

MODULE 4

TAKING CARE OF YOUR BABY



Learning outcomes

- Knowledge and understanding on nutrition of children
- Knowledge of first aid for your child
- Skills in self-care, healthy and happy life
- Attitude of resilience and self-compassion

Total duration

2-hours of group activities
face to face or online
1-hour self-learning
3-hours homework activities

Instructions for facilitators

Training is based upon face-to-face sessions and open online training documents and reference material to be read preferably prior to the session with the mothers, providing practical information on the topics of the session. If the training and this module is implemented only online similar approaches apply, see further guidelines with each activity.

The main objective of face to face or online group sessions/activities is to spark creativity and enhance sharing and communication within the group.

