



USAID
FROM THE AMERICAN PEOPLE

SPRING
Strengthening Partnerships, Results,
and Innovations in Nutrition Globally

India Maternal, Infant, and Young Child Community Nutrition Training

Training Aids



September 2017

India Maternal, Infant, and Young Child
Community Nutrition Training:
Training Aids

ABOUT SPRING

The Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project is a seven-year USAID-funded cooperative agreement to strengthen global and country efforts to scale up high-impact nutrition practices and policies and improve maternal and child nutrition outcomes. The project is managed by JSI Research & Training Institute, Inc., with partners Helen Keller International, The Manoff Group, Save the Children, and the International Food Policy Research Institute.

RECOMMENDED CITATION

SPRING. 2017. *India Maternal, Infant, and Young Child Community Nutrition Training: Training Aids*. Arlington, VA: Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project.

DISCLAIMER

This report is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the terms of the Cooperative Agreement AID-OAA-A-11-00031, (SPRING), managed by JSI Research & Training Institute, Inc. (JSI). The contents are the responsibility of JSI, and do not necessarily reflect the views of USAID or the U.S. Government.

The original training package, developed by SPRING, was updated for use by the Upscaling Participation and Videos for Agriculture and Nutrition (UPAVAN) project, funded by the Bill & Melinda Gates Foundation and the UK Department for International Development (award number OPP1136656). Substantial co-funding is also provided by the USAID-funded project Digital Integration to Scale Gender-Sensitive Nutrition Social and Behavior Change Communication, implemented by Digital Green (Cooperative Agreement No. AID-386-A-15-00008). Additional technical inputs are being provided by the SPRING project contributing funds from USAID's Bureau for Food Security (BFS) and Bureau for Global Health (GH) (under Cooperative Agreement No. AID-OAA-A-11-00031) to support this research. None of the funders had any role in the study design once the grant was awarded or in the write-up of the study protocol.

COVER PHOTOS: Illustration by SPRING

SPRING

JSI Research & Training Institute, Inc.
1616 Fort Myer Drive, 16th Floor
Arlington, VA 22209 USA
Phone: 703-528-7474
Fax: 703-528-7480
Email: info@spring-nutrition.org.
Internet: www.spring-nutrition.org.

UPAVAN: UPSCALING PARTICIPATORY ACTION AND VIDEOS FOR AGRICULTURE AND NUTRITION	
PARTNERS	FUNDERS
       	  

Acknowledgments

The Maternal, Infant, and Young Child Community Nutrition Training package was initially developed under a strategic partnership between the Strengthening Partnerships, Results, and Innovations in Nutrition Globally (SPRING) project, managed by the JSI Research & Training Institute, Inc., and Digital Green, with generous financial support from the U.S. Agency for International Development (USAID).

We designed this training package for a SPRING/Digital Green Feasibility Study in the Keonjhar District of Orissa, India, for community health workers and community video production and dissemination teams in 2012. It has since been adapted in Niger, Burkina Faso, Guinea, and Senegal. We adapted the package from a number of existing nutrition training materials and communication tools.

SPRING would like to acknowledge the adaptation and use of content and materials, with permission from other projects and organizations, including the United Nations Children's Fund (UNICEF) Community Infant and Young Child Feeding Counselling Package; the SPRING Bangladesh Essential Nutrition Actions Training package; the Solidarity and Action Against the HIV Infection in India (SATHI); the Vistaar Project, managed by IntraHealth; Tippytap.org; and Nobo Jibon.

The February 2017 version of this training package was adapted for the *Community-driven and digital technology-enabled agriculture intervention for nutrition: A cluster randomized controlled trial in Odisha, India* (also known as UPAVAN), funded by the Bill & Melinda Gates Foundation, in partnership with Digital Green, the London School of Hygiene and Tropical Medicine (LSHTM), Voluntary Association for Rural Reconstruction and Appropriate Technology (VARRAT), and Ekjut.

A special thanks to Victor Nolasco for creating some of the illustrations used in this training package.

Any part of this package may be printed, copied, or adapted for related projects to meet local needs, with the express written permission of SPRING. Please direct any requests to reproduce or adapt these materials to info@spring-nutrition.org, with the understanding that the source of the materials will be fully acknowledged and the materials will be distributed at no cost.

Session 1.1

No training aids: However, the facilitator will choose 15 sets of matching cards (30 cards total) for an activity. We suggest choosing food cards (see activity 9.2).

Session 1.2

No training aids

Session 1.3

No training aids

Session 2.1

Maternal Nutrition

Full Page



Exclusive Breastfeeding

Full Page



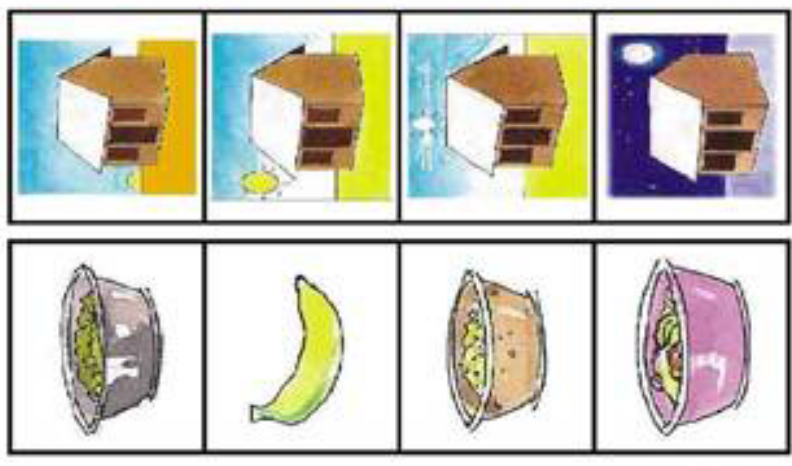
Complementary Feeding

Full Page









Session 2.2

1,000 Day Period Chart

Full Page



Pregnancy - 1,000 Day Chart

Half Page



Birth - 1,000 Day Chart

Half Page



0 up to 6 months - 1,000 Day Chart

Half Page



6 up to 9 months - 1,000 Day Chart

Half Page



9 up to 12 months - 1,000 Day Chart

Half Page



12 up to 24 months - 1,000 Day Chart

Half Page



Mother and Child - 1,000 Day Chart

Half Page



Stages of the 1,000 Day Period (6 photos)

Half Page





First = 1,000 Days

Nutrition's Window of Opportunity



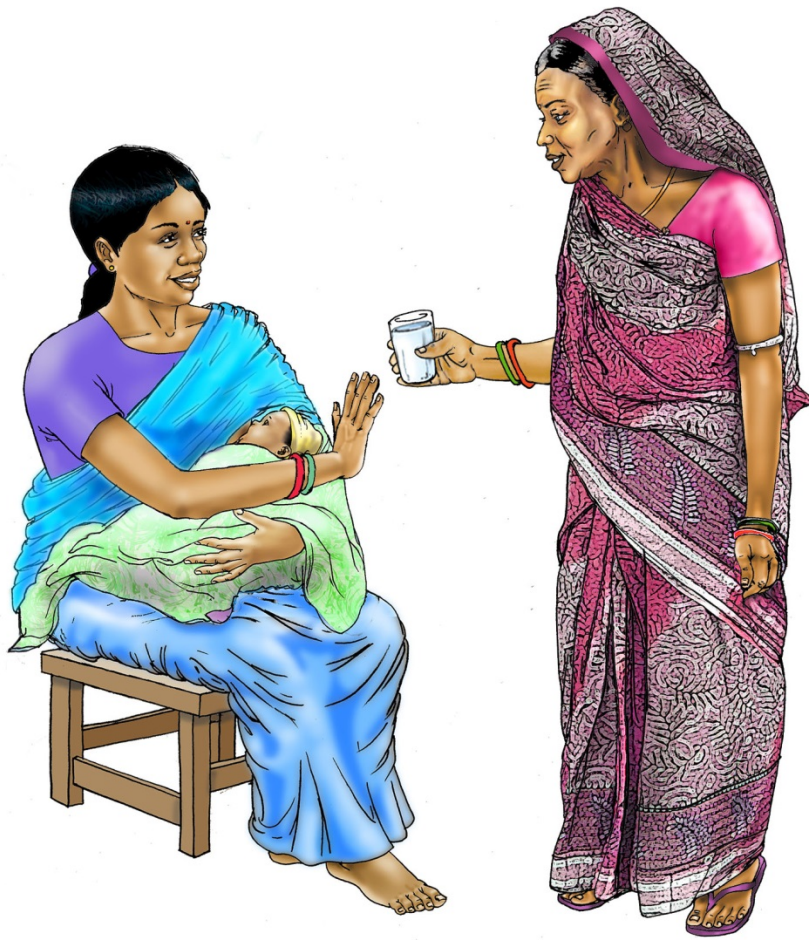
0 to 270 days + 181 days + 92 days + 92 days + 92 days + 365 days



Nutrition during Pregnancy	Early Initiation of Breastfeeding	Exclusive Breastfeeding	Introduction of complementary foods	Continued Breastfeeding	Diverse dietary intake and increasing frequency
----------------------------	-----------------------------------	-------------------------	-------------------------------------	-------------------------	---

=















Session 2.3

Factors for Healthy Baby Chart

Full Page



Healthy Well-Nourished Child - Healthy Baby Chart

Full Page



Maternal Health and Nutrition - Healthy Baby Chart

Half Page



Care Practices - Healthy Baby Chart

Half Page



Variety of Foods - Healthy Baby Chart

Half Page



Health Care Services - Healthy Baby Chart

Half Page



Water, Hygiene, and Sanitation - Healthy Baby Chart

Half Page





**Maternal
and health
nutrition**

**Care
practices**

**Variety of
foods**

**Health
care
services**

**Water,
hygiene and
sanitation**









Session 3.1

Factors for Healthy Mother Chart

Full Page



Healthy Mother - Healthy Mother Chart

Full Page



Maternal Health and Nutrition - Healthy Mother Chart

Half Page



Health Care Services - Healthy Mother Chart

Half Page



Care Practices - Healthy Mother Chart

Half Page



Variety of Foods - Healthy Mother Chart

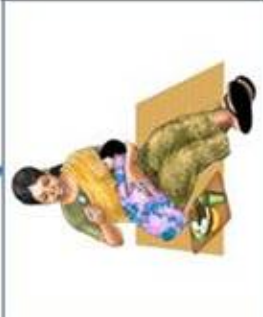
Half Page



Water, Hygiene, and Sanitation - Healthy Mother Chart

Half Page





Maternal
health and
nutrition

Health
care
services

Care
practices

Variety of
foods

Water
hygiene and
sanitation









Session 3.2

No training aids

Session 3.3

Well-Nourished Baby

Full Page



Well-Nourished Girl Child

Full Page



Well-Nourished Teenager

Full Page



Well-Nourished Adult Woman

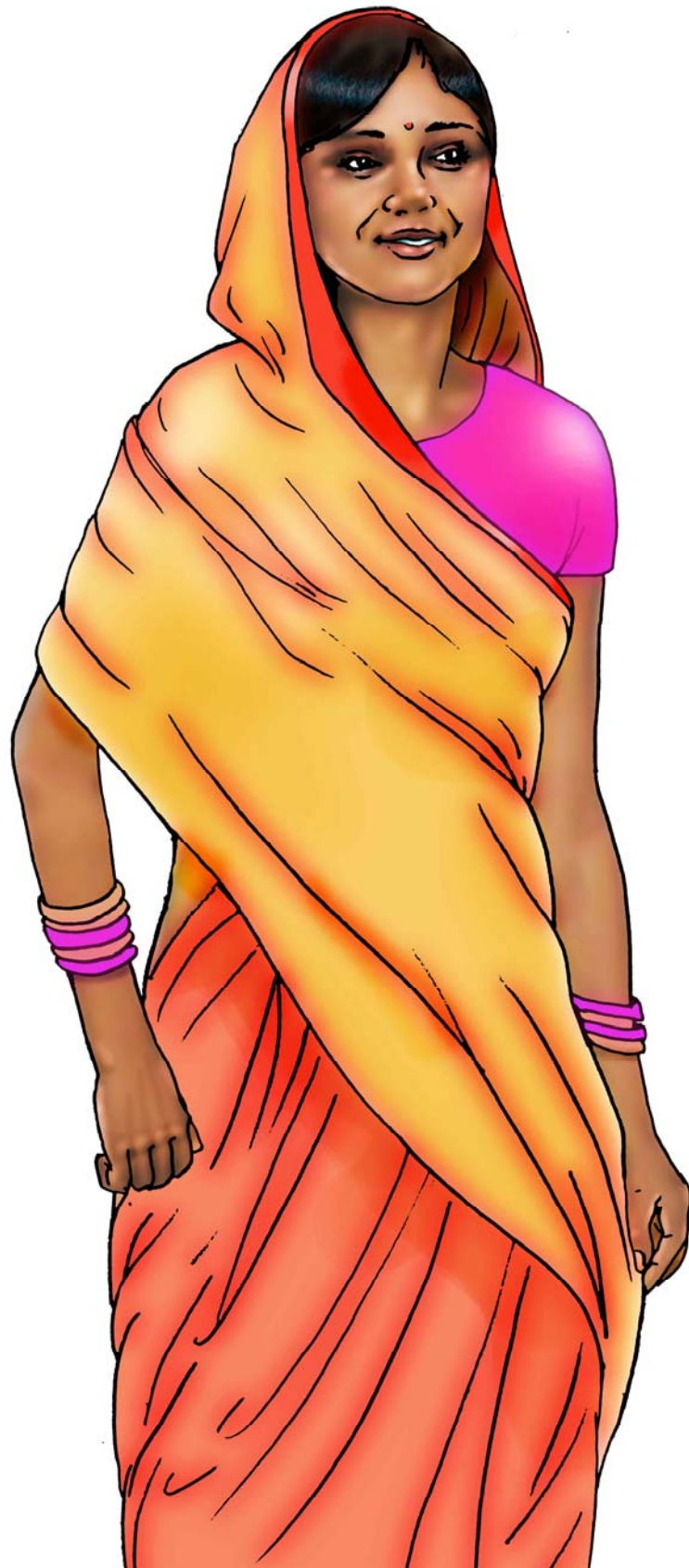
Full Page











Session 4.1

No training aids

Session 4.2

Immediate Breastfeeding after Birth (3 copies)

Full Page



During the First Six Months, Give ONLY Breastmilk (3 copies)

Full Page



Exclusive Breastfeeding during the First Six Months (3 copies)

Full Page



Breastfeed on Demand, Both Day and Night (3 copies)

Full Page



Feeding Your Sick Baby Less Than 6 Months of Age (3 copies)

Full Page



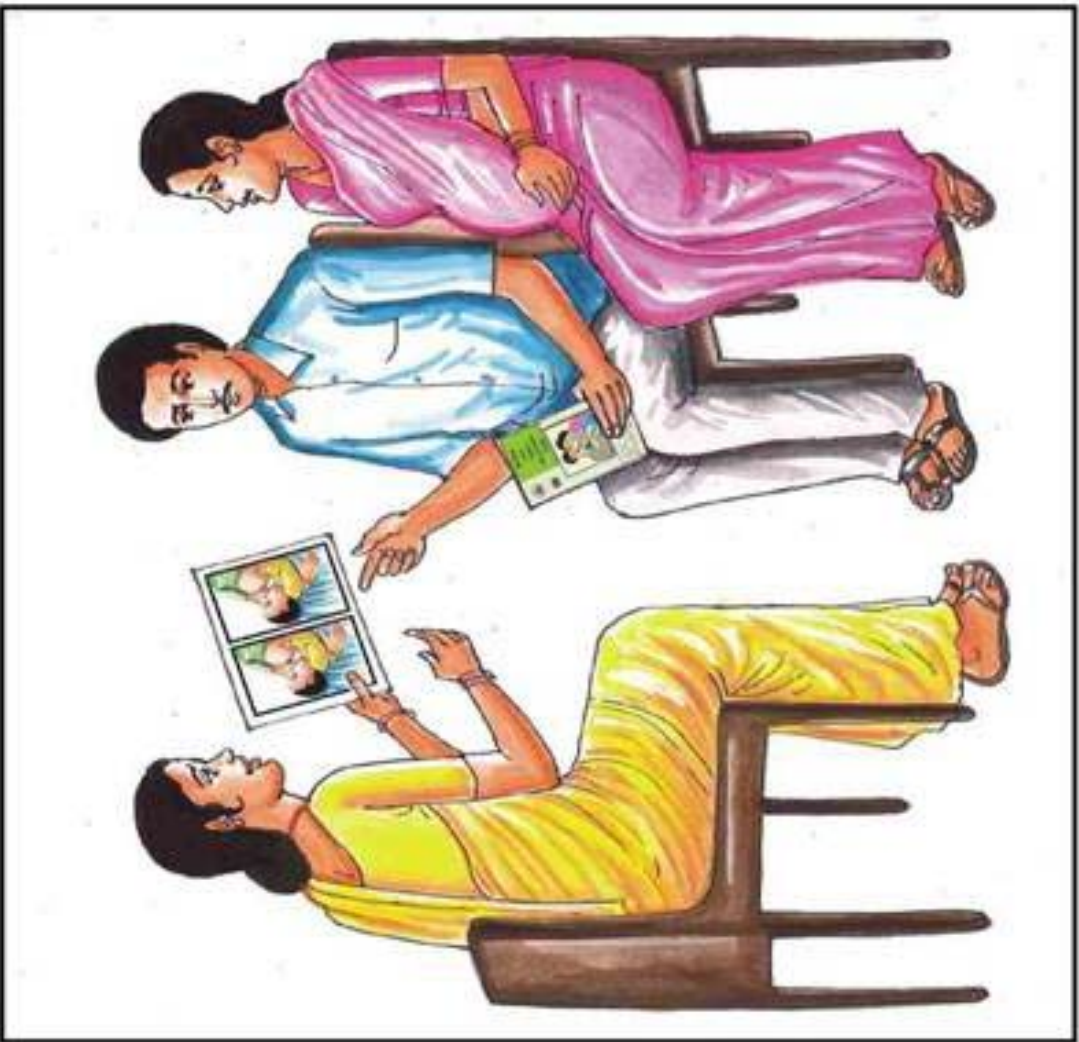
Feeding Your Sick Baby More Than 6 Months of Age (3 copies)

