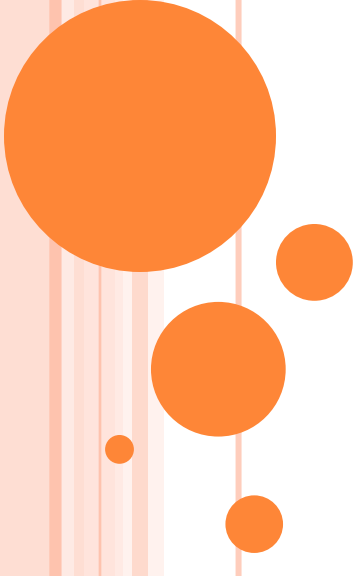


# **ASSESSMENT OF THE KNOWLEDGE AND PRACTICES OF FRONTLINE WORKERS IN EARLY CHILDHOOD NUTRITION :A STUDY IN THE SITAPUR DISTRICT (HPD) OF UTTAR PRADESH**



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## UTTAR PRADESH



| Indicator                                          | Uttar Pradesh | India  |
|----------------------------------------------------|---------------|--------|
| Total Population (In Crore) (Census 2011)          | 19.96         | 121.01 |
| Decadal Growth (%) (Census 2001)                   | 20.09         | 17.64  |
| Crude Birth Rate (SRS 2013)                        | 27.2          | 21.4   |
| Crude Death Rate (SRS 2013)                        | 7.7           | 7      |
| Natural Growth Rate (SRS 2013)                     | 19.5          | 14.4   |
| Infant Mortality Rate ( SRS 2013)                  | 50            | 40     |
| Maternal Mortality Rate (SRS 2010-12)              | 392           | 178    |
| Total Fertility Rate (SRS 2012)                    | 3.3           | 2.4    |
| Sex Ratio (Census 2001)                            | 908           | 940    |
| Child Sex Ratio (Census 2011)                      | 899           | 914    |
| Schedule Caste population (In Crore) (Census 2001) | 3.51          | 16.67  |
| Schedule Tribe population (in crore) (Census 2001) | 0.01          | 8.43   |
| Total Literacy Rate (%) (Census 2011)              | 69.72         | 74.04  |
| Male Literacy Rate (%) (Census 2011)               | 79.24         | 82.14  |
| Female Literacy Rate (%) (Census 2011)             | 59.26         | 65.46  |
|                                                    |               |        |

| Particulars                                      | Required | In position | Shortfall    |
|--------------------------------------------------|----------|-------------|--------------|
| Sub-centre                                       | 31037    | 20521       | <b>10516</b> |
| Primary Health Centre                            | 5172     | 3692        | <b>1480</b>  |
| Community Health Centre                          | 1293     | 515         | <b>778</b>   |
| Health worker (Female)/ANM at Sub Centres & PHCs | 24213    | 22464       | <b>1749</b>  |
| Health Worker (Male) at Sub Centres              | 20521    | 1729        | <b>18792</b> |
| Health Assistant (Female)/LHV at PHCs            | 3692     | 2040        | <b>1652</b>  |
| Health Assistant (Male) at PHCs                  | 3692     | 4518        | <b>*</b>     |
| Doctor at PHCs                                   | 3692     | 2861        | <b>831</b>   |
| Obstetricians & Gynecologists at CHCs            | 515      | 475         | <b>40</b>    |
| Pediatricians at CHCs                            | 515      | 547         | <b>*</b>     |
| Total specialists at CHCs                        | 2060     | 1740        | <b>320</b>   |
| Radiographers at CHCs                            | 515      | 181         | <b>334</b>   |
| Pharmacist at PHCs & CHCs                        | 4207     | 5582        | <b>*</b>     |
| Laboratory Technicians at PHCs & CHCs            | 4207     | 1836        | <b>2371</b>  |
| Nursing Staff at PHCs & CHCs                     | 7297     | 2627        | <b>4670</b>  |



- According to the 2011 census Sitapur district has a population of 5,183,992, roughly equal to the nation of Croatia or the US state of Louisiana. This gives it a ranking of 38th in India (out of a total of 640). The district has a population density of 779 inhabitants per square kilometre (2,020 /sq mi). Its population growth rate over the decade 2001-2011 was 23.62%.
- Sitapur has a sex ratio of 879 females for every 1000 males, and a literacy rate of 63.38%. In 2006 the Ministry of Panchayati Raj named Sitapur one of the country's 250 most backward districts (out of a total of 640). It is one of the 34 districts in Uttar Pradesh currently receiving funds from the Backward Regions Grant Fund Programme (BRGF).



