

## Nutrition Support Program Sindh “Infant Young Child Feeding Checklist of Health Facility”

Name and Designation of Monitor: \_\_\_\_\_

Date: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

District:	Taluka:	UC:
Village:	Facility Name:	Outpatient Therapeutic Program (OTP)/Supplementary Feeding Program (SFP) site:
<b>Behavior</b>	<b>Grading Score: 3= Excellent 2 = Satisfactory 1 = Poor</b>	<b>Remarks</b>
1. Breast Feeding Counsellor pays attention to the mother such as good eye contact is maintained, mother is properly listened. Due time is given to each mother. Group discussion is avoided.		
2. There are no barriers between the mother and counsellor. Breast Feeding Counsellor appears to be fully attentive to mother and is not involved in filling of checklist or writing on paper/note book.		
3. Breast Feeding Counsellor demonstrates good listening skills made apparent through body gesture and head nodding.		
4. Breast Feeding Counsellor asks open ended questions i.e. what are the reasons for not giving breast milk?		
5. Avoid close ended questions i.e. do you feed your Child?		
6. Avoids using judging words and encourage/build mother's confidence.		
7. Listens and accepts what the mother thinks and feels.		
8. Uses appropriate therapeutic touch i.e. hug mother or rub her hand.		
9. Recognizes and praises what the mother is doing correctly.		
10. Give a little and relevant information (according to the need assessment) i.e. for < 6 months only exclusive breastfeeding message needs to be given along with guiding her about the correct position for breastfeeding.		
11. Gives practical help (e.g. offers water) i.e. help her in breastfeeding, knowing correct positioning and attachment steps.		
12. Uses simple language (mother/caregiver understands) i.e. local language Sindhi, Dhadki or Urdu.		

13. Makes one or two suggestions, not commands for breastfeeding, complementary feeding.		
14. Suggest where mother can find support (attend educational talk at CMAM site, IYCF Support Groups in community, and refer to Community Volunteer) i.e. refer her to mother support group either in her village or nearby village.		
Quality of advise		
If breastfeeding:		
1. BFC discusses age-appropriate breastfeeding practices i.e. < 6 months only exclusive breastfeeding and > 6 month breastfeeding with complementary foods.		
2. BFC accurately describes correct positioning for breast feeding:		
i. Good attachment		
ii. Chin touching breast		
iii. Mouth wide open		
iv. Lower lip turned out		
v. More areola visible above than below mouth		
3. Talks with mother about the characteristics of complementary feeding >6 months (FATVAH): F=Frequency, A= Amount, T=Texture (thickness/consistency) V= Variety, A=Active or responsive feeding and H=Hygiene		
4. Presents small practical solutions to help mother overcome any difficulties and asks mother to repeat.		
5. Agrees with mother when to come back for follow up		
6. Thanks mother for her time		
7. Total number of pregnant women in the villages covered in UC	Number	
8. Total number of pregnant women registered during first trimester.	Number	
ANC-1 (Registration Age)	Yes	No
ANC-2 Revisit	Yes	No
ANC-3	Yes	No
ANC-4	Yes	No

Total number of pregnant women received counselling on nutrition by health care providers	Number	
Total number of pregnant women received iron folic acid	Number	
Total number of pregnant women received TT Vaccination	Number	

**Name of supervisor:** \_\_\_\_\_

**Designation:** \_\_\_\_\_

**Date & Signature:** \_\_\_\_\_

## User Guidelines for “IYCF Checklist of Health Facility”

1. Mention the name and designation of monitor and also the date of visit.
2. Write down identification of health facility, its location within the district, taluka, UC and village. Also write Outpatient Therapeutic Program/ Supplementary Feeding Program (OTP/SFP) site.

