



Healthcare and my family's lifestyle

Behaviours to adopt
for a healthy family

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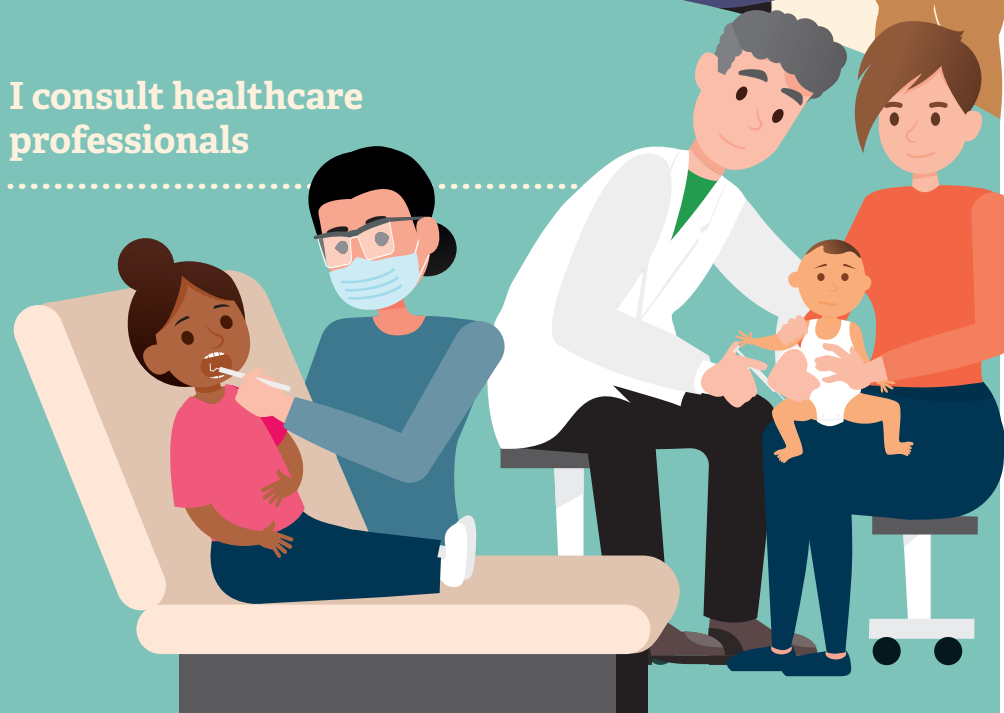
I know what to do when
my child doesn't feel well

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I consult healthcare
professionals

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Examples of questions and suggestions of topics to discuss with the parent(s) during follow-up

The questions can be addressed to the mother, father or other parent

Adjust the questions to the parent's intervention level.
Take the time to explain what lifestyle habits mean: diet, breastfeeding, sleep, physical activities, use of alcohol, tobacco, drugs and gambling.

Behaviours to adopt for a healthy family

Adoption of healthy lifestyle habits and a family planning strategy

- What do you do to take care of yourself?
- How is breastfeeding going?
- What are your routines (habits) for feeding your child and family?
- What are your sleep routines for your child and family? You can use the picture of the crib to talk about sleeping on the back and co-sleeping too. Talk more broadly about the different routines (e.g., morning routine, mealtime routine).
- Do you enjoy being physically active? What are your child's and family's physical activities?
- What are your consumption habits (tobacco, alcohol, cannabis or other drugs)? Do your habits change when you are with your child?
- What do you think about using a cell phone or playing video games when you are with your child?
- What lifestyle habits have you changed since your child was born?
- Do you want to have another child soon? If not, what methods of contraception are you using?

I know what to do when my child doesn't feel well

I consult healthcare professionals

Use of medical and dental care for the child and family

- How do you feel when your child is sick? What do you do when they are sick?
- What do you do when your child has a fever, has hurt themselves (e.g., burn) or feels unwell?
- Do you know where to ask for help if you are worried about your child's health?
- Do you have a pediatrician or a family doctor you can contact?
- What do you do when your child or a member of your family needs to be seen quickly for a health problem?
- Do you want to have your child vaccinated? Explore the reasons why the person does not have or does not want their child vaccinated (e.g., lack of information, fear, transport).
- How do you care for your child's teeth?
- What do you think of the dentist (e.g., afraid, expensive, not necessary)?

Examples of questions and suggestions of topics to discuss with the parent(s) during the assessment before changing level

To stimulate discussion, tell the parent what achievements/strengths you have observed by giving them concrete examples of behaviours and adjusting the questions to the intervention level.
Discuss the challenges they feel they are facing in their parenting role and identify aspects they would like to develop or improve (adjust the IP-IIP¹, ISP as needed).

- What changes did you make in your lifestyle when your child was born to ensure your well-being, their well-being and that of other members of your family?
- Tell me about your child's medical follow-up?
- When your child doesn't feel well or has hurt themselves, what do you do?
- Are there improvements you'd like to make to your lifestyle or to the medical follow-up of your child and your family?