

A LEARNING AND SHARING CAFÉ: IYCF PROGRAMMING ADAPTATIONS IN THE CONTEXT OF COVID-19

Monday 10th August 2020 (2–3:30pm, GMT+2, Geneva Time)



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Webinar Objectives

1. Create a platform where countries can share their lessons learned and experiences in adapting IYCF programmes in the context of COVID-19.
2. Reflect on how global guidance have helped and have been used in inspiring and guiding these adaptations.
3. Encourage others to submit ideas for a next world café in October 2020.



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Webinar Agenda

1. Objectives and introductions
2. USAID/UNICEF: How to communicate:
Infant and Young Child Feeding Recommendations
in the Context of COVID-19
4. IYCF-E Adaptations Case Studies
 - a. Somalia
 - b. Uganda
5. Interactive game/quiz
6. Questions & Answers
7. Webinar evaluation



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Today's Presenters



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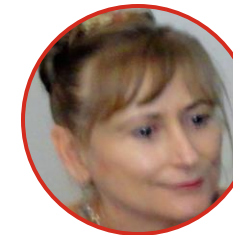
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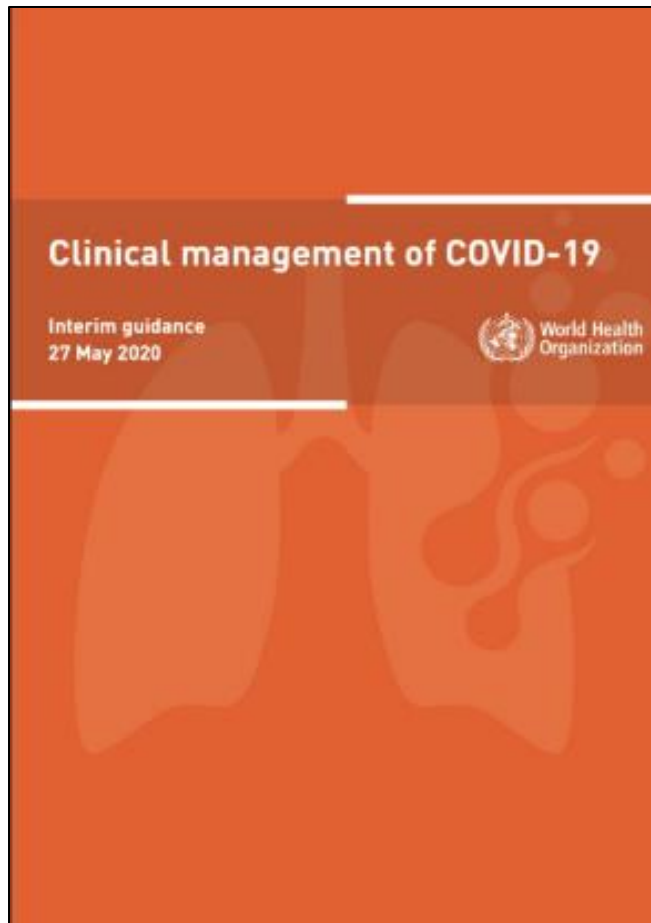
How to Communicate Infant and Young Child Feeding Recommendations in the Context of COVID-19

Aashima Garg, Ph.D
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USAID Advancing Nutrition

Webinar - August 10th, 2020

Global guidance on IYCF in the context of COVID-19



[https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)



<https://www.unicef.org/coronavirus/covid-19-resources-practitioners>

Make simple, practical and context-specific information available on breastfeeding and what, when and how to feed young children using all available communication channels.

How to communicate the global recommendations in a simple and effective way using practical communication channels to reach families in the context of COVID-19?

Communication resources on breastfeeding and COVID-19

- **FAQs: Questions and decision tree**

https://www.who.int/docs/default-source/maternal-health/faqs-breastfeeding-and-covid-19.pdf?sfvrsn=d839e6c0_1

- **Online Q&A**

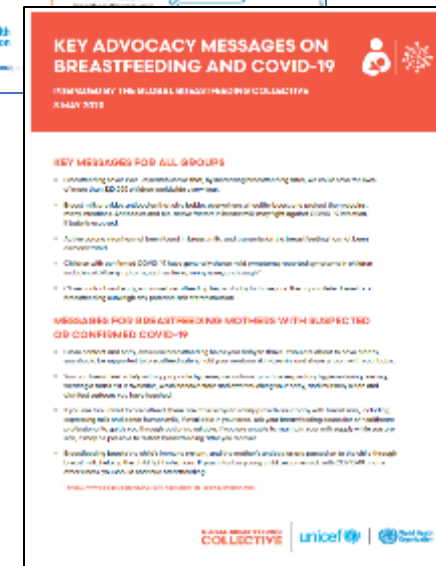
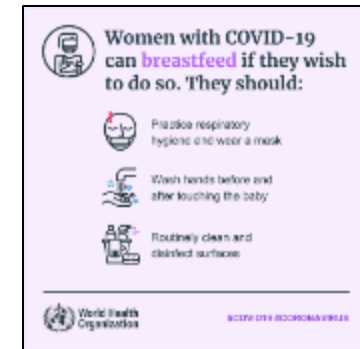
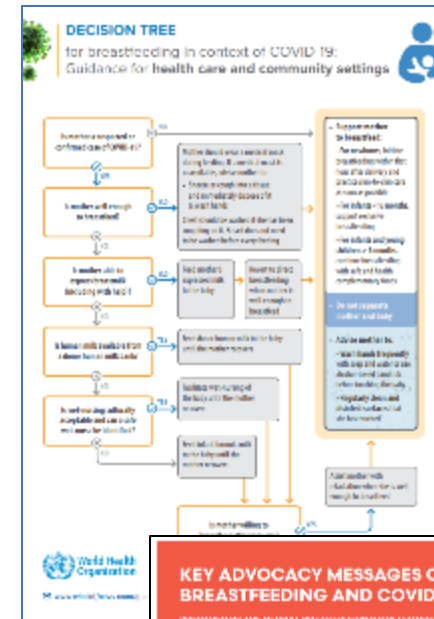
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-covid-19-and-breastfeeding>

- **Infographics for use on social media**

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-pregnancy-ipc-breastfeeding-infographics/en/>

- **Key Advocacy messages on Breastfeeding and COVID-19**

<https://www.unicef.org/breastfeeding/files/Key-advocacy-messages-on-BF-and-COVID-19.pdf>



Videos on breastfeeding and complementary feeding

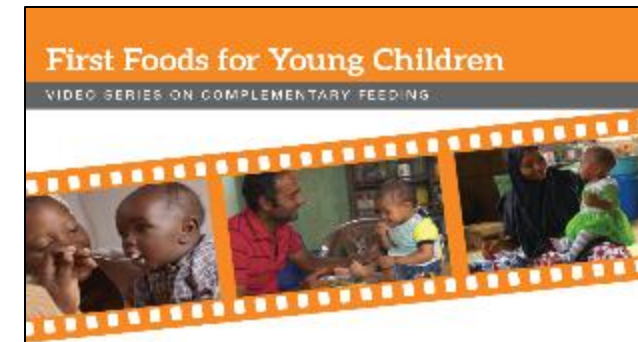
- **COVID-19 and breastfeeding video** - WHO, UNICEF and PMNCH
(Available in English, French, Spanish, Russian and Chinese)

<https://drive.google.com/drive/u/2/folders/1gzxetzCWIGSTgvdYQBAH6XkYfsys5wpZ>



- **First foods videos series on complementary feeding** for frontline workers and caregivers (Available in English, French, Spanish, Swahili, Nepali, Hausa and Yoruba on digital platforms) – UNICEF and Global Health Media

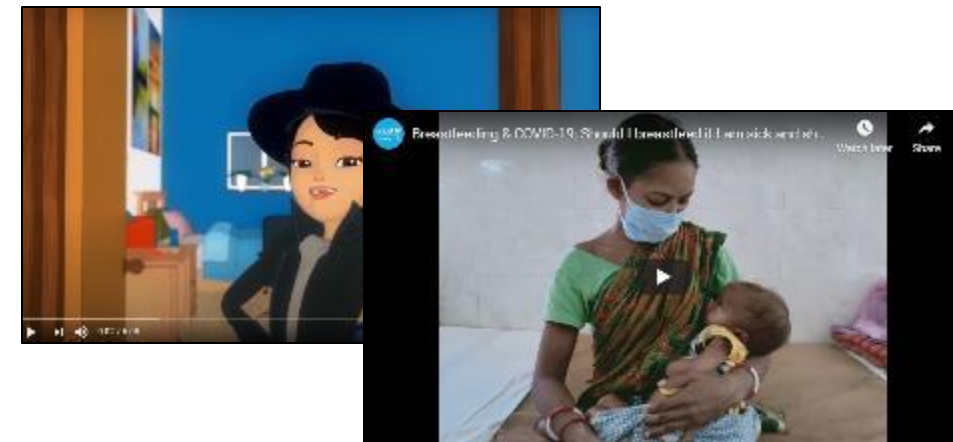
<https://globalhealthmedia.org/videos/nutrition/>



- **IYCF videos from South and East Asia** on breastfeeding and COVID-19 and complementary feeding

<https://www.youtube.com/watch?v=m8vPf1KW9CE&feature=youtu.be>

<https://www.unicef.org/rosa/stories/breastfeeding-during-coronavirus>



Social media content on IYCF in the context of COVID-19

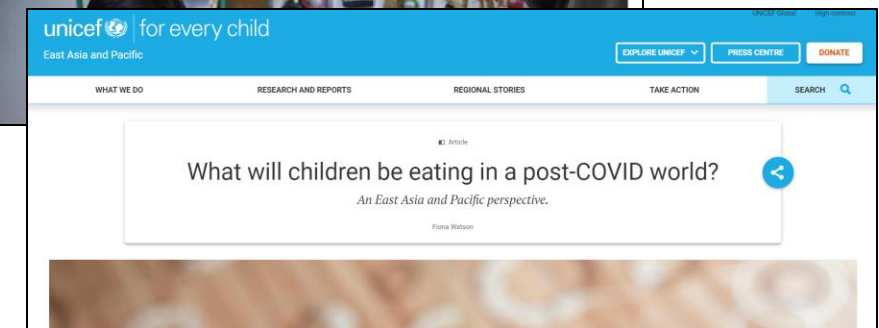
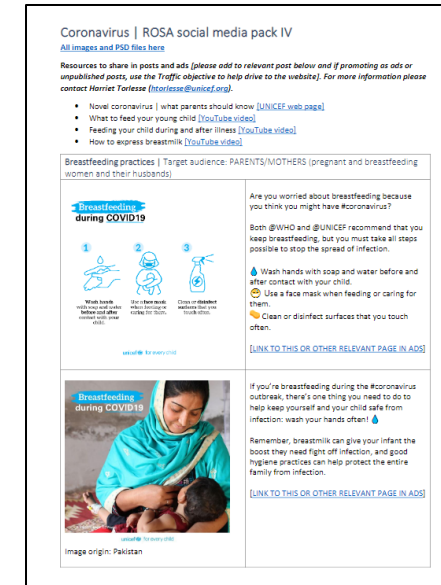
- **IYCF and COVID-19 social media pack - UNICEF Regional Office for South Asia**

