

# Support for Horn of Africa Resilience Bale Eco-Region (SHARE-BER) Project



**Family Planning Promotion Flipbook**

END HUNGER >>> GROW FARMING  
**FARM AFRICA**



**SOS SAHEL**  
ETHIOPIA



RESEARCH PROGRAM ON  
Water, Land and  
Ecosystems

Led by:

**IWMI**  
International  
Water Management  
Institute



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# Instructions for Facilitators: Preparation

## PREPARATION CHECKLIST:

- Read through the instructions (next page) to understand how to use this flipbook
- Review the story, and the Facilitators Guide, probes, and Facilitators Notes for each illustration
- Prepare space to listen and discuss openly
- Prepare referral information for the audience. Be ready to provide audience information on local clinics and Health Extension Workers





# Instructions for Facilitators: How to use this flipbook

Topic number

5

## Jamal and Fatuma: Health of Fatuma and her marriage

This is the title of the topic on this page

Thumbnail of image displayed to audience



### FACILITATOR GUIDE:

- What do you see in this picture? Where is Fatuma? Does she look healthy?
- Why do you think Fatuma is ill?
- As we know, Fatuma has had many births, which were closely spaced. Fatuma is now older, and she is pregnant again. How do you think having closely spaced pregnancies influences her health? How do you think having a pregnancy later in life influences her health?
- How do you think Fatuma's health impacts her own daily life and wellbeing?
- How do you think Fatuma's health impacts her family and children?
- How does all this affect how her husband sees his relationship with Fatuma? How does this affect their marriage?
- How could her health have been improved?

### Facilitator's Note:

- A woman who gives birth after the age of 35 is more likely to experience health problems, such as complications in childbirth, high blood pressure, and miscarriage.
- Her baby also may have health issues, such as birth defects and low birth weight, that can affect the baby for his or her entire life.

**Probe:** How does she feel, emotionally and physically?

**Probe:** How does her health impact her ability to care for her children?

**Probe:** Do you think using family planning would have prevented some of these health and social issues that you all raised?

Yellow boxes labeled Facilitator Note include facts that you can address while discussing a certain topic.

Green boxes labeled Probe include talking points that should be addressed while discussing this question

Light Green boxes labeled "Facilitator Guide" include a script for this topic, including discussion questions



# 1

## Introduction

► Today we are going to learn about two families, and talk about the health and wellbeing of each family. We will discuss issues such as spacing and limiting the number of children a mother has, the importance of husbands and wives discussing family planning, the education of children, delaying marriage of young girls, and maternal and child health.

► First, we are briefly going to talk about the connection between **population, health** and the **environment** in your kebele. Let us begin by understanding what each word means.

► **Population** is the number of people in your kebele. This is determined by the size of each family.

► **Health** is the wellbeing of each member of your community, including you and your family.

► **Environment** is the natural resources the land provides, such as water, trees, and even the air we breathe.

► How do you think these three things work together? Can you share any examples of the connections between these three things that you have seen in your kebele?

► When you have fewer people in your kebele (a low population), then there will be more resources for your children to share. This means they will all be healthier, stronger and able to help our kebele and country develop.

► Today we will discuss how family planning influences the economy, environment, and health of two families and their community. We will also learn about how to improve your wellbeing, as well as your family's wellbeing and future generations of your kebele.





## FACILITATOR GUIDE:

### Probe:

- Your **health** is affected by the **environment**. Ex. The quality of the water and crops affects your health.
- The **population** affects the **environment**. Ex. When the population is large, more natural resources from the environment are needed to support the population.
- Your **health** is affected by the **population**. When there are many people in a kebele, there may not be enough health services available for everyone.







# 2

## Introduction to Jamal and Fatuma's Family

### FACILITATOR GUIDE:

- This is Jamal and Fatuma, and their children.
- What do you see in this image?
- How does the home and the garden look?
- Do you think this is a large family?
- How many children has Fatuma given birth to?
- How do you think having this number of children has affected Fatuma?
- How do you think having this number of children has affected Fatuma and Jamal's marriage?
- How do you think being in a large family has affected their children?



**Probe:** They have chopped down nearby trees, impacting the environment.

**Probe:** How has it affected her health?



# 3

## Jamal and Fatuma: Education of Children

### FACILITATOR GUIDE:

- Here is a typical day at Jamal and Fatuma's house. Jamal is going to the field to work.
- Are the children going to school?
- Is this common in your own community?
- Do you think it is hard for Jamal and Fatuma to send all of their eight children to school? Why?
- How might not going to school affect the children? How might this impact their future?









