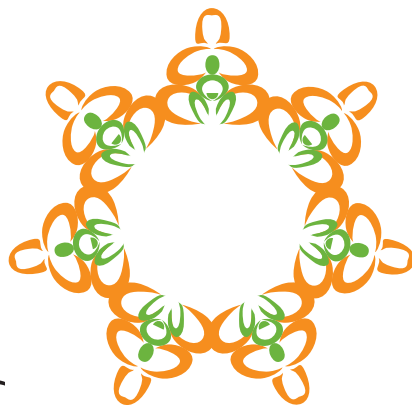




Sustainable Health

VOLUNTEERS
HANDOUTS



Training of Volunteers for Positive Deviance/Hearth

THIRD EDITION



World Vision International



Positive Deviance/Hearth Volunteers

VOLUNTEERS
HANDOUTS

Diane Baik and
Naomi Klaas

World Vision International

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Orientation and Training Curriculum for Staff Backstopping Positive Deviance/Hearth Programmes. The publication of the original Facilitator's Guide was made possible by support of the United States Agency for International Development (USAID) under cooperative agreement FAO-A-00-98-00030.

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PLEASE NOTE: There can be more than one page for a handout. Page counts appear in the item lines for any handouts having more than one page. Multiple page handouts are designated on their respective pages as “page # of # pages”.

The (page #m) refers to where each handout appears in the PD/Hearth Volunteer Manual. You can reference the “#m” at the bottom of the handout page here as well.

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- 1. Welcome and Introduction*
- 2. What Is PD/Hearth?*
- 3. What Is Good Nutrition?*
- 4. What Is Malnutrition?*

DAY 2

- 5. Weighing and Measuring Children*

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DAY 3

- 6. Positive Deviant Inquiry (PDI)*
- 7. Feeding Back to the Community and Visiting Families*

DAY 4

- 8. Using the Information Gathered*

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Weight-for-age Standard Table – Boys and Girls 0–59 months (WHO) (With 'mild' status)*											
BOYS						GIRLS					
Sex	Age (mon)	Green (Normal)	Yellow (Mild)	Orange (Moderate)	Red (Severe)	Sex	Age (mon)	Green (Normal)	Yellow (Mild)	Orange (Moderate)	Red (Severe)
M	0	3.3	2.9	2.5	2.1	F	0	3.2	2.8	2.4	2.0
M	1	4.5	3.9	3.4	2.9	F	1	4.2	3.6	3.2	2.7
M	2	5.6	4.9	4.3	3.8	F	2	5.1	4.5	3.9	3.4
M	3	6.4	5.7	5.0	4.4	F	3	5.8	5.2	4.5	4.0
M	4	7.0	6.2	5.6	4.9	F	4	6.4	5.7	5.0	4.4
M	5	7.5	6.7	6.0	5.3	F	5	6.9	6.1	5.4	4.8
M	6	7.9	7.1	6.4	5.7	F	6	7.3	6.5	5.7	5.1
M	7	8.3	7.4	6.7	5.9	F	7	7.6	6.8	6.0	5.3
M	8	8.6	7.7	6.9	6.2	F	8	7.9	7.0	6.3	5.6
M	9	8.9	8.0	7.1	6.4	F	9	8.2	7.3	6.5	5.8
M	10	9.2	8.2	7.4	6.6	F	10	8.5	7.5	6.7	5.9
M	11	9.4	8.4	7.6	6.8	F	11	8.7	7.7	6.9	6.1
M	12	9.6	8.6	7.7	6.9	F	12	8.9	7.9	7.0	6.3
M	13	9.9	8.8	7.9	7.1	F	13	9.2	8.1	7.2	6.4
M	14	10.1	9.0	8.1	7.2	F	14	9.4	8.3	7.4	6.6
M	15	10.3	9.2	8.3	7.4	F	15	9.6	8.5	7.6	6.7
M	16	10.5	9.4	8.4	7.5	F	16	9.8	8.7	7.7	6.9
M	17	10.7	9.6	8.6	7.7	F	17	10.0	8.9	7.9	7.0
M	18	10.9	9.8	8.8	7.8	F	18	10.2	9.1	8.1	7.2
M	19	11.1	10.0	8.9	8.0	F	19	10.4	9.2	8.2	7.3
M	20	11.3	10.1	9.1	8.1	F	20	10.6	9.4	8.4	7.5
M	21	11.5	10.3	9.2	8.2	F	21	10.9	9.6	8.6	7.6
M	22	11.8	10.5	9.4	8.4	F	22	11.1	9.8	8.7	7.8
M	23	12.0	10.7	9.5	8.5	F	23	11.3	10.0	8.9	7.9
M	24	12.2	10.8	9.7	8.6	F	24	11.5	10.2	9.0	8.1
M	25	12.4	11.0	9.8	8.8	F	25	11.7	10.3	9.2	8.2
M	26	12.5	11.2	10.0	8.9	F	26	11.9	10.5	9.4	8.4
M	27	12.7	11.3	10.1	9.0	F	27	12.1	10.7	9.5	8.5
M	28	12.9	11.5	10.2	9.1	F	28	12.3	10.9	9.7	8.6

