

6-days training agenda

Maternal Infant Young Child & Adolescent Nutrition (MIYCAN)

Time	Session/Activity	Content
Day-1		
9:00 AM - 9:30 AM	Registration	Participants' registration, distribution of materials.
9:30 AM - 10:00 AM	Opening Ceremony/Introduction to MIYCAN	Welcome remarks, training objectives & setting training tone
10:00 AM - 10:45 AM	Pre-Test & Brainstorming	Assess participants' current knowledge on MIYCAN.
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 1:00 PM	Module 1: Overview of Maternal, Child and Adolescent Nutrition Statistics in Pakistan	Key statistics, facts, and figures on maternal, child and adolescent health & nutrition in Pakistan.
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 3:00 PM	Module 2: Adolescent Nutrition	Session: Situation Analysis and Importance of Adolescence Nutrition in Pakistan.
3:00 PM - 4:00 PM	Group Discussion & Activity	Group discussion on nutrition statistics and implications for local communities.
Day-2		
9:00 AM - 10:45 AM	Module 3: Maternal Nutrition	Session: Importance of Maternal Nutrition. Session: FAO Dietary Diversity
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 1:00 PM	Module 3: Maternal Nutrition (Cont'd)	Session: Impact of Poor Nutrition on Maternal Health and Birth Outcomes. Session: Antenatal Assessment., Identifying At-Risk Women. Session: Case study on maternal health and nutritional counseling.
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 4:00 PM	Module 4: Listening and Learning Skills Group Work	Importance of listening skills, overcoming barriers to effective listening, and techniques for active learning. Group Activity/Role Play/Case Study

Day-3		
9:00 AM - 10:45 AM	Module 5: (IYCF) Exclusive Breast Feeding & Lactation Management Refer to IYCF Counselling Cards	IYCF statistics in Pakistan & Window of Opportunity. Benefits of exclusive BF for the first six months. Risks of artificial feeding. Variations in breast milk composition, anatomy of BF, emotional impact on oxytocin reflex.
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 1:00 PM	Refer to IYCF cards Breastfeeding in special cases	Positioning & Suckling with Good Attachment and common breast conditions. Expressing & increasing breast milk supply, Not enough milk, BF LBW babies and during jaundice and hypoglycemia, Alternate feeds when BF not possible
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 3:00 PM	Session (Cont'd): Exclusive Breastfeeding	BFHI 10 steps and KP BF Act
3:00 PM - 4:00 PM	Activity & Group Discussion Refer to IYCF Counselling Cards	Role-play: Participants practice taking feeding hx and counseling techniques for breastfeeding mothers.
Day-4		
9:00 AM - 10:45 AM	Module 5: Session: Complementary Feeding after 6 Months Refer to IYCF Counselling Cards	Importance of complementary feeding, foods to fill the energy gap, variety, frequency, and quantity of feeding.
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 1:00 PM	Session: (Cont'd): Complementary Feeding Refer to IYCF Counselling Cards	Hygienic preparation of feeds, ensuring nutritional balance for infants after 6 months.
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 3:00 PM	Activity: Preparing a Complementary Feeding Plan Refer to IYCF Counselling Cards	Participants create a sample complementary feeding plan for a 6- 12-month-old child.
3:00 PM - 4:00 PM	Group Discussion & Wrap-Up Refer to IYCF Counselling Cards	Discuss challenges faced and share solutions to implementing complementary feeding.

Day-5		
9:00 AM - 10:45 AM	Module 6: Early Childhood Development (ECD)	Session: Factors Affecting Early Childhood Development. The role of nutrition, parenting, environment.
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 1:00 PM	Module 6: Early Childhood Development (Cont'd)	Session: Key Milestones in Early Childhood Development: Physical, cognitive, social, and emotional.
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 3:00 PM	Module 6: Early Childhood Development (Cont'd)	Session: Monitoring Growth and Development. Growth tracking techniques.
3:00 PM - 4:00 PM	Group Discussion & Activity	Group exercise: Growth monitoring and milestone tracking for children.
Day-6		
9:00 AM - 10:45 AM	Module 6: Early Childhood Development (Cont'd)	Session: Assess, Classify, and Manage Child's Development. Techniques for developmental assessments.
10:45 AM - 11:00 AM	Working Tea Break	
11:00 AM - 12:00 PM	Module 6: Early Childhood Development (Cont'd)	22 Family Care Practices
12:00 PM – 1:00 PM	Post-Test & Training Evaluation	Evaluate participants' understanding after the training.
1:00 PM - 2:00 PM	Lunch and Prayers Break	
2:00 PM - 3:00 PM	Group Discussion & Wrap-Up	Final open forum to discuss lessons learned, feedback and reflections.
3:00 PM - 4:00 PM	Closing Ceremony	Closing remarks, distribution of certificates and photo session.