## Geographical/Background Characteristics

|   |                             |           |
|---|-----------------------------|-----------|
| 1 | Population                  | 5,183,992 |
|   | Male                        | 2,575,264 |
|   | Female                      | 2,308,728 |
| 2 | Number of Tehsils           | 07        |
| 3 | Number of Blocks            | 19        |
| 4 | Number of Gram Sabhas       | 1329      |
| 5 | Number of Nyay Panchayats   | 219       |
| 6 | Number of Revenue Villages  | 2348      |
| 7 | Total number of Pradhans    | 1329      |
| 8 | Total number of BDC members | 1526      |



| S.N. | Name of Indicators          | U.P.    |         |              | SITAPUR |         |              |
|------|-----------------------------|---------|---------|--------------|---------|---------|--------------|
|      |                             | 2011-12 | 2012-13 | Data Sources | 2011-12 | 2012-13 | Data Sources |
| 1    | Sex Ratio at Birth          | 904     | 921     | AHS          | 995     | 938     | AHS          |
| 2    | Sex Ratio (0-4 Y)           | 913     | 919     | AHS          | 983     | 982     | AHS          |
| 3    | Sex Ratio All Ages          | 943     | 946     | AHS          | 881     | 882     | AHS          |
| 4    | Infant Mortality Rate (IMR) | 71      | 68      | AHS          | 82      | 80      | AHS          |
| 5    | U5MR                        | 95      | 90      | AHS          | 130     | 114     | AHS          |
| 6    | CBR                         | 25.5    | 24.8    | AHS          | 28.4    | 21.9    | AHS          |
| 7    | CDR                         | 8.6     | 8.3     | AHS          | 9       | 7.5     | AHS          |
| 8    | Unmet Need For Spacing      | 17.2    |         | AHS          |         | 29.4    | AHS          |
|      | Unmet Need For Limiting     | 12      |         | AHS          |         |         | AHS          |
|      | Total                       | 29.7    |         | AHS          |         |         | AHS          |
| 9    | MMR                         | 300     |         | AHS          | 346     | 311     | AHS          |
|      | Institutional Delivery      |         |         |              | 46.9    | 56.1    | AHA          |

- **District Hospital - 01**
- **District Women Hospital -01**
- **NO. of CHCs -18**
- **No. of Sub-Centres- 468**
- **PPC (Post Partum Centres)- 03**



- Number of Anganwadi centres -**4232**
- Neonatal Mortality Rate (2011-12) (AHS, 2011-12) -**57**
- Under five mortality (AHS, 2010-2011) **112**
- Total Fertility Rate (NFHS,3) 4.8
- Estimated number of pregnant women (2010-2011) (service statistics) **1,43,830**
- Estimated number of infants (0-1 yrs.) (2012-2013) (Service statistics)**122222**



# INTRODUCTION

- Uttar Pradesh is a populous state with about eighteen crores among which 13% are under five children.
- Each year, about 380,000 of the state's children die before the age of five years, falling victim to malnutrition, diarrhoea and common childhood illnesses.
- Malnutrition continues to be a silent emergency , with 43% children below the age of 5 being underweight and almost 70% being anaemic. About 22% children are born with low birth weight.
- Lack of adequate information on nutritional needs has been identified as a major factor for the prevailing nutritional situation in the state



- Despite a consecutive annual fund infusion of nearly Rs 3,000 crore towards the Integrated Child Development Services (ICDS) scheme,
- Uttar Pradesh remains among the worst performing states in the area of underweight and malnutrition among children up to 6 years of age.
- About 36% of the total children identified as beneficiaries of the supplementary nutrition programme under ICDS were underweight, with 62,728 falling in the Grade III and IV (severely malnourished categories). The state's figures are also considerably higher than the national average of 28%.



