

## INFANT AND YOUNG CHILD FEEDING (IYCF) TRAINING REPORT



**Venue: Botan Hotel meeting Hall in Bossaso  
28th- 31<sup>th</sup> July 2022.**

### Basic Information

<b>training name</b>	Infant and Young Child Feeding (IYCF) training for SHF supported health facilities, in qandala districts in bari region
<b>Funded by</b>	SHF
<b>Implemented by</b>	ISDP
<b>Training facilitators:</b>	<b>Farhiyo Osman Ali and Halima Abdullahi Warsame</b>
<b>Type of training</b>	<b>INFANT AND YOUNG CHILD FEEDING (IYCF)</b>
<b>Target group/s:</b>	IYCF couselfors and midwives for SHF supported Health Facilities in Qandala Districts at Bari Region.
<b>Number of participants:</b>	14 participants.
<b>Training Venue</b>	Botan Hotel meeting Hall
<b>Days of the Training</b>	4 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 four days training on Infant and young child feeding (IYC). 14 Participants from SHF supported Health Facilities and primary health units (PHUS) in Qandala Districts in Bari Region. Objectives of the training were Building the capacities of the infants and young child (IYCF) counselors and midwives 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. Optimal IYCF Practices is promoted through counseling, nutrition education and awareness sessions both at community and facility levels, and PHU plus This is aimed at improving understanding and awareness for mothers/caregivers and the general community as well as promotion of best practices at household levels to support improved nutrition practices for children. 5 IYCF counselors and 9 midwives were trained during the four days training. Participants came from 3 Health Center, 4 PHU plus, two IERT mobile team and Ballidhidhin stabilization center in Qandala district.

### **I. Objectives**

1. To provide capacity building to nutrition staff on WHO/UNICEF recommended IYCF practices for both BF and CF, to reduce the risks associated with in appropriate feeding practices.
2. Explain beliefs and myths that portray breast-feeding as difficult.
3. To enable Health workers 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

## **2. 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

## **3. 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.

### c) **DAY3**

The trainees were subjected to a recap of the day two training. Participants were very active during the recaps. Day three the sub-topic 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 away from her baby for some hours.
- Explanation of MUAC and to practice

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

### **Day4**

A recap of day three was undertaken. Participants were very confident and showed great understanding and appreciation of lessons conducted in the past two days. During the third of training, we invited "IYCF supervisor Ms. Zaitun Mohamud Ismail to engage and encourage the participants.

**Ms. Zaitun** "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 mother 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.

Pre- Assessment			
	Yes	No	I don't know
1	11	1	2
2	13		1
3	6	8	
4	16	1	2
5		13	1
6	13	1	
7	2	9	3
8	12	2	
9	2	11	1
10	14	3	1
11	3	10	
12	6	8	
13	14		
14	5	9	
15	9	4	

Post test			
	Yes	No	I don't know
1	14		
2	14		
3	0	14	
4	14		
5	14		
6	14		
7	14		
8	14		
9		14	
10		14	
11		14	
12	1	13	
13	14		
14	0	14	
15	13	1	