Full Page





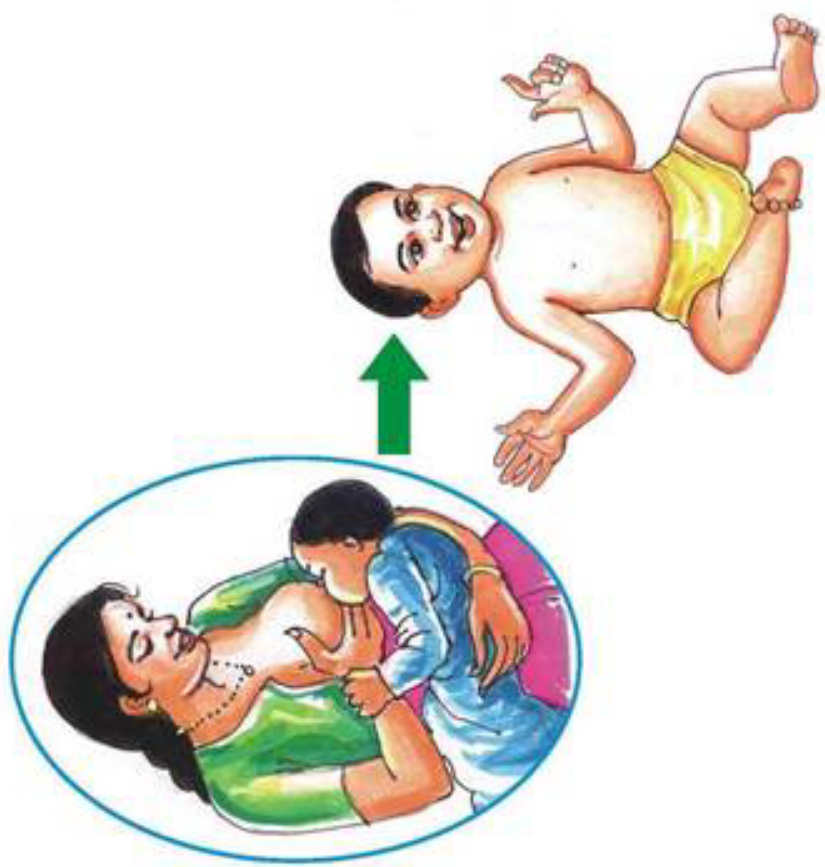
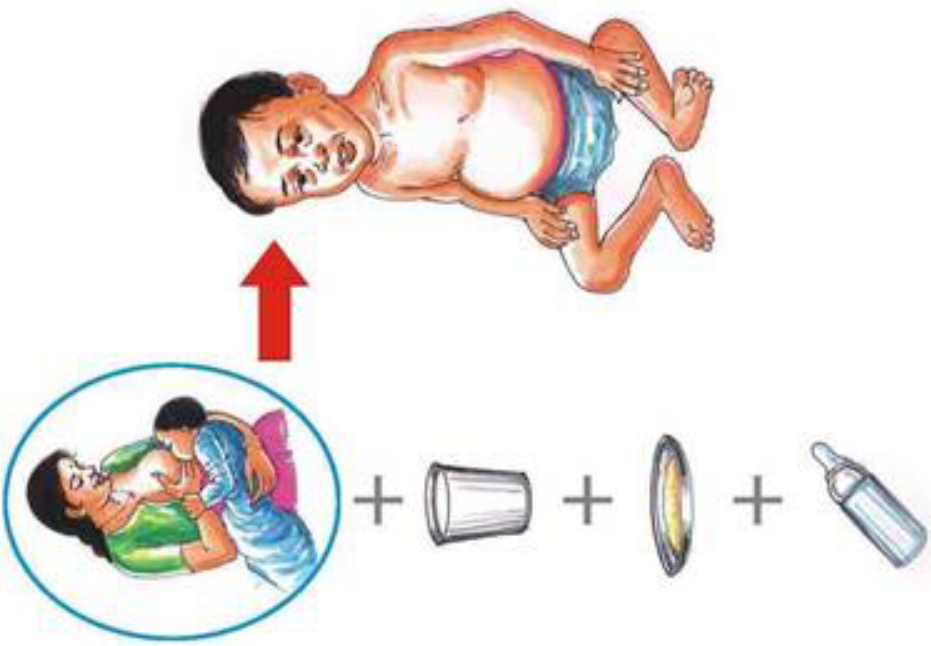


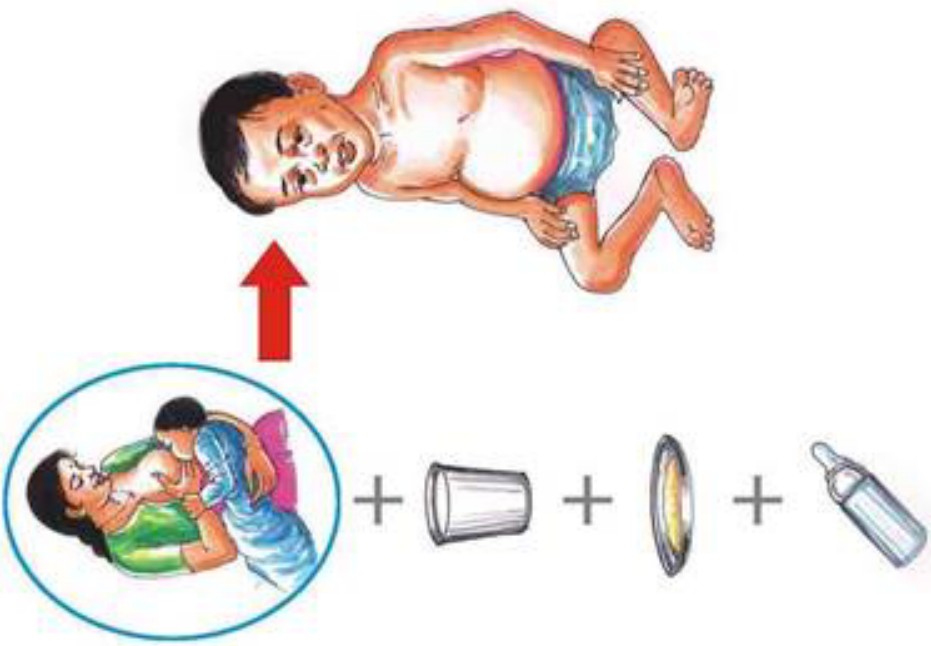


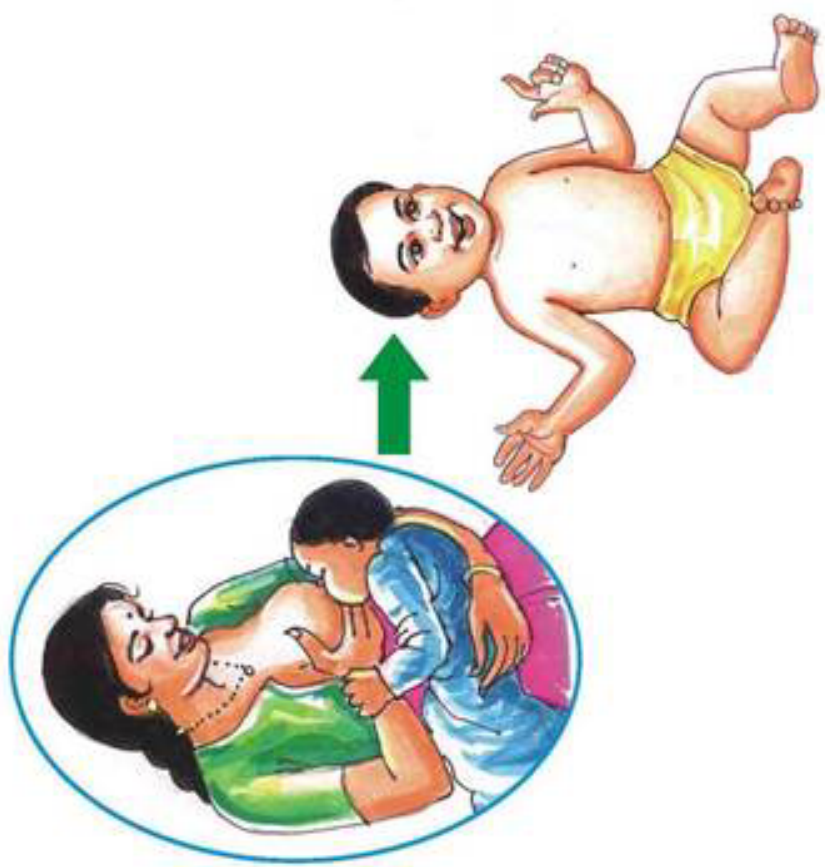
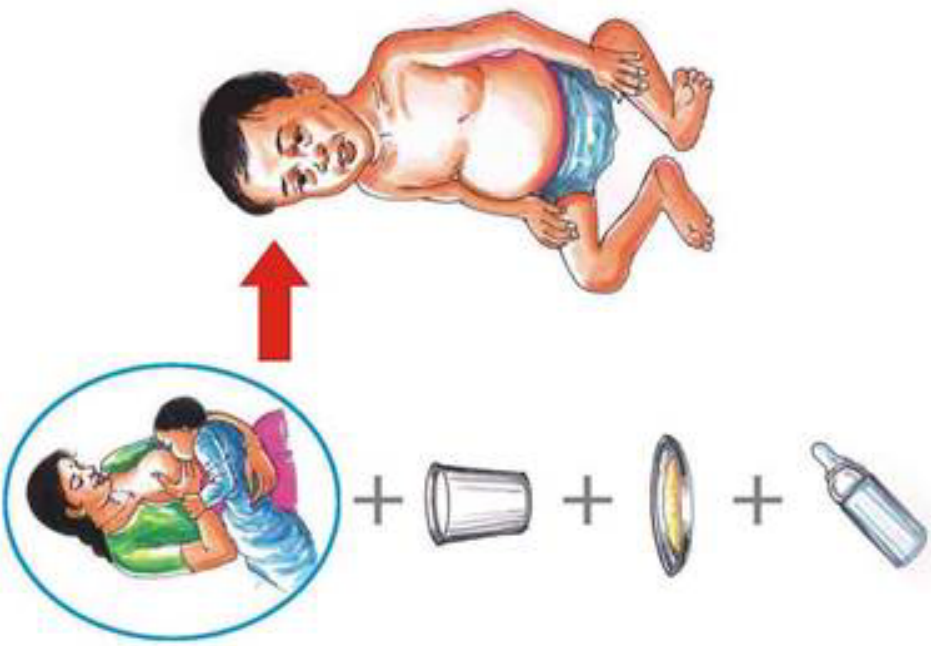


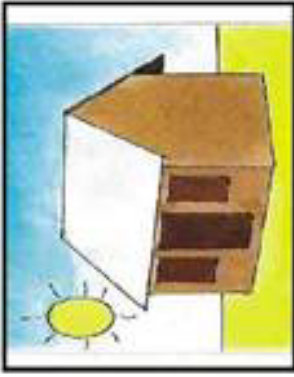


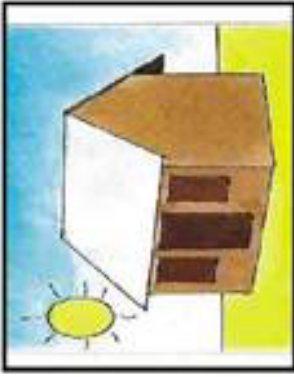


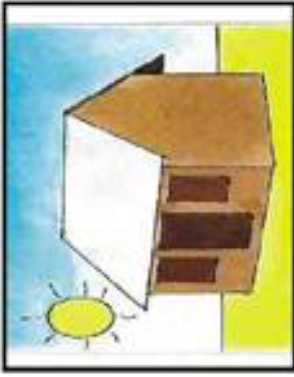


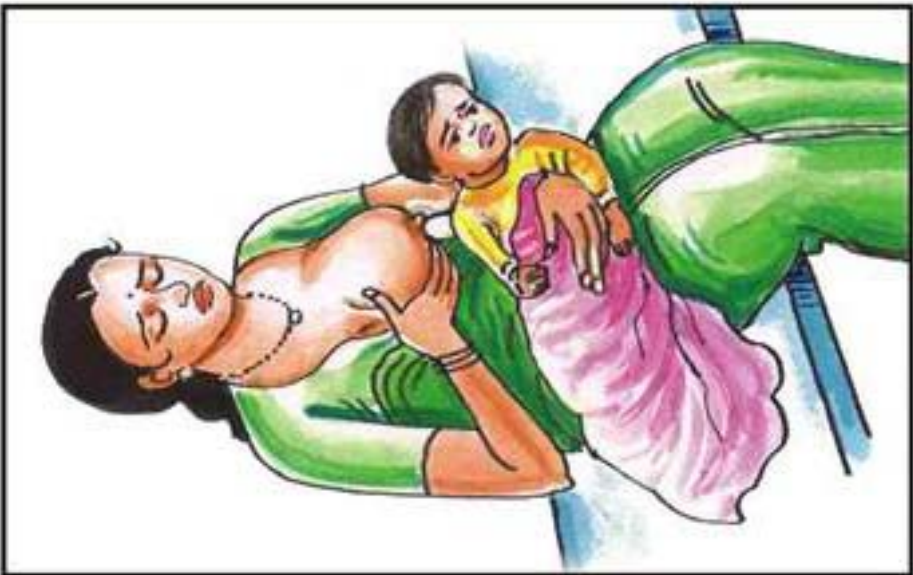


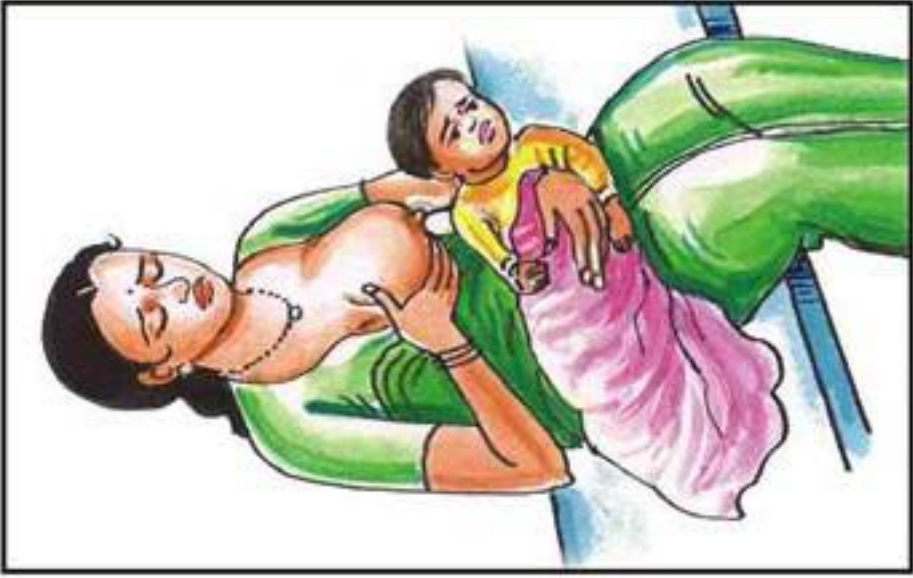




















































	+					 6 up to 9 months
	+					 9 up to 12 months
	+					 12 up to 24 months























	+					 6 up to 9 months
	+					 9 up to 12 months
	+					 12 up to 24 months





	+					6 up to 9 months 
	+					9 up to 12 months 
	+					12 up to 24 months 



Session 4.3

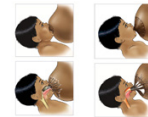
Breastfeeding Positions

Full Page



Good Attachment Is Important

Full Page



Care and Feeding of a Low Birth Weight Baby

Full Page



How to Hand Express and Cup Feed

Full Page

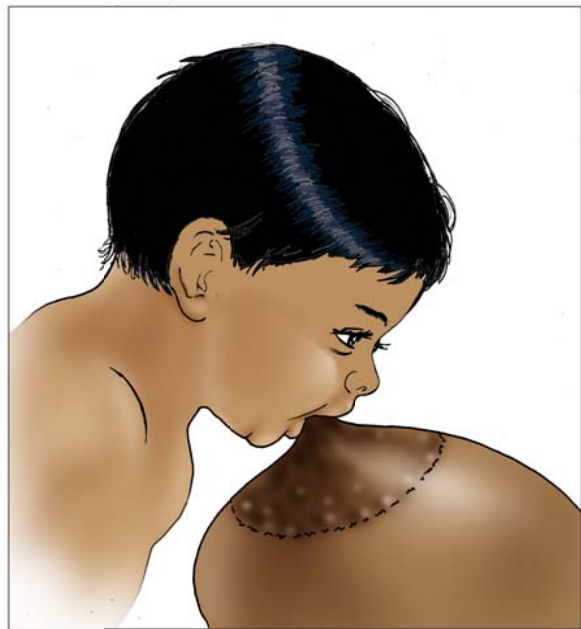
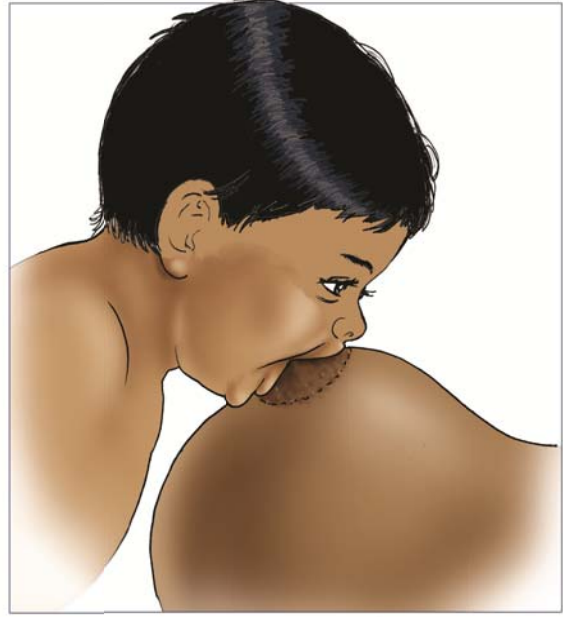


