

# IYCF Multi-sectoral Training - Session Plan

<b>Session Title</b>	<b>IYCF Multi-sectoral Training</b>	<b>Expected Duration: 2.5hrs (including one tea break)</b>
<b>Training Methodologies Used</b>	Group work, discussion, game	
<b>Session Aim:</b>	To enable participants to take action to integrate IYCF in their respective sectors as IYCF champions.	
<b>Session Learning Outcomes</b>	<p>By the end of this session participants will be able to:</p> <ul style="list-style-type: none"> <li>• Recognize the importance of IYCF.</li> <li>• Explain the recommended IYCF practices.</li> <li>• Articulate that integration of IYCF in different sectors is crucial due to multisectoral causes of malnutrition.</li> <li>• Identify how you can support IYCF and take action as an IYCF champion.</li> </ul>	
<b>Key Learning Points/Knowledge to Cover</b>	<ul style="list-style-type: none"> <li>• What IYCF is.</li> <li>• What is the importance of IYCF.</li> <li>• Recommended IYCF practices.</li> <li>• Myths and misconceptions on IYCF</li> <li>• Conceptual Framework – Multi-sectoral causes of malnutrition.</li> <li>• Overview of the IYCF Framework.</li> <li>• Role of an IYCF champion in integrating IYCF in their respective sector.</li> <li>• How IYCF champions and other non-nutritionists can advocate for the Framework and take action.</li> </ul>	
Linked modules or context/rationale in which session is to be run:	N/A	

Preparation:	<p>Print out and cut out the 'example of risks' for each group.</p> <p>Print Conceptual Framework for each group.</p>
Handouts used (including pre-reading)	<p>Conceptual Framework on Flip chart for each group.</p> <p>Example of 1 page reminder of the key IYCF points (Annex 6)</p>
Resources required:	Laptop, Projector, Flipchart paper, marker pens, scissors, tape/glue
Supporting information / Latest research / Other references	<p><a href="#">Multi-Sectoral Framework for Action_final version</a></p>

## Introduction

Title	Time	Activities	Learning point / Methodology	Resources	Assessment Opportunities
<b>Interest</b>	10 mins	Ask participants to share which sector they work in and what they know about IYCF. Encourage them to share their experience in IYCF (if any).	Learning Outcomes Training Plan	Slides 1-3	Identify prior knowledge  Check understanding of learning outcomes  Identify additional personal objectives
<b>Need</b>		Establish the need for this training by connecting it with the 'interest'. This training will help them learn about their role and how they can fulfill it.			
<b>Title</b>		IYCF Champions Training			
<b>Range</b>		Share the plan for the training:  This training is a half-day training with one tea break. The training involves discussion, game and group activities.  <b>Follow the training plan on the presentation.</b>			



### Step 4: Equip and design actions

Train multisector partners, equip champions and design action plan

<p><b>Objectives</b></p>	<p>At the end of the session participants will be able to:</p> <ul style="list-style-type: none"> <li>• Recognize the importance of IYCF.</li> <li>• Explain the recommended IYCF practices.</li> <li>• Articulate that integration of IYCF in different sectors is crucial due to multisectoral causes of malnutrition.</li> </ul> <p>Identify how you can support IYCF and take action as an IYCF champion.</p> <p>Identify any additional individual objectives.</p>			
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## Main Body

Title	Time	Activities / Methodology	Key Learning	Resources	Assessment Opportunities
<b>What is IYCF?</b>	5 mins	Discussion. Follow instructions in the presentation.	Participants will be able to define and know the target group for IYCF.	Slide 4	N/A
<b>Why focus on IYCF?</b>	20 mins	Discussion. Follow instructions in the presentation.	Participants will be able to understand importance of IYCF in reducing and preventing childhood illnesses, malnutrition and death.	Slides 5-13	Observe, ask some one to explain the graphs. Expand/correct as appropriate.
<b>Recommended IYCF practices</b>	25 mins	Discussion. Follow instructions in the presentation.  Game for myths and misconceptions. Show each slide with each misconception/myth. Ask the participant's opinion, whether they think it is true or false and ask them to move to the particular side of the room. After all of them have done so, show the answer. Discuss the reasoning behind the answer. You may ask some participants who did not answer correctly that why did they think so.	Know key optimal IYCF practices. Understand the risks of BMS. Know about key legislature, guides and strategies available on IYCF. Dispel some of the myths and misconceptions on IYCF.	Slides 14-23	Observe, see how many correctly identified the myths.
<b>Tea Break</b>	10 mins				



### Step 4: Equip and design actions

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<p><b>What can we do?</b></p>	<p>45 mins</p>	<p>Discussion. Follow instructions in the presentation.</p> <p>Group activity for conceptual framework. Ask participants to divide in groups. Distribute the Causal Pathway flip charts and 'examples of risks' cut-outs to each group. Give instructions for the activity: Two different emergency scenarios will be displayed onscreen, one after the other. Ten minutes will be given for each scenario to the groups, followed by five minutes of discussion among all participants for each scenario. Each group should nominate a person to present. All participants will be able to respond during the discussion time. Each group has to fit the 'examples of risks' cut-outs into the Causal Pathway for each scenario, keeping the following questions in mind:</p> <ul style="list-style-type: none"> <li>• How might this conflict affect the feeding practices?</li> <li>• How might the environment make poor feeding practices more risky?</li> </ul> <p>Display the first scenario. Ask the nominated person from each group to present their work.</p> <p>Ask participants if they would like to add other factors that have not been identified yet.</p> <p>Ask "why" they think that a particular situation affects IYCF and can make poor IYCF practices more risky.</p> <p>Display the second scenario. Ask the nominated person from each group to present their work.</p>	<p>Understand that emergencies increase risks and adversely affect IYCF.</p> <p>Know that integration of IYCF is necessary because malnutrition is not just caused by nutrition factors.</p> <p>Understand key IYCF technical actions</p>	<p>Slides 24-37</p>	<p>Ask questions, answer questions, prompt as needed during activities to allow for critical and in-depth thinking,</p> <p>Follow up with questions on presentations</p>
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		<p>Ask participants if they would like to add other factors that have not been identified yet.</p> <p>Ask “why” they think that a particular situation affects IYCF and can make poor IYCF practices more risky.</p>			
<b>How can we do it?</b>	25 mins	Discussion. Follow instructions in the presentation.	<p>Overview of the Multi-sectoral Framework for Action.</p> <p>Be able to know their role as an IYCF champion and make an action plan to follow.</p> <p>Be able to know how to advocate for IYCF.</p>	Slides 38-49	<p>Ask questions, answer questions, prompt as needed during activities to allow for critical and in-depth thinking,</p> <p>Follow up with questions on presentations.</p>
<b>Recap and Closing</b>	10 mins	Discussion. Follow instructions in the presentation	Recap--Understanding the key training objectives	Slide 36	Ask questions, answer questions as needed.