

# Sidai

*...the Maasai Community Dialogue Guidebook*

*Sidai is Maasai for beautiful*



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# Acknowledgement

*(Do not read to participants)*



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This booklet is produced under the New Partnerships Initiative (NPI) Expanding Health Partnerships - NPI EXPAND Project with support from the U.S. Agency for International Development (USAID) under Cooperative Agreement No. 7200AAI9CA00015.

This document is in line with the USAID's effort on localization, by investing in local partners and strengthening their capacity to strategize, plan, and implement health sector programs with USAID funds. Enhanced participation of capable local partners to increase demand for and deliver high-quality, high impact health services will enable governments to meet crucial health goals equitably and sustainably. NPI EXPAND Project aims to increase the availability and utilization of quality health services across all USAID priority health areas.

The contents are the responsibility of Palladium and do not necessarily reflect the views of USAID or the United States Government.

# How to Use the Sidai Booklet

- i. This booklet can be used to reach men, women, young adults (both male and female), the older persons, professionals, leaders, game rangers, and community/village administrators.
- ii. The trainer should familiarize him/herself with the whole booklet before each session. Know what each page contains and how it flows.
- iii. When leading discussions, make sure you use examples that are locally relevant and of interest to them.
- iv. Make use of the visuals in the booklet by ensuring that everyone can see from their seats.
- v. Encourage participants to take ownership of their learning by setting goals and reflecting on their progress.
- vi. Seek regular feedback from the community to ensure that the booklet is effective in promoting learning and growth.
- vii. In addition, provide contact details for further enquiries or discussion and encourage feedback to improve future materials.
- viii. Feel free to ask if you have any questions or need further support.



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# I - Appreciating Home - Ormanyarra *(about 10 minutes)*

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Greet the participants and bring to their attention that you shall explore the fascinating way of life of the Maasai people and how it is intricately connected to the environment and family life.
2. Tell them that the Maasai's nomadic lifestyle is centered around their interactions with both wild and domestic animals.
3. Ask them to picture vast savannahs where Maasai herders guide their cattle through the open grasslands, under the watchful eye of majestic lions and graceful giraffes and elephants roaming freely.
4. Remind them that this is harmonious relationship between people, wildlife, and nature is a prime example of sustainable coexistence.
5. Tell them that the whole session will delve deeper into this unique cultural bond and its significance in promoting family life.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

- At our home in the Mara, we (families) coexist harmoniously with wildlife, creating a breathtakingly beautiful landscape where lions roam freely, and elephants peacefully graze alongside us.
- Our traditional way of life is intricately intertwined with the natural environment, fostering a deep respect and understanding for the wildlife that share their land.
- This unique relationship exemplifies a sustainable coexistence that balances the needs of both humans and animals, creating a truly enchanting and harmonious setting in the heart of Africa.



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# ***Our Ormanyarra***

## ***Where are we?***

***Ormanyarra - Maasai for  
home***



# 2 - Family Life – The Enkang

(about 10 minutes)

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to describe a desired Maasai family.
2. Areas of discussion should border:
  - a) A Maasai family in Kenya typically consists of a father, mother, and their children living together in a kraal, which is a group of huts enclosed by a fence made of thorn bushes.
  - b) The father is traditionally the head of the family and responsible for making important decisions, while the mother takes care of the household and children.
  - c) Extended family members such as grandparents, aunts, uncles, and cousins often live nearby and play a significant role in providing support and guidance to the family unit.
  - d) There is a reduction of family size from our grandparent's time to today's living experience.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

- A desired family in today's context may prioritize sustainable living practices to address environmental concerns.
- It also focuses on financial stability and prudent resource management to navigate the current economic challenges.
- It places value on experiences, memories and material inheritance, as a way to create lasting legacies for future generations.
- By adapting to these factors, a family can work towards building a harmonious and resilient unit that is mindful of its impact on the planet and equipped to thrive in a changing world.