- Ten proven Nutrition Intervention for Implementations are
- (A)Early Initiation of breast feeding within one hour (B)Exclusive breast feeding for six months
- (C)Timely introduction of breast feeding after six months, continued breast feeding for at least two year of age
- (D)Age-appropriate complementary feeding, adequate in terms of quality, quantity, and frequency, for children ages 6–24 months
- (E)Micronutrient supplementation (vitamin A, Iron and Zn



- (F) Safe handling of complementary foods and hygienic complementary feeding practices and fully immunized to the children
- (G) Referral of severely undernourished children specially those come in category of wasted and provide treatment to critical cases in nutrition rehabilitation centres
- (H) Continue feeding during illness, treatment diarrhoea with zinc and ORS
- (I) Improve food and nutrition intake for adolescent girls particularly to prevent to anemia
- (J) Improved food and nutrition intake of pregnant and lactating mothers and prevent them from anemia .



- The frontline government functionaries of the national nutrition supplementation programme in India, play a vital role in promoting infant and young child feeding practices in the community.
- The Anganwadi Worker (AWW), ASHA, ANM are the frontline worker under the NHM who educate the masses on various aspects of health and nutrition especially pregnant and lactating females, adolescent girls & children under six years of age



- The breast feeding practices show a great variation between different communities across the state and further differ between urban and rural areas.
- These practices are largely influenced by the social, cultural, economic factors existing in the society and are further predisposed to the beliefs of the people



- All the frontline workers are educated and trained on basic and essential maternal and child health nutrition needs which equips them with skills & knowledge to early detect high risk cases.
- These front line workers are the backbone of the state and district action plans .
- So it is the utmost priority of the Program managers to focus on the skill development of these front line workers matching the demand of the situation.
- Developing the skills and capacity of frontline workers (FLWs) is a core component of the TSU .



# REVIEW OF LITERATURE

The UP govt has many state/district level campaigns and programs to improve the undesirable health indicators of the state .With over 24,000 front line workers working ,the poor performance of the state indicates the poor knowledge, practices and motivation of the FLWs .

- Prior reports have suggested wide gaps between the knowledge, practices and motivation of FLWs. A huge contrast between the Anganwadi/ASHA Workers' knowledge and their practices has been observed .



- Their inability to empathetically engage with caregivers, disregard for taking the feeding history of children, poor active listening skills and their inability to provide need-based advice are some of the concerns ,the program manager/ trainer should focus on.
- Several reports recommends to ensure enhanced interaction between the Anganwadi Workers, ASHA, ANMs and caregivers on infant and young child feeding practices ,for which a paradigm shift in training is required, making communication processes and counselling skills central to the training .



- Other studies suggest that gap in IYCF practices in community is due to untrained frontline workers .  
**Studies done on Anganwadi workers in Hoogli suggest that though the knowledge of AWW is adequate enough but practices on field are not followed .**
- **Similarly studies on ASHA in Orissa also spells out similar findings . Many differential studies have also been carried out in urban and rural Blocks.**The present study is aimed to assess the Anganwadi Workers, ANM & ASHA's knowledge of early childhood nutrition and their ability to counsel and influence caregivers regarding these practices.



# RATIONALE FOR THE STUDY

The present study is aimed to assess the Anganwadi Workers, ANM & ASHA's knowledge of early childhood nutrition and their ability to counsel and influence caregivers regarding these practices so that accordingly training sessions , refresher trainings can be recommended further to the DPM and further action can be taken to plan out or restructure human resources requirement accordingly .



# RESEARCH QUESTION

What is the knowledge and practices of the frontline workers in early childhood nutrition in TSU Blocks of Sitapur?



- **Research Objective**

- 1 ) To assess the knowledge of front line workers in early childhood nutrition in the TSU Blocks of Sitapur .
- 2 ) To assess the practices adopted by the frontline workers in early childhood nutrition in the TSU Blocks of Sitapur.



