

Picture Cards and Their Use During Pregnancy Care Visits: Engaging Men with Pregnancy and Newborn Care

Why Engage Men?

We know that men, women, and whole families benefit when a husband / father is more involved with the people in his household – both his children and his wife. Pregnancy offers a unique opportunity to involve fathers in things that may otherwise be considered “women's domain” because everyone is interested in and cares about the baby. Often, the biggest challenge is that the father doesn't know HOW to be involved.

The goal is to involve the father at all three stages of care: during pregnancy, during delivery, and with the newborn baby. While the specific activities or roles may vary according to the stage of care, the proposed discussions offer an opportunity for men to think differently about how they relate to their wives, how their responsibilities might shift according to the kind of emotional and physical support she might like, and how they interact with their new babies.

The Role of the RANM with the Family

In order to maximize the opportunity offered through provision of health services at the household level, the RANM seeks to integrate the inclusion of husbands and extended family as part of her routine counseling and services. Because this is a new approach to pregnancy care, this guide particularly focuses on integrating these discussions during each household visit. Such discussions become part of the standard of care for service provision at the community level.

The picture cards described below help the RANM facilitate discussions around new roles and behaviors that may otherwise be difficult to bring up. The overall purpose for these discussions:

- Identify ways for the husband to become involved with the care of his wife and his baby during pregnancy, delivery, and postpartum.
- Offer an opportunity for husband to think differently about how he can relate to his wife, how his responsibilities might shift according to the kind of emotional and physical support she might like, and how they interact with their new baby.

Using Picture Cards to Encourage Discussion

The picture cards show different scenarios for ways a husband and the extended family might be involved during the pregnancy and after delivery. There is also one

card illustrating the development of the baby inside the womb. There are two types of picture cards for use during pregnancy visits.

Steps for Using Picture Cards during a Home Visit

Each picture card has some explanation on the back to guide the content and discussion associated with that card. The steps for using it are generally the same:

1. **Show:** the card and ask participants / family what they see. Acknowledge all of their answers.
2. **Ask:** the suggested discussion questions, encouraging participants to imagine how it would feel or what their experience might be if they tried these new roles. Even if the cards show men doing things they wouldn't normally do, the guidance questions can help the RANM encourage them to consider these new possibilities.
 - a. ***Could you accept that a husband / father might do this?***
 - b. ***What would other people in the family or community think if the husband/ father did this?***
 - c. ***What would happen if a husband / father did this?***
3. **Facilitate discussion:** It is important to encourage different people to participate, and to facilitate additional discussion by adding probing questions such as "Who has something to add?" or "Anything else?"
4. **Final Conclusions:** Finally, using the key messages suggested at the end of the discussion guide, take the opportunity to wrap up possible conclusions from the discussion.

Additional Considerations

It may be important for the RANM to consider a couple of context issues at the same time that she encourages these discussions:

1. If a woman is not comfortable with her husband being involved, it may be necessary to explore how she would like her husband to be involved before opening the conversation with him.
2. If the husband / father is absent or working elsewhere, the RANM can work with the wife to consider how to maximize his involvement and what choices he may have to be more involved. This might be through encouraging regular phone conversations about his wife's pregnancy or care, negotiating when and how he might be present during the perinatal period, or considering where emotional and decision-making support may come from in his absence.

3. Marginalized groups may experience different barriers to men's involvement than those the RANM may be familiar with. It is important to listen to their concerns while at the same time she encourages consideration of new ways to be involved.

Instructions for Specific Picture Cards

Refer to Picture Cards #1, 2, 3 - Husbands' / fathers' roles in the Household:

Purpose:

Explore different tasks and activities the husband may be able to do to lighten the workload of his pregnant wife and to care for his new baby.



Card # 1A and 1B: The husband helps out with household chores and encourages the pregnant woman to rest.



Card # 2: The husband is bathing his newborn baby while his wife lovingly looks on

Refer to Picture Cards #3, 4, 5, 6- Husbands' / Families' Roles in Caring for the Pregnancy

Purpose:

Caring for the pregnancy is the responsibility of the pregnant woman, her husband, and her extended family. Picture cards offer an image for how a woman's family can provide this care.



Card 3: A pregnant woman goes to pre-natal care with her husband



Card 4: The husband helps his wife to prepare and eat healthy food



Card 5: Extended family supports birth planning



Card 6: Extended family tracks danger signs

Refer to Picture Cards # 7, 8 – Husbands participate in delivery, post partum care, and post partum family planning

Purpose:

As husbands become more engaged earlier in the pregnancy, their role in the family can change. Couple conversations and decision-making can also change, as can their relationship with the new baby.



