**GROUP # 1**

**FOCUS GROUP DISCUSSION (FGD)**

**Pregnant Women**

**Purpose of the Focus Group Discussion (FDG):**

To identify barriers and opportunities to optimize hygiene and maternal nutrition during pregnancy, the early initiation of breastfeeding, and exclusive breastfeeding during the first 6 months of life. To identify how best to provide advice during the pregnancy to optimize hygiene, nutrition, and IYCF behaviors or practices. To identify topics that might be covered using the Digital Green community videos.

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Starting Time: \_\_\_\_\_\_\_\_\_ Ending Time: \_\_\_\_\_\_\_\_\_\_\_**

**District:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Community/Village:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please fill out and attach the participant register.**

**Name of Facilitator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Note Taker: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Note to the Facilitator:**  **Introduce yourself at the beginning of the session, explain who you work with, why you are here, and introduce everyone on the team who is with you observing, taking notes, taking photographs or helping in anyway.**  **Introduction:** Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am working with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help develop a health program in this district. We are interested in getting your views and learning about your experiences during your pregnancy, and the experience of other women in your community. We would like to ask you some questions about your health and the care you are receiving during your pregnancy. We are interested in better understanding what is happening within the homes in Keonjhar. This should not take more than two hours. Do not worry. There are **NO** right or wrong answers. Your ideas and answers to our questions are very important to us. You are free to join this group discussion, and free to answer or not to answer the questions we are going to ask. You should feel very free to express whatever you are thinking. Your responses are confidential and anonymous. Do you agree to join this group?  **(Introduce the others on the team.)** Do we have your permission to continue? Do we have your permission to take photographs? **(Please note if the group gives permission for taking photographs.)**  **Permission for photographs**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Note to Note-Taker**: Try to capture the major ideas and something about the majority of participants agreeing or not agreeing. Always note the specific question that the facilitator and participants are referring to. If the facilitator asks a question that is not on the guide, note the question as it is asked and try to capture the answers. If you need more space, use the extra paper and note the name of the group and the corresponding number of the question.  **Note to Observer:** You can take notes about the answers also, but focus on the dynamics of the group and how people are reacting to the questions and to the discussion. If you can, make a note about who are the most active participants so that we can follow-up with them. |