<https://unicef.sharepoint.com/sites/PD-NUT-COVID19/DocumentLibrary1/Forms/AllItems.aspx?id=/sites/PD-NUT-COVID19/DocumentLibrary1/ROSA%20Advocacy%20%28English%29%20-%20IYCF%20social%20media%20pack%20COVID19%20v1%2015APR2020.pdf&parent=/sites/PD-NUT-COVID19/DocumentLibrary1>

- **Advice for caregivers and key messages and a blog - UNICEF Regional office for East Asia and Pacific**

<https://www.unicef.org/eap/feeding-young-children-during-covid-19-pandemic>

<https://www.unicef.org/eap/stories/what-will-children-be-eating-post-covid-world>



Counselling Package: IYCF in the context of COVID-19

Infant and Young Child Feeding Recommendations



When COVID-19 is Suspected or Confirmed

Developed by: UNICEF and USAID Advancing Nutrition, with the support of the IFE Core Group represented by Save the Children and Safely Fed Canada

<https://www.advancingnutrition.org/what-we-do/social-and-behavior-change/iycf-recommendations-covid-19>

Infant and Young Child Feeding Recommendations When COVID-19 is Suspected or Confirmed:

Recommended Practices Booklet

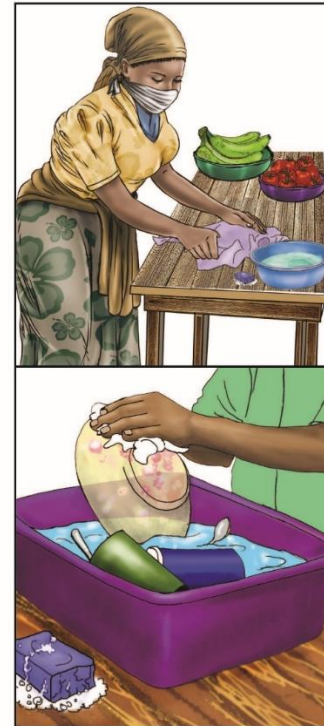
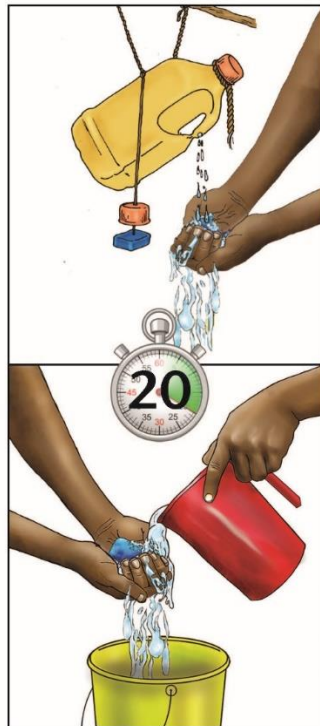


Updated May 15, 2020

IYCF-COVID-19. RECOMMENDED PRACTICES BOOKLET |

Counselling Package: IYCF in the context of COVID-19

Actions needed to prevent the spread of COVID-19



1. Actions needed to prevent the spread of COVID-19



- Wash your hands frequently with soap and clean running water for 20 seconds. Washing hands with soap kills the COVID-19 virus.
- Ask family members to wash their hands with soap and clean running water for 20 seconds.
- Wear a medical mask when available or a cloth face covering when feeding or caring for your baby.
- Ask family members and others who are caring for your baby to use a medical mask when available or a cloth face covering.
- Do not touch your face, nose, or eyes, and ask family members and other to avoid touching their face, nose, or eyes.
- If you, or others, have to cough or sneeze, cover your mouth and nose with your bent elbow or use a tissue to prevent droplets from spraying. Safely dispose of used tissues after use and wash your hands with soap and clean running water.
- Clean frequently touched surfaces with soap and water if you have or suspect you have COVID-19.
- Practice physical distancing. Stay at least 1 meter away from other persons. Two meters are suggested.
- Stay at home and avoid going to market, crowded places, or any public events.
- Ask family members to stay at home and avoid going to market, crowded places, or any public events.
- If someone needs to go out to buy food, fetch water, buy medicines, or visit the health center, avoid crowds, and practice physical distancing as much as possible.

Counselling Package: IYCF in the context of COVID-19

Take precautions during delivery and rooming-in



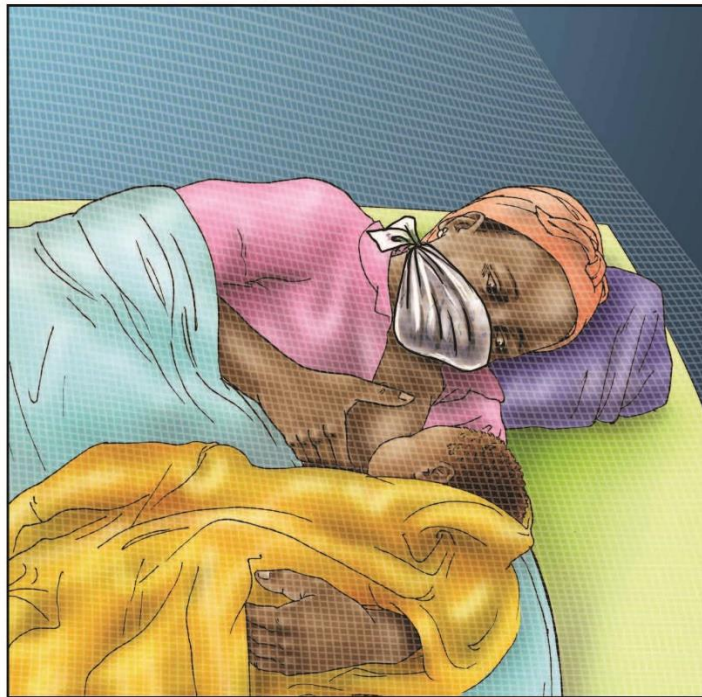
2. Take precautions during delivery and rooming-in



- If you are suspected or confirmed to have COVID-19, the health workers will take extra precautions when you deliver to help protect your baby, and to protect others in the hospital or maternity clinic.
- The health worker will wear extra protective coverings and will help you wear a medical mask when available or a cloth face covering when your baby is given to you to hold and breastfeed.
- Holding your baby skin-to-skin immediately after birth will keep your baby warm and breathing well, help him or her reach the breast easily, and help you and your baby feel close.
- Begin breastfeeding within the first hour of birth. Early breastfeeding helps the baby learn to breastfeed while the breast is still soft.
- Colostrum, the first milk, protects your baby from illness and infections.
- Stay together with your newborn during the whole time you are in the hospital or clinic.
- The health worker will wear extra protective coverings and will help you wear a medical mask when available or a cloth face covering, especially when you are holding and breastfeeding your baby.
- Breastfeed frequently to help your breast milk 'come in' and to ensure that you produce plenty of breast milk for your baby.
- Do not give water or any other liquids to your baby during the first days after birth and avoid giving water or any other liquids up until your baby is 6 months of age.
- When you go home from the hospital or maternity clinic, you will need extra rest and extra help in caring for your baby while you continue to recover from COVID-19.

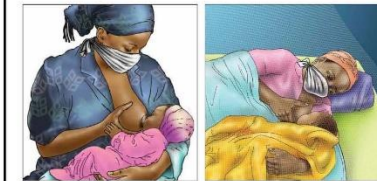
Counselling Package: IYCF in the context of COVID-19

Take precautions when breastfeeding, day and night



3. Take precautions when breastfeeding, day and night

Take precautions when breastfeeding, day and night



- To help protect your baby while you are recovering from COVID-19, wash your hands with soap and clean running water for 20 seconds before and after contact with your baby.
- Ask family members and others who are helping to take care of the baby to wash their hands with soap and clean running water for 20 seconds.
- Wear a medical mask when available or a cloth face mask or cloth face covering when feeding or caring for baby until you recover fully.
- If you, or others who are around the baby, have to cough or sneeze, cover your mouth and nose with your bent elbow or use a tissue to prevent droplets from spraying. Safely dispose of used tissues after use and wash your hands with soap and clean running water afterwards.
- Breastfeeding helps to protect your baby even if you are infected
- All recommended breastfeeding practices remain the same.
 - ✓ Breastfeed on demand, day and night.
 - ✓ Breastfeed exclusively for 6 months. Your breast milk provides all the food and water that your baby needs during this time. Breast milk also protects your baby against sickness or infection.
 - ✓ Do not give any other food or liquids to your baby, not even water, during your baby's first 6 months.
 - ✓ Even during very hot weather, breast milk will satisfy your baby's thirst.
 - ✓ Giving your baby anything other than breast milk will cause him or her to suckle less and will reduce the amount of breast milk that you produce and may make your baby sick.

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Wash hands with soap to prevent spread of COVID-19



4. Wash hands with soap to prevent spread of COVID-19



- Washing hands with soap and clean running water for 20 seconds is critical to fighting the spread of COVID-19, and is important for the health of your baby, and your entire family.
- Always wash your hands during these critical times:
 - ✓ Before preparing and eating foods
 - ✓ Before feeding infants and young children
 - ✓ After using the toilet or latrine
 - ✓ After cleaning your baby's bottom
- It is also important to wash hands frequently, especially after blowing your nose, coughing or sneezing into a tissue, cleaning your home and compound, after practicing agriculture, and after handling livestock or other animals.

