Example of a timetable for training of Infant and Young Child Feeding Counseling Specialist • Infant and Young Child Feeding Counseling: A training course (The 3 in 1 course)

(an Integrated Course on Breastfeeding, Complementary feeding & Infant Feeding & HIV - Counseling)

Duration: 7 Days

Time	Day1	Day2	Day3	Day4	Day5	Day6	Day7
9 -10.30 AM	Inauguration	- Listening and learning exercises -Preparation for clinical practice I (listening and learning, and assessing breastfeed)	-Expression of breast milk -Preparation of clinical practice II (Building confidence, giving support and checking understanding Positioning baby at the breast)	-Breast conditions -Preparation of clinical Practice III (Taking feeding history)	-Hospital practices and BFHI -Preparation of clinical practice IV (Counseling mothers in different situations and Filling dietary recall form)	-Counseling HIV +ve mothers for feeding options and teaching replacement feeding -Preparation of clinical practice V (Complementary feeding)	-Regulating availability of breastmilk substitutes-IMS Act -Sustaining optimal infant and young child feeding -Practice counseling skills in HIV positive mothers
10.30-11	Tea						
11-12	Local situation of infant and young child feeding	Clinical practice I	Clinical practice II	Clinical practice III	Clinical practice IV	Clinical practice V	Women nutrition, health and fertility
12-1PM	How breastfeeding works						Women and work
1-2	Lunch						
2-3	Assessing a breastfeed	Overview of HIV and infant feeding	-Not enough milk	Breast conditions exercises	Replacement feeding during first 6m by HIV +ve mothers.	Feeding technique and strategies	Assessing practices of participants and their future commitments
3-4	Observing breastfeeding	Complementary feeding -foods to fill the Nutrient gap	Building confidence and giving support exercises	History Practice	Not enough milk, refusal to breastfeed and crying exercises	Feeding during illness and recovery	Presentation of individual plan and Valedictory
4-4.30	Tea						
4.30-5.30	Listening and learning	Building confidence, giving support and checking understanding	Breastfeeding option for HIV +ve mothers	Feeding LBW and sick babies	Quantity variety and frequency of complementary feeding	Increasing breastmilk and relactation	
5.30-6.30	-Why optimal infant and young child feeding	Breastfeeding Positioning	Taking a feeding history	Refusal to breastfeed and crying	Preparation of milk feeds	Counseling practice	
6.30-7	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting	Trainers meeting