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I: Interviewer

P: Mother 1

P1: Mother 2

P2: Mother 3

Interview duration:

Language in which the interview was conducted: Maithili

Location: Participant's house

Date of the interview: 16 February 2021

Part 1: Interviewer 1 discusses the vignette.

I1: Sister you said that you play with your daughter, what feeling you had while playing with her?

P2: I like it.

I1: What do you like?

P2: When I ask her to play, she plays with it. She throws when I ask her to throw. My daughter agrees to do what I ask her. I like that.

I1: When your child plays, what do you think, what she learns?

P2: Ummm ...

I1: According to you, what does she learn?

P2: My daughter agrees with me. (Calls with hand)

I1: When this child played with this toy, what do you think she learned?

P2: My daughter did what I told her to do.

I1: What do you think are the benefits to the child when they play?

P2: Yes, I think.

I1: What advantages do you think are there of playing games? (Everyone laughs) What will be the benefit if she is walking using the walker?

P1: She will start walking soon.

31 I1: So that means development related to her body, right? What else will happen when she will
 32 ride it even more?

33 P1: She will only look at that. She looks at people around.

34 I1: Sisters, you said that it is beneficial for child, they will learn soon. So, according to you
 35 what are the advantages of children playing games?

36 P1: It is important, is it not? It is good that children will learn from small age.

37 I1: What kind of learning?

38 P: Did not answer ...

39 I1: So, according to you when we play and sit with children, they play and look at us. They
 40 move their hands and walk around, they do as we ask them to do and repeat our actions,
 41 right? While doing all these that children will learn new things. But what if these children
 42 will not play games and would not be taught? What will happen when children do not play?

43 P1: Generally, they do not learn much. They just move around and will try to speak, laugh,
 44 cries.

45 I1: And, what will these kinds of games have advantages on children in future?

46 P1: With these games?

47 I1: Now, while playing games they will learn. So, what advantages or help they will get from
 48 it?

49 P1: I think when they learn from small age that will make them easier in future. For instance,
 50 if they play with ball in childhood, in future they can be footballer.

51 I1: But you said games have advantages to the child. Apart from this what advantages do you
 52 think it has? For example, how would it be beneficial for being extrovert, mental growth,
 53 body development and others?

54 P1: Yes, it does help. They would be good for their legs.

55 I1: What did you mean when you say good?

56 P1: They would not have any complications in their legs, they will have stronger legs. They
 57 can run longer distance.

58 I1: What help it would have in mental development? What do you think it would help them in
 59 their mental growth?

60 P1: What you mean by mental growth?

61 I1: Mental growth means brain development. What help it could do in their brain development?

62 (Child cries ...)

63 P: Did not speak...

64 I1: Will it help or not? What do you think?

65 P1: It will help.

66 I1: Okay, so you agree that it does help. But what kind of help it will do to children?

67 P: Did not answer ...

68 I1: They will feel easy to play games which they already have played. They will easily

69 communicate with other people and society. What do you think about this?

70 P1: They will not fight with anyone.

71 I1: So, you think games can have many advantages.

72 P1: Yes playing has benefits.

73 I1: Sister, now you say, when child play, you said that it will have advantages on them. What

74 advantages will they have them from playing games?

75 P: Did not speak.

76 I1: For example, what benefits they will have in their body development? What impact will

77 games have on them to communicate with outsider? What types of help this will have on

78 them?

79 P: Did not answer ...

80 I1: For example, you said that they watch your mobile and play with it. What impact will that

81 have on them?

82 P2: Yes, they will walk soon and learn faster,

83 I1: And what role that play in their brain? Games?

84 P2: They will learn games.

85 I1: What effects will games have on their social relationship? How will they communicate

86 with others? How will they get up and how will it affect them?

87 P1: Games will do good. They will speak nicely (smile) They will be able to differentiate

88 between old and younger ones. They will know how to speak with elders and live-in

89 harmony. They will learn these things.

90 I1: Sisters, you have explained us that how your children play games and what advantages it

91 did has in them. From your explanation what we learn that playing games does help in

92 development of your children. It is beneficial for them. Now we will talk about the games

93 which you have mentioned earlier that helps your children develop well. When we mention
94 games in this interview it will mean about the types of games you have said earlier that
95 your child played. You have told that when they play games at childhood, it will help them
96 to learn things at faster pace, they understand things quickly. We will discuss about these
97 things, okay? Are you clear about this? We will use the term games/playing and learning.
98 Did you understand about games and learnings?