*NOTE: Depending on the country guidelines, each country can use either with or without 'mild' status WHO weight-for-age reference table.

WHO Weight-for-Age Reference Table



Weight-for-age Standard Table – Boys and Girls 0–59 months (WHO) (With 'mild' status)											
BOYS						GIRLS					
Sex	Age (mon)	Green (Normal)	Yellow (Mild)	Orange (Moderate)	Red (Severe)	Sex	Age (mon)	Green (Normal)	Yellow (Mild)	Orange (Moderate)	Red (Severe)
M	29	13.1	11.7	10.4	9.2	F	29	12.5	11.1	9.8	8.9
M	30	13.3	11.8	10.5	9.4	F	30	12.7	11.2	10.0	9.0
M	31	13.5	12.0	10.7	9.5	F	31	12.9	11.4	10.1	9.1
M	32	13.7	12.1	10.8	9.6	F	32	13.1	11.6	10.3	9.3
M	33	13.8	12.3	10.9	9.7	F	33	13.3	11.7	10.4	9.4
M	34	14.0	12.4	11.0	9.8	F	34	13.5	11.9	10.5	9.5
M	35	14.2	12.6	11.2	9.9	F	35	13.7	12.0	10.7	9.6
M	36	14.3	12.7	11.3	10.0	F	36	13.9	12.2	10.8	9.7
M	37	14.5	12.9	11.4	10.1	F	37	14.0	12.4	10.9	9.8
M	38	14.7	13.0	11.5	10.2	F	38	14.2	12.5	11.1	9.9
M	39	14.8	13.1	11.6	10.3	F	39	14.4	12.7	11.2	10.1
M	40	15.0	13.3	11.8	10.4	F	40	14.6	12.8	11.3	10.1
M	41	15.2	13.4	11.9	10.5	F	41	14.8	13.0	11.5	10.2
M	42	15.3	13.6	12.0	10.6	F	42	15.0	13.1	11.6	10.3
M	43	15.5	13.7	12.1	10.7	F	43	15.2	13.3	11.7	10.4
M	44	15.7	13.8	12.2	10.8	F	44	15.3	13.4	11.8	10.5
M	45	15.8	14.0	12.4	10.9	F	45	15.5	13.6	12.0	10.6
M	46	16.0	14.1	12.5	11.0	F	46	15.7	13.7	12.1	10.7
M	47	16.2	14.3	12.6	11.1	F	47	15.9	13.9	12.2	10.8
M	48	16.3	14.4	12.7	11.2	F	48	16.1	14.0	12.3	10.9
M	49	16.5	14.5	12.8	11.3	F	49	16.3	14.2	12.4	11.0
M	50	16.7	14.7	12.9	11.4	F	50	16.4	14.3	12.6	11.1
M	51	16.8	14.8	13.1	11.5	F	51	16.6	14.5	12.7	11.2
M	52	17.0	15.0	13.2	11.6	F	52	16.8	14.6	12.8	11.3
M	53	17.2	15.1	13.3	11.7	F	53	17.0	14.8	12.9	11.4
M	54	17.3	15.2	13.4	11.8	F	54	17.2	14.9	13.0	11.5
M	55	17.5	15.4	13.5	11.9	F	55	17.3	15.1	13.2	11.6
M	56	17.7	15.5	13.6	12.0	F	56	17.5	15.2	13.3	11.7
M	57	17.8	15.6	13.7	12.1	F	57	17.7	15.3	13.4	11.8
M	58	18.0	15.8	13.8	12.2	F	58	17.9	15.5	13.5	11.9
M	59	18.2	15.9	14.0	12.3	F	59	18.0	15.6	13.6	12.0
M	60	18.3	16.0	14.1	12.4	F	60	18.2	15.8	13.7	12.1



