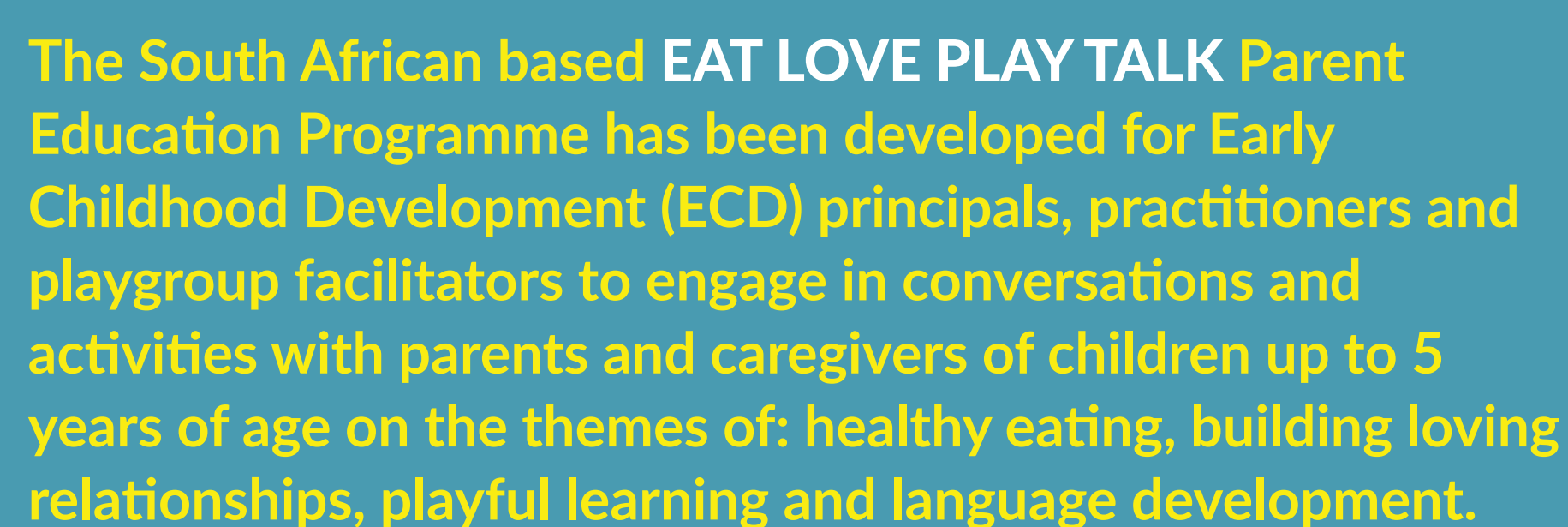




1 Introduction

- Stunting effects 27% of children under five years old
- 46% of SA households bring home less than R1,000 per month
- Obesity: 13% of children > 5 years in SA (more than double the global average)
- Diabetes: SA = high proportion of adult diabetics on the continent (2019)



5 Conclusions

Build the capacity of ECD centre principals and practitioners to facilitate parent support groups linking to education and nutrition.





Facilitators have a better understanding of the importance of good nutrition and healthy eating habits for young children. The use of a train the trainer model is ideal for equipping ECD principals and practitioners with necessary group work skills for parent engagement.

2 Methodology

A pilot project was conducted in 4 communities across South Africa.

HOW IT WORKS

NKOMAZI | UPHONGOLO | MKHUZE | WORCESTER

			
572 Caregivers	44 Facilitators	22 ECD Centres	7 Master Trainers

Children 0-5 years



3 Results

Improvement in nutrition knowledge was recorded through pre and post KAP questionnaires, as well as qualitative feedback focus groups. Lessons learnt in the designing and creation of the material will be shared.

This pilot has lessons and evidence for social work educators and group work specialists working in community based contexts.

FACILITATOR TRAINING FINDINGS...

What did you like about the training?