99 P, P1, P2: Yes

100

101 **Part 2: Interviewer 2 continues with the discussion in Maithili**

102 I: So, how much are games important for children?

103 P1: It is very important. When they play, they understand, help to speak, and listen during
104 games.

105 I: So they will learn to speak and listen from games? Who play with them mostly?

106 P1: They play mostly with mother and grandmother. My son plays with his brother.

107 I: But in family with whom he plays most? (Talking among themselves) You said mother
108 plays mostly with child. With whom they mostly talk?

109 P1: Everyone play together with him.

110 I: What types of games family plays with child?

111 P1: Games which child plays.

112 I: Who does children mostly play with?

113 P1: Mother and grandmother.

114 P2: My sister does.

115 I: So, you said games are very good but what are facilities in this village for playing for
116 children?

117 P1: There are not such services. We do not have any such facilities.

118 I: What types of games and toys are there for children? What services and programmes for
119 games in village?

120 P2: No there are not such services in society.

121 I: Then what should be done? You said that games are important, so can be done? How can
122 we give importance for games?

123 P2: There are new ways of playing games just like these children say.

124 I: You said that games are important but there are not any services and facilities. How can
 125 we make it more efficient what can be ways? how can we organize so that we can play
 126 games with children? How can we impart learnings in children through games? What
 127 should be done according to you?

128 P2: There should be place where we all can play with children and should have big toys. We
 129 should manage time and play with them.

130 I: How much it is essential to have person to play games with children?

131 P2: One person is must to play games with them. Children do not know how to play, there
 132 should be one elder person.

133 I: Who should be that elder person?

134 P2: Mother ... one should be mother. And another who should be there to play children? Other
 135 elder from home.

136 I: So, one person from home should be! (Talks among themselves)

137 P: Do not answer...

138 I: So mother and house elder person should be gathered with children. How much they will
 139 learn with them?

140 P2: They will learn enough.

141 P1: They will learn.

142 I: So, then games are very essential and there should be person to teach them. You all agree
 143 with this?

144 P1: Yes.

145 I: Now, I will talk about nutrition for children, okay?

146 P1: Yes, about food!

147 I: What else do you say to nutrition? (Child cries)

148 P1: You also say something. (Tells to P)

149 I: What types of programmes are there related to eating (*Khanpin*) in village?

150 P2: There are nothing at village. There are only at home.

151 P1: We do not have any programmes at the village. We also do not know what services there
 152 are outside.

153 I: So, how does you get information about nutrition then?

154 P: No answer...

155 I: What should we feed to children, or we should not? How did you get information?

156 P2: We feed only as much as we know.

157 I: How did you knew that?

158 P2: I have studied so I knew this. (Child cries) I have also watched in mobile about what I
159 should give them.

160 I: Are there any programmes related to diet from government in this village?

161 P1: There are not such.

162 P2: There might be... we do not have idea.

163 I: What are programmes for nourishment are there for children?

164 P2: We do not know if there are such.

165 I: So, what is this vitamin "A" programme for?

166 P1: Vitamin...?

167 P2: We do not know.

168 I: So you give it to your child or not?

169 P2: For example?

170 I: Supplements such as vitamin "A", polio?

171 P2: Yes, we give polio drops to children.

172 I: Yes, vitamin "A" is also given once a year.

173 P2: No we do not give such.

174 I: Are not there any programmes where children weight is taken?

175 P2: No there are no such programmes.

176 I: What about the weight and height of your child?

177 P2: We know this in hospital (PHC). In the government hospital.

178 I: What are done in government hospital for children? What facilities for child nourishment
179 and nutrition? Are there any or not?

180 P2: We do not know that. We go there and they give vaccine to children and give polio drops
181 to them.

182 I: So just like polio there is programme for vitamin "A" in months of *Kartik* and *Chaitra*!

183 P2: We do not have information on this.

184 I: How we should feed to our children and how to feed milk, what should they eat? Where
185 did you get information about them?

186 P2: No we do not have any information.

187 I: Measurement of children are taken!

188 P2: No nothing like this is done here.

189 P1: There might be, but we do not know.

190 I: You have not done yet.

191 P2: No.

192 I: and you?

193 P1: No.

194 I: You said earlier that you knew from mobile. If it will happen here, what will you learn

195 then?

