

Pre and Postnatal Education in the Global Context

Challenges:

- Access to healthcare
- Limited resources
- Isolation from services
- Language barrier
- Illiteracy
- Oppression/Stigma



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Care Groups Methodology

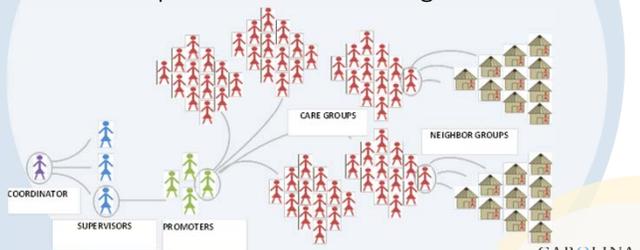


- Project Staff train and supervise 10-15 volunteer, community-based health educators at regular intervals
- Each volunteer holds regular community groups with 10-15 of her neighbors, sharing what she has learned.
- Interpersonal behavior change communication among women in groups and back in the household among family members
- Allows for reporting of new pregnancies, births, illness, deaths, etc.

<http://caregroups.info/wp-content/uploads/2013/08/2012-DFAP-Mod-1-Soil-Cons-DRC-ENG-FLIP-FINAL.pdf>

CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Care Group Structure for Sharing Education



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Care Group Leader Mothers



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Responsive Feeding in Guatemala

- Partnered with Food for the Hungry, a non-profit working in Guatemala and many other countries
 - Experience in many regions using Care Group methodology
- Small pilot funded by the TOPS (Technical and Operational Performance Support) Program to develop and test a responsive feeding Care Group module
 - capacity building for USAID funded programs



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Project Aims

- Teach recognition of infant behavior and feeding cues to Q'ueqhi' mothers in rural Guatemala
 - Assess the appropriateness of the intervention
 - Improve recognition of cues and responsive breastfeeding practices
 - Increase responsive complementary feeding practices



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Responsive Feeding

- Feed infants directly and assist older children when they feed themselves, being sensitive to hunger and satiety cues
- Feed slowly and patiently, encourage to eat, but don't force
- Experiment with different food combinations, tastes, textures when food refusal occurs
- Minimize distractions during meals
- Talk to children during feeding with eye-to-eye contact; feeding times are periods of learning and love

CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Project Methodology

- Formative Research
 - Focus Groups
 - Literature
- Baseline Survey of Population
- Barrier Analysis
 - One issue to focus on "Speaking with love/affection at while nursing and/or at meal times"
- Curriculum Development
- Curriculum Pilot Testing in Care Groups
- Post-Project Survey of Population



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Materials

- To be passed around to those present

CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Training



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Results

- To be shared verbally with those present

CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Lessons Learned

- Teaching cue recognition is possible, but the facilitator must be well trained to recognize and help others identify cues
- Providing training and high quality visual materials is key to motivation and confidence building in CGVs



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Lessons Learned

- Look for linkages between key messages and things mothers already do that are considered responsive feeding behaviors
- The inclusion of fathers and grandmothers in sessions can generate interest of key influencing groups in the topic of responsive feeding
- Adoption of behaviors relating to cue recognition and response may vary, even within the same cultural group



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

New FHG Care Group Education Modules

RF Module not continued after pilot – messages used for new modules:

- Essential Care for Mothers and Newborns: Attachment in pregnancy and the postpartum period
- Early and Exclusive Breastfeeding
- Interaction and Stimulation
- Complementary Feeding
- WASH



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Care Group Resources

- Care Groups: A Training Manual for Program Design and Implementation <http://www.fsnnetwork.org/care-groups-training-manual-program-design-and-implementation>
- Caregroupinfo.org for many resources on Care Groups
- Care Group Forward Discussion and Interest group www.fsnnetwork.org



CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE

Discussion Questions

- How does the Care Group methodology compare to other ways of reaching potentially non-literate mothers living in small rural villages?
- What types of things should public health workers be aware of when creating educational materials for individuals from another culture?
- What are some misconceptions held around the globe about breastmilk, colostrum, or breastfeeding?
- What might need to be done in order to adapt these materials to another setting in a culturally appropriate way?

CAROLINA
GLOBAL
BREASTFEEDING
INSTITUTE