



World Breastfeeding Trends Initiative (WBTi)
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IBFAN

ASIA

IBFAN Asia

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Training - Guidelines for Trainers

These are the guidelines for the WBTi training. Please read these guidelines thoroughly before starting the training. Also, consult and follow the guidelines while undertaking specific session. Please read the Green book, the Questionnaire including background for each indicator and various annexure provided with the training kit before starting the training workshop.

Session -1

Welcome, introduction, objectives of the workshop, Importance of breastfeeding and complementary feeding, Challenges and Expectations

The trainers and the organizing team will welcome the participants. This will be followed by a formal introduction of the organizing team, trainers and the participants.

One of the trainers will make a brief PowerPoint presentation about the objectives of the WS.

Another trainer will talk about the importance of breastfeeding and complementary feeding in child survival and improving nutrition. S/he will also deal with ways to enhance the rates for IYCF indicators. This will be done through a PPT.

Trainer will also introduce the concept of “challenges” and “expectations” and ask each participants to write on the VIPP card and display these in the workshop room. Participants can be asked in the end to review if their expectations have been met or not. Trainer would make it a point during the sessions that these are clarified.

Time: 90 minutes

Session Requirements: Computer, LCD Projector, VIPP Cards, Pens

Session - 2

A regional perspective on the status of IYCF

The regional resource person/WBTi trainer will make a PPT presentation covering the existing regional situation of Infant and Young Child Feeding, Undernutrition, HIV and other components of the global strategy for IYCF. Please make use of the template provided to you for this presentation and take help from the notes provided.

Time: 30 minutes

Session Requirements: Computer, LCD Projector

Session 3

WBTi - A Successful Initiative

The WBTi trainer will make the PPT presentation, which covers basics of what is the initiative how it evolved and how far it has been successful in South Asia where it was launched in 2005.



There are 15 slides which are also downloadable from the www.ibfanasia.org or www.worldbreastfeedingtrends.org. As a trainer, one should prepare herself/himself to answer all the queries about the initiative. Please go through the provided resource material in the training kit including the training guidelines and the green book.

Time: 30 minutes

Tracking Assessing and Monitoring of GSIYCF – global experience

The WBTi has been used with success in 40 countries across the globe. This PPT presentation shares the global experience with assessment and its' impact. **Trainer will use the global presentation to share the experience.**

Time: 30 minutes

Session Requirements: Computer, LCD Projector, Green book

Session 4

Reading exercise

Trainers introduce the Green book, and ask the participants to read it fully to familiarize themselves with it. It is necessary to do this exercise followed by questions that each participants may have on it.

Time: 30 minutes

Requirements: Green Book

Question & Answers

Ask the participants to come up with any question regarding the basics, concept, work done so far, and what is up for them, to implement the initiative. Write down the questions on a flip chart and answer them one by one. Hand over the FAQ sheet for the participants is available as Annexure 3.

Time: 30 minutes

Requirements: Flip Chart, Marker Pen, and FAQ Sheet

Session 5

How to conduct national assessment

The trainer introduces the guidelines for the process of assessment, using a PowerPoint presentation. It includes all the steps like identifying a core group and making collaborations at national level. It also highlights the resources needed for the assessment. is available on the the websites - www.ibfanasia.org or www.worldbreastfeedingtrends.org after presentation; he/she invites questions and answers them.

Time: 30 minutes

Session Requirements: PowerPoint, computer, LCD projector.



Session 6

Understanding the indicators on IYCF policies and programmes

In this session, briefing about a group work on the indicators 1 – 10 (each indicator) will be done by one of the trainers, who will first discuss in short about the indicators 1-10 in the questionnaire. The participants will be divided into 3 groups. Each group will discuss indicators assigned by the trainer. The group will discuss the background, subset of the questionnaires, and possible source/s of information for the indicators.

Session 7

Group work on understanding the indicators on IYCF policies and programmes

Guidelines for Group work for understanding the indicators

In this session, participants in 3 different groups will thoroughly discuss the assigned indicators for their contents and possible source in the individual country to gather information for the indicators.