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Wash hands for  20 seconds following these steps



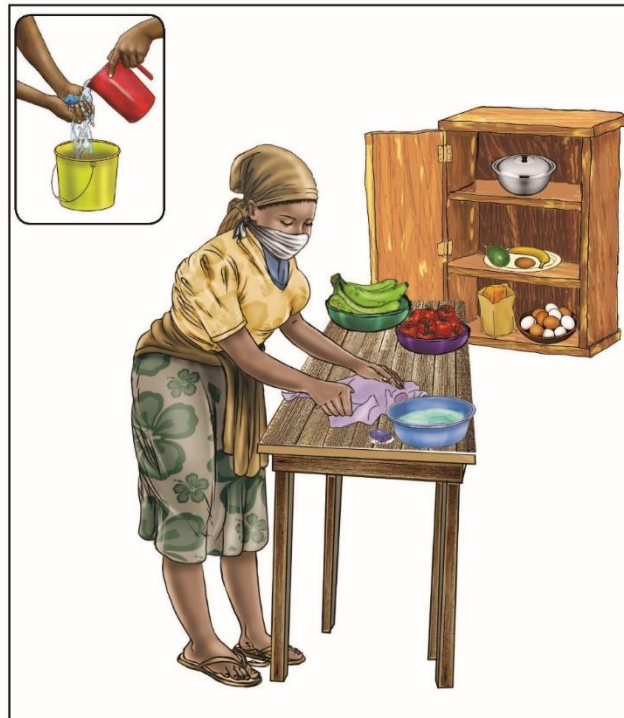
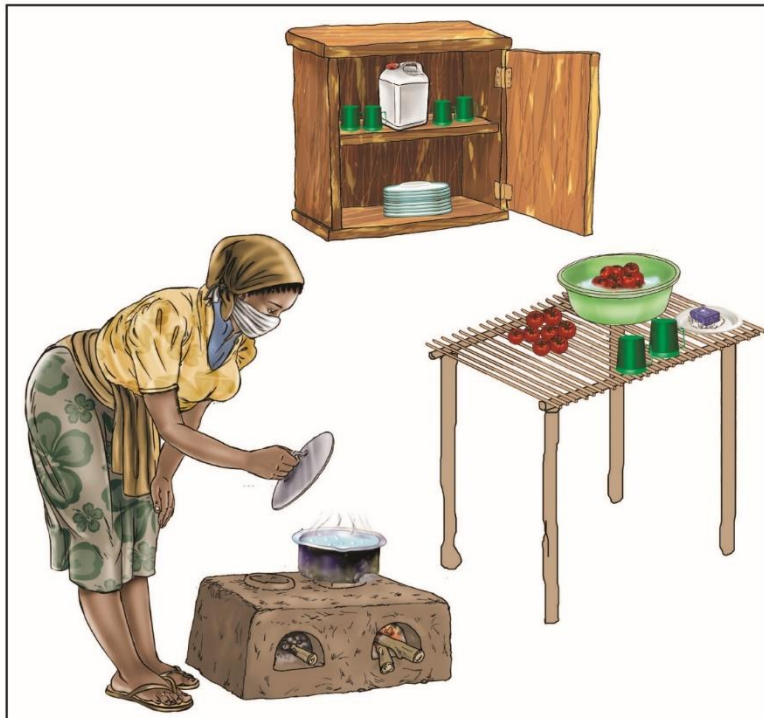
5. Wash hands for 20 seconds following these steps



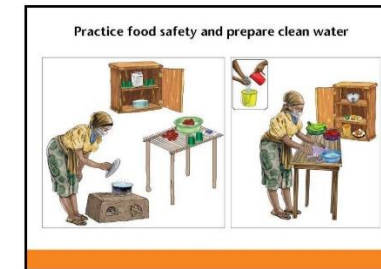
- Always spend at least 20 seconds carefully washing your hands and your children's hands. Follow these steps:
 1. Wet your hands with clean running water.
 2. Create foam in your hands by rubbing them together with the soap.
 3. Rub your palms together.
 4. Interlock your fingers and rub them together (back and front).
 5. Rub each thumb.
 6. Rub around your wrists and up toward your elbows.
 7. Clean under your fingernails.
 8. After at least 20 seconds of scrubbing, rinse your hands with clean running water.
 9. Shake your hands dry in the air.

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Practice food safety and prepare clean water



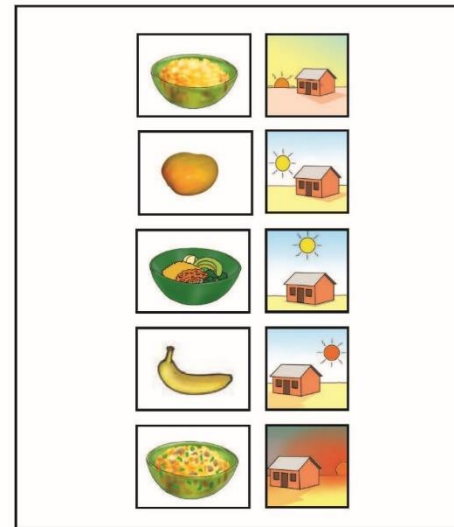
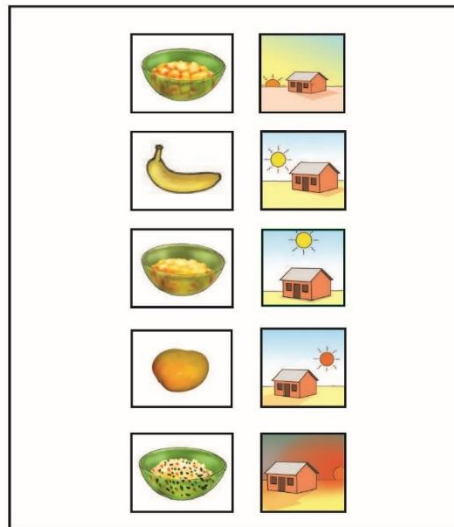
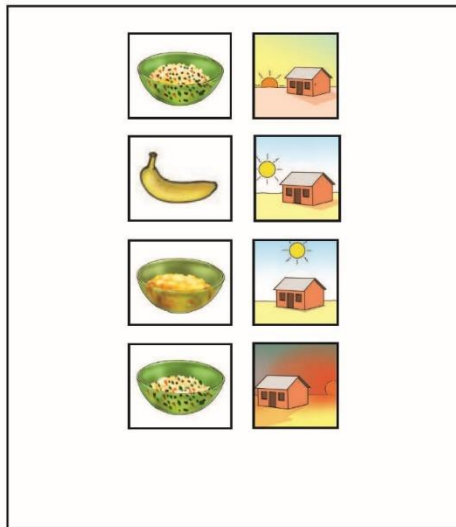
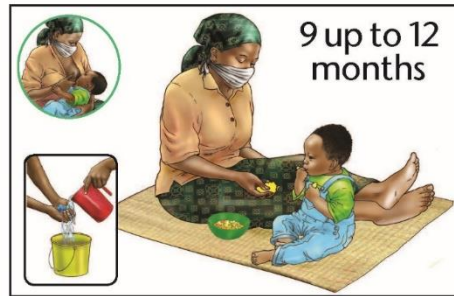
6. Practice food safety and prepare clean water



- While you are recovering from the virus, encourage other family members to help safely prepare food and clean water.
- Always wash hands with soap and running water before and after preparing food.
- Wear a medical mask when available or a cloth face covering when preparing food.
- Use safe water for drinking and cooking. If you are not sure about the safety of the water, boil it. You can also use a small amount of bleach (chlorine), a water treatment product, or a water filter system.
- If possible, use dedicated eating utensils for those suspected/confirmed. These utensils should be cleaned with soap and clean water after use.
- Carefully clean all pots, dishes, bowls, and utensils with soap and water, and store them in a clean, safe place.
- Wash and rinse raw fruits, and vegetables well with safe water before cooking and eating them.
- Clean all food preparation areas, including tables and cutting boards, with soap and clean water.
- Keep raw meat, fish, and poultry separate from other foods before cooking, to prevent spreading germs.
- Cook meat, fish, and eggs thoroughly.
- Serve food immediately after preparation.
- Feed your baby using clean hands, his or her own clean bowl and spoon, clean utensils, and clean cups.
- Prepared food should be given to the young child within 2 hours of cooking. Reheat cooked food thoroughly.

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Practice safe complementary feeding



