**IDI # 3**

**IN-DEPTH INTERVIEW (IDI)**

**Breastfeeding Mothers of Children Under 2 years 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 health:***
2. When you think about **your health**, what do you think you 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: What are some of the challenges she faces to remain healthy (lack of access to food, hard work, limited access to health services?
3. In your **family, when you don’t feel well (tired)** , is there anyone who can help you to remain healthy? If yes, who is helping and what do they do to help?
   1. Probe: Can family members help (mother in law, husband, sister in law)?
   2. Probe: How do they help -talking, sharing the work, preparing foods for you, giving you advice, etc.?
4. ***Child Health:***
5. When you think about the health of your child, what do you think you need to do to for him or her to remain healthy?
   1. Probe: Does she take her child for immunization
   2. Probe: give enough food and continue to breastfeed
   3. Probe: Times (how often the child needs to eat)
   4. Probe: Take the child to Mamata Diwas.
   5. Probe: VA supplementations.
   6. Probe: what are some of the woman’s worries regarding child’s health(fever, stomachache, diarrhea, what the child eats if the child is not with her)
6. 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: Can family members help -mother in law, husband, sister in law, other siblings, neighbor?
   2. Probe: How can they help - feeding the child, watching over the child when she is at work

***V. Nutrition specific questions:***

Introduction/Explanation: Now we are going to talk about food and what to feed young children less than 2 years old. Please feel free to give as many details as you can.

1. When you have questions regarding **feeding** your child, who in your family and community do you go to for help or to ask questions to?
   1. Probe: Listen to the answers and 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. What are some instances you can remember that you have asked for advice about feeding your child? what is the advice that has been given to you?
   1. Probe: Did you ask anyone about what types of food to feed the child?
   2. Probe: Did you ask anyone how much you need to feed the child?
   3. Probe: Did you ask anyone how often you need to feed the child?
   4. Probe: Did you ask anyone what to feed the child when the child is sick?
2. At what age did you or will you start feeding your child foods in addition to breast milk?
   1. Probe: Why do you think children need other foods than breast milk
   2. Probe: Do children need still to be breastfed while being fed complementary foods, and if so why?
   3. Probe: What types of other foods/liquids do children need other than breast milk
   4. Probe: What kind of foods are not given to children under 2 years, and why?
   5. Probe: Who is feeding the children?
3. What kind of foods does your child need to eat to grow and be healthy?
   1. Probe: time/frequency: feeding several times a day
   2. Probe: preparing the food with clean water, clean pots
   3. Probe: feeding the child with clean hands
   4. Probe: food thick enough
   5. Probe: more variety than rice and dahl
4. If your child is sick, how do usually feed him/her?
   1. Probe: Breastfeeds more often
   2. Probe: Give some liquids
   3. Probe: Give more solid foods
   4. Probe: Are sick children ever given special drinks or medicine? If so, can you describe those?
5. Could you please tell me what you think of the types of health services provided in your village? Are you familiar with and what do you think of the following services?
   1. VA supplementation campaigns (every six months) and reason for these campaigns. Where do young children >6months get VA supplementation?
   2. ICDS food ratio?
   3. Health and Nutrition Days (what do they think of these days? Do they go? If so, what do they learn from these?
   4. Mothers Day (Mamma Diwas) (what do they think of these days? Do they go? If so, what do they learn from these)?

***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?