**Introduction**

- Most children in developing countries are exposed to multiple developmental risks such as poverty, malnutrition, poor health and unstimulating home environments which in some instances can even cause death as a result of common illness (Grantham-McGregor et al., 2007; Lassi et al., 2014; Prüss-Üstün & Corvalán, 2006).
- This mostly arises from the lack of parents basic knowledge regarding basic medical care for young children. This is especially true in developing countries.
- In Africa and particularly in Liberia, social economic status, lack of education and other socio-economic circumstances including political unrest are the main causes of high prevalence of children’s health problems (UNICEF, 1995).
- The proposed intervention will try to address these problems by educating mothers regarding breastfeeding, complementary feeding strategies, routine immunizations and vaccinations for children, and hygiene practices.

**Goal**

- To develop an intervention that would train and educate parents (especially mothers) of young children (0-5 years) in impoverished areas of Liberia on basic medical care for their children.

**Hypothesis**

- Parent’s knowledge regarding basic medical care will improve after the intervention as compared to their knowledge before the intervention.

**Participants**

- This study will focus on 100 local mothers attending the health centers in the New Georgia Community.

**Procedure**

- The training will take place at the New Georgia Health Centre, from December 2017 to January 2018.
- Meetings will be held with the participating mothers every Saturday for a period of eight weeks.
- Evaluation of the program will be based on accessing mothers’ knowledge regarding immunization, breastfeeding, complimentary feeding and hygiene before and after the training program.

**Keeping Children Healthy: A Training Program for Liberian Mothers**

- **Month 1**
  - **Breastfeeding**
    - Importance of exclusive breastfeeding
    - Duration of breastfeeding
    - Posture during breastfeeding, breastfeeding knowledge, breastfeeding confidence, planned infant feeding methods, planned breastfeeding duration, weeks of daily human milk substitute feeding, achievement of breastfeeding goals.
  - **Complementary Feeding**
    - Importance of complimentary feeding
    - Locally available foods to meet children’s physical needs
  - **Hygiene Practices**
    - Importance of maintaining good hygiene and keeping the environment clean; Malaria prevention; Cholera prevention; Simple tips on hygiene.

- **Month 2**
  - **Immunizations & Vaccinations**
    - Importance of immunizations; Type of immunizations; Biased opinions about immunization.
  - **Hygiene Practices**
    - Importance of maintaining good hygiene and keeping the environment clean; Malaria prevention; Cholera prevention; Simple tips on hygiene.

**Final Note**

- The current intervention is one of the first to educate mothers from low SES in Liberia on the wellbeing of their under-five years old children.
- Hopefully, by the end of the intervention, parents knowledge regarding the basic medical care for their children would be enhanced.
- Ultimately, we expect the well-being of the early childhood population in New Georgia to improve.