

Gindegi Goron

Interactive Voice Response System
Sequence of topics, activities, &
sample text messages
for 0-24 months of age



With resease topic	Month- 0-1	Month-2	Month-3	Month-4	Month-5	Month-6		
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Making car with bottle Body Parts Language activity Video- playing by act Toilet training "I see"-game	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 guality 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!