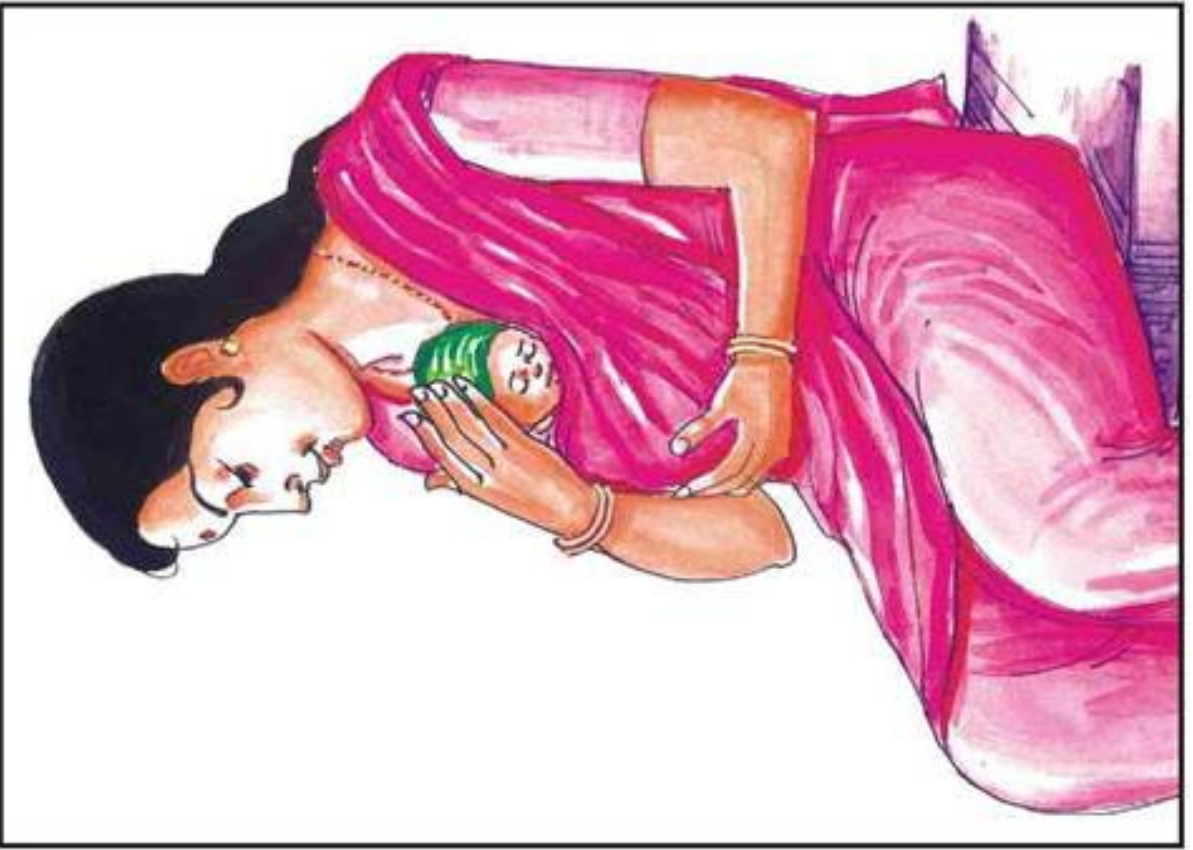
When You Are Separated from Your Baby

Full Page

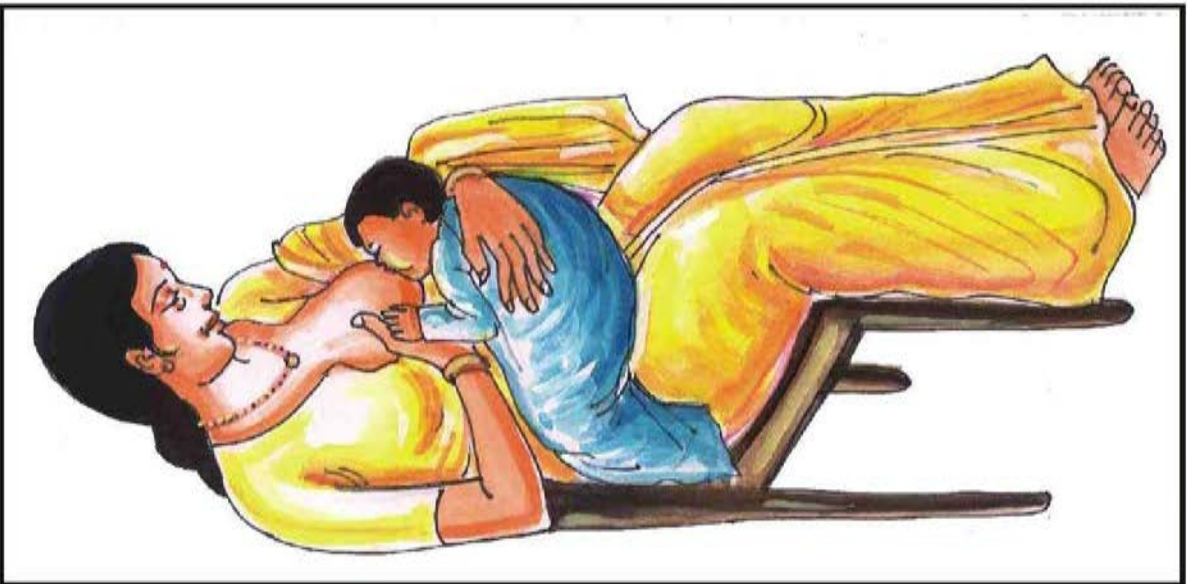
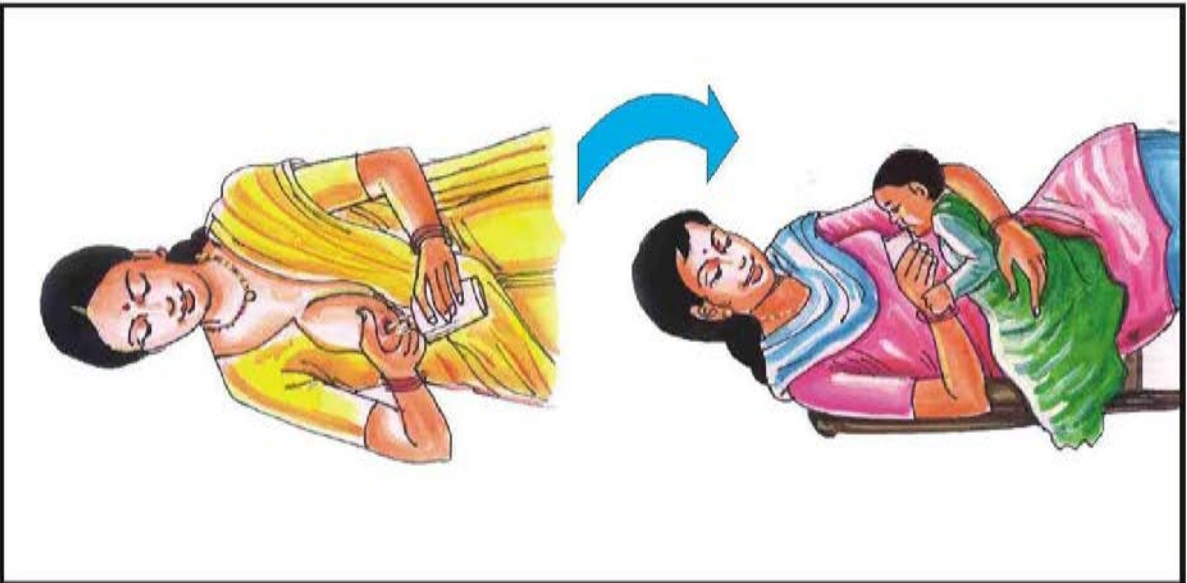












Session 5.1

Behaviour Change Case Studies

Full Page



Case Studies for Session 5, Learning Objective 1

Case Study 1:

A pregnant woman has heard new breastfeeding information, and her husband and mother-in-law also are talking about it. She is thinking about trying exclusive breastfeeding because she thinks it will be best for her child.

Case Study 2:

A mother has brought her 8-month-old child to the baby weighing session. The child is being fed watery porridge that the mother thinks is appropriate for the child's age. The child has lost weight. The Anganwadi Worker encourages her to give her child thickened porridge instead of watery gruel because the child is not growing.

Case Study 3:

During the past month a neighbour talked with a mother about gradually starting to feed her 7-month old baby three times a day instead of just once a day. The mother started to give a meal and a snack and then added a third feed. Now the baby wants to eat three times a day, so the mother feeds him regularly.

Session 5.2

Mother-in-Law

Full Page



Husband

Full Page



Mother-in-Law and Husband

Full Page







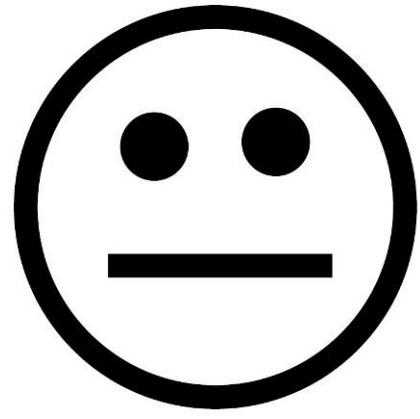


Session 6.1

Happy Face, Neutral Face, Sad Face

Full Page





Session 7.1

No training aids

Session 8.1

No training aids

Session 9.1

No training aids

Session 9.2

Fruits and Vegetables Rich in Vitamin A

Full Page



Other Fruits and Vegetables

Full Page



Fats and Oils

Full Page



Staple Foods

Full Page



Legumes

Full Page



Animal Source Foods

Full Page



Food Groups (4 copies of each)

Quarter
Page

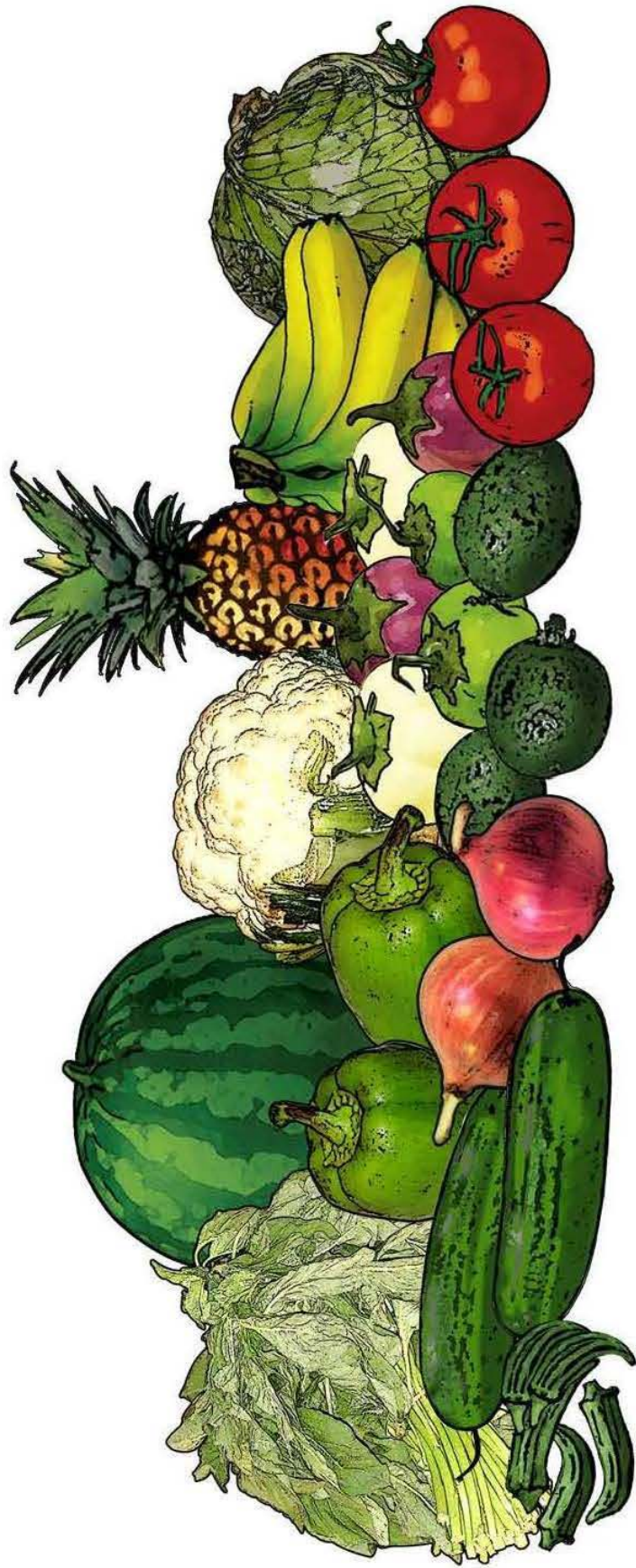
Multiple

Food Cards (4 copies of each)