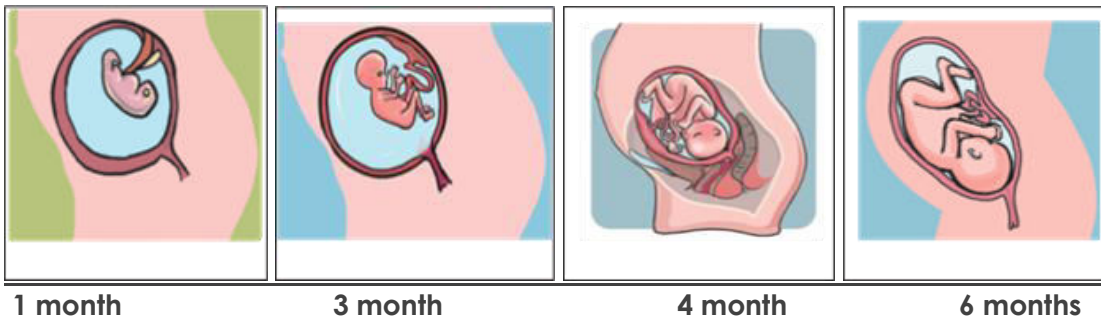
Picture Card 7: Husband attends delivery in the delivery room



Picture Card 8: Husband and wife discuss family planning together

Refer to Picture Card #9 – Introduction to the Anatomy of Pregnancy

Purpose: Offers the opportunity to further explain to the pregnant woman about the changes occurring in her body and to the baby, as well as to help the husband understand and be more involved.



1 month

3 month

4 month

6 months



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Card 1



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Card 1: The husband helps out with household chores and encourages the pregnant woman to rest.

Theme: Lightening the workload of the pregnant woman and the husband can help with “women’s” work.

Image Description: In this family, when the woman reaches 7 months of pregnancy or when she isn’t healthy, her husband helps with the house work. For example, he can help carry water, help bring in the harvest, or help with food preparation in the kitchen. Everyone accepts that the pregnant woman needs to rest.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions:

- Would you accept that the husband can help out this way? Why?
- What will the husbands friends or other community members say if he is seen doing “women’s” work? Why might this be a problem? How might shared household chores become more acceptable?
- What are the actual responsibilities of the extended family, and even the whole community, with respect to a pregnant woman?

- Make sure that each participant is asked at least one question in order to encourage participation.
- Ask probing questions, or questions that request additional explanation to expand participation. For example: “Who has something to add?” or “Anything else?”
- At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 2



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Card 2: The husband is bathing his newborn baby while his wife lovingly looks on

Theme: Father helping with infant care and bonding with his newborn baby

Image description: The new father is helping to bathe his newborn baby. This offers a special opportunity to help his wife, as well as for him to get to know and bond with his baby.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions :

Make sure that each participant is asked at least one question in order to encourage participation. Ask probing questions, or questions that request additional explanation to expand participation. For example: “Who has something to add?” or “Anything else?”

Would you accept that a father can bathe his newborn baby? Why or why not? What could be the advantages? What could be the challenges?

What would the extended family or the community think if they know the father bathing his baby?

What would happen in your village if people see a father bathing his newborn while the wife is sitting nearby?

4. At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 3



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Card 3: The husband helps his wife to prepare and eat healthy food

Theme: The importance of sharing household tasks and husbands being responsible in assuring their pregnant or lactating wives eat healthy food (food that is varied and high in nutrients).

Image Description: The husband is helping his wife prepare food. They eat the same food, and the wife does not wait to eat until after others have eaten.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions :
 - Make sure that each participant is asked at least one question in order to encourage participation.

To men : Would you be willing to cook rice or dahl in the kitchen in the presence of your wife? Why or why not?

To women : Would you be willing to have your husband cooking rice or dahl in your kitchen? Doing other chores in the kitchen while you are there? Why or why not?

How would it feel to eat at the same time as your wife / husband? What difficulties might this create?

Would you be willing to have husbands cooking in the kitchen if your extended family knew about it? What about if your neighbors knew? What about if other people in the community knew? Why or why not?

What could be the advantages or challenges in sharing tasks like this?

What might happen to a man if his extended family, neighbors, or friends knew he was doing these tasks? How might this change?

- Ask probing questions, or questions that request additional explanation to expand participation. For example: "Who has something to add?" or "Anything else?"
- At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 4



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Card 4: A pregnant woman goes to pre-natal care with her husband

Theme: The involvement of the husband in caring for his pregnant wife at the health center as well as at home.