196 P2: Same things ... they will teach about how to care children.

197 P1: We do not know much.

198 I: So, when you go to hospital, no measurement of children is done.

199 P1: They do the measurement.

200 I: What and how do they measure?

201 P2: They measure size, age, and weight.

202 I: For what does they take this measurement?

203 P2: I think they check whether child is suffering from malnutrition or not.

204 I: So, do they measure or give any suggestions to you?

205 P2: Yes, they do give but we do not have time, so I do not wait there.

206 I: Due to lack of time?

207 P2: Yes.

208 I: But they do give suggestions.

209 P2: Yes, they do give but we do not understand about that. We do not go there.

210 I: Who gives suggestion?

211 P2: There is one ma'am.

212 I: Why did you said that we do not go there, do not understand?

213 P2: There are not much suggestion there. They will say that my son weight is not as per his

214 age. Ma'am said that.

215 I: Oh, so that ma'am said this. Ma'am means hospital staff.

216 P2: Yes, yes

217 I: How do you find those services? Height, weight measurement? Do you like it?

218 P2: That are good. We will know whether our child is suffering from malnutrition or not.

219 Health of your child and all.

220 (Talking among themselves)

221 I: Why you did not like those suggestion and information that are given there?

222 P2: It not that I do not like that. I am not aware when does this happen.

223 I: and what about you?

224 P: I do not do anything. I do not sit there.

225 I: You find this difficult because you do not get much information and suggestions.

226 P1: Yes, it is difficult because of lack of information follow to us. There is not much

227 communication between us. We do not even know when does meeting take place.

228 I: How did you find about weight, height of your neighbor child?

229 P2: I liked it. I learned about things which I did not knew.

230 I: Then why did not you have taken measures of your child?

231 P2: I have taken. My child weight was good.

232 I: So you got information and suggestion at that time.

233 P2: Yes.

234 I: So, you liked it because you knew about that. Were there any difficulties to reach there and

235 take suggestions?

236 P2: I can go anywhere for my child.

237 I: Now, we will talk about games and nutrition okay!! WHO is a World Health Organization

238 who works for our and our children health, growth, and development? They have

239 mentioned that to be healthy nutritional food is not enough, we require to play games since

240 age below 3-years. So, now for upcoming work only nutrition is not enough, games are

241 also important. It will make their growth and development better. How do you find this

242 suggestion?

243 P2: I liked it. Now I know about this thing I did not have knowledge.

244 P1: Understood. (Laughs)

245 I: What do you think about programmes related to games and nutrition provided together?

246 P2: It will be good.

247 I: How will find this programme?

248 P1: It will teach more about child that we do not know.

249 I: What advantages it will have when this programme will be added on earlier programme?

250 P1: I will learn new things that I did not had idea about.

251 I: What else more? What impact on children's future?

252 P: No answer ...

253 I: What beneficiaries will these two programmes will have on children growth and
254 development? Programme related to games and nutrition.

255 P3- Now, mothers of children should answer.

256 P1: Yes.

257 I: What advantages will be for kids? We are talking about kids. What will be advantages of
258 games and nutrition on children when both programmes will be joined?

259 P1: Will be good.

260 I: In what way it will be good?

261 P1: We will understand about games and nutrition.

262 I: What else?

263 P: Silent ...

264 I: You have mentioned earlier that you did not get any information. What could be done for
265 the nutrition programme provided from the government?

266 P1: They should start it.

267 I: How?

268 P1: By telling. (laughs)

269 I: Whom they should say?

270 P2: People like you.

271 I: So, people like us should say! what we should say then?

272 P2: You should give information in society about the nourishment to children and about games.

273 I: We should give nutritional food.

274 P2: No, the government should.

275 I: Okay, how will the government provide? How should they teach about programmes of
276 nutrition and games? How should they take it forward?

277 P1: I do not know.

278 I: So, you do not have information about nutritional programme, then how should this
 279 combined nutrition and game related programme be taken forward?

280 P1: We do not have idea about this much.
 281

282 I: How should a programme run?

283 P2: We do not know much. When it starts, we will learn automatically?

284 I: How should nutritional programme information be shared in coming days? About diet?

285 P1: We should be informed about what to give and what not.

286 I: So you should be trained.

287 P1: Yes, yes

288 I: Who should be provided this training then?

289 P1: Mothers

290 I: Who should train mothers?

291 P1: They should themselves learn that. (laughing)

292 I: With whom they will learn?

293 P1: We do not know. Heads (person with the authority) should inform and make us aware.

294 I: Who comes under heads?

295 P1: People from the hospital.

296 I: So hospital should teach about nutrition programmes, right?

297 P2: Yes, sir should.

298 I: Sister, what about you?

299 P: Now, just like we go to school, sir should teach us like that.

300 P2: Sir and ma'am should (laughs)

301 P1: Government hospital sir should.

302 I: Government (PHC health workers) should?

303 P1: Yes, yes

304 I: Which one? nutritional programmes or games?

305 P1, P2: Both

306 I: So, if both programmes will run together, how will it help in child development? What will
 307 be advantages of both games and nutritional programmes on child development?