# 4

## Jamal and Fatuma: Feeding and Nutrition of Children

### FACILITATOR GUIDE:

- What is the family doing here?
- What are they eating?
- How much food do they each have? Do you think this is an ideal amount of food?
- How might this affect the health of the children?
- How does the number of children in this family influence the amount of food that they are able to eat?
- What are the basic things that a child needs to grow? What do you need to provide each of these needs?
- Do you think it is easy or hard for this family to provide these basic requirements to all of their children? Why?



**Probe:** Food, clothing, shelter, education, nurturing from family.



# 5

## Jamal and Fatuma: Health of Fatuma and her marriage



### FACILITATOR GUIDE:

- What do you see in this picture? Where is Fatuma? Does she look healthy?
- Why do you think Fatuma is ill?
- As we know, Fatuma has had many births, which were closely spaced. Fatuma is now older, and she is pregnant again. How do you think having closely spaced pregnancies influences her health? How do you think having a pregnancy later in life influences her health?
- How do you think Fatuma's health impacts her own daily life and wellbeing?
- How do you think Fatuma's health impacts her family and children?
- How does all this affect how her husband sees his relationship with Fatuma? How does this affect their marriage?
- How could her health have been improved?

### Facilitator's Note:

- A woman who gives birth after the age of 35 is more likely to experience health problems, such as complications in childbirth, high blood pressure, and miscarriage.
- Her baby also may have health issues, such as birth defects and low birth weight, that can affect the baby for his or her entire life.

**Probe:** How does she feel, emotionally and physically?

**Probe:** How does her health impact her ability to care for her children?

**Probe:** Do you think using family planning would have prevented some of these health and social issues that you all raised?





# 6

## Jamal and Fatuma: Use of Resources

### FACILITATOR GUIDE:

- How do you think having such a large family influences how much money Fatuma and Jamal have to spend on their family?
- How might having many people to care for affect their environment?
- How does the number of sons Fatuma and Jamal have affect the amount of land each son receives?
- How does this influence the livelihoods of each son, and each of their sons families?



**Probe:** How many more crops do they have to harvest to have money to care for their children? How much more work does this take?

**Probe:** Must they use more natural resources such as trees, water and land?

**Probe:** Does having more sons to distribute land mean each son will get less land to live off?







# 7

## Introduction to Ahmed and Halima's Family

### FACILITATOR GUIDE:

- This is Ahmed and Halima, and their family.
- What do you see in this image?
- How does the home and garden look?
- How many children do you see?
- Do you remember our discussion on the basic needs for a child to grow? Do you think this family has enough resources to provide these basic needs? Why or why not?
- Do you think that Ahmed and Halima's decision to limit the number of children they have has helped them save money? How?



**Probe:** Trees in the background.

**Probe:** Food, clothing, shelter, education, nurturing from family.



# 8

## Ahmed and Halima: Education of Children

### FACILITATOR GUIDE:

- ▶ Here is a typical day at Ahmed and Halima's house. Ahmed is going to the field to work.
- ▶ What are the children doing? Why?
- ▶ Not all of Jamal and Fatuma's children go to school. But both of Ahmed and Halima's children are attending school. How do you think children benefit from being educated?
- ▶ Is it common for older children to attend school in your own community?



### Facilitator's Note:

When children have the opportunity to go to school, they have better economic outcomes in the future. They also have better health, and their children have better health as well. More educated children are able to support their country, and contribute to the economy and development of Ethiopia when they grow up.





# 9

## Ahmed and Halima: Feeding and Nutrition of Children

### FACILITATOR GUIDE:

- What are the children doing here?
- What are they eating?
- How much food do they each have? Do you think this is an ideal amount of food?
- How might this affect the health of the children?
- How does the number of children in this family influence the amount of food that they are able to eat?









# 10

## Ahmed and Halima: Delaying Marriage

### FACILITATOR GUIDE:

- ▶ Now we're going to talk about the benefits of marrying later in life. Halima's parents married Halima off when she was 19. How did getting married later, when she was 19, influence Halima's education?
- ▶ How did getting married later influence Halima's ability to physically and emotionally grow before marriage, and before having children?
- ▶ How did getting married later influence the quality of her marriage?
- ▶ How did getting married later influence her ability to be a good mother?
- ▶ Ahmed and Halima decided not to marry their daughter before age 18 as well.
- ▶ How does this benefit Ahmed and Halima's daughter?



**Probe:** Halima was able to complete her education. This allows her to help out with the economy of her family, care for her own health, and the health of her children.

**Facilitator's Note:** There are several health risks, to mother and baby, when a woman has a child when she is young. A girl under age 15 that has a baby is five times more likely to die from childbirth than a woman over age 20. Getting married and having children later benefits the health of the mother and the baby.

**Probe:** Because Halima is more mature, she is able to develop a mature relationship.

**Probe:** Her maturity and her better education may make her a better mother.

**Probe:** What are some risks to a girl who is married off before she has grown into a woman? For example, a girl of 11 or 12 years old?



