

# PART 4: TRAINING RESOURCE LIST

The training resource list is the fourth of four parts contained in this module. It provides a comprehensive list of reference material relevant to this module including guidelines, training courses and reference manuals. Part 4 provides background documents for trainers who are preparing training material.

### What can you expect to find here?

1. An inventory of existing guidelines and manuals listed alphabetically by agency name with details about their availability.
2. A list of known training resources listed alphabetically by agency name with details about:
  - Overall content
  - Intended use
  - Target audience
  - Length of time the course session has been designed for

#### Note:

An online resource library of materials relevant to IYCF-E was developed by the IFE Core Group and housed at the Emergency Nutrition Network (ENN). Many of the resources listed here (and more) can be accessed at [www.enonline.net/resources](http://www.enonline.net/resources) or at [www.enonline.net/ife](http://www.enonline.net/ife)

The ENN online forum en-net ([www.en-net.org.uk](http://www.en-net.org.uk)) is a technical forum for practitioners to ask challenging questions to peers and technical moderators (field experts). A thematic area is dedicated to infant and young child feeding interventions.

### Policies and Strategies

#### 1. ICDC/ IBFAN (2006). Making sense of the Code: training materials. Penang: ICDC/IBFAN.

A do-it-yourself three-day training package on the Code (see earlier) developed by drawing on extensive experience of the International Code Documentation Centre (ICDC), the International Baby Food Action Network (IBFAN) and UNICEF. It explains the Code's background, importance and scope as well as details on specific Code provisions. There are two modules on the role of the Code in protection of optimal infant feeding practices in the context of HIV/AIDS and emergencies. For those who are keen to create Code awareness and understanding in their countries, and for those who want to make Code monitoring and implementation an integral part of their advocacy and programming, for example, government ministries, NGOs and health professionals

Availability: Trainer's guide, teaching modules, teaching charts, and CD-ROM.

Contact: ICDC, P.O. Box 19, 10700 Penang, Malaysia. Fax: +60-4-890 7291, e-mail: [ibfanpg@tm.net.my](mailto:ibfanpg@tm.net.my) or IBFAN-GIFA, Avenue de la Paix 11, 1202 Geneva, Switzerland. Fax: +41 22 798 44 43, e-mail: [info@gifa.org](mailto:info@gifa.org)

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2. **IFE Core Group\* (2007). Operational Guidance for Emergency Relief Staff and Programme Managers on Infant and Young Child Feeding in Emergencies (referred to as 'the Operational Guidance on IFE') Version 2.1.**

**Oxford: IFE. and addendum 2010**

This essential guidance provides concise, practical, but mainly non-technical, guidance on how to ensure appropriate infant and young child feeding in emergencies. It is a 'living' document and is updated as new evidence emerges and policies change. It has informed the technical notes of Module 17, Module 1 IYCF-E Orientation Package (see later) and the Sphere IYCF Standards (2011). It was endorsed in a WHA Resolution (23.23) in 2010. An addendum was produced in 2010 to update content regarding breastmilk substitute procurement.

Target group: All response personnel, including nutrition and health workers, logisticians and programme managers to policy makers, at headquarters/field level.

Availability: Downloadable pdf version in English, French, Arabic, Bahasa, Bangla, Japanese, Portuguese, Russian, Spanish, Chinese, Complex Chinese, Italian, Kiswahili <http://www.ennonline.net/resources/6> Addendum (2010) in English at

<http://www.ennonline.net/pool/files/ife/insert-operational-guidance-6-3-2-addendum-2010-final.pdf>

Print copies in French and English available from the ENN.

Contact: ENN, 32 Leopold Street, Oxford, OX4 1TW, UK. Tel: +44 (0)1865 324996 e-mail: [office@ennonline.net](mailto:office@ennonline.net)

3. **IFE Core Group (2007). Generic Infant and Young Child Feeding in Emergencies Policy. Oxford: IFE.**

This is an example of an IYCF-E policy based on the Operational Guidance on IYCF-E (2007) to inform agency policy development.

Availability: Downloadable pdf version in English

Contact: [www.ennonline.net/ife](http://www.ennonline.net/ife)

4. **IFE Core Group (2008). Generic Infant and Young Child Feeding in Emergencies Joint Statement. Oxford: IFE.**

A model joint statement on IFE produced by participants at a regional IYCF-E workshop (IFE Core Group/UNICEF/Global Nutrition Cluster) in Bali in March 2008. It was developed in the interest of emergency preparedness.

