

Education checklist Infant and young child feeding topics for ASHA and ANMs trainings

S. No	Content/skills (to achieve objectives)	ASHA (Ref. 1,2,3)	MAA training for ANM
1	National/local breastfeeding and complementary feeding rates and demographic trends; cultural and psychosocial influences; common barriers and concerns; local influences.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2	Breastfeeding history (previous experience), breast examination, information targeted to mother's needs and support.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
3	The Baby-friendly Hospital Initiative (BFHI), Ten steps to successful breastfeeding; supportive practices for mother and baby; potentially negative practices	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4	Nutritional needs of pregnant and lactating women, dietary recommendations (foods and liquids) taking account of local availability and costs; micronutrient supplementation; routine intervention and counselling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
5	Process of milk production and removal Breast anatomy; lactation and breastfeeding physiology		<input checked="" type="checkbox"/>
6	Benefits of breastfeeding for infant, mother, family, and community; benefits of exclusive breastfeeding for 0–6 months; options and risks when unable to breastfeed.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
7	Positioning/ attachment; assessing effective milk removal; signs of adequate intake; practise observing and assessing breastfeeding and suggesting improvements	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
8	Normal physical, behavioural and developmental changes in mother and child (prenatal through lactation stages); feeding history; observation of breastfeeding; suckling difficulties; causes and management of common infant feeding difficulties; causes and management of common maternal feeding difficulties.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
9	Breastfeeding for infants with special health needs, including premature infants - Risk/benefit of breastfeeding/breast milk; needs of premature infants; modifications; counselling mothers.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
10	Successful lactation in the event of maternal medical conditions or treatments - Risk/benefit; modifications; pharmacological choices; treatment choices	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
11	Inform lactating women about contraceptive options - Advantages and disadvantages of various child spacing methods during lactation; counselling about LAM; cultural considerations for counselling.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
12	Compatibility of drugs with lactation; effects of various contraceptives during lactation.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
13	Milk expression, handling and storage; alternative feeding methods; cup-feeding; cause, prevention and management of common associated difficulties such as low milk supply; coordinating out-of-home activities with breastfeeding; workplace support.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
14	Main provisions of the Code and WHA resolutions, including responsibilities of health workers and the breast-milk substitute, bottles and teats industries; violations by infant		

	food companies; monitoring and enforcement of the Code.		
15	Developmental approach to introduce complementary foods; foods appropriate at various ages; available foods and their costs; incomes of local families and how income levels affect their abilities to afford various foods.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
16	Growth patterns of breastfed infants; complementary foods: when, what, how, how much; micronutrient deficiencies/supplements; young child feeding history; typical problems.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
17	Local staples and nutritious recipes for first foods; practise counselling mothers; common difficulties and solutions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
18	Guidelines for feeding young children at various ages and stages of development; potential difficulties and solutions regarding feeding and weaning; Essential Nutrition Actions.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
19	Energy and nutrient needs; appropriate foods and liquids during and after illness; strategies for encouraging child to eat and drink; local beliefs about feeding during illness; appropriate feeding support during hospitalization; re-lactation.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
20	Feeding recommendations for malnourished children; micronutrient supplements for malnourished children.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
21	Micronutrient needs of infants and young children (iron, vitamin A, iodine, others); meeting these needs with food (breastfeeding and complementary foods); supplementation needs.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
22	Listening and counselling skills, use of simple language, providing praise and support, considering mother's viewpoint, trials of new practices.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
23	Adult education methods; strategies for preparing and facilitating competency-based, participatory sessions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
24	Modes of mother-to-child-transmission of HIV and how to prevent or reduce them; counselling confirmed HIV-positive mothers about feeding options and risks.		<input checked="" type="checkbox"/>
25	Policies and guidelines on feeding in emergencies; appropriate promotion and support; compliance with the International Code of Marketing of Breast-milk Substitutes and WHA resolutions		<input checked="" type="checkbox"/>

References:

1. ASHA Trainers – Part 1 See:
https://nhm.gov.in/images/pdf/communitisation/asha/Notes_for_ASHA_Trainers_Part-1_English.pdf
2. ASHA Module 6 - Skills that Save Lives. See:
<https://nhm.gov.in/images/pdf/communitisation/asha/book-no-6.pdf>
3. ASHA Module 7 - Skills that Save Lives. See:
<https://nhm.gov.in/images/pdf/communitisation/asha/book-no-7.pdf>
4. Ministry of Health and Family Welfare, Government of India. Infant and Young Child Feeding. Training module for ANM.