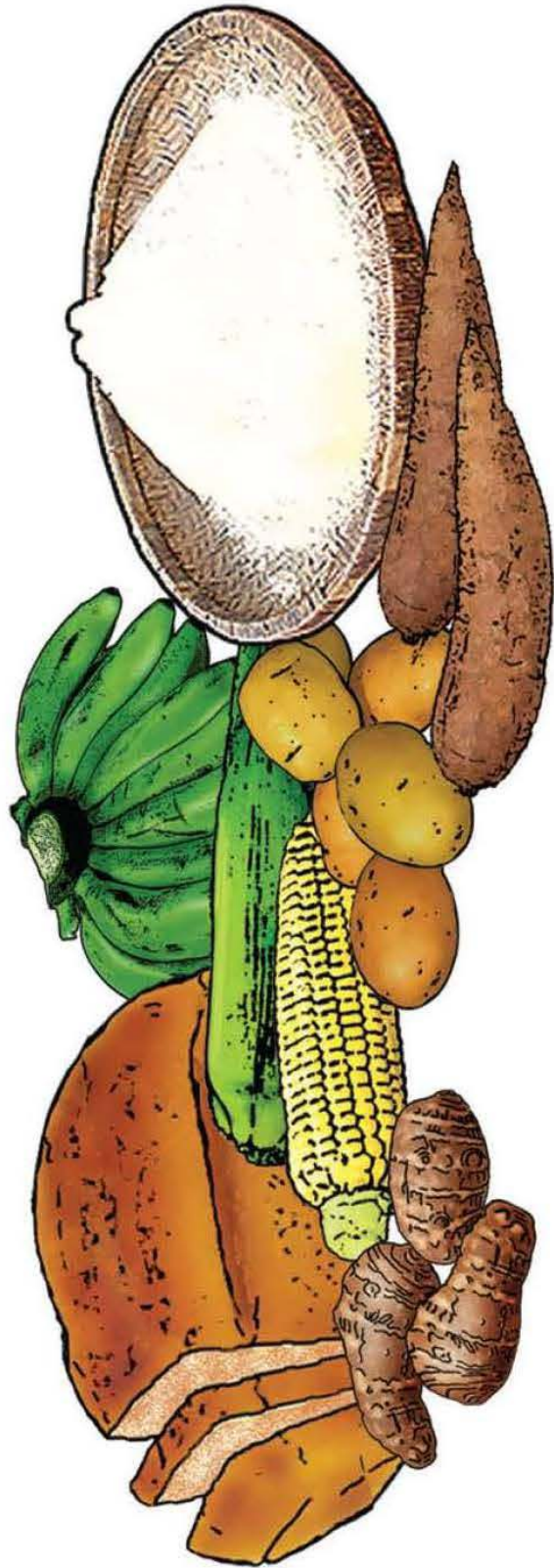
Quarter
Page

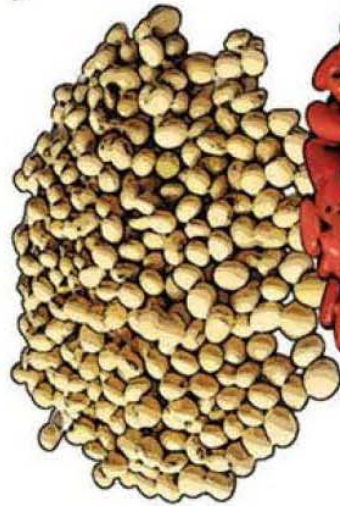
Multiple

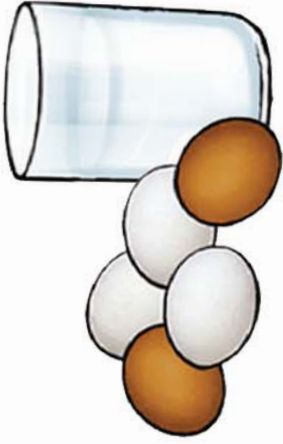








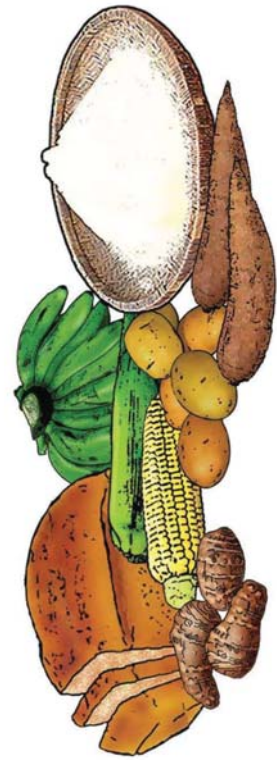
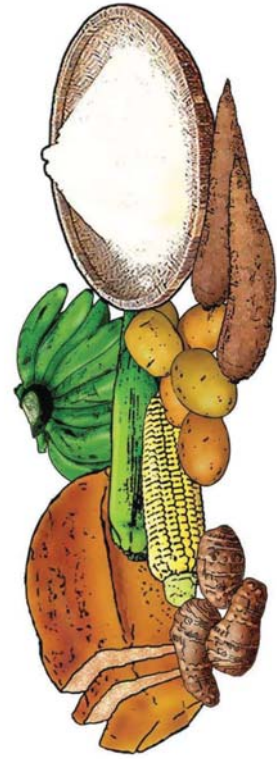






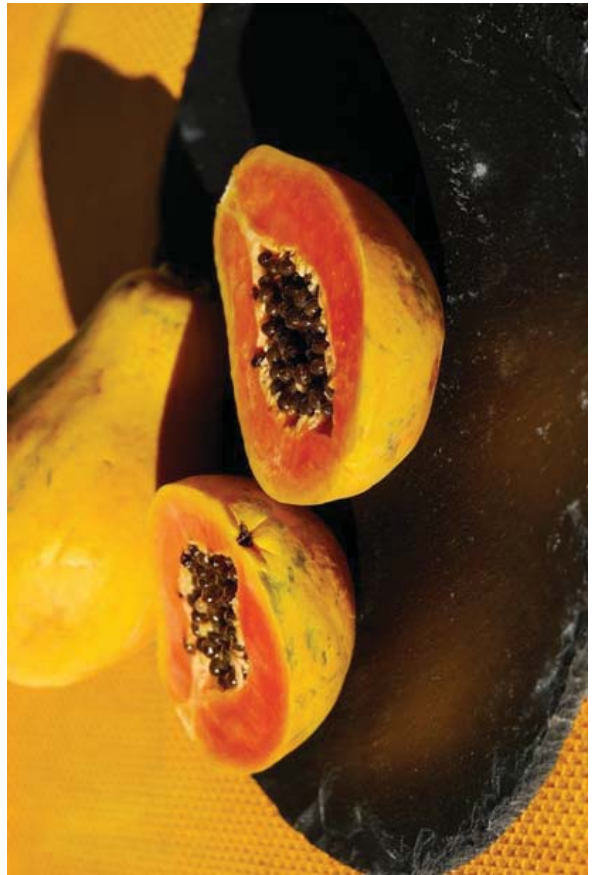
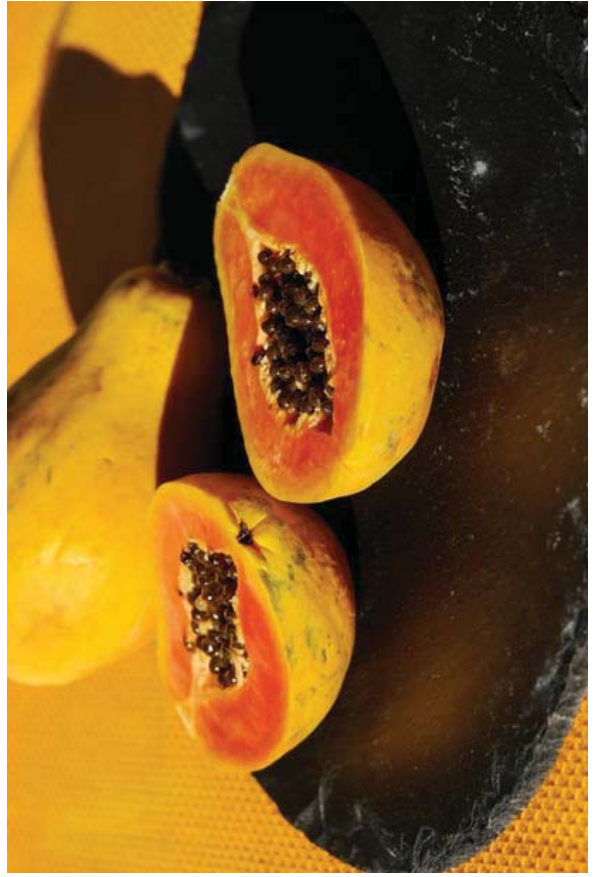


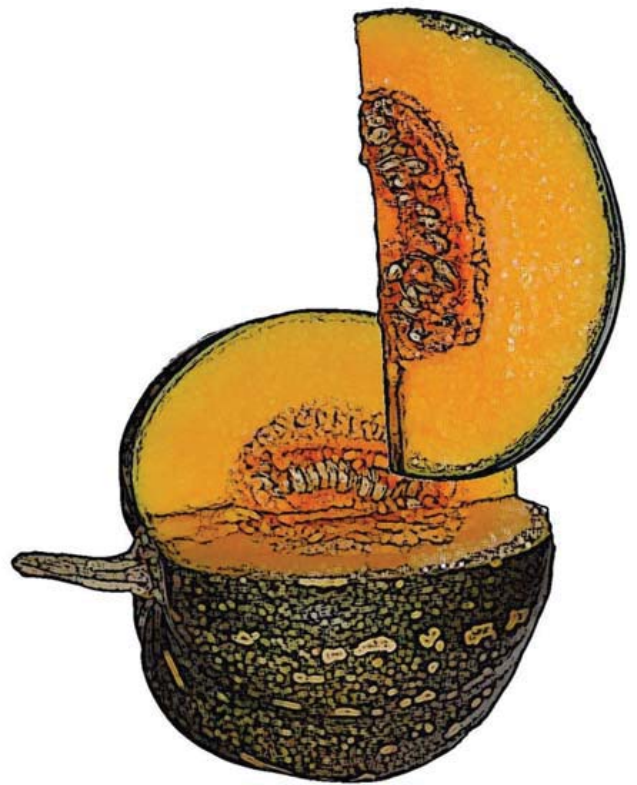
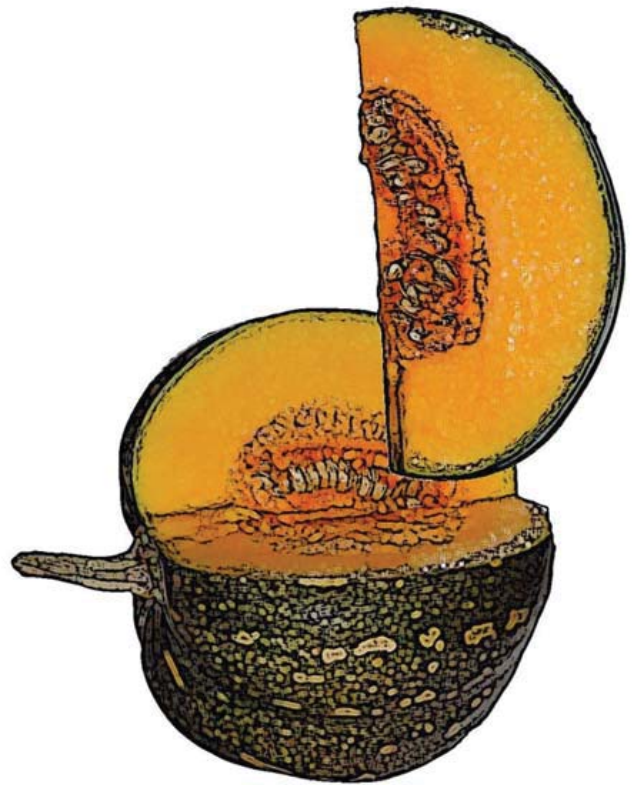
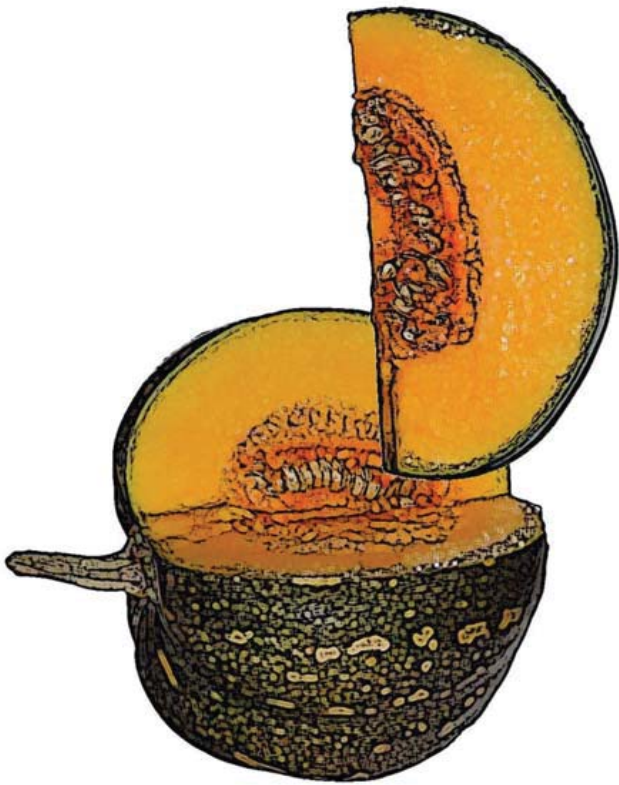




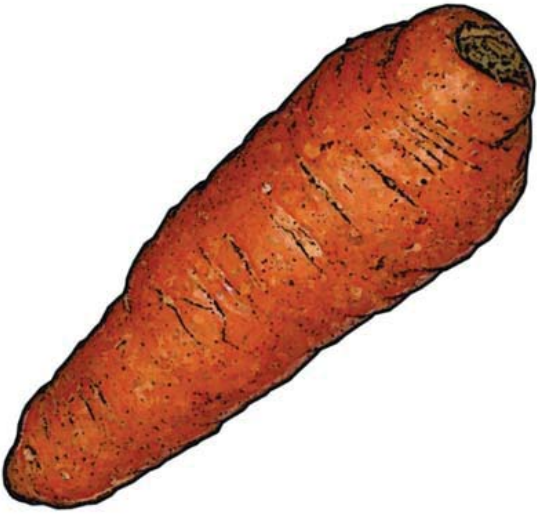
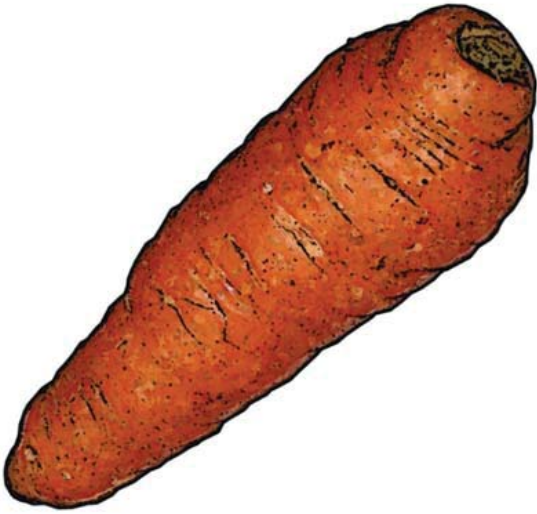
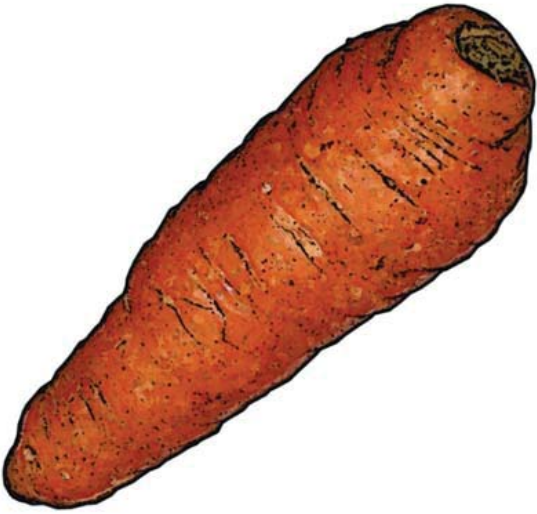
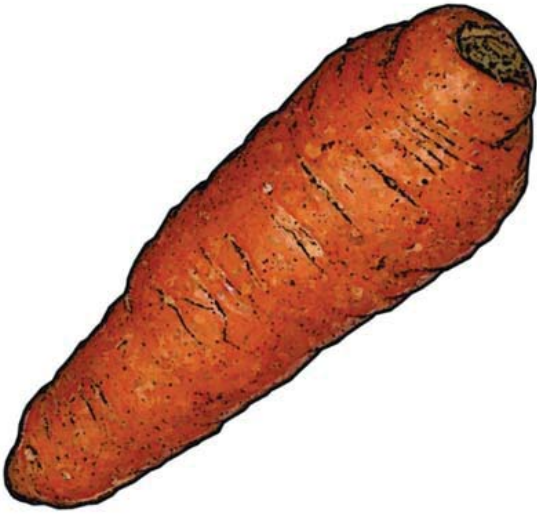
















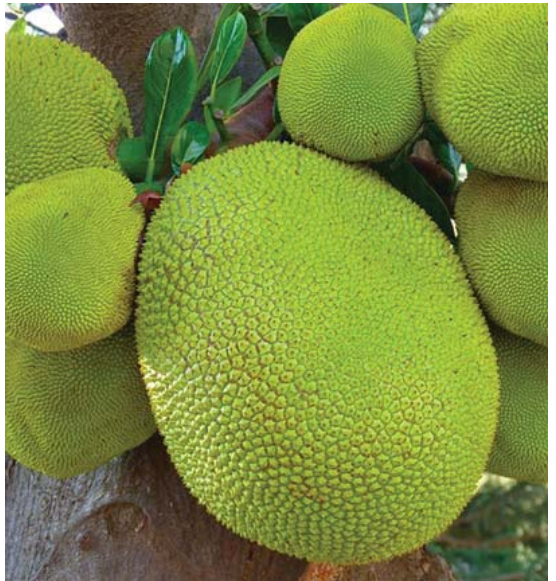
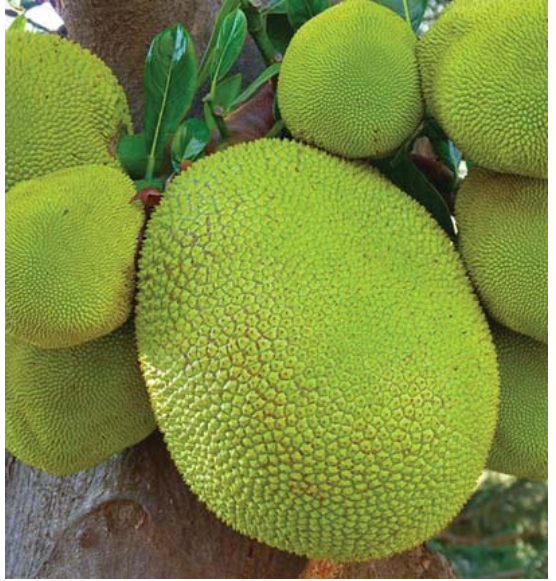