Availability: Downloadable word version in English

Contact: [www.ennonline.net/ife](http://www.ennonline.net/ife)

5. **The Sphere Project (2011). Sphere Handbook 2011. New York: The Sphere Project.**

The Sphere Project is an initiative to define and uphold the standards by which the global community responds to the plight of people affected by disasters, principally through a set of guidelines that are set out in the Humanitarian Charter and Minimum Standards in Disaster Response (commonly referred to as the Sphere Handbook). Sphere is based on two core beliefs: first, that those affected by disaster or conflict have a right to life with dignity and therefore a right to protection and assistance, and second, that all possible steps should be taken to alleviate human suffering arising out of disaster and conflict. Sphere is three things: a handbook, a broad process of collaboration, and an expression of commitment to quality and accountability.

Availability: Downloadable pdf in English, French, Spanish, Arabic, Russian

Contact: <http://www.sphereproject.org>

6. **UNICEF (2005). Innocenti Declaration 2005 on Infant and Young Child Feeding. New York: UNICEF.**

A call for action following 15 years since the Innocenti Declaration on the Protection, Promotion and Support of Breastfeeding and the 2002 Global Strategy for Infant and Young Child Feeding and in order to meet the Millennium Development Goals by 2015. It highlights issues for governments, manufacturers and distributors of products within the scope of the Code, multilateral and bilateral organizations, international financial institutions, and NGOs.

Availability: Downloadable pdf in English, French, Spanish, Arabic, Chinese, Russian

Contact: [www.innocenti15.net/declaration.htm](http://www.innocenti15.net/declaration.htm)

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\* IFE Core Group: UNICEF, UNHCR, WHO, WFP, IBFAN-GIFA, CARE USA, SC UK, SC US, ACF and ENN. Associates: Fondation Terre des hommes, Karleen Gribble, Ali Maclaine.

7. **UNHCR (2006). Policy of the UNHCR on the acceptance, distribution and use of milk products in refugee settings. Geneva: UNHCR.**  
Policy to assist and guide the use of milk products in refugee settings. This revised edition was produced in collaboration with the Emergency Nutrition Network, the IFE Core Group and the Institute of Child Health. It built on the WHO policy on safe and appropriate infant and young child feeding (supported by UNHCR), and the Operational Guidance on IYCF-E v2.0.  
Note: This policy requires updating to reflect Operational Guidance on IYCF-E, v2.1 (2007)  
Availability: Downloadable pdf version in English and French.  
Contact: [www.unhcr.org](http://www.unhcr.org) or [www.enonline.net/ife](http://www.enonline.net/ife)
8. **WHO (2004). Guiding principles for feeding infants and young children during emergencies. Geneva: WHO.**  
Sets out the 10 guiding principles on feeding of infants and young children during emergencies to prevent excess morbidity and mortality in emergencies and their basis, such as clarifying optimal practices for feeding infants and young children, informing decision makers about key interventions and providing a starting point for more sustained interventions. The operational guidance assists with the practical application of the guiding principles and contains updates on IYCF-E practice since 2004.  
Available: Downloadable pdf version in English  
Contact: [www.who.int](http://www.who.int)
9. **WHO (2003). WHO/UNICEF Global strategy on infant and young child feeding, 2002. Geneva: WHO.**  
This publication sets out the challenges in improving infant and young child feeding practices, and the types of interventions governments and other stakeholders will need to undertake in order to achieve the objectives, and the obligations and responsibilities of governments and other interested parties.  
Availability: Downloadable pdf in English, French, Spanish, Arabic, Chinese, Russian  
Contact: [http://www.who.int/nutrition/topics/global\\_strategy/en/index.html](http://www.who.int/nutrition/topics/global_strategy/en/index.html)
10. **WHO (2007). Planning guide for national implementation of the global strategy for infant and young child feeding. Geneva: WHO**  
The purpose of this Planning Guide for national implementation is to help translate the aim, objectives and operational targets of the Global Strategy for Infant and Young Child Feeding into concrete, focused national strategy, policy and action plans. The guide is written for programme managers in governments and their partners, primarily those working in maternal and child health and nutrition. It proposes a step-wise process to develop a country-specific strategy, with plans to be implemented in support of appropriate infant and young child feeding, especially in the first two years of life.  
Availability: English as pdf and in print  
Contact: [http://www.who.int/nutrition/topics/global\\_strategy/en/index.html](http://www.who.int/nutrition/topics/global_strategy/en/index.html)
11. **WHO (1981). The International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly Resolutions (The Code). Geneva: WHO.**  
The International Code of Marketing of Breast-milk Substitutes 1981 and subsequent World Health Assembly (WHA) resolutions are known as 'the Code'. The aim of the Code is to contribute to the provision of safe and adequate nutrition for infants, by the protection and promotion of breastfeeding, and by ensuring the proper use of breastmilk substitutes, when these are necessary, on the basis of adequate information and through appropriate marketing and distribution. In order to do this it has provisions for governments, the health care system and health workers, the general public and mothers, and manufacturers and distributors of products covered by the Code. The Code is the minimum requirement (WHA34.22). Everyone should be aware of the Code and is responsible to ensure that it is not violated.  
Availability: Full Code and relevant WHA resolutions in downloadable pdf versions  
Contact: [www.ibfan.org](http://www.ibfan.org) and [www.who.int](http://www.who.int)
12. **WHO (2008) The International Code of Marketing of Breast Milk Substitutes Frequently Asked Questions. WHO: Geneva**  
The purpose of this document is to provide easy-to-read detailed information on specific questions related to the Code. It is intended for policy-makers and others concerned with the Code, as well as the general public.  
Availability: Downloadable pdf version in English  
Contact: [http://www.who.int/child\\_adolescent\\_health/documents/9241594292/en/index.html](http://www.who.int/child_adolescent_health/documents/9241594292/en/index.html)

