

**Date: 17<sup>th</sup> March 2008**

**Infant and Young Child Feeding Counseling - A Training course  
The '3 in 1 course'**

*(Integrated course on breastfeeding, complementary feeding and infant feeding & HIV)*

*Capacity Building Programme to develop  
"Infant and Young Child Feeding Counseling - Specialists"*



**Organised by**



**BPNI / IBFAN Asia**

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## Introduction

Infant mortality continues to be unacceptably high in India and the basic reason is poor infant nutrition. As growth rate is maximum during the first year of life, infant feeding practices have major role in determining the nutritional status of infant. Recent evidence reveals that malnutrition has been responsible, directly or indirectly, for 60% of the all deaths among children under- five years annually. Over 2/3<sup>rd</sup> of infant deaths are associated with inappropriate feeding practices and occur during the first year of life. This rampant under-nutrition below 2 years can be tackled to a significant extent by practicing exclusive breastfeeding for the first six months and appropriate and adequate complementary feeding after six months. It has been found that if all women practice initiation of breastfeeding within 1 hour, it can make a major contribution towards child survival by saving 22% of all neonatal deaths.

National Guidelines on Infant and Young Child Feeding (second edition, 2006) recognize clearly that poor feeding practices in infancy and early childhood, resulting in malnutrition, contribute to impaired cognitive and social development, poor school performance and reduced productivity in later life. It holds the special responsibility of the Ministry of Women and Child Development and Ministry of Health and Family Welfare to contribute to optimal infant and young child nutrition by making National Guidelines on infant and young child feeding an integral part of nation-wide Integrated Child Development services (ICDS) and Reproductive and Child Health (RCH) programme or National Rural Health Mission (NRHM). To effectively operationalise these guidelines, field functionaries of these on-going programmes should provide assistance at the first hour of birth with continuous skilled support for exclusive and continued breastfeeding and appropriate complementary feeding after six months to all mothers.

To be successful in breastfeeding, women need practical help and support from all quarters especially health care providers. This means, accurate information about optimal infant and young child feeding and timely counseling. Health workers need to build mother's confidence

*Strengthening the capacity of the states by developing core trainers and providing skill development training to field functionaries is envisaged as the priority action.*

**From a message by  
-Smt. Renuka Chowdhury, MOS, MoWCD, 2006**

to increase breastmilk flow from the mother to the baby, assist her to initiate breastfeeding within one hour, assist her in making proper sucking position to allow effective sucking, which will help in preventing breast problems like sore nipples and engorgement, solve problems if they do arise, when she has a 'feeling' of 'not enough milk', answer any questions of mothers, counsel mothers and families on adequate and appropriate complementary feeding, and finally be able to counsel HIV positive mothers about infant feeding options and support their choice.

Unfortunately, most health care providers and frontline workers have barely acquired these 'skills' in counseling and management of breastfeeding. Inadequate knowledge and skills of these workers complicates the situation as there is very little time assigned to infant and young child feeding in their basic curricula. Commercial pressures add to this problem in a significant manner. It is imperative to train all care providers to impart skills to counsel mothers on Infant and Young Child Feeding. With HIV spreading fast, and the knowledge that HIV can be transmitted through breastfeeding, it becomes critical to help women to decide the best possible option for infant feeding.

BPNI in association with IBFAN Asia developed '3 in 1 course' for particularly this purpose.

This is a tailor-made training programme that is designed in such a manner so as to reach the families through our strong force of field frontline workers. The course helps to develop capacity national trainers, who in turn can train middle level trainers and they then train frontline workers.

This fulfills the needs of the health care providers to provide skilled counseling and management of breastfeeding.

## Objectives of the Course

This “3 in 1” training bridges this gap and fulfill the needs of the health care providers to required skills for helping mothers and establishing a Infant and young child feeding counseling centers, and offer management of breastfeeding, complementary feeding and infant feeding & HIV.

The course is organized with the objective of skill building of health care workers for counseling on IYCF. The course will lead to creating certified “**Infant and Young Child Feeding Counseling Specialists**”. They will be able to manage Infant and young child feeding counseling and support centers and help women to be successful in breastfeeding. In one course, 4-6 national trainers can train 24-28 Infant and young child feeding counseling specialists.

