

## Purpose

The purpose of this role play is to help you practice counseling and teaching skills and to review the information families need to know about newborn care.

## Role Playing and Observation

Everyone will participate either by playing a role or by observing. During the role play, observers should think about what they see and prepare to participate in the discussion

## Discussion of the Role Play

After the role play, the group will discuss what happened, review the performance using the communication clinical observation tool and answer the discussion questions.

***Ask one participant to read the roles and the situation aloud. Then ask three others to act out the situation while the rest of the group observes them. Allow about ten minutes for the role play. Afterwards, thank the actors, and then lead a discussion using the Discussion Questions as a guide. Suggested answers are given below, but the participants will probably have other good answers and observations.***

## Participant Roles

Health worker: The health worker is experienced in newborn care and has good communication skills.

Mother: Nobuhle is from a small village, where she and her husband run a small store. She is 20 years old and this is her first baby.

Father: Nobuhle's husband, Muzi, is with her.

## Situation:

Nobuhle gave birth to a healthy full-term baby. The baby is nursing well and is warm. The baby has passed stool and urine. Nobuhle feels well. She visits her local clinic on day 4 post delivery for a post natal check-up to do the physical examination with her husband Muzi. All the findings are normal. Now the health worker advises Nobuhle about how to care for her baby. Please ensure that you include key health messages regarding care of a newborn and any danger signs.

## Questions and possible answers:

1. How did the health worker show respect and kindness to Nobuhle and Muzi?
  - Spoke in a calm reassuring manner, using language that Nobuhle and Muzi understood.
  - Listened to what they said and answered their questions in the same reassuring manner.
  - Showed supportive nonverbal behaviors, such as nodding and smiling, to let Nobuhle and Muzi know that they were being listened to and understood.
  - Encouraged Nobuhle and Muzi to ask questions and express their concerns.
2. What key health messages did the health worker discuss with Nobuhle and Muzi?
  - Breastfeed the baby exclusively, on demand.
  - Do not give supplements to the baby between breast feedings.
  - Keep the baby warm. He should be dressed/wrapped loosely in several layers of clean, light clothing/cloth and the room in which he is kept should be warm and smoke-free. A baby should be dressed in 1-2 more layers than an adult.
  - Wash your hands before and after handling him; keep your fingernails short.
  - Keep the cord dry and exposed to air.
  - Handle the baby gently and lovingly. If he cries, it means he needs something, so go see what the matter is.
  - Keep the baby safe:
    - Do not leave him alone on a bed or table from which he could fall.
    - Do not hold him upside down by the feet.
    - Breastfeeding mothers should not smoke or drink alcohol or use drugs.
    - Breastfeeding mothers should practice safe sex (condom use, abstinence, or monogamous sex with an HIV negative partner).
  - Learn the danger signs. Seek medical help immediately if the baby develops:
    - Feeding difficulties or not sucking

- Breathing problems
  - Convulsions/fits
  - Fever or feels cold
  - Red, swollen eyelids with pus discharge
  - Redness, swelling, foul odor, or discharge around the cord
  - Jaundice
  - Both mother and baby need plenty of sleep; however if the baby is hard to waken after about 3 hours of sleep, he may be sick.
  - Bring the baby to the health facility for a routine check and immunisation at six weeks .
  - The baby's chance of survival will be increased if Nobuhle and Muzi use family planning to postpone Nobuhle's next pregnancy for 3-5 years
3. What did the health worker do to check that Nobuhle and Muzi understood the health messages?
- During the discussion, the health worker watched their body language and facial expressions for clues that showed whether they understood. (Did they smile or frown? Nod or shake their heads? Did they look worried, tense, confused, or confident and relaxed? etc.)
  - The health worker asked Nobuhle and Muzi questions to assess what they understood about the information provided.