

## **Introduction**

Breast-feeding forms the best food for the newborn immediately after birth and to be followed for a continuous two years. The present programme, Infant and Young Child Feeding Practices in Haryana, is part of an endeavour to spread the message of breast feeding to the infant through a series of training programmes. According to WHO global strategy for infant and young child feeding, "Malnutrition has been responsible directly or indirectly for 60% of the 10.9 million deaths annually among children under five, 2.42 million of these (roughly one quarter) deaths are in India alone.

Breastfeeding is the perfect way to provide the best food for a baby's first six months of life. But breastfeeding is much more than food alone; breastfeeding protects babies from diarrhoea and acute respiratory infections, stimulates their immune systems and improves response to vaccinations, and contains many hundreds of health-enhancing molecules, enzymes, proteins and hormones. Breast-feeding provides the baby with the balance of protein and energy, micronutrients and active factors in the milk that helps in growth and development. Breastfeeding also benefits the mother's health by helping the uterus to contract soon after delivery, thus reducing chances of prolonged bleeding. It also helps delay fertility return and decreases the mother's risk of ovarian and breast cancer.

## **Objective**

To create a pool of Master Trainers who eventually will train Anganwadi Workers on Infant and Young Child Feeding Practices in four districts (Gurgaon, Faridabad, Rewari and Narnaul) of Haryana.

## **Training Module**

- Training of Master Trainers
- Infant nutrition.
- Breast feeding positioning
- Care for seek child.
- Care for adolescent mother.
- Care for Pregnant Mother.
- New natal and antenatal care.
- Dealing with emergency case and service.
- Women, Nutrition, health and Fertility.
- HIV and Infant feeding
- Substitute IMS Act
- Training of Anganwadi Workers
- Infant nutrition.
- Breast feeding positioning
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### **Methodology**

The programme methodology was based on lecture, practical demonstration, exposure visit, clinical practices, group discussion and practices, role-plays, experience sharing and simulated models.

### **Coverage**

The training covered one batch of Master Trainers consisting of 20 participants and thirty-four batches of Anganwadi Workers consisting of 1026 participants in four districts (Gurgaon, Faridabad, Rewari and Narnoul) of Haryana, during the year 2005-06.

### **Recommendation**

The recommended optimal infant and young child feeding practices include:

- Starting breast-feeding immediately after birth.
- Exclusive breast-feeding for the first six months.
- Continued breast-feeding for two years or beyond.