

REPORT

**National Training-of-Trainers
In
Infant & Young Child Feeding Counseling: a 4-in-1 course
(An Integrated Course on Breastfeeding, Complementary Feeding, Growth
Monitoring and Infant Feeding & HIV- Counseling)**

**University College of Medical sciences
&
GTB Hospital Delhi-110095**

(8th to 21st November, 2016)

Course Director

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1. Aim of the TOT

The aim of the present endeavor was to build national capacity of the country for implementing optimal infant and young child feeding practices in the community.

2. Objectives of TOT

The TOT was organized with the following objectives.

1. To produce six master trainers of IYCF counseling course- an integrated 4-in-1 course
2. To train 24 IYCF Counseling Specialists
3. To find out practicality of running 4-in-1 course in 13 days

3. Expected Outcome of TOT

After the training it was expected that--

1. Five health personnel from different states of India would be trained as Master Trainers of the integrated 4-in-1 IYCF Counseling Training Course.
2. Nineteen IYCF Counseling Specialists would be produced.
3. Successful completion of the 4-in-1 integrated IYCF Counseling Training Course; phase-1 in 6 days and phase-2 in 7 days.

4. Training Schema

The T-O-T with 4-in-1 integrated course on breastfeeding, complementary feeding and HIV & infant feeding is completed in 13 working days in two phases. It is organized at a health facility where maternity and pediatric services are available to facilitate clinical bed side and OPD training. At a time 5 master trainees may be trained by one course director. Each master trainee trains 4 or 5 IYCF counseling specialists in the second phase of the T-O-T under the supervision of the course director. Now growth monitoring has also been included making 4-in-1 course. The training will be completed in 13 days.

4.1 Phase-I, referred to as Preparatory Phase, lasts for 6 days. In the first phase the objectives of the course, training methodology and training tools are explained to the participants who are called master trainees. The course director explains to them differences about teaching and training, principles of adult learning and attributes of organizing such training. He then prepares them as how to take different interactive sessions like power point

presentations, demonstrations, role plays, written exercises, practice classes, clinical bed side working with the mothers in the wards and OPD, preparation of replacement feed and semi solid food meal in order to achieve the above objectives. Use of training tools and mother counseling flip chart are explained. On the last day administrative and managerial responsibilities are given to each master trainee for smooth conduct of the T-O-T II phase. This helps them in understanding real issues of logistics in organizing such trainings in future.

4.2 Phase-II, called Consolidation Phase, in which master trainees actually get an opportunity to train IYCF counseling specialists for 7 days and sharpen their training and counseling skills under the supervision of the course director. Each master trainee presents sessions allotted to them. Each of them leads a group of 4-5 IYCF counseling specialists for group work, demonstration, practice sessions and bed side training.

4.3 Training kit: The training is conducted with the help of the following tools and material.

- Trainer's Guide
- Participant's Manual
- Counseling Flip Charts
- Doll and breast model
- Cup, spoon, bowl, feeding bottle, pacifiers
- Syringe pump
- Weighing scales, Infantometer, measuring taps
- Power points
- Written exercises
- Demonstrations
- Role plays
- Clinical practice in the hospital
- Charts, cards, stories
- Videos

- Breastfeeding observation form, Dietary Recall Form, Infant Feeding History Form
- Counseling skill forms
- WHO growth charts
- Practical: preparation of replacement feed, complementary feed
- Group discussion
- Opportunity to train IYCF Counseling Specialists

4.4. Process of Training

The course director and co-course director presents different sessions before the master trainees in the first phase which is also known as 'preparatory phase'. He then makes a time table for both phases and gives sessions to each master trainee so that they get enough time for preparation. The course director asks master trainees to present some of the sessions before other participants. The role plays are done by the master trainees themselves as 'health worker' and 'mother'. The course director observes and facilitates their learning by giving them feedback and correcting mistakes.

In the second phase each master trainee is made in-charge of a group of 4 or 5 IYCF counseling specialists whom she/he helps in acquiring counseling skills required for infant and young child feeding under the watchful eyes of the course director. The master trainees take all sessions as allotted to them. In the trainers' meeting held at the end of the day, course director discusses the proceedings of the day, gives feedback and gives inputs for improving the session in future. This gives master trainee a firsthand opportunity of training participants and building confidence for future endeavors.

5 Account of Present TOT

A brief description of the present TOT is given here.

