

**APPENDIX TABLE 1. Overview of SMART program activities**

Type of activity	Target audience	Timing/frequency	Purpose	Key family planning–related content
<b>ANTENATAL</b> Home visits for pregnant women	Pregnant women	≥once per week	<ul style="list-style-type: none"> <li>•Remind about nutrition class</li> <li>•Review messages of the month</li> <li>•Remind about ANC visits at health facility</li> <li>•More attention given to women who are primiparous and those with risky pregnancies who may receive more frequent visits</li> </ul>	Importance of family planning and breastfeeding discussed
Nutrition classes	Pregnant women (their mothers are also invited)	Weekly	<ul style="list-style-type: none"> <li>•Provide instruction on various MNCH topics</li> <li>•Food demonstration</li> <li>•One of 12 classes focuses on family planning</li> <li>•Classes conducted separately for primiparous and multiparous women</li> <li>•Physician invited to respond to pregnant women’s questions</li> <li>•Review messages of the month</li> </ul>	Family planning session covers the importance of family planning, methods and timing, and location of services
Seminars	Pregnant women	Monthly	<ul style="list-style-type: none"> <li>•CHW explains program, discusses past experiences and gains input</li> </ul>	A set of messages were developed to be highlighted each month, including the importance of child spacing and contraceptive options
Home visits for mothers-in-law	Mothers-in-law	Once, at the beginning of SMART program	<ul style="list-style-type: none"> <li>•CHW explains program, discusses past experiences and gains input</li> </ul>	Includes questions about knowledge/perceptions regarding contraceptive use, birthspacing and reproductive intentions
<b>POSTPARTUM</b> First-week visits	Postpartum women	Twice, on the second and the seventh days postpartum (three visits, if special concerns arise)	<ul style="list-style-type: none"> <li>•Reminder about postpartum/postnatal care visits at health facility</li> <li>•Weigh the child</li> <li>•Check for danger signs in mother and child</li> <li>•Emphasize exclusive breast-feeding and the importance of colostrum</li> <li>•Refer to primary health care for hemoglobin check and thyroid test for the child</li> </ul>	Importance of timely family planning uptake and contraceptive options discussed during second visit on the seventh day after birth
One-month visit	Postpartum women	One month postpartum	<ul style="list-style-type: none"> <li>•Discuss postpartum/postnatal care</li> <li>•Counsel on family planning</li> <li>•Check for danger signs</li> </ul>	Check whether mother is using a family planning method; discuss importance of timely uptake

Additional visits	Primiparous women and those with a risky pregnancy	Six visits (every two months)	<ul style="list-style-type: none"> <li>Identify danger signs</li> <li>Answering mother's questions</li> <li>Emphasize exclusive breast-feeding</li> <li>Check for danger signs</li> </ul>	Discuss importance of using a modern family planning method; discuss contraceptive options
Nutrition classes	Mothers and their children	Weekly for 12 weeks beginning six months postpartum	<ul style="list-style-type: none"> <li>Discuss topics related to child nutrition and child care</li> <li>Food demonstrations</li> </ul>	Breast-feeding and LAM
Family seminars	Mothers, husbands and their children	Monthly	<ul style="list-style-type: none"> <li>Review 12 main MNCH messages</li> </ul>	Family planning is one of the main messages—emphasizes spacing between pregnancies and use of family planning methods
CROSS-CUTTING Gender group meeting	Husbands	Monthly	<ul style="list-style-type: none"> <li>Engage men in MNCH; share key MNCH messages</li> <li>Discuss decision making and couple/family communication to achieve health goals</li> </ul>	Family planning introduced within gender messages, including importance of birthspacing and use of family planning
Community members and stakeholders group meeting	Community members/leaders and stakeholders	Monthly	<ul style="list-style-type: none"> <li>Discuss MNCH in the community</li> <li>Update on SMART activities including challenges faced</li> <li>Discuss role of stakeholders in supporting SMART activities</li> </ul>	Discuss family planning (emphasize that Muslim religion supports using family planning) and importance of child spacing
Mothers-in-law group meeting	Mothers-in-law	Monthly	<ul style="list-style-type: none"> <li>Discuss how daughter-in-law is doing</li> <li>Identify strategies for providing support for recommended practices</li> </ul>	Discuss family planning and the importance of child spacing
Service provider training	Obstetrician/gynecologists, other physicians and nurses	Five days' training followed by quarterly meeting for update	<ul style="list-style-type: none"> <li>Reinforce early (first-trimester) and frequent (≥4) ANC visits</li> <li>Improve the quality of ANC interventions delivered by private providers, including provision of tetanus toxoid vaccine and counseling pregnant women about danger signs, birth preparedness, essential newborn care, breast-feeding and complementary feeding, postnatal care and family planning</li> <li>Promote healthy diet during and after pregnancy</li> </ul>	Reinforce the importance of postpartum family planning at facility and at community levels, and of providing counseling not only to women, but also to their husband, their mother-in-law and important members of the community, such as religious leaders

Pharmacist training	Private pharmacists	One-day orientation followed by visits to provide IEC materials	•Train on MNCH/family planning messages, including the importance of taking iron/folic acid tablets and completing regular ANC visits during pregnancy, and the benefits of exclusive breast-feeding	Benefits of postpartum family planning
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Notes: ANC=antenatal care. MNCH=maternal, neonatal and child health. CHW=community health worker. LAM=lactational amenorrhea method. IEC=information, education and communication.