



World Breastfeeding Trends Initiative (WBTi)

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, objectives of the workshop

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.

Trainer will also introduce the concept of “fears” 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.

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

Session - 2

The Global Strategy for Infant and Young Child Feeding: a regional Situation

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 and self-explanatory notes can assist you to make a speech along with these slides. PPT print out is available as a soft copy on a CD. It is also downloadable from the www.ibfanasia.org or www.worldbreastfeedingtrends.org. As a trainer, you should prepare

yourself 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

Session Requirements: Computer, LCD Projector, Green book

Session 4

Tracking Assessing and Monitoring of GSIYCF – South Asia experience

The WBTi has been used with success in south Asia. This PPT presentation shares the experience in this region with assessment and its' impact. The self-explanatory notes can assist you to make a speech along with the slides. **Trainer will use the South Asia presentation to share the experience.**

Time: 30 minutes

Session Requirements: Computer, LCD Projector

Session 5

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

Session Requirements: Green Book

Session 6

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: 20 minutes

Session Requirements: Flip Chart, Marker Pen, and FAQ Sheet

Session 7

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. The PowerPoint with

notes (as well as a MS Word document) is available on the CD and 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 8

Understanding the Indicators 1-5

In this session, details about the indicators 1-5 in the questionnaire will be discussed in detail. Trainer will;

- Introduce the quantitative indicators 1-5 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 (Annexure - 4).
- 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

Understanding the indicators 6 – 15 – Briefing for the group work

In this session, briefing about a group work on the indicators 6 – 15 (each indicator) will be done by one of the trainers, who will first discuss in short about the indicators 6-15 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.

Guidelines for Group work for understanding the indicators 6 – 15

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 6,7,8; Group 2 – Indicator 9,10,11; Group 3 – Indicator 12,13,14,15.
- 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.
- This exercise has to be followed for each subset of question.
- Show and discuss about the identified source of information (annexure -4).
- Discuss methods to get desired information – From published/online documents, reports etc, visiting or interview with concerned persons and authorities

Time: 120 minutes

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

Session 10

Presentation of the group work on indicator 6 – 15

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: 60 minutes

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

Session 11

Group work - How to develop recommendations and bridging 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 (formation of the group will remain same as in the session 9) to undertake a mock exercise for filling up of the questionnaire. Each small group will fill up the assigned indicators for 6-15 and mark on it some achievements. The group will also come up with the recommendations to bridge the gaps for the individual indicators.

Time: 60 minutes

Session Requirements: Questionnaire, Identified source of information document

Session 12

Sharing back 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.

Session 13

Utilizing the Information

- 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 WBTi secretariat.
- Discuss briefly the India country assessment report (annexure - 6)
- Also discuss ways to use the WBTi 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: 60 minutes

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

Session 14

What is the Web Action in WBTi?

In this session, one of the trainer will demonstrate how to register & access the WBTi 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

Concluding remarks and discussion

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.

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.