

Gindegi Goron

Interactive Voice Response System

Sequence of topics, activities, &
sample text messages

for 0-24 months of age

Month- 0-1	Month-2	Month-3	Month-4	Month-5	Month-6
IVR message topic					
Importance of Breastfeeding-1	Immunization -1	Equal nurturing of boys and girls-1	Shaking baby-1	Maternal Nutrition-2	Playing with rattle-1 (caregiver version)
Sore Nipples-1	Interactions with baby during breastfeeding -1	Parents Mental health-1	Playing with Ball-1	Play with kitchen tools-1	Demerits of Infant formula milk-2
Method of breastfeeding -1	Maternal Nutrition-1	Play and songs-1 (activities)	Immunization -2	Feeding during sickness -1 (during breastfeeding)	Complementary feeding (Mother's Preparation -1)
Demerits of Infant formula milk-1	Sore Nipples-2	Method of breastfeeding -2	Children with disabilities-1	Dental care-1 (only gum care)	Importance of Breastfeeding-2 (aligned with complementary food)
Toy or play activity added to demonstration in home visit					
Video-1-Method of breastfeeding	What to do to relieve breast pain	Roll – Help baby learn to roll	Immunization	Play with kitchen tools	Playing with rattle
Video-2-How to bath the baby	Lifting up – help baby lift head and chest	Stress Management	Sit up: To help baby learn how to sit	Dental care	Making Complementary Food
Month-7	Month-8	Month-9	Month-10	Month-11	Month-12
IVR message topic					
Healthy feeding-1	Safety-1 (Crawling version)	Playing with rattle-2	Mirror game-1 (seated version)	Healthy feeding-2	Blocks and container-1
Hygiene practice-1	Peek-a-boo-1	Parents Mental health-2	Play and songs-2 (Importance)	Picture book - 1 (Turn pages)	Shaking baby-2
Interactions with baby during breastfeeding -2	Feeding during sickness -2	Make mealtimes fun-1	Avoid physical maltreatment-1	Body parts (learn names)-1	Language activity-1
Importance of height and weight measurement-1	Complementary feeding -2	Play with kitchen tools-2	Finding Toy-1	Playing with Ball-2	Showing love-1
Toy or play activity added to demonstration in home visit					
Interaction with baby	Peek-a-boo	Rattle making process with household object.	Mirror game	Ball making process with household object.	“Hati Hati pa pa” /learn how to walk
Holding multiple object (Video)	Playing with color rainbow/Ring Pyramid	Finding toy.	Straw in the bottle	Clapping game	Picture book (My family)
Month-13	Month-14	Month-15	Month-16	Month-17	Month-18
IVR message topic					
Handwashing-1	Nurturing care for children-1	Peek-a-boo-2 (behind the door)	Show name talk -1	Make mealtimes fun-2	Finding Gross motor toys (push and pull along-1
Reducing screentime-1	Ways of learnings (psychosocial stimulation)-1	Drowning -1	Mirror game-2 (standing version)	Handwashing-2	Importance of height and weight measurement-2
Children common diseases-1	Family values-1 (quarrel, fight, domestic violence)	Complementary feeding-3	Crayon and paper-1	Healthy feeding (repeated)	Equal nurturing of boys and girls-2
Safety-2 (walking version)	Hygiene (repeated)	Play with kitchen tool (repeated)	Learning through play-1	Family values-2	Ways of learnings-2
Toy or play activity added to demonstration in home visit					
Posting box game	Still face game	Plastic toy -stacking Bottle	Crayon and paper	Handwash (video 8-Ban from drop box)	Finding toy
“Cholo Drum bajay” game	Picture book-turn page	Nesting toy-with plastic bottle	Language activity	Picture book (Vehicle)	Video-playing with household object
Month-19	Month-20	Month-21	Month-22	Month-23	Month-24
IVR message topic					
Children with disabilities-2 (identification after they age)	Language activity-2	Crayon and paper-2	Blocks and container-2	Finding Toy-2 (add the last part 18 month finding toy)	Learning through play-2
Playing with children/split 60 minutes-1	Sorting and matching (household objects)-1	Hygiene practice-2	Picture book - 2	Avoid physical maltreatment-2	Nurturing care for children -2
Toilet training -1	Showing love-2	Show name talk -2	Dental care-2	Playing with children/split 60 minutes-2	Body parts (learn names)-2
Children common diseases-2	Reducing screentime-2	Finding Gross motor toys (push and pull along-2	Drowning -2	Toilet training -2	Sorting and matching (household objects)-2
Toy or play activity added to demonstration in home visit					
Toilet Training	Talk and Learn	Crayon and paper	Avoid physical maltreatment	Stacking Blocks	Sorting and Match
Making car with bottle	Body Parts	Language activity	Video- playing by act	Toilet training	"I see"-game

Examples of text messages sent through the IVR system

IVR Message Topic: Parents Mental health

Dear mother, father and grandparents.