5.1. Training Team

- Dr M.M.A. Faridi Course Director
- Dr. Dheeraj Shah Co-Course Director

- Dr Anita Gupta Observer
- Ms Fariha Siddiqui BPNI Coordinator & observer.
- Mr Deepak Secretarial assistant
- Ms Teresa sister in-charge bed side clinical training (Pediatrics)
- Ms Merry sister in-charge bed side clinical training (Maternity)
- Mr Jamil assistant

6 Trainees

There were five master trainee and 19 IYCF Counseling Specialists trainees drawn from different states of India (Annexure-1-2). Five master trainees attended both phases of the training whereas 19 IYCF Counseling Specialists were trained in the phase-2 by them.

6.1. TOT Phase-I

The Phase-I of the T-O-T was held from November 15-21, 2016 at UCMS & GTB Hospital Delhi. A mini secretariat equipped with computer, printer, stationary, training tools and material was opened at the training venue. Five Master Trainees were participated in the training. All Five trainees were doctors from different states of India like- Uttar Pradesh, Nagpur, Jharkhand, Delhi.

Registration of the participants followed by detail self introduction starting from the course director and training team members to all participants. The aim was to understand strength of the participants, their work profile and interest in breastfeeding and complementary feeding; knowledge and understanding of the issues and barriers in implementation of optimal IYCF practices in the community, and language prowess and expressive acumen that would help later on in developing plan of action.

On the first day all master trainees were introduced to the objectives of the preparatory phase and exposed to the course contents [Annexure-3], skills required for a counselor and a trainer, process of training, training tools and logistics. Essentials of adult learning and role of a facilitator was explained. After that hospital visit was made, along with the clinical practice nurse, where participants would work with the mother-baby dyad at bed side to learn communication skills, assess and observe breastfeeding and complementary

feeding, and take growth measurements in real situation clinical practice. The visit was planned to familiarize participants with the place and to liaison with the nursing staff of the maternity, postnatal and pediatric indoor wards and outdoor facility for carrying out clinical practice efficiently. All the participants were invited by the institution authorities, Principal and Medical Superintendent, on the same day and a photo session was held with them. A space was created at the training area marked as “HOPES” & “FEARS” where master trainees could scribble their doubts and expectations. A large sheet was put up in the training area inscribed ‘parking lot’ for questions which might be asked by the participants during sessions having no relation with the topic under discussion or were not relevant at that moment. Such questions were to be answered during coffee break or trainer’s meeting. This simple technique and hospital sojourn made participants very comfortable and relaxed.

The Course Director, Prof Faridi, put up time table-1 [Annexure-4] on the notice board and allocated sessions to each Master Trainee for preparation and presentation on the following days. They were also requested to make a breast model in the hotel with the help of the material and written instructions given to them and bring it to the training venue after two days. Each one of them made good breast model.

Prof Faridi and Dr. Dheeraj Shah took all the sessions on day-1 and day-2 to demonstrate to the Master Trainees as to how different presentations should be made so that participants could understand and learn the subject, and their attention and interest were maintained throughout the course. Subsequently new sessions on written exercise, demonstration, role play, practical training and clinical practice were taken by the course director/co-course director and objectives and process of taking these sessions was explained to the master trainees so that they understand their relevance as the training tool.

The Master Trainees presented sessions on subsequent days as per the time table-1. The Course Director observed them and helped, if they faced difficulty while making presentations at that time course director or Observer Dr. Anita will explain everything. A detail discussion was made after each Clinical

Session about what they learnt and what difficulties they experienced while using listening and learning and confidence building skills (Annexure-5), positioning the baby for breastfeeding, expression of breast milk, filling dietary recall and breastfeeding observation forms, taking weight and length of the infants and plotting these on the growth charts, and managing breastfeeding and complementary feeding problems with the help of Clinical Practice Discussion Check List (Annexure-6). They were praised and encouraged to use the counseling skills more and more in the subsequent sessions. Each Master Trainee was given ample opportunity to observe breastfeeding, improve position for breastfeeding while working with the mothers, take measurements and manage breastfeeding and complementary feeding difficulties, some breast conditions and expression of breast milk. A video on expression of breast milk and cup feeding was also shown to all the participants.

