

Training and education

Maternal and newborn health practices

- Nutrition during pregnancy
- Antenatal exercises in pregnancy
- Malaria in pregnancy and importance of prevention
- Labor process, including recognition of early signs
- Early initiation and exclusive breastfeeding
- Infant and child feeding practices
- Health education and well-baby classes
- Recognition of danger signs and early care seeking for the mother and the newborn
- Family planning
- Good hygiene and sanitation practices
- Recognition, prevention and treatment of diarrhea in mother and child
- Immunization
- Sexually Transmitted Diseases (STDs), HIV and AIDS

Skills training

- Introduction to Income Generating Activities
- Basic record keeping for simple business activities
- Vocational training, such as sewing of baby clothes and other various crafts applicable to the local context and culture
- Care and maintenance of a vegetable garden