1. ***General warm-up question about community health and information about health and nutrition:***
2. What are some of the challenges that mothers in your community have in feeding young children or keeping them healthy?
   1. Probe: Are there times of the year/different seasons that are more difficult to feed children or families in the community
   2. Probe: Can you list some of the problems or issues (access to foods, access to markets, access to health center, access to medicine, hygiene and sanitation)
3. ***Questions about women’s health and nutrition during pregnancy:***
4. What should pregnant women do to remain healthy? (Free listing, brainstorming. Interviewer listens and tries to see if women list nutrition. Write the answers in order they were given.)
   1. Probe: How is she taking care of herself? Nutrition: what types of food she needs to eat? How often? Does she take iron-folate acid supplementation (we will probe more later)?
   2. Probe: Does she think rest, not carrying extra loads, is important?
   3. Probe: Does she go for ANC visits, and if so, how often and who provides the care: ANMs, ASHAs?
5. In a women’s family, who can helps a mother to remain healthy during her pregnancy?
   1. Probe: Which family members (mother in law, husband, sister in law) are helpful?
   2. Probe: How are they helpful - talking, sharing the work, etc.?
   3. Who in your family has helped you during your pregnancy?
6. In your **community**, who helps pregnant women to remain healthy during their pregnancy?
   1. Probe: Do the respondents name individuals such as ASHAS, AAWs, ANMs or others?
   2. Probe: How is this person or these people helpful?
7. Why might nutrition/feeding during pregnancy be important for **your health** and the **health of the new baby**.
   1. Probe: Is there a relationship with good nutrition of pregnant women and future baby’s weight?
   2. Probe: Is there a relationship of good nutrition of pregnant women to decreased likelihood of complications?
   3. Probe: Is there any fear about what you eat during pregnancy? Is there a fear of having a “too large baby” and links to complications?
8. Have you heard of anemia (use the term used in the community), if yes, what have you heard about it?
   1. Probe: Is anemia serious? If so, why?
   2. Probe: What are the symptoms?
   3. Probe: How big is the problem of anemia? Do they know women in their community who are anemic?
   4. Probe: Who has told them about anemia? (ANMs?) and what have they said to them?
9. How do you think women like you can prevent being anemic?
   1. Probe: Do they mention eating green leafy vegetables?
   2. Probe: Does taking IFA help with anemia, and if so, how often do you take it or how often are pregnant women suppose to take IFA?
   3. Probe: For women who reported taking IFA, ask how they feel when they take IFA? (Probe for side effects and coping mechanisms.)
10. When women see the ANM or ASHA during pregnancy, do they talk about other things for remaining healthy?
    1. Probe: Importance of using iodized salt?
    2. Probe: Importance of coming at least a total of 4 times to ANC?
    3. Probe: Importance of delivering at health facility?
    4. Probe: Advice on how to feed the newborn when the baby is born?
11. ***Questions about child health:***
12. What can/should mothers do to keep their newborn children healthy? When you think about the future health of your baby, what do you think you need to do to for him or her to remain healthy?
    1. Probe: Likelihood of breastfeeding within one hour of birth
    2. Probe: likelihood of exclusively breastfeeding. (and if so, up to which month)
13. In your **family**, is there anyone who can help your child to remain healthy? If yes, who is helping you and your child? What do they do to help?
    1. Probe: family members (mother in law, husband, sister-in-law)?
    2. Probe: How: talking, sharing the work, etc.?
14. In your **community**, is there anyone who can help your child to remain healthy? If yes, who is helping and what do they do to help?
    1. Probe: If they do not specifically mention these individuals - ASHAS, AAWs, ANMs, ask them about each.
    2. Probe: How can these people help?

***IV. Nutrition specific questions:***

Introduction/Explanation: Now we are going to talk about food and what to feed young children, please feel free to give as many details as you can.

1. In your opinion, what do women in your community usually feed their new baby, right after birth? (probing for early initiation)
   1. Probe: Listen to the answers and then ask: What about…..?

* Breastfeeding right away after birth?
* Giving colostrum/yellow milk (if so, probe what they think of the colostrum)
* Other liquids
* Other foods (butter/honey, Dahl)

1. In your community, how do women usually feed young children that are less than six months?

* 1. Probe: Listen to the answers and then ask: What about….?
* Breastfeeding only on demand
* Breastfeeding and liquids (tea, water)
* Breastfeeding and cereals

1. In your opinion, when a woman is breastfeeding, how can she take good care of herself? What do you think she needs to do?
   1. Probe: Should she eat different foods than she normally eats (probe for which foods she needs to eat)?
   2. Probe: Are there any foods that should not be eaten by a woman who is breastfeeding?
   3. Probe: Should she eat more, or should she eat less food?
   4. Probe: Does she need to rest more and not carry heavy things?
2. How long should women give their children breastmilk only?
   1. Has anyone told you that you should breastfeed for 6 months? Do you agree with this recommendation?
   2. What do you think are some of the major problems (barriers) that women like you face if they want to **exclusively** breastfeed their children until 6 months of age? “Exclusive breastfeeding” means only giving the baby breast milk, and no water, no teas, no porridge.
   3. Probe for the following list of problems:

* Have to go back to work. Probe: What they do with their children when they go back to work?
* Feeling exhausted. Probe: Is there anyone who can help with the chores?
* Not having enough milk (Although this is not a true reason, there is often a misconception.) Probe: Why do they believe this?
* Thinking they have to give other foods. Probe: Who tells them to give other foods?

***V. Question about the Digital Green videos***

1. Could you tell us about the videos you are watching? What are you seeing in the videos?
2. Which videos do you like the best?
   1. Probe: testimonials or demonstration? Why?
   2. Probe: which topics do they find most interesting? Why?
3. Are there other topics you think people would like to learn about through videos?