## Advocacy

1. **IBFAN-Wemos (2001). Infant feeding in emergencies. Do you know that your generous donations of breastmilk substitutes could do more harm than good? 2nd ed. Panang: IBFAN.**

Availability: Downloadable pdf version in English

Contact: [www.ibfan.org](http://www.ibfan.org)

2. **IBFAN (2002). Protecting Infant Health. A Health Workers' Guide to the International Code of Marketing of Breastfeeding Substitutes, 10th ed. Geneva: IBFAN.**

This contains a copy of the 1981 Code and other resolutions, has information on the background to the Code, examination of some important provisions of the Code, information for health workers on how to make the Code work and how to support breastfeeding. It contains black and white photographs, examples of marketing and cartoons. While it is for health workers (of any country), many others interested in the Code often find its style of writing very accessible.

Availability: Downloadable. <http://www.ibfan.org/>

Contact: IBFAN-ICDC International Code Documentation Centre, Penang, Malaysia at [ibfanpg@tm.net.my](mailto:ibfanpg@tm.net.my) or IBFAN Europe c/o GIFA, Geneva, Switzerland at [info@gifa.org](mailto:info@gifa.org) or IBFAN Regional Offices or WHO Child and Adolescent Health and Development (CAHD) Department, Geneva, Switzerland [vallenasc@who.ch](mailto:vallenasc@who.ch)

3. **ICDC (2009). Focus on the Code and infant feeding in emergencies.**

Produced by the International Code Documentation Centre in Penang, a specially themed issue of their publication 'Focus', looked at specific issues related to the International Code of Marketing of Breastmilk Substitutes and subsequent relevant World Health Assembly resolutions in the context of infant feeding in emergencies.

Availability: English, Spanish, Portuguese, French, Arabic, Italian

Contact: [http://www.ibfan.org/code\\_watch-focus-emergencies.html](http://www.ibfan.org/code_watch-focus-emergencies.html) and <http://www.enonline.net/resources>

4. **IFE Core Group (2007). Guide for the general public. Oxford: IFE.**

A guide to help the general public understand their important role in protecting and supporting infants and young children caught up in crises worldwide. Focusing on infant and young child feeding, the guide includes a description of what happens on the ground in emergencies, works to dispel some myths surrounding infant feeding in emergencies and details what the general public can do to help. Sample letters are included.

Availability: Downloadable pdf version in English

Contact: [www.enonline.net/ife](http://www.enonline.net/ife)

5. **IFE Core Group (2007). Guide to protecting infants in emergencies for the media. Oxford: IFE.**

A two-page pamphlet outlining how the media can help protect and support appropriate and safe infant and young child feeding in emergencies

Availability: Downloadable pdf version in English, French, Spanish, German, Italian and Arabic

Contact: [www.enonline.net/ife](http://www.enonline.net/ife)

## Technical guidelines and training material

### Breastfeeding

#### 1. IFE Core Group (2010). Module 1. Infant Feeding in Emergencies for emergency relief staff. Orientation package.

This is a package of resources to help in orientation on infant and young child feeding in emergencies (IYCF-E).

These resources are targeted at emergency relief staff, programme managers, and technical staff involved in planning and responding to emergencies, at national and international level. The package comprises:

- E-learning lessons

These can be used in self-learning, in preparation for a face-to-face training, or as a group exercise. The lessons do not have to be completed at the one time, but 'remember' where you've stopped so that you can return and continue.

Availability: English. Online at <http://lessons.ennonline.net> CD: ENN, 32 Leopold Street, Oxford, OX4 1TW, UK, email: [office@ennonline.net](mailto:office@ennonline.net).

It is also available integrated in UNICEF nutrition in emergencies training. This includes an assessment [www.unicef.org/training](http://www.unicef.org/training) (English). French and Spanish versions are forthcoming.

Time for training: The e-learning series takes approx. 1 day to complete. Sample PowerPoints are designed for 1-3 hours.