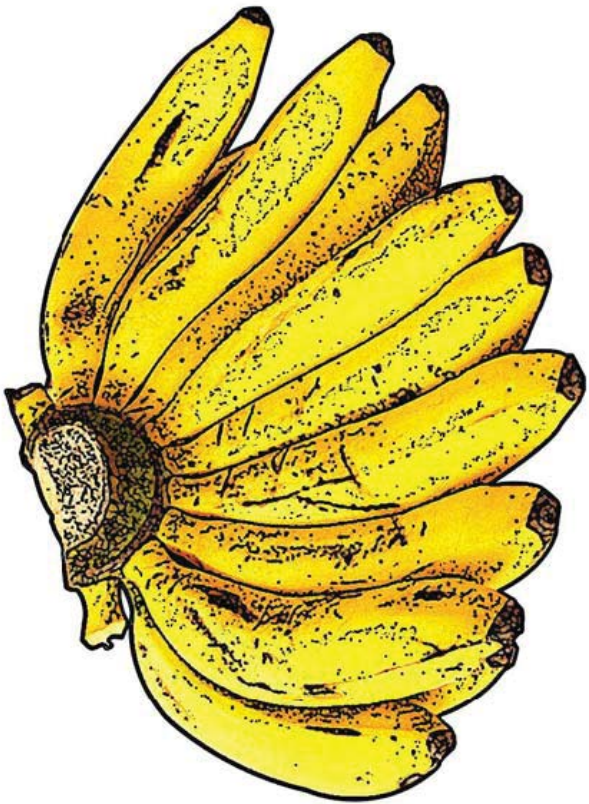
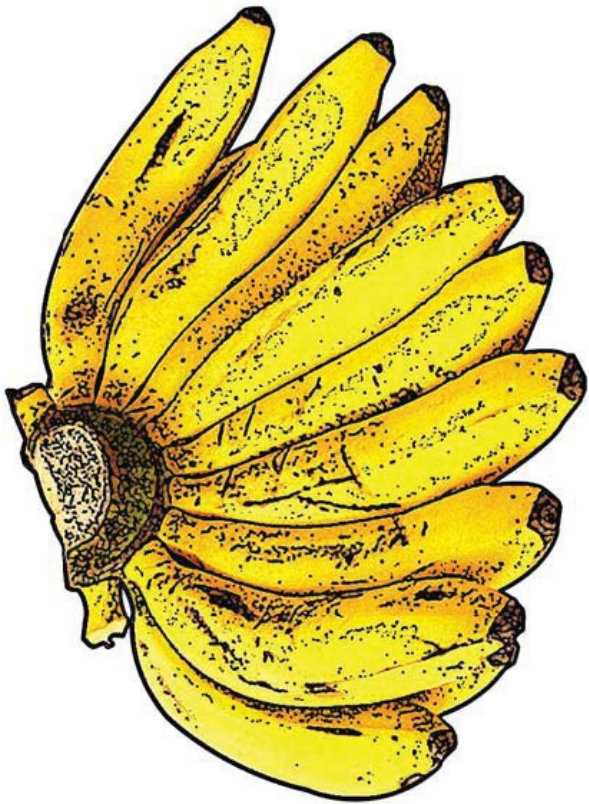
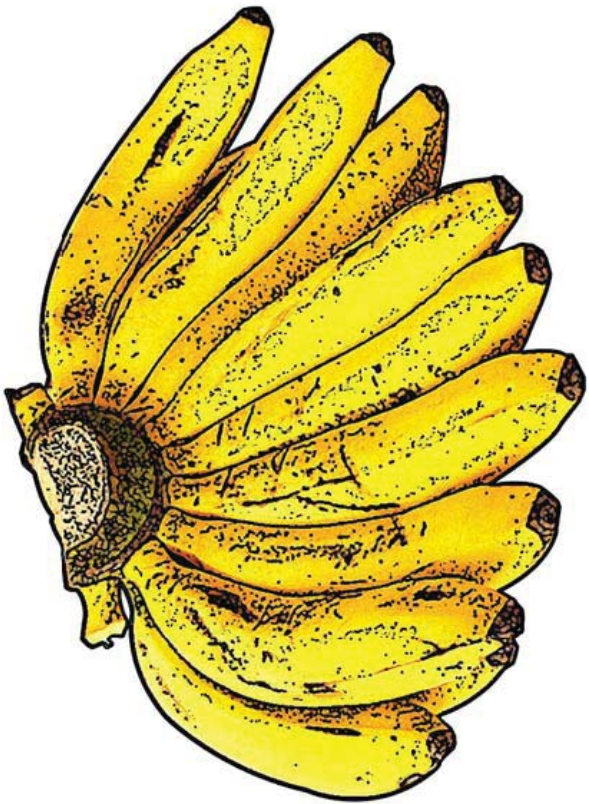
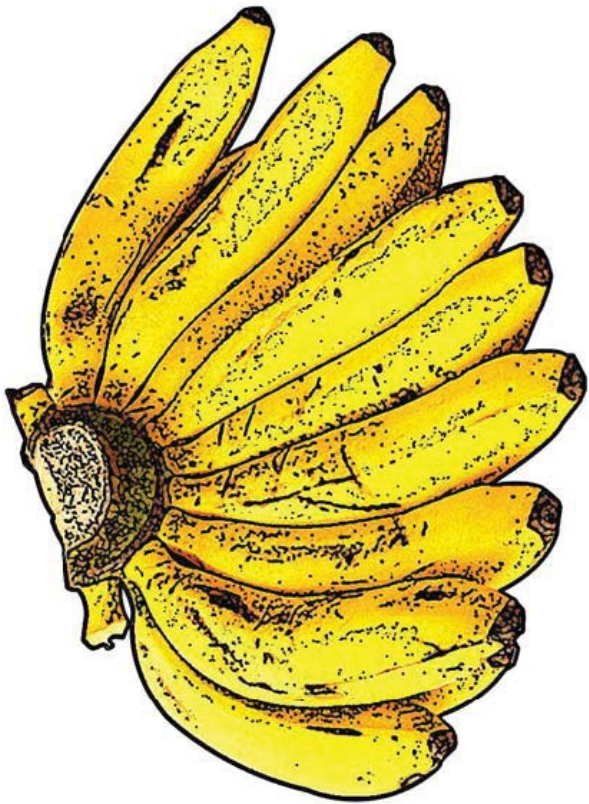






























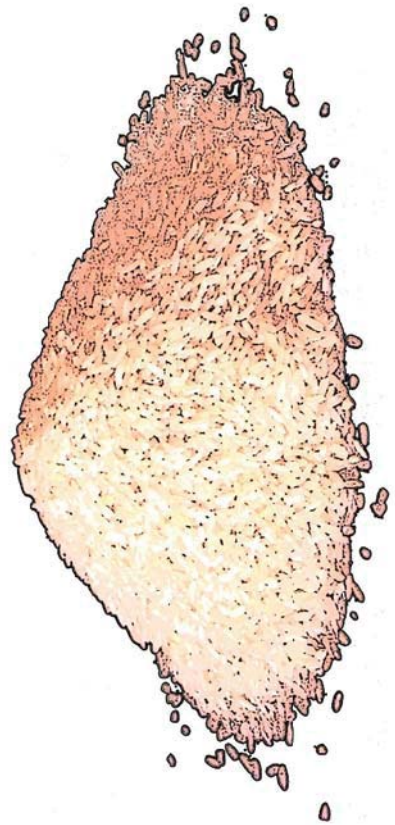
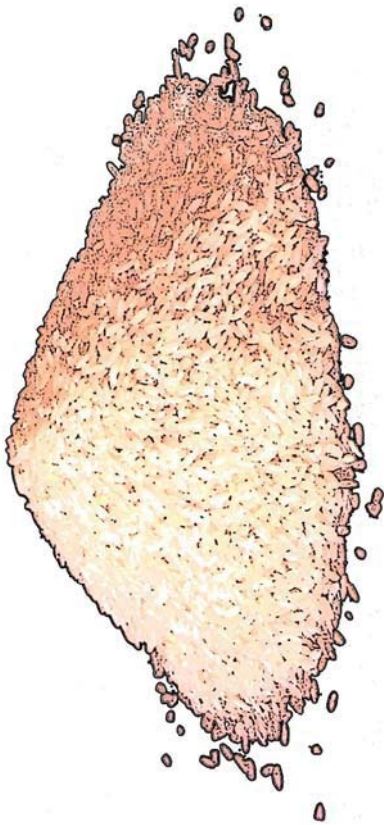
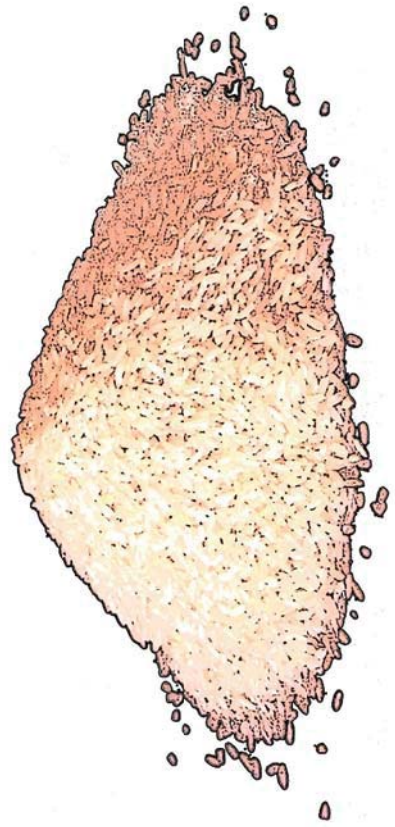
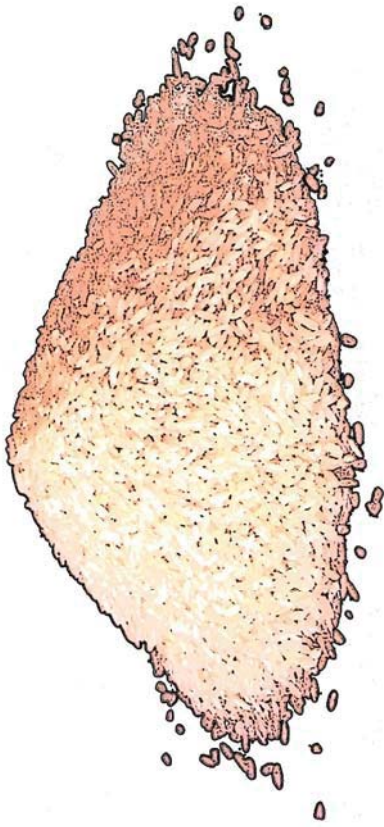






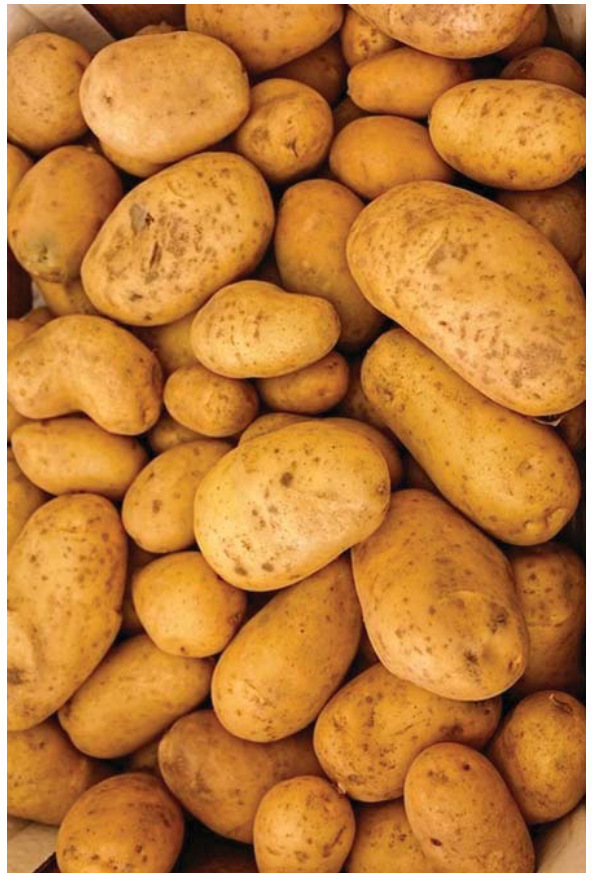
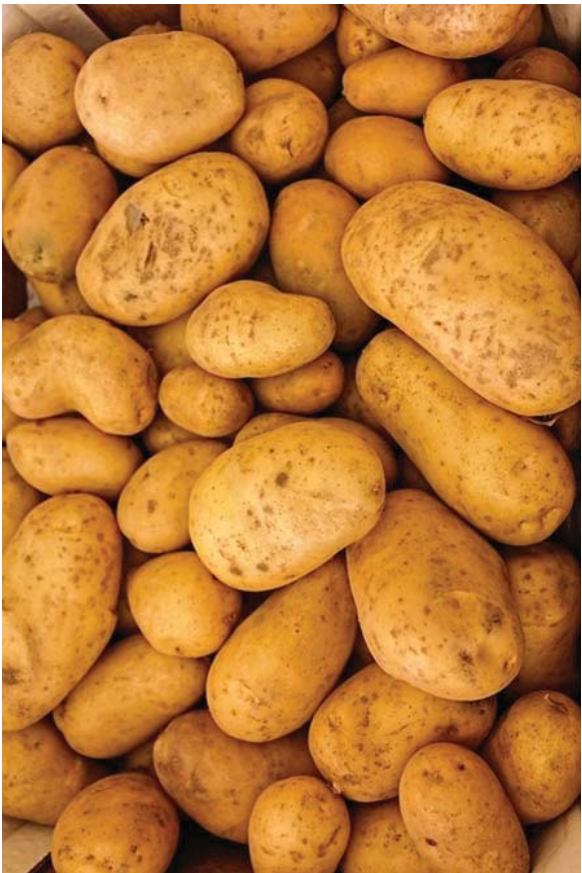
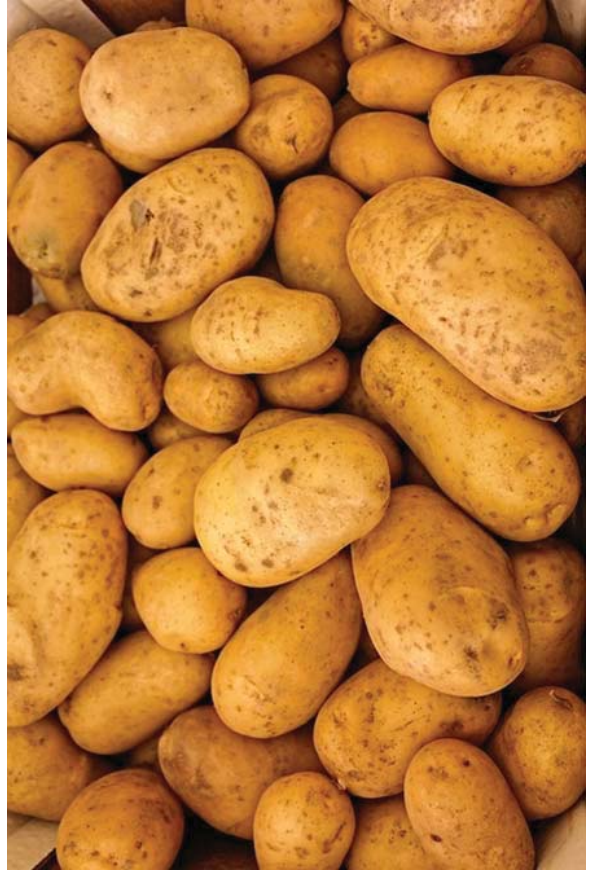