308 P: No answer ...

309 I: You have said that games are important, what will be benefits of both games and nutrition?

310 P: No answer.

311 I: Do you think this programme should start, or not?

312 P1, P2: It should start.

313 I: What are advantages to children's health?

314 P2: It will help in health as we will know what, how and when to feed children. We do not
 315 know anything and do as much we know. If we learn we will do all that.

316 I: But if you will do all those, what will be advantages of this to your child? If you will learn
 317 about games and nutrition?

318 P1: They will be able to learn, run and understand things. It will develop them.

319 I: Will help in running, what else? (People arrives outside, child cries)
 320 Sister, what development it will does for children?
 321 (P1 child is crying ...)

322 I: What are your thoughts about this programme? What will happen in future if this
 323 programme will be brought? What are your feelings for this?
 324 (Child crying) how should these programmes run? Earlier you have mentioned that it will
 325 have affect on children health. What will village people think if this programme arrives?
 326 How should we run it in society?

327 P1: We should gather society people together and give 2-4 hours' time.

328 I: What kind of time?

329 P: Children's mother should learn.

330 I: What else more? How can we teach?

331 P1: Children should also give time. Society people too.

332 I: But how should we run and take forward this programme? How can we run both nutritional
 333 and games programmes in future?

334 P: No answer.

335 I: How will it be efficient in future so that everyone will learn it equally? What should be
 336 done?

337 P1: PHC (Primary health care hospital) personnel should come.

338 I: So PHC staff should come. And how will they teach?

339 P1: They know it better. They will come here after learning this.

340 I: And should be done in each house or community?

341 P1: It is not possible in house, can be done by gathering,

342 I: Who should help for this then? Whose help should be taken to bring this programme.

343 P1: Governments.

344 I: The government will do, but who's else assistance?

345 P1: Children's father and mother.

346 I: How can they help?

347 P1: They must give time and gather.

348 I: You said earlier that father and mother, how can they help?

349 P1: Father is more important than mother.

350 I: Why father is more important than mother?

351 P1: Both are important. Both father and mother should be there.

352 I: But will happen to children if father also understands about nutrition and playing?

353 P1: Mother and father will do as much as they will understand.

354 I: How can we teach father?

355 P1: They play with mother, but they should also play with father.

356 I: What will be the advantage of father will play with children? What will advantage of

357 fathers teaching their children?

358 P1: They will understand that their mother also plays games.

359 I: What will be beneficial for child? If programmes will be organized and both father and

360 mother will be taught, what good will happen?

361 P1: They will know how to speak. They will know things from elders.

362 I: What effects will have when both father and mother will be taught?

363 P1: Father is more important than mothers.

364 I: Why?

365 P1: Fathers understand more than mothers.

366 I: So, fathers understand much they should be taught.

367 P1: Yes, they know much.

368 I: What effect will have on children when their father understands?

369 (P Talks to their own family)

370 I: So, when this programme will be brought to community, will society like it?

371 P1: You mean this community people!

372 I: Yes, this community people. Whose help will be beneficial?

373 P1: Help from the village people.

374 I: Who from village people?

375 P1: All parents and guardians.

376 I: Who else?

377 P1: Hospital officers.

378 I: How will you help if this programme will come? How will you participate?

379 P1: We will go they are with our kids.

380 I: How can you help? What help can you offer?

381 P: No answer

382 I: If these programmes will start, what help can you offer?

383 P1: For children and their development.

384 I: What else development will happen?

385 P1: Our children will get things that they never had. They will learn to speak new things ...

386 they will have benefits ... brain will have positive effects ... they can separate what is good

387 and bad ... they will know difference in good and bad games.

388 I: After playing, children will have development. You mean this?

389 P1: I do not know much. PHC officials will teach. These programmes have never happened

390 earlier.

391 I: Will be there any challenges to start these programmes?

392 P1: Yes there will be some challenges ... we do not know right now ... but we must learn.

393 I: Yes, what will be challenges in future days to run programmes of nutrition and games?

394 P1: We can learn new things.

395 I: Okay you will learn. But to run these programmes of nutrition and games, what will be

396 challenges in this village?

