

Education checklist Infant and young child feeding topics for ILA training modules (Reference 1)

S. No	Content/skills (to achieve objectives)	ILA trainings Curriculum
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"/>
2	Breastfeeding history (previous experience), breast examination, information targeted to mother's needs and support	<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	
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"/>
5	Process of milk production and removal Breast anatomy; lactation and breastfeeding physiology	
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"/>
7	Positioning/ attachment; assessing effective milk removal; signs of adequate intake; practise observing and assessing breastfeeding and suggesting improvements	<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"/>
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"/>
10	Successful lactation in the event of maternal medical conditions or treatments - Risk/benefit; modifications; pharmacological choices; treatment choices	
11	Inform lactating women about contraceptive options - Advantages and disadvantages of various child spacing methods during lactation; counselling about LAM; cultural considerations for counselling	
12	Compatibility of drugs with lactation; effects of various contraceptives during lactation	<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"/>
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"/>

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"/>
17	Local staples and nutritious recipes for first foods; practise counselling mothers; common difficulties and solutions	<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"/>
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"/>
20	Feeding recommendations for malnourished children; micronutrient supplements for malnourished children	<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"/>
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"/>
23	Adult education methods; strategies for preparing and facilitating competency-based, participatory sessions	<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	
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	

Reference:

1. Poshan Abhiyan - Incremental Learning Approach training modules. See: <http://icds-wcd.nic.in/nnm/ILA.htm>

Prepared by BPNI – January 2021