



**STRONGER WITH
BREASTMILK ONLY**

no water until 6 months
for a healthier baby

Stronger With Breastmilk Only in Practice: What Does It Take?

Summary of the webinar held on December 7, 2020

Access to slide deck & recording



Access the full slide deck and the recording of the 'Stronger With Breastmilk Only – what does it take?' webinar at the following dropbox link:

<https://www.dropbox.com/sh/e2h1s4yl2d4jdjz/AAB30mCz0P6Hfw6ooqrGrltJa?dl=0>

Visit the website:

www.breastmilkonly.com

Webinar panelists



Speakers



Anne-Sophie Le Dain
Regional Nutrition Specialist,
UNICEF West & Central Africa



Nathalie Likhite
Regional SBC Advisor,
Alive & Thrive, West Africa



Simeon Nanema
Regional Nutrition Advisor,
UNICEF West & Central Africa



Adelheid Onyango
Nutrition and Health Expert,
WHO Africa

Moderators



Emilie Buttarelli
C4D Specialist,
UNICEF West & Central Africa



Juan Andres Gil
C4D Specialist,
UNICEF West & Central Africa



Emily Dierdre Tarisayi Mbanga
Technical Officer, Nutrition & Food Safety in Emergencies, WHO Africa



Manisha Tharaney
Program Director,
Alive & Thrive, West Africa

Objectives



1. Recall the objectives of the ‘Stronger With Breastmilk Only’ initiative
2. Describe how to design, adapt and implement national ‘Stronger With Breastmilk Only’ initiatives
3. Present ‘Stronger With Breastmilk Only’ tools and other resources
4. Discuss available support for national programs
5. Assess interest in a regional blended learning program to build social and behavioral change skills for maternal, infant and young child nutrition
6. Answer your questions on the initiative

Agenda



Introduction	Music video by the Group SOGHA, Niger
Introductory remarks	Adelheid Onyango, WHO
Part I :	What It Is & What's Been Done
Presentation	Stronger With Breastmilk Only Initiative : What It Is, What's Been Done & What Can We Do? by Anne-Sophie Le Dain, UNICEF WCARO
Presentation	Resources and Tools for Implementation by Nathalie Likhite, Alive & Thrive
Q&A	Adelheid Onyango, WHO
Part II :	Making It Possible
Presentation	Regional Coordination & Partnerships by Anne-Sophie Le Dain, UNICEF WCARO
Presentation	Blended Learning Programme by Nathalie Likhite, Alive & Thrive
Q&A	Adelheid Onyango, WHO
Poll	Anne-Sophie Le Dain, UNICEF WCARO
Closing remarks	Simeon Nanema, UNICEF WCARO
Closing	Music video by MDM CREW, Niger

