

UNIQUE ID:

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Determinants of Under-nutrition in Children and Assessment of Management at Different level of Health Care

FOCUS GROUP DISCUSSION
(MOTHER/MIL) (Feeding (0-2yrs))

Institution/Partner Medical College:

State	
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District	
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Date	D	D	-	M	M	-	Y	Y
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Village	
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Commencing Time	Hr		Min	
Concluding Time	Hr		Min	

INSTRUCTIONS TO BE FOLLOWED WHILE CONDUCTING FGD's

1. Selection of the members for FGD- only mothers/only MIL to be included in the discussion.
2. Total members of the group- 8-10
3. The group members should represent different parts /mohallas of village.
4. Site for group discussion should be quiet, free from disturbance
5. They should sit in a circular manner for visibility and audibility.
6. Start with general information to initiate the discussion.
7. Facilitator should ensure everybody's participation in the discussion
8. Total duration of the discussion: 1-1.5 hours
9. Record the entire process

(Please refer to the detailed guidelines before embarking onto any FGD)

**Determinants of Under-nutrition in Children and
Assessment of Management at Different level of Health
Care**

Background information of the participants

	Name	Age	Educational level
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

FGD TOPIC GUIDE

Mother /MIL (0-2 yrs)

FEEDING

- Show photograph of well nourished baby
How does this baby look?
- Show the photograph of undernourished baby
- What is the difference between the two babies?

(Remove the photograph of well nourished child)

- Reasons for this baby being undernourished

FEEDING ADEQUACY

- What is good food for your children?
What foods are preferentially given and why
What foods are not given/ avoided and why
- How do you come to know child is hungry?
- How do you come to know that child is full stomach?
- How many times child should be feed and why?
- How do you know what he wants to eat?
- What special food(s) do you cook for your children and why?
- Is any modification done in food that the family usually eats for feeding it to the child?
If yes- What modification is done?
- Any feeding other than the usual family food (specify food like biscuits toffees, fruits)
If yes frequency (daily, weekly)
Why it is done

Sick child

What foods are preferentially given to child when child is sick and why?
What foods are not given/ avoided when child is sick and why

- How many times child should be feed during illness and why?
- If the child doesn't have an appetite, what do you do
- What special foods do you prepare for the child when ill and why?
- How do the usual feeding practices change during illness (quantity decrease, avoiding food, food modification, withholding of food)
- After recovery from illness-
When does the feeding practice revert to normal feeding
Are any additional foods given during recovery
Is there any Change in content of food
What are the beliefs concerning need for additional food intake during recovery from illness

BREAST FEEDING

- What is the benefit of breast feeding?
- What harm may occur to a child if breast feeding is not given
- What do you do when your child is sick, with regard to breast feeding?

WEANING/COMPLEMENTRY

- Explain how mothers start giving semi solid and semi liquid feeds to children apart from mother's milk ?It is usually at what age
- What is usually given as the first food to the child? (Any ceremonies associated with it?)
- How you /your family were made aware of introduction of these foods to the child? (Who all give you advice? Which advice did you follow? Why?)
- Has the mother's daily routine been affected when the child started to eat foods (other than breast milk)
- How do you know when to increase quantity of food being fed to the child? How do you increase the child's food intake (note: increased frequency/increased quantity but same frequency/ or both)

COMMERCIAL FOOD

- Does the child receive any food not cooked at home (list them) (probe for quantity and frequency)
- Is the food replacing the home food on regular basis?
- What effect do you think these non home-cooked foods have on the child (Probe for side effect/positive effect?)

THRIVING

- How do usually mothers know that the child is not growing well
- What all do the parents do when the child is not growing well

Show photograph of well-nourished baby

- Suggestions for improving health of undernourished baby to healthy child