- Training resources

These comprise PowerPoint presentations and exercises for face to face orientation sessions. The materials have been informed by a number of pilots in training settings with different groups. PowerPoints include:

- A 'silent' presentation of images only ('silent')
- A one hour orientation series of slides

Additional PowerPoints available are:

- Orientation on IYCF-E (Lebanon, 2010), ENN/IFE Core Group.
- Orientation on IYCF-E (Nairobi, 2009) ENN/IFE Core Group.
- Orientation on IYCF-E for military. ENN/IFE Core Group.

Contact: [www.ennonline.net/resources/](http://www.ennonline.net/resources/) click 'infant and young child feeding in emergencies'

Materials (PowerPoint, spread sheet) that support Exercise 2 in Part 3 of Module 17 are available at:

<http://www.ennonline.net/ife/orientation/resources> (see Country Problem Analysis)

- Technical notes

Detailed notes for facilitators and for those looking for more detail to target different groups and topics.

- Key resources

Key resources are available to support the content of this package and are referred to in lessons and training content.

These have been produced as a compilation to download as a single folder of documents.

- Evaluation guide

Pre/post assessment questions are available (an answer sheet on request) for an essential orientation on IFE.

In addition, an evaluation strategy has been developed to help locate this work in a larger evaluation process.

Availability: English. Access all four elements of the package at: <http://www.ennonline.net/ife/orientation>

Contact: Emergency Nutrition Network (ENN), 32 Leopold Street, Oxford, OX4 1TW, UK.

Tel: +44 (0)1865 324996, Fax: +44 (0)1865 324997, e-mail: [office@ennonline.net](mailto:office@ennonline.net), or visit [www.ennonline.net/ife](http://www.ennonline.net/ife)

#### 2. ENN, IBFAN, Terre des hommes, UNICEF, UNHCR, WHO, WFP (2007, December). Module 2 on infant and young child feeding in emergencies for health and nutrition workers in emergency situations. Four parts: Core manual for training practice and reference; additional material; annexes; overheard figures. Version 1.1.

Module 2 aims to provide those directly involved with infants and caregivers with the basic knowledge and skills to support safe and appropriate infant and young child feeding. It details how breastfeeding works, supportive care for mothers, individual assessment of the mother-child pair, providing basic aid and more skilled help for breastfeeding (including low birth weight, malnourished mother, traumatised mothers. In an additional part it contains special chapters on re-lactation and the management of breast conditions. Additional material also covers the management of severely malnourished infants less than six months, as well as artificial feeding (reflecting realities in the field and in the context of a lack of guidance on these two issues). The content is supported by detailed annexes and slides. It is used both as a training resource and a technical guidance by field staff.

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Note: The information has been simplified and streamlined, so that health and nutrition workers with little time and little opportunity for study can learn and use effective interventions with the minimum of training. Module 2 was designed to specifically address emergency situations when time shortages prevent full training. The breastfeeding content is based on the WHO/UNICEF breastfeeding counselling course. It is not a substitute for a week-long training course in breastfeeding counselling.

Time for training: Module 2 consists of five core parts, which can be covered in 5 hours of group teaching. Additional parts can be studied or taught separately. If included with the core part, the entire session would take 1-1.5 days.

Availability: English, French and Arabic

Contact: [www.enonline.net/ife/module2/index.html](http://www.enonline.net/ife/module2/index.html)

PowerPoint slides: <http://www.enonline.net/resources/739>

3. **ENN/NNP/IFE Core Group/IASC (2009). Integration of IYCF Support into CMAM: Facilitator's Guide.**

Facilitator's guide and handouts for participants on 1 1/2 day orientation on IYCF counselling in the context of community-based programmes for management of severe acute malnutrition.

Availability: English, French

Contact: <http://www.enonline.net/pool/files/ife/iycf-cmam-facilitators-us-final.pdf>

4. **UNICEF (2011). Programming Guide: Infant and Young Child Feeding.**

This *Programme Guidance* contains detailed programming information on IYCF, including breastfeeding, complementary feeding and infant feeding in general and in especially difficult circumstances including in the context of HIV and in emergencies. It also briefly addresses maternal nutrition. The key action areas for these components are detailed at the different levels, including national policy/strategy level, health services, and community. The document provides strategic programme recommendations for priority IYCF actions and their operationalisation that will support achievement of MDGs 1 and 4, among others, as well as UNICEF *Medium Term Strategic Plan* (MTSP) Focus Area 1 on Young Child Survival, Growth and Development.