At the end of each day the Course Director conducted Trainers' Meeting from 5.30 to 6.30 pm daily where detail inputs and feedback were given to the individual master trainee regarding the session/s taken by her/him. In the Trainers' Meeting program and preparation for the next day were also discussed and specific instructions and tips were given to the master trainees. On the last day of the Phase-I training (November 13, 2016) master trainees were asked to describe extent of the acquisition of training skills. If there was any difficulty or doubts were clarified, and role and responsibilities for Phase-II of the training were assigned to each master trainee and time table for Phase II was put up on the notice board (Annex-9-10).

6.2. TOT Phase-II

Phase-II or consolidation phase of the T-O-T was organized from November 15 to 21, 2016 at the same venue. All master trainees trained 19 participants as IYCF Counseling Specialist. After introduction of the participants Prof Faridi, Course Director, took the first session on "Local Situation of Infant and young Child Feeding in India" to apprise the IYCF Counseling Specialist Trainees about the magnitude of the inappropriate infant feeding practices in the

community and nutritional status of U5 children. They were divided into five groups with one Master Trainee who was responsible to lead her group and to facilitate learning in the clinical practice sessions, written exercises, history practice role plays and practical demonstrations. The training started sharp at 9:00 am with the prayer, and 'recap' being presented by any two participants already decided on the previous day. Master Trainees presented the sessions as per the time table-2 and facilitated IYCF Counseling Specialist Trainees to learn communication and counseling skills required for helping mothers to practice appropriate infant and young child feeding. During the clinical practice the Master Trainees lead their group in the indoor wards/OPD and helped them to practice counseling skills and take feeding history, observe breastfeeding, improve breastfeeding position while mother was sitting or lying down, help mother breastfeeding soon after lower section caesarian section, observe expression of breast milk, take weight and height of children and plot these on the WHO growth charts, and empower mothers in choosing what to feed and how to feed. After the clinical practice one Master Trainee led the discussion in the class room with the help of "Clinical Practice Discussion Check List (Annexure-5)" where each group presented its learning experiences.

Two practical sessions on preparation of semi solid from family pot and replacement feed were beautifully taken by the master trainees. Each one of them helped their group to prepare one complementary feed; age of the child was told to the group, boiled vegetables and cereals, dairy and poultry food and utensils were provided. Master trainees explained variety, amount and consistency of the complementary food. Each group wrote three key messages on complementary feeding.

IYCF Counseling Specialist trainees prepared one replacement feed on another day in the groups lead by the master trainees. Amount of feed was told to each group. Water, measuring jar, utensils, gas burner or conventional chulah with woods, Induction gas and tinned formula milk were provided. Participants were given task to record total time for preparation of one feed which included time of measuring, boiling and cooling water, and washing utensils. In both

practical sessions some group members were assigned task of observing hygiene and cleanliness. They were asked to give their account at the end and then any breach in the safe preparation of the feed was highlighted. The concept of clean hands, clean surface, clean utensils, and clean environment was emphasized while feeds are prepared.

All the five Master Trainees actively participated in the Phase-II training. The Course Director observed them facilitating participants in the ward and during discussion. In all 46 sessions comprising of power point presentations, clinical practice, practical work, demonstrations, role plays, written exercises and group discussion were taken by the Master Trainees among themselves. Trainers' meeting was held every day from 5.30 pm to 6.30 pm. Each Master Trainee conducted one meeting facilitated by the Course Director to take stock of the day. Brief account and shortcomings in the presentation of each session were highlighted by the Course Director to the Master Trainees for future improvement. Then next day's program was discussed and preparations were made.

On the last day of the Phase-II training (21st November, 2016) the Course Director explained to the Master Trainees and the IYCF Counseling Specialist Trainees how to establish IYCF Counseling Centre and its scope in the health facility and discussed future plan and activities to improve infant and young child feeding practices in the community. All the participants showed keen interest and suggested many ways to improve infant feeding practices at their health facility and in the community keeping in mind cultural and social barriers.

It is hoped that after this training the IYCF Counseling Specialist Trainees are motivated enough and have acquired sufficient skills to counsel mother/family for optimal infant and young child feeding including feeding an infant born to mother LHIV and during emergency situations like natural calamities and manmade disasters. Course Director confident that Master Trainees now have sufficient cognitive, psychomotor and affective skills to train others in acquiring IYCF counseling skills.

