Small Pikin and Big Pikin Chopchop

Korrect Advice Card for Komuniti Woka dem as Govment talk am
Korect Advice

Dis card dem na to helep 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 helep 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 helep u get mind for how u go give support to people wey need ya helep.

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 helep 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 de 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 de 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 mame go use for dis time.
6. No dey blow big oyibo for dem. Use small small oyibo 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 dey 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:

Step 1: Look into di matter 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 de person wey dey helep take kia of di 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 de 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 di pikin and im mama (or di person wey dey helep take kia of di pikin) dey kampe.
- If waha na dey, salute di mama (or di person wey dey helep take kia of di pikin) well well and u go come face how to take give dem information wey dem go use take kia of di pikin as im dey grow small by small.
- If plenti waha dey ontop di way way dem dey take feed di pikin or di bodi di pikin or im mama (or di person wey dey helep take kia of di pikin) no dey kampe, make u know as u go take face di waha na one by one but make u hama on di waha na dey bad pass before anoda.
- Make u answer any kain question wey di mama (or di person wey dey heлеп take kia of di pikin) dey ask u.

Step 3: Do something ontop wetin u see — Make u talk with di mama, tell am somethings wey im fit do and make una two agree ontop wetin im go fit do.
- Na from wetin u don see naim go helep u know di kain small small information wey u go give di mama (or di person wey dey helep take kia of di pikin) wey go helep am hama on di waha na dey dem get.
- No forget to hail di mama (or di person wey dey helep take kia of di pikin) for di beta beta thing wey dem dey do well well.
- Give dem different small small way way dem fit take hama on any waha na ontop how to feed dem pikin or how di bodi di pikin (or di person wey dey helep take kia of di pikin) take be. Anything wey u say make dem do must to get time for to do am (wedua days or week sef).
- Use korect advice card or message paper wey dey fit kari go house take give di mama (or di person wey dey helep take kia of di pikin) and no forget to answer dem question wey go follow.
- Helep di mama (or di person wey dey helep take kia of di pikin) to take choose di advice wey im gree try, make e for fit hama di waha na wey una see. Na dis one dem dey call togeda agreement wey go helep u and mama to dey flow togeda.
- Tell di mama (or di person wey dey helep take kia of di pikin) wia dem fit get more helep. Send dem go di clinic wey near dem pass and tell dem to dey join even group wia dem go dey hear beta talk ontop how dem dey feed dia small pikin and big pikin wey dey dem komuniti.
- Make sure say di mama (or di person wey dey helep 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 helep 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
Why e beta make u star to dey give ya pikin breast as u just born
To give breast to pikin from di day wey u born am reach 6 months

Give Breast Only
Breast milk only, no water at all at all
Give Breast only even if na for night
Give pikin only breast milk from wen u born am take reach 6 months
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
To dey give pikin breast to suck anytime wey im want am weda na for daytime and for nighttime
Plenti metod dey we u fit use kari ya pikin take give am breast
Di way wey pikin suppose hold im mama breast for mouth
To give breast to pikin wey no get bodi reach (small, chikini bodi) wen dem born am
Di way u fit use hand press milk komot from breast put inside cup to give pikin
Mama dem wey dey work and how dem go dey give dia pikin breast
How to take dey keep everything klin well well well
Start to dey add oda food ontop breast milik wen pikin don reach 6 months.
To dey give oda food join breastmilk from 6 months reach 9 months
To dey giv oda food from 9 months go reach 12 months
To dey give oda food from 12 months go reach 24 months
Different different kain food wey you fit use
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
How to dey give food to pikin wey dey sick wey neva reach 6 months
How to dey give food to pikin wey dey sick wey wey don pass 6 months
Make u dey put ya pikin for scale like every month make u for dey follow how im dey grow
To dey give space before u born anoda pikin dey helep keep bodi kampe and make person fit live long

LAM
Only breastfeeding

Man and woman condom (rubber)

Man no go sleep with woman at all.
(No touching body. No do soki soki)

Melecin wey u fit take like injection

Melecin wey u fit drink for mouth

Melecin wey u fit take for mouth

Norplant®

Family planning to take tie woman womb or belle make im no born again

Family planning to take do man make im nor fit give woman belle again

IUD
When you suppose kari ya pikin come hospitu

- De vomit
- Too much shit shit
- Convulsion (all di body dey strong come dey shake too much)
- To dey breathe fast fast
- Wen body dey hot well well (Malaria)

Hospitu or clinic

Sickness for sake of no chop korrecct food
Backyard farm for to plant vegetables and fruit tree dem
To keep small small animal dem for backyard
Special condition cards
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.

Inside 100 pikin wey dem mama get HIV:

- Na like 65 of dem no dey get HIV but dem go need protection.
- Nalike 25 pikin dem dey get HIV wen dem mamastill kari dem for belle, as im don enta labour and wen im dey born.
- About 10 odapikin dem go get HIV when dem mama dey give dem breast suck.

Make u save ya pikin, make u go do HIV test so u go know if u get am or not.
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.

Inside 100 pikin dem wey dem just born wey dem mama dey take ARVs melecin for di HIV wey im get:

Pass sef) of dis pikin dem no dey get HIV

E no go pass like 2 pikin dem wey go get HIV for inside dem mama belle, as im dey labour and as im wan born.

Pikin dem wen dem mama dey give only breast milik, wey neva reach 3 months fit catch HIV. To dey give only breastmilik dey help make pikin no just catch HIV or any kain nyama-nyama disease.

Make u save ya pikin, make u go do HIV test so u go know if u get am or not.
To dey give only breast and dey take di special melecine (ARVs)

Only the milk from mama breast

If u no go dey house, make u use klin cup wey get cover to take keep milik wey u don press komot from ya breast for di pikin.

No give pikin any oda drink or food or even water until di pikin don pass 6 months.
For mama wey no wan follow Government advice on top how mama wey get HIV go dey give im pikin breast milk. Only milk wey dey inside tin for small pikin wey dem just born (baby food).
Wen mama fit use baby food (milik) wey dey inside tin for im pikin
Pikin wey dem no give breast from 6 months come reach 24 months

Pikin wey be 6 months come reach 9 months

Pikin wey be 9 months come reach 12 months

Pikin wey be 12 months come reach 24 months

Everyday, make u add

Special condition card 6