chop ogbonge food like three times everyday come still support am wit two extra small food or smaa chop chop dem.
- * Make u dey chop different kain food wey dey ya area everyday.
- * U no need any kain special food for ya breast to dey make milk.
- * Small mama dem wey neva reach to born (wey still dey between 12-17years) need more food and extra kia and plenti rest.
- * Dey drink plenti water and food wey dey dey like water.

Make u plan wetin u go chop make make u for get all di beta thins wey ya bodi need form di food



Food wey dey give power na; corn, rice, millet and guinea corn and food wey dey grow enta inside ground like cassava, yam and potato.



Food wey get Vitamin A wey dey protect bodi na, vegetable and fruit like mango, papaw, orange, leaf wey green well well, karrot, yellow sweet potato and oda fruit like banana, pineapple, pear, watermelon, tomato, garden egg and cabbage.



Food like beans, peas, groundnut, and seed dem like beni seed dey helep build bodi.



Food from animal dem like meat, chicken, fish, liver, egg and oda food from cow like milk, yogurt and butter dey helep build our bodi.



Food wey dey give oil and fat na like, butter, palm oil and groundnut oil dey helep make vitamins enta bodi well well, e dey even give power sef.

Make u protect ya bodi well well

Mama dem wey get belle and di ones wey dey give pikin breast go dey:



- * Go hospitu pass four times wen dem still kari belle for antenatal. Dis one na from di first 3 months wey im get di belle.
- * Make u dey drink plenti klin water everyday.
- * Make u no dey take tea or coffee at all wen u still get belle

Which kain melecine u go need?

- * U need to dey take iron and folic acid melecine wen u get belle and come reach 3 months afta u don born.
- * Make u take di iron melecine as u dey chop make e for helep di beta beta things wey dey inside di food quick enta ya bodi to keep am kampe.
- * Make u dey use salt wey get iodine, dis one dey helep prevent any kain sickness wey no go gree pikin fit begin learn and develop quick quick, e go make di pikin no grow well and make something no grow for di mama neck.
- * As u just born finish, make u take vitamin A medicine immediately or for inside 6 weeks wey u born to take make sure say the pikin fit suck Vitamin A from di breast milk.





How u go give pikin breast make wahala no dey

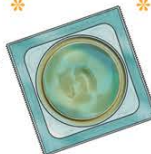
- * Make u kari ya pikin well and make im put im mouth well well for ya breast make miilk for dey flow well well. Dis one go help make ya breast no come swell up come dey pain u and make u for no get wound for di mouth of ya breast. To dey give pikin breast nor suppose dey pain di mama.
- * If u get wound for di mouth of ya breast make u put breast miilk ontop am, make u no put any kain cream or melecine wey dem dey rub, unless na di one wey doctor give u.
- * Give pikin breast suck plenti plenti time make ya breast no come swell up.
- * If pikin no suck breast well or say ya breast come full too much, u fit use ya hand press di miilk komot. Dis go help make ya breast soft.
- * U fit keep di breast miilk wey u don press komot from ya breast for cool place, but make e no stay pass 6 hours to 8 hours.
- * If say one or two of ya breast dey pain u or come dey hot wen u touch dem, make u go see dokita.
- * Make u check to see we da any kain small wound dey inside ya pikin mouth. If u see any wound, make u kari pikin go see dokita.
- * If u get wahala ontop to dey give ya pikin only breast, make u talk with dokita or person wey dem don train ontop di matter.



