



Small Pikin and Big Pikin Chopchop



Korrek 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 anyting 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 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 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 helep u sabi beta advice wey u fit give mama (or di person wey dey helep 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 helep 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 we 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 helep take kia of di pikin) dey kampe.
- If wahala no 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 di information wey dem go use take kia of di pikin as im dey grow small by small.

- If plenti wahala dey ontop di way wey dem dey take feed di pikin or di bodi of 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 wahala one by one but make u hama on di wahala wey dey bad pass before anoda.
- Make u answer any kain question wey di mama (or di person wey dey helep take kia of di pikin) dey ask u.

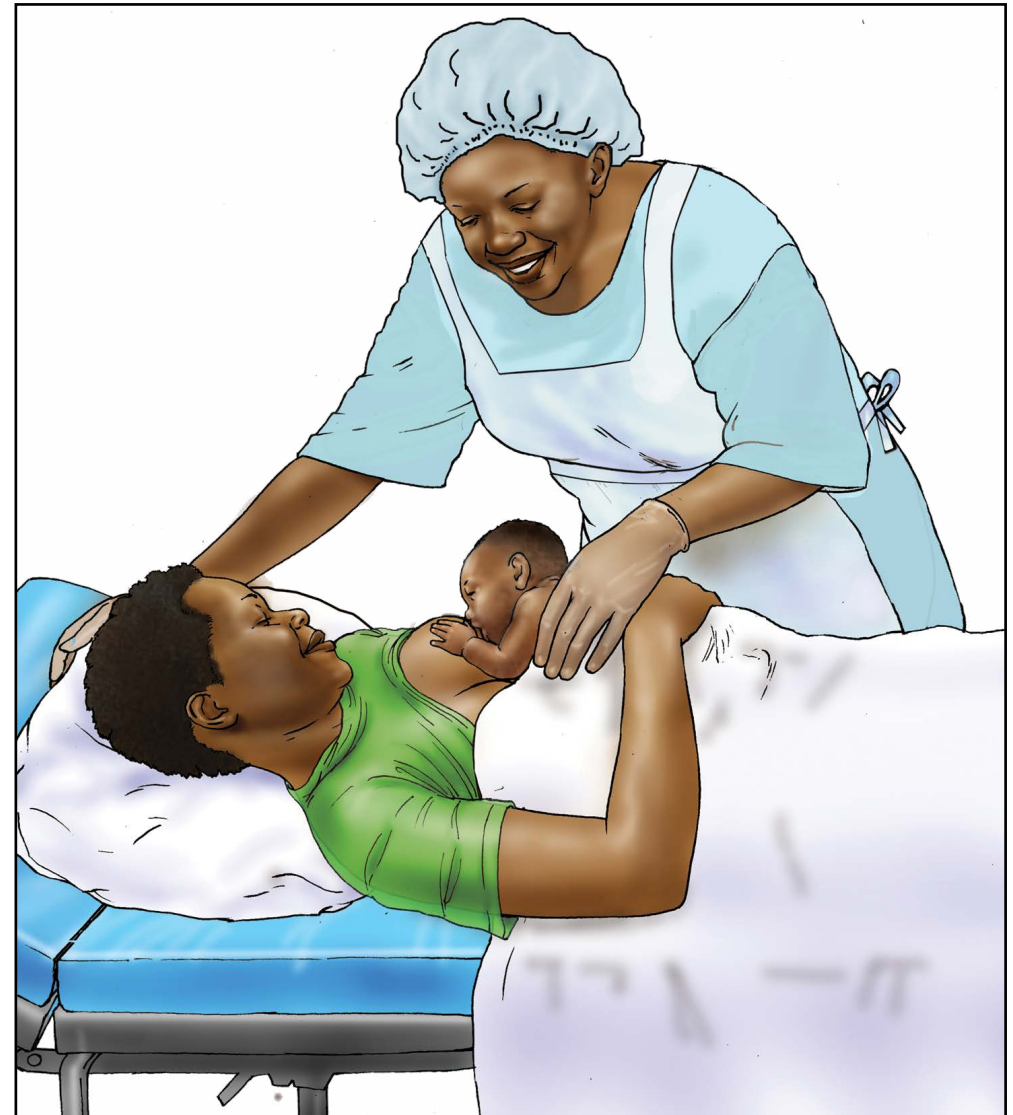
Step 3: Do something ontop wetin u see — Make u talk with di mama, tell am some things wey im fit do and make una two agree ontop wetin im go fit do.

- Na from wetin u don see naim go 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 wahala wey 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 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 helep 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 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 wahala 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 go 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

