**IDI # 2**

**IN-DEPTH INTERVIEW (IDI)**

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

**Purpose of the In-Depth Interview (IDI):**

To identify barriers and opportunities to optimize maternal nutrition during pregnancy and identify how best to provide advice during ANC to optimize IYCF.

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

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

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

**Name of Interviewer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Note to the Inteviewer:**  **Introduce yourself at the beginning of the session, explain who you work with, why you are here, and introduce anyone else on the team who is with you.**  **Introduction:** Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am working with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help develop a health program in this district. We are very interested in learning more about health of young children and women like you who live in this village/community. We would like to ask you a few questions to understand better 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. You should feel very free to express whatever you are thinking.  Do we have your permission to continue? Do we have your permission to take photographs? **(Please note if the individual gives permission for taking photographs.)**  **Permission for photographs**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1. ***Women’s health - post partum:***
2. Can you share with me what you do to remain healthy? What steps do you take in your life to remain healthy yourself?
   1. Probe: Did you go to post partum care?
   2. Probe: Did you eat more food?
   3. Probe: Which foods did you eat after your child was born? Are there foods you could not eat?
   4. Probe: Are there foods that were recommended for you to eat
   5. Probe: Did you rest?
   6. Probe: Did you change your activities and if so, how?
3. ***Child Health:***
4. When you think about the health **your young child (<6months)**, what do you think you need to do for him/her to remain healthy?
   1. Probe: Exclusive breastfeeding
   2. Probe: immunization
   3. Probe: going to Mamata Diwas.
5. Were you or are you currently breastfeeding your child? Did you have any concerns or challenges that made it difficult to breastfeed?

* 1. Probe: Was it difficult at first?
  2. Probe: Did you worry that the child had not enough milk
  3. Probe: Did you wonder if you were making enough milk

1. When you started breastfeeding, was there anyone in your family or community who helped you? And if yes, how did they help you?
   1. Probe: Advice on how to breastfeed
   2. Probe: Advice on food to eat myself
   3. Probe: Influenced you to give other foods and liquids and if so which ones
2. Did you begin breastfeeding right after birth?
   1. Did you feed the baby any other liquids before breastfeeding?
      * Probe: honey, butter, gripe water
3. How long do you intend to breastfeed?
4. Are you currently giving your baby any foods or liquids in addition to breastmilk? If so, what foods, how often and why?
5. Are there any traditions in your community that dictate certain things that you should feed your baby at certain times in their life?

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

1. Did you give birth at home or at a hospital or clinic? Could you please explain what the first one or two days were like after your baby was born?
   1. Probe: Could you stay at the clinic/community health center for a day?
   2. Probe: Who takes care of the newborn as soon as the baby is born? (within that first hour)
   3. Probe: Did anyone help you when you came home?
   4. Were you able to rest or did you have to care for the other children or work right away?
2. When your young child is sick, what do you do in terms of feeding him/her?
   1. Probe: Do you breastfeed more often, or give some other liquids, or give some special food?
3. When you are ill or with a fever, how do you feed your child, do you feed your child any differently?
   1. Probe: Do you continue breastfeeding your child
   2. Probe: You worry about breastfeeding your child but you continue to breastfeed

***VII. Question about the Digital Green videos:***

1. Could you tell me 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?