Objectives of the training

- To refresh participants knowledge on IYCF
- To understand IYCF in emergencies (IYCF-E) and how this differs from IYCF in development settings
- To understand how to conduct a basic breastfeeding assessment
- To be able to deliver basic first aid for breastfeeding
- To understand the best options for non-breastfed children
- To understand the National Code of Marketing of Breastmilk Substitutes
- To be able to use needs assessment tools for IYCF-E
- To develop ideas for the implementation of IYCF-E activities in the Borno projects

Participants

A total of 43 participants were trained, 23 male and 20 female. The majority of participants were new CMAM staff from government and IMC, in addition several participants from NRC attended.
### Training Agenda

#### Day 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00-09.30</td>
<td>Ground rules, Objectives, Expectations, Pre-Test</td>
</tr>
<tr>
<td>09.30-10.30</td>
<td>IYCF Refresher (Importance of IYCF and Recommended Practices)</td>
</tr>
<tr>
<td>10.30-11.00</td>
<td>Myths and misconceptions</td>
</tr>
<tr>
<td>11.00-11.15</td>
<td>BREAK</td>
</tr>
<tr>
<td>11.15-12.15</td>
<td>Link between IYCF and IYCF-E</td>
</tr>
<tr>
<td>11.45-13.00</td>
<td>Assessment of a mother baby pair</td>
</tr>
<tr>
<td>13.00-14.00</td>
<td>LUNCH</td>
</tr>
<tr>
<td>14.00-15.00</td>
<td>Breastfeeding First Aid and Counselling Techniques (moved to day 2, due to poor time keeping of participants)</td>
</tr>
<tr>
<td>15.00-15.45</td>
<td>Code of Marketing of Breastmilk Substitutes (moved to day 2 due to poor time keeping of participants)</td>
</tr>
<tr>
<td>15.45-16.00</td>
<td>BREAK</td>
</tr>
<tr>
<td>16.00-16.15</td>
<td>Overview of Policy and Guidelines Nigeria</td>
</tr>
<tr>
<td>16.15-16.30</td>
<td>Recap of Day 1</td>
</tr>
</tbody>
</table>

#### Day 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00-09.30</td>
<td>Counselling Techniques</td>
</tr>
<tr>
<td>09.30-10.00</td>
<td>Breastfeeding First Aid</td>
</tr>
<tr>
<td>10.00-10.30</td>
<td>Code of Marketing of Breastmilk Substitutes</td>
</tr>
<tr>
<td>10.30-10.45</td>
<td>BREAK</td>
</tr>
<tr>
<td>10.45-12.00</td>
<td>Feeding of Special Groups (non-breastfed and HIV)</td>
</tr>
<tr>
<td>12.00-13.00</td>
<td>Needs Assessments and Key Indicators (cancelled due to lack of time)</td>
</tr>
<tr>
<td>13.00-14.00</td>
<td>LUNCH</td>
</tr>
<tr>
<td>14.00-15.30</td>
<td>IYCF-E Interventions and Integration into CMAM</td>
</tr>
<tr>
<td>15.30-15.45</td>
<td>BREAK</td>
</tr>
<tr>
<td>15.45-16.30</td>
<td>Recap of Day 2, Evaluation, and Post-Test</td>
</tr>
</tbody>
</table>

### Pre-Test/Post-Test Results

A total of 31 participants completed the pre-test, with an average score of 4.7 and a total of 38 participants completed the post-test with an average score of 5.3.

In retrospect it is thought that the questions on the pre and post-test were too difficult for most of the participants, with too much focus on IYCF-E and not enough focus on the basic of IYCF. This is thought to be the reason that the score of the test did not increase significantly.

### Challenges

- Poor time keeping from the participant’s side.
- Due to time lost because of poor time keeping in combination with preferred training hours of 09.00-16.30 over 08.30-17.00 it was not possible to complete all topics on the initial agenda. The topic on needs assessments was cancelled.
• Majority of participants had never received any training on IYCF before, this made it more difficult to talk about IYCF-E because there was a need to focus more on the basics of IYCF.
• The group of participants was too big to easily facilitate the training and keep everyone engaged.

Evaluation

1) What did you like about the training?

- The training was very interesting
- I acquired more skills and knowledge about breastfeeding after delivery and skin to skin contact
- Learnt a lot and also happy that we got breakfast, lunch, and drinks
- The trainer was very friendly to us
- The trainer has done well, if we have any question or comment we are free to ask
- The training was simple and understandable
- Methodology is encouraging
- Videos were very practical
- I liked how it was practical and engaged all participants in class activities
- I was very comfortable with the facilitator, that makes I understood 95% of the presentations
- Group work, presentation method, videos
- The trainer trained us in a polite manner
- I like the way you communicate to us and the way you improve our knowledge on breastfeeding
- The training was lively and the roles we played together with groups presentations made it fabulous
- I like the way the training has been organised, the presentation, discussion, demonstration and many more

2) What was the most important thing you learned during the training?

- I learned how to breastfeed the child and about skin to skin contact
- Learned about IYCF
- I learned more about exclusive breastfeeding and complementary feeding
- I learned that a mother can breastfeed when she is HIV positive
- I learned that exclusive breastfeeding is important
- Everything was important but especially counselling technique, breastfeeding first aid and IYCF-E understanding
- Breastfeeding technique
- Expressing breastmilk
- IYCF-E
- Learning about myths and misconceptions
- Code of BMS
- Importance of early initiation, risk factors associated with breastmilk substitutes
- Impact of exclusive breastfeeding compared to artificial feeding and I learned about breastfeeding positions
- Have to change mothers behaviour on exclusive breastfeeding and complementary feeding

3) Is there something you did not like about the training?
- Lack of handouts
- Distraction of people going and coming in, no time keeping

4) How can the trainer improve the training?
- More handouts
- Including health education
- Monitoring and supervision form
- Having more activities in the training because it stimulates and challenges learning from each other
- Strictly adhere to agenda and timing
- More time for practical aspects or video
- Key prints of training in local language
- Giving more examples and asking more questions

5) Other comments
- Trainer is thanked for her patience and understanding with regards to the participants level of education