

## THE THEMES FOR THE CARE OF 0-2 YEARS (CRÛCHE/PLAYGROUP)

### FOOD AND NUTRITION: (BREASTFEEDING & COMPLEMENTARY FEEDING) 0-2 YEARS – CRÛCHE/PLAYGROUP

1.	ISSUES	PARENT&CAREGIVER	CHILD	CARING/LEARNING MATERIALS
	BREAST FEEDING (Exclusive breast feeding 0 -6 months)	i. Discuss benefits of exclusive breast-feeding. ii. Practice Exclusive Breast-Feeding (EBF) in the first 6 months of life. iv. Discuss the importance of colostrum. v. Discuss wrong breast-feeding practices and the problems of breast-feeding e.g. cracked and sore nipple(s) etc. vi. The appropriate positioning of child during breastfeeding. vii. Extraction and preservation of breast milk. viii. Breast feeding in special cases e.g. (HIV positive mothers) ix. Medical advice for HIV/AIDs positive mothers.		<ul style="list-style-type: none"> <li>• Cups</li> <li>• Spoons</li> <li>• TV clips</li> <li>• Soap</li> <li>• Water</li> <li>• Towel</li> <li>• Basin</li> <li>• Posters\Picture showing proper ways of breast feeding.</li> </ul>
2.	COMPLEMENTARY FEEDING (7-36 Months)	i. Child should continue to accept breast-feeding. ii. Discuss the meaning and examples of complimentary foods, such as, <ul style="list-style-type: none"> <li>• soft foods</li> <li>• enriched pap</li> <li>• semi-solid</li> <li>• family food</li> </ul> iii. Discuss the importance of complimentary foods to the mother iv. Process different food items suitable as complimentary foods. v. Produce nutritious foods from local sources. vi. Identify and provide supplements appropriate for the children e.g. vitamin A. vii. Identify signs of malnutrition in children. viii. Identify signs of food allergies. ix. Discuss some food preparation/processing methods e.g. heat treatment, soaking/cooking/fermentation, drying etc. x. Stages of feeding children with suitable complementary foods in the following order:		Various complementary foods; <ul style="list-style-type: none"> <li>• Pap enriched with e.g. ground dried fish, crayfish, groundnut, soya milk.</li> <li>• Vegetables e.g. ewedu</li> <li>• Cooked and mashed beans</li> <li>• Mashed yam with oil</li> <li>• Rice</li> <li>• Cups</li> <li>• Plates</li> <li>• Spoons</li> <li>• Water</li> <li>• Charts posters of food items</li> <li>• Pictures of healthy/malnourish ed child</li> <li>• Soap</li> <li>• Edible green leaves</li> <li>• Carrot-Animal protein, egg, milk and fish</li> </ul>



ISSUES	PARENT & CAREGIVER	CHILD	CARING/LEARNING MATERIALS
	<ul style="list-style-type: none"> <li>- start with very soft food e.g. enriched pap.</li> <li>- semi solid</li> <li>- family food</li> </ul> Practice the use of spoon and cup for feeding. xi. Problems with complimentary food e.g. <ul style="list-style-type: none"> <li>- child's refusal to accept complimentary food.</li> <li>- mishandling processes</li> <li>- malnutrition</li> <li>- reaction to food allergy</li> <li>- indigestion</li> </ul>		
3. FOOD TABOOS/HARMFUL FEEDING PRACTICES	i. Identify harmful food taboos and practices within the community. ii. Discuss reasons why mothers should not discard the first yellowish breast milk (colostrum) iii. List the effects of harmful feeding practices related to children e.g. not giving meat or egg to children while eating. iv. Discuss the effects of some harmful traditional food taboos e.g. night blindness, kwashiorkor, rickets, obesity e.t.c. v. Discourage and discuss the effect of giving pre-lacteals and administration of local concoction to children.	i) Say when he/she is ill. ii) Continue to accept breast feeding/feedings during illness. iii) Ask for what he/she likes to eat. iv) Accept ORT solution when ill.	
4. FEEDING DURING ILLNESS	i. Identify different childhood feeding illness. ii. Identify problems associated with feeding a sick child. iii. Encourage child to accept food during illnesses; give small portion at a time. iv. Identify the importance of liquid food to a sick child. v. Prepare and administer ORT/SS Solution for the sick child where need be. vi. Maintain hygienic conditions when preparing food and feeding the sick child.		



**AFFECTIVE/PSYCHOSOCIAL DEVELOPMENT AGE: 0-2 YEARS**  
**CRÛCHE/PLAYGROUP**

S/N	ISSUES	PERFORMANCE OBJECTIVES		CARING/LEARNING MATERIALS
		PARENT & CAREGIVER	CHILD	
1.	SOCIAL/MORAL DEVELOPMENT	i. Encourage interaction between child and other people. ii. Respond to the child's social behaviour like crying, smiling, cooing, waving. iii. Provide a stimulating peaceful social environment. iv. Reinforce positive behaviour by smiling, nodding, clapping and shaking the hands of the child. Encourage child to be respectful, obedient and honest. v. Stimulate the attitude of sharing, helping and cooperation in children.	i. Interact with people, including family members, caregiver and peers. ii. Recognise ? self as male or female. iii. Freely express self. iv. Listen to others. v. Tell stories and take turns. vi. Obey instructions and show simple courtesy.	<ul style="list-style-type: none"> <li>• Soft toys, dolls</li> <li>• Picture books</li> <li>• Musical instruments</li> <li>• Games</li> <li>• Story books</li> <li>• Radio</li> <li>• Television</li> <li>• Poetry book</li> <li>• Song/rhymes books</li> <li>• Films</li> <li>• Calendars</li> <li>• Charts/posters</li> <li>• Video</li> <li>• Religious books</li> <li>• Soft balls</li> <li>• Mirror</li> <li>• Mobile toys.</li> <li>• Home corner</li> <li>• Nature corner</li> <li>• Plasticine.</li> </ul>
2.	EMOTIONAL DEVELOPMENT	i. Strengthen healthy bonds between child and others. ii. Encourage good relationship between child and others e.g. carrying, cuddling, hugging. iii. Respect the basic rights of the child and individual. iv. Discourage anti-social behaviours. v. Respond to child's emotional cues and gestures. vi. Provide quality and consistent care.	i. Develop positive self concept. ii. Show pride in personal belonging. iii. Show respect for other people's belongings. iv. Exhibit self control and confidence.	<ul style="list-style-type: none"> <li>• Soft toys</li> <li>• Dolls</li> <li>• Drawing paper</li> <li>• Pictures of emotional expressions</li> <li>• Songs/story books</li> <li>• Home corner</li> <li>• Nature corner</li> <li>• Picture books</li> <li>• Musical instruments</li> <li>• Clay/plastercine</li> </ul>



S/N	ISSUES	PERFORMANCE OBJECTIVES		CARING/LEARNING MATERIALS
		PARENT & CAREGIVER	CHILD	
		vii. Display stable emotional disposition e.g. joy, love, fear, anxiety etc. viii. Provide conducive environment for emotional development. ix. Resolve conflicts among children.		
3.	AWARENESS OF SELF	i. Guide the child properly to be aware of his/her sex e.g. teaching differences in dressing for boys and girls. ii. Help the child develop his/her potentials. iii. Initiate plays and activities that will promote personality development.	i. Identify self as a boy or girl (Gender). ii. Sort out clothing meant for girls and boys. iii. Dress properly.	<ul style="list-style-type: none"> <li>Boys and girls' clothing</li> <li>Home corners</li> <li>Equipment</li> <li>Toys</li> </ul>