**GROUP # 3**

**FOCUS GROUP DISCUSSION (FGD)**

**Breastfeeding Mothers of Children under 2 years of Age**

**Purpose of the Focus Group Discussion (FDG):**

To identify barriers and opportunities to optimize hygiene, maternal nutrition during lactation, continued breastfeeding after 6 months of life, and the appropriate and timely introduction of complementary foods starting at 6 months. To identify how best to provide advice on nutrition in order to optimize hygiene, maternal nutrition and IYCF behaviors or practices between 6 months and 2 years of life. To identify topics that might be covered using the Digital Green community videos.

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Starting Time: \_\_\_\_\_\_\_\_\_\_ Ending Time: \_\_\_\_\_\_\_\_\_\_**

**District:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Community/Village:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please fill out and attach the participant register.**

**Name of Facilitator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Note Taker: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Note to the Facilitator:**  **Introduce yourself at the beginning of the session, explain who you work with, why you are here, and introduce everyone on the team who is with you observing, taking notes, taking photographs or helping in anyway.**  **Introduction:** Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am working with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help develop a health program in this district. We are interested in getting your views and learning about your experiences during your baby’s first 2 years of life, and the experience of other women in your community. We would like to ask you some questions about your health and the health of your baby. We are interested in better understanding what is happening within the homes in Keonjhar. This should not take more than two hours. Do not worry. There are **NO** right or wrong answers. Your ideas and answers to our questions are very important to us. You are free to join this group discussion, and free to answer or not to answer the questions we are going to ask. You should feel very free to express whatever you are thinking. Your responses are confidential and anonymous. Do you agree to join this group?  **(Introduce the others on the team.)** Do we have your permission to continue? Do we have your permission to take photographs? **(Please note if the group gives permission for taking photographs.)**  **Permission for photographs**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Note to Note-Taker**: Try to capture the major ideas and something about the majority of participants agreeing or not agreeing. Always note the specific question that the facilitator and participants are referring to. If the facilitator asks a question that is not on the guide, note the question as it is asked and try to capture the answers. If you need more space, use the extra paper and note the name of the group and the corresponding number of the question.  **Note to Observer:** You can take notes about the answers also, but focus on the dynamics of the group and how people are reacting to the questions and to the discussion. If you can, make a note about who are the most active participants so that we can follow-up with them. |

1. ***General warm-up questions about women’s health:***
2. What should mothers do to remain healthy for their families? (Free listing, brainstorming. Interviewer listens and tries to see if women list nutrition. Write the answers in order they were given.)
   1. Probe: What are some of the women’s worries regarding their health?
   2. Probe: How she is taking care of themselves?

In a women’s family, who helps a mother to remain healthy

* 1. Probe: Can family members help (mother in law, husband, sister in law)?
  2. Probe: How do they help -talking, sharing the work, preparing foods for you, giving you advice, etc.?

1. In your **community**, who helps women to remain healthy?
   1. Probe: Which individuals can help - ASHAS, AAWs, ANMs, teachers, village leaders, members of SHGs?
   2. Probe: How do they help you?
2. ***Child health:***
3. When you think about the health of young children, what do you think mothers and families need to do to for them to remain healthy? (Free listing, brainstorming. Interviewer listens and tries to see if women list nutrition. Write the answers in order they were given.)
   1. Probe: Does she take her child for immunization, for ICDS services, for growth/monitoring/counseling sessions, VA supplementations. Does the child sleep under an insecticide treated net? Is nutrition helping the child remain healthy? If so, how?
   2. Probe: What are some of the woman’s worries regarding child’s health (fever, stomachache, diarrhea, what the child eats if the child is not with her)?
4. What are some of the challenges that mothers in your community have in feeding young children or keeping them healthy?
   1. Probe: Are there times of the year/different seasons that are more difficult to feed children or families in the community, or for health?
   2. Probe: Can you list some of the problems or issues (access to foods, access to markets, access to health center, access to medicine, access to water, hygiene and sanitation)?
5. In a women’s family, who can helps children to remain healthy?
   1. Probe: Can family members help -mother in law, husband, sister in law, other siblings, neighbor?
   2. Probe: How can they help - feeding the child, watching over the child when she is at work
   3. Who in your family has helped you keep your children healthy?
6. In your **community**, who helps children to remain healthy Probe: Which individuals can help - ASHAS, AAWs, ANMs?
   1. Probe: How can they help?
7. ***Caring for young children under two years of age:***
8. In your community, do the new mothers have to go back to work (field work, house work) soon after the baby is born? If so, how soon after the baby is born? How long is a mother away from her baby when she is at work?
   1. Probe: When mothers go back to work, who takes care of the baby?
   2. Probe: In your community, do you see some issues/challenges when mothers need to go back to work?
   3. Probe: Do older siblings sometimes have to take care of younger children (babies, children <2yrs old), if so do you see some issues when children take care of younger children?
   4. Probe: Who feeds the baby when the mother is away?
   5. Probe: What is fed to the baby when the mother is away?