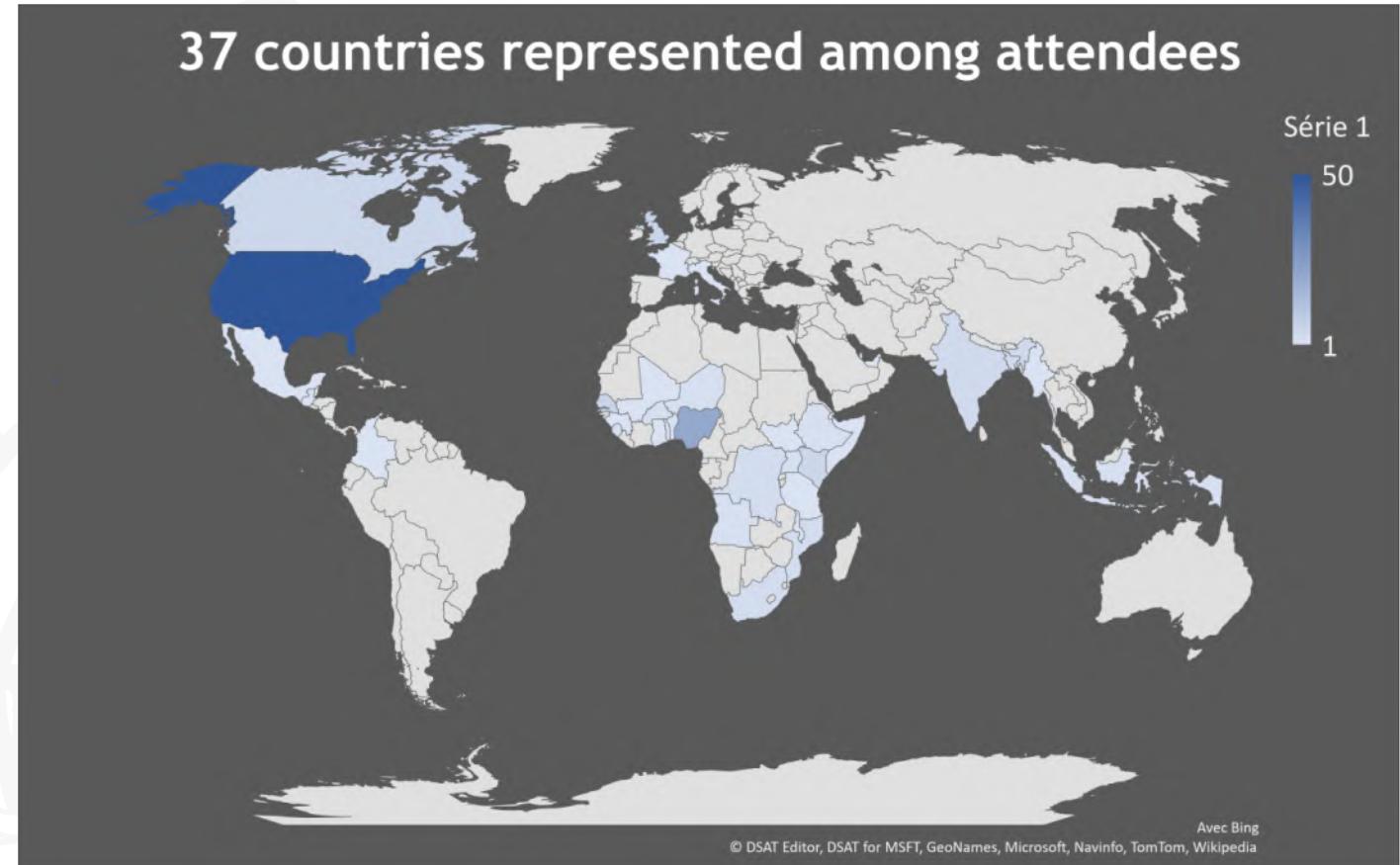
Participation

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266 Registered

146 Attended



Q&A - Evidence-Based Design



A few questions related to the need to have a good understanding of the national and local situation before adapting the initiative.

- While the initiative builds on A&T, UNICEF and WHO regional evidence and lessons learned, tailoring the initiative to each country's context and needs is an essential step.
- Adapting the initiative to each context is critical to ensure that the implementation of the initiative responds to key advocacy asks at country level, builds on local knowledge, terminology and facilitators of breastfeeding; addresses identified social and behavioural barriers; and reaches the most important actors and influencers of change, such as mothers, fathers and grandmothers. Frameworks, such as the social ecological model, can be used to support key actors at country level to understand the importance of using multiple channels to protect, promote and support breastfeeding.
- The design of the initiative at national level should be based on the analysis existing data, and if needed, will seek new findings, in order to design strategic social and behavioral change interventions to improve exclusive breastfeeding in each country.

Q&A - Evidence of giving breastmilk, no water in the first 6 months of life



A few participants asked questions related to messages that are being shared through this initiative and their source.

