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Maternal and Child
Survival Program

Our First Baby

A Gender-Transformative Approach to Increase Use of
Maternal, Reproductive Health, and Family Planning among
First-Time/Young Parents in Mozambique

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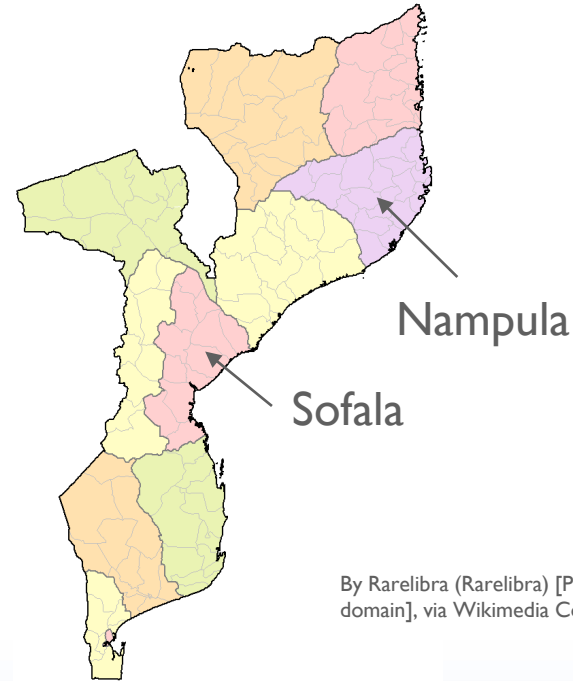
Background

13 million adolescents (ages 15–19) worldwide will give birth this year. They will have:

- Education needs
- Health needs
- Economic needs
- A window of opportunity for social norms transformation

Methods: Reaching Young Mothers in Mozambique

- Formed discussion groups of young mothers.
 - Provide accurate information about health.
 - Encourage health service use.
 - Build social support.
- Invited male partners.
- Engaged parents of young parents.



By Rarelibra (Rarelibra) [Public domain], via Wikimedia Commons

Methods: Our First Baby

- Community consultations
- Pre-testing
- Pilot
- Expanded implementation

Material em testagem



NÓS E O NOSSO PRIMEIRO BEBÉ

Educação para a Saúde de Adolescentes
Grávidas e Pais pela Primeira Vez

Guião do/a Facilitador/a



Maputo, Maio de 2017

Pre-Test Feedback

- New and important information
- High interest in family planning (FP) information
- Active role of men/fathers
- Preference for interactive sessions



Pre-Test Feedback

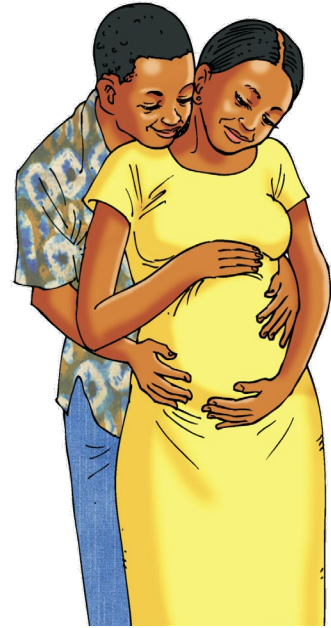
- Challenging social norms and cultural beliefs
 - Nutrition
 - Pregnancy status
 - Condom use



Photo by Kate Holt, Jhpiego.

Our First Baby: Approach

- Held interactive, small-group discussions.
- Used flip book and facilitator guide.
- Sessions led by trained facilitator.
- Young fathers were invited to certain sessions.



Our First Baby: Sessions

- Fertility and pregnancy
- Trimesters of pregnancy and the prenatal consultation
- Caring for yourself during pregnancy
- Birth planning and delivery
- Father for the first time!*
- Newborn care, exclusive breastfeeding and postpartum consultation*
- Healthy timing and spacing of pregnancy*
- FP*
- Sexually transmitted infections, HIV, gender-based violence, rights*

Initially, male partners were invited to join these five sessions, but the team felt that men should be invited to attend all.

Pilot Test Feedback: Facilitators and Supervisors

- Some material was too technical, particularly HIV.
- Flip book was too small.
- Had trouble mobilizing men and maintaining their participation.

Pilot Test Feedback: Participants

- Preferred personal manuals or information, education, and communication materials.
- Wanted samples of FP methods for demonstration.



Photo by Kate Holt, Jhpiego.

Pilot Test Feedback: Participants

- Wanted sessions to be scheduled more frequently or have two sessions held on the same day.
- Appreciated the importance of the information.
- Appreciated partner learning how to help out.

Results

Policy	<ul style="list-style-type: none">• Engage stakeholders early.• Address holistic needs.
Supply	<ul style="list-style-type: none">• Who we train is important.• Ensure facility linkages for continuum of care.• Ensure youth-responsive health care.
Demand	<ul style="list-style-type: none">• Include an aspect of social support.• Challenge gender and social norms.• Emphasize the benefits of health service use.

Planned Program Documentation

- Results of service use from monitoring data
- Interviews with:
 - *Our First Baby* facilitators and supervisors (maternal and child health nurses)
 - District and provincial health officials
 - MCSP implementing staff
- Successes, challenges, and recommendations for improvement and scale-up

For more information, please visit
www.mcspprogram.org

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