***IV. Nutrition specific questions:***

Introduction/Explanation: Now we are going to talk about food and what to feed young children less than 2 years old. Please feel free to give as many details as you can as your answers will help our programs for the community.

1. In your opinion, when a woman has questions regarding **feeding** her baby, whom does she talk to at first?
   1. Probe: Listen to the answers and ask, “Why do you think women go to these individuals to get help or advice? Listen, and if they don’t mention, ask if they…

* Talk to the anganwadi worker?
* Talk to the ASHA?
* Talk to her mother-in-law?
* Talk to her husband?
* Talk to her mother?
* Talk to a friend?
* Others?

1. In your case, what type of information regarding feeding your child are you looking for? What do you think you need to understand/know more about?
   1. Probe: Do they need to know about what types of food to feed the child?
   2. Probe: Do they need to know how much they need to feed the child?
   3. Probe: Do they need to know how often they need to feed the child?
   4. Probe: Do they need to know what to feed the child when the child is sick?
2. Now, let’s talk about **you and your child**, what have you been able to do in terms of feeding your child, could some of you describe how you fed your child **right after birth**?
3. In your opinion, when do you think young children need other foods than breast milk? (First, go around and just get information from all women on timing of introduction of complementary foods.)
   1. Probe: Why do you think children need other foods than breast milk
   2. Probe: Do children need still to be breastfed while being fed other foods and liquids, and if so why?
   3. Probe: What types of other foods and liquids do children need other than breast milk, and why?
4. Could you please describe what young children in this community, who are under 2 years, are fed, and how they are being fed?
   1. Probe: What are young children under 2 years given to eat, and at what ages?
   2. Probe: What kind of foods are not given to children under 2 years, and why?
   3. Probe: Who is feeding the children?

* Do they eat alone, or with others? If so which persons?
* Do older siblings feed them?
* Do grand-mothers feed them?
* Do they use their own bowl or do they eat out of a common bowl?
  1. Probe: frequency: How often is a child >6months fed in a day?

1. If a very young child is sick, how do women usually feed the baby?
   1. Probe: Breastfeeds more often?
   2. Probe: Withhold certain foods?
   3. Probe: Give some liquids?
   4. Probe: Give more solid foods
   5. Probe: Are sick children ever given special drinks or medicine? If so, can you describe those?
2. Have you heard of some initiatives in your village to help children less than two years old?
   1. Probe: VA supplementation campaigns (every six months) and reason for these campaigns. Where do young children >6months get VA supplementation?
   2. Probe: ICDS food ratio?
   3. Probe: Health and Nutrition Days (what do they think of these days? Do they go? If so, what do they learn from these?
   4. Probe: Mothers Day (Mamma Diwas) (what do they think of these days? Do they go? If so, what do they learn from these)?

**V. Question about the Digital Green videos:**

1. Could you tell us about the videos you are watching? What are you seeing in the videos?
2. Which videos do you like the best?
   1. Probe: Testimonials or demonstration? Why?
   2. Probe: Which topics do they find most interesting? Why?
3. Are there other topics you think people would like to learn about through videos?