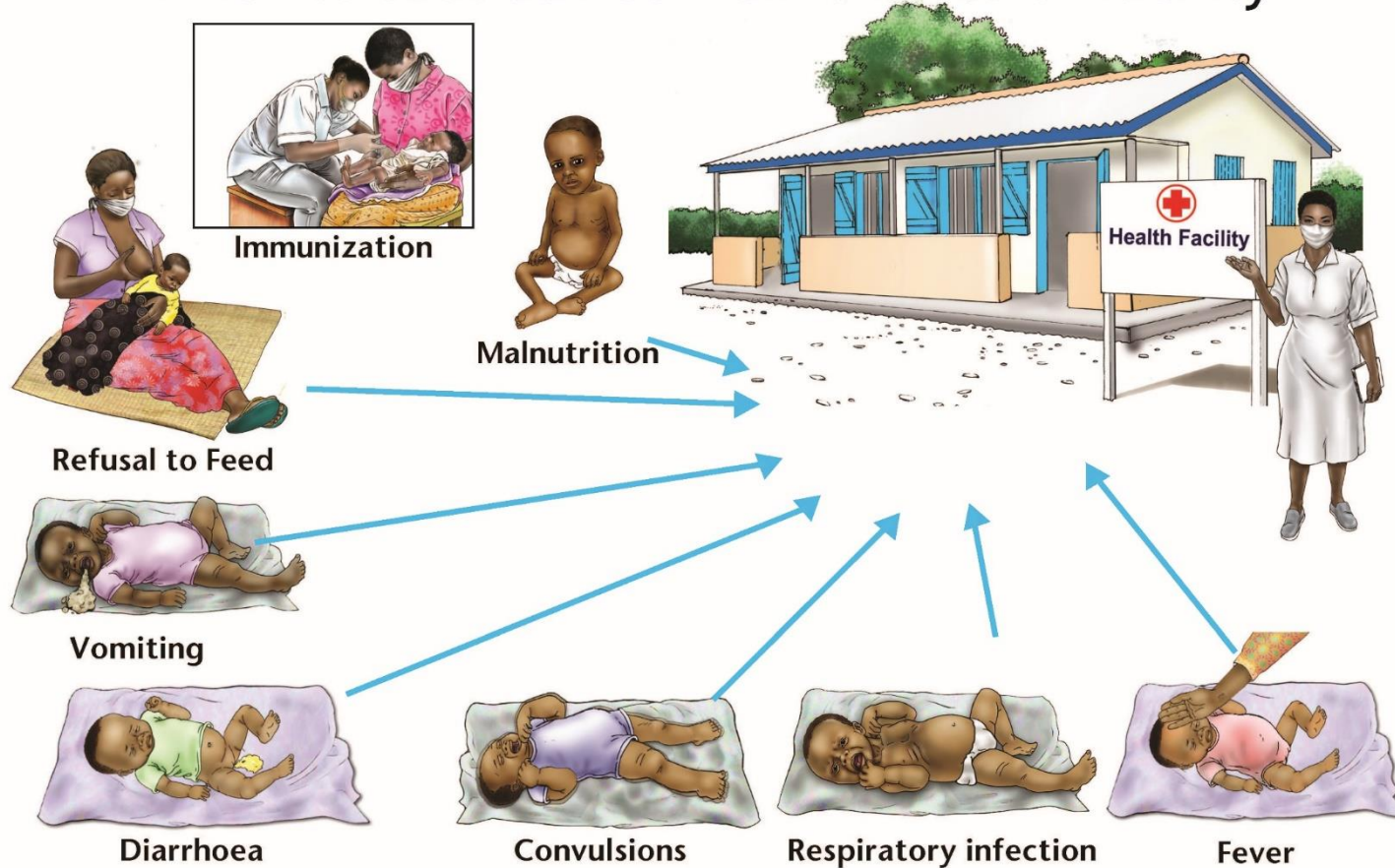
7. Practice safe complementary feeding



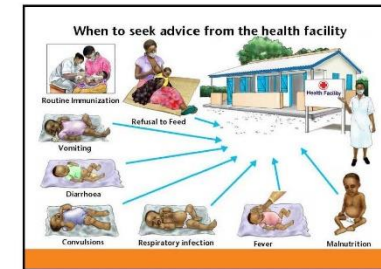
- If you or others in your family are recovering from COVID-19, it is especially important to practice safe complementary feeding, starting at 6 months of age up to 24 months.
- Wash your hands, and have others wash their hands, with soap and clean running water for 20 seconds before preparing foods and before feeding your baby.
- Clean food preparation areas, including tables and cutting boards, with soap and clean water.
- If you or others have COVID-19, wear a medical mask when available or a cloth face covering when feeding the baby.
- If you or others have to cough or sneeze, cover your mouth and nose with your bent elbow or use a tissue to prevent droplets from spraying. Safely dispose of used tissues and wash your hands with soap and clean running water afterwards.
- Feed your baby from his or her own clean spoon and bowl.
- All recommended complementary feeding practices remain the same. Follow national recommendations on complementary feeding practices regarding frequency, amount, thickness, variety, responsive feeding, and hygiene.
- Feed your baby with care. Be patient and actively encourage your baby to eat. Do not force your baby to eat.
- When possible, try to give your baby a variety of foods, including fruits, vegetables, legumes and animal source foods such as eggs, meat, poultry, organ meats, fish, and dairy products.
- Do not give foods that are high in sugar, salt, and fat, such as fried foods, sweets, juices and salted snacks. These foods are not healthy for your child.
- Do not give foods that are pre-chewed to your child.
- If your child gets sick, he or she will need extra fluids and foods to recover faster. Breastfeed your child more often and encourage your child to eat soft and appetizing foods during sickness.
- After sickness, feed your child more often than usual for about two weeks, to help your child regain strength.

Counselling Package: IYCF in the context of COVID-19

When to seek advice from the health facility



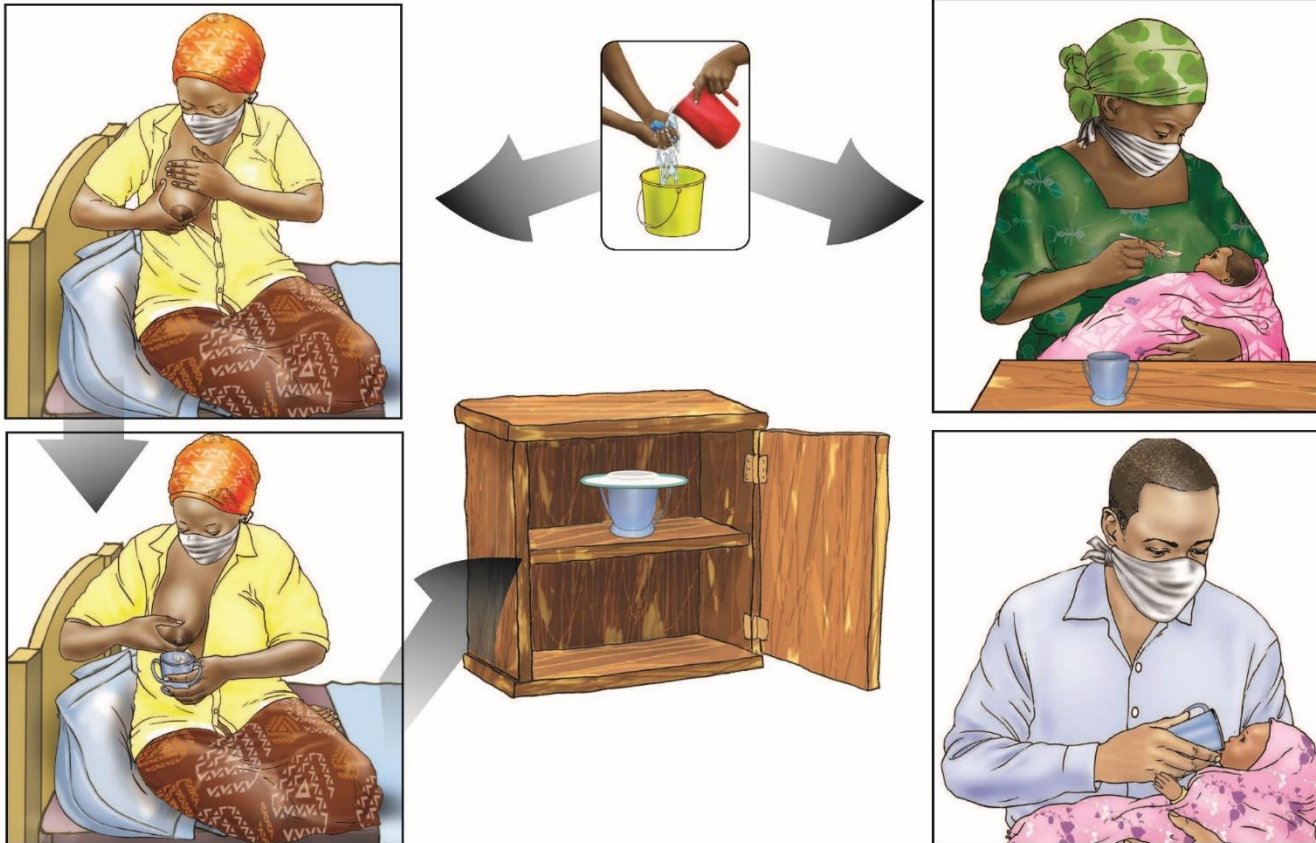
8. When to seek advice from the health facility



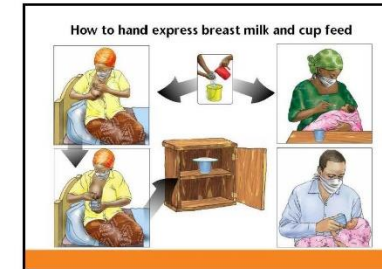
- It is important to continue to take your child for routine immunizations, following your national immunization schedule.
- Continue with follow-up services according to local recommendations. Appointment frequency and locations may change.
- If you are not well, ask a family member who is well to take your child for immunizations and follow-up services, and to ask questions about your child's growth, health, and nutrition.
- Take your child immediately to a trained health worker or clinic if any of the following symptoms are present:
 - ✓ COVID-19 symptoms, including fever, dry cough, and difficulty in breathing
 - ✓ Refusal to feed and limp, or weak
 - ✓ Vomiting (cannot keep anything down)
 - ✓ Diarrhoea (more than 3 loose stools a day for two days or more and/or blood in the stool, sunken eyes)
 - ✓ Convulsions (rapid and repeated contractions of the body, shaking)
 - ✓ The lower part of the chest sucks in when the child breathes in, or it looks as though the stomach is moving up and down (respiratory infection)
 - ✓ Fever
 - ✓ Malnutrition (visible thinness or swelling of the body)

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How to hand express breast milk and cup feed



9. How to hand express breast milk and cup feed



Why express breast milk?

- A mother can express her own breast milk:
 - ✓ To help establish or maintain milk production if health worker recommends separation from her baby, until she recovers
 - ✓ When she wants to re-establish her milk production after being separated from the baby
 - ✓ When she knows she is going to be away from her baby and miss a feeding

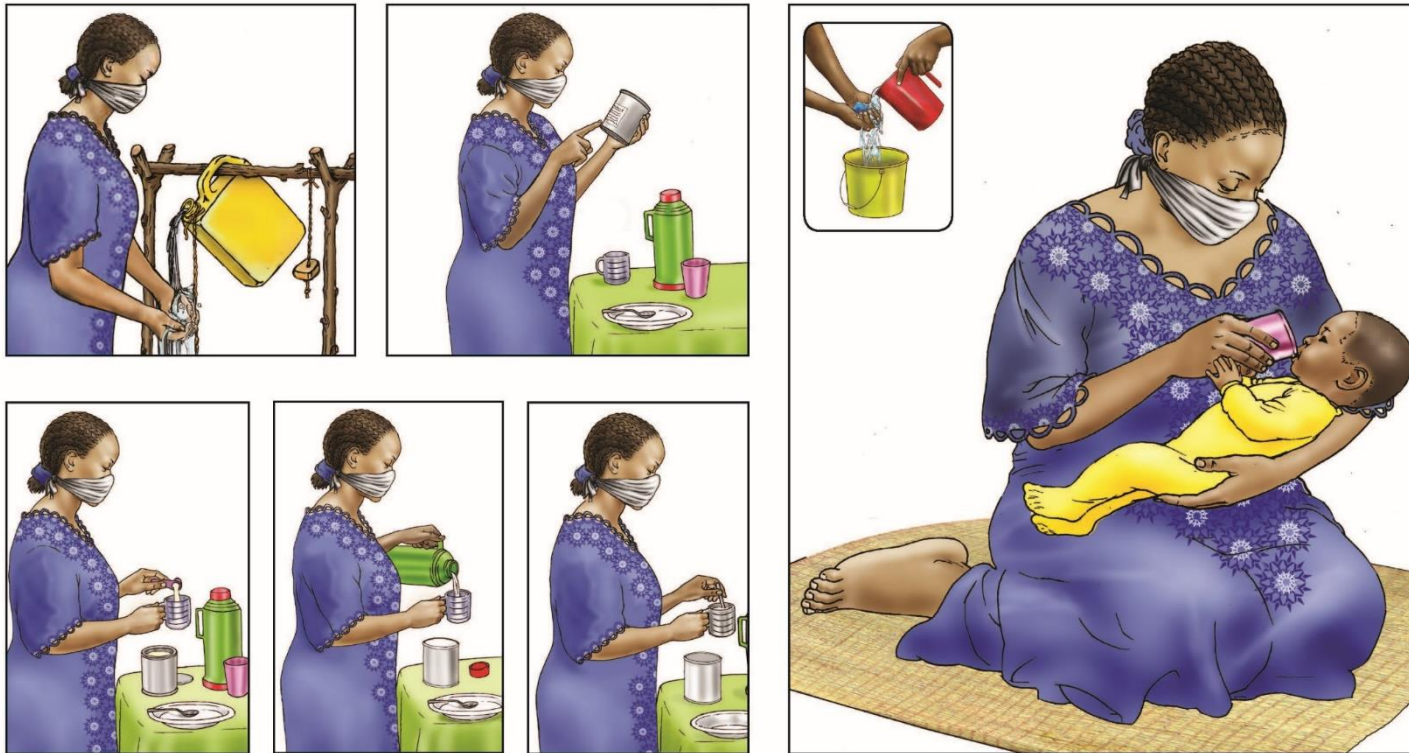
Steps in expressing breast milk:

- Wear a medical mask when available or a cloth face covering while preparing and expressing your milk.
- Wash your hands with soap and clean running water for 20 seconds.
- The cup or container you use to collect breast milk should be clean.
- Get comfortable.
- It is sometimes helpful to gently stroke or massage your breasts. A warm cloth may help stimulate the flow of milk.
- Put your thumb on the breast above the dark area around the nipple (areola) and the other fingers on the underside of the breast behind the areola.
- With your thumb and first two fingers press a little bit in towards chest wall and then press gently towards the dark area (areola).
- Milk may start to flow in drops, or sometimes in fine streams. Collect the milk in the clean container.
- Avoid rubbing the skin, which can cause bruising, or squeezing the nipple, which stops the flow of milk.
- Rotate the thumb and finger positions and press or compress and release all around the areola.
- Express one breast for at least 3 to 5 minutes until the flow slows, then express the other breast, then repeat both sides again (20 to 30 minutes total).

