Session Plan – IYCF Counselling in Emergencies

# Session Aim

# To enable participants to design and operationalise contextually appropriate, inclusive and accessible IYCF Counselling services in accordance with global guidance and guidelines.

# Learning Objectives

By the end of this session participants will be able to:

* Explain what IYCF Counselling is and why it is an important, priority intervention during emergencies
* Use key global guidance documents to design and operationalise contextually appropriate IYCF counselling programmes
* Recognise common challenges and identify acceptable compromises and adaptations for delivering IYCF counselling in emergency settings

|  |  |  |
| --- | --- | --- |
| **Expected Duration:** 120 Minutes**Recommended Number of Facilitators:** 1 – 2 (2 strongly recommended to support participants during groupwork) **Preparation:**  Contextualization is necessary for the session. Details are included in the table below. Ensure you are familiar with global guidelines and guidance on counselling, particularly the extract from the Operational Guidance on Counselling in Emergencies provided as a Training Aid. Printing of various materials is required. | **Materials:** | |
|  | PowerPoint  Handout 1. Counselling in Emergencies/Call to Action  Activity Materials: 1. Group 1 (Recipients) 2. Groups 2 and 3 (Timing and Frequency) 3. Group 4 (Mode) 4. Case Study  Training Aid: 1. Designing an emergency IYCF Counselling Programme  2. Operational Guidance on Counselling in Emergencies  Video 1. The Nutrition Counselling Visit 2. Nyathak in Ethiopia  3. Why skilled breastfeeding counselling matters: Mothers’ voices 4. Counselling Tips During COVID-19  Flipchart 4 flipchart sheets (1 per group)  Marker Pens |

# Session overview

| **Section title** | **Time** | **Training methodology** | **Facilitator(s) name** | **Material / Resources** | **Preparation** |
| --- | --- | --- | --- | --- | --- |
| **INTRODUCTION** | 2’ | Presentation |  | Slides 1 - 2 |  |
| **DEFINING IYCF COUNSELLING** | 18’ | Presentation and discussion  Use of video |  | Slides 3 – 10  Video: The Nutrition Counselling Visit |  |
| **IMPORTANCE OF IYCF COUNSELLING IN EMERGENCIES** | 15’ | Presentation and discussion  Use of video |  | Slides 11 – 15  Handout: Counselling in Emergencies Call to Action  Video: Nyathak in Ethiopia  Video: Why Skilled Breastfeeding Counselling Matters | Slide 12: Print the handout (1 / participant) |
| **DESIGN AND OPERATIONALISION OF IYCF COUNSELLING PROGRAMMES (part 1)** | 23’ | Presentation  Activity on the 6 WHO recommendations with 2 options: 1) Online survey 2) Ask participants to move in the room |  | Slides 16 - 21 | Slide 18: Decide whether you will run the activity online or in person. If online, generate an online survey. |
| **SHORT BREAK** | 5’ |  |  | Slide 22 |  |
| **DESIGN AND OPERATIONALISION OF IYCF COUNSELLING PROGRAMMES (part 2)** | 55’ | Group work: case study |  | Slide 23  Activity Materials: Designing an Emergency Counselling Programme (3 different documents) plus Case Study  Training Aid: Designing an Emergency Counselling Programme  Training Aid: Operational Guidance on Counselling in Emergencies  Flipchart & pens | Print the activity materials  Print or load your Training Aids for easy reference during the activity. It is recommended to familiarise yourself with the Operational Guidance excerpt well in advance.  Decide how you will create the 4 groups |
| **FURTHER READING** | 2’ | Presentation  Optional use of video (not included in the timing) |  | Slides 24 – 28  (optional) Video: Counselling tips during COVID-19 | Slide 25: Add national resources, if available  Slide 26: Decide whether the slide is still relevant or it should be removed |