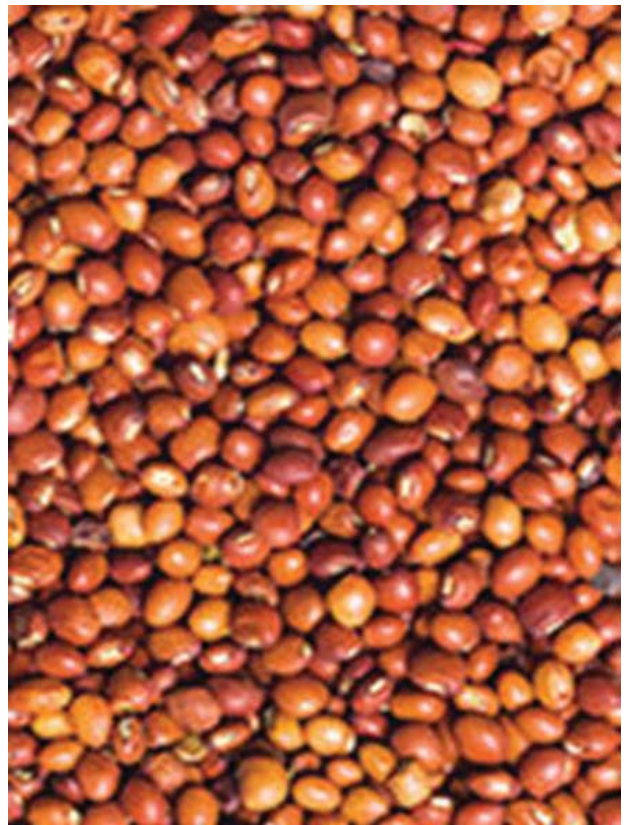
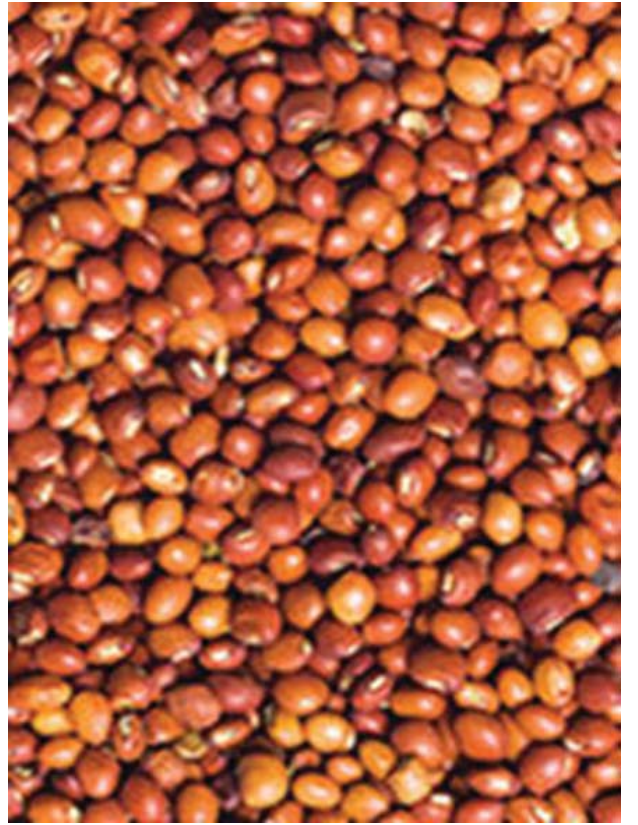


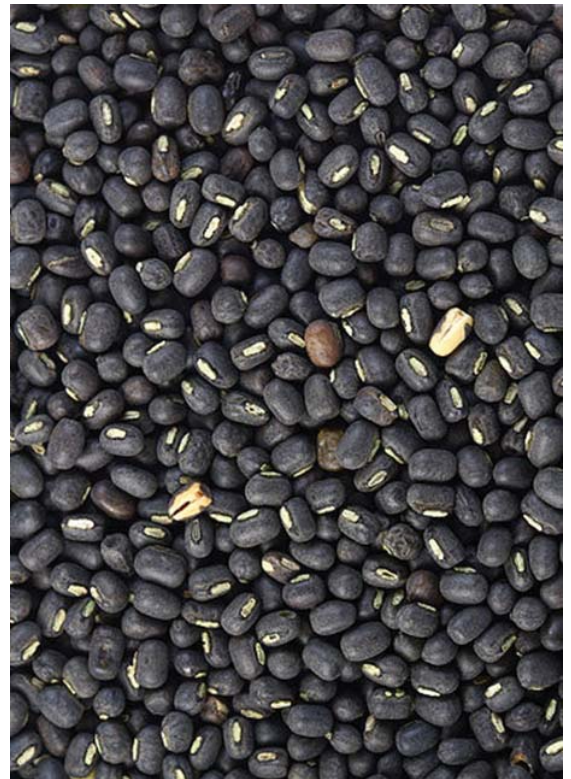
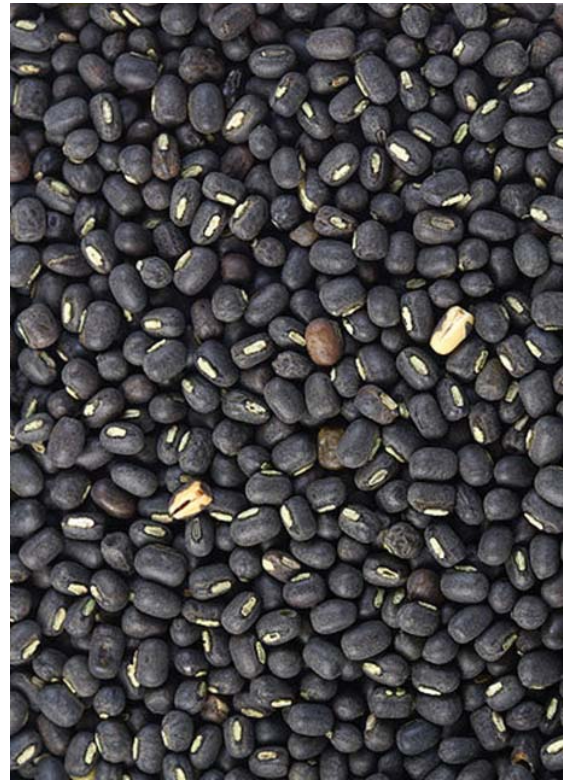


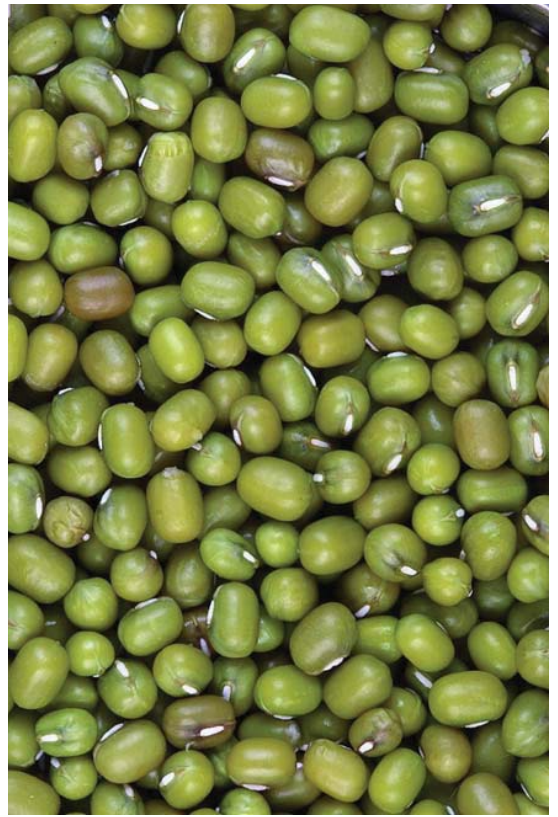
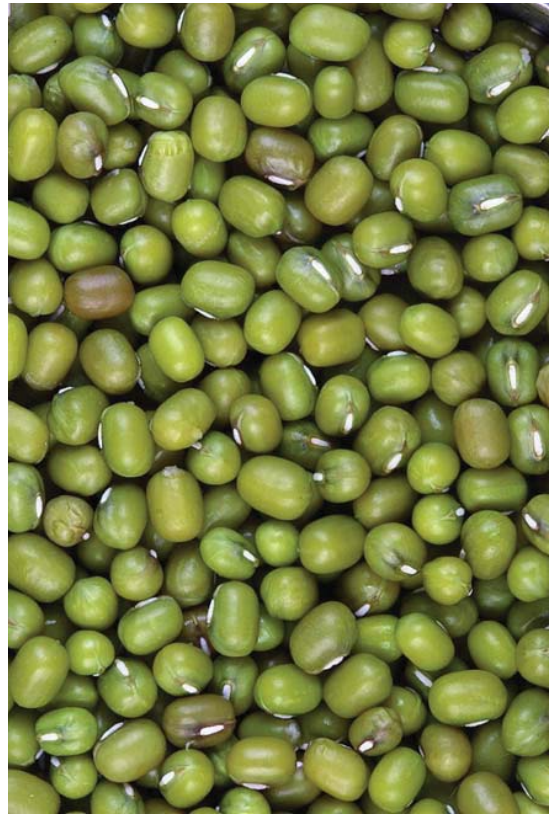




































Session 9.3

No training aids

Session 10.1

Start Complementary Feeding at 6 Months

Full Page



Give Complementary Foods from 6 Up to 9 Months

Full Page



Give Complementary Foods from 9 Up to 12 Months

Full Page



Give Complementary Foods from 12 Up to 24 Months

Full Page

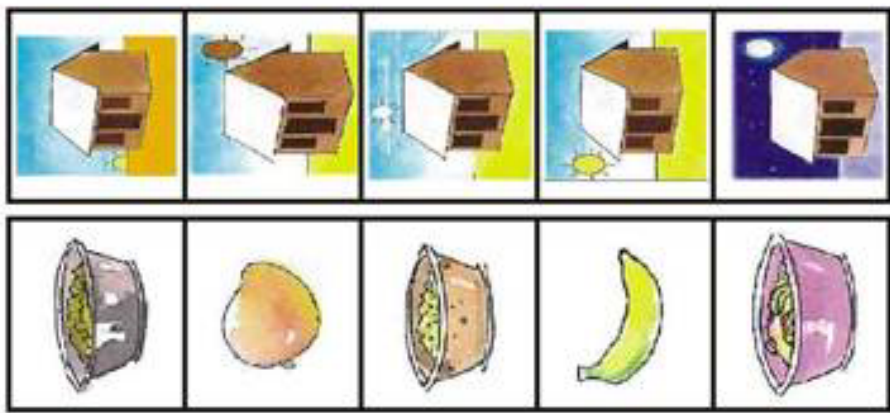


Feed Your Baby a Variety of Foods

Full Page







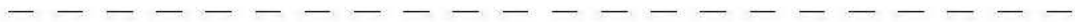


Session 10.2

Thick and Thin Porridge

Full Page





Session 10.3

No training aids

Session 1 1.1

Start Complementary Feeding at 6 Months

Full Page



Give Complementary Foods from 6 Up to 9 Months

Full Page



Give Complementary Foods from 9 Up to 12 Months

Full Page

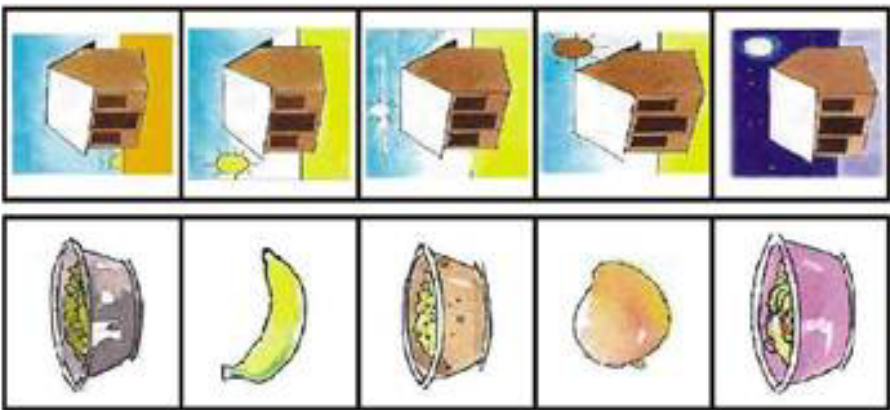


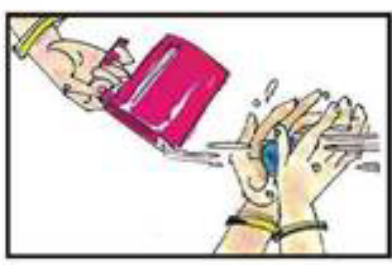
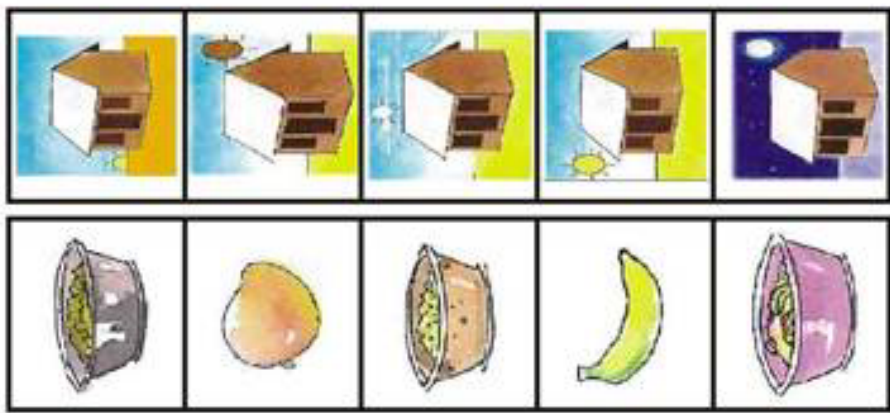
Give Complementary Foods from 12 Up to 24 Months