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If you give infant formula while recovering from the virus

Safely mix and feed the infant formula



10. If you give infant formula while recovering from the virus



Safely mix and feed the infant formula:

- Giving infant formula may be recommended as a last resort while a mother is recovering from COVID-19, and until breastfeeding can be established or re-established.
- If you give infant formula while recovering from the virus, it is very important that you safely mix and feed the infant formula

Safely mix the infant formula using these steps:

- Wear a medical mask when available or a cloth face covering when preparing the infant formula.
- Wash your hands with soap and clean running water for 20 seconds before starting to prepare infant formula.
- Clean all surfaces and boil equipment to sanitize.
- Read and follow the instructions that are printed on the tin very carefully. Ask for more explanation if you do not understand.
- Only prepare as much as the baby will need within one hour.
- Carefully measure the amount of clean boiled or treated water to mix with the dry infant formula.
- Carefully measure the amount of dry infant formula required.
- Mix the dry infant formula and water until all the powder is completely dissolved.

How to feed infant formula to your baby:

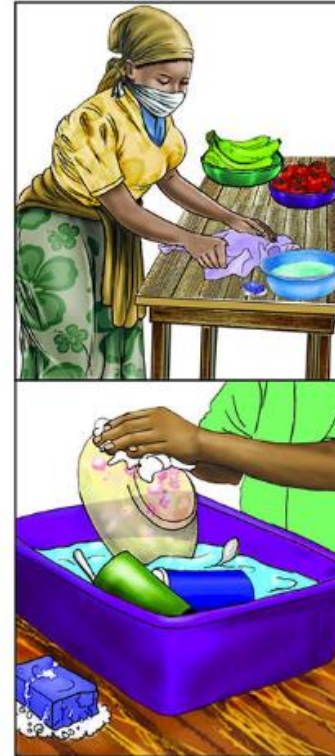
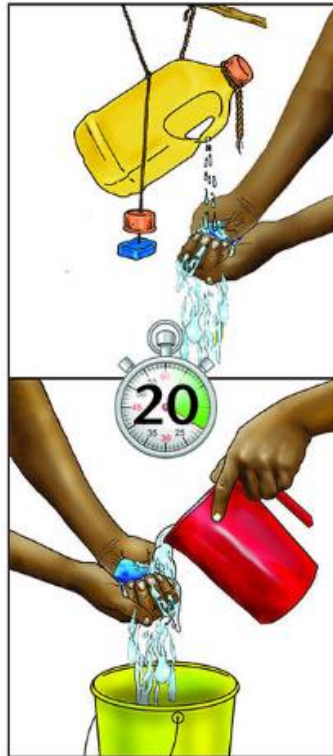
- Wear a medical mask when available or a cloth face covering when feeding the infant formula.
- Wash your hands with soap and clean running water for 20 seconds before starting to feed infant formula.
- Give baby infant formula from a cup that has been cleaned and boiled.

USAID Advancing Nutrition is the Agency's flagship multi-sectoral nutrition project.

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Infant and Young Child Feeding Recommendations When COVID-19 is Suspected or Confirmed



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Focus Areas

Early Childhood Development

Food Systems

Knowledge Management

Monitoring, Evaluation, and Learning

Nutrition and Health Systems

Nutrition in Humanitarian Contexts

Social and Behavior Change

> **Infant and Young Child Feeding Recommendations When COVID-19 is Suspected or Confirmed**

Access PDF, Word and JPG Files



 [Recommended Practices Booklet \(PDF, 1.91 MB\)](#)

 [Recommended Practices Booklet \(DOCX, 2.22 MB\)](#)



 [Counseling Card Package \(High Resolution\) \(PDF, 18.5 MB\)](#)


 [Counseling Card Package \(Low Resolution\) \(PDF, 1.54 MB\)](#)




 [Cover Card \(PDF, 1.24 MB\)](#)

 [Cover Card \(JPG, 751.05 KB\)](#)



 [Actions needed to prevent the spread of COVID-19 \(PDF, 2.23 MB\)](#)


 [Actions needed to prevent the spread of COVID-19 \(JPG, 1.36 MB\)](#)



 [Take precautions during delivery and rooming-in \(PDF, 1.41 MB\)](#)

 [Take precautions during delivery and rooming-in \(JPG, 1.11 MB\)](#)



 [Take precautions when breastfeeding, day and night \(PDF, 1.1 MB\)](#)

 [Take precautions when breastfeeding, day and night \(JPG, 729.51 KB\)](#)

French

Spanish

Portuguese

Russian

Recommandations pour l'Alimentation du Nourrisson et du Jeune Enfant en cas de COVID-19 Suspecté ou Confirmé

Livret sur les pratiques recommandées



Mai 2020

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Recomendaciones para la alimentación del lactante y el niño/niña pequeño cuando se sospecha o confirma COVID-19:

Folleto de prácticas recomendadas



Abril de 2020

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Recomendações para Alimentação Infantil em Caso de Suspeita ou Confirmação da COVID-19:

Pacote de Práticas Recomendadas



Maio de 2020

Рекомендации по кормлению детей грудного и раннего возраста при подозрении или подтверждении наличия COVID-19:



Брошюра о рекомендуемых практиках

Обновлено 15 мая 2020

Recommandations pour l'Alimentation du Nourrisson et du Jeune Enfant



En cas de COVID-19 Suspecté ou Confirmé

Recomendaciones para la alimentación del lactante y del niño/niña pequeño



cuando se sospecha o confirma COVID-19


Recomendações para Alimentação infantil



em Caso de Suspeita ou Confirmação da COVID-19

Using graphics on social media. No counseling cards planned.

Adaptation guide and field test interview guide




Steps for Adapting Graphics and Recommended Practices from Infant and Young Child Feeding Recommendations When COVID-19 Is Suspected or Confirmed

The following steps are recommended for any national team or a partner organization interested in adapting the graphics and recommended practices found in the new counseling package [Infant and Young Child Feeding Recommendations When COVID-19 Is Suspected or Confirmed](#). This package, which contains 10 Counseling Cards and a Recommended Practices booklet, was developed by the United Nations Children's Fund (UNICEF) and USAID Advancing Nutrition, with support from Save the Children and Baby Care Canada on behalf of the Infant Feeding in Emergencies Core Group.

The materials within the new [WASH Health Care Worker \(WASH\) guidance on Infant and Young Child Feeding \(IYCF\)](#) in the context of COVID-19, and they were designed to be translated and adapted for use by national and local program and service providers. To ensure a common and reinforced set of recommended practices during a COVID-19 outbreak, you should consult with government and other stakeholders when adapting the Counseling Cards and Recommended Practices booklet. You can adjust these recommendations to meet local priorities, opportunities, and resources.

- Conduct a technical review of the counseling package [Infant and Young Child Feeding Recommendations When COVID-19 is Suspected or Confirmed](#) (Counseling Cards and Recommended Practices Booklet), available on the [USAID Advancing Nutrition website](#).
- Agree on local adaptations and modifications needed to ensure consistency with country-specific guidelines, policies, programming, and recommended practices. Based on this technical review, make a list of the specific adaptations and modifications needed for the Counseling Cards and the technical modifications needed for the Recommended Practices Booklet.
- Adapt the tone, graphics, and layout of the Counseling Cards.
 - Identify a graphic artist (or artists) who can work with or recreate the Adobe Illustrator (AI) design (PDF) on vector files ensuring the high-quality illustrations, graphics, and design files, and been used in the IYCF counseling guides. These source files can be downloaded from the [USAID Advancing Nutrition website](#).



Field Test Interview Guide: Infant and Young Child Feeding Recommendations When COVID-19 Is Suspected or Confirmed Counseling Cards

Introduction

Introduce yourself and anyone else on the same team. Explain that you are working on materials to a new updated guidelines and recommendations about infant and young child feeding when COVID-19 is in the community. Explain that the group is looking for feedback from community health workers and community members to evaluate the usefulness and the graphics on the counseling cards are understandable, and acceptable to the community and the information on the materials that is needed. If anything is confusing, the group will use the feedback to improve the materials. If the recommended practices are also shared, we would like feedback on the wording to make sure that the written messages are also understood.

Interview/Small Group Discussion Instruction

It is best to work in pairs, so one person can ask the questions and the other can take notes. All questions about the Infant and Young Child Feeding Counseling Cards can be asked in each group. It would be best not to mix the community health workers and community members in the same discussion or interview. In the community, we specifically want feedback from program workers and mothers with infants and children under 2 years of age. It would be good to also get the opinion of fathers, mothers-in-law, and other community members.

At the beginning of an interview or small group discussion, explain that they will be looking at a total of 10 counseling cards plus a booklet, and it should not be longer than 20 to 30 minutes of their time. After getting everyone's permission to proceed, give people time to study all the print-out of each counseling card—one at a time—for their feedback on a community level, or on their own. As you ask questions, make sure about possible misconceptions or suggestions that people have and have any people in the group have a understanding of the illustrations or graphics. Please note the type of person who is conducting the interview, such as health workers, mothers, fathers, etc.

USAID ADVANCING NUTRITION
The Agency's Program to Help Accelerate Global Development
info@advancingnutrition.org

JUNE 2021

Design Files for Generic Package

CAUTION: The download below is very large. Please consider your needs and Internet bandwidth before clicking.

