

IYCF PROMOTION SESSIONS REPORT



Basic Information

Subject	Infant and Young Child Feeding (IYCF) Promotion session
Funded by	SHF
Implemented by	ISDP
Training facilitators:	Farhiyo Osman Ali and Zaytun
Type of training	INFANT AND YOUNG CHILD FEEDING (IYCF)
Target group/s:	
Number of participants:	125 participants.
Location held the sessions	Canjeel, Xijijle and Unuun health centers
Days of the Training	9 Days each village three days

Introduction:

In Puntland currently, the breastfeeding counseling and promotion services for the pregnant and lactating mothers are integrated with Ante-natal care (ANC) services at health facility level with many gaps. Community-IYCF is more effective in addressing the gaps at facility level because target groups can be reached easily. In response to these challenges ISDP collaboration with Ministry of Health will conducted three days of IYCF promotion session in Bossaso town.

The main strategies for delivering these IYCF Promotion session are through the community health workers and mother to mother support groups and advocacy using different channels to reach the target audiences. Based on the action plan, 125 participants attend the IYCF promotion session held on 13th to 21st December 2022 which focused on appropriate breast feeding children 0 -2 years on IYCF counselling, breastfeeding, complementary feeding and mother-to- mother support group and etc.

The participants were selected from the villages under Qandla districts and main sessions materials used for the course was the generic IYCF package developed by UNICEF.

Objectives- IYCF Promotion session

Objectives

By the end of this session, participants will be able to:

- ✓ List the steps of expressing breast-milk by hand.
- ✓ Describe how to select and prepare a container for storage of expressed breast-milk.
- ✓ Describe how to store breast-milk.
- ✓ Describe how the breast makes milk.
- ✓ Explain proper positioning and attachment.
- ✓ Identify three common challenges of breastfeeding along with their prevention, symptoms, and solutions.
- ✓ Identify the age at which to begin introducing foods.
- ✓ Describe a baby's first foods (local, available, and affordable).
- ✓ Name three popular beliefs and myths about breastfeeding and explain how they relate to optimal breastfeeding practices.

IYCF promotion sessions conducted by trained IYCF counselors in xijijile, Canjeel and Unuun villages almost 125 beneficiaries where attend the different session facilitator getting support IYCF counselors provide IYCF promotional sessions the targeting PLWs

and demonstrated the Micro Nutrient powder for U2 year children and Micro-Nutrient tablet for PLWs were provided

Activities during the IYCF promotion session

Practical demonstration was done in the IYCF promotion session before beginning the lessons. In the session the participants/learners were also given opportunity to discuss the following topics and presented their ideas using wall charts, flip chart papers that were fixed on the front wall. Participants and facilitators discussed beliefs and myths that affect breastfeeding practices. Participants said they believed in the following:

- ✓ Colostrums should be discarded because it is not good for the new-born baby
- ✓ Mother who is pregnant should not breastfeed
- ✓ Breast-milk is not enough to meet a baby's needs
- ✓ Every baby needs water
- ✓ Do not start breastfeeding until the breasts have milk.
- ✓ Babies who are given formula grow faster, are fatter and healthier than breastfed babies.
- ✓ Babies need more than breast milk especially if they cry a lot
- ✓ A sick baby should not be breastfed.
- ✓ Breastfeeding would cause breasts to sag
- ✓ Once breastfeeding is stopped, breastfeeding cannot be started again.

We made a brainstorming session on early initiation of breastfeeding. Participants were able to learn that early initiation of breastfeeding helps expel the placenta and reduce bleeding. They also learnt that first milk (colostrums) is the baby's first immunization and it contains everything the baby needs. During the brainstorming some participants expressed the belief that a baby cannot live without water for six months. They later came to appreciate that breast-milk contains enough water for infants from 0 to 6 months old and that the earlier you put the child to the breast, the faster the milk comes. They also learnt the benefits of skin to skin for babies immediately after bath especially for low birth and premature babies.

The lessons were started with a brainstorming session on good positioning and attachment during breastfeeding. A demonstration of good positioning and attachment techniques was conducted using dolls.

Participants practiced correct positioning and attachment with dolls. We discussed the fact that breast size of a woman's breast can not affect how much milk is available for the baby. Participants also learnt that the amount of milk produced can be increased through proper positioning and attachment, frequency breastfeeding and by the mother eating and drinking healthy foods. The benefits of exclusive breastfeeding for both the baby and mother were explained. Babies are healthier and are sick very rarely and mothers also benefit by preventing pregnancies. Prevention of pregnancy through exclusive breastfeeding is achieved through delaying ovulation and menstruation during the first 6 months after giving birth. Participants also learned that Mothers who do exclusive breastfeeding are less likely to die in childbirth, Mothers are less likely to miscarry, and their newborns are less likely to die, be underweight, or be born early.

We asked the participants to describe how a mother would express milk. After discussions of their descriptions the following points were presented.

- ✓ Express as much as you can as often as your baby would breastfeed. This should be at least every three hours, including during the night.