6.3. Some Reactions of the Participants:

- Many participants (both master trainees and IYCF counseling specialists) admitted that they were initially wondering what would be 'taught' in 13 and 7 days (as the case may be). But after training they realized that they knew very little about infant and young child feeding and counseling skills.
- Almost all the participants realized after the practical session on the 'preparation of replacement feed' that it was not easy to feed a baby by fresh animal milk or powder milk. It was difficult to maintain hygiene during preparation of replacement feed.
- All participants admitted that they never emphasized on consistency of food and strategy of feeding. The concept of Responsive Feeding was new for many of them.
- One participant has started giving thick porridge and chicken to her 9 months old baby after attending complementary feeding sessions.
- All of the participants said they feel empowered after attending this training which is very useful. They suggest that this kind of short courses must happen in hospitals or in medical facilities.

7.1. Expected skills of Master Trainers

The master trainers, after undergoing 13 days training, would be able to--

- i) Train master trainers, IYCF counseling specialists, MTCT counselors, middle level trainers and frontline health workers for breastfeeding, complementary feeding, growth monitoring, infant feeding in emergency situation, and HIV & infant feeding counseling, and in understanding and monitoring International Marketing Code and Infant Milk Substitute Act.
- ii) Manage breast conditions and help mothers in improving their own nutrition and spacing.

- iii) Counsel mother/family empowering them for adopting optimal infant & young child feeding practices in all situations.
- iv) Monitor growth pattern and growth trajectory of infants and young children and helping mothers accordingly.
- v) Able to make breast model and syringe pump.

In other words a Master Trainer would be an efficient counselor as well as an effective trainer who can transfer IYCF counseling skills to others.

7.2. Expected skills of IYCF Counseling Specialists

After 7 days of training the participants would be able to---

- i) Counsel a mother/family for breastfeeding, complementary feeding, infant feeding in emergency situation and MLHIV/AIDS.
- ii) Help mother in managing common breast conditions such as engorgement, flat nipples, nipple fissures, mastitis etc.
- iii) Counsel mother for growth monitoring and taking action in case of growth faltering.
- iv) Counsel mothers for their own nutrition, contraception, health and expression of breast milk.
- v) Help women spending time away from infants for breastfeeding and complementary feeding.
- vi) Support mothers in feeding during illness and recovery.
- vii) Monitor and comply with the International Marketing Code and Infant Milk Substitute Act.
- viii) Able to make breast model and syringe pump.

Thus an IYCF Counseling Specialist would acquire skills to help mother in doing successful breastfeeding and practicing safe and adequate complementary feeding. She/he would be able to detect growth faltering very early by monitoring growth with the help of WHO growth charts and counsel mother to prevent development of SAM and MAM, and take action if condition does not improve by timely referral.

8.1. Final Analysis of Pre and Post test questionnaire:-

S.No.	Participants	Pre-Test Score	Post-Test Score
1	Babli Strawla	8	26
2	Kenyuhille Tsela	7	21
3	Farhin Gufran Khan	9	23
4	Shruti Arora	12	22
5	Reena	12	21
6	Dr. Aditi Mukherjee	20	26
7	Dr. Latika Arora	9	24
8	Dr. Sakshi Khullar	14	23
9	Ms. Geetu Gupta	14	24
10	Dr. Yogyata Wadhawa	12	23
11	Ms. Suhani Grover	20	27
12	Dr. J. Thangarathinam	17	26
13	Dr. Sneha Thakkar	19	23
14	Ms. Diksha Yadav	16	21
15	Ms. Vnadana Sarkar	17	26
16	Ms. Surabhi Mohal	8	18
17	Ms. Roya Mankar	11	24
18	Dr. Kanika	14	26
19	Ms. Sahahana Qmar	5	16
	Total	244	440

8.2. Glimpses of training (Phase-1)



Phase-II





Annexure-1**List of National Trainers**

S.No	Name	Designation	District	Mobile No.	Email Id
1	Dr. Alankar Oroan	Medical Officer	Bisunpur, Gumla, Jharkhand	9431912697 & 8292442566	doc.ankur2006@gmail.com & alankar.oraon@gmail.com
2	Dr. Vijay Prasad	Medical Officer	Bundu, Ranchi, Jh.	9431170558	drvijay11263@gmail.com
3	Dr. Nilofer Salim Mujawar	Professor and HOD, Pediatrics	Nagpur, Maharashtra	9823014275	nilofer.mujawar@gmail.com
4	Dr. Manish Kumar Singh	Assistant Professor, BRD Medical College	Gorakhpur	9005435789	drmanishscbmc@yahoo.co.in
5	Dr. Mukesh Yadav	Specialist (Pediatrics)	Delhi	9868399616, 9350074949	mukeshyadav32@yahoo.com