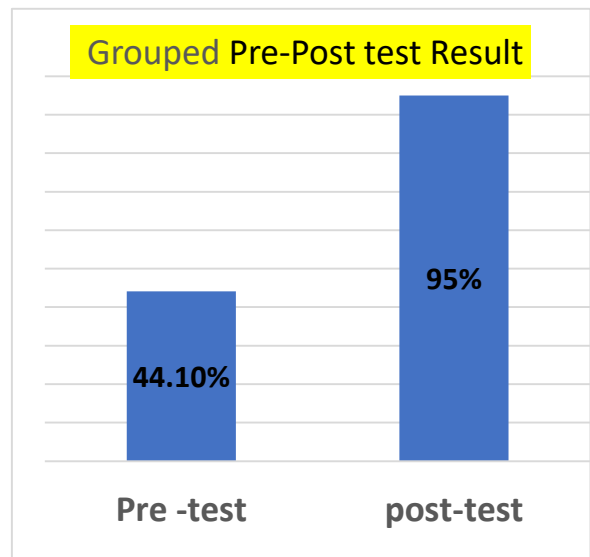


Figure 1: this figure shows grouped pre-post test results

## Challenges

- There were no major challenges during the training

## Recommendation

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

## Annex A Schedule

Agenda of Infant and Young Child feeding (IYCF) TRAINING			
Time	ACTIVITIES	Facilitator	Duration
<b>Day I: 28/07/2022</b>			
9:00 -9 :20 am (20mn)	Opening speech & Introductions	Ayanle	
9:20-10:00am	Introduction, expectation, objectives and pre assessment	Halima, Kadro and farhia	10mn introduction, 10 participants expectations and 20mn pre assessment test
10:00-10:30 (30mn)	Session I: Participants understanding of IYCF	CO-Facilitator	30 minutes
10:30-10:50	<b>Tea Break</b>		
10:50-11:20 (30mn)	Session2: Why IYCF matter	Kadro	30 minutes presentations
11:20-12:15 (55mn)	Session3: Common breastfeeding difficulties	Co-facilitator	55 minutes presentations
12:15-12:15	<b>Lunch and Prayer Break</b>	all	1hr
1:15 – 1:45	GROUP WORK	<b>Three groups case studies on</b> Common breastfeeding difficulties	10:15 – 10:55
1:45 –2:15	<b>Presentation</b>	<b>Groups</b>	Each group ten mnts 30 minutes
2:15- 3:00 (1hr)	Session 4: recommended breastfeeding practices	Farhia Osman and Halima	45 minutes presentations, 15mn case
3:00 -3:45pm	Session 4: common situation that can effect breastfeeding	Farhia Osman and Zaitun	45 minutes presentations, 15mn case

<b>Day 2: 29/07/2022</b>			
8:00 am -8 :25 am (25mn)	Recap Day two	Co-facilitator	25mn recap
8:25 am -9 :25 am (1hr)	Session4:how to counsel  Listening and learning skills	Farhia Osman and Zaitun	1hr
9 :25 am- 10:15 (45mnts)	Session5: behaviour change steps	Co-facilitator	45
10:15 am - 10 :35 am (20mn)	<b>Tea Break</b>		
10:35-11:15	Session6: How to breastfeed  Good attachment and positioning of baby on breast	Farhia Osman and Halima	40mn
11:15 – 11:45	GROUP WORK	<b>Three groups case studies on Common breastfeeding difficulties</b>	30mn
11:45 –12:15	<b>Presentation</b>	<b>Groups</b>	Each group ten mnts 30 minutes
12:15-1:15	<b>Lunch and Prayer Break</b>	all	1hr
1:15-2:00	Session7: exclusive breastfeeding	Farhia Osman and Halima	45 mn
2:00-3:00pm	Session 8: practical session for position of baby using dolls	Farhia Osman and Halima	1hr
3:40-3:40	Session9: : important of complementary feeding	Farhia Osman and Halima	1hr
<b>Day 3: 30/07/2022</b>			
8:00 am -8 :15 am (15mn)	Recap Day two	Co-facilitator	15mn recap

8 :15 am	Session 10: Recommended complementary feeding practices Session 10: food to fill energy gap	farhiyo	45mnt presentations and 15 group discussion
8:30-9:15	Session 11: 4 start diet session 11 micronutrient powder MNP	Co-facilitator	20 mnt presentations and 15 group discussion
8 am -8 :15 am	Session 10: food to fill energy gap		
8:30-9:15	session 11: counselling skills analyse assess and act		
10:30 am - 10 :50 am (20mn)	<b>Tea Break</b>		
10:30-11:00	session 13: hygienic preparation of feeds	10:30-11:00	session 13: hygienic preparation of feeds
11:00-12:15	session 14: : practical session of MUAC measuremnts	11:00-12:15	session 14: : practical session of MUAC measuremnts
12:15-1:15	<b>Lunch and Prayer Break</b>		
1:15-2:20pm	Session 15: session 16: taking feeding history	farhiyo	
2:20-3:00pm	Session 16: common breast-feeding difficulties	Farhia Osman and Halima and khadro Ahmed	
3:00pm-3:45	Session 17: : expressing breast milk	Farhia Osman and Halima	
<b>Day 4: 31/07/2022</b>			
	<b>Recap Day 3</b>		<b>Recap Day 3</b>