Di things wey u no suppose forget



- * To give breast to ya pikin dey good for ya bodi and for ya pikin bodi and e dey good for ya family and even for di beta of we country Nigeria.
- * To dey give only breast to pikin inside 6 months wey u born am, go help make u no kari anoda belle, if say u neva begin see ya period afta u born. Make u try see dokita or person wey get experience wey go help u ontop how to dey give time afta u born pikin before u kari belle for anoda one.
- * Wen ya pikin don reach 6 months make u still dey give am breast suck and make u start to dey give am oda food chop join di breast miilk.
- * Make u shine ya eye for pikin, if u see say pikin dey shit shit plenti times for inside one day, or say malaria dey wori am, or say pikin no dey breathe well or say im no dey gree chop, make u sharp sharp go see dokita for hospitiu.
- * If u be mama wey get HIV, make u no give ya pikin breast wen u get wound or wen blood dey komot from di mouth of ya breast. Make u give am di oda breast wey no get wound or blood and make u use ya hand dey press di miilk komot troway from di breast wey get wahala.
- * Wen mama get HIV before or come get am wen im dey give pikin breast, di chance say dis mama go kari di HIV give im pikin plenty o. Make di mama dey use condom well well anytime wey she wan sleep with man.
- * To fit save ya pikin, make u go do test make u for know we da u get or no get HIV.



This brochure was adapted for UNICEF New York from material developed by University Research Co., LLC. It was adapted for Nigeria and produced for World Breast Feeding Week (1-7 August, 2011) with support from the Infant and Young Child Nutrition Project (IYCN), funded by USAID Nigeria.



How to give pikin breast suck



To give pikin breast suck

Wetin u suppose know?

- * E dey good make u start to dey give ya pikin breast suck just as u born am (inside 30 minutes wey u born am). Dis go helep make ya breast begin make di milik for ya pikin.
- * Make sure say u give ya pikin dat first milik wey dey komot for ya breast wey dey yellow (oyinbo dey call am Colostrum). Na dis colostrum go helep make ya pikin no catch many nyama nyama disease dem.
- * Breast milik go give ya pikin all di food and all di water wey im need from wen u born am take reach 6 months.
- * To give ya pikin only breast (exclusive breastfeeding) mean say na ONLY breast u go dey give ya pikin. U no go give pikin any oda milik dem, food or drink even sef small water. Na only di melecine wey dokita say make u give am na im u fit give.
- * If u give ya pikin breast come dey join am with oda milik dem, ogbonge food and oda things to drink before six month reach, e no good for ya pikin bodi at all at all. E dey cause sey ya breast no go dey make plenty milik and e fit make ya pikin dey sick sick.
- * If u dey komot and u no fit kari ya pikin along, u fit press milik komot from ya breast keep inside clean cup for ya pikin.



Make u helep ya pikin put mouth well well for ya breast.

- * Make sure say u start to dey give pikin breast suck inside 30 minutes wey u just born am.
- * If pikin hold im mama breast well well for mouth, e go helep ya pikin suck well well.
- * If pikin hold im mama breast well well for mouth, e go helep ya breast to dey make plenti milik.
- * If pikin put mouth well well for im mama breast, e go helep make di mama no get wound for di mouth of im breast.
- * For u to sure say pikin put mouth for breast well well.
 - Make u take di mouth of ya breast take touch pikin mouth.
 - Make u wait for pikin to open im mouth well well.
 - Quick, quick bring ya breast from bottom, aim di mouth of ya breast up near di inside top of ya pikin mouth.
 - Make ya pikin take ya breast full im mouth.
- * Di 4 things u go see to take know say pikin mouth dey for breast well:
 1. Pikin mouth go open well well.
 2. U go dey see plenti of dat black area of mama breast mouth ontop di pikin mouth pass under im mouth.
 3. Pikin lip wey dey under go shoot out and come pull down as im dey suck.
 4. Pikin chin go dey touch ya breast.
- * Pikin go dey suck breast slow slow, suck am fast fast, afta im go stop rest small before im continue.



How many time I fit give my pikin breast suck

- * Give ya pikin breast suck anytime wey im want am weda na for daytime & for nighttime like 8 times go reach 12 times everyday.
- * If u give pikin breast suck plenti time for inside one day, e go helep ya bodi to dey make plenti milik for ya pikin.
- * Make u let ya pikin suck one breast finish take im hand komot im mouth by himself. Give am di oda breast, na pikin go decide weda im wan suck more join or not.
- * U go know weda ya pikin dey suck enough breast milik, if im piss come dey yellow and im dey piss reach like 6 times everyday and u go see say im dey add bodi.
- * Make u dey take time sidon or lie down for ground to dey give ya pikin breast and make u dey look am and dey give am attention. Make u dey keep ya pikin near u both for daytime and for nighttime.