Weight-for-age Standard Table – Boys and Girls 0–59 months (WHO) (Without ‘mild’ status)*									
BOYS					GIRLS				
Sex	Age (mon)	Green (Normal)	Yellow (Moderate)	Red (Severe)	Sex	Age (mon)	Green (Normal)	Yellow (Moderate)	Red (Severe)
M	0	2.9	2.5	2.1	F	0	2.8	2.4	2.0
M	1	3.9	3.4	2.9	F	1	3.6	3.2	2.7
M	2	4.9	4.3	3.8	F	2	4.5	3.9	3.4
M	3	5.7	5.0	4.4	F	3	5.2	4.5	4.0
M	4	6.2	5.6	4.9	F	4	5.7	5.0	4.4
M	5	6.7	6.0	5.3	F	5	6.1	5.4	4.8
M	6	7.1	6.4	5.7	F	6	6.5	5.7	5.1
M	7	7.4	6.7	5.9	F	7	6.8	6.0	5.3
M	8	7.7	6.9	6.2	F	8	7.0	6.3	5.6
M	9	8.0	7.1	6.4	F	9	7.3	6.5	5.8
M	10	8.2	7.4	6.6	F	10	7.5	6.7	5.9
M	11	8.4	7.6	6.8	F	11	7.7	6.9	6.1
M	12	8.6	7.7	6.9	F	12	7.9	7.0	6.3
M	13	8.8	7.9	7.1	F	13	8.1	7.2	6.4
M	14	9.0	8.1	7.2	F	14	8.3	7.4	6.6
M	15	9.2	8.3	7.4	F	15	8.5	7.6	6.7
M	16	9.4	8.4	7.5	F	16	8.7	7.7	6.9
M	17	9.6	8.6	7.7	F	17	8.9	7.9	7.0
M	18	9.8	8.8	7.8	F	18	9.1	8.1	7.2
M	19	10.0	8.9	8.0	F	19	9.2	8.2	7.3
M	20	10.1	9.1	8.1	F	20	9.4	8.4	7.5
M	21	10.3	9.2	8.2	F	21	9.6	8.6	7.6
M	22	10.5	9.4	8.4	F	22	9.8	8.7	7.8
M	23	10.7	9.5	8.5	F	23	10.0	8.9	7.9
M	24	10.8	9.7	8.6	F	24	10.2	9.0	8.1
M	25	11.0	9.8	8.8	F	25	10.3	9.2	8.2
M	26	11.2	10.0	8.9	F	26	10.5	9.4	8.4
M	27	11.3	10.1	9.0	F	27	10.7	9.5	8.5
M	28	11.5	10.2	9.1	F	28	10.9	9.7	8.6

*NOTE: Depending on the country guidelines, each country can use either with or without ‘mild’ status WHO weight-for-age reference table.

