

# FATHER TO FATHER SUPPORT GROUP TRAINING REPORT

**Venue: Botan Hotel meeting Hall in Bossaso**

**21st - 22nd March 2023.**



Basic Information	
<b>training name</b>	<b>Father to Father support group training (Aabe ku Aabe) in MBA</b>
<b>Funded by</b>	UNICEF
<b>Implemented by</b>	ISDP
<b>Training facilitators:</b>	<b>Halima Abdullahi Warsame</b>
<b>Target group/s:</b>	<b>Fathers in the mother baby areas (MBA)</b>
<b>Number of participants:</b>	15 participants.
<b>Days of the Training</b>	2 Days

## Introduction

Under nutrition is a key cause of poor child growth and development, including early cognitive development. Child growth, beginning during the mother's pregnancy and continuing until the child is 2 years old, sets the stage for later life. Losses in physical and brain development resulting from under nutrition during this period (the first 1,000 days) cannot be corrected later. Children who suffer from abnormally slow growth do not perform well in school and are at risk of becoming less productive adults, which can affect their lifetime earnings.

Supporting and protecting Infant and Young Child Feeding in Emergencies (IYCF-E) is critical for child survival. Exclusive breastfeeding is the single most effective intervention for saving lives. Paired with optimal complementary feeding, up to 26% of child deaths can be averted. In emergencies, children under two years of age face significant risks. In these contexts, optimal IYCF could save even more lives.

ISDP with closely collaborating Puntland ministry of health conducted two days training on **ather to Father support group training (Aabe ku Aabe) in MBA**. 15 Participants from UNICEF supported IYCF mother babay areas in the Bosaso IDPs. Objectives of the training were Building the capacities farthers to equip them with skills in counseling for infants and young child caring practices. Community participation and support for exclusive Breastfeeding (EBF) behavior and at all levels to ensure that everyone in the community understands and supports EBF.

### Objectives

1. Explain beliefs and myths that portray breast-feeding as difficult.
2. To enable Father to Father support group (Aabe ku Aabe) in MBA demonstrate appropriate use of IYCF counseling cards

### Expected outcomes

By the end of training participant will be able to.

- State three steps of promotion
- Describe recommended feeding practice for the first two years of life of a young child
- Advocate for a timely introduction exclusive breastfeeding.
- Explain the importance of exclusive breast feeding to a mother and Various aspect of appropriate complementary feeding during period from 6 up to 24 months.
- Provide Basic information infants feeding in the context of HIV.
- Prevent and resolve common breast feeding difficulties.
- Provide help and teaching mothers re-lactation skills

#### I. Training methodology

- During the training, the following materials were available;
- chairs to sit on since it's a practical training and it needs flexibility.
- The participants' manual that was spiral band
- A copy of IYCF key messages

- A copy of IYCF counseling card
- Other stationeries like notebooks, pens, flip charts and felt pens.

#### Training Norms

- Phones should be on silent mode or switched off
- No chorus answers
- Respect someone opinion and ideas
- Observe time
- During the training all participants should participate actively
- Be an attentive listener
- Limit side conversations
- Be open to new ideas

## 2. Topic covered

### a) Day 1

The following subjects were taught during the first day of training. Introduction to IYCF, common breastfeeding difficulties and how to overcome them, recommended breastfeeding practices, behaviors change steps, listening and learning skill during counseling, the three steps of counseling (observe, analyze and act) and good attachment and positioning during breastfeeding. The subjects were taught through brainstorming and group discussions, video presentations and counselling cards demonstration and presentations.

### b) Day 2

The trainees were subjected to a recap of the first days training. Participants were very active during the recaps. Subjects taught in the second day were: - complimentary feeding from 6 months to 24 months, benefits of micronutrients powder and how to use them, how to build mothers confidence during counseling, malnutrition cycle and how to break it, . The days training was conducted through role-plays, group discussions and presentations.

It also covered the recommended complementary feeding practices, counselling skills analyse assess and act practical session such as MUAC session and practice, and how to Hand express breast milk and a cup feed when they are separated from their children. Under this the program facilitators took the learners through the reasons that a mother needs to express milk for her baby while mother is away or baby is sick. Below are the key points highlighted?

- If the baby is too weak or small to suckle effectively.
- Baby is taking longer than usual to learn to suckle, for example because of inverted nipples.
- If the baby is low-birth-weight who cannot breastfeed.
- To keep up the supply of breast milk when the mother or baby is ill.

- If the mother will be a way from her baby for some hours.
- Explanation of MUAC and to practice

In order the learners to understand well, counselling cards demonstration and pictures from the participants materials related to this sub-topic was done.

**program manager** “advised the participants to be committed with their work to help change an misleading feeding practices and reduce malnutrition, morbidity and mortality of under five children lessons included the following:- How to feed a sick child according to age, HIV aids and breastfeeding and the role of mother to farthers support groups and how to form them. were 1000 days interventions through role plays, group discussions and presentations. At the end of the training, a posttest was undertaken to gauge participants understanding on IYCF. Results indicated that most participants had vastly improved their knowledge of the subject matter. The results also indicated that the training was very successful.

### Training Evaluation Pre/Post test results

At the beginning of the training, we took a pretest and at the end of the training, we conducted a posttest respectively. Compared to the pretest result, the post test showed that participants had gained knowledge on IYCF. 44.1% pre-test while post- test 95% stated after completion of the training.

	Yes	NO	I don't know
1	11	1	2
2	13		
3	6	8	1
4	11	1	
5		13	2
6	13	1	1
7	2	9	
8	12	2	3
9	2	11	1
10	14		
11	3	10	
12	6	8	
13	14		
14	5		
15	9		

	Yes	NO	I don't know
1	14		
2	14		
3	9	7	
4	7	7	
5	14	14	
6	14		
7	14		
8		14	
9		14	
10		14	
11		14	
12	1	13	
13	14		
14	14		
15	13	1	

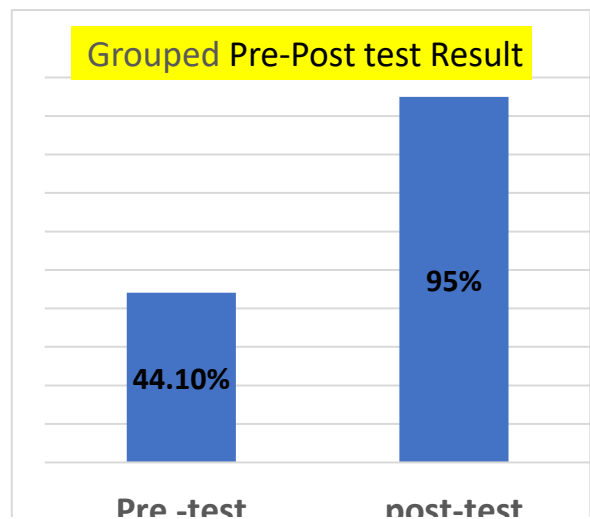


Figure 1: this figure shows grouped pre-post test results

## Challenges

- There were no major challenges during the training

## Recommendation

Follow up the trained fathers to ensure the skills and knowledge on IYCF practices and application to their respective locations.





**Annex D Activity photos**