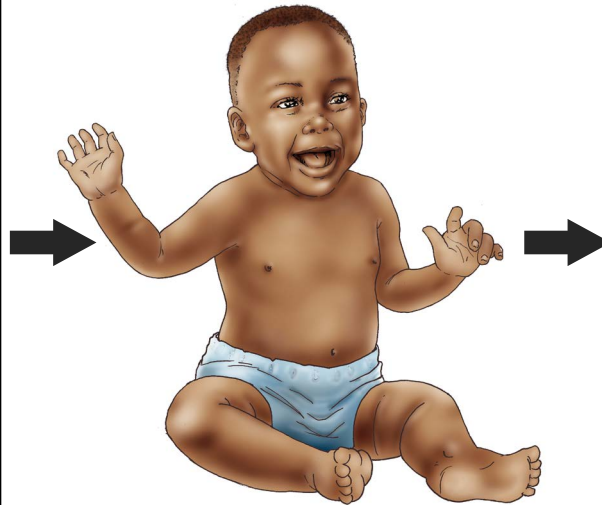


Breast milk only, no water at all at all



Give Breast only even if na for night

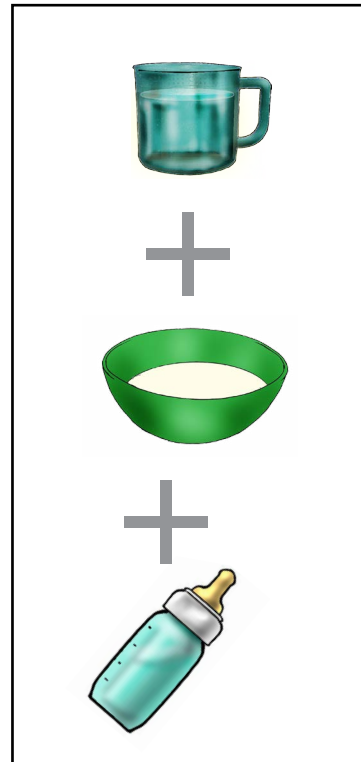
Give pikin only breast milk from wen u born am take reach 6 months



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



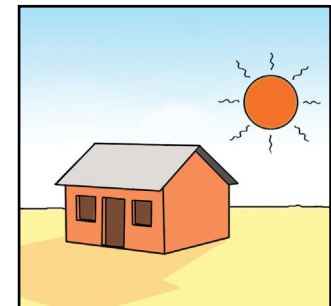
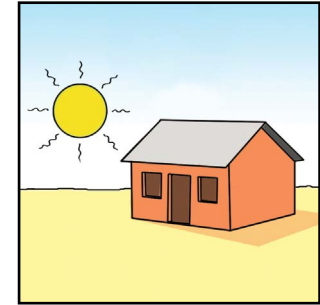
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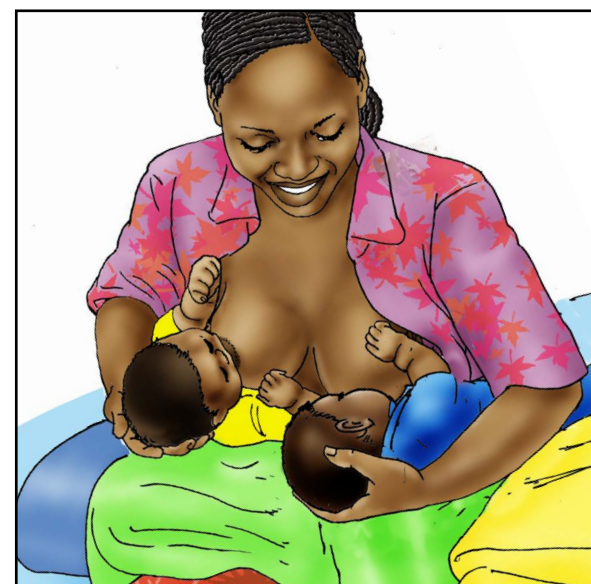
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To dey give pikin breast to suck anytime wey im want am weda na for daytime and for nighttime



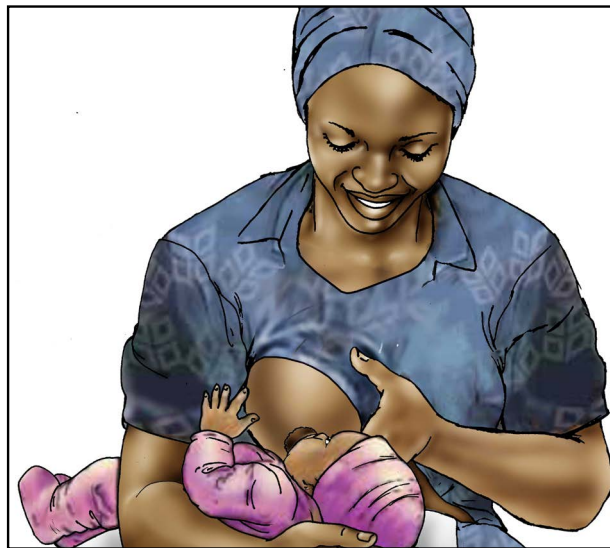
Plenti metod dey we u fit use kari ya pikin take give am breast