Dey add food join to pikin food as im dey grow



Start to dey give pikin oda food dem wen im don reach 6 months
Di kain food:
 Food wey soft and wey dem don grind well well
How many times e go chop:
 2 to 3 times everyday
How di food go plenti reach:
 2 to 3 big spoon (tablespoon) every time wey pikin dey chop



From 6 month reach 9 month
Di kain food:
 Food wey dem don grind
How many times e go chop:
 2 to 3 times inside one day plus 1 to 2 small chop chop
How di food go plenti reach:
 2 to 3 big spoon (tablespoon) reach up to half cup every time wey pikin dey chop



From 9 reach 12 months
Di kain food:
 Food wey dey don cut or wey dem don grind wey pikin fit chop wit im hand
How many times e go chop:
 3 to 4 times inside one day plus 1 or 2 small chop chop
How e go plenti reach:
 Make e no small pass half cup every time wey pikin dey chop



From 12 months go reach 24 months
Di kain food:
 Food wey every body for house dey chop, we da dem cut am small or dem grind am as dem fit
How many times e go chop:
 3 to 4 times everyday plus 1 to 2 small chop chop
How di food go plenti reach:
 E go reach $\frac{3}{4}$ cup or one full cup sef every time wey pikin dey chop

* Small chop chop na extra food like fruit or akara wey dem dey chop before time for korrekct food reach.
 ** One cup na 250ml

Things wey u no suppose forget



- * Wen pikin dey 6 months come dey go 2 years, im still need to dey suck breast.
- * If u no dey give pikin breast suck, make u give am two cups of miilk (dat na 500ml) everyday, wey u go divide for am for di whole day.
- * No give ya pikin tea, kofi, soft drink or minerals wey get sugar or colour inside.
- * Make u no full ya pikin belle with fruit juice dem so im go fit get space chop beta food. Give ya pikin water wey dey kiln to drink.
- * Make u dey always use klin cup wey im mouth open to dey give pikin food. No use feeding bottle, sucker or cup wey get long mouth.



- * Make u still dey kari ya pikin go hospitu to dey check as im dey grow and for make dem give am di injection dem wey dey make small pikin dem no catch sickness (immunization) and make dokita dey check am.
- * Wen ya pikin dey sick, try to dey give am small small food plenti time, plus breast miilk and oda drink dem join am. Make u de help di pikin chop di different different kain food wey soft and wey im de like to dey chop. Afta di pikin don well, make u dey give am food even pass as im dey chop before for like 2 weeks.

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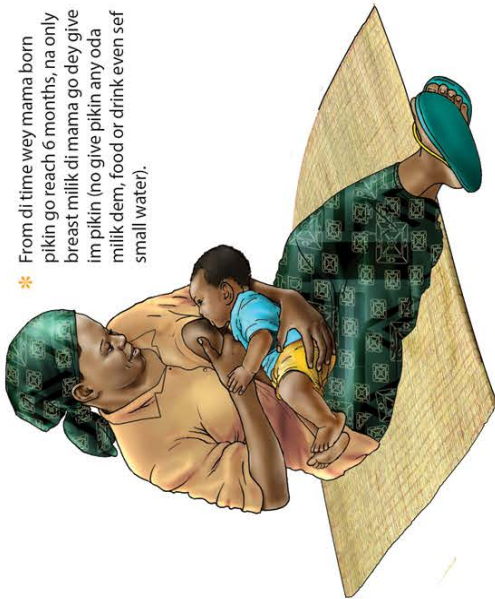
How to dey feed pikin wey don reach 6 months



From 6 months

Wetin u suppose know?