[Download Design Files, \(ZIP, 1.8 GB\)](#)



Fonts



1



6



7



9 to 12 MONTH
BREASTfeed_trans
4x4



9to12comple
ntary_trans



12 to 24
breastfeed
1_trans4x4



12 to 24 Month
Comp feeding
no



12 to 24 Month
Comp feeding



20secondhugs



Adjusted
drawing 1



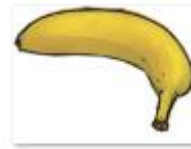
Arrow



Baby- fever-
Malawi



BabysDiarrhea-Ma
lawi



Banana



Bowl 1 CC15



Bowl 3 CC15



Bowl. CARD 14



Bowl3



Bowr card 14 no
2



CARD 14 BOWL 1



complementary
feeding



Convulsions2



Cupboard



Cupboard Blue
cup



Cupboard white
cup



Delivery and
Immediate Skin
to Skin



Delivery 1



Delivery 2



Delivery 3



Delivery 4



Delivery 5



Delivery 6



Delivery 7



Delivery 8



Delivery 9



Welcome to the Infant and Young Child Feeding Image Bank

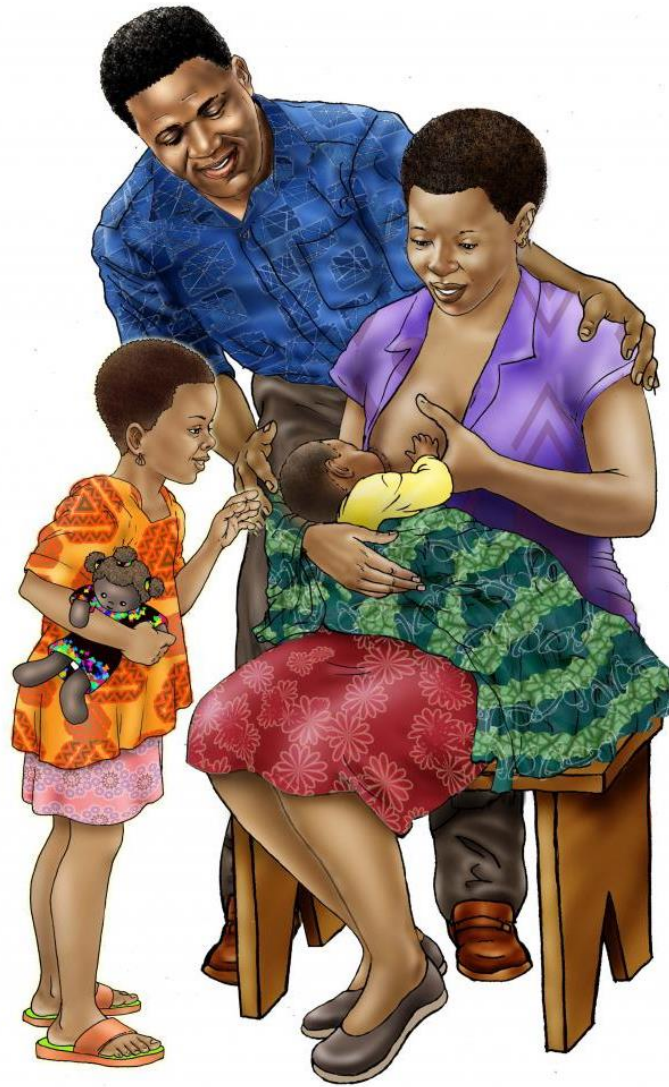
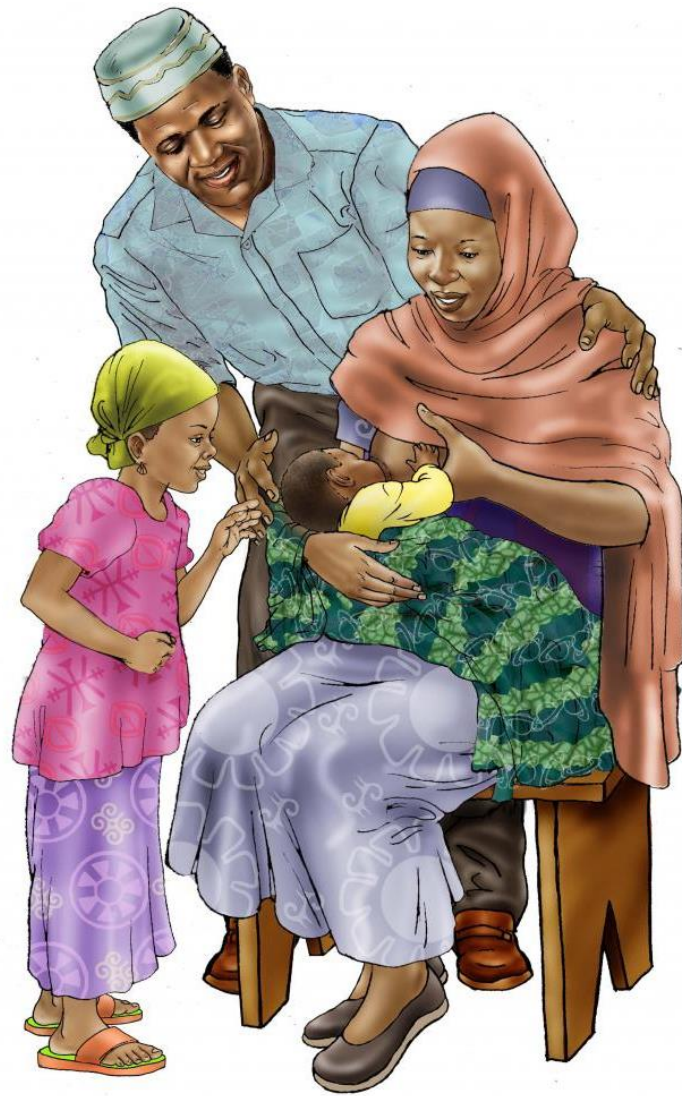
Explore Images Developed Using the Photo-to-Illustration Process

Most Popular Keywords

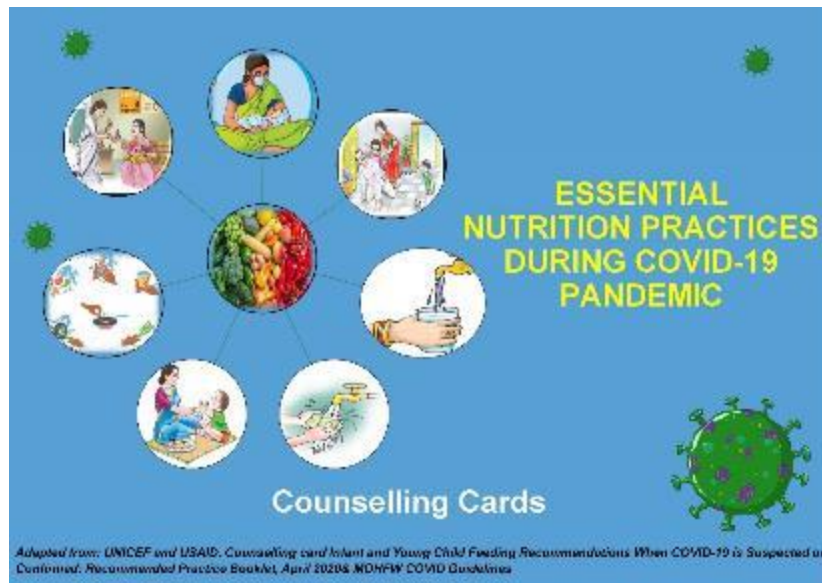
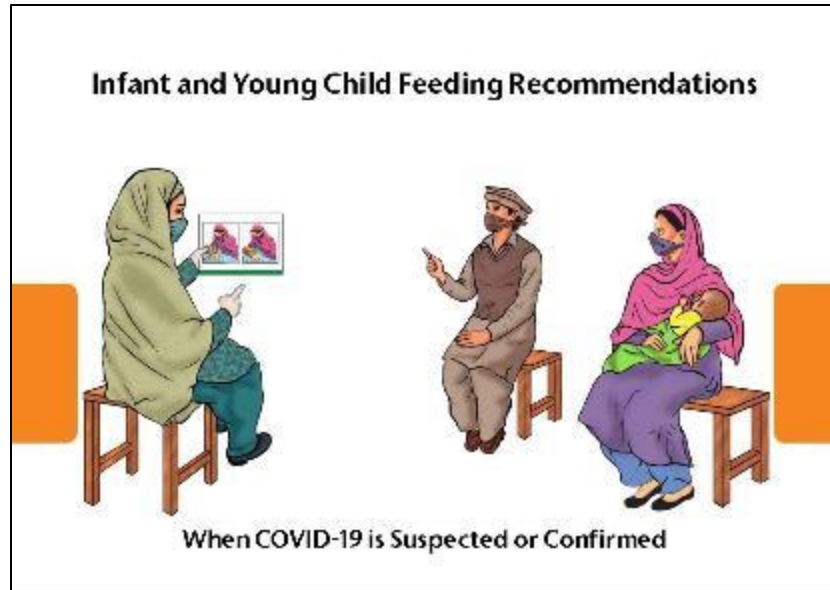
- mother and child
- infant
- breastfeeding
- child
- breastfeeding positions
- mother
- feeding
- sick baby
- woman
- food
- meal
- illness
- cup feeding
- bowl
- father
- complementary feeding
- sitting
- baby
- water



Photo-to-Illustration: Primed for Adaptations



Adaptations: Afghanistan, Indonesia, India, and Syria



- Please **check out the resources:**
<https://www.advancingnutrition.org/what-we-do/social-and-behavior-change/iycf-recommendations-covid-19>
- Please **share your ideas and questions** in the chat!
- Please **share links to other resources** in the chat!
- You can also **email us at:**
info@advancingnutrition.org



Thank you for listening!