## Area of Study:

- The study was conducted in Sitapur district of Uttar Pradesh for three months (February to May). Four TSU Blocks were selected based on the criteria of low performing indicators from the District. The data was collected by visiting VHND sessions, AAA meetings ,Cluster meetings , Block meetings and home visits in these 4 Blocks .
- Primary data was collected from the field through Supportive Supervision Checklist & Semistructured Questionnaire, depth interviews. The checklist& questionnaire included questions related to knowledge & practices of frontline workers regarding early childhood nutrition .



- **Type of Study:** Descriptive cross sectional study was conducted to assess the knowledge and practices of frontline workers regarding early childhood nutrition.
- **Sampling Procedure :** Random sampling was done against the prepared list of the functional and available front line workers of the 4 TSU blocks. Random number was generated to select Flw's. **The sample size targeted 40% of all presently working FLW.**



- **Inclusion Criteria** – All the FLW's who were ready to participate in the study till its complete
- **Exclusion Criteria** – All those who were not available on the day of data collection or questionnaire distribution



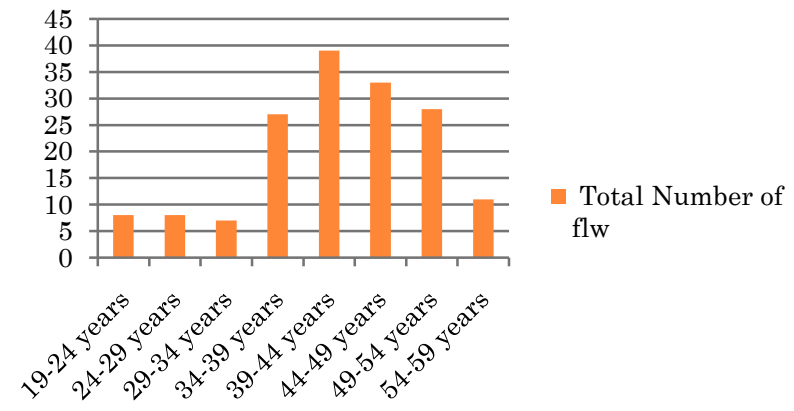
- The research study was conducted in 4 Blocks of Sitapur namely – Behta , Biswa, Khairabad and Mahmoodabad .
- The total number of ANM working in these blocks are 85 ;total no of ASHA working are 583 and AWW are 518 .
- The target sample size set before the study was 40% of all presently working FLW, but due to non availaiblity & time constraints , data from only 15%of Flws was collected in rational scientific manner at VHND sessions, AAA meetings, Cluster meetings and home visits.
- Data has been collected from 161 Flw's as 34ANM( $N_1=85$ );73 ASHA ( $N_2=583$ ); 54 AWW ( $N_3=518$ ).



# AGE DISTRIBUTION OF FLW'S

| age in years       | Total Number of flw |
|--------------------|---------------------|
| 19-24 years        | 8                   |
| 24-29 years        | 8                   |
| 29-34 years        | 7                   |
| 34-39 years        | 27                  |
| <b>39-44 years</b> | <b>39</b>           |
| 44-49 years        | 33                  |
| 49-54 years        | 28                  |
| 54-59 years        | 11                  |

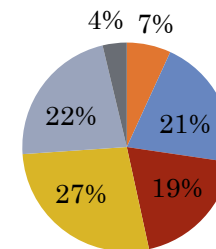
Age Distribution Of  
FLWs



| Acc to education |                  |
|------------------|------------------|
| Education status | Total no of flws |
| no education     | 11               |
| Primary          | 33               |
| Middle           | 31               |
| Secondary        | 44               |
| Graduation       | 36               |
| post graduate    | 6                |