Annexure-2**List of IYCF Counselors**

S. No.	Name	Contact No.	Email id	Address
1	Ms. Babli Strawla	8451020667	babli_strawla@yahoo.co.in	3646 ward No. 8, Kharar District, Sas Nagar (Near Haveli Tower), Mohali, Kharar Punjab-140301
2	Ms. Farhin Gufran Khan	9810097218	farhin193@gmail.com	J-193, Sarita vihar, New Delhi-76
3	Ms. Suhani Grover	9717652900	suhanikamra@gmail.com	E 150, Preet Vihar, Near Durga Mandir, New Delhi-92
4	Ms. Shruti Arora	9643395252	sanju_arora24@hotmail.com	H.No.-B-46, Street Nu-13, Jagat Puri Extension. Shadara, Dlehi (Near Nand Nagri), Dlehi-110093
5	Ms. Roghayyeh Roshan Mankar	9730695818	roya.mankar@yahoo.com roshan.mankar@gmail.com	Shata-taraka, A/16,47, Anudh Raod, Khadki, pune, Maharashtra-411020
6	Dr. Aditi Mukherjee	9810336321	doc.c.roy@gmail.com	J-32, Jor Bagh Road B.K. Dutta Colony, Delhi-03
7	Dr. J. Thangarathinam	9444536389	thangarathinamjp@yahoo.in	No.411399, Mogappair West Main Road, Near Amudha Mat School, Chennai, Tamil Nadu-600037
8	Ms. Kenyuhile Tsela	9854599324	temjen_pokba@yahoo.co.in	DDA Flats , L1-1356, kalka ji, New Delhi - 110019
9	Ms. Surabhi Mohal	9818263332	surabhimohal@gmail.com	84-A, Pocket-F GTB Enclave, Delhi-110093
10	Ms. Diksha Yadav	9911136220	dikshayadav4477@gmail.com	U.P.O Surhera Near Pole No. 2 Najafagr, New Delhi-43
11	Ms. Reena	9540674924	tanyadav856@gmail.com	E-1088, Jahangir puri, Delhi-33
12	Ms. Geetu Gupta	9268002361	Ishu.geetu85@gmail.com	C-1/18, Rama Park, Near Dwarka More Metro Station, New Delhi-59
13	Dr. Sakshi Khullar	8587888335	sakshi.khullar@fortishealthc	38, Hargobind

			are.com	Enclave, Delhi-92
14	Ms. Shahana Qamar	9717566780/ 7489556957	shahanaqamar@gmail.com	HIG 99, Vivekanand Nagar, Rusalli Karond, Bhopal, (M.P)-462038
15	Ms. Vandana Sarkar	9911433745	vandanakant27@yahoo.com	178, narmada Apartment alaknanda(opp. Don Bosco School), New Delhi-19
16	Dr. Kanika Bhardwaj	9013559483	drkanikabhr@gmail.com	63-B, UNA Enclave Mayur Vihar, Phase-1, New Delhi-91
17	Dr. Sneha I. Thakkar	9930180364	dr.sneha@harmonyhealth.co.in	C-13, Shastri Nagar, Parekh Nagar CHS, S.V. road, Borivali (West) Mumbai, Maharashtra-400092
18	Dr. Latika Arora	9891365097	latikaphysio06@gmail.com	DA-127 Sheshmahal Appartments, Shalimar Bagh, Delhi-110088
19	Dr. Yogyata Wadhwa	9717781781	Physio_yogyata@yahoo.co.in	C/o Harish Wadhwa, 10/31, IInd Floor, old Rajendra Nagar, New Delhi, Delhi NCT-110060