397 P: No answer...

398 I: You said earlier that health organization should launch such programmes. But what will be

399 challenges?

400 P1: We do not know about children health and condition much.

401 I: That is about health but what are about nutrition and games challenges when programmes
 402 will be started in village?

403 P1: They must tell us about games, they should give us information about it.

404 I: What will be obstacles to run that programme? What will be challenges to take it to village?
 405 You said earlier that health organization should spread this information to your house and
 406 community and should teach mothers by gathering all. But to do that, what will be
 407 challenges?

408 P1: There will be some challenges.

409 I: Sisters, what challenges they will face?

410 P2: Brother already said. (laughs)

411 I: Sister, why did you said that it should not be taken to every house but in group of
 412 community?

413 P2: In house everyone would it have enough time. But in group we can spend 2-4 hours.

414 I: Who would not have time? You will be not able to give time at home?

415 P1: Yes, we do not have time. If we will gather at fixed time and place, we can do that.

416 I: Are there any other programmes that you have been doing in group earlier? what you liked
 417 about that programme, can you give examples?

418 P1: No, there were no such programmes at past.

419 I: Do you have any experiences of group programme?

420 P1: No, but it would be good.

421 I: You said that when this programme will start then you will learn new things. What will
 422 new things you will learn?

423 P1: About children nutrition, how much we need to feed them, what we should not give them
 424 to eat we do not know. They should teach us these things. We only give them milk but do
 425 not know what should be given. We will learn these things.

426 I: Just like that what will you learn about games, what do you think? When both nutrition and
 427 games programmes will be started have you will learn? With food, what will you learn
 428 about games?

429 P1: We will learn about when to play. For example, how much time they will play ball.

430 I: Ways to play games.

431 P1: Yes.

432 I: So, in different ways children will learn! But children are already playing 2-3 types of
 433 games, are not they? What will be advantage to learn new ways?

434 P: Did not answer ...

435 I: Sister, they already know to play games, right? But what will be advantage of learning new
 436 type of games? What will be the benefits?

437 P1: They will have information about many games.

438 I: You have repeatedly said that hospital official should come, or person related to health.
 439 Have you met anyone here of that type?

440 P1: No we have not.

441 I: So, if hospital personnel will come, you think it will be easier? Because there are many
 442 types of them here?

443 P1: They know about children so they should come.

444 I: So, anyone who knows should come, that will not make any difference?

445 P1: Yes, person who knows about this should come.

446 I: Why only hospital people should come? why did you selected hospital staff?

447 P1: They know well about children.

448 I: One is they have information, what else? Who else can give information about this? One
 449 is hospital person, other?

450 P: No one talked.

451 I: So, if this programme related to games and nutrition will start, then what help can you
 452 offer? How can you help in this programme?

453 P1: For example, we can give money if they need.

454 I: Why you will give money?

455 P1: To buy ball and other materials.

456 I: Okay, one is to buy ball you will give money! How can you help in other ways so it will
 457 be good and easier to teach your children?

458 P1: We will learn and then teach to them.

459 I: So, by learning you will teach. Then you will participate in it?

460 P1: Yes, we will learn new things.

461 I: Okay, now you have given us this much time for this discussion. Major thing that you have
 462 said in this small discussion is that you think games are very important for children, and it

is effective for them. Games help children to speak, they will speak, listen while playing games. They will be able to play with other kids. Games are very important. You do not have much information about nutrition. They do take measurement of weight and height, but you need additional information which you have not received. And you think that programme of games and nutrition can be taken jointly. You will learn new things, and for this it should be done in a group. It will take time. People of health post should teach it, that will be more effective as they have knowledge about children. Additionally, you said it is not enough only to teach mothers, fathers should also be taught. Similarly, you said that programme related to games should be started. There are no such programmes at present but if it will be started in future, you will learn it and will participate. Moreover, you will teach things that you have learnt in that programme to your kids. That will help in their development. Also, to teach games, you will help with financial support. These are the points you have said right? Is there anything that I have left to mention here, or you want to add in this? Or do you want to ask anything with us?

P1: No, there are not such things. The main thing is that we want to learn things that will be needed for our children. We do not know how many times we should give milk to our children. What we should give to eat and what not.

I: So, regarding nutrition you do not know how much and what should be given to your children?

P2: Yes, we do not know.

I: Okay, you have given us this much time. Thank you for that.

End of the Interview