- The group work will be distributed as follows:
 - Group 1 – Indicator 1,2,3; Group 2 – Indicator 4,5,6; Group 3 – Indicator 7,8,9,10.
- Each group will discuss the assigned indicators by reading out the question and each subset of it.
- The participants will suggest possible resources and will list them on VIPP cards/flip charts.
- This exercise has to be followed for each subset of question.
- Show and discuss about the identified source of information.
- Discuss methods to get desired information – From published/online documents, reports etc, visiting or interview with concerned persons and authorities

Time: 90 minutes

Session Requirements: Questionnaire, VIPP Cards, Marking Pens, Identified source of Information document

Session 8

Understanding the indicators on IYCF practices

In this session, details about the indicators 11-15 in the questionnaire will be discussed in detail. Trainer will;

- Introduce the quantitative indicators 11-15 and explain about the national scope data, secondary data and calculators.
- Ask the participants to keep the WBTi questionnaire open.



- Ask one participant to read out each indicator including its' background one by one.
- Ask Question to what are possible resources for the data for these indicators.
- List the observations on a Flip Chart.
- Then share the list of identified source of information.
- Demonstrate the use of MS Excel calculator for exclusive breastfeeding and (Annexure – 5a,b), only if the data is not available in the consolidated manner, as is required for the assessment.

Time: 30 minutes

Session Requirements: WBTi questionnaire, List of identified source of information,
MS excel calculator

Session 9

Presentation of the group work on indicator on IYCF policies and programmes

In this plenary session, participants from each group will share their experience of the group work, expressing any specific comment / perceived problem. The session will be facilitated by one of the trainers.

Time: 90 minutes

Session Requirements: Questionnaire, Flip Chart, Marking Pens, Identified source of Information document

Session 10

Analysis of data (and looking at the samples of India country report)

During this interactive session one of the trainers will explain how to interpret the data generated by the national assessment process and how to assign score and color coding. The trainer will use one of the country assessments report (may be India assessment report) to explain various points.

Time: 30 minutes

Session Requirements: Filled up questionnaire by one of the participant, India assessment report, LCD projector, PDF or India report

Session 11

Group work - How to develop recommendations for actions to bridge the gaps

The objective of this session is to apprise the participants about the methodology to collect the data. In this session, participants will undertake group work in country wise groups to undertake a mock exercise for filling up of the questionnaire. Each group will be given a filled up questionnaire (indicator 1-10) from the reporting template. The group will identify the gaps in policies and programmes for IYCF and come up with recommendations to bridge the gaps for the individual indicators.

Time: 60 minutes

Session Requirements: Questionnaire, Hypothetical marked reporting template

Session 12

Presentation of the group work - How to develop recommendations

In this plenary session, one participant from the each group will share the recommendations for the discussed indicators. This will be an interactive session involving other participants and trainers.

Time: 30 minutes

Session 13

Utilizing the Information and preparing the country report card and the country report

- In this session, the trainer will discuss the process of using the collected information and data from the evaluation, keeping in mind analysis of collected data, consensus building, writing a final report, media briefing, and sharing the report with the WBT*i* secretariat.
- Discuss briefly the Bangladesh country assessment report.
- Also discuss ways to use the WBT*i* report for advocacy at national and state/ provincial level and dissemination through media.
- Distribute VIPP cards to the participants and ask them to suggest ways to use the report maximally for the benefit of the nation and write three suggestions on a VIPP card.
- Arrange the VIPP cards and briefly discuss.

Time: 30 minutes

Session Requirements: VIPP cards, Marker Pens, reports from various countries,
/ South Asia

Session 14

What is the Web Action in WBT*i*?

In this session, one of the trainers will demonstrate how to register & access the WBT*i* website, how to use data to generate reports / generate graphs or map, how to do comparison for study of trends and how to utilize the report

Time: 30 minutes

Session Requirements: Computer, Internet connection

Session 15

Way Forward – Country Plans



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In this session, participants will be encouraged to express their views about the WBTi training; and their future plans for the assessment. They will also be encouraged to clear any doubts about the whole process. Country groups develop plans for WBTi assessment in their respective country.

Time: 30 minutes

Session 16

Challenges and Expectations

Once again, the trainers and participants will discuss the challenges and expectations written by participants at the beginning and find out if all issues are well understood. Finally, the local organizers and the trainers will thank participants, and seek their support for next few years for the ongoing process of national assessment and action.

Time: 30 minutes