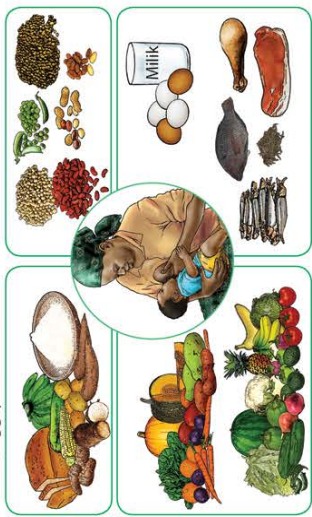
- * From di time wey mama born pikin go reach 6 months, na only breast milk di mama go dey give im pikin (no give pikin any oda milk dem, food or drink even sef small water).



- * Wen pikin don reach 6 months, make u start to dey give am oda food dem and make u still dey give am breast suck anytime im want am for daytime and nighttime sef.
- * Breast milk still dey very important for di food wey small pikin dey chop from 6 months go reach or even pass 2 years.
- * Wen u dey give food to pikin wey dey 6 months come dey reach 12 months, make u first give am breast before u give di oda food dem.
- * Wen pikin dem don pass 6 months u suppose give dem vitamin A melecim wey dey helep for pikin dem bodi 2 times inside one year.
- * Wen pikin dem don reach 12 months, dem suppose take worm melecim 2 times inside one year to komot di worm wey dey dia belle. E go good for make u get extra advice from person wey dey give u ogbonge and d propa advice for di clinic wey u dey kari pikin go.

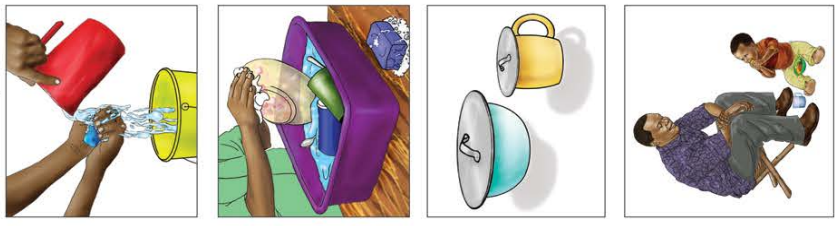
When ya pikin just start to dey chop

- * Give ya pikin food wey soft wey full one or two tablespoon three times everyday. Make u small small dey add put ontop di food, how e thick reach and di kain food dem wey u dey give am.
- * E good make u dey add breast milk, animal milk dem, groundnut wey dem don grind or soya bean flour for ya pikin pap wey u don make from corn, millet or wheat. E go beta if u dey mix 2 or 3 of dis kain flour dem. Make u dey sure say u don prepare di groundnut and soya beans well well.
- * Wetin ya pikin go need for im bodi pass pap na breast milk. Make u dey give am different, different kain food dem like fruit, vegetable, yam, sweet potato plus animal food dem like egg, fish and liver wey u don grind.
- * Make u start early to dey give ya pikin dis animal food dem (meat, fish, chicken, egg) plenti time as u fit.



- * U fit add small vegetable oil inside pikin pap or food wey u don grind. Small pikin dem no too need plenti oil for bodi. Only small oil wey no pass half of di small spoon (teaspoon) go do for inside one day.

Klin and beta way to dey make and keep food for pikin



- * Make u wash ya hand with soap and klin water wey dey komot for inside pump before u start to dey make or even to give pikin food. Wash pikin hand & still wash ya own hand afta u don change pikin nappy or u just komot for inside toilet.
- * Make u wash all di plate, cup and everything dem wey u dey use make pikin food with klin water and soap. Make u put dem for di place wey dem go quick and make u kofa dem reach wen u wan use dem again.
- * Make u dey cook food and keep food wey u don cook inside plate wey get kofa for wia dey klin well well. Small pikin suppose get im own plate and cup.
- * Make u give di food as u just make am finish.
- * Make u warm food wey don tey for ground pass one hour well well before u give am.
- * Small pikin dem dey try small small to dey chop food by demself. E good make big person (adult or big pikin) dey helep di small pikin dem as dem dey chop to make sure say dem chop belleful and say dirty no enta inside di food at all.
- * Papa and mama dem suppose to make sure say pikin don chop all di food wey im bodi need every day by day.