- For evidence on giving breastmilk only for the first six months of life and the risks of giving water, please read the fact sheet on **Breastmilk: the only source of water and food babies need for the first six months of life** [PDF Print](#), [PDF Web](#)
- Please consult the fact sheet on expressing, storing and feeding breastmilk to help mothers and health workers to support mothers who have to go to work or to study. [PDF Print](#), [PDF Web](#)
- For messages on the composition of breastmilk and the capacity of a baby's stomach depending on the baby's age, check out our counseling cards: [PDF Print](#)

Q&A - Counselling cards



Click on the links below for more information on:

- Stronger With Breastmilk Only counselling cards

[PDF Print](#), [PDF Web](#), [IMAGES](#), [INDESIGN](#)

- UNICEF's Community IYCF Counselling Package

https://www.unicef.org/nutrition/index_58362.html

- IYCF Image Bank

<https://iycf.advancingnutrition.org/>

Q&A - Monitoring & Evaluation



Several questions were related to monitoring and evaluation.

- The initiative encourages strategic use of indicators and data currently collected by national nutrition programmes to monitor the effectiveness of the initiative; and advocates for the inclusion of new indicators and/or improved analysis of data where needed.
- A results framework has been developed for the regional initiative. This framework can be adapted to meet the specific needs of each country. You can find it in this toolkit: : [Rationale and implementation guidance](#)
- The initiative recommends using WHO endorsed indicators and methods to assess whether infants have been exclusively breastfed in the last 24 hours.

Q&A - Sustainability and importance of maintaining exclusive breastfeeding practices



One participant highlighted the observation exclusive breastfeeding rates often drop when funding disappears. This is an important point that the initiative takes into account in various ways.

- The framework for change places emphasis on integration of ‘Stronger With Breastmilk Only’ into national programs and sustainability. ‘Stronger With Breastmilk Only’ should not be considered a ‘stand-alone’ initiative. Integrating the initiative into national programs will facilitate rapid scale-up and sustainability of the desired changes.
- Ensuring that strong links with the maternal, newborn and child health (MNCH) programs as well as with quality of care. We work with MNCH programs to strengthen breastfeeding counseling in antenatal care, postnatal care and well and sick child feeding visits.
- Working with countries and in the region to develop regional and national standards for breastfeeding counseling as part of the health system strengthening interventions.

For more information



The Stronger With Breastmilk Only Initiative Rationale and Implementation Guidance:

Shifting family practices, social norms and policies in favour of exclusive breastfeeding in West and Central Africa

alive&thrive unicef World Health Organization



The Stronger With Breastmilk Only Initiative Design Process:

Guide for Designing a National Stronger With Breastmilk Only Initiative to Improve Rates of Giving Infants Breastmilk Only in the First Six Months of Life

alive&thrive unicef World Health Organization

Length: 37 pages (Document) + tools

Available format: [Word](#), [Indesign files](#)

Length: 15 pages (Document) + tools

Available format: [Word](#), [Indesign files](#)