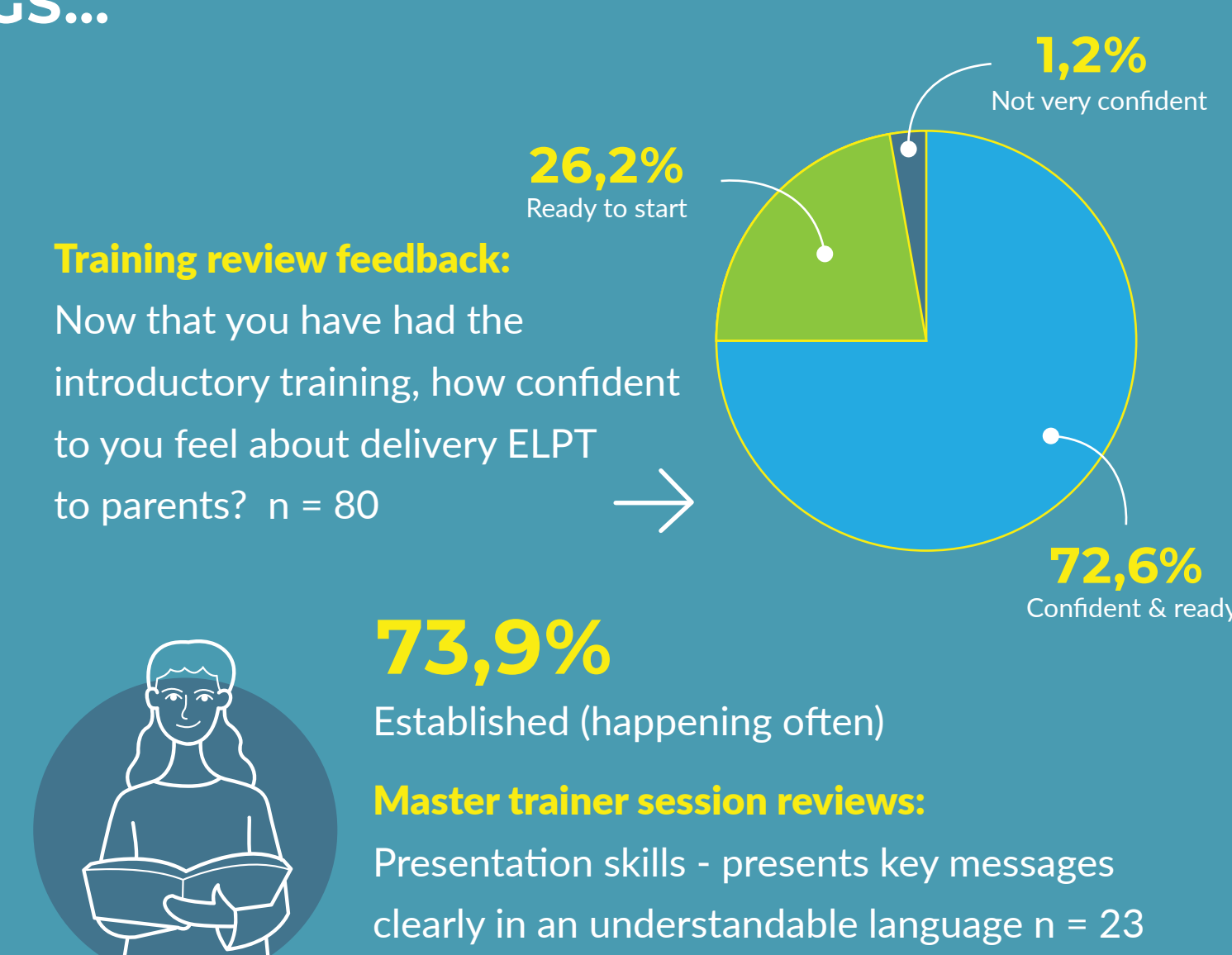


I like the training as we are working as a group and sharing some ideas.

I learn it's easy to communicate with others even if you don't know them and children need love to talk about what ever trouble them.

The differentiation of teaching and facilitating

26,1%
Emerging (happens sometimes)



4 Key Messages

- Introduction to responsive caregiving
- Pregnancy and breastfeeding
- Complementary feeding +6 months
- Role of affordable protein
- Importance of fruit and vegetables
- Sources of good carbohydrates
- Family togetherness



RECOMMENDATIONS




Supporting public health messaging should be a priority in group work interventions because of the link to public services in under-resourced areas



When training community based facilitators to deliver public health messaging, group work skills are vital for success.



CORRESPONDENCE

 Cara.Goschen@domore.org.za
 www.domore.org.za