ANNEXURE-3**INFANT & YOUNG CHILD FEEDING COUNSELING COURSE: A 4-IN-1****TRAINING COURSE****CONTENTS**

	Introduction	
Session 1	Why optimal infant and young child feeding?	(Class, 60 minutes)
Session 2	Local situation of infant and young child feeding	(Class, 30 minutes)
Session 3	Production and intake of breast milk	(Class, 60 minutes)
Session 4	Assessing a breastfeed	(Class, 60 minutes)
Session 5	Observing a breastfeed	(Class, 60 minutes)
Session 6	Listening & learning	(Class, 60 minutes)
Session 7	Listening and learning exercises	(Class, 60 minutes)
Session 8	Baby Friendly Hospital Practices	(Class and small groups, 90 minutes)
Session 9	Clinical Practice* 1 Listening and learning Assessing breastfeed	(Class and small groups, 120 minutes)
Session 10	Positioning baby at the breast	(Class and small groups, 60 minutes) (Optional video, 30 minutes)
Session 11	Building confidence, giving support and checking understanding	(Groups, 60 minutes)
Session 12	Building confidence exercises	(Groups, 60 minutes)
Session 13	Clinical Practice* 2 Building confidence, giving support and checking understanding Positioning baby at the breast	(Class and small groups, 120 minutes)
Session 14	Breast conditions	(Class, 60 minutes)

Session 15	Breast condition exercises	(Groups, 30 minutes)
Session 16	Refusal to breastfeed and crying	(Groups, 60 minutes)
Session 17	Taking a feeding history	(Groups, 60 minutes)
Session 18	History practice	(Small Groups, 70minutes)
Session 19	Overview of infant feeding and HIV	(Class, 60 minutes)
Session 20	Breastmilk feeding options for HIV positive mothers	(Groups, 60 minutes)
Session 21	Replacement feeding in the first six months by HIV Positive Mothers	(Class, 60 minutes)
Session 22	Preparation of milk feeds	(Class and Small groups, 60 minutes)
Session 23	Counseling HIV positive mothers for feeding options and teaching replacement feeding	(Demonstration, 60 minutes)
Session 24	Practice counseling skills in HIV positive mothers	(Small groups, 75 minutes)
Session 25	Expressing breast milk	(Class, 60 minutes)
Session 26	Not enough milk	(Class, 60 minutes)
Session 27	Refusal to breastfeed, crying and not enough milk exercises	(Class, 75 minutes)
Session 28	Breastfeeding low birth weight babies and sick babies	(Class and demonstration, 85 minutes) (Optional video,30minutes)
Session 29	Increasing breast milk and relactation	(Class, 60 minutes)
Session 30	Complementary feeding - foods to fill the nutrient gap	(Class, 60 minutes)
Session 31	Quantity, variety and frequency of complementary feeds	(Class, 60 minutes)
Session 32	Counseling practice (BF & CF)	(Class, 60 minutes)
Session 33	Clinical Practice* 3 Taking a feeding history	(Class and small groups, 120 minutes)
Session 34	Feeding techniques, strategies and Food Hygiene	(Class, 60 minutes)
Session 35	Clinical Practice* 4	(Class and small groups,

	Counseling mothers in different situations and Filling dietary recall form	120 minutes)
Session 36	Feeding during illness and recovery	(Class, 45 minutes)
Session 37	Sustaining optimal infant and young child feeding	(Class, 60 minutes)
Session 38	Clinical Practice* 5 Complementary feeding	(Class and small groups, 120 minutes)
Session 39	Nutrition of lactating mothers and their health and fertility	(Class, 60 minutes)
Session 40	Breastfeeding by working mothers	(Groups, 60 minutes)
Session 41	Regulating marketing of breast milk substitutes- Infant Milk Substitute Act and cable TV Act (India) & <i>International Code of marketing breast milk substitutes</i>	(Class and small groups, 60 minutes)
Session 42	Infant feeding in emergency situation	(Class, 30 minutes)
Session 43	Setting up Infant & Young Child Feeding Counseling and Support Centre and their Future Commitments	(Groups, 60 minutes)
Session 44	Growth Monitoring & Measuring	60 minutes
Session 45	Growth Monitoring by Growth Charts	60 minutes
Session 46	Measuring Growth: Taking Action	60 minutes

Annexure-4

Infant and Young Child Feeding Counseling: A training course (The 4 in 1 Course)

(Integrated course on breastfeeding, complementary feeding, IF & HIV & growth monitoring- counseling)

Phase 1 [8-13 November, 2016]