Image description: Within a pregnant couple, the husband accompanies his wife to the health center for her pre-natal care appointments and delivery. His presence supports his wife, he has the opportunity to learn about the pregnancy, and he helps his wife to follow the advice of the health provider.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions :

Make sure that each participant is asked at least one question in order to encourage participation. Ask probing questions, or questions that request additional explanation to expand participation. For example:

Do husbands accompany their wives within their pre-natal visits? Why or why not?
What might be the advantages to this kind of participation ?
What might be the advantages or challenges for a husband to participate in the delivery room during birth?
What might the community think about this kind of participation by men, in something that has traditionally been for women. Why? How might this change?

“Who has something to add?” or “Anything else?”

4. At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 5



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Card 5: Extended Family participates in the development of a Birth Plan:

Theme: Involving the extended family in preparing the birth plan helps assure the woman has the resources and support she needs to follow through on her preferences for the plan

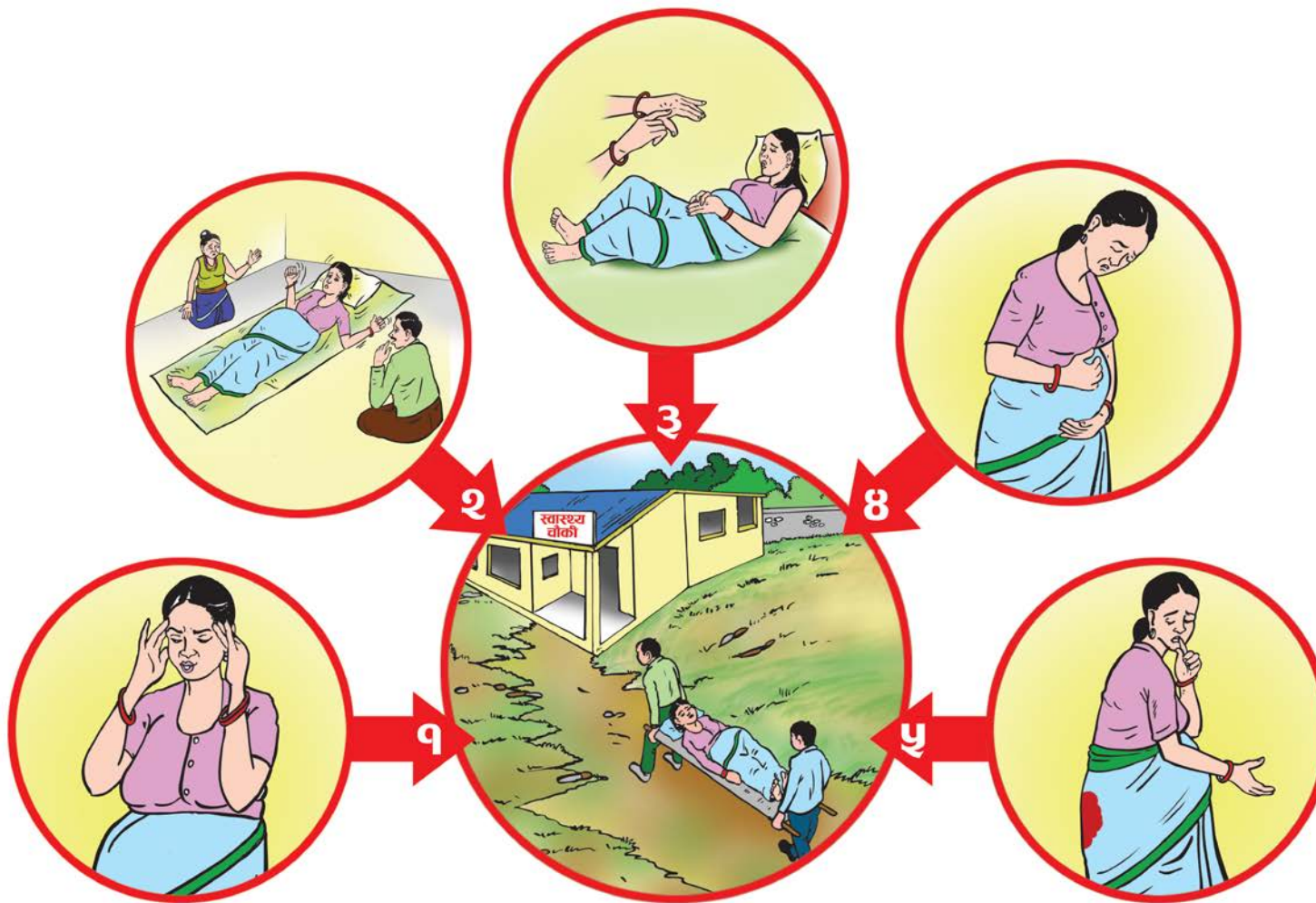
***Image Description:** In this family, the extended family is getting together to work with the pregnant couple to agree on a birth plan and to make preparations. The discussions address the different elements of the plan:*

- Plan for who will accompany the woman during delivery, including the husband's role
- The presence of the husband during consultations and delivery in order to understand the medical information and results, in addition to supporting his wife.
- Planning for transport to the health center or the hospital.
- Lightening the pregnant woman's work load through help from the husband or the family.
- Saving money for routine care expenses or in case of unexpected expenses during delivery.
- The pregnant woman's nutritional needs and the importance of support from the husband and family to meet them.
- Plans for blood donation in case of need for a transfusion.