The *Programme Guidance* serves as a single reference on IYCF programming – updating existing guidance where necessary (e.g. HIV and infant feeding and the Code) and adding new or more detailed guidance where little existed previously (e.g. complementary feeding, community-based programming and communication). It draws upon and builds on existing tools such as the 2007 WHO/UNICEF *Planning Guide for National Implementation of the Global Strategy for IYCF*, with additional detailed and practical guidance on 'how' to design and implement the recommended key IYCF action areas at scale in a comprehensive manner. For each component, the document describes the best practices, based on lessons learned, case studies, reviews and evidence of impact. It suggests options to implement proven effective interventions, such as institutionalising the Baby Friendly Hospital Initiative (BFHI), building skills of community health workers to counsel and support mothers on IYCF and describing improved approaches to communication for behaviour and social change. The guidance highlights that communication alone is not sufficient for improving breastfeeding and complementary feeding practices, and needs to be complemented by counselling and support by skilled workers at community and health system levels.

Availability: English

[http://www.unicef.org/videoaudio/PDFs/IYCF\\_programming\\_guide\\_May\\_26\\_2011.pdf](http://www.unicef.org/videoaudio/PDFs/IYCF_programming_guide_May_26_2011.pdf) and

[www.enonline.net/resources](http://www.enonline.net/resources)

Contact: IYCN Unit, Nutrition Section, UNICEF, 3 UN Plaza, New York, NY 10017, USA. e-mail: [iycn@unicef.org](mailto:iycn@unicef.org)

5. **UNICEF and Cornell University (2011, forthcoming). E-course on IYCF programming.**

The training course on "Programming for Infant and Young Child Feeding", has been developed through a close collaboration between UNICEF Headquarters' nutrition section, and Cornell University's Division of Nutritional Sciences. This course aims to enhance the competencies and build capacity of UNICEF staff and counterparts who are involved in IYCF programme development, programme implementation, programme evaluation, and other related activities for improving programmes for infants and young children in developing countries. Based on an assessment of the current level of competencies in the target audience for this course, the learning objectives for the course were selected for developing the training sessions and resources.

Units cover essentials of IYCF including undernutrition basics, role of IYCF in child survival, growth and development, essentials of breastfeeding and essentials of complementary feeding; as well as programming topics including comprehensive IYCF programming, selected interventions for improving breastfeeding and selected interventions for improving complementary feeding. The course also includes special topics such as IYCF in emergencies and IYCF in the context of HIV/AIDS, and case studies. The course will be available free of charge through a basic registration and is recommended an integral part of training for health and nutrition staff, consultants, counterparts and public health practitioners and managers.

Availability: English

Contact: [iycn@unicef.org](mailto:iycn@unicef.org) for information about the course and when it will be opened.

6. **UNICEF (2010). Community IYCF Counselling Package**

The community IYCF training package was developed by UNICEF to meet the needs of community-based workers. It incorporates breastfeeding, complementary feeding, maternal nutrition during pregnancy and lactation (briefly), infant feeding in the context of HIV and emergencies and infant feeding in the context of acute malnutrition, for example, specific recommendations to prevent acute undernutrition for children living in settings of high levels of acute malnutrition or for children recovering from acute malnutrition. It has a strong focus on building practical skills in counselling, group facilitation/interpersonal communication, support to mothers and caregivers and problem solving.

The IYCF training module contains generic content based on materials developed for a number of East African countries (e.g. Kenya, Uganda), and will be made available at global level in several languages. The materials include a set of counselling cards, reference materials for participants and a facilitator's guide. A detailed planning adaptation guide accompanies the package, containing guidance for adaptation of the graphics and technical content at country level, as well as guidance on planning and structuring a community-based IYCF programme. The package also includes three take-home brochures for caregivers on breastfeeding, complementary feeding and maternal nutrition, as well as a library of images that can be used in the adaptation process for different settings.

Available: generic version in English and French. Other language versions available from selected UNICEF country offices upon request from [iycn@unicef.org](mailto:iycn@unicef.org)

Contact: [http://www.unicef.org/nutrition/index\\_58362.html](http://www.unicef.org/nutrition/index_58362.html)

7. **WHO (2009). Infant and Young Child Feeding: Model Chapter for Textbooks for medical students and other allied health professionals**

The Model Chapter on Infant and Young Child Feeding is intended for use in basic training of health professionals. It describes essential knowledge and basic skills that every health professional who works with mothers and young children should master. The Model Chapter can be used by teachers and students as a complement to textbooks or as a concise reference manual.

Note that as of August 2011, the HIV and infant feeding module of this course has not yet been updated to reflect the 2010 guidelines.

Availability: English, Spanish

Contact: <http://www.who.int/nutrition/publications/infantfeeding/9789241597494/en/index.html>

8. **WHO (2006). Infant and Young Child Feeding Counselling: An integrated course. Geneva: WHO.**

This five-day *Infant and Young Child Feeding Counselling: An Integrated Course* is based on core content from three existing WHO/UNICEF training courses (breastfeeding counselling, HIV and infant feeding counselling and complementary feeding counselling). This course aims to give health workers basic counselling skills so that they can help mothers and caregivers more effectively. The course is based on a set of 'competencies' which participants are expected to learn during training and follow-up. It is suitable for training lay counsellors, community health workers, primary health care nurses and doctors – especially if supervising and/or at referral level, clinicians at first referral level. Course participants are not expected to have any prior knowledge of infant feeding. Note that as of August 2011, the HIV and infant feeding module of this course has not yet been updated to reflect the 2010 guidelines. An update is due by 2012.

