Counselling Cards for Father-to-Father Support Groups
Infant and Young Child Feeding and Gender in Ghana
ABOUT SPRING
The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a seven-year USAID-funded cooperative agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

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ILLUSTRATION: SPRING
Understanding Gender
Gender Roles: Changing What Society Expects of Us

CARD 2
Gender Roles: Division of Labour and Child Care in the Home

CARD 3A
Men, Women, and Caregiving
Effective Communication in the Home

CARD 4
Healthy and Unhealthy Relationships
Fatherhood Roles
Family Care
Basic Hygiene

CARD 8
Keep Your Child in a Clean Environment

CARD 9
Your Family Should Eat a Variety of Foods
Understanding Maternal Nutrition
During the First Six Months, Give ONLY Breastmilk

CARD 12A
Exclusive Breastfeeding During the First Six Months

CARD 12B
Hand Expressing and Cup Feeding

CARD 12C
Complementary Feeding 6-9 Months
Complementary Feeding 9-12 Months
Complementary Feeding 12-23 Months
What to Do If Your Child Falls Ill

- Diarrhoea
- Refusal to Feed
- Vomiting
- Convulsions
- Respiratory Infection
- Fever
- Malnutrition

CARD 14
Men's Role in Health Promotion