# 11

## Ahmed and Halima: Discussion of Family Size

### FACILITATOR GUIDE:

- As we've seen, Halima, Ahmed, and their children have greatly benefited from having a small family. But how did they achieve this small family size? After Halima got married at a mature age, Ahmed and Halima had a discussion about their ideal family size, based on how much money they have to support children. Then, they discussed using family planning to achieve this ideal family size.
- Do you think it is common for a husband and wife to discuss the number of children they want and family planning together in this community?
  - ▶ Who do you think is responsible for the number of children a family has? The husband? The wife? Both?
  - ▶ How might a family benefit from joint decision-making between a husband and wife?
  - ▶ How might the wife and the husband benefit from discussing these issues together?
- Ahmed works as a farmer. Halima supports her family by raising goats and chickens for eggs, and harvesting honey by beekeeping.
- How does her use of family planning help her support her family through income generating activities such as these ones?
- How does Halima's ability to help support her family economically help her marriage?
- How does Halima's good health and strength help her marriage?



**Probe:** Stronger relationship, more trust, support and love.

**Probe:** Use of family planning makes a healthier mother - able to space her births, limit childbearing, so she is stronger. She also has more time to work, since she has fewer children to care for.





# 12

## Ahmed and Halima: Family Planning Use

### FACILITATOR GUIDE:

- After discussing their ideal family size, Ahmed and Halima talk to their local Health Extension Worker(HEW) about achieving their ideal family size. They learned that not only will they be able to limit the number of children they have, but also understood the importance of spacing births.
- After having their first child, they went back to their HEW to discuss family planning methods. They decide on the family planning method that is best for them so they can space their births.
- Why is it important to space births?
- How do the children benefit from spacing births?
- How does the mother benefit from spacing births?
- Do you think that a family with spaced births will be healthier? Will they be happier?
- There are many safe and easy family planning methods available to women that can be used until the couple wants to have a child. Health Extension Workers can help a couple decide which method is best for them and help them get pregnant if and when they want to.



#### Facilitator's Note:

- Babies are much healthier if their birth has been spaced. They are healthier in their childhood as well.
- With birth spacing, babies can be breastfed longer by their mothers. Breastfed babies have better nutrition and fewer illnesses than non-breastfed babies.

#### Facilitator's Note:

- Pregnancy and childbirth is much safer for mothers when they have spaced their births.

#### Facilitator's Note:

- If you have fewer children, you have more time and energy to devote to each child and your spouse. Each member of your family will be able to receive more love and attention.







# 13

## Comparing Weekly Household Consumption

### FACILITATOR GUIDE:

- Now we are going to compare these two families that we've met. In this image, we can see the difference in how many resources each family uses. This shows their weekly consumption of food, water, firewood, and money. Let's discuss the difference in the consumption of each family.
- Who do you think consumes more in a week? Why?
- Who do you think consumes less in a week? Why?
- What effect does this have on the environment?
- What effect does this have on the family and their economic livelihood?
- Think about the resources available in the community. If everyone had a family the size of Jamal and Fatuma's family, how might that impact the availability of food and water?
- How might that impact the availability forest and land for their children?
- How does the use of family planning contribute to this difference in family sizes?



**Probe:** Would these future children and grandchildren be healthy if they didn't have enough food and water?

**Probe:** Would these children and grandchildren have enough land to farm? How would they provide for their large families?

**Probe:** How does using family planning impact health and happiness of future children and grandchildren?







# 14

## Reflection: Benefits of Family Planning



### FACILITATOR GUIDE:

- Now we are going to compare these two families.
- Which family looks more advantaged?
- How does the use of family planning contribute to this? What are the benefits of using family planning that you have learned about today?
- Every one of you can take steps today to help yourself and your family live a better life.
- Based on what we talked about today, what do you think are some steps that you can each take to improve the health and wellbeing of yourself, your children and your family?

### Facilitator's Note: What you can do

- You can delay marrying your daughters so that she is able to have better health and education opportunities.
- You and your partner can use family planning to space your births, ideally by two years. This will help the health of the mother and her baby.
- You can start thinking about limiting the number of births you and your partner will have as you get older to prevent any health complications during pregnancy and birth that could hurt the mother and baby.
- You can discuss these important topics, including the use of family planning, and the connection between our health, our environment, and our population, with your friends, family, and neighbors.

# 15

## Conclusion and Questions

### FACILITATOR GUIDE:

- ▶ We've come to the end of this activity. Does anyone have any questions about any of the topics we've discussed, including family size, family planning methods, or health?
- ▶ I advise every one of you to participate in the next round of SHARE meetings to learn more.
- ▶ You can also speak to a health worker at a health post to learn more about family planning, your health and your children's health.
- ▶ Thank you very much for coming and sharing!

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