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# The Enkang

*How do we live  
today?*



# 3 – Preparing for a New Member of the Family *(about 10 minutes)*

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to describe the preparation process before delivery.
2. Areas of discussion should border:
  1. Mothers should start by ensuring they have regular prenatal check-ups at their clinic and follow all recommended appointments by the medics.
  2. It is also important to have a birth plan in place and familiarize themselves with the hospital procedures and resources for delivery.
  3. Having a support system in place, especially the husband, trusted family member or traditional birth attendant who will accompany her to hospital, and being mentally and physically prepared for labor and delivery is crucial for a smooth experience.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

- The role of a man in supporting an expectant wife is crucial as he should provide physical, emotional, financial, and practical support throughout the pregnancy.
- This can involve attending doctor's appointments, helping with household chores, offering emotional reassurance.
- It is important for him to be patient, understanding, and actively involved in the pregnancy journey to ensure the well-being of both his wife and their unborn child



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***Our enkerai  
is coming.***

***What should  
we do?***

# 4 – Preparing for Delivery

(about 10 minutes)

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to describe a journey of delivery and creating similarities with that of elephants.
2. Areas of discussion should border:
  1. While preparing for delivery, elephants eat a lot to gain weight and store energy for the upcoming birth.
  2. They will also start to isolate themselves from the herd a few days before giving birth, as they prepare a place for delivery.
  3. When the time comes, the female elephant, in the secluded place will give birth while other elephants in the herd offer emotional support and even protect the mother and calf during and after birth.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

Man/husband should plan to:

1. Save money to facilitate transportation to clinic after child delivery.
2. Ensure there is enough food for the pregnant wife to eat as she prepares to deliver: mostly meat and milk but ensure a balanced diet.
3. Identify a goat to slaughter for the mother.
4. Ensure there is adequate food and a balanced diet for the mother.
5. Provide sufficient basic needs to his family and wife.
6. Have his wife deliver in a safe environment, that is the hospital.

Woman/wife should plan to:

1. Avoid heavy chores at home.
2. Deliver at a health facility.



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***Oltome's  
plan.***

***What can  
we borrow?***



# 5 – After Delivery

(about 10 minutes)

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to describe a journey of after delivery and creating similarities with that of elephants.
2. Maasai man are supposed to slaughter a goats for eating after the woman is back at home after delivery.
3. The man looks for resources, buys food.
4. The man allows for the wife to recover well before engaging in sexual intercourse. The waiting period should be agreed between husband and wife.
5. During this time, the man allows other women (mother, aunt, wife's sisters, among others) to take care of his wife and baby. These women will cook for them, prepare batching water and cleans the house.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

Man/husband and woman/wife should plan to:

1. Space their children - three years is good but agree to have better planning for your children.
2. Return to sex after 6 weeks but should be after full recovery and agreement on family planning options.
3. Ensure women/wives taken up post-partum family planning to allow their children to grow well due to tough economic periods and limited resources.



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***Entasat's plan.***

***What can we do?***

# 6 – After Delivery

(about 10 minutes)

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

## Flow:

1. Lead a group session to describe a journey after delivery and creating similarities with that of elephants.
2. Areas of discussion should border:
  - a) Why the Maasai man stay away from his wife giving her time to be with the baby and get help from other women.
  - b) The mother in-law's, sisters, mothers of daughter in-law provide support for about three months to provide her with necessary supports until she recuperates.
  - c) Why after delivery, women take time to return to sex.
  - d) How long do elephants take before conceiving another child?
  - e) Why after delivery, women take time to conceive and use family planning methods.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

1. Man/husband and women/wife should give each other time for the benefit of the man (to get resources for mother and child), mother (to recuperate), and child (to grow and be healthy).
2. If man and woman choose to return to sex, it is important to prevent an immediate pregnancy.



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***Oltome's plan.***

***What can we  
borrow?***

# 7 – What is Family Planning?

*(about 10 minutes)*

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to open discussion on number of desired children and why.
2. How long should couples take before getting back sexually?
3. What is family planning, and the methods?
4. Where can one seek professional family planning information and services in your community?