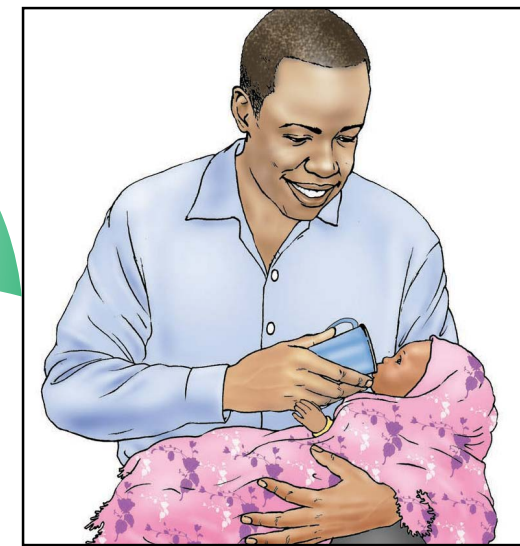
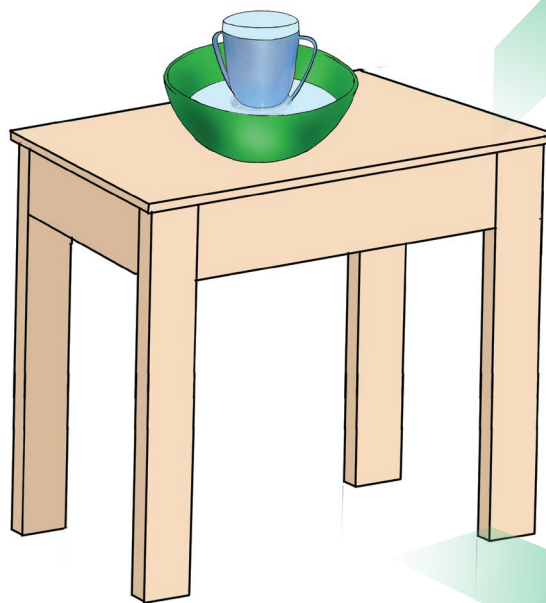
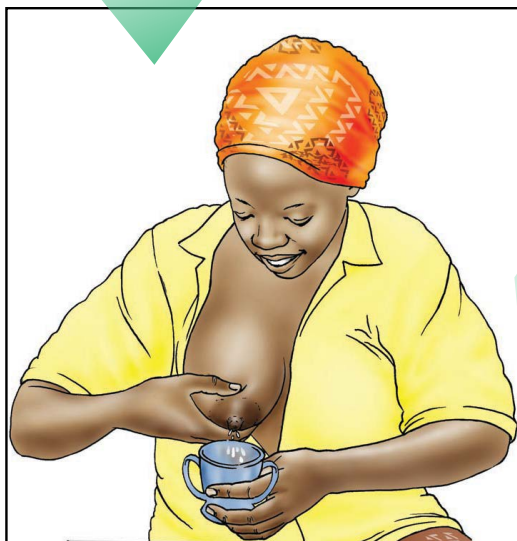
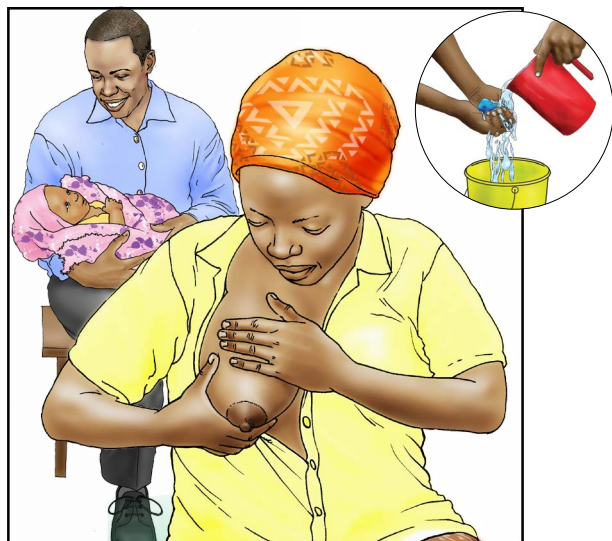
Di way wey pikin suppose hold im mama breast for mouth



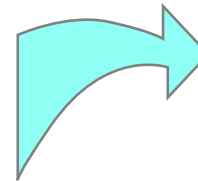
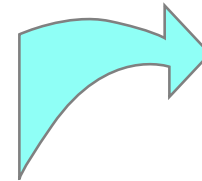
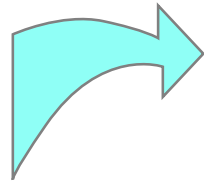
To give breast to pikin wey no get bodi reach (small, chikini bodi) wen dem born am