Photo: USAID

IYCF-E adaptation experience in the context of COVID-19

Concern Worldwide, Somalia

Emmanuel Barasa- Health and Nutrition Programme Coordinator

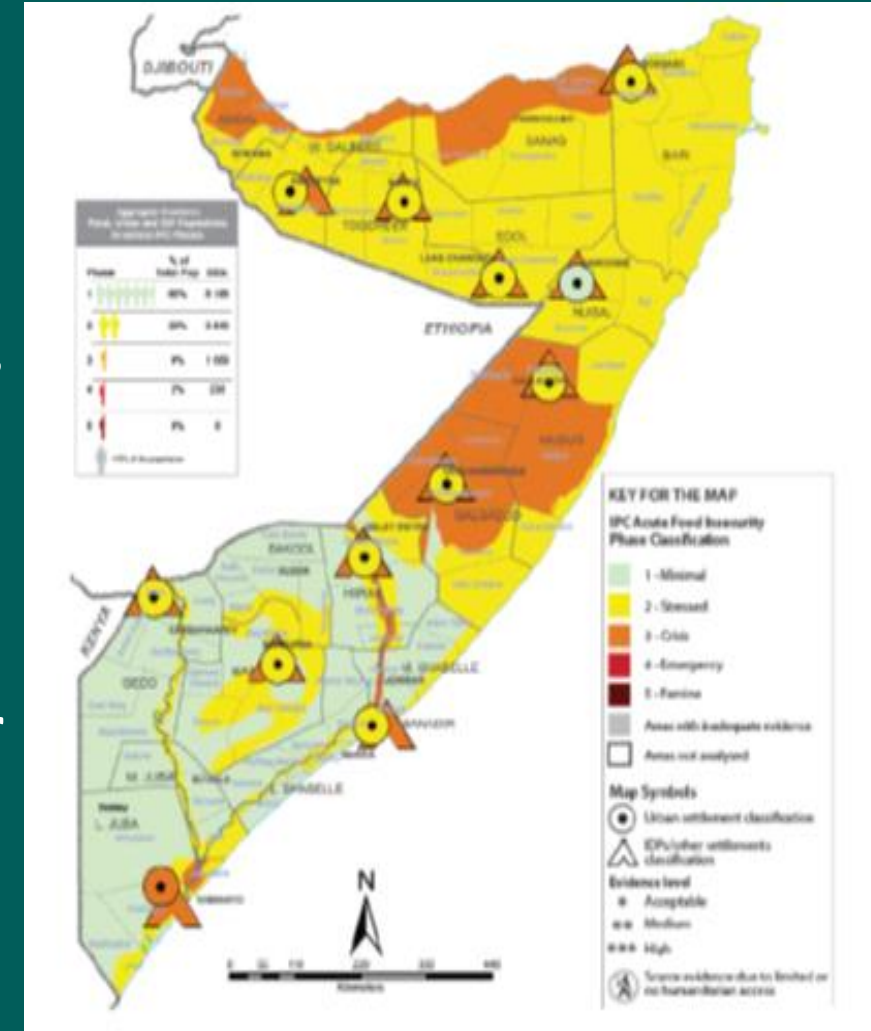
Sahra Ahmed - Infant and Young Child Feeding officer

August 10, 2020

Background of the emergency/humanitarian context/fragile environment

- Somalia is the **2nd** most fragile country in the world
- Since 16 March, the **COVID-19** caseload surged to nearly 3,212
- The **triple threat of the virus, floods and desert locusts** has aggravated Somalia's complex, protracted humanitarian crisis and pre-existing vulnerabilities.
- In 2020, **5.2 million people in need** of humanitarian assistance.
- At least 3.5 million people are projected to fall into Crisis or IPC Phase 3 or higher,
- Around **1 million children projected to be malnourished**.

OCHA, 2020



Somalia IYCF Practices: Background Information (FSNAU, 2016)

Early initiation of breastfeeding	83%	Children 6-23 reported to start breastfeeding within one hour after birth.
Exclusive breastfeeding	33%	Children aged below six months are exclusively breastfed.
Minimum Dietary Diversity	15%	Children aged 6-23 months are given the minimum recommended number of food groups (at least four).
Minimum Acceptable Diet	9%	Children aged 6-23 months consumed the minimum acceptable diet. Rates highest among urban dwellers (12 per cent) and lower among rural dwellers (six per cent) and IDPs (10 per cent).

Pre-COVID IYCF or IYCF-E programming

IYCF activities: facility-level

- **Individual IYCF counseling sessions:** Trained CHWs conduct the IYCF counseling (caregivers of children 0-23 months and PLW), with small relevant and doable IYCF information/message at a time. Frequency: every day
- **Group promotion session:** 15 -20 carers of children attending OTP services. 2 community workers facilitate discussion on IYCF topic of the day. Frequency: Every morning in the OTP days
- **Mother Support group sessions:** 15-25 carers are selected at each centre as support group members. Within 2 months time the members complete recommended IYCF key messages/sessions. Frequency: once a week

Continued

IYCF activities: community-level

- Household counseling visits for selected HHs
- Mother/father support group sessions

IYCF activities: general

- Capacity building of HCWs and CHWs/IYCF workers on IYCF
- M&E, Assessments/Surveys and Knowledge management
- Protection, Promotion and Support for breastfeeding and for the non-breastfed
- Protection, Promotion and Support IYCF-E Preparedness

Challenges brought by COVID 19

Fear, stigma and misconception related to COVID-19

- **Fear of contracting COVID from the HF and health care workers**
- **Myths and misconception around COVID-19 and breastfeeding**
- **Denial on the existence of COVID-19**
- **Stigma associated with wearing of facemasks**

Programme adaptations

- **Triage** at the health facility
- Translation of **WHO/UNICEF key IYCF COVID-19 recommendations/messages**
- **Printing of all IEC materials (IYCF, WASH, IPC)**
- **Training on IYCF in the context of COVID-19** to ensure all staffs were equipped with appropriate knowledge to address the fear and social stigma associated with COVID
- **Incorporating** COVID 19 messaging into all IYCF messaging curriculum to address misconceptions, fear and stigma; both at community and facility level

Challenges brought by COVID 19

Continuity of the services

- **Adjusting sessions/modalities to ensure appropriate IPC measures are being followed**
- **Space challenges**

Continuity of the services

- **Maintaining appropriate handwashing practices at the facility level**

Other

- **Workloads for the IYCF staff** as they have to conduct more sessions per day
- **Increased costs** for procurement of PPE to be able to use when conducting the IYCF sessions
- **Information overload** as COVID 19 messages have been incorporated to the IYCF curriculum guide

Programme adaptations

- **Reduction in the number of participants of the group meetings: Reduced number of support group session**
- **Increased frequency of promotion sessions**

- **Mandatory handwashing at the entry and exit**
- **Assigning 'role model' from the caregivers to monitor handwashing and to promote handwashing at the community**

- **Continuous mentoring and support to the staff**
- **Donor flexibility allowing for modification of activities to reflect adaptations**
- **Prioritizing key messages during sessions**

Enablers in adapting the programme

- **Active involvement** in the clusters and national working groups (member of SAG and IYCF working group)
- **Local contextual knowledge** of the team.
- **Community willingness and acceptance of Concern**
- **Staff commitment and dedication**
- **Donor flexibility and RRF grants** – an opportunity for extra staffing
- **Concern's emergency preparedness and timely response plans and readily available HQ support**

Pre and intra COVID 19 pictures

IYCF counselling-before



Group sessions-before



Training-before



IYCF counselling-after



Group sessions-after Training-after



Lessons learnt from the adaptations and the way forward

- **Mutual support and continuous messaging** to address stigma and misconception is effective
- **Benefits of proper handwashing practices goes beyond** preventing and reducing the spread of COVID-19
- **Role models** to remind/enforce handwashing at the facility and community level
- Importance of complementary **community-based activities and HH visits** to supplement facility based interventions

Communication tools

General

1. **IYCF counseling cards**
2. **Key messages booklet**
3. **Mothers /father Support group curriculum guide**
4. **Dolls and breast models during training sessions**
5. **IYCF register books and report tools**

COVID-19-specific

IYCF work tools/aids

Individual counseling register

COVID 19 adapted counseling cards

Support group register inner

IYCF counseling cards

Key messages booklet

Take home small cards

CONCERN
worldwide

**ENDING
EXTREME POVERTY
WHATEVER
IT TAKES**

IYCF-E adaptation in the Mother Baby Areas of Uganda

*IYCF programming adaptations in the context of
COVID-19 webinar, 10th August 2020*

Lorna Muhirwe – SC Uganda

Introduction

Project:-> ECHO-APEAL Project

Funder:-> European Civil Protection and Humanitarian Aid Operations (European Commission)

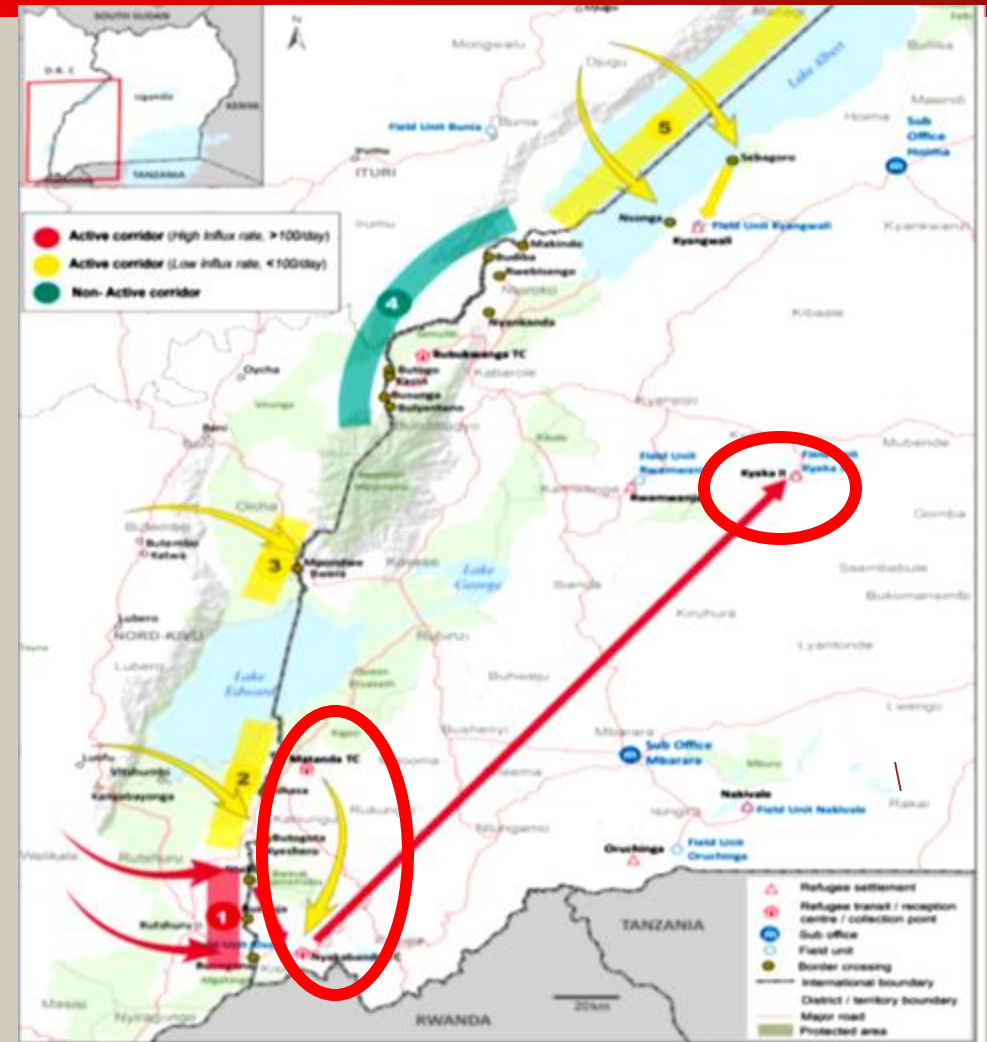
Implementation areas:-> (Nutrition) Kyaka II settlement, Nyakabande and Matanda transit centres