Time	Day 1 June 24	Day 2 June 25	Day 3 June 26	Day 4 June 27	Day 5 June 28	Day 6 June 29
9-10 am	Introduction of trainees & Introduction to the course material	Listening and learning 6 A	Positioning baby at the breast 10 A	Expressing BM 25 G	Hospital practices and BFHI; IMC 8 A	Growth monitoring 44 B Growth assessment by growth charts 45 G
10-10:15 am	A	Preparation of Clinical Practice I A	Preparation of Clinical Practice II B	Preparation of Clinical Practice III C	Preparation of clinical practice IV E	Preparation clinic practice V D
10:15-10:30 am	Inauguration	Tea				
10:30 am-	Visit to hospital A	Clinical Practice I	Clinical Practice II	Clinical Practice III	Clinical Practice IV	Clinical Practice V
12:30 pm	Introduction to the training skills A					
12:30-1:30 pm	Why optimal infant and young child feeding 1 A	Listening and learning exercises 7 A	Building confidence exercises 12 A	History practice 18 A	Overview of HIV and infant feeding 19 C	Counseling HIV +ve mothers for feeding options 23 D

Annexure-5

Listening & learning and confidence building skills**LISTENING AND LEARNING SKILLS**

- Use helpful non-verbal communication
- Ask open questions
- Use responses and gestures which show interest
- Reflect back what the mother says
- Empathize - show that you understand how she feels
- Avoid words which sound judging

CONFIDENCE AND SUPPORT SKILLS

- Accept what a mother thinks and feels
- Recognize and praise what a mother and baby are doing right
- Give practical help
- Give a little, relevant information
- Use simple language
- Make one or two suggestions, not commands

CONFIDENCE AND SUPPORT SKILLS***Listening and learning***

- Helpful non-verbal communication
- Ask open questions
- Respond showing interest
- Reflect back
- Empathize
- Avoid judging words

Assessing a breastfeed

- Body position
- Responses mother and baby
- Emotional bonding
- Anatomy of breast
- Suckling
- Time spent suckling

Confidence and support

- Accept what mother says
- Praise what is right
- Give practical help
- Give relevant information
- Use simple language
- Make one or two

Taking a history

- Baby's feeding now
- Baby's health, behaviour
- Pregnancy, birth, early feeds
- Mother's condition and FP
- Previous infant feeding
- Family and social situation

Annex-8

Timetable for training of Infant and Young Child Feeding Counseling Specialist

Phase 2 [15-21 November, 2016]

Pre Lunch Sessions

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
9:00-9:30 am	Registration and Pre-test	Hospital practices and BFHI 8	Breastfeeding Positioning 10	Expression of breast milk 25	Growth measuring & 44	Monitoring by growth charts: taking action 46	IMS act 41
9:30-10:00 am	Introduction of participants						IF in emergency situation 42
10:00-11:00 am	Why optimal infant and young child feeding 1	Breast conditions 14	Breast condition exercise 15	History Practice 18	Growth monitoring my growth charts Growth 45	Counselling practice in HIV+ve mothers 24	Relactation 29
11:00-11:30 am	Preparation CP -1 Preparation CP-2 Preparation CP-3 Preparation CP-4 Preparation CP-5 TEA						
11:30 am-12:30 pm	Production and intake of breastmilk 3	Clinical Practice I Listening and learning &	Clinical Practice II Building confidence, giving	Clinical Practice III Taking feeding history by	Clinical Practice IV Counseling mothers in different	Clinical Practice V Complementary feeding counseling,	Relactation 29

12:30-1:30 pm	Assessing a breastfeed 4	assessing breastfeed	support and checking understanding Positioning baby at the breast	using counseling skills, Expression of breastmilk	situations; filling dietary recall form, taking measurements	Taking action after taking measurements	BF by working women 40 Nutrition Health and Fertility39
1:30-2:30 pm			LUNCH				

Post Lunch Sessions

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
2:30-3:30 pm	Observing breastfeeding 5	Building confidence and giving support 11	Refusal to breastfeed and crying 16	Complementary feeding- foods to fill the Nutrient gap 30	Overview of HIV and infant feeding 19	Counseling for HIV +ve mothers for feeding options 33	IYCF Counseling centre 43 Use Of counseling flip charts
3:30-4:30 pm	Listening and Learning 6	Building confidence and giving support exercise 12	Not enough milk refusal to breastfeed and crying exercises 27	Quantity variety and frequency of complementary feeding 31	Breastfeeding option for HIV +ve mothers 20	Feeding during illness and recovery 36	Post-test Valedictory function Presentation of certificate
4:30-4:45 pm	Tea				Preparation of One meal	Preparation of Replacement Feed	

