



No. : 004/4in1/1/AIMI/IX/2015

CERTIFICATE

Certified that

ANNISA NURRACHMAWATI, SKM, M.Kes

has successfully completed the BNPI/IBFAN training course on
**“Infant and Young Child Feeding (IYCF) Counseling : The 4 in 1 Course
 (an Integrated Course on Breastfeeding, Complementary Feeding, Infant
 Feeding & HIV and Growth Monitoring)”** held at
RSIM Sinawajo, Indonesia from 14.09.2015 to 20.09.2015
 and is certified as **Counseling Specialist for
 Infant and Young Child Feeding Counseling**

COURSE COORDINATOR

COURSE DIRECTOR

AIMI

CHAIRWOMAN OF AIMI

Astri Pramardini, dr., IBCLC

Prof (Dr.) K.P. Kushwaha MD. FIAP

Mia Sutanto, SH, LLM

INFANT AND YOUNG CHILD FEEDING COUNSELING: 4 in 1 TRAINING COURSE

Introduction

- Session 1 Why optimal infant and young child feeding?
- Session 2 Local situation of infant and young child feeding
- Session 3 Production and intake of breastmilk
- Session 4 Assessing a breastfeed
- Session 5 Observing a breastfeed
- Session 6 Listening & learning
- Session 7 Listening and learning exercises
- Session 8 Hospital Practices and Baby Friendly Hospital Initiative
- Session 9 Clinical Practice (Listening and learning & Assessing breastfeed)
- Session 10 Positioning baby at the breast
- Session 11 Building confidence, giving support and checking understanding
- Session 12 Building confidence exercises
- Session 13 Clinical Practice (Building confidence and giving support)
Positioning baby at the breast)
- Session 14 Breast conditions
- Session 15 Breast condition exercises
- Session 16 Refusal to breastfeed and crying
- Session 17 Taking a feeding history
- Session 18 History practice
- Session 19 Overview of infant feeding and HIV
- Session 20 Breastmilk feeding options for HIV positive mothers
- Session 21 Replacement feeding in the first six months
- Session 22 Preparation of milk feeds
- Session 23 Counseling HIV positive mothers for feeding options and teaching replacement feeding
- Session 24 Practice counseling skills in HIV positive mothers
- Session 25 Expressing breastmilk
- Session 26 Not enough milk
- Session 27 Refusal to breastfeed, crying and not enough milk exercises
- Session 28 Breastfeeding low birth weight babies and sick babies
- Session 29 Increasing breast milk and relactation
- Session 30 Complementary feeding - foods to fill the nutrient gap
- Session 31 Quantity, variety and frequency of complementary feeds
- Session 32 Counseling practice (BF & CF)
- Session 33 Clinical Practice (Taking a breastfeeding history; expression of breast milk; Counseling mothers in different situations)
- Session 34 Feeding techniques, strategies and Food Hygiene
- Session 35 Clinical Practice (Filling dietary recall form; taking measurements; plotting weight on WHO growth charts; counseling mothers for continued breastfeeding in 2nd year)
- Session 36 Feeding during illness and recovery
- Session 37 Sustaining optimal infant and young child feeding
- Session 38 Clinical Practice (Assessing nutrition by WHO growth charts; counseling For Complementary feeding)
- Session 39 Nutrition of lactating mothers and their health and fertility
- Session 40 Breastfeeding by working mothers
- Session 41 Regulating marketing of breast milk substitutes-Infant Milk Substitute Act and cable TV Act (India) & *International Code of marketing breast milk substitutes*
- Session 42 Infant feeding in emergency situation
- Session 43 Setting up Infant & Young Child Feeding Counseling Centre and their Future Commitments
- Session 44 Growth Monitoring and Measuring
- Session 45 Growth Monitoring by Growth charts
- Session 46 Measuring Growth: Taking Action
- Session 47 Counseling mother with the help of Counseling Flip Chart