Project duration:-> 1 year - from May 2020

Project targets: 80,000 beneficiaries (refugees and host community members) in Kyangwali and Kyaka II refugee settlements and Matanda and Nyakabande transit centres

Result 3: IYCF in Matanda and Nyakabande transit centres and Kyaka II settlement

Provision of gender-responsive and age appropriate IYCF-E services for refugee and host Pregnant, Lactating Women and children under 2 in Kyaka II settlement, Nyakabande and Matanda transit centres



Mother-Baby Areas

- MBAs offer a safe space for provision of information, counselling, breastfeeding advice, nutrition screening, and other support.
- 6 MBAs supported in ECHO-APEAL targeting pregnant and lactating women and children under two years old over the first 1000-day window.
- In 2019, approx. 8600 female caregivers received information and practical support on IYCF skills for children under 2 years of age.
- Approx. 9000 children under five were screened for malnutrition.
- SC has strengthened the link between nutrition, SGBV, Family Planning services and immunization **through integrated information sessions and referrals** to enhance protection of women and children.



Situation update – COVID 19 Uganda as at 06th August

Approximately 1200 confirmed Ugandan cases to date

Approximately 1,800 confirmed non-Ugandan nationals

UGANDA: 60% of cases imported and 40% locally transmitted.

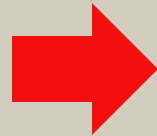
Approximately 284,000 cumulative samples tested to date

COVID-19 Program Adaptations

Disruption/challenge	Intervention affected
<p>Mobility restrictions disrupted PLWs, caregivers and volunteers (decreased attendance at MBAs co-located with HFs)</p> <p>Ban on social gatherings, closure of schools (MBA at CFS closed)</p> <p>Transit centres & services therein closed due to border closures (2 MBAs closed)</p>	<p>Integrated IYCF-E & SGBV sessions in Mother Baby Areas</p>
<p>Countrywide suspension of mass nutrition screening in March</p>	<p>Conduct quarterly mass nutrition screening for U5s</p>
<p>Ban on social gatherings involving more than 10 people</p>	<ul style="list-style-type: none"> • Conduct monthly community dialogues to influence practices • Support food and garden demonstrations • Support lead mothers to conduct nutrition and SGBV education sessions in communities
<p>MOH No-touch policy directive for community volunteers</p>	<p>Support home visits for active case identification</p>

Provision of IYCF-E services in Mother Baby Areas

Objective:
To ensure safe re-opening/continuity of MBAs for IYCF-E service provision

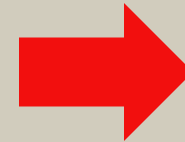


- Split enrolled mother-baby pairs into groups of 15
- Each group allocated a specific day and time in the week to attend the MBA sessions
- Handwashing stations provided at entrances
- Temperature screening on entry (health facility support)
- Social distancing enforced during sessions
- Mothers encouraged to use face coverings during sessions



Provision of IYCF-E services in Mother Baby Areas

Objective: To ensure safe continuity of IYCF sessions in the context of COVID 19



- Training of nutrition counselors and volunteers on IYCF in COVID-19 context
- Print/adapt additional essential messages related to breastfeeding and complementary feeding in COVID-19 context
- Integrate with existing IEC materials/IYCF counselling cards



Infant and Young Child Feeding (IYCF) Recommendations in COVID-19 Context

Guidelines for Health workers

KEY FACTS ABOUT COVID-19 TRANSMISSION

- COVID-19 virus has **NOT** been detected in breastmilk
- COVID-19 is **NOT** transmitted to the foetus/infant through pregnancy, delivery or breastfeeding
- For all infants and young children, breastmilk provides a strong immune system to fight against infectious diseases including COVID-19
- During COVID-19, standard infant feeding guidelines should be followed with appropriate precaution for infection prevention and control



IYCF recommendations in the COVID-19 context

Negative, suspected, probable, or confirmed COVID-19 mother and or child 0-23 months

- Support the mother to initiate breastfeeding within one hour after birth
- Counsel the mother to **ONLY** feed breast milk to her infant for the first six months of age
 - Counsel the mother to initiate complementary feeding at six months of age while continuing breastfeed (i.e. breast milk + adequate, nutritious, safe, and varied foods)
 - Encourage mother to increase the frequency of breastfeeding to increase intake
 - Encourage the mother to feed the child on appropriate complementary foods three or more times a day
 - Provide breastfeeding counseling to the mother
- Provide psycho social support to both the mother and child
- Encourage mothers to continue breastfeeding during and after recovery from COVID-19



Suspected, probable, or confirmed COVID-19 infected mother unable to continue breastfeeding

- Support the mother to express breastmilk and feed the child if she is able to do so
- Support the mother to start replacement feeding with an appropriate breastmilk¹ substitute if the infant is less than 6 months of age and the mother is **NOT** able to express breastmilk
- Counsel the mother to provide ultra-heat treated (UHT) milk and safe, adequate complementary food to all children 6-23 months of age
- Provide psychosocial support to both the mother and child



¹UNICEF/WHO reassessed the use of Ready-to-use infant formula (RUIF)

Infection prevention and control (IPC) and infant and young child feeding

- Encourage the mother to use a medical mask when feeding or near the child if she has respiratory symptoms
- Encourage the mother to wash hands with soap and running water before and after contact with the child
- Counsel mother to regularly clean surfaces and other areas of contact for both mother and child with soap and water
- Counsel mother to regularly wash both the mother and child's clothes with soap and water



13

MAINTAIN RECOMMENDED

INFANT AND YOUNG CHILD FEEDING PRACTICES



EXPLAIN:

0-6 months

FOR CHILDREN AGED 0-6 MONTHS

- Breastfeed your baby within 1 hour after birth. The very first yellow breast milk is very good and safe for the baby. It protects the baby against diseases.
- Give the baby **ONLY** breast milk from birth to six completed months. Do not give other foods and drinks like water or juice. Only medicines/syrups prescribed by a qualified health worker can be given.

6-23 months

FOR CHILDREN AGED 6-23 MONTHS

- Breastmilk should be complemented with a variety of adequate, safe and nutrient-dense foods
- Once you introduce other foods at six completed months, continue to breastfeed the baby up to 23 months and beyond



Nutrition Care and Support in the Context of COVID-19

MODULE 6

Recommendation 4: Suspected, probable, or confirmed COVID-19 infected mother unable to continue direct breastfeeding

- Support mother to express breastmilk
- Start replacement feeding with Ready-to-Use Infant Formula (RUIF) if the infant is less than 6 months of age and mother is unwell to express breast milk
- Provide psychosocial support

Recommendation 3: Confirmed COVID-19 Positive Breastfeeding Baby and Negative Mother

- Isolate the baby and mother away from other COVID patients on the ward if possible in a side room.
- Encourage the mother to continue breastfeeding according to IYCF guidelines
- Full PPE for the mother; risk of infection from the ward

Recommendation 1: Negative, suspected, probable COVID-19 mother and or child 0-23 months of age

- Infants born to mothers with suspected, probable or confirmed COVID-19 infection, should be fed according to standard IYCF guidelines, while applying necessary precautions for IPC.
 - Initiation of breastfeeding within one hour after birth
 - Exclusive breastfeeding (breast milk only) for infants below 6 months of age
 - Appropriate complementary feeding (breast milk plus adequate, nutritious, safe, and varied foods) for children 6-23 months
 - Frequent breastfeeding to increase fluid intake
- Breastfeeding counseling provided to the mother
- Psycho social support provided

Recommendation 2: Confirmed COVID-19 Positive Breastfeeding Mother and Negative Baby

- Infected or affected lactating mothers SHOULD NOT be isolated together with other general patients
 - Enabling environment for breastfeeding
 - To reduce the exposure to the baby
- Mothers should breastfeed according to the recommended IYCF guidelines;
 - IPC applies to limit viral spread to the baby
- Support mothers to hand express their breastmilk and feed the infants using a cup
- Provide psychosocial support

Provision of information on IYCF practices in the context of COVID

Objective: To intensify the integration of messages on COVID-19 using innovative communication channels as part of IYCF service delivery

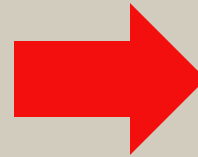
- Training media/journalists on IYCF in COVID context
- Radio talk shows and radio spot messages developed and to be run on 3 radio stations for 3 months
- Talking guides for panelists (health workers, district technical staff)
- Spot messages translated into local dialects (Rutooro, Kifumbira, Kinyabwisha, Kiswahili and Rukiga)



Monitoring nutrition status of vulnerable groups

Objective: To ensure continuity of nutrition screening

- Intensify house to house visits by nutrition volunteers to provide MUAC screening and IYCF counselling
- Procurement of IPC kits for volunteers (masks, gloves and hand sanitiser)
- Nutrition volunteers train lead mothers on MUAC and distribute MUAC tapes



Initial learnings

Cost of adaptations: Additional funding was needed for the COVID-specific related adaptations. These include costs of re-training nutrition officers and volunteers to integrate COVID-19, cascade trainings for mother MUAC, procurement of infection prevention materials for volunteers and media-mediated messaging.

Collaboration with local authorities: Obtaining approvals for trainings, home visits, MBA re-opening from local authorities e.g. settlement commandants and district task forces is critical to minimize further disruption.

High level of adaptability needed due to fluidity of situation: Transit centres now hosting quarantine units for increasing number of asylum seekers entering through porous border points leading to a previously unanticipated need for services.

THANK YOU



Save the Children

Quiz



Technical
Rapid
Response
Team

Q&A



Technical
Rapid
Response
Team

How can I get support?

	Type of supported needed	Provider	Contact
1	I want remote or in-country technical support	Tech RRT or others through the GTAM	GTAM
2	I want to hire a consultant directly	GTAM Consultant Rosters	
3	I want quick technical advice	GNC HelpDesk	

In all cases please go to:
<https://gtam.nutritioncluster.net/>
and click “Request Support”



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Please fill out the webinar evaluation,
it will take less than 5 minutes

Thank you!

For more information contact:

techrrt@InternationalMedicalCorps.org

And we will point you in the right direction
(e.g. towards other presenters)

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