Q&A - Blended Learning Programme



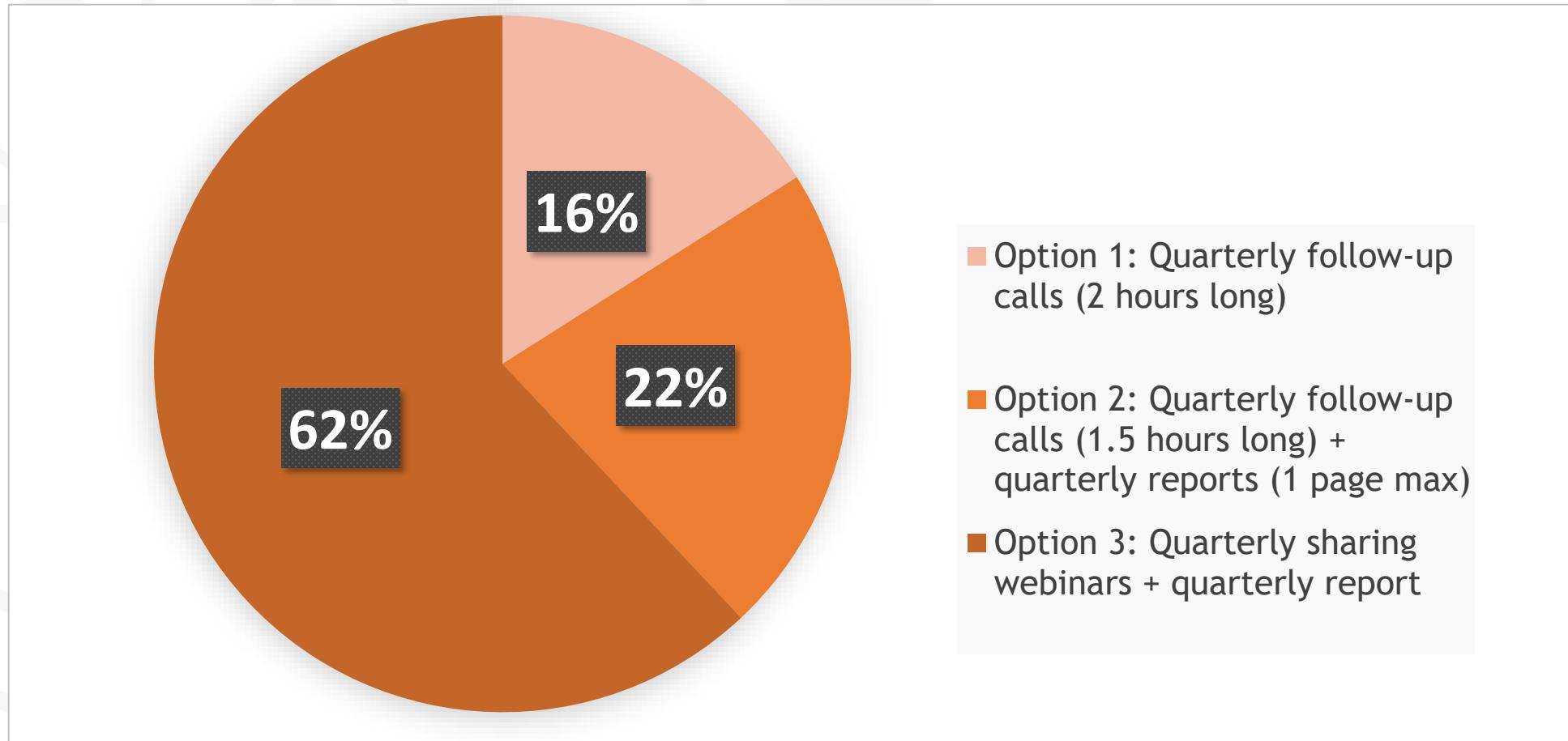
More information will be provided on the maternal, infant and young child nutrition blended learning programme in early 2021.

Please contact Nathalie Likhite at nlikhite@fhi360.org if your national programme is interested in participating in our first cohort of French-speaking countries.