Full Page









Session 11.2

When to Take Your Child to the Health Facility

Full Page



Feeding Your Sick Baby Less Than 6 Months of Age

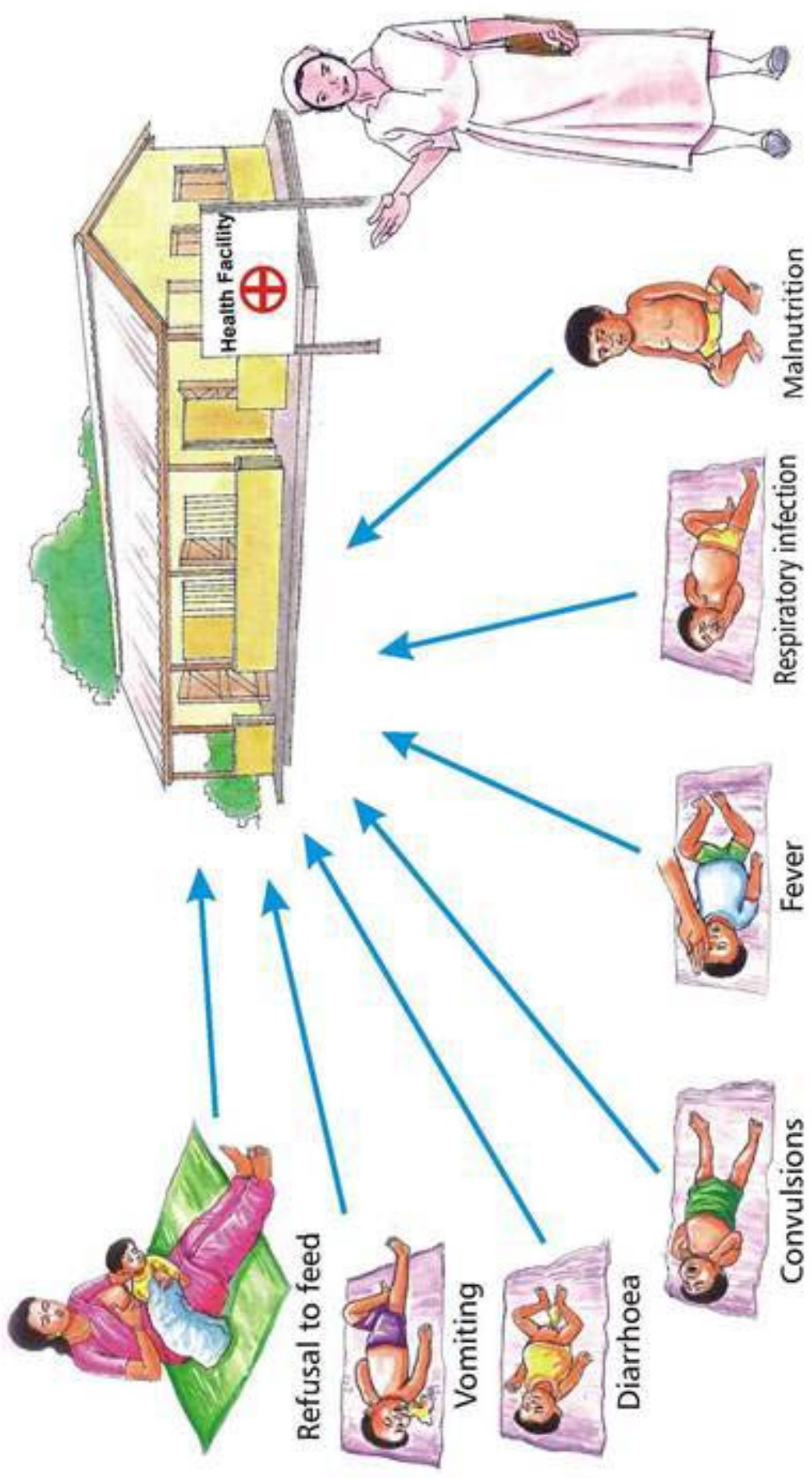
Full Page

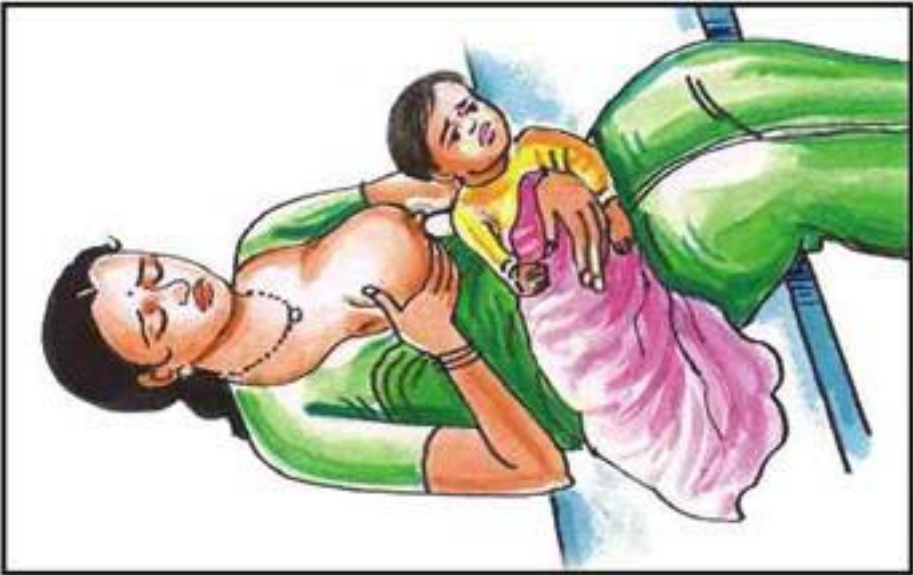


Feeding Your Sick Baby More Than 6 Months of Age





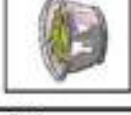










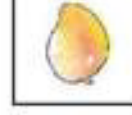


Full Page









	+					6 up to 9 months 
	+					9 up to 12 months 
	+					12 up to 24 months 



Session 12.1

Handwashing Times

Full Page



Safe Water and Food Hygiene

Full Page



Compound Hygiene

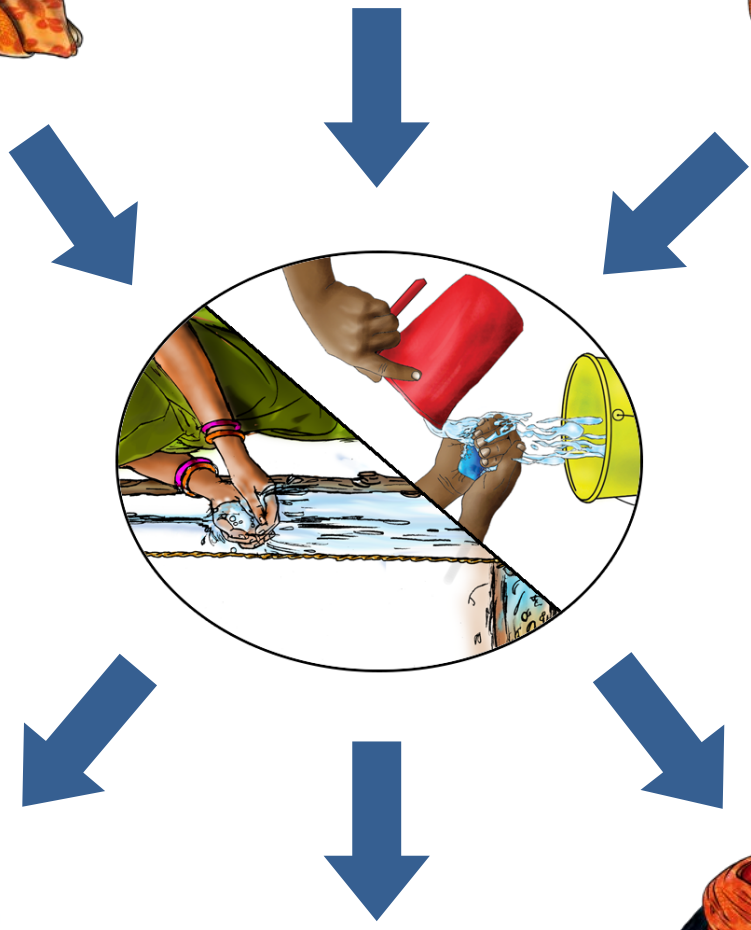
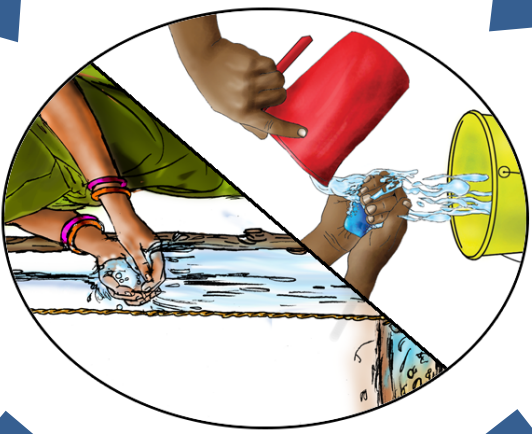
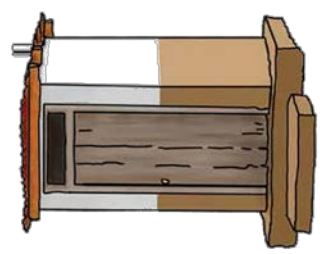
Full Page

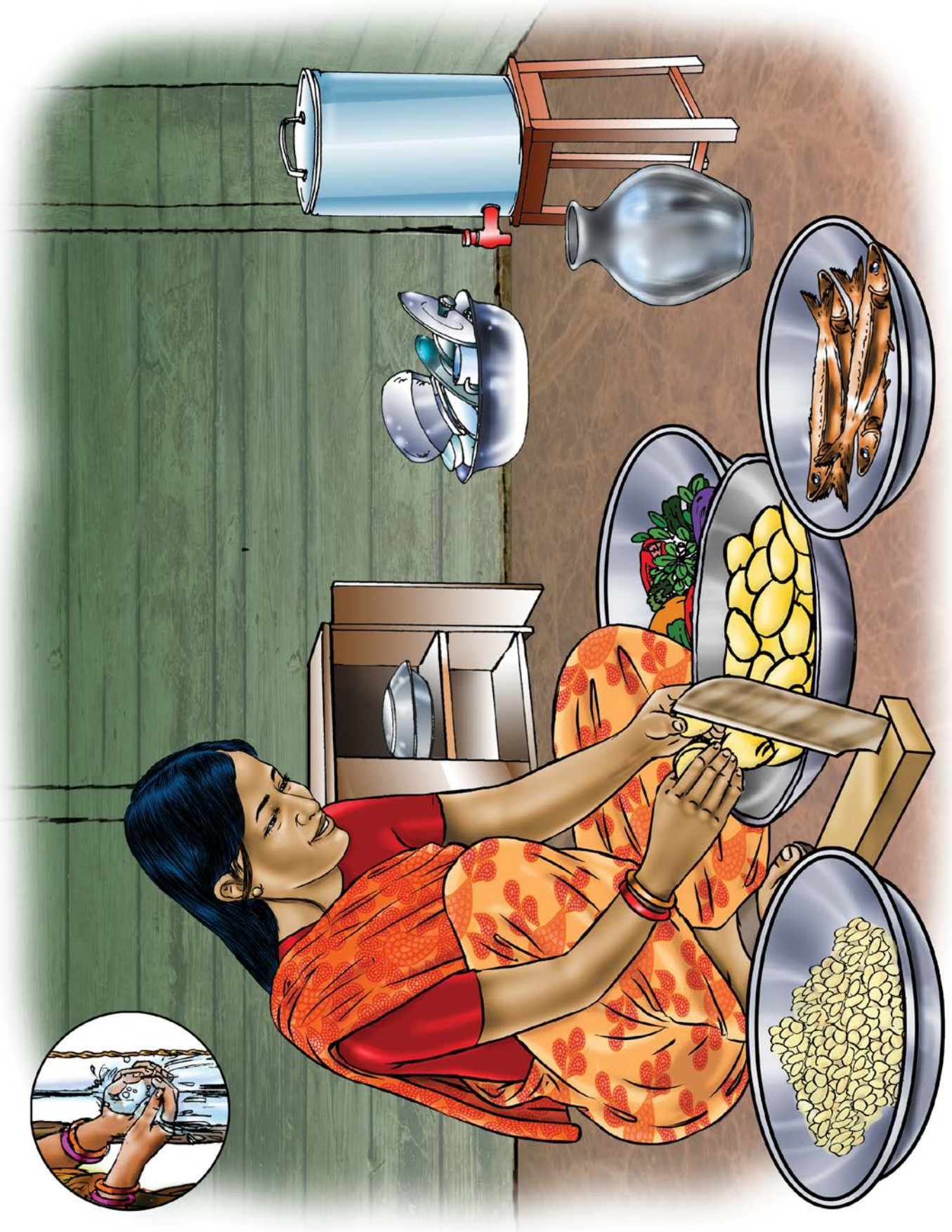


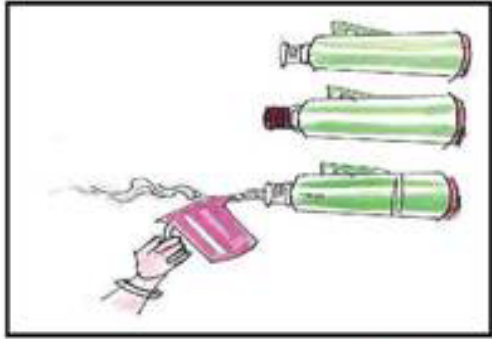
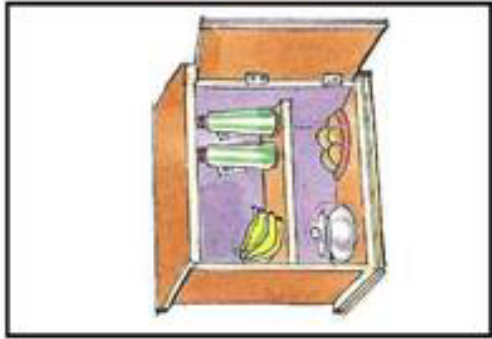
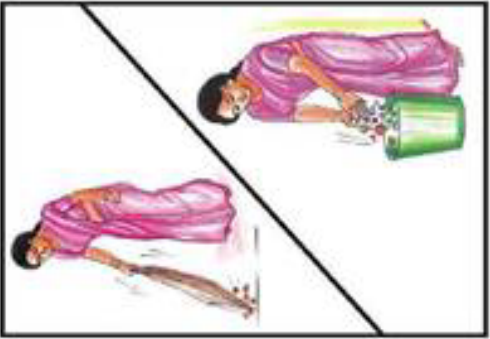
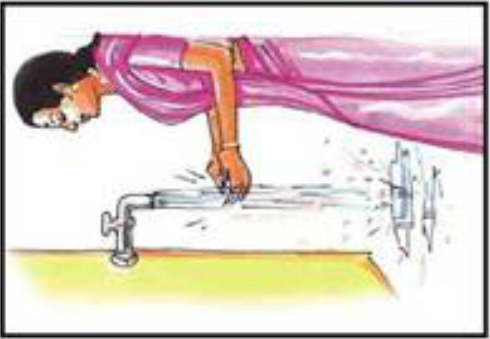
Faecal-Oral Route

