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.

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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.

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COVER PHOTOS: Illustration by SPRING

SPRING

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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.

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

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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
Nutrition during Pregnancy

Early Initiation of Breastfeeding

Exclusive Breastfeeding

Introduction of complementary foods

Diverse dietary intake and increasing frequency

First 1,000 Days

Nutrition’s Window of Opportunity
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
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
Session 3.2

No training aids
<table>
<thead>
<tr>
<th>Well-Nourished Baby</th>
<th>Full Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-Nourished Girl Child</td>
<td>Full Page</td>
</tr>
<tr>
<td>Well-Nourished Teenager</td>
<td>Full Page</td>
</tr>
<tr>
<td>Well-Nourished Adult Woman</td>
<td>Full Page</td>
</tr>
</tbody>
</table>
Session 4.1

No training aids
<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
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<tbody>
<tr>
<td>Immediate Breastfeeding after Birth (3 copies)</td>
<td>Full Page</td>
</tr>
<tr>
<td>During the First Six Months, Give ONLY Breastmilk (3 copies)</td>
<td>Full Page</td>
</tr>
<tr>
<td>Exclusive Breastfeeding during the First Six Months (3 copies)</td>
<td>Full Page</td>
</tr>
<tr>
<td>Breastfeed on Demand, Both Day and Night (3 copies)</td>
<td>Full Page</td>
</tr>
<tr>
<td>Feeding Your Sick Baby Less Than 6 Months of Age (3 copies)</td>
<td>Full Page</td>
</tr>
<tr>
<td>Feeding Your Sick Baby More Than 6 Months of Age (3 copies)</td>
<td>Full Page</td>
</tr>
</tbody>
</table>
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 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

Husband

Mother-in-Law and Husband
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

Give Complementary Foods from 6 Up to 9 Months

Give Complementary Foods from 9 Up to 12 Months

Give Complementary Foods from 12 Up to 24 Months

Feed Your Baby a Variety of Foods
Session 10.3

No training aids
Session 11.1

Start Complementary Feeding at 6 Months

Give Complementary Foods from 6 Up to 9 Months

Give Complementary Foods from 9 Up to 12 Months

Give Complementary Foods from 12 Up to 24 Months
Session 11.2

When to Take Your Child to the Health Facility

Feeding Your Sick Baby Less Than 6 Months of Age

Feeding Your Sick Baby More Than 6 Months of Age
Session 12.1

- Handwashing Times Full Page
- Safe Water and Food Hygiene Full Page
- Compound Hygiene Full Page
- Faecal-Oral Route Full Page
<table>
<thead>
<tr>
<th>Handwashing Steps</th>
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<tbody>
<tr>
<td>1 - Wet Hands</td>
<td>Full Page</td>
</tr>
<tr>
<td>2 - Apply Soap</td>
<td>Full Page</td>
</tr>
<tr>
<td>3 - Lather Soap</td>
<td>Full Page</td>
</tr>
<tr>
<td>4 - Wash Between Fingers</td>
<td>Full Page</td>
</tr>
<tr>
<td>5 - Wash Thumbs</td>
<td>Full Page</td>
</tr>
<tr>
<td>6 - Wash Arms Up to Elbow</td>
<td>Full Page</td>
</tr>
<tr>
<td>7 - Wash Under Fingernails</td>
<td>Full Page</td>
</tr>
<tr>
<td>8 - Rinse Hands</td>
<td>Full Page</td>
</tr>
<tr>
<td>9 - Air Dry Hands</td>
<td>Full Page</td>
</tr>
</tbody>
</table>
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 Shibanand 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 Shibanand’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