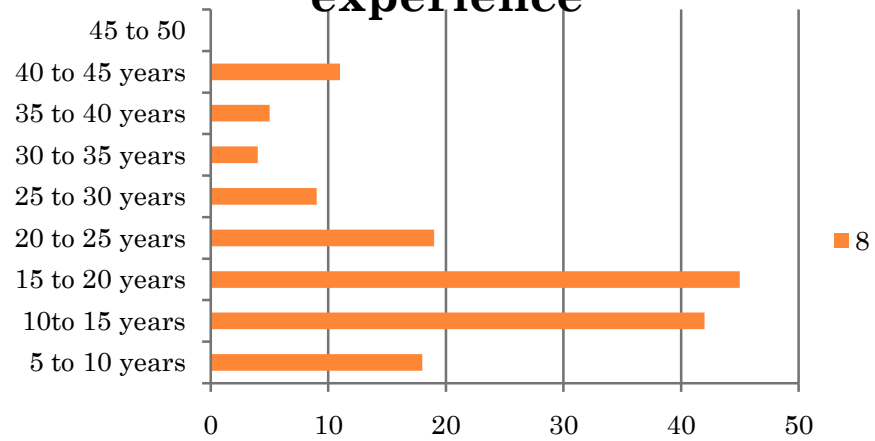
## According to Education

no education
primary
middle  
secondary
graduation
post graduate



| no of years    | no of flws |
|----------------|------------|
| 0 to 5years    | 8          |
| 5 to 10 years  | 18         |
| 10to 15 years  | 42         |
| 15 to 20 years | 45         |
| 20 to 25 years | 19         |
| 25 to 30 years | 9          |
| 30 to 35 years | 4          |
| 35 to 40 years | 5          |
| 40 to 45 years | 11         |
| 45 to 50       | 0          |

## Distribution according to experience



| Knowledge indicators                             | Number of correct responses by flw (n) |
|--------------------------------------------------|----------------------------------------|
| Early Initiation Of Breast Feeding               | 151                                    |
| Prelacteal Feeding                               | 152                                    |
| Colostrum                                        | 161                                    |
| Recognizes Correct Attachment For Breast Feeding | 121                                    |
| Signs Of Right Attachment                        | 131                                    |
| More Areola Visible Above Top Lip                | 112                                    |
| Mouth Wide Open                                  | 128                                    |
| Chin Touching Breast                             | 131                                    |
| Lower Lip Curled Outwards                        | 134                                    |



| <b>Identification Of Reliable Signs</b> |     |
|-----------------------------------------|-----|
| For Milk Insufficiency                  | 144 |
| Poor Weight Gain                        | 146 |
|                                         |     |
| Exclusive Breast Feeding                | 152 |
| Expressing & Storing Breast Milk        | 131 |
| Continuing Breast Feeding               | 152 |
|                                         |     |



|                                                     |            |
|-----------------------------------------------------|------------|
| <b>Complementary Feeding</b>                        | <b>141</b> |
| Age Of Introduction Of Complementary Foods          | 152        |
| Consistency Of Complementary Food                   | 148        |
| Knowledge Of Three Local Iron & Vitamin A Rich Food | 158        |
| Portion Size                                        | 131        |
| Promotion Of Food Diversity :                       |            |
| Grains                                              | 136        |
| Pulses                                              | 140        |
| Fat & Oils                                          | 154        |
| Fruit                                               | 161        |
| Green Vegetables                                    | 161        |
| Poultry & Meat                                      | 153        |
| Milk & Dairy Products                               | 161        |



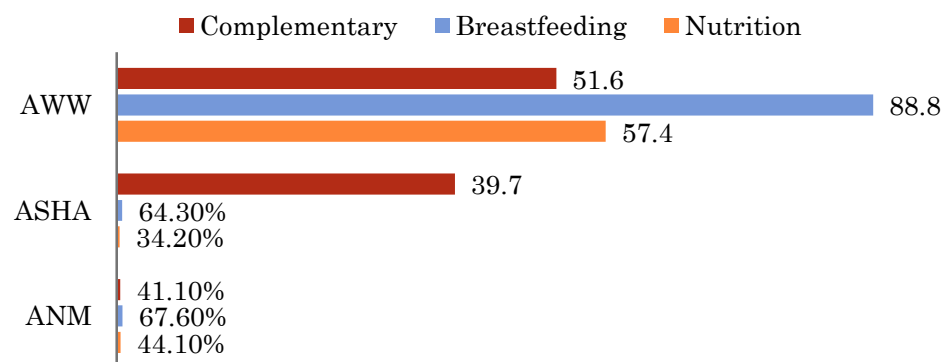
For assessing their practices a checklist was followed during VHND sessions and Home Visits . It was further observed that only 44% OF Flws were correctly Practicing Nutrition section , 73.2% in breast feeding and 44%in Complementary feeding