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

Man and woman should decide on:

1. Number of children they wish to have.
2. The rest period in between one child and conception of another.
3. Remember there are many family planning methods, among them:
  - a) Barrier methods - condoms.
  - b) Hormonal methods - pills, implants and injections.
  - c) Intrauterine devices (IUDs) - hormonal or copper ones.
  - d) Natural methods – withdrawal, breastfeeding.
  - e) Surgical methods – vasectomy, tubal ligation.
4. Seek professional advice to get a family planning method of choice.



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***Family Planning.***

***Let's know and  
decide.***

# 8 – How do we manage our animals?

(about 10 minutes)

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to describe a journey of after delivery and creating similarities with that of goats.
2. Why do we control mating of goats? Areas to focus on:
  - a) To give the goat enough time to recuperate and gain good health.
  - b) Give goat enough time to get better offspring.
  - c) Be on the watchout for possible drought that might kills the young ones, especially those born during drought.
3. How do we control goats? By use of *enchoni*.
4. How does a man benefit from the application of *enchoni*?

**TAKE AWAY POINTS** (Read through and translate to Maasai)

How can man/husband and woman/wife apply an ‘enchoni’ concept?

1. Give the mother enough time to recover – recuperate and gain good health.
2. A recovered woman in great health will give birth to a stronger baby.
3. A recovered woman in great health will take better care of the child before another comes, giving the child good attention for better growth.
4. The ‘enchoni’ concept is simply family planning – remember it is possible by use of condoms, pills, implants and injections, intrauterine devices (famously referred to as IUDs), natural methods like withdrawal, breastfeeding, and or surgical methods – vasectomy, tubal ligation.



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# ***Enkerr's Enchoni***

***What can we  
borrow?***

*Enkerr – Maasai for sheep.*

# 9 – Benefits of Family Planning to a Child

*(about 10 minutes)*

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to discuss how a child benefits when the parents use family planning methods.
2. Areas of discussion should border:
  - a) The importance of family planning involves the entire family, not just the couple. The unborn child and the succeeding children also benefit from family planning.
  - b) Family planning can have several benefits for a child, such as being born into a planned and wanted family where parents are emotionally and financially prepared to provide care and support.
  - c) They get breastfed longer and reap its benefits including better nutrition and stronger immunity.

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

Children benefit by:

- Having parents that are emotionally and financially prepared to provide care and support.
- Children have better chances of growing stronger and better with more attention given to them before another child comes through.
- Better access to resources like education, healthcare and land.



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## ***Enkerai's Plan***

***How can our child  
benefit from our choice?***

**FACILITATORS GUIDE:** Discussion time: 5 minutes.

**Flow:**

1. Lead a group session to discuss what each can do to advocate for uptake of family planning and maternal health at the household.
2. Areas of discussion should border:
  - a) What can men do?
  - b) What can women do?
  - c) What can community health workers do?
  - d) What can rangers do?
  - e) What can leaders do?

**TAKE AWAY POINTS** *(Read through and translate to Maasai)*

The participants can be taken through a pledge to advocate for uptake of family planning at the household.

***I (insert name) pledge to prioritize the health and well-being of my family by advocating for the use of family planning methods to ensure that each family member receives appropriate care and resources for a healthy future. I (insert name) commit to openly discussing the importance of family planning with my loved ones, supporting access to contraceptives, and empowering individuals to make informed choices about their reproductive health. Together, we can create a safe and equitable environment where every family member can thrive.***



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***Let's commit to a better life...***

## Appreciation:

Goes to game rangers, women, men, and community health workers who contributed their valuable insights and knowledge to make this playbook possible. Their dedication and hard work have enriched the content and shed light on important issues that would have otherwise gone unnoticed. NPI EXPAND Project thanks you for your essential contributions.

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## DISCLAIMER:

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