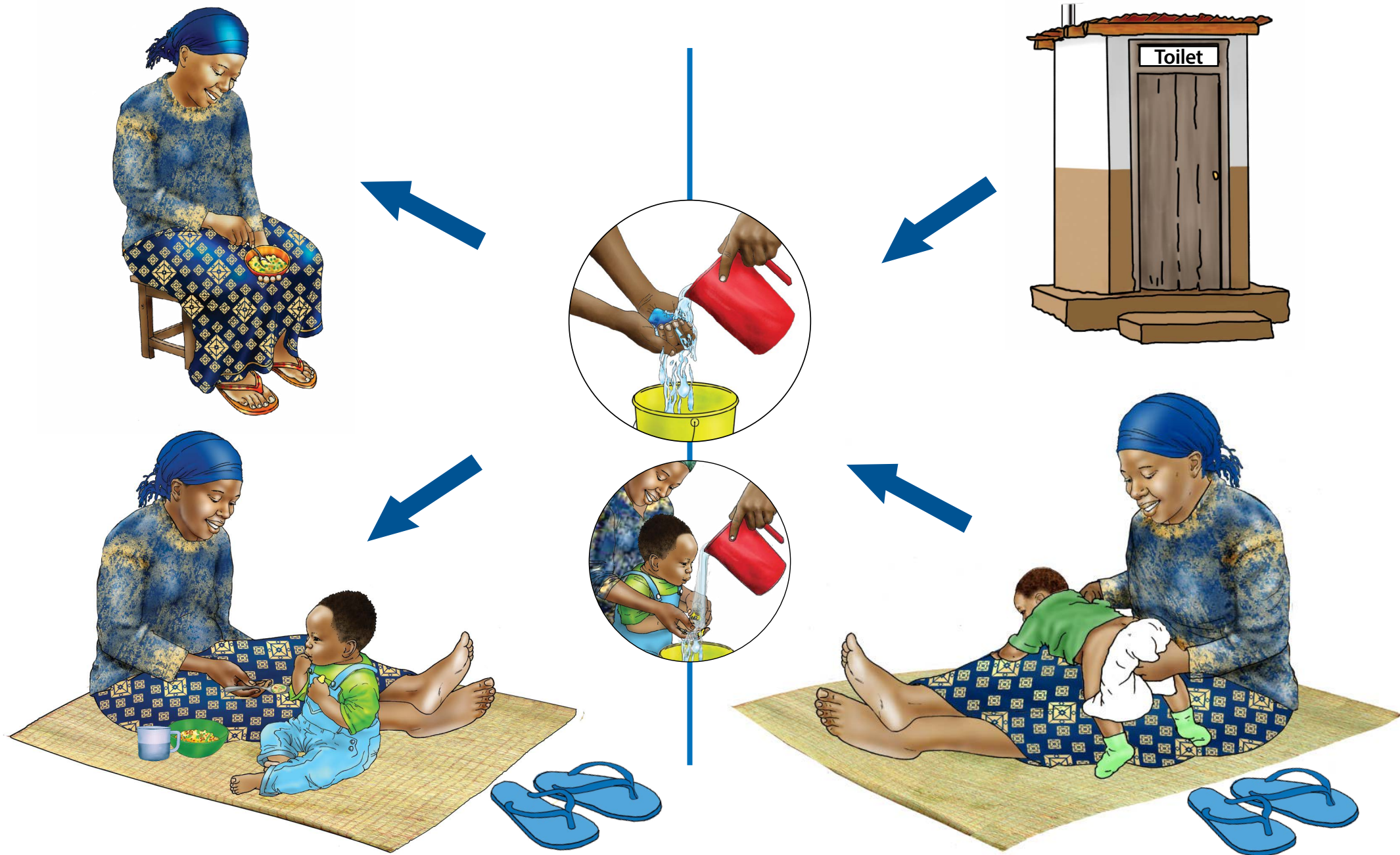
Di way u fit use hand press milk komot from breast put inside cup to give pikin



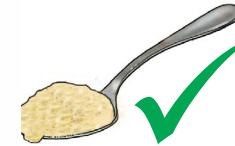
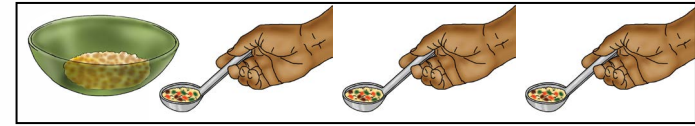
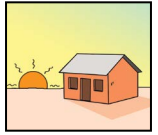
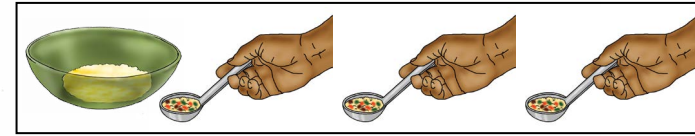
Mama dem wey dey work and how dem go dey give dia pikin breast



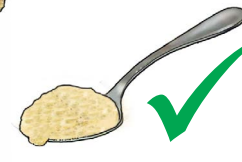
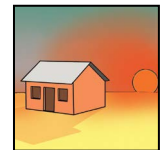
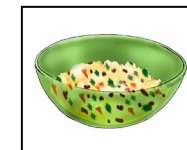
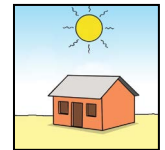
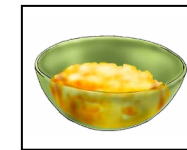
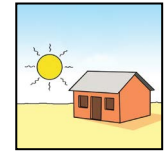
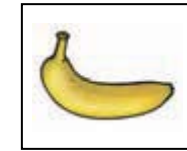
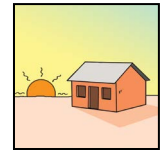
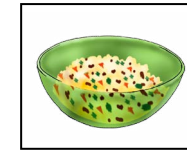
How to take dey keep everything klin well well



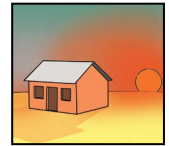
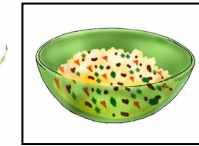
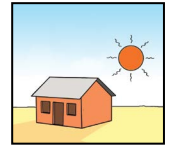
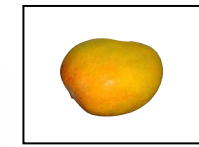
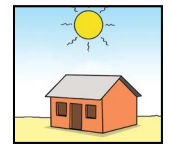
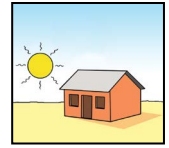
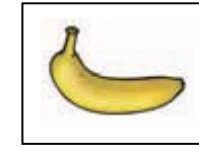
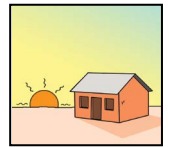
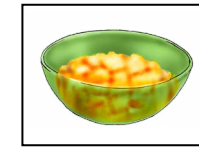
Start to dey add oda food ontop breast milk wen pikin don reach 6 months