Time for training: 5 days.

Availability: Downloadable

Contact: <http://www.who.int/nutrition/publications/infantfeeding/9789241594745/en/index.html>

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9. **WHO/UNICEF (2009). The Baby Friendly Hospital Initiative. Geneva: WHO**

A global effort to implement practices that protect, promote and support breastfeeding in health facilities.

The revised package of BFHI materials includes five sections:

- 1) Background and Implementation
- 2) Strengthening and Sustaining the BFHI: A course for decision-makers
- 3) Breastfeeding Promotion and Support: a 20-hour course for maternity staff
- 4) Hospital Self-Appraisal and Monitoring
- 5) External Assessment and Reassessment (for limited distribution, available to the regional and national UNICEF and WHO)

Note that as of August 2011, the HIV and infant feeding module of this course has not yet been updated to reflect the 2010 guidelines.

Availability: English

Contact: <http://www.who.int/nutrition/publications/infantfeeding/9789241594950/en/index.html>

## Complementary Feeding

1. **PAHO/WHO (2004). Guiding Principles for Complementary Feeding of the Breastfed Child. Geneva: WHO.**

This document is intended to guide policy and programmatic action on complementary feeding up to two years of age at global, national and community levels. It sets out ten scientifically based guidelines which can be adapted to local feeding practices and conditions

Availability: Spanish, English, French

Contact: [www.who.int](http://www.who.int)

2. **UNICEF (2011). Programming Guide: Infant and Young Child Feeding, UNICEF.**

See earlier.

3. **WHO (2005). Guiding principles for feeding non-breastfed children 6-24 months age.**

**WHO/FCH/CAH/04.13. Geneva: WHO.**

There are a number of infants who will not enjoy the benefits of breastfeeding. They include children born to HIV-positive mothers who choose not to breastfeed and children whose mothers have died. To address the nutritional needs of children who are not breastfed after 6 months of age, WHO has led a process to develop *Guiding principles for feeding non-breastfed children 6-24 months of age*. These principles are the result of a background document that examined the feasibility of designing adequate diets using locally available foods, and are based on consensus achieved during an informal meeting of experts held in Geneva in early 2004. They are adapted from the *Guiding principles for complementary feeding of the breastfed child*. The publication lists the nine guiding principles, with the scientific rationale for each, and gives examples of diets from different parts of the world that can meet energy and nutrient needs of infants and young children after 6 months of age who are not breastfed. Annexes include information on developing locally appropriate feeding recommendations based on the principles, and on key issues around early breastfeeding cessation for infants and young children of HIV-positive mothers.

Availability: French, Spanish, English

Contact: [www.who.int/child\\_adolescent\\_health/documents/9241593431/en/index.html](http://www.who.int/child_adolescent_health/documents/9241593431/en/index.html)

4. **WHO (2004) Complementary Feeding Counselling, A Training Course. Geneva: WHO**

The purpose of this course is to provide knowledge and skills for health workers who work with caregivers of young children from 6 to 24 months of age; designed for workers in primary health care services, in the community or attached to hospital health services.

Availability: English

Contact: <http://www.who.int/nutrition/publications/infantfeeding/9241546522/en/index.html>

## Artificial Feeding

1. **ENN, IBFAN, Terre des hommes, UNICEF, UNHCR, WHO, WFP (2007, December). Module 2 for health and nutrition workers in emergency situations. Version 1.1.**

Chapter 9. When infants are not breastfed.