Weight-for-age Standard Table – Boys and Girls 0–59 months (WHO) (Without ‘mild’ status)									
BOYS					GIRLS				
Sex	Age (mon)	Green (Normal)	Yellow (Moderate)	Red (Severe)	Sex	Age (mon)	Green (Normal)	Yellow (Moderate)	Red (Severe)
M	29	11.7	10.4	9.2	F	29	11.1	9.8	8.8
M	30	11.8	10.5	9.4	F	30	11.2	10.0	8.9
M	31	12.0	10.7	9.5	F	31	11.4	10.1	9.0
M	32	12.1	10.8	9.6	F	32	11.6	10.3	9.1
M	33	12.3	10.9	9.7	F	33	11.7	10.4	9.3
M	34	12.4	11.0	9.8	F	34	11.9	10.5	9.4
M	35	12.6	11.2	9.9	F	35	12.0	10.7	9.5
M	36	12.7	11.3	10.0	F	36	12.2	10.8	9.6
M	37	12.9	11.4	10.1	F	37	12.4	10.9	9.7
M	38	13.0	11.5	10.2	F	38	12.5	11.1	9.8
M	39	13.1	11.6	10.3	F	39	12.7	11.2	9.9
M	40	13.3	11.8	10.4	F	40	12.8	11.3	10.1
M	41	13.4	11.9	10.5	F	41	13.0	11.5	10.2
M	42	13.6	12.0	10.6	F	42	13.1	11.6	10.3
M	43	13.7	12.1	10.7	F	43	13.3	11.7	10.4
M	44	13.8	12.2	10.8	F	44	13.4	11.8	10.5
M	45	14.0	12.4	10.9	F	45	13.6	12.0	10.6
M	46	14.1	12.5	11.0	F	46	13.7	12.1	10.7
M	47	14.3	12.6	11.1	F	47	13.9	12.2	10.8
M	48	14.4	12.7	11.2	F	48	14.0	12.3	10.9
M	49	14.5	12.8	11.3	F	49	14.2	12.4	11.0
M	50	14.7	12.9	11.4	F	50	14.3	12.6	11.1
M	51	14.8	13.1	11.5	F	51	14.5	12.7	11.2
M	52	15.0	13.2	11.6	F	52	14.6	12.8	11.3
M	53	15.1	13.3	11.7	F	53	14.8	12.9	11.4
M	54	15.2	13.4	11.8	F	54	14.9	13.0	11.5
M	55	15.4	13.5	11.9	F	55	15.1	13.2	11.6
M	56	15.5	13.6	12.0	F	56	15.2	13.3	11.7
M	57	15.6	13.7	12.1	F	57	15.3	13.4	11.8
M	58	15.8	13.8	12.2	F	58	15.5	13.5	11.9
M	59	15.9	14.0	12.3	F	59	15.6	13.6	12.0
M	60	16.0	14.1	12.4	F	60	15.8	13.7	12.1

Monitoring Form I

Materials Checklist Needed for PD/Hearth Sessions



Day 4 Session 8

The supervisor and volunteers ensure the following items are available for the PD/Hearth Sessions

	Provided by:		
	Community	Caregivers	Implementing Agency
Weighing scales			
Register to track attendance and weights			
Daily menu and recipes			
Cooking pots			
Frying pan			
Cooking utensils			
Bowls			
Cups			
Spoons			
Soap or ash			
Basin			
Towels			
Nail cutters			
Water pitchers			
Mats			
Cutting boards			
Mortar and pestle			
Fuel/wood			
PD food			
Staple food (rice, fufu, yams)			
Oil			
Other ingredients			

Monitoring Form 2

PD/Hearth Menu and Cooking Materials Tracking Sheet

PD/H Menu & Cooking Material Tracking Sheet of Caregivers for Volunteers

No.	Name of Caregiver	No. of Children in PD/H Programme
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

No.	DAY 1	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 2	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

No.	DAY 3	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 4	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

No.	DAY 5	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 6	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Monitoring Form 2 – PD/Hearth Menu and Cooking
Materials Tracking Sheet - Continued

Day 4 Session 8

2 OF 2

No.	DAY 7	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 8	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
No.	DAY 9	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 10	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
No.	DAY 11	INGREDIENTS	COOKING MATERIALS	ROLE	DAY 12	INGREDIENTS	COOKING MATERIALS	ROLE
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Monitoring Form 3

