Interview guide for Mother Caregiver (MC) (community/nursery volunteer) of the Cuna Más Day Care Centre (CCD)

**Objectives**:

* Understand the role of the Mother Caregiver (MC) (community/nursery volunteer) in the development and functioning of the feeding service for the children in her care.
* Identify achievements and problems encountered in the feeding and supplementation of children in the CCD, as well as the solutions and strategies implemented.
* Identify possible strategies to prevent or overcome problems related to children's nutrition, establishing the conditions for their development and sustainability.
* Identify the nature of relationships between CM and primary caregivers around the feeding and care of children.
* Characterise their understanding of the nutritional problems in the intervention area and their perception of children's vulnerability to malnutrition.

**On their role and general day-to-day activities at the CCD**

1. Could you tell us since when did you start working as a MC? what encouraged you to participate (experience as a user of the Programme; participation in community organisation...) how does one become a Mother Carer? (process of election as a MC: who chooses or defines; what criteria are valued in the person who is proposed as MC?)
2. Now we want to know about your work at the CCD.
   * How many children do you care for, and what ages?
   * What do you have to do during your daily workday?
3. Which of these activities do you find easier and which more difficult to do? What makes them easier for you? What makes them more difficult?
4. In general, what do you most enjoy doing at the CCD?

**On feeding the children in your care**

**Moments, preparations, food**

1. During the daily day, what are the children's **feeding times?** (meals, snacks)
2. What kind of **preparations and foods** are they given to eat and drink at each of these times? (consistency; AOA; vegetables; vegetable; vegetable stews; fruits; sugary drinks...)

**On feeding children**

1. **How do you organise yourself to take care of** the children **during the meal**?

* How do you deal with children who need help to eat?
* How do you deal with children who eat alone? Do they need help or support?

1. **What do you do to make children eat** or pay attention to food? (play; use toys or other materials; sing, play music...)

* **What makes it easier or harder** to **feed** children, and is it easier with some than with others?
  + Who supports you during the feeding of children? In what way?
  + How are parents or others (older siblings...) involved? in what aspects?

**Regarding children's reactions to preparations and foods**

1. What **preparations** or foods do children **like the most**? What do they eat best and with pleasure?

* Which **preparations** (combinations) do children **like the least**?
* Which foods do children like the most? Which foods tend to be more difficult to give to children? Why is this? (children reject the peelings of some vegetables...)
* How does children's **appetite vary** throughout the day? when do they tend to have more appetite? when do they tend to have less? why does this happen? how does children's appetite relate to scheduled feeding times?
* On what occasions does the child or children do **not accept to eat** or eat very little? What is done in such cases (is it given afterwards? is it handed over to the Primary Caregiver to be given at home? is it discarded?...)?
* What do you do when the child **refuses** food? How do you notice that the child no longer wants to eat?

**On breastfeeding in the CCD**

1. How does breastfeeding take place in the CCD, at what times, does it coincide with mealtimes and between meals, and how does it help you whether or not breastfeeding takes place?

What facilities are provided for mothers to breastfeed their children in the CCD? How could they be better supported (experiences and measures that have worked/not worked well)?

1. What is shared with the other caregiving mothers in the CCD about child feeding activities? (sharing of experiences; feeding strategies...)

**Views on the food provided to children**

1. What do you think about the **meals and food** given to the children in the CCD? What do the mothers or fathers or the children say?

* What do you think of foods and preparations with liver, blood, etc.? How do children like them?
* How do children react to these foods?
* What do you think these foods are given for? what are they good for? in which cases could they be harmful?

1. How do you feel about the **amount of food** given to children?

How much of what they are served do they get to eat? (on what does it depend whether they finish or eat well/leave the food?) What demands are made on you in this regard? by whom?

1. How do you incorporate your experience and knowledge of children - in the improvement of the feeding service - (children's preferences and tastes; feeding difficulties and problems...)? Examples of incorporation of changes, based on your suggestion or opinion.

