

What is WASHplus?

The WASHplus project supports healthy households and communities by creating and delivering interventions that lead to improvements in water, sanitation, and hygiene (WASH) and household air pollution (HAP). This multi-year project (2010-2016), funded through USAID's Bureau for Global Health and led by FHI 360 in partnership with CARE and Winrock International, uses at-scale programming approaches to reduce diarrheal diseases and acute respiratory infections, the two top killers of children under age 5 globally.

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1 through 3 year

Handwashing:

- Regularly maintain tippy tap with soap and water.
- Mother washes both hands with soap and flowing water:
 - before preparing food for baby
 - before feeding baby
 - after cleaning baby and disposing feces
 - after visiting latrine herself
- Regularly wash child's two hands with soap and flowing water, particularly before feeding

Food preparation and child feeding:

- Wash any fruits, vegetables or other foods to be consumed raw with treated water before serving to children.
- Use treated water to prepare food for children
- Heat baby's food completely so that it is boiling or steaming throughout before serving. Allow to cool in air to

- safe temperature. Test temperature by dabbing on wrist but not dipping fingers.
- Wash bowl/spoon with soap before feeding a child

Water:

- Provide treated water to your baby to drink
- When washing any laundry with feces in courtyard area or under the tube-well (sheets/ katha/nappy/diapers), contain waste water in dedicated bowl and dispose of in latrine or 'fling' away from immediate wash area and away from a child's environment

Safe feces management:

- Have 1 through 3 years child poop in potty
- Sit 1 through 3 years child on the potty (even when not pooping) so they learn to defecate in a designated/fixed place
- Encourage child to defecate into the potty, even if they start defecating in

courtyard ground put your baby in the potty

- Don't scold for courtyard pooping rather congratulate and reward for pooping in a potty
- Empty potty feces into the latrine
- Put some water, ash, sand and dirt in bottom of potty to keep feces from sticking
- Wash potty after each use. 'Fling' water away from water source if rinsing potty near the source
- If child poos into courtyard or ground, use hoe or scoop to throw into latrine

Animal feces disposal:

- Keep compound free of chicken feces by sweeping daily to dispose of feces in a specific place
- Keep chicken/ ducks/ fowl and children apart (either corral chickens or use playpens for children)

4 through 6 year

Handwashing:

- Regularly maintain tippy tap with soap and water.
- Mother washes both hands with soap and flowing water:
 - before preparing food for baby
 - before feeding baby
 - after cleaning baby and disposing feces
 - after visiting latrine herself
- Regularly wash child's two hands with soap and flowing water, particularly before feeding

Food preparation and child feeding:

Follow the recommendations shown in 1 through 3 years age group

Water:

Follow the recommendations shown in 1 through 3 years age group

Safe feces management:

- Have under 3 year child poop in potty
- Put some water, ash, sand and dirt in

bottom of potty to keep feces from sticking

- Empty potty feces into the latrine.
- Wash potty pot after each use in latrine, if possible.
- 'Fling' rinse water away from water source if rinsing potty near the source
- If child poos into courtyard or ground, have child accompany while caretaker use hoe or scoop and throw into latrine
- Don't scold for courtyard pooping rather explain the latrine is the poos final address

Starting around age 3

Socialize with latrine use:

- Accompany child and hold them over latrine
 - Stand outside the latrine, keep the door open, talk to the child while pooping (congratulate or reward them with toys)
- Explain that this is how 'big people' use the toilet.

Animal feces disposal:

Follow the recommendations shown in 1 through 3 years age group

Make latrine more 'child-friendly'

- Install handrails to the latrine so that children can hold and feel stable and secure
- Make a seat that can be placed over the pan hole to facilitate sitting in the latrine
- When buying or installing a new latrine, ensure a child friendly footrest in latrine slab more suitable for child to squat.
- Alternatively, build a separate 'kid's latrine' with shallow pit and some kind of covering
- Pour sufficient water to flush feces, explain and teach him why and how
- Clean latrine slab at least once a week, or whenever slippery or with visible feces
- Arrange doorway or superstructure so there is light
- Keep latrine path clean



ESSENTIAL WASH ACTIONS To promote child growth



A reference guide

How to use this 'job aid'

Improving how families manage feces, maintain hygiene and keep water safe helps infants and young children grow strong and healthy.

You can help families especially mothers of infants and young children up to 6 years to improve water, hygiene and sanitation or WASH practices.

This guide is for YOU, to help you remember the key behaviors to encourage BY EACH AGE GROUP.



It is designed to work with the ESSENTIAL NUTRITION ACTIONS job aid, so that you can integrate WASH into your nutrition outreach.

Ask the caregivers what they are currently doing.

Observe the WASH conditions if possible, to look for signs of current handwashing, hygiene, water and feces management.

Suggest a few small doable actions in the chart, finding a few that are priority, and feasible for the household to try.

Negotiate the improved WASH behaviors by asking simple questions about what makes it hard to do the behavior and what would make it easier

Try to problem solve with them

Encourage a commitment to try the new behavior.

Practice the behavior together

Encourage it is repeated, to help for good WASH habits.

This is a tool FOR YOU!

Prenatal

Handwashing:

- Set up tippy tap handwashing station near latrine and cooking area.
- Regularly maintain tippy tap with soap and water.
- Wash both hands with soap and flowing water before:
 - preparing/feeding/any touching of food
 - after defecation



Newborn through 6 months

Handwashing:

- Regularly maintain tippy tap with soap and water.
- Birth attendant and any caretaker wash hands with soap and flowing water before picking up infant, especially for first 30 days/1 month
- Mother wash both hands with soap and flowing water before breastfeeding your baby
- Wash hands with soap and flowing water after visiting latrine
- Wash both hands with soap and flowing water after cleaning baby and disposing feces



Animal feces disposal:

- Keep compound free of chicken feces by sweeping daily to dispose of feces in a specific place
- Keep chicken/ ducks/ fowl and children apart (either corral chickens or use playpens for children)



Handwashing:

- Regularly maintain tippy tap with soap and water.
- Mother washes both hands with soap and flowing water:
 - before preparing food for baby
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Food preparation and child feeding:

- Wash any fruits, vegetables or other foods to be consumed raw with treated water before serving to children.
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- Wash bowl/spoon with soap before feeding a child

7 through 11 months

Water:

- Provide treated water to your baby to drink
- When washing any laundry with feces in courtyard area or under the tube-well (sheets/ katha/nappy/diapers), contain waste water in dedicated bowl and dispose of in latrine or 'fling' away from immediate wash area and away from a child's environment

Safe feces management:

- Use soft cloth/nappy/katha to catch feces
- Dispose of feces from cloth/nappy/katha into waste pond or a latrine
- Put cloth/nappy y/katha in a dedicated bowl for washing (nappy/diapers are disposable and for one time use.
- If disposing of entire diaper, dispose into solid waste where animals can not get at feces, bury or burn.
- Wash a few collected cloth/nappies/katha by rinsing out feces, dumping filthy water into the latrine, contained drainage, or as last resort tossing away from standpipe/well/water sources
- If you hold the infant to poo into courtyard or ground, use hoe or scoop to throw into latrine



Animal feces disposal:

- Keep compound free of chicken feces by sweeping daily to dispose of feces WHERE
- Keep chicken/ ducks/ fowl and children apart (either corral chickens or use playpens for children)