Contacts and availability: See earlier



2. **ENN/Gribble, K. (2007). Why infant formula causes deaths due to diarrhoea in emergencies. London: ENN.**  
Explains the causes of diarrhoea, how breastfeeding prevents diarrhoea and how infant formula makes infants vulnerable to diarrhoea and the risks during emergencies.  
Availability: Downloadable pdf version in English  
Contact: [www.ennonline.net/ife](http://www.ennonline.net/ife)
3. **UNICEF (1999, May-June). Cup feeding information. BFHI News. New York: UNICEF.**  
Contact: [pubdoc@unicef.org](mailto:pubdoc@unicef.org)
4. **WHO in collaboration with FAO (2006). Safe preparation storage and handling of powdered infant formula. Guidelines. Geneva: WHO.**  
Powdered infant formula (PIF) has been associated with serious illness and death in infants due to infections with *Enterobacter sakazakii* and *Salmonella enterica*. These guidelines are a generic document that will provide guidance and support for countries and governments. When adapted at the country level, conditions (e.g., climatic and socioeconomic differences, etc.) within the country should be reflected. Individual countries should outline minimum training requirements for parents, caregivers, and staff in hospitals and day care centres. Also available at same website are individual guidelines for bottle feeding, cup feeding and feeding in care facilities.  
Availability: English, French, Spanish, Chinese, Arabic, Japanese, Russian  
Contact: [www.who.int/foodsafety/publications/micro/pif2007/en/index.html](http://www.who.int/foodsafety/publications/micro/pif2007/en/index.html)
5. **WHO (2009) Acceptable Medical Reasons for Use of Breastmilk substitutes. Geneva: WHO**  
A small number of health conditions of the infant or the mother may justify recommending that she does not breastfeed temporarily or permanently. These conditions, which concern very few mothers and their infants, are listed in this document together with some health conditions of the mother that, although serious, are not medical reasons for using breastmilk substitutes.  
Availability: English  
Contact: [http://www.who.int/child\\_adolescent\\_health/documents/WHO\\_FCH\\_CAH\\_09.01/en/index.html](http://www.who.int/child_adolescent_health/documents/WHO_FCH_CAH_09.01/en/index.html)
6. **Generic label to put on tins of infant formula.**  
A sample generic label for infant formula. Note: This is in English only. This would require translation to the target population and should be developed in consultation with lead technical agencies.  
Availability: Downloadable in English  
Contact: <http://www.ennonline.net/resources/176>

## HIV and infant feeding

1. **WHO (2010). Guidelines on HIV and infant feeding 2010. Principles and recommendations for infant feeding in the context of HIV and a summary of evidence.**  
The 2010 recommendations recognize the important impact of ARVs during the breastfeeding period, and recommend that national authorities in each country decide which infant feeding practice, i.e. breastfeeding with an ARV intervention to reduce transmission or avoidance of all breastfeeding, should be promoted and supported by their Maternal and Child Health services. This differs from the previous recommendations in which health workers were expected to individually counsel all HIV-infected mothers about the various infant feeding options, and it was then for mothers to decide between them.  
  
Where national authorities promote breastfeeding and ARVs, mothers known to be HIV-infected are now recommended to breastfeed their infants until at least 12 months of age. The recommendation that replacement feeding should not be used unless it is acceptable, feasible, affordable, sustainable and safe (AFASS) remains, but the acronym is replaced by more common, everyday language and terms. Recognizing that ARVs will not be rolled out everywhere immediately, guidance is given on what to do in their absence.  
Availability: English  
Contact: [http://www.who.int/child\\_adolescent\\_health/documents/9789241599535/en/index.html](http://www.who.int/child_adolescent_health/documents/9789241599535/en/index.html)
2. **WHO (2011). Frequently asked questions on HIV and infant feeding.**  
Contact: Due out late 2011. Check [www.who.int](http://www.who.int)

## Monitoring and Evaluation

- Care USA (2010) Infant and Young Child Feeding practices, Collecting and Using Data, a Step by Step Guide.**  
A practical step by step guide to including WHO standard indicators of infant and young child feeding practices in surveys. It includes excel spread sheets for data entry and analysis, and a standard questionnaire.  
Availability: Downloadable in English  
Contact: <http://www.ennonline.net/resources/743>
- IASC (2007). Initial Rapid Assessment (IRA) Draft. Geneva: IASC.**  
An assessment tool for use in rapid onset emergencies in the first 72 hours. It includes questions on IYCF-E. For multi-agency teams, including national government institutions, United Nations agencies, international NGOs and national non-governmental institutions.  
Contact: [www.unicef.org/nutrition/globalnutritioncluster.html](http://www.unicef.org/nutrition/globalnutritioncluster.html)
- WHO, UNICEF, USAID, AED, UCDAVIS, IFPRI (2008). Indicators for Assessing Infant and Young Child Feeding Practices.**  
This document presents data on indicators for assessing infant and young child feeding practices for 46 countries, based on Demographic and Health Surveys conducted between 2002 and 2008. The indicator values were calculated using new and updated definitions published by WHO and partners in 2008; some values have not been calculated before and therefore provide a baseline for tracking progress in infant and young child nutrition in the future. The document is one in a series of three documents on *Indicators for assessing infant and young child feeding practices* issued by WHO that includes Part 1: Definitions and Part 2: Measurement.  
Availability: downloadable in English  
Contact: <http://www.who.int/nutrition/publications/infantfeeding/9789241599757/en/index.html>
- WHO /Linkages (2003). Infant and Young Child Feeding. A tool for assessing national practices, policies and programmes. Geneva: WHO.**  
This tool is designed to assist countries in (a) summarizing current data with regard to infant and young child feeding practices, (b) assessing the strengths and weaknesses of their policies and programmes to promote, protect and support optimal feeding practices, and (c) determining where improvements may be needed to meet the aims and objectives of the Global Strategy for Infant and Young Child Feeding. Provides the tools to answer the question: Are appropriate policies and programmes in place to ensure that mothers, infants and children will be provided adequate protection and support for appropriate feeding during emergencies?  
Available: Downloadable  
Contact: [www.who.int](http://www.who.int)