Child Registration Form and Attendance



AP Name Village Name Name of Hearthth Name of Volunteer

Hearth Session Dates (dd/mm/yyyy): From To Number of Children Participating

#	Name of Child	Caregiver's Name	Child's Gender (M/F)	Date of Birth (dd/mm/yyyy)	Age (months)	Disability (Y/N)	Deworming (Y/N)	Vitamin A (Y/N)	Full Immunisation (Y/N)
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Attendance and Appetite Test for Hearth Participant Child AND Primary Caregiver*													
#	1	2	3	4	5	6	7	8	9	10	11	12	
	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													

***IMPORTANT:** Indicate with a checkmark (✓) under the column 'App' if the PDH child AND Primary Caregiver attended the Hearth session for the corresponding day under the column 'Att'. Please also indicate with a check mark (include (✓)) under the column 'App' if child passes the appetite test. If the child is 'Red' for MUAC and does not pass the appetite test, please refer the child to the health centre urgently.



Monitor Form 3 Child Registration Form and Attendance (Including Grandmother)

Day 5 Session 9

AP Name Village Name Name of Hearth Name of Volunteer
 Hearth Session Dates(dd/mm/yyyy): From To Number of Children Participating Name of Children Participating

#	Name of Child	Caregiver's Name/Grandmother Name	Child's Gender (M/F)	Date of Birth (dd/mm/yyyy)	Age (months)	Disability (Y/N)	Deworming (Y/N)	Vitamin A (Y/N)	Full Immunisation (Y/N)
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

#	Attendance for Child and Caregiver*																								Attendance for Grandmother																						
	Attendance(Att), Appetite(App)																								#																						
	1		2		3		4		5		6		7		8		9		10		11		12			1	2	3	4	5	6	7	8	9	10	11	12										
	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	Att	App	1																						
1																									1																						
2																									2																						
3																									3																						
4																									4																						
5																									5																						
6																									6																						
7																									7																						
8																									8																						
9																									9																						
10																									10																						

***IMPORTANT:** Indicate with a checkmark (✓) under the column 'App' if the PDH child AND Primary Caregiver attended the Hearth session for the corresponding day under the column 'Att'. Please also Please also indicate with a check mark (include ✓) under the column 'App' if child passes the appetite test. If the child is 'Red' for MUAC and does not pass the appetite test, please refer the child to the health centre urgently.

Hearth Register and Monitoring Form 4

World Vision

HANDOUT

10.1

Day 6 Session 10



1 OF 2

AP Name Village Name

Name of Hearth Volunteer's Name(s)

Child's Name											
Caregiver's Name											
CHILD		1	2	3	4	5	6	7	8	9	10
Child's Sex (M/F)											
Date of Birth (dd/mm/yyyy)											
Child with Disability (Y/N)											
Hearth Session/Round # (e.g. if it is the child's second time attending Hearth, please write '2')											
At Day 1 of Hearth	Date (dd/mm/yyyy)										
	Weight (Kg)*										
	Underweight Nutritional Status (Indicate colour)										
	MUAC (Green, yellow, red < 115mm)										
At Day 12 of Hearth	Date (dd/mm/yyyy)										
	Weight (Kg)*										
	Weight Gain (Day 12 - Day 1) in grams										
	Underweight Nutritional Status (Indicate colour)										
	MUAC (Optional)										

*NOTE: Please write "DEFAULT" in the column for weight if child has defaulted and explain reason for default in the 'Comments' section.



Day 6 Session 10

ADP Name

Village Name

Name of Hearth

Volunteer's Name(s)

CHILD	1	2	3	4	5	6	7	8	9	10
At Day 30 of Hearth	Date (dd/mm/yyyy)									
	Weight (Kg)*									
	Weight gain (Month 1 - Day 1 weight) in grams									
	Gained 400g+ (Y/N)									
	Underweight Nutritional Status (Indicate colour)									
	MUAC (Optional)									
At 3 months (since 1st day of Hearth)	Date (dd/mm/yyyy)									
	Weight (Kg)*									
	Underweight Nutritional Status (Indicate colour)									
	Change in Status (Y/N)									
	MUAC (Optional)									
At 6 months (since 1st day of Hearth)	Date (dd/mm/yyyy)									
	Weight (Kg)*									
	Underweight Nutritional Status (Indicate colour)									
	MUAC (Optional)									
At 12 months (since 1st day of Hearth)	Date (dd/mm/yyyy)									
	Weight (Kg)*									
	Underweight Nutritional Status (Indicate colour)									
	MUAC (Optional)									
CHILD	1	2	3	4	5	6	7	8	9	10
COMMENTS (Explain reason for default if child has defaulted due to death (D), migration (M), referred to hospital (H), etc.)										

