**GROUP # 2**

**FOCUS GROUP DISCUSSION (FGD)**

**Breastfeeding Mothers of Children under 6 Months of Age**

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

To identify barriers and opportunities to optimize hygiene, maternal nutrition during lactation, and exclusive breastfeeding during the first 6 months of life. To identify how best to provide information and advice on nutrition during the pregnancy, immediately postpartum and through the first 6 months in order to optimize hygiene 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 after your baby was born, and the experience of other women in your community. We would like to ask you some questions about your health and the health of your baby. 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 women’s health - post partum:***
2. What are some challenges for mothers in your community to keep themselves healthy after pregnancy?
   1. What steps do you take in your life to remain healthy yourself?
   2. Probe: Why does this action/behavior keep you healthy?
   3. Probe: Who do you feel supports you to remain healthy (probe family, community, health worker)

(Free listing, brainstorming. Facilitator/notetaker listens and tries to see if women list nutrition among the actions, and who is mentioned as a support. Write the answers in the order they are given.)

1. ***Child Health:***
2. When you think about the health of babies, what do you think you need to do for them 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: What are some of the woman’s worries related to the health of their babies?
3. 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)
4. In a women’s family, who can helps children to remain healthy?
   1. Probe: Which family members (mother-in-law, husband, sister-in-law) help and how do they help (talking, sharing the work, etc.)?
   2. Who in your family has helped your children remain healthy?
5. In your **community**, who helps children to remain healthy?
   1. Probe: Which individuals (ASHAS, AAWs, ANMs) help and how do they help (give advice, treat, etc)?

***IV Caring for young children under 6 months of age:***

1. Could you please explain what typically happens after a mother gives birth to her baby? Who takes care of the newborn as soon as the baby is born?
   1. Probe: For how long is \_\_\_\_(name)\_\_\_\_taking care of the newborn?
   2. Probe: What may prevent the mother from taking care of her newborn herself?
   3. Probe: What happens in the home or who helps the mother take care of the newborn?
2. In your community, do the new mothers have to go back to work (field work, house work) soon after the baby is born? If so, how soon after the baby is born? How long is a mother away from her baby when she is at work? (Probe, using the following questions if they are not answered spontaneously.)
   1. Probe: In your community, do you see some issues/challenges when mothers need to go back to work? Who takes care of the baby?
   2. Probe: Do older siblings sometimes have to take care of younger children (babies, children <2yrs old), if yes, do you see any problems when children take care of younger children?
   3. Probe: Who feeds the baby when the mother is away and what is the baby fed?

***V. 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, when a woman has questions regarding feeding her baby, whom does she talk to in the community?
   1. Probe: Listen to the answers and then ask: Why do you think women go to these individuals to get help?

* Talk to the anganwadi worker?
* Talk to the ASHA?
* Talk to her mother-in-law?
* Talk to her husband?
* Talk to her mother?
* Talk to a friend?
* Others?

1. In your opinion, what do women in your community usually feed their new baby, right after birth?
   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 who 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. When do women in your community usually start giving other foods than breast milk?
   1. Probe: What types of foods do they give?
   2. Probe: What is the timing?
   3. Probe: What are the reasons for giving other foods?
2. Could anyone share your personal experience with feeding your baby **right after birth** and up to six months?
   1. Probe: When did you start breastfeeding?
   2. Probe: Are you still breastfeeding?
   3. Probe: What other foods or liquids do you currently give your child?
   4. Probe: Why do you give these items?
   5. Probe: Does anyone else want to share?
3. In your opinion, when a woman is breast feeding, what should she do to stay healthy herself?
   1. Probe: Doe she need to eat different foods? Which foods does she need to eat?
   2. Probe: What foods are considered bad (taboo)?
   3. Probe: Should she eat more?
   4. Probe: Does she need to rest more and not carry heavy things? Is this possible?
4. If a very young child who is under six months is **sick**, how do women usually feed the baby?
   1. Probe: Do they breastfeed more often, or give some other liquids, or give some special food?
5. In your opinion, what do you think are some of the major problems (barriers) women like you face when 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.
   1. 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?

***VII. 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?