- ✓ If you express only a few times, or if there are long intervals between expressions, you may not be able to make enough milk. To keep up your milk supply to feed a sick baby, express at least every three hours.
- ✓ To build up your milk supply, if it seems to be decreasing after a few weeks, express very often for a few days (every two hours or even every hour), and at least every three hours during the night.
- ✓ To leave milk for a baby while you are out at work, express as much as possible before you go to work, to leave for the baby. It is also very important to express while at work to help keep up your supply. To relieve symptoms, such as engorgement, or leaking at work, express only as much as is necessary

Conclusion

We explained that although breastfeeding is common in Somalia, almost all babies take other foods and liquids in addition to breast-milk during the first 6 months. Feeding of foods and other liquids, it is very dangerous for the baby's health and is a cause of sickness and malnutrition. Babies should not be given any other foods or liquids before the age of 6 months. Almost every mother can exclusively breastfeed successfully, which is why proper positioning and attachment are so important. Later, Participants were encouraged to share their experiences with the community, neighbours. The experiences of participants were then discussed and benefits were derived from each. An example of note was an experience shared by a participant who we will call Fatimo for privacy. Fatimo had a first baby who is now one year old. She said that when the baby was born, she fed her goat milk and water with sugar. Fatimo continued by saying that her baby was always sick. Fatimo expressed her sadness and said that this training has helped her understand the benefits of exclusive breastfeeding and was thankful for the training.

Annex I Photos:





AnnexII: list of participants







































INFANT AND YOUNG CHILD FEEDING (IYCF) PROMOTION SESSIONS





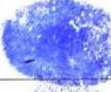
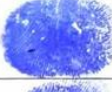


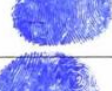


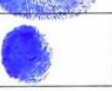





















ATTENDANCE SHEET






















DATE: 13th, 14th and 15th December- 2022

LOCATION: XIJIILE

S/N	Name	Gender (F/M)	Telephone Number	Signature/Thumb print Day 1	Signature/Thumb print Day 2	Signature/Thumb print Day 3
1	Xaawo bashiir yuusuf	F	7844427			
2	Saynab muumin yusuF	F	6196134			
3	Maryan jaamac muuse	F	7739858			
4	Maryan maxamed Axmed	F	7843257			
5	Sureer muumin yusuF	F	6531906			

6	Xaawlo Faarax Muuse	F	7462215			
7	Khadro mire Cismaan	F	7243410			
8	Muno Maxamed Muumin	F	6610569			
9	Xaawlo maxed saalax	F	7312507			
10	Suuban C/kerim Muumin	F	7415692			
11	Faadumo Faarax Ibrahim	F	7421815			
12	Istaahil Axmed Muumin	F	5509682			
13	Sam-sam maxed Cabdalle	F	6838398			
14	Xaawlo mire Yuusuf	F	7157967			
15	Sacdiyo Siciid Khaalid	F	7827757			
16	Ayaan Siciid Khaalid	F	7504863			
17	Fartuun Axmed Xasan	F	7926444			

18	Sacdiyo Cabdi Ismaaciil	F	7617513			
19	Maxamud Muumin Yusuf	M	7304648			
20	Baashi Xuseen Mataan	M	7980461			
21	Maxamud Xuseen Max'ed	M	7766199			
22	Jimco Muse Xasan	F	7344570			
23	Xabibo Maxamud Khaalid	F	6578318			
24	Xalimo Maxamed Xasan	F	6480480			
25	Sahro Yusuf Ismaaciil	F	7613936			
26	Maryam Siyaad Maxamud	F	8609101			
27	Jimco Faasim Maxamud	F	7470380			
28	Maariyo Kaarsho Cabdi	F	6780582			

29	Xidig Raage Boos	M	7038334			
30	Fartuun Juure Maxamud	F	7343865			
31	Mahado Siyaad Axmed	F	7428994			
32	Maxamed Ismaaciil Maxamed	M	5157734			
33	Xalimo Bashir Yusuf	F	5855793			
34	Ibraax Siyaad Baqwal	F	7661167			
35	Dhimo Yusuf Xuseen	F	6110941			
36						
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INFANT AND YOUNG CHILD FEEDING (IYCF) PROMOTION SESSIONS

ATTENDANCE SHEET

DATE: 16th, 17th and 18th December- 2022

LOCATION: CANJEEL

S/N	Name	Gender (F/M)	Telephone Number	Signature/Thumb print Day 1	Signature/Thumb print Day 2	Signature/Thumb print Day 3
1	Aadan maxamad ismacuul	m	6039048			
2	Bare maxmad Axmad	m	5827266			
3	Farax muhiin yusuuf	m	7333366			
4	C/Allahi Axmed cise	m	7504838			
5	maxamud salad gisaid	m	7516202			

6	Cawad ismacuul Axmed	m	7461711			
7	Siciid yusuuf salax	m	6485248			
8	Faarax maxamad Axmed	m	7376641			
9	C/Faarax Maxam Ali Xayir	m	6461093			
10	C/Fitaax mire mohamad	m	7127119			
11	maxamad yusuuf maxamad	m	7731572			
12	Cabane Adan maxamad	m	7445034			
13	baxsan Farax yasiin	F	7266874			
14	Farxiyo siciid cali	F	6142176			
15	Sharifo ibrahin Cabdirahim	F	7876624			
16	Xabsomaxmad ismacuul	F	7056916			
17	yurub xaseen Jamac	F	7728009			