*NOTE: Please write "DEFAULT" in the column for weight if child has defaulted and explain reason for default in the 'Comments' section.

Monitoring Form 5

Volunteer Home Visit Form

World Vision

HANDOUT
10.2

Day 6 Session 10



ADP Name Village Name Caregiver's Name

Child's Name Dates of Sessions.....Name of Hearth Volunteer

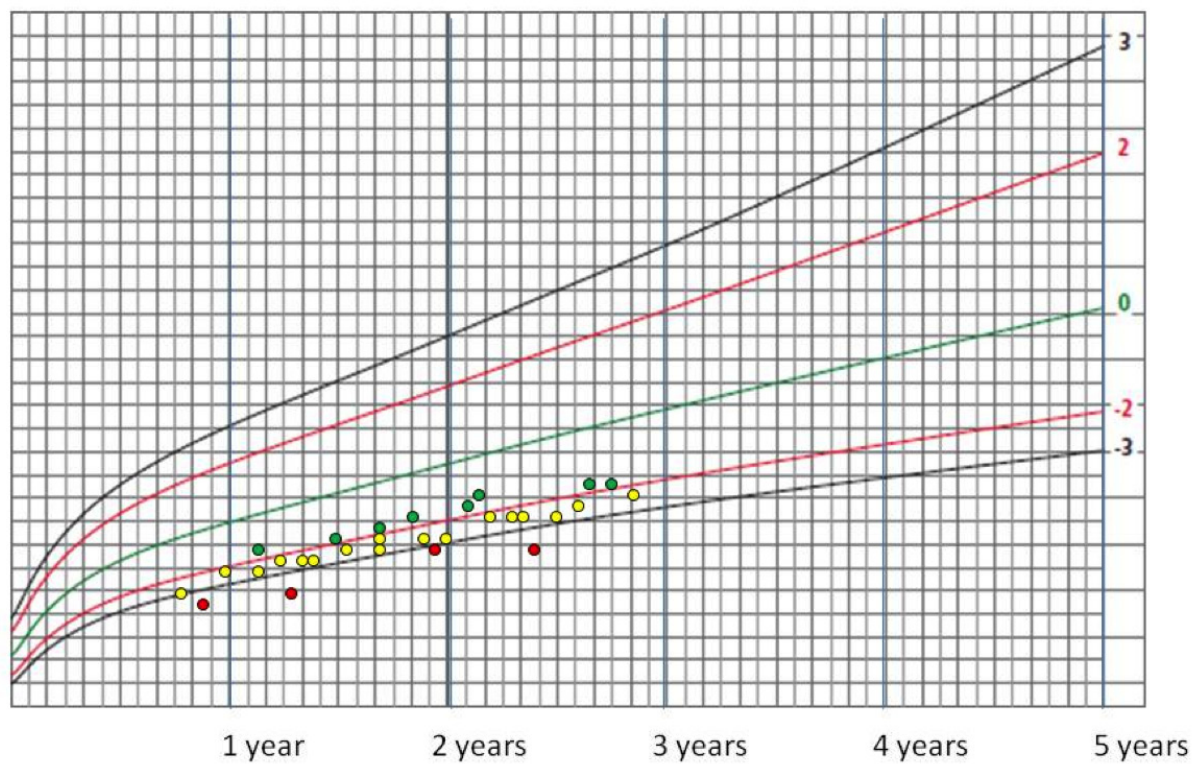
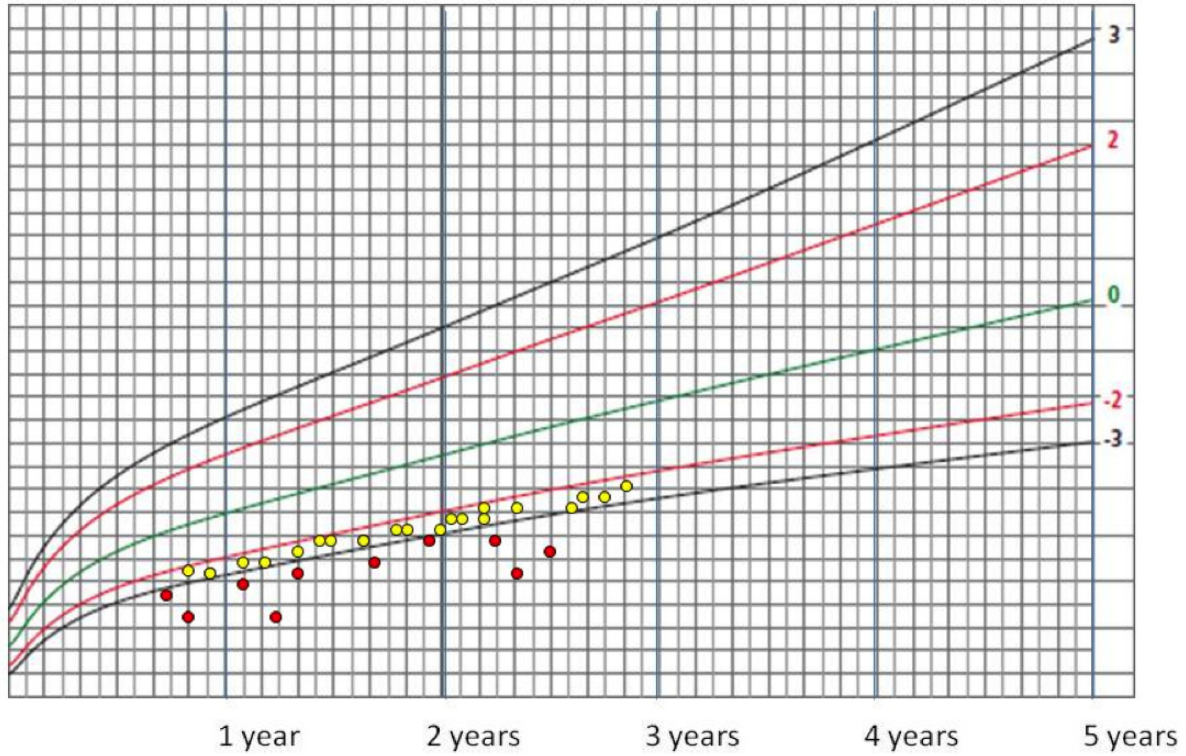
OBSERVATION LIST									
Answer with Yes (Y) or No (N) or Somewhat (S) or a number where appropriate. Add comments to explain answers.	Day #	Day #	Day #	Day #	Day #	Day #	Day #	Day #	COMMENTS
Drinking water from safe source (borehole or protected well)									
Water is treated (Boiled/ chlorine)									
Water is covered with fitted cover or lid									
Clean separate cup is used for pouring drinking water from the pot									
Handwashing station exists (e.g. tippy tap)									
Jerry cans or water storage containers are clean									
Toilet/latrine is available and used or hole is dug and covered for defecation									
House and/or kitchen is clean									
Food utensils are clean									
Handwashing with running water and soap is practised by:									
Caregivers									
Children									
Other family members									
Food prepared is nutrient dense as learned in Hearth (includes all 3 food groups: protective, body building and energy foods)									
Size of portion served is age appropriate									
Caregiver actively feeds the child									
Child is offered more food after finishing first portion									
Caregiver says child is fed 4 - 5 times / day (including snacks)									
Child uses separate (own) plate, bowl, or cup									
Caregiver is motivated by changes in the child									
Yesterday night, mosquito net was used by the primary caregiver and all children U5 in the household									
Caregiver can say what to do when child is sick (example: feeds more liquid when child has diarrhoea and feeds more frequently)									
Caregiver expresses being able to continue practising what was learned in Hearth at home									
Problems and questions about child feeding and care is discussed with the volunteer									



Before and After PD/Hearth Charts



Day 6 Session 11





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