Poll : Regional coordination mechanism



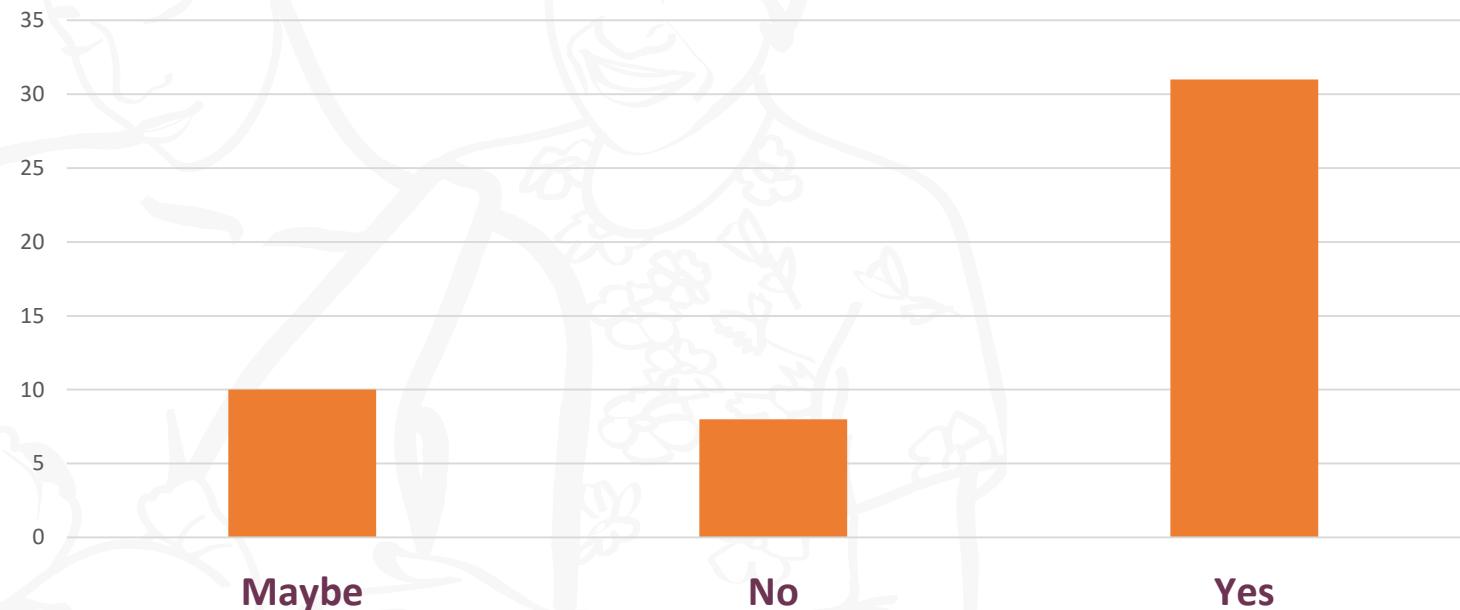
Question 1: Which regional follow-up mechanism would you prefer? (n=50)



Poll: Interest in Blended Learning Programme



Question 2: Would you be interested in participating in a regional blended learning programme? (n=50)



Poll: Thematic area of interest



Question 3: Which thematic area would you want to focus on? (n=50, multiple choice)

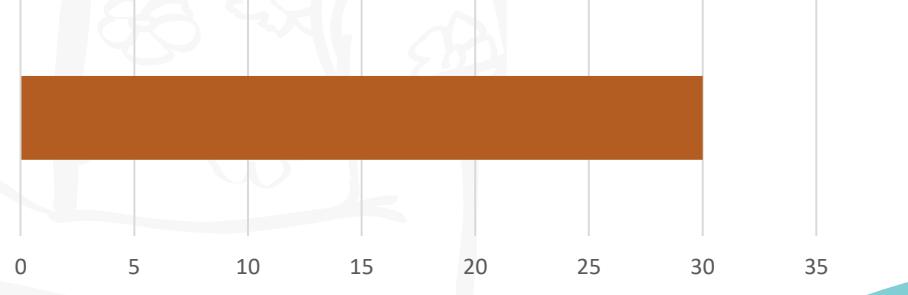
'Stronger With Breastmilk Only'



'First Foods'



Maternal nutrition



WhatsApp group

JOIN the Stronger With Breastmilk Only WhatsApp group to receive notifications of ‘NEWS’ and new resources and tools posted on [www.breastmilkonly.com!](http://www.breastmilkonly.com)

➤ Use the QR code here



➤ Use this link:

<https://chat.whatsapp.com/CWHa3QpXQsJAUs2aYo8MJY>



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WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group



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