Session 8: Breastfeeding Problem Tree

The purpose of this exercise is for participants to develop an in-depth understanding of the barriers that women face to breastfeeding their infant as recommended, based on their refreshed knowledge of breastfeeding physiology. This is the first step to designing context-specific, tailored support for breastfeeding in emergencies.

***This activity is based on: Table 5, IFE Core Group (2021) Operational Guidance: Breastfeeding Counselling in Emergencies***

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| Duration | 20 minutes |
| Activity Type | Small groupwork (5) |
| Materials | Per group of 5: 1 flipchart (or other large, plain) paper, coloured markers, post its (2 colours), 1 set of cards |
| Preparation | 1. *Contextualise*  * Breastfeeding outcomes: add data from the training / emergency location. * Unique sets are provided for early initiation of breastfeeding and for exclusive breastfeeding – if either of the practices are not a concern in the training context, do no use the set. For example, if exclusive breastfeeding rates are over 50%, consider focusing on early initiation of breastfeeding.   2. *Print and cut activity materials (in 4 colours / on coloured paper)* |
| Trainers | 1 – 2 |

# Instructions

* Explain the activity
  + Return to your quiz teams
  + Take 20 minutes to **arrange**the coloured cards to create a problem tree with 4 layers:
    1. underlying causes
    2. breastfeeding barriers
    3. impact on breastfeeding
    4. breastfeeding outcome (indicators)
  + ONLY include causes and barriers that are present in your current context. Do not use the cards that do not apply. Use the post-its to add any missing causes / barriers / impacts.
  + **Tip**: consider starting by drawing a tree outline, with roots and a trunk
* Show an example of the logical flow (Slide 2)
* Every 5 minutes, randomly pick one participant from each group to move to another group working on the same practice
* Once their problem tree is complete, ask participants to view other groups’ trees.
* Groups who finish early can start to add interventions using different coloured post-its.
* Facilitate the plenary discussion, considering which interventions could be used to overcome the identified barriers. For example, add “Management of BMS-Dependent Infants” to the barrier “Donations and uncontrolled distributions of BMS”
  + Add answers from the plenary discussion to the problem tree using different coloured post-its

# Reminder: possible barriers to breastfeeding

**Barriers to breastfeeding:** Poor child health and nutritional status / Poor maternal health and nutritional status / Low BF knowledge / spread of myths and misconceptions / Increased numbers of caregivers and infants with disabilities which cause feeding difficulties / Poor maternal mental health and psychosocial wellbeing  / Changes in routine and family structures, increased burden on mothers / Lack of privacy and overcrowding / Increased levels of mother-child separation / Increased rates of difficult/traumatic birth and postnatal experiences and practices that are not supportive of successful breastfeeding /  Increased gender based constraints, control and violence / Inadequate WASH / Increased levels of environmental toxins  or radioactive contamination / Donations and uncontrolled distributions of BMS

# Plenary brainstorm: possible interventions

The following Interventions were presented in the IYCF-E Response Session - discuss which apply.