| Completeness          | TOTAL FLW |
|-----------------------|-----------|
| Nutrition             | 44%       |
| breastfeeding         | 73.2      |
| Complementary feeding | 44%       |



| FLW  | Nutrition | Breastfeeding | Complementary |
|------|-----------|---------------|---------------|
| ANM  | 44.10%    | 67.60%        | 41.10%        |
| ASHA | 34.20%    | 64.30%        | 39.7          |
| AWW  | 57.4      | 88.8          | 51.6          |

## Complete Response by FLWs



| Checkist point | TOTAL FLW |
|----------------|-----------|
| NI             | 76.3      |
| N2             | 88.1      |
| N3             | 81.3      |
| N4             | 88.8      |
| N5             | 82.6      |
| N6             | 93.7      |
| N7             | 85.7      |
| N8             | 75.7      |
| BF1            | 82.6      |
| BF2            | 99.3      |
| BF3            | 82.6      |
| BF4            | 88.8      |
| BF5            | 82.6      |
| BF6            | 93.7      |



| CF1 | 75.7 |
|-----|------|
| CF2 | 86.3 |
| CF3 | 82.6 |
| CF4 | 88.1 |
| CF5 | 82.6 |
| CF6 | 96.8 |
| CF7 | 75.7 |
| CF8 | 88.1 |



# CONCLUSION

- To ensure right IYCF practices among community its is required that the front line workers be trained in early childhood nutrition practices . Constant and regular supportive supervision is needed to guide front line workers through the implementation which UP TSU is focussing on . Capacity Building of front line workers should be a priority for sustainability of implementation of Programs .
- In this study it was observed that though all the front line workers have adequate level of knowledge about IYCF but not all FLWs are practising it correctly on fields causing a gap in implementation ,resulting in higher rates of under 5 mortality in Sitapur



# SUGGESTIONS

- Regular monitoring and supportive supervision to blocks during AAA, Cluster meetings , VHND sessions , Home visits to ensure best efficiency out of front line workers
- Refresher training to non performing and performing FLWs in Batches.
- Analysing service delivery platforms like VHND and home visits to ensure better delivery and outcomes.
- Allocation of Budget for IEC in TSU
- Availability and implementation of IEC among Front line workers
- Regular Updates of VHIR , RCH and Anganwadi registers to ensure coverage and targeted reach out



- - One register for Anganwadi Worker as well so that she is able to focus & give time to Home visits.
  - To ensure motivation and coordination among front line workers ,incentives should be re planned .
  - AAA , Cluster meetings should be monitored exhaustively to know the identify the problems of community .
  - Use of Same criteria( WAZ) for admission of children in NRC from all sources - AWC or hospital
  - Proper referral Mechanism should be established .
  - Initiative like mobile kunji should also be available for Childhood nutrition .



# LIMITATIONS OF THE STUDY

- This Study is limited in 4 blocks of the Sitapur district.
- Time constraints resulted in collection of 15% of data only .



# CHECKLISTS USED IN STUDY

## पोषण पर परामर्श - प्रेक्षक चेकलिस्ट

### ऊपरी आहार पर परामर्श



शिशु का नाम :  
परामर्श की जगह :

शिशु की उम्र (महीने में):  
कार्यकर्त्री:

प्रेक्षक को 'हाँ' या 'नहीं' में चिह्नित (✓) करना है

| ऊपरी आहार (6-23 महीने के शिशु)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | हाँ | नहीं |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 1. क्या कार्यकर्त्री शिशु को पिछले 24 घंटों में खिलाए गए भोजन के बारे में पूछती है और उम्र के अनुसार सही मात्रा में दोस/अर्द्धदोस भोजन देने के बारे में सलाह देती है और करके दिखाती है?                                                                                                                                                                                                                                                                                                                                                                                              |     |      |
| 2. क्या कार्यकर्त्री ज्यादा से ज्यादा दो या तीन बिचवों पर सुझाव देती है और माँ से पूछती है कि उसे सामझ में आता?                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |     |      |
| 3. क्या कार्यकर्त्री योजना और प्रत्येक दिन चार विभिन्न प्रकार के आहार खिलाने पर सलाह देती है, (जैसे - दूध उत्पाद, अण्डा मछली, नारंगी, फल और गहरी हरी पत्तेदार सब्जियाँ, गाढ़ी दाल के साथ-साथ अतिरिक्त एक घमघ तेल) और स्तनपान जारी रखने का सुझाव देती है?                                                                                                                                                                                                                                                                                                                             |     |      |
| 4. क्या कार्यकर्त्री अच्छी मूख बनाए रखने के दो या तीन तरीके याद दिलाती और दिखाती है?<br>- खाना खिलाने समय शिशु से बात करे, उसकी प्रशंसा करे और खिलाने के दौरान शिशु को प्रोत्साहन दें।<br>- शिशु को जबदस्ती खाना नहीं खिलाएँ। शिशु को खुद खाना उठाने और खाने की अनुमति दें।<br>- शिशु को अन्य तरह के पोषक आहार, जो शिशु को परस हों, खिलाएँ।<br>- शिशु को तब खाना खिलाए जब उसे मूख लग रही हो, वह खाने के लिए तैयार हो और उसे नींद न आ रही हो।<br>- शिशु को खाना खिलाने के लिए पूरा समय दें।<br>- शिशु को सिर्फ पेट भरने देने वाले तरल पदार्थ, घानी, बिप्प, जूस, बिस्कुट आदि नहीं दें। |     |      |
| 5. क्या कार्यकर्त्री माताओं को पानी और साबुन को पास में रखना और शौचालय के बाद, शिशु का पखाना साफ साफ करने के बाद तथा भोजन बनाने और उसे शिशु को खिलाने से पहले साबुन से हाथ धोने के बारे में याद दिलाती है ?                                                                                                                                                                                                                                                                                                                                                                          |     |      |
| 6. क्या कार्यकर्त्री एक बीमार शिशु को खिलाने के तीन तरीके याद दिलाती है कि :<br>- कम अंतराल पर और लंबे समय तक दिन और रात स्तनपान करना चाहिए।<br>- कम मात्रा में कम अंतराल पर दोस/अर्द्धदोस भोजन देना चाहिए।<br>- बीमारी से ठीक होने के बाद कम से कम 2 सप्ताह के लिए अधिक भोजन देना चाहिए।                                                                                                                                                                                                                                                                                            |     |      |
| 7. क्या कार्यकर्त्री माताओं की चिंताओं को ध्यान से सुनती है?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |     |      |
| 8. क्या प्रेक्षक ने प्रशंसा की तथा दोस्ताना तरीके से कार्यकर्त्री को अपनी राय दी?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |     |      |

प्रेक्षक का नाम:

प्रेक्षक की स्थिति:

तिथि:

नोट्स:

## पोषण पर परामर्श - प्रेक्षक चेकलिस्ट



### गर्भवती महिला के पोषण पर परामर्श

माँ का नाम :  
परामर्श की जगह :

गर्भावस्था (प्रथम, द्वितीय, तृतीय तिमाही):  
कार्यकर्त्री:

