**GROUP # 4**

**FOCUS GROUP DISCUSSION (FGD)**

**Mother-in-Laws with Grandchildren under 2 years of Age**

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

To identify barriers and opportunities to optimize hygiene, maternal nutrition during pregnancy and breastfeeding, exclusive breastfeeding during the first 6 months of life, continued breastfeeding after 6 months of life, and the appropriate and timely introduction of complementary foods starting at 6 months. To identify how best to provide advice on nutrition and hygiene in order to optimize maternal nutrition and IYCF practices between birth and 2 years of life. 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 daughter-in-law’s pregnancy and during your grandchild’s first 2 years of life, and the experience of other women and children in your community. We would like to ask you some questions about the health of your family and the health of your grandchild. 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. ***Women health:***
4. When you think about **woman’s health**, what do you think women need to 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: In this community, what are some of the major issues women face? (tired, weak, not having enough food?)
	2. Probe: Do pregnant women have specific needs, if yes, which ones?
	3. Probe: Do mothers of young children, breastfeeding mothers, have specific needs, if yes, which ones?
5. Thank you for sharing what you think a woman needs to remain healthy. Now if you think of your **family**, are there people who can help women stay healthy?
	1. Probe: Sister-in-law, husband, mother-in-law? (If these are listed, ask how they can help.)
6. ***Households’ dynamics:***
7. Can you please describe who lives in your family, how many people live under one roof? (Just take a few women to get the conversation going).
	1. Probe: In a family such as yours, who is typically in charge of making decisions about food and household meals?
	2. Probe: who is in charge of the children?
	3. Probe: How are children taken care of?
8. ***Women’s work:***

1. Let’s now talk about your daughter-in-law, can you please describe all the activities/chores she has to do in the family? Let’s use one day as an example, can you describe what your daughter-in-law typically does?
2. Probe: What is the amount of activities and type of activities (cooking, field work, getting water, harvesting)?
3. Probe: What is the time for rest, for taking care of children, with other women besides her mother-in-law?
4. Now let’s discuss when your **daughter-in-law is pregnant** or is **home with a brand new baby**, how do you think her pregnancy/new birth may affect what she does in the house and outside the house?
	1. Probe: Is there any possible change (or not)? Can she do all the work she used to do? If not why?
	2. Probe: If there is a change (she cannot do as much) who helps her with her activities?

1. ***Nutrition:***
2. Can you please describe who cooks in your family and how people eat their meals (together, or men first, then women then the cook)?
	1. Probe: What is the order - who eats first, next, last?
	2. Probe: Who decides who is cooking (does it ever change or is it the same person in the family)?

Are there ever situations when there is not enough food to feed everyone in the family? If so, who typically eats less or does not eat? How often does this happen? Does this occur in some seasons more than others? Does this happen even if the mother/woman/daughter-in-law is pregnant or nursing?

* 1. Probe: Does it happen that sometimes there is no enough food and your daughter-in-law has no food except watery rice (if so, how many times a week)?
	2. Probe: Is it more of a problem for your daughter-in-law at certain times of her life (probe: pregnancy and also when she is breastfeeding)
	3. Probe: Would it be important to think of the food the woman eats during her pregnancy?
	4. Probe: Would it be important to think of the food the woman eats during the time she breastfeeds?
1. Are there certain foods that women can’t or should eat during different times in their pregnancy or if they are nursing?
	1. Probe: Do you believe in the idea that there are cold foods and hot foods?
	2. Probe: Which foods are warm and which foods are cold?
	3. Probe: When should each of the foods be eaten or avoided for women?
2. **Child Health:**
3. If we use the words “exclusive breastfeeding” what does it mean for you?
	1. Probe: What definition can you give for exclusive breastfeeding? (Listen for: timely introduction of breastfeeding- giving the colostrum within one hour of birth; breastfeeding on demand - day and night); only breastfeeding -no liquid, no solid.)
	2. Probe: How long should a mother only gives breast milk? (We have heard that until the 4th month EBF is accepted but by 5th month other foods and liquids are introduced.)
4. In your opinion, when should young children receive other foods than breast milk? When should young children start receiving other foods or liquids than breast milk?
	1. Probe: At how many months?
	2. Probe: Some women give food earlier than six months. Is this common?
	3. Probe: Some women traditionally wait for one year. Is this common?
	4. Probe: What type of food should children receive when we introduce foods?
	5. Probe: How often should young children be fed?
5. 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?
	1. Probe: When mothers go back to work, who takes care of the baby?
	2. Probe: In your community, do you see some issues/challenges when mothers need to go back to work?
	3. Probe: Do older siblings sometimes have to take care of younger children (babies, children <2yrs old), if so do you see some issues when children take care of younger children?
	4. Probe: Who feeds the baby when the mother is away?
	5. Probe: What is fed to the baby when the mother is away?

**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?

1. Which videos do you like the best?
	1. Probe: testimonials or demonstration? Why?
	2. Probe: which topics do they find most interesting? Why?
2. Are there other topics you think people would like to learn about through videos?