**Guidance received regarding the feeding of children**

1. What guidance do you receive as a CM on the topic of children's nutrition (e.g. responsive feeding; nutritional values of food, etc.)?
2. On what aspects of child feeding would you like more guidance (e.g. feeding strategies; communication strategies with primary caregivers...)?

**Iron supplementation and its administration in CCDs**

1. **What do** your children **take** - SF or MMN or both? What do you supplement your children for?
2. Why is it that supplementation takes place **in the CCD** and not at home? What do you think?
3. In the case of SF /MMN

* **How is it administered**? (schedules) what instructions have you received? (main caregiver; Programme)
* What is the children's **acceptance of** SF /MMN?

1. What **problems or difficulties** have been encountered with regard to the administration and acceptance of children (preparation methods; feeding methods; parents' reactions...)?
2. What **measures and alternative** solutions have been implemented to overcome them, what has been done, with what results, what has worked best, what would you recommend?
3. What changes - if any - have you noticed in children's health as a result of supplementation? (differences between SF and MMN?)
4. What about **supplementation at home**, on days when children do not attend the CCD? what do the CCPPs tell you about giving SF/MMN at home on weekends? what do you recommend to the CCPPs? Is there any follow-up on what happens on weekends? How? Have they had success or difficulties? What works and what can be improved?
5. What does the population say about **iron supplements?** (doubts; favourable testimonies...) What do they know about **the acceptance or rejection of SF or MMN?** (users and non-users of CCD)?
6. What differences and similarities do you find between giving SF and giving MMN (the work of the CM; the acceptance of the child; the acceptance of the parents; the changes in the nutritional situation of the children...)?

**Children's health and nutrition problems**

* + - 1. I will now show you some silhouettes ("figures")
  + Which silhouettes do the children in your care most resemble?
  + What would you like the children in your care to be like, and why?
  + Which silhouettes do you think are healthy and which are unhealthy, and why?
* Why are they healthy? Why are they not healthy?
* What are the consequences for children?
* Do you think that children attending CCDs could become like those at the extremes (underweight/overweight, obese)? What would have to happen for such a situation to arise? How could it be avoided?
* What is the name given here to the silhouettes ("figures") at the ends?

**On the issue of anaemia**

1. Are there children with anaemia in the CCD, how many children are anaemic, and why?
2. What are the consequences for children?
3. What measures or strategies have been implemented to combat and prevent anaemia among children? what have their results been? what has been achieved? what works best? what difficulties have been encountered?
4. What is your experience of children with anaemia attending the CCD who have recovered? (success stories) What has helped in this recovery? Why do some children not recover from anaemia? (see how the strategies have worked concretely).
5. What is said/recommended to the children's parents? how do parents respond to such recommendations/guidance? how do you see that the recommendations are put into practice?
6. In the light of your experience, what measures would you propose on the issue of child anaemia? What is required to put these measures into practice (coordination of social actors; training processes; follow-up and monitoring activities; educational and communication campaigns; IT support; regulations...)?

**Communication and educational opportunities with primary caregivers**

1. At what times do you have the opportunity to communicate and work with primary caregivers on children's health and feeding issues? (formal and informal spaces); how often?
2. What are the main caregivers' concerns about their children, what do they ask you, what do you talk to them about (nutrition; health; psychomotor skills; learning; relationships between children...)?
3. And in your daily work, what do you want to be able to discuss and work with mothers and fathers about their children?
4. How are health and nutrition issues discussed with mothers and fathers (presentations; use of educational materials; individual meetings with each main caregiver...)?
5. How do mothers and fathers participate when meetings are convened in the CCD? What strengths do they find in their participation? What difficulties do they encounter?
6. In what ways would you like primary caregivers to be involved? in what aspects?
7. How could the work with the children's mothers and fathers be improved? what methodologies would be more appropriate for working with the mothers and fathers? how would you learn best? (what do other caregiving mothers tell you about what works and what doesn't?)
8. What would you like to learn in order to work with mothers? (in relation to issues; methodological strategies...)(why?)

**General data**:

Age; number of children; age of last child; previous experience; length of time working as a CM; mother tongue; level of education

**Thank you very much for your time and participation**