## Other resources

- ACF, UCL, ENN (2010). Management of Acute Malnutrition in Infants. Oxford: ENN.**  
Technical review of the current evidence, policies, practices and programme outcomes of management of acute malnutrition in infants under the age of 6 months.  
Availability: downloadable in English  
Contact: <http://www.ennonline.net/research/mami>
- Field Exchange. Oxford: ENN.**  
Publication that includes field articles to contribute case study material. Online searchable archive and free print subscription available.  
Availability: English, print and online  
Contact: Search database at [www.fex.ennonline.net](http://www.fex.ennonline.net) and subscribe for print copy at [www.ennonline.net](http://www.ennonline.net).
- IASC Nutrition Cluster.**  
A toolkit for addressing nutrition in emergency situations intended as an easy-to-use field guide that outlines the key basic interventions for nutritional support to individuals and groups during an emergency situation. Provides the what, why, when, and how for different nutrition interventions, including basic monitoring benchmarks and expected standards.  
Availability: Online  
Contact: [www.unicef.org/nutrition/globalnutritioncluster.html](http://www.unicef.org/nutrition/globalnutritioncluster.html)

**4. IFE Core Group.**

An interagency collaboration that has developed policy guidance, training materials, and tools to aid programming on infant and young child feeding in emergencies since 1999. Key outputs include the Operational Guidance on IYCF-E, Module 1 Orientation Package and Module 2 (see earlier). The institutional 'home' is the ENN.

Contact: [www.ennonline.net/ife](http://www.ennonline.net/ife) and resources at [www.ennonline.net/resources](http://www.ennonline.net/resources)

**5. Infant and Young Child Nutrition (IYCN) Project/USAID.**

A collection of tools and resources for use by community-based nutrition programmes produced by the USAID funded IYCN Project. The collection includes literature reviews, social and behaviour change communication resources for reaching a wide range of community members, and monitoring and evaluation tools. Informed by IYCN's experience implementing community approaches in eight countries, the tools fill specific programme needs but can be adapted for use in other country settings. The resources described can be used together or separately and modified based on findings from formative research.

Availability: Downloadable

Contact: <http://www.iycn.org> or e-mail: [info@iycn.org](mailto:info@iycn.org) to request a CD with all the resources.

**6. The Linkages Project. LINKAGES. Washington: The Linkages Project.**

Facts for Feeding:

- Recommended Practices to Improve Infant Nutrition during the First Six Months (July 2004)
- Guidelines for Appropriate Complementary Feeding of Breastfed Children 6-24m (April 2004)
- Breastmilk: A Critical Source of Vitamin A for Infants and Young Children (October 2001)
- Birth, Initiation of Breastfeeding, and the First Seven Days after Birth (July 2003)

Frequently Asked Questions:

- Breastfeeding and HIV/AIDS (April 2004)
- Breastmilk and Maternal Nutrition (July 2004)
- Exclusive Breastfeeding: The Only Water Source Young Infants Need (June 2004)

Also: Mother-to-Mother Support for Breastfeeding (April 2004)

The Lactational Amenorrhea Method (September 2001).

Availability: Most documents available in English, French, and Spanish (sometimes Portuguese)

Contact: LINKAGES, Academy for Educational Development, e-mail: [linkages@aed.org](mailto:linkages@aed.org), [www.linkagesproject.org](http://www.linkagesproject.org)

**7. UNICEF et al. (2010) Facts for Life. New York: UNICEF**

*Facts for Life* provides information to help save, improve and protect children's lives, and should be shared widely with families, health workers, teachers, youth groups, women's groups, community organisations, government officials, employers, trade unions, media, and non-governmental and faith-based organisations. It is designed to educate those who have influence over the safety and wellbeing of children through simple messages.

Contact: <http://www.factsforlifeglobal.org/resources/factsforlife-en-full.pdf>

**8. UNICEF (2006). Behaviour Change Communication in Emergencies. A Toolkit. New York: UNICEF.**

Provides the means to prepare, plan, implement and monitor behaviour change communication initiatives supporting health, hygiene and child protection efforts in emergencies, including IFE issues. For programme managers from UNICEF, United Nations agencies, NGO partners and government personnel

Availability: Downloadable

Contact: [www.unicef.org/influenzaresources/files/BCC\\_in\\_Emerg\\_chap1to8\\_2006.pdf](http://www.unicef.org/influenzaresources/files/BCC_in_Emerg_chap1to8_2006.pdf)

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