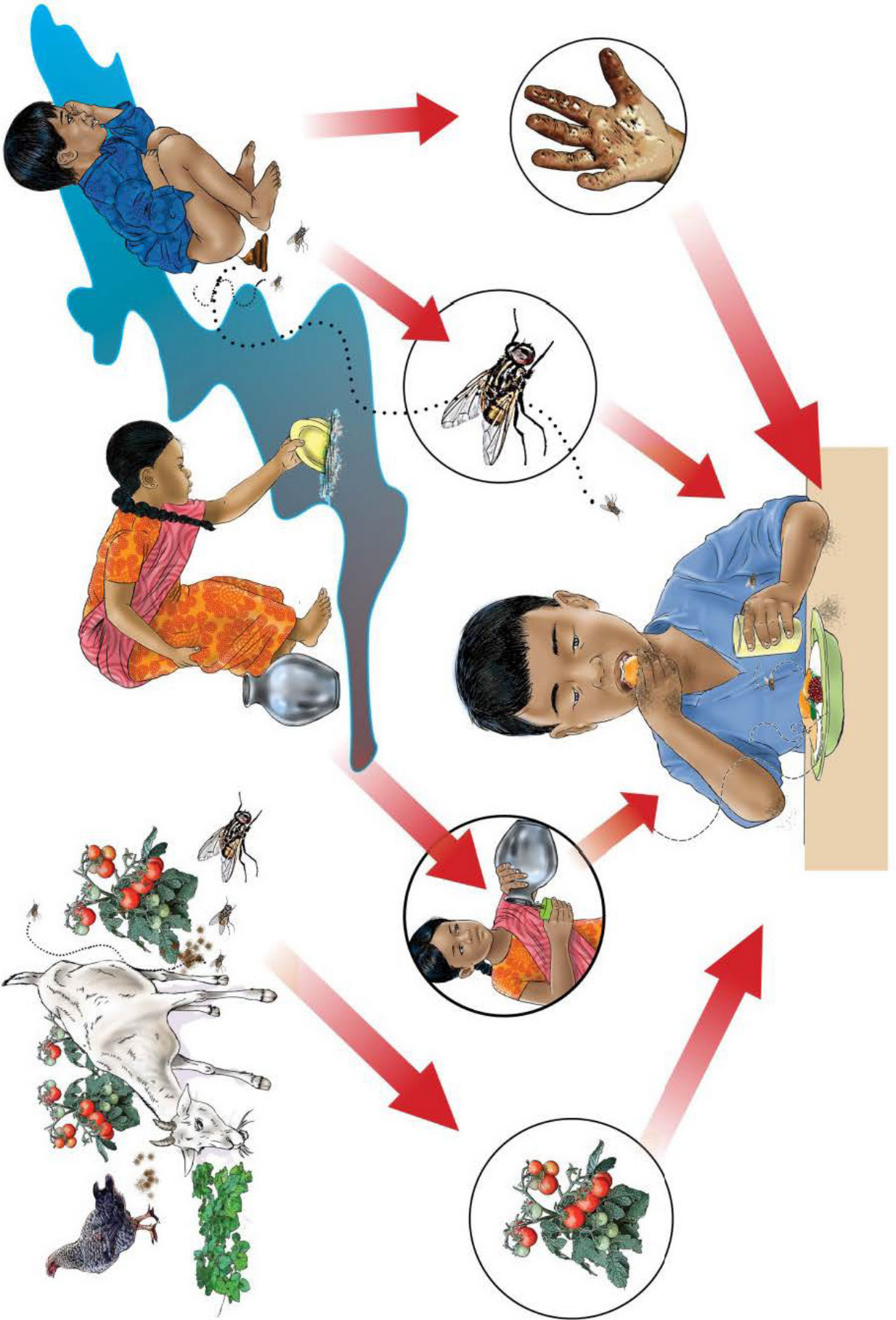
Full Page











Session 12.2

Handwashing Steps

Full Page



1 - Wet Hands

Full Page



2 - Apply Soap

Full Page



3 - Lather Soap

Full Page



4 - Wash Between Fingers

Full Page



5 - Wash Thumbs

Full Page



6 - Wash Arms Up to Elbow

Full Page



7 - Wash Under Fingernails

Full Page



8 - Rinse Hands

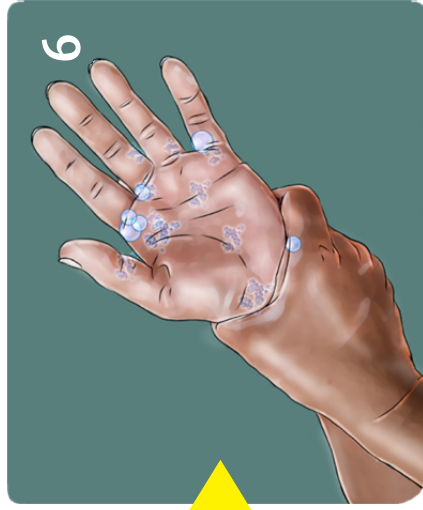
Full Page



9 - Air Dry Hands

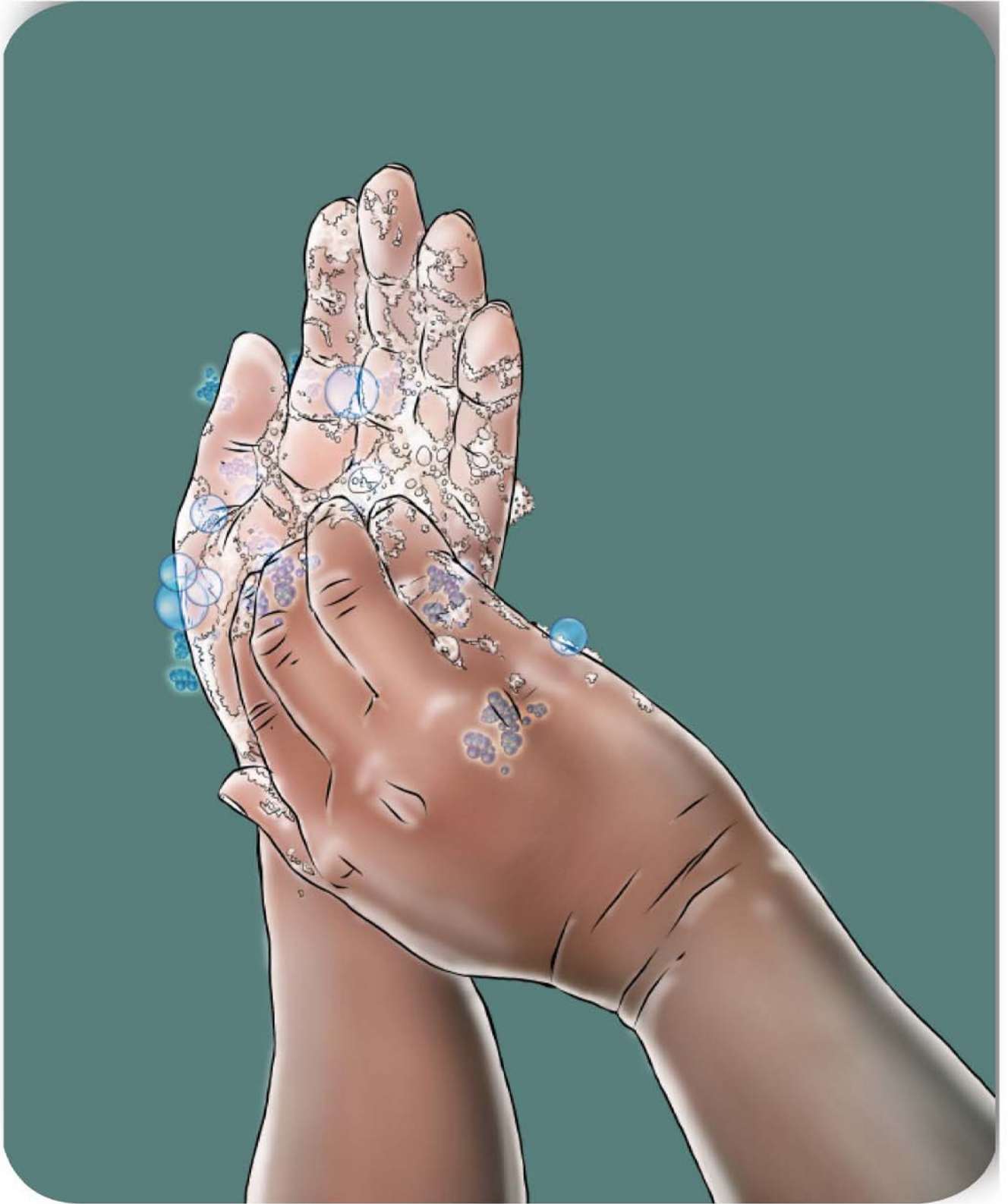
Full Page

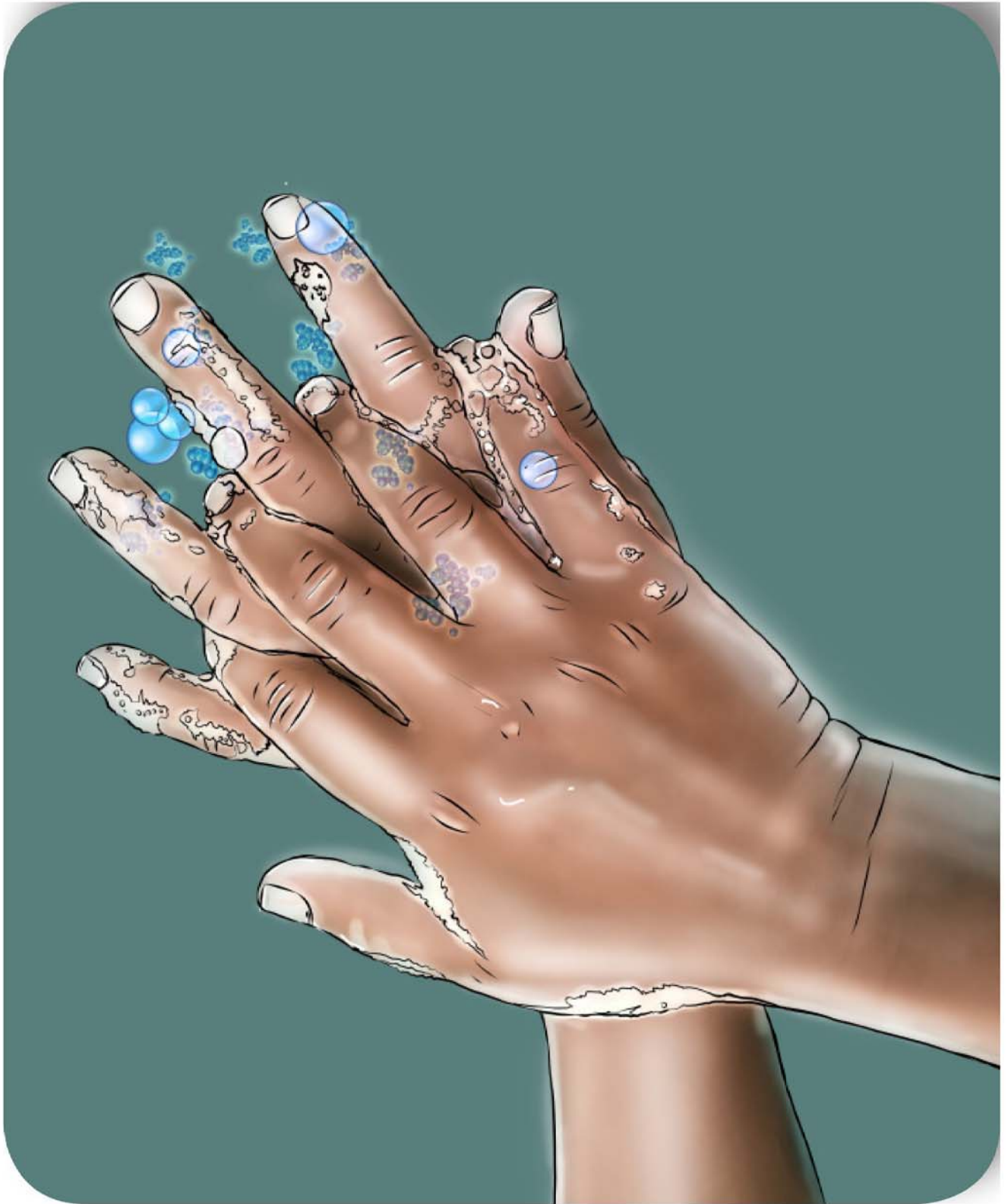




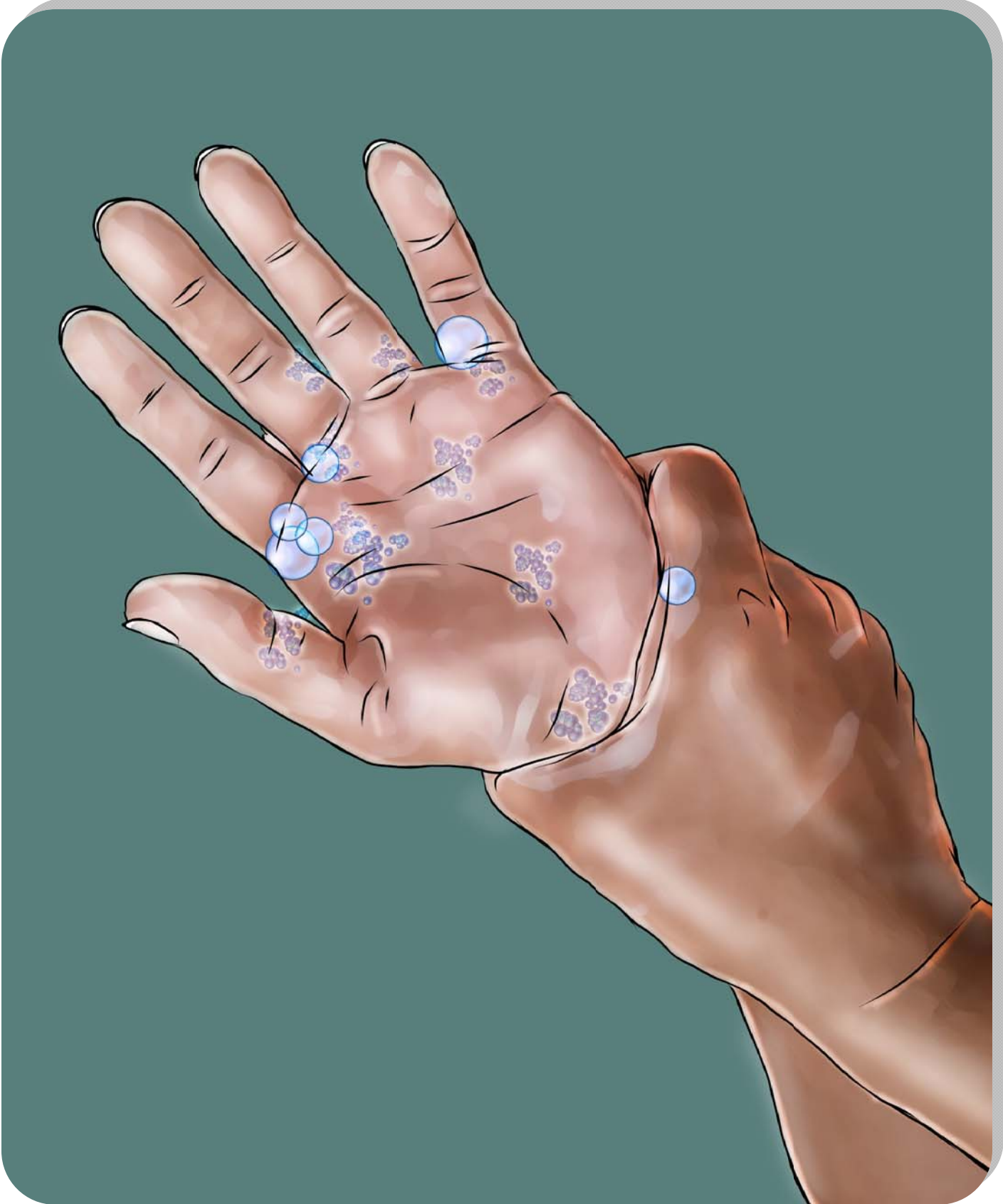






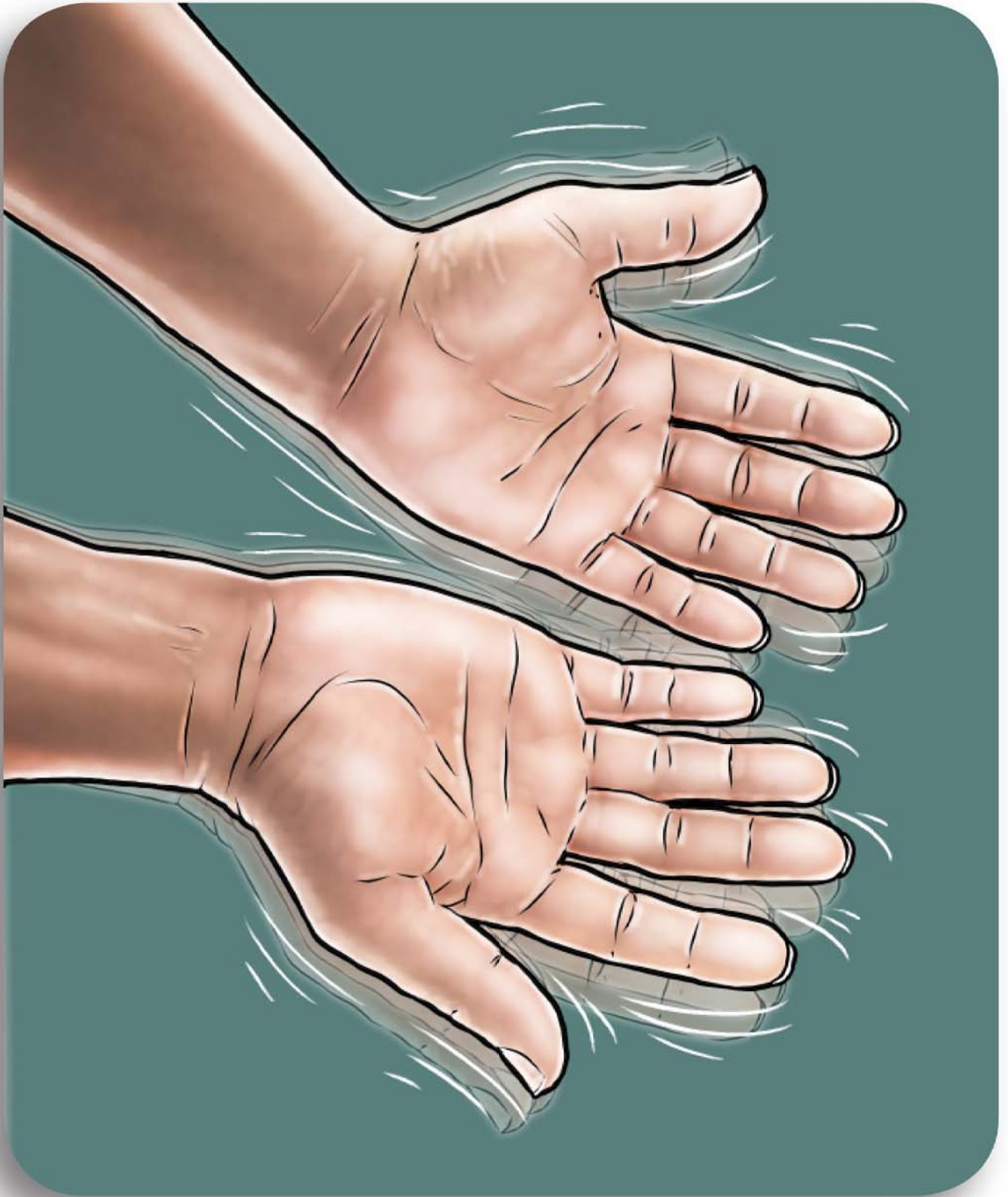












Session 13.1

Promoting Behaviour Change Case Studies Full Page



Case Studies for Session 13, Learning Objective 1

Case Study 1: Pregnant woman

Suneetha is 19 years old and is 6 months pregnant. This is her first pregnancy. When Suneetha married Avinash two years ago, she moved in with her husband's family. There are eight people living under the same roof, including her mother-in-law, father-in-law, husband, two of her husband's brothers, and their wives. Suneetha is the youngest wife, and has to get up before the day starts, before "darkness is over", because she has so much to do. She first has to prepare breakfast and feed the whole family, first the men, then the mother-in-law and her sisters-in-law, and all of the children. Finally, when everyone has eaten, she will be able to eat. Then the day goes on, and her work continues: cleaning the house, cleaning the shed, preparing lunch, feeding the family lunch, and in the afternoon she goes to the paddy. Then she returns home to cook dinner. Suneetha is so tired and often worried about her new baby as she often goes to bed hungry.

Case Study 2: Exclusive breastfeeding

Lakshmi just returned from the clinic where she delivered a beautiful little girl named Pema. After two days in the hospital, she is happy to come back home. As soon as she arrives, she goes to a back room that will be the room where she and her baby will stay for the next 21 days. As soon as she arrives, her sassou and neighbors come to visit. They all want to give Pema water because the baby was born during the "hot season". Lakshmi is very confused about this because the ANM told her to only give breastmilk, but her sassou insists that Pema be given water also.

Case Study 3: Joint Decision-Making

Manisha and Shibaband are married and have two children, a 3 month-old girl and an 18 month-old boy. Manisha has learned from the Anganwadi worker the importance of diverse and nutritious complementary foods for children over 6 months of age, and would like to prepare some fish and carrots to add to her son's food to help him grow healthy and strong. However, her husband decides what food to buy from the market, and doesn't consult Manisha for these decisions. Manisha and Shibaband's daughter has also been very sick with diarrhea, and is growing very weak. Shibaband thinks that he should take her to the health center, but his mother says it is a waste of money and the child will be healthy soon without a doctor. Manisha is worried about her children's' health. However, she cannot spend the family's money on food or health care for her children without the approval of her husband or mother-in-law.

Session 13.2

No training aids

Session 14.1

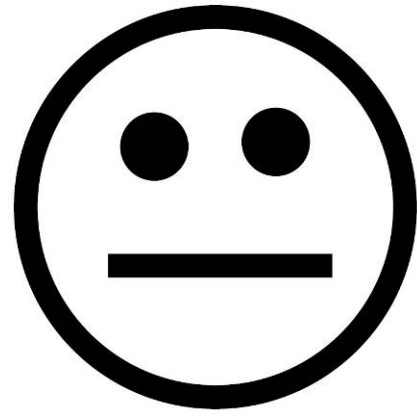
No training aids

Session 14.2

Happy Face, Neutral Face, Sad Face

Full Page





SPRING

JSI Research & Training Institute, Inc.
1616 Fort Myer Drive, 16th Floor
Arlington, VA 22209 USA

Tel: 703-528-7474
Fax: 703-528-7480

Email: info@spring-nutrition.org
Web: www.spring-nutrition.org

