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WV India

**Integrating LAM into MNCH in the Pragati
Project,
and the follow-up
Integrated Birth Spacing Project
May 12, 2009**



Background

Ballia Integrated Rural Child Survival (BRICS) Project developed strategies and tools, UP, 1998-2002

Pragati Child Survival Project scaled up BRICS to reach 1.6 M WRA in Ballia, Lalitpur, Moradabad UP, integrating LAM into MNCH, 2004-2007

Integrated Birth Spacing (IBS) Project builds on Pragati, includes LAM in MNCH+FP in blocks in Barabanki, Kanpur slum, Onnau, Sitapur, UP
2007 - 2009

Profile of FP in Ballia

CPR = 19%

Unmet need for FP = 51%

Unmet need is highest among new mothers

**Among women who use a modern method,
59% used tubal ligation**

**Most common reason for non use – desire for
future children**

29% of births were spaced < 2 years apart

Pragati Project

Links to the MOH to provides condoms, COCs, IUDs and male and female tubal ligations

MOH permitted Pragati to introduce SDM and LAM in the project sites.

Pragati - Process

WV gave a two day training on counseling and tools to village health volunteers (VHVs) on SDM, LAM and the 5 MOH methods,

WV trained supervisors in supportive supervision for all methods.

VHVs counsel on all methods and registered expectant mothers in their registers.

VHVs discussed FP with mothers in two prenatal visits, during first post partum week, and three follow up visits in first year.

VHVs discussed the need to chose a follow-up method in fifth to sixth month post partum.

Pragati - Findings

- **All initiated BF within one hour of birth**
- **All LAM users were stay-at-home mothers**
- **Many were first-time users of a modern method**
- **LAM increased confidence in breast feeding skills.**
- **LAM accepted because of ease of use, no cost, no need for refrigeration or heating, no clash with religious beliefs.**

Pragati - Duration of EBF

- **KPC survey found current breastfeeding rates of over 93% for children aged 0 – 11 months and EBF (in the 24 hours preceding the survey) about 60%.**
- **Duration of EBF was not investigated, but is likely about 5 months with a range of 4.5 to 7 months.**

Pragati – 3 requisites for success

- **A cadre of community volunteers trained to identify women in early pregnancy and track them over time to deliver counseling**
- **Registers to track conception, birth cohorts and outcomes, and simple job aids that detail the benefits of each behavior and helped dispel myths**
- **A standard kit of job aids to ensure that messages were consistent across time and place.**

Pragati – registers

- **Volunteers use three color-coded registers to identify and track women in the same months of pregnancy and, subsequently, birth cohorts of infants and their mothers for up to three years.**
- **Registers include a pregnancy register, an infant register, and a family planning register.**
- **Family planning counseling was given in home visits in mid and late pregnancy.**
- **In the first week post partum, mother's information was transferred to the family planning register.**
- **The infant's data were entered in the infant register, where information on its immunizations, feeding, and nutrition were recorded up to eight months of age.**

India



IBS Project – calculating LAM use

- **When the volunteer makes the post partum visit (within a week of delivery), she asks if breastfeeding was indeed initiated in a timely fashion and colostrum given.**
- **She talks about EBF and its advantages.**
- **If EBF is understood and a mother assures she will continue this for 6 months, mother' name is registered in the FP section of the Counseling Register as a LAM user.**

Prenatal messages on LAM

- **at 6/7 month of pregnancy – continue IFA tablets and extra meal, ensure 2TT completed, FP/BS – future childbearing intentions, eligible methods, merits and disadvantages of each, preparing for birth (institutional vs home etc),**
- **at 8/9 month of pregnancy – continue extra meal and IFA tablets, FP/BS counseling as above, preparing for birth, timely initiation of breastfeeding, feeding of colostrums.**

Postnatal messages on LAM

- **Within 1 month of delivery – check on and encourage EBF, or follow up other FP methods**
- **At 5 months, check on EBF, discuss initiation of semisolids and continued BF, feeding during and after an illness, and discuss transition to another method**
- **At 8 months, discuss increase in quantity and variety of semi solids, continued BF, feeding during and after an illness, follow up on selected FP method**

Myths

Training addressed 4 myths:

- **LAM is not a reliable method of FP**
- **Giving only breast milk to the child is not practical**
- **Most mothers do not have enough milk for their child**
- **Infants need other nutritious food to grow well in the first 6 months**

Major Challenges of EBF

Villagers give Honey or liquid called '*Janam Ghutti*' to the child for 3 days before initiating breast feeding.

Villagers think that the colostrum is dirty and should be offered / thrown down to the *Mother Earth*.

Exclusive BF is hard to accept, especially during summer months.

Doctors' advice for a sick child is to give water or other liquids like **Glucose or fruit juices.**

Mother-in-laws need to be convinced about EBF.

Volunteers

Male volunteers discuss EBF only with men.

Female volunteers ensure that mother-in-laws are included in discussions about EBF.

Volunteers

Discuss benefits to mother:

- **Initiation of EBF within half an hour will reduce bleeding**
- **It will help quick removal of placenta**
- **It will help the womb to return to its normal position**
- **It will reduce the risk of breast cancer**
- **It will delay the return of MC**
- **It will be an effective method of BS for 6 months if MC has not returned.**
- **It will reduce unwanted expenses for child feeding.**

Volunteers

Discuss benefits to child:

- **Breast feeding within half an hour of birth will enable the child to get Colostrum**
 - **Colostrum creates immunity for the child against diseases and enhances eye sight**
 - **Child will get needed nutrition**
 - **It will protect the child from feeding infection.**

Volunteers

Additional messages:

- **Give only mother's milk till 6 months of age.**
- **LAM is a natural method to protect from pregnancy for 6 months. No need to take anything else to avoid pregnancy.**
- **Breastfeed baby day and night, according to the baby's need.**
- **No need to worry about running to kitchen and boiling milk for baby.**

