



Endogenous knowledges and practices in child feeding among caregivers in northern Benin



Cherif ISSIFOU^{1a}, Waliou AMOUSSA HOUNKPATIN¹, Irene MITCHODIGNI¹, and Brigitte KAUFMANN²

¹University of Abomey-Calavi, Faculty of Agricultural Sciences, Benin

²German Institute for Tropical and Subtropical Agriculture (DITSL), Witzenhausen, Germany