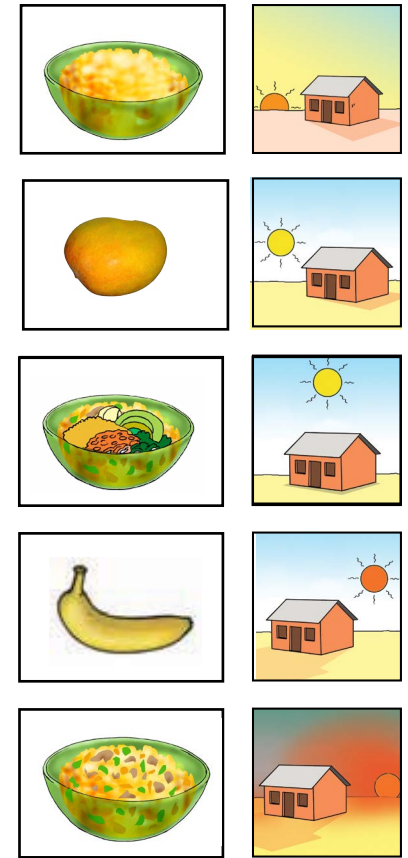
To dey give oda food join breastmilk from 6 months reach 9 months



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



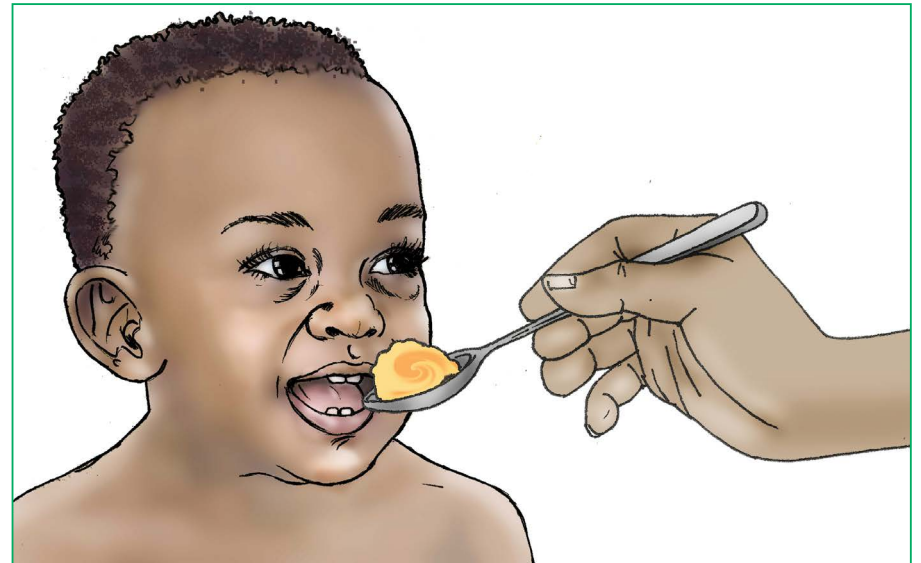
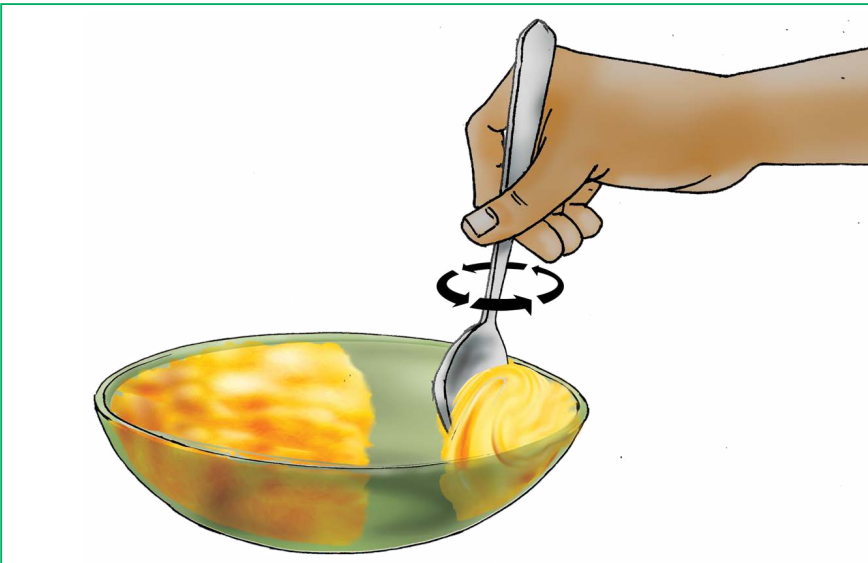
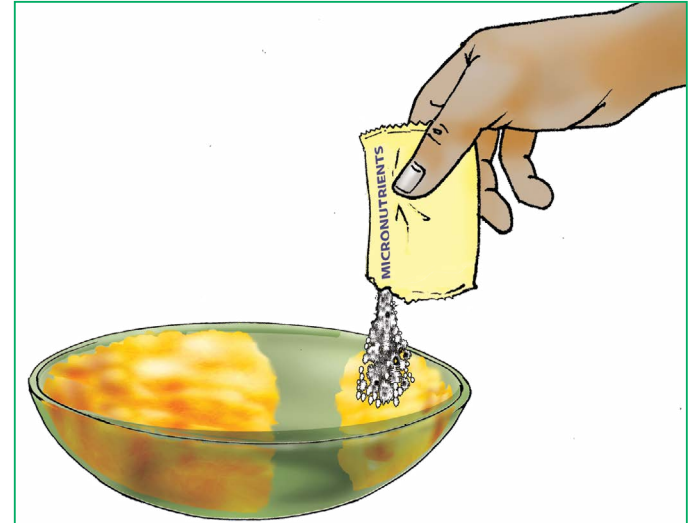
To dey give oda food from 12 months go reach 24 months



