

ANNEXURE 3
DEPARTMENT OF FOODS AND NUTRITION, THE M.S.UNIVERSITY OF BARODA

Interview Schedule for the Anganwadi Workers: IYCF Practices

- i) Name of anganwadi: _____ Date: _____
ii) Name of the anganwadi worker: _____

1 Prelacteal Feeding:

1.1) What should be given to the child immediately after birth (within one hour)?

- | | |
|-------------------|---|
| 1 breast milk | 1 |
| 2 water | 2 |
| 3 prelacteals | 3 |
| 4 top milk | 4 |
| 5 nothing | 5 |
| 6 other (specify) | 6 |

1.2) If prelacteals, then why

- | | |
|------------------------------------------------|---|
| 1 dirt in child's stomach is removed | 1 |
| 2 inculcates <i>sanskar</i> | 2 |
| 3 initially no breast milk and child is hungry | 3 |
| 4 family members told me so (specify) | 4 |
| 5 do not know | 5 |
| 6 others (specify) | 6 |

2 Colostrum Feeding

2.1) Do you think colostrum should be fed to the child immediately after birth?

- | | |
|--------------|---|
| 1 yes | 1 |
| 2 no | 2 |
| 3 don't know | 3 |

2.2) If yes, why

- | | |
|----------------------------------------|---|
| 1 child becomes healthy | 1 |
| 2 colostrum is energy dense/nutritious | 2 |
| 3 improves the immunity | 3 |
| 4 other (specify) | 4 |

2.3) If no, why,

- | | |
|---------------------------|---|
| 1 unhealthy for the child | 1 |
| 2 it is dirty | 2 |
| 3 stale milk | 3 |
| 4 don't know | 4 |
| 5 other (specify) | 5 |

3 Initiation of Breast Feeding

3.1) How long after birth should the child be put to breast? _____ hrs

3.2) Till what age should the child be exclusively breast feed (not even water)? ___ mths

3.3) When a mother feeds her child, she should:
1 empty one breast first before offering the other 1
2 give little milk from both breasts at each feed 2
Give reasons (for 1 or 2):

3.4) When should one begin to give water to the child? ___ mths

4 Complementary Feeding

4.1) From what age (besides top milk) foods should be introduced to the child? ___ mths

4.2) What are the benefits of giving complementary foods to the child at 6 months?

1 child remains healthy 1
2 child becomes playful 2
3 child sleeps well 3
4 child does not fall ill 4
5 don't know 5
6 other (specify) 6

4.3) If food is given after 6 months, then what are the harmful effects of delayed feeding to the child?

4.4) How much food and how often in a day should complementary foods be fed to the child?

Type of food	Amount per serving (std cups)	Number of times

4.5) What do you think is the best way to feed the child?

1 force him/her to eat 1
2 encourage the child to finish up the meal 2
3 feed the child on demand-when he/she asks for food 3
4 give food and leave him/her alone to finish the meal 4
5 don't know 5
6 other (specify) 6

4.6) For a child 1 year old which foods are harmful and why?

4.7) Which foods are good for the child and why?

5 Feeding During and After Illness

5.1) If mother is ill, should she breastfeed her child:

1 same as before 1
2 less than before 2
3 stop's breastfeeding 3

4 the amount child demands	4
Give reason for any of the above	

5.2) If child is ill (cold, fever, diarrhea) then should the mother feed her child:

1 same as before	1
2 less than before	2
3 stop feeding	3
4 the amount child demands	4
Give reasons for any of the above	

5.3) If child is receiving complementary foods, then should the mother feed her child:

1 same as before	1
2 less than before	2
3 stop feeding	3
4 the amount child demands	4
Give reasons for any of the above	

6 Health Seeking Beliefs and Practices

6.1) Why do you think a child falls ill?

1 evil eye	1
2 consumes less food/inappropriate food	2
3 unhygienic conditions	3
4 illness is a normal part of development	4
5 don't know	5
6 any other (specify)	6

6.2) What should be done when a child falls ill?

1 go to the doctor.	1
2 go to the anganwadi worker	2
3 try to get rid of the evil eye/faith healer.	3
4 wait for the child to get well by himself /herself.	4
5 try some home remedies	5
6 refer to older women	6
7 increase amount of food given; gives better food	7
8 other (specify)	8

6.3) What do you think is the cause of malnutrition (thinness or weakness in child)?

1 evil eye	1
2 food deficiency	2
3 illness and infection	3
4 don't know	4
5 other (specify)	5