### ACTIVITY

***(The questions in the checklist will be answered using the grading score: 3= Excellent, 2 = Satisfactory, 1 = Poor)***

1. Community BFC micro plan available/displayed  
Available and displayed=3  
  
Available but not displayed=2  
  
Neither displayed nor available=1
2. Corner is adequately established/screened off  
Established and screened off=3  
  
Established but not screened off= 2  
  
Not established =1
3. IYCF registers properly maintained/updated  
Maintained and updated=3  
  
Maintained but not updated=2  
  
Not maintained at all=1
4. Simple message posters are visible and available  
Messages are available and also visible=3  
  
Messages are available but not visible=2  
  
Messages are not available=1
5. Cups and spoons are available for replacing feeding bottles  
Cups and spoons are available and are being used for replacing feeding bottles=3  
Cups and spoons are available but are not being used for replacing feeding bottles=2  
Cups and spoons are not available=1

### Behavior

***(The questions in this checklist require the answers using the grading score: 3= Excellent, 2 = Satisfactory, 1 = Poor). Monitor has to observe BFC (Breast Feeding Counsellor) behaviour and grade her accordingly.***

1. BFC should have good skills of interpersonal communication. She should show full attention to the mother with good eye contact.
2. BFC should develop a good rapport with the mother like friends and should talk to her in friendly manner without any hesitation.
3. Listening skills are vital for interpersonal communication. It is to make conscious effort to hear and understand what people are saying.
4. An *open-ended question* is designed to encourage a full, meaningful answer using the subject's own knowledge and/or feelings. Asking *open-ended questions* is a friendly way to engage people in a conversation. BFC should give the mother a chance to talk as she desires.
5. Close ended questions must be avoided as they left a little chance to delve deep into the cause.
6. When the mother will talk and BFC will listen cheerfully, it will develop the mother's confidence. Also don't give comments on mothers talk to make her comfortable.
7. BFC should listen and accept what the mother thinks and feels to make her more confident.
8. Therapeutic Touch (TT) is a technique in which the hands are used to direct human energy for healing purposes. There is usually no actual physical contact. *TT* is a natural healing method for relaxation and self-help. It relieves pain, stress and anxiety. As it is a specialized technique, BFC should have been trained in this skill.
9. There should be appreciation of mother on what she is doing correct; it will boost up the morale of mother.
10. BFC should not give command or lead points during the discussion. However hints may be given to continue the talk positively for the sake of giving information.
11. BFC should give practical help (e.g. offers water). It will actually help and assist the mother in her real problems. This way a good relationship will be developed.
12. Monitor should check that staff is using simple, native and understandable words and not any technical words.
13. BFC should give one or two suggestions but not commands to make mother uncomfortable.
14. Suggest where mother can find support to get information e.g. attend educational talk at CMAM site (Community Based Management of Acute Malnutrition), Infant and Young Child Feeding (IYCF) Support Groups in community, and referred to Community Volunteer.

#### **Quality of advice**

***(The following questions require the answers using grading score: 3= Excellent, 2 = Satisfactory, 1 = Poor). Monitor has to observe the quality of suggestions being given to the mother and then grade accordingly.***

1. Monitor should observe, if BFC is actually giving advices on breast-feeding in an appropriate manner. Is it comprehensive and according to the age of baby?
2. BFC accurately describes correct positioning for breast feeding: Good attachment, chin touching breast, mouth wide open, lower lip turned out, more areola visible above than below mouth.
3. Talks with mother about the characteristics of complementary feeding >6 months (FATVAH): F-Frequency, A= Amount, T=Texture (thickness/consistency) V=Variety, A=Active or responsive feeding and H= Hygiene  
All the characteristics are elaborative and monitor should supervise whether BFC is actually talking with mothers on these characteristics or not.
4. Supervisor should observe how smart and intelligent BFC is, in handling the mothers. If mother faces some problem while practicing breast feeding, how BFC does demonstrate to her and ask the mother to show her again what she is being taught.
5. Does BFC make an appointment for next visit to follow up?
6. Does she thank mother for her time to make her feel friendly?
7. Mention the total number of pregnant women in the villages covered in UC.
8. Mention the total number of pregnant women registered during first trimester.

***The supervisor after the visit needs to mention his/her name and designation along with signing it.***