



- What do you see in this picture?
  - A family sleeping under a mosquito net
- When should you sleep under a mosquito net?
  - From the time the sun goes down at night until the time the sun comes up in the morning
- Why is it important for children and pregnant mothers to sleep under a long lasting insecticide-treated mosquito net every night?
  - To prevent the from getting malaria



- What do you see in this picture?
  - A mother breastfeeding her child
- How long should a mother breastfeed each child?
  - Breastfeed children for 2 years or more
  - Feed your child only breast milk for the first 6 months of life
- Why is it important for mothers to breastfeed their children?
  - Breast milk protects babies against infections and dehydration
  - Breast milk is always clean, the right temperature and easy for babies to digest
  - The first breast milk after birth protects the baby from infections. The first breast milk should not be thrown away

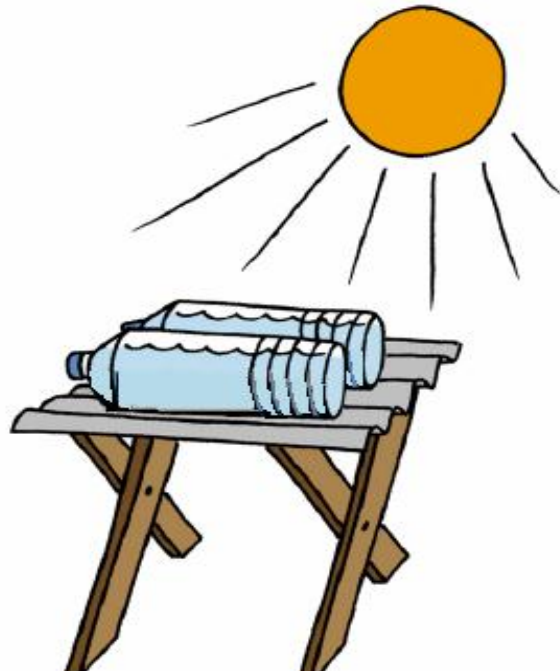


- What do you see in this picture?
  - Different foods
  - Eggs, fruit, meat, vegetables and bread
- What foods should you give your child?
  - Give children a variety of nutritious foods to eat including milk, meat, porridge, fruits and vegetables.
- Why is it important for mothers to give children nutritious foods?
  - For them to grow well
  - To prevent malnutrition and other illnesses



- What do you see in this picture?
  - A mother helping her child wash his hands with soap and water
  - Another person washing their hands
- When should you and your child wash your hands with soap and water or ash?
  - Before preparing or handling food
  - Before eating or feeding a child
  - After using the toilet, latrine or changing a child who has passed stool
  - Before and after taking care of someone who is sick
  - After touching sick people or animals
- Why is it important to wash your hands and teach your children to wash their hands?
  - To prevent germs from spreading





- What do you see in this picture?
  - Pictures of boiling water to make the water safe
- How long should you boil water to make it safe?
  - For 1 minute or until the water is jumping up and down
  - Let it cool and keep covered before drinking
- Why is it important to drink safe water?
  - To prevent diarrhoea



- What do you see in this picture?
  - Pictures of latrines
- When should you use a latrine?
  - Safe disposal of feces?
- Why is it important to use a latrine?
  - To prevent diarrhoea germs from spreading
- What can you do if there is no latrine?
  - Bury the feces



- What do you see in this picture?
  - Children getting immunized
- When should children get immunized?
  - As soon as possible after they are born
  - According to the national vaccination schedule before their first birthday (12 months old)
- Why is it important to take your children for immunization?
  - To prevent childhood diseases