Greetings on behalf of IRC and 'Play to Learn'. We wish you all the best. Today, our focus is on the mental well-being of new parents. It has been a while since you welcomed the new baby into your lives, and your days might be consumed by taking care of the little one. During this, there might be limited time for other tasks and self-care, such as proper eating, adequate sleep, and regular bathing. The father, too, may be engaged in daily work and then come home to assist in raising the child without much rest.

Working tirelessly for days on end can lead to exhaustion, increased work pressure, and even feelings of despair. The mother might reach a point where she feels that her efforts are in vain, and there's a tendency to contemplate giving up. Consequently, daily routines are disrupted, physical health is compromised, maternal well-being is affected, and the child's growth and development might also be impacted. Experiencing stress and anxiety during this period is quite common.

However, for a mother, the most effective approach is to acknowledge the current situation and discover what would bring her a sense of fulfillment and contentment. For instance, engaging in conversations with friends, pursuing personal interests, taking short trips, enjoying music or literature, seeking professional guidance from doctors or healthcare workers when necessary, focusing on sources of joy, and spending quality time with the baby in her arms can be beneficial.

It's crucial for the father and the rest of the family to comprehend that the mother requires special care, rest, and comfort, just like the new baby. Their role involves supporting and nurturing the mother, thereby strengthening the bond between her and the baby. Thank you for patiently considering our insights.

IVR Message Topic: Play and songs

Dear mother, father and grandparents.

Greetings on behalf of IRC and 'Play to Learn'. We extend our best wishes to you all. Today's topic is engaging in sports activities with your baby! Even though your baby is just 3 months old, there are ways you can interact with them that can lead to fascinating responses. At this stage, your baby might grasp objects, giggle, turn their head to locate sounds, and refine their coordination by moving their arms and legs.

Engaging in sports activities holds significant value for their development – not only in terms of physical growth but also for brain development and social interactions with others. During this period, you can participate in activities such as peek-a-boo, playing in front of a mirror, using soft toys, introducing gentle ball games, engaging in conversation, sharing stories from holy books, and singing religious or children's songs. These activities not only contribute to your baby's developmental milestones but also foster feelings of love and happiness.

It's beneficial to make time for play during your moments of leisure, incorporating interactions while getting dressed, bathing, napping, or tending to household tasks. These interactions can go a long way in creating meaningful connections with your baby. We appreciate your attentive consideration of our insights.

IVR Message Topic: Make mealtimes fun

Dear parents and grandparents,

On behalf of IRC and Play to Learn, I wish you all the best. Children now-a-days eat don't want to eat or they have trouble eating. Sometimes the parents force-feed the child and this can make things worse and satisfy the child's hunger. Today I will tell you how to make your baby's mealtime fun and how to play with the baby while feeding. Sit down with the baby, talk to him/her and praise for eating. You also eat with the baby and talk about food, about the taste of food such as sweet, sour, salty, food temperature such as hot, cold, etc. or its continuation such as, soft, wrinkled, hard, liquid, solid etc. Try to keep different types and colors of foods and cook different types of food on different days. Feed your baby at least 2-3 times a day, not just during meals. If the child does not want to eat, then stay calm and if the child is messy, there is nothing to worry about. Refrain from force-feeding the children, or they will lose interest in eating. If the child does not want to eat, leave the food in front of them for a while, but after a few minutes, take it and after an hour or two, give again for eating. If your child is thin, you can add oil to food, which will give more energy to the child and help to grow. Thank you for patiently listening to our words.

IVR Message Topic: Body parts (learn names)

Dear parents and grandparents,

On behalf of IRC and 'Play to Learn', I wish you all the best. Today I'll show you how to introduce your child to different body parts and teach them their names. Look into your eyes, pronounce your names, and say, 'A mother's eyes'. Look at the child's eyes and say 'Babu's/baby's eyes. Repeat this process with your child. Then ask, "Where is my mother's eye, my father's eye, or my grandmother's?" If he/she can catch your eye, say, "Very good, this is the eye of mother, father, or grandmother," and if not, take his/her hand and touch your eyes, saying, "This is the eye of mother, father, or grandmother." Now ask, "Where are your eyes?" Then, if necessary, assist the kid in catching his or her own eyes. Give Baby's a round of applause and congratulations. Ask the child to repeat the action if they can see the eye. Show the baby's nose now and when you speak the name, do the same. Just describe one body part at a time. You can play a game out of it while doing it in the shower or before bed. The child will have a lot of fun learning the names of body parts while also developing their speaking speed. Thank you for patiently listening to our words!