## The Course Structure and Material

BPNI / IBFAN Asia in collaboration with UNICEF and WABA has now prepared “*Infant and Young Child Feeding Counseling: A Training Course – The 3 in 1 Course (An integrated course on breastfeeding, complementary feeding and infant feeding & HIV)*”, which train IYCF counseling specialist.

This course replaces the previous three courses developed by WHO and UNICEF:

1. “Breastfeeding Counseling - A Training Course” (Duration: 5 days)
2. “HIV and Infant Feeding Counseling – A Training Course” (Duration: 3 days)
3. “Complementary Feeding Counseling – A Training Course” (Duration: 3 days)

In 2003 BPNI / IBFAN Asia Pacific took lead in combining the 2 courses ‘Breastfeeding’ and ‘HIV and Infant Feeding’ into a 6-day course initially. Earlier BPNI was conducting Breastfeeding and Complementary Feeding Courses in Delhi and Gorakhpur. The course is unique, and replaces the three courses mentioned above, and is first effort of its kind in the Asia region.

It has been successfully tested in three States of India and the 1<sup>st</sup> International Course (using the ‘3 in 1’ course) was held in January 2006 at New Delhi where participants from LAOS, Nepal and Bhutan attended. Several courses have been conducted in India, latest among these was in MP in the month of September 2006. Training material has been revised twice based on feedback from participants and latest version was released in March 2008.

The material is incorporated from the 3 training courses of WHO/UNICEF “Breastfeeding Counselling - A Training Course”, “HIV and Infant Feeding Counselling – A Training Course” and “Complementary Feeding Counselling: A Training Course”. In addition certain sessions have been revised, rescheduled, newer information added and new topics included in the training material.

The course duration is 7-days instead of the 13-days required for the previous three courses.

## Methodology

The ‘3 in 1’ training course is unique not only for the technical content, but also for most updated particularly on HIV issues. It is a world-class course for imparting clinical and counseling skills to enable participants in helping mothers and babies to succeed in optimal Infant and young child feeding practices as well as offering options for infant feeding to HIV positive mothers. The course lasting 7 days produces “Infant and young child feeding counseling specialists”, who are also capable of solving problems that mothers face while breastfeeding. The course is conducted in highly participatory manner conducive to adult learning. It has classroom sessions, lectures, discussions, demonstrations, exercises, role-plays, group work and hospital practices etc.

The course has 43 sessions (Annex-1); some of them are done as theory and classroom teaching, with proper illustrations through slides and projections, to make the content clear to the participants. Others sessions are of clinical practices and working with mothers and babies in the maternity wards or outdoors for actually practicing the learned skills. In different clinical practice sessions: participants observe and assess breastfeeding using listening and learning skills.

Building confidence, giving support to mother where required and checking the understanding of mothers are also practiced. Building confidence of the mother is one of the keys to success of lactation; therefore participants are given hands on experience of using this skill and build women's confidence in themselves to improve lactation performance.

Finally it helps them to assist mothers to position their baby at the breast well and correct it if feeding was not going on well. They are also involved in teaching mothers how to express breastmilk through this approach to enhance oxytocin reflex. Taking history of breastfeeding using the listening and learning skills and building confidence of mother is practiced by these participants under supervision of course director and trainers.

The participants practice counseling in different breast conditions and use of dietary recall form of the baby.

One section is also devoted on complementary feeding where they discuss appropriate complementary feeding with the mothers and make them able to decide what's the best food for the babies.

Finally, they also learn providing different infant feeding options for mother who may be HIV positive, and to support the decision of mothers.

Four to six national level trainers of BPNI train 24 participants over a period of 7 days (51 Hours) including 10 hours of clinical training (2 hours x 5 days). Those who complete it successfully, become eligible to be certified as "Infant and young child feeding counseling specialists"

### **Who should apply for being a certified "Infant and young child feeding counseling specialist"?**

Participants should be either pediatrician / Oby & Gynae doctors working in maternity and pediatrics hospitals, Nutrition Graduates, Senior nursing professional in Oby / Gynae.

