



Mothers' Class – Child Health



A class where mothers of under-five children are having discussions on child health issues based on the age of their children, exchanging opinions and experiences under the guidance of facilitators by using the MCH Handbook.

Based on the experience of the development of Mothers' Class in 2001, the Provincial Health Office of West Sumatra has developed Mothers' Class with children-health content in Tanah Datar District and Padang Municipality in 2006. The contents discussed in the **Mothers' Class-Child Health** are health care of babies and children up to 5 years of age.

Objective

The objective is to increase knowledge and to change attitude and behavior of mothers by using MCH handbook in creating optimal growth of the children.

Concept

The concept is similar to the concept of Mothers' Class-Birth Preparedness, include:

- Using the MCH handbook as the main reference
- Adult-learning methods
- Participative and completed with practices
- From the community, by the community and for the community approach

Differences:

- To be effective, the Mothers' Class-Child Health should be integrated with activities related to the child health in the community, such as Pre-school Education or other village activities.
- Practices that are conducted in the Class are among others the making and provision of complementary food, hand washing, Clean and Healthy Life Style, monitoring and growth stimulation, etc.



Implementation

- **Participants:** Mothers with under-five children with the age of 0–5 years. The grouping of mothers is mothers with children of 0-1 year old, 1-2 years old, and 2-5 years old.
- **Number of participants:** Ideally the class contains not more than 15 mothers.
- **Facilitator:** Midwives/nurses/health personnel/cadres that have been trained in the Training for the Facilitator or through on the job training concerning Mothers' Class-Child Health.
- **Resource Persons:** Health personnel with specific skills, such as nutritionists, dental care specialists, Early-Age Child Education expert, doctors/nurses with expertise in communicable diseases, etc.
- **Duration of Activities:** The ideal duration of each session is 45 to 60 minutes./ depends on the availability
- **Topic:** Selected based on needs and if necessary the topic may be adjusted with local child health problems.
- **Menu Module:**

Module A (related to health of infant 0-1 year):

1. Breast feeding
2. Immunization
3. Complimentary food (for 6-12 months old baby)
4. Baby growth & development
5. Common illness on babies (Diarrhea, ORI, Tetanus)

Module B (related to health of children at the age of 1-2 years):

1. Child's teeth care
2. Complimentary food (for 1-2 years old children)
3. Child growth & development
4. Child disease (worm infestation)
5. Game for child

Module C (related to health of children at the age of 2-5 years):

1. Child growth & development
2. Protection from Accident at Home
3. Balanced nutrition
4. Common childhood illnesses (TBC, Dengue Fever)
5. Emergency Medicines
6. Clean and Healthy Life Style



A classroom presentation on the balanced nutrition during Mothers' Class-Child Health



A mother gives complementary food after the practice on preparing the food



The implementation of Mothers' Class in posyandu

Samples of Activities Implemented in Mothers' Class-Child Health

- ✚ In Posyandu, on table 4 or before weighing.
- ✚ During Pre-school Education, the children learn the Pre-school Education and the mothers attend the Mothers' Class.
- ✚ Integrated Under-five's Family Education. The material is combined and scheduled in line with the age of children.
- ✚ Specially scheduled in Poskesdes / village community place etc.



Mothers' Classes in Poskesdes, West Sumatera

Package of Class for Mothers with Under-Five Children



1. Flip Chart
2. Facilitator's Handbook
3. Implementation Guideline for Mothers' Class- Child Health
4. MCH Leaflet: for advocacy to the community to assure the continuation of the Mothers' Class-Child Health, by and for the community.
5. Management Guideline
6. Facilitator training for Mothers' Class-Child Health:
 - a. Trainers' Handbook
 - b. Participants' Guidebook
7. CD: as the material for reprint. The CD contains all materials for the above mentioned Mothers' Class-Child Health Package

Implementation of Mothers' Class-Birth Preparedness and Mothers' Class-Child Health

Garut is one of district which has implemented Mothers' Class-Birth Preparedness and Mothers' Class-Child Health. Based on the result of the monitoring conducted in May 2008, there were five Health Centers that have implemented the Mothers Classes: Mekarwangi, Cibiuk, Kadungora, Cilawu, and Cikajang. Socialization to the community done, community support for the implementation of the activities were also done; evident by the availability of budget for implementing the activity which was self-funded by the community. Attendance rate of the participants is also high. Based on the testimonial of a midwife in Cikajang Health Center, one of the impacts of the Mothers' Class-Birth Preparedness was mothers and families preferred to have a midwife as birth attendant.



Monitoring on the implementation of Mothers' Class-Child Health, Garut, May 2008



Monitoring on the implementation of Mothers' Class-Birth Preparedness, Garut, May 2008