Instructions :

What preparations would you make for the delivery of a woman in your family?
Why is it important to involve the extended family in planning for and supporting the delivery of the pregnant woman?
What might make it difficult for the extended family to realize this involvement and responsibility?
How might the extended family strengthen their participation and support during pregnancy and childbirth?

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions :
 - Make sure that each participant is asked at least one question in order to encourage participation.
 - Ask probing questions, or questions that request additional explanation to expand participation. For example: "Who has something to add?" or "Anything else?"
 - At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 6



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Card 6: Danger signs in a Pregnant Woman:

Theme: Recognizing danger signs during pregnancy and encouraging the family to take responsibility for care.

Image description:

During pregnancy, a woman can experience complications. It is important to recognize complications or danger signs in time to take action. A woman experiencing danger signs should go to the health center. She may need help or support from her husband or extended family to do so. Following are the danger signs that need attention:

- A woman who is bleeding at all during pregnancy or excessively during delivery ;
- A woman with seizures, or other signs of pre-eclampsia.
- A woman experiencing chills or fever.
- A woman who is in labor from morning to night (more than 12 hours) or whose baby is presenting arm first.
- A recently delivered woman who lost consciousness or had seizures.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions :

What actions could you take to prepare for the delivery or for other complications in a pregnant woman in your family?

What is the role of the extended family if complications arise ? What about the role of other members in the community?

What might make it difficult or challenging for a woman with complications to get the care she needs?

- Make sure that each participant is asked at least one question in order to encourage participation.
- Ask probing questions, or questions that request additional explanation to expand participation. For example: "Who has something to add?" or "Anything else?"
- At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 7



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Card 7: The husband helps with his wife's delivery at the health center

Theme: Emotional support for the pregnant woman and acceptability for men to participate in delivery

Image description: This is a model husband in the village. During his wife's pregnancy they talked regularly about how things were going, and she let him know that she would be happy if he attended her delivery. He was happy she wanted him there, and he is supporting her as she is in labor.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.

Pose the following questions :

- Make sure that each participant is asked at least one question in order to encourage participation.

Can a husband accept to be in the delivery room with his wife? Why or why not?

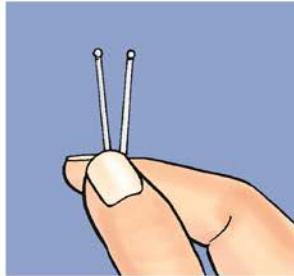
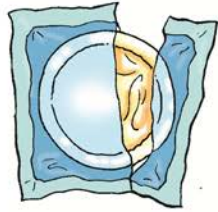
Can a wife accept her husband to be in the delivery room with her? why or why not?

According to you, what could be the advantages or the disadvantages of a husband's participation in delivery?

What could make it difficult for the husband to be present during the delivery?

During your next delivery could you accept to have both you and your spouse in the delivery room?

- Ask probing questions, or questions that request additional explanation to expand participation. For example: "Who has something to add?" or "Anything else?"
- At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.



Card 8



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Card 8: The husband encourages the couple to adopt of family planning

Theme: A couple decides together to use family planning

Image description: Normally, people prefer having sons over daughters. This couple has had 3 daughters, yet the husband is still proposing that they use family planning to limit and space their family.

Instructions :

1. Show the card and ask participants to explain what they see in the picture.
2. Allow 1 – 2 minutes for participants to reflect and begin to express their point of view.
3. Pose the following questions:

If a couple has only daughters, how will this influence what people think in the community?

What will the community think if the husband and wife decide together when and how many children to have? How might this affect the husband's authority?

What are the advantages or disadvantages with practicing family planning, even if a family does not have many sons?

What are the advantages or disadvantages with practicing family planning, even if a family doesn't have many children? Even if the husband is often absent?

Would you be able to accept using family without having sons? Why or why not?

What would help you follow your own family planning preferences, even if others pressure you otherwise?

What happens if the husband and wife don't agree on their family planning preferences? How can these be resolved?

- Make sure that each participant is asked at least one question in order to encourage participation.
- Ask probing questions, or questions that request additional explanation to expand participation. For example: "Who has something to add?" or "Anything else?"
- At the end of the discussion, work with participants to synthesize and remember the main points of the discussion, and set a time for the next counseling session or meeting.