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



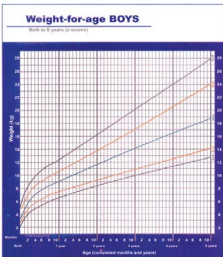
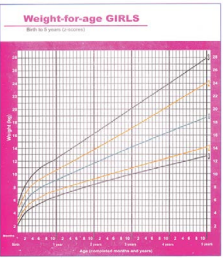
How to dey give food to pikin wey dey sick wey neva reach 6 months



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



Pikin card for hospitu

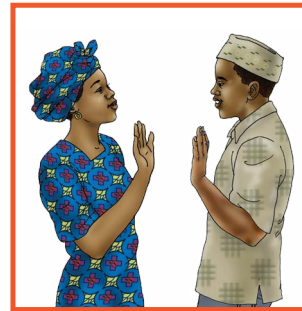
To dey give space before u born anoda pikin dey helep keep bodi kampe and make person fit live long



LAM
Only breastfeeding



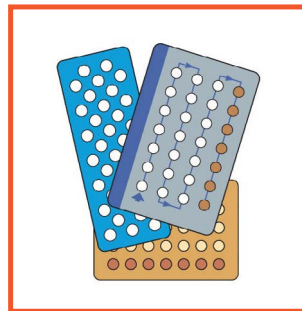
Man and woman condom
(rubber)



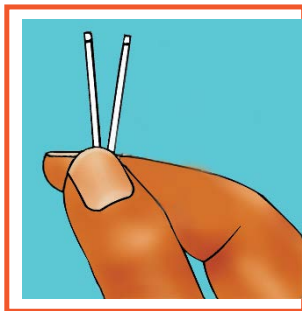
Man no go sleep with woman at all.
(No touching body. No do soki soki)



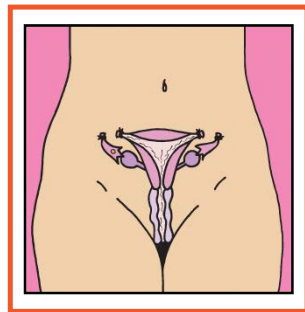
Melecin wey u fit take like
injection



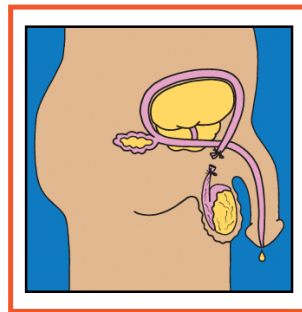
Melecin wey u fit drink
for mouth



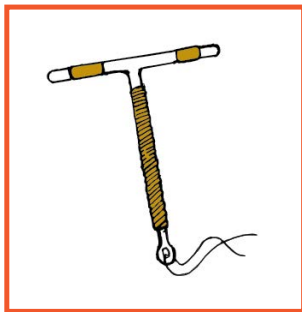
Norplant®



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



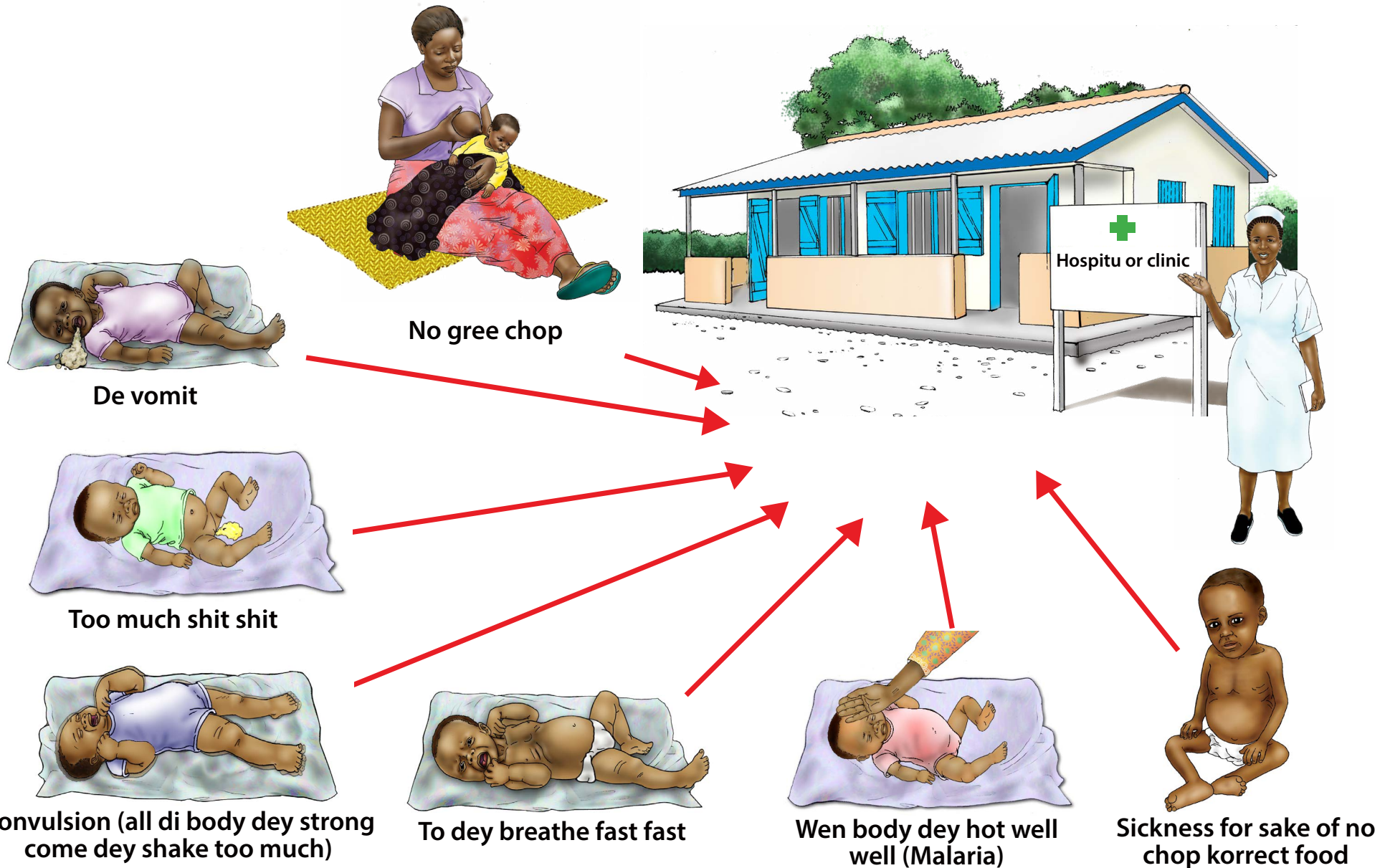
Family planning to take
do man make im nor fit
give woman belle again