### **Competence**

*At the end of the training course, the participants will become eligible to be certified as "Infant and young child feeding counseling specialists " and will be able to,*

- 1) Initiate establishment of Infant and young child feeding counseling centers to support mothers on breastfeeding , complementary feeding and HIV and infant feeding; in hospitals (in both private and government hospitals).
- 2) To provide skilled counseling on infant and young child feeding to mothers to promote optimal feeding practices on one to one basis during antenatal and postnatal period.
- 3) To help mothers achieve comfortable position for herself and effective sucking position of the baby at the breast.
- 4) To provide practical help to breastfeeding mothers who have problems like sore nipples, engorgement or "not enough milk" and solve these through counseling, confidence building, and demonstration.

- 5) To teach mothers techniques like expressing breastmilk.
- 6) To help mothers and family members know how to prepare and when to begin complementary feeding from locally available ingredients.
- 7) To help working women to continue breastfeeding when they join work.
- 8) To provide forum for community awareness to fathers, community leaders, PRIs, and other family and community members.
- 9) To teach family members how to prepare artificial milk hygienically in case mother is not available or in case a mother is HIV positive and chooses replacement feeding.
- 10) To counsel HIV +ve mothers to choose infant feeding options most suited to their situations and help them to practice it.
- 11) To orient TBAs and other community workers for breastfeeding promotion.
- 12) Help in organizing local training courses
- 13) Monitor IYCF programme
- 14) Analyse local situation or data on Infant and young child feeding

**Language:** The course is presently conducted in English.

### **What are the course materials?**

The participants are given following materials:

1. Participants Manual (Hindi/English)
2. Counseling Guides for Breastfeeding and complementary feeding, and for Infant Feeding Options in PPTCT Programme

### **How to apply?**

Those interested may contact BPNI /IBFAN Asia, who conduct '3 in 1' courses.

We encourage national and state governments, UNICEF and WHO country offices, and other agencies working on child health and development issues to consider this capacity building initiative to strengthen implementation of the National guidelines on infant and young child feeding by sponsoring national teams.

**Course Fee: Rs 5000:** It includes, training material and lunch for seven days, it does not include accommodation or travel from or to venue.

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*For more information, please contact*

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# Annex-1

*The course content covers the following topics*

1. Why optimal infant and young child feeding
  2. Local situation of infant and young child feeding
  3. Production & Intake of Breastmilk
  4. Assessing a breastfeed
  5. Observing a breastfeed
  6. Listening & learning
  7. Listening and learning exercises
  8. Hospital practices and baby friendly hospital
  9. Clinical Practice 1
    - o *Listening and learning*
    - o *Assessing breastfeed*
  10. Positioning baby at the breast
  11. Building confidence, giving support and checking understanding
  12. Building confidence exercises
  13. Clinical Practice 2
    - o *Building confidence, giving support and checking understanding*
    - o *Positioning baby at the breast*
  14. Breast conditions
  15. Breast condition exercises
  16. Refusal to breastfeed and crying
  17. Taking a feeding history - using breastfeeding history form, dietary recall form
  18. History practice
  19. Overview of infant feeding and HIV
  20. Breastmilk feeding options for HIV positive mothers
  21. Replacement feeding in the first six months by HIV positive mothers
  22. Preparation of milk feeds
  23. Counseling HIV positive mothers for feeding options and teaching replacement feeding
  24. Practice counseling skills in HIV positive mothers
  25. Expressing breastmilk
  26. Not enough milk
  27. Refusal to breastfeed, crying and not enough milk exercises
  28. Breastfeeding low birth weight babies and sick babies
  29. Increasing breastmilk and relactation
  30. Complementary feeding - foods to fill the nutrient gap
  31. Quantity, variety and frequency of complementary feeds
  32. Counseling practice (BF & CF)
  33. Clinical Practice 3
    - o Taking feeding history
  34. Feeding techniques, strategies and Food Hygiene
  35. Clinical Practice 4
    - o Counseling mothers in different situations and Filling dietary recall form
  36. Feeding during illness and recovery
  37. Sustaining optimal infant and young child feeding
  38. Clinical Practice 5
    - o Complementary feeding
  39. Women nutrition, health and fertility
  40. Women and work
  41. Commercial promotion of breastmilk substitutes
  42. Infant feeding in emergency situation (Additional Sessions)
  43. How to Set up a IYCF Counseling Support Centre
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