18	Shahid sicid maxamad	F	7001047			
19	Fadumo camale mahad	F	7515214	FADUMA	FADUMA	FADUMA
20	Fadumo Xasan Xirsi	F	7820866			
21	Aamino sicid Tulux	F	7820809			
22	Kiin guure salaax	F	6703173			
23	Aamino yusuF mahmad	F	7882368 7882368			
24	Fadumo Xasan Jama C	F	7713578			
25	Fartun Farax mahamad	F	7682530			
26	Muxubo wabari mahamad	F	6188403			
27	Muno mohamad salaax	F	7056912			
28	maxamad ibrahim sicid	M	7727789			

29	maxamad Xareed mumun	M	6709244			
30	Xabib Farax mahamad	M	7872219			
31	mahado salaax yusuF	F	6039057			
32	Xaawo yusuF Farax	F	7378967			
33	Fartun Axmad sicid	F	7328322			
34	Mahmed Ahmed ^{Dhaano} maxamad	M	7252299			
35	Aamino camale yusuF	F	7838819	Aamino	Aamino	Aamino
36	MOHAMED C/bdi Salaaxumar	M	7519354			
37	cabdiraxim yusuF jama	M	5620056	cabdiraxim	cabdiraxim	cabdiraxim
38	Ahmednuur Rashid mahmed	M	6614405			
39	Cali Xuseen sicid	M	7404007			
40	Subeyr yasiin mohmed	M	798009			



INFANT AND YOUNG CHILD FEEDING (IYCF) PROMOTION SESSIONS

ATTENDANCE SHEET

DATE: 19th, 20th and 21st December - 2022

LOCATION: UNUUN

S/N	Name	Gender (F/M)	Telephone Number	Signature/Thumb print Day 1	Signature/Thumb print Day 2	Signature/Thumb print Day 3
1	Suuriyo Ahmed	F	7006651			
2	Amaal dacar maxamed	F	7931537			
3	Faadumo maxamuud Ali	F	5827522 5823568			
4	Amino Isaaq Atdan.	F	7881608			
5	Faadumo dacar maxamud	F	7536795			

6	Shugri bare maxamuud	F	6443570			
7	Shamis Ali Ciqaadir	F	7994758			
8	Tohro maxamed ismaciil	F	7874619			
9	Keef Atdan maxamud	F	5119603			
10	Ifyaar maxamed ismacil	F	7267834			
11	Sabaax Cigaal Yuusuf	F	7651327			
12	Faahin maxamed ^{burge} Siciid	F	7753024			
13	Ahmed Abukar cumar	m	6123834			
14	Maryan Ali Farah	F	7599896			
15	Alcaan Cali Shire	F	7414612			
16	biishaaro xarbi tamac	F	6261452			
17	baarliin Yuusuf maxamed	F	7714553			

18	maariyo xusuf shire	F	7235615			
19	luul siciid maxamuud	F	6780373			
20	kinsi maxamuud maxamed	F	7052465			
21	xaawo c/laahi maxamed	F	5175579	XAAWO	XAAWO	XAAWO
22	culus siciid maxamed	F	7001623			
23	nuuro Ali shire	F	7684926			
24	falis maxamuud siciid	F	6634206			
25	xaawo ciid maxamuud	F	5250577			
26	kaafi maxamed xusuf	F	7649283			
27	faarax xuseen salaad	M	6835779			
28	Abshiro maxamed c/laahi	M	7972910			

29	mahaad maxamuud xusuf	M	7290894			
30	c/laahi liibaan Adan	M	7679930			
31	bashiir kaatun maxamuud	M	7776896			
32	nasro maxamed maxamuud	F	6038249			
33	Faadumo rooble Adan	F	5157607			
34	muuriyo siciid guul	F	6538145			
35	Maryam ismaaciil mohamed	F	7723165			
36	mohamed c/raaxman mohamed	M	6660311	Mohamed	maxamed	maxamed
37	Raxmo mohamed sawlax	F	7882296			
38	AHMED Shire siciid	M	5525258	AHMED	AHMED	AHMED
39	Degau KaarShe maxamed	F	5827554			
40	Maxamed Cali Gaas	M	7290570			

41	FARXIYO Maxmu'd cismaan	F	6804009	Farxiyo	Farxiyo	Farxiyo
42	ISIIINO YASIINI CISMANI	F	7419255			
43	Shaac o Yusuf Muse	F	5444121			
44	Fadumo cisaan abshir	F	6916939	FAD	FAD	FAD
45	Cumar Maxamed ismaaciil	M	7716632			
46	Karwaro Yusuf Muse	F	7563240			
47	Canaab Maxmu'd muse	F	7640478			
48	Sulmo Maxmu'd ismaaciil	F	7737781	Sulmo	Sulmo	Sulmo
49	Fadumo Maxmu'd cisman	F	7332121			
50	FARXIYO FARXIYO Madame Brahim	F	6836227	FARXIYO	FARXIYO	FARXIYO

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