IUD



Wen u suppose kari ya pikin come hospitu



Backyard farm for to plant vegetables and fruit tree dem



To keep 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.



Na like 25 pikin dem dey get
HIV wen dem mama still kari
dem for belle, as im don enta
labour and wen im dey born.



About 10 oda pikin 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 melecine 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.

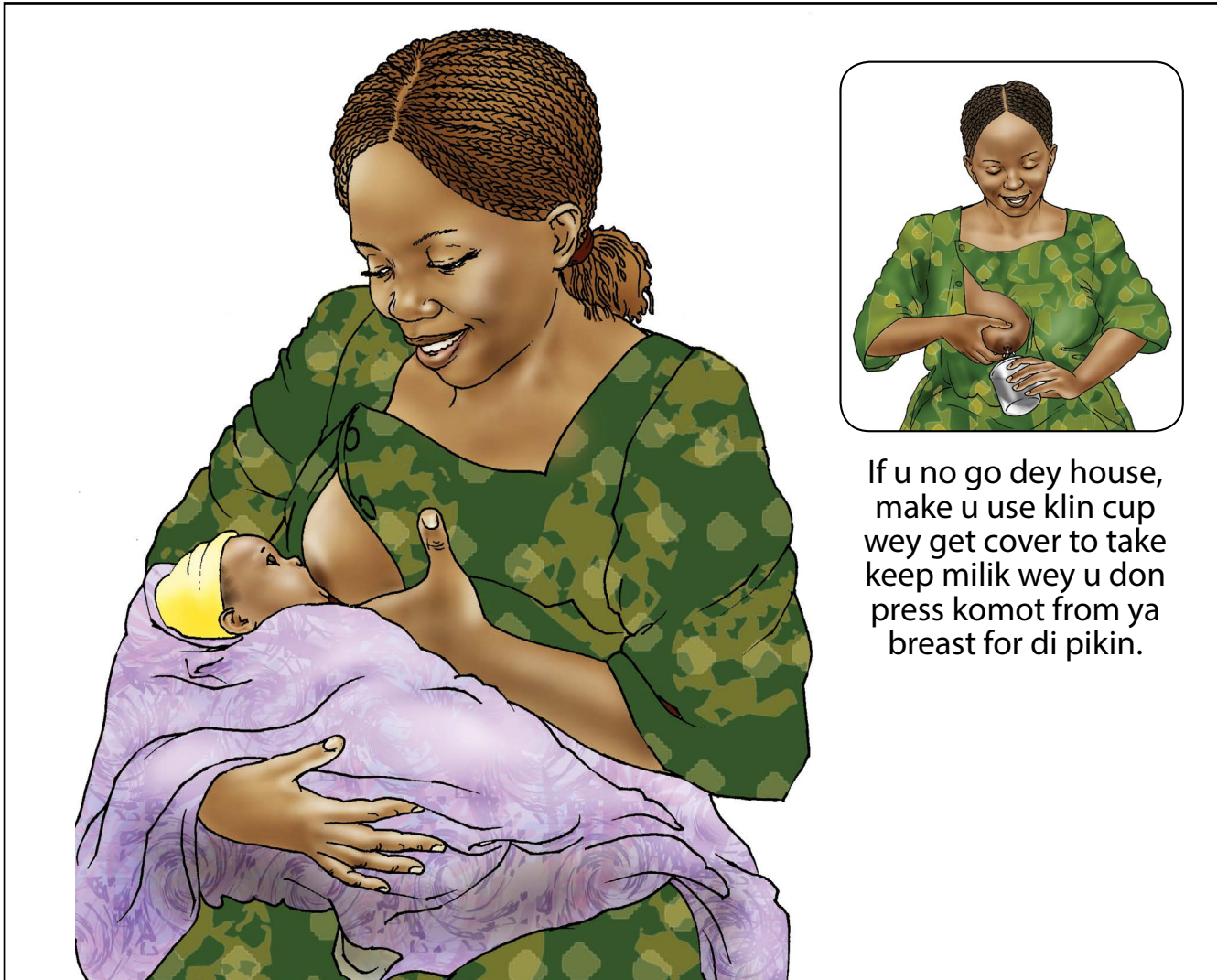


Pikin dem wen dem mama dey give only breast miilk, wey neva reach 3 months fit catch HIV. To dey give only breast miilk dey helep make pikin no just catch HIV or any kain nyama-nyama disease.