प्रेक्षक को 'हाँ' या 'नहीं' में चिह्नित (✓) करना है

| गर्भवती महिला                                                                                                                                                                                                                                                                         | हाँ | नहीं |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 1. क्या कार्यकर्त्री माँ को उसके भोजन की मात्रा के बारे में पूछती है और उसे याद दिलाती है कि उसे दिन में तीन बार डेढ़ गुना अधिक भोजन करना चाहिए?                                                                                                                                      |     |      |
| 2. क्या कार्यकर्त्री माँ को पूछती है कि उसने पिछले चौबिस घंटे में क्या-क्या खाया और याद दिलाती है कि उसे प्रत्येक दिन कम से कम पाँच प्रकार के खाद्य पदार्थ (जैसे -दूध उत्पाद, अण्डा, मछली, नारंगी फल और गहरी हरी पत्तेदार सब्जियाँ, गाढ़ी दाल के साथ अतिरिक्त एक घमघ तेल) खाने चाहिए? |     |      |
| 3. क्या कार्यकर्त्री माँ को याद दिलाती है कि उसे योजना शाम को खाना खाने के बाद आयसन फॉलिक एसिड की एक गोली खानी चाहिए?                                                                                                                                                                 |     |      |
| 4. क्या कार्यकर्त्री माँ को याद दिलाती है कि जन्म के तुरन्त बाद उसे शिशु को स्तन से लगाना चाहिए और उसे अपने दूध के अतिरिक्त कुछ नहीं देना चाहिए?                                                                                                                                      |     |      |
| 5. क्या कार्यकर्त्री माताओं को शौचालय के बाद, शिशु का पखाना साफ करने के बाद तथा भोजन बनाने और उसे शिशु को खिलाने से पहले साबुन से हाथ धोने के बारे में याद दिलाती है?                                                                                                                 |     |      |
| 6. क्या कार्यकर्त्री गर्भवती महिला को गर्भावस्था के छह महीनों के बाद भारी काम न करे और दिन में कम-से-कम एक घंटा आराम करने के बारे में याद दिलाती है ?                                                                                                                                 |     |      |
| 7. क्या कार्यकर्त्री महिला की चिंताओं को ध्यान से सुनती है?                                                                                                                                                                                                                           |     |      |
| 8. क्या प्रेक्षक ने प्रशंसा की तथा दोस्ताना तरीके से कार्यकर्त्री को अपनी राय दी?                                                                                                                                                                                                     |     |      |



### स्तनपान पर परामर्श

शिशु का नाम :  
परामर्श की जगह :

शिशु की उम्र (महीने में):  
कार्यकर्त्री:

प्रेक्षक को 'हाँ' या 'नहीं' में चिह्नित (✓) करना है

| स्तनपान (0-6 महीने या 0-180 दिन के शिशु)                                                                                                                                                  | हाँ | नहीं |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|------|
| 1. क्या कार्यकर्त्री माँ को 6 महीने तक सिर्फ स्तनपान कराने यापि एक बूँद पानी या ऊपर का दूध भी नहीं देने के लाम (कम संक्रमण और माँ के दूध की आपूर्ति बनाए रखना) के बारे में याद दिलाती है? |     |      |
| 2. क्या कार्यकर्त्री स्तनपान के समय शिशु की अवस्था और उसके स्तन से जुड़ाव देखने के बाद माँ को सहायता देती है?                                                                             |     |      |
| 3. क्या कार्यकर्त्री माँ को याद दिलाती है कि वह दूध की आपूर्ति करे जान सकती है (अच्छी तरह से बढ़ता और सक्रिय शिशु प्रतिदिन 6 बार पैसाव करता है, अच्छी तरह से सोता और खेलता है)?           |     |      |
| 4. क्या कार्यकर्त्री दूध की मसूर मात्रा बनाए रखने के तरीकों के बारे में याद दिलाती है, जैसे कि कम अंतराल पर और लंबे समय तक दिन और रात बात बिना पानी दिए स्तनपान करना?                     |     |      |
| 5. क्या कार्यकर्त्री माताओं की चिंताओं को ध्यान से सुनती है, और बाधाओं और स्तन से सम्बन्धित कठिनाइयों के लिए सलाह देती है (स्तन की सूजन, बुखार, दर्द आदि)?                                |     |      |
| 6. क्या प्रेक्षक ने प्रशंसा की और दोस्ताना तरीके से कार्यकर्त्री को अपनी राय दी?                                                                                                          |     |      |

प्रेक्षक का नाम:

प्रेक्षक की स्थिति:

तिथि:

Thank You