8 am -8 :15 am	session19: feeding during illness and low birth weight baby	Farhia Osman and Halima	session19: feeding during illness and low birth weight baby
8:30-9:15	Session 20: women's nutrition Session21: practical feeding technique	Farhia Osman and Halima	Session20: practical feeding technique
9:20-9:40	Session21: overview of HIV and feeding of infants	Farhia Osman and Halima	Session21: overview of HIV and feeding of infants
10:00-10:30	Tea Break	Farhia Osman and Halima	Tea Break
10:30-11:00	Session22: counselling for mothers feeding young infant and children	Farhia Osman and Halima	Session22: counselling for mothers feeding young infant and children
11:00-12:00	Session23: building confidence and giving support	Farhia Osman and Halima	Session23: building confidence and giving support
12:15-12:15	<b>Lunch and Prayer Break</b>	Farhia Osman and Halima	
1:15-2:00	session 24 growth charts	Farhia Osman and Halima	session 24 growth charts
2:00-2:30	Session25: health care practices	Farhia Osman and Halima	Session20: health care practices
2:30-3:30	Session26: international code of marketing breast milk substitute	Farhia Osman and Halima	
5mnts	Video of breastfeeding practice		5mn
3:35-4:00	Post evaluation test	Co-facilitator	25mnt
4:00-4:15	Summerization of the training		15mnts
4:15-4:30	session closing comments/questions exercise	Ayanle abdullahi and PL MoH regional team	

**Annex B List of participants**



WASAARADA CAAFIMAADKA PUNTLAND

**INFANT AND YOUNG CHILD FEEDING (IYCF) TRAINING**

ATTENDANCE SHEET

DATE: 28<sup>th</sup> July to 1<sup>st</sup> August 2022

S/N	Name	Location	Gender (F/M)	Telephone Number	Title	Signature Day 1	Signature Day 2	Signature Day 3	Signature Day 4	Signature Day 5
1	Maryam Abdikarim Said	Balidhidin	F	7849456	IYCF	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Saltuun Mohamed Said	Balidhidin	F	7523744	midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	Maryam Ali Mohamed	dhankakis	F	7528206	midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	Maryam Mohamed Sumater	Buruc	F	6000969	midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Nasma Aamin Ahmed	Balidhidin	F	7728322	IYCF	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Fartuun Faarax Yusuf	unuun	F	7531366	midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	Sawdo Hussein Ali	unuun	F	7846228	IYCF	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	Maryam mire Xasan	Cajed	F	7704518	IYCF	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Faduma Abdiraziq Mohamed	Xankotib	F	7680421	Midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	hafso said hussien	Tulo case	F	6501661	midwife	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Xalima Cabdudhii	Bosso	F	7756883	Facilitator	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

12	Nafar said Mohamed	Xijijle	F	7376681	Midwife	Nur	Nur	Nur	Nur	Nur
13	Ayman Ahmed Mumin	Xijijle	F	7820292	IYCF	Ayana	Ayana	Ayana	Ayana	Ayana
14	Fadumo Adan maxamed	canjeel	F	5588817	midwifery	F	F	F	F	F
15	Saynab Abdulashi Ali	Turmasade	F	7845823	midwifery	A	A	A	A	A
16	Fariyo Asmau Ali	Facilitator	F	0907772466	Mott	Fari	Fari	Fari	Fari	Fari

Prepared by: Amuro Mohamed Ismail Title: Health and Nutrition officer Sign/Date: Amuro

Verified by: Ayane Abdullahi Mohamed Title: HSAT program manager Sign/Date: 1st 8 2022



### Annex D Activity photos



Figure 1: Group discussion



Figure 3: Facilitator is giving a session to the participants



**Infant and Young Child feeding (IYCF) Training**  
**(Tababarka Quudinta caruurta da'dooda fahay**  
**0 ilaa 23 blood)**  
 Implemented by: ISDP  
 Supported by: SHF  
 Venue: Botan Hotel meeting hall  
 Date: 29<sup>th</sup> - 31<sup>st</sup> July 2022