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

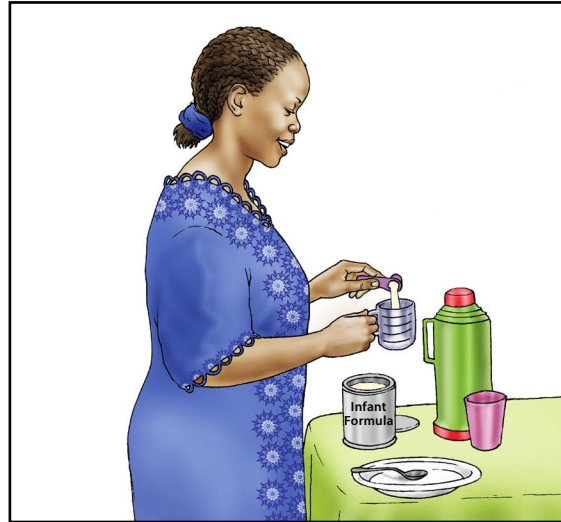
To dey give only breast and dey take di special melecine (ARVs)

Only the milk from mama breast

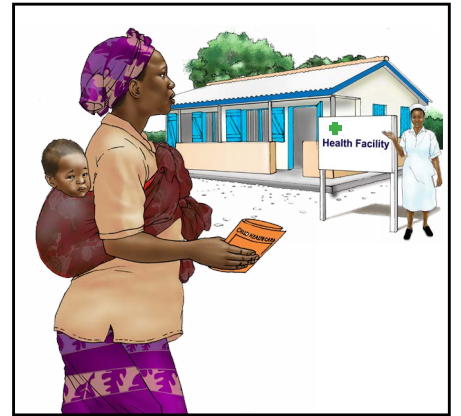
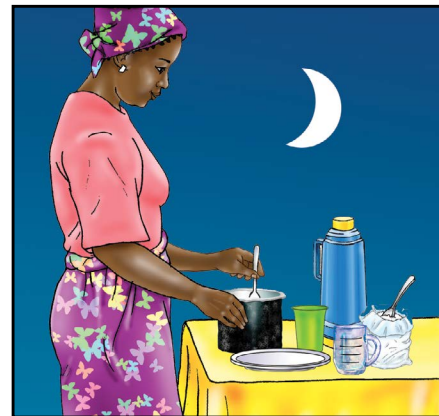
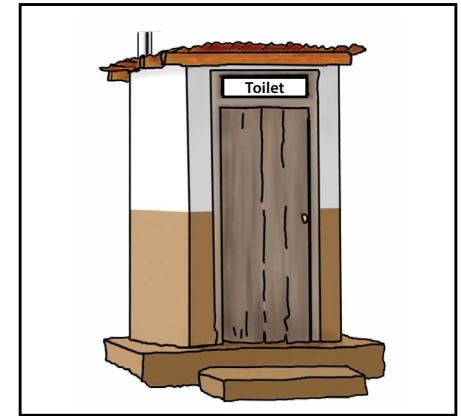
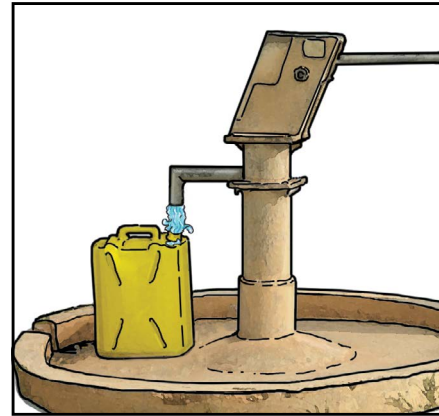
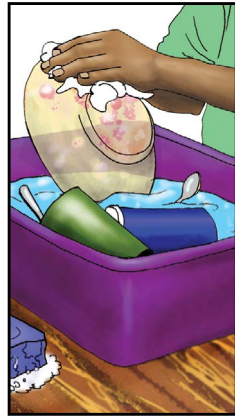
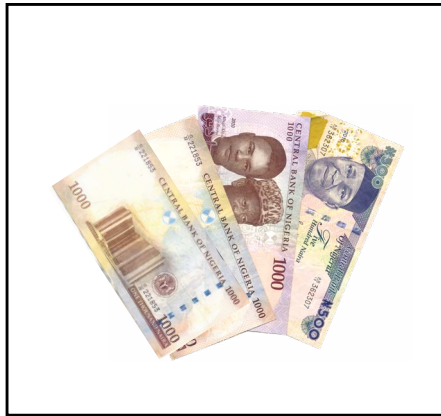


For mama wey no wan follow Govment advice on top how mama wey get HIV go dey give im pikin breast

Only milik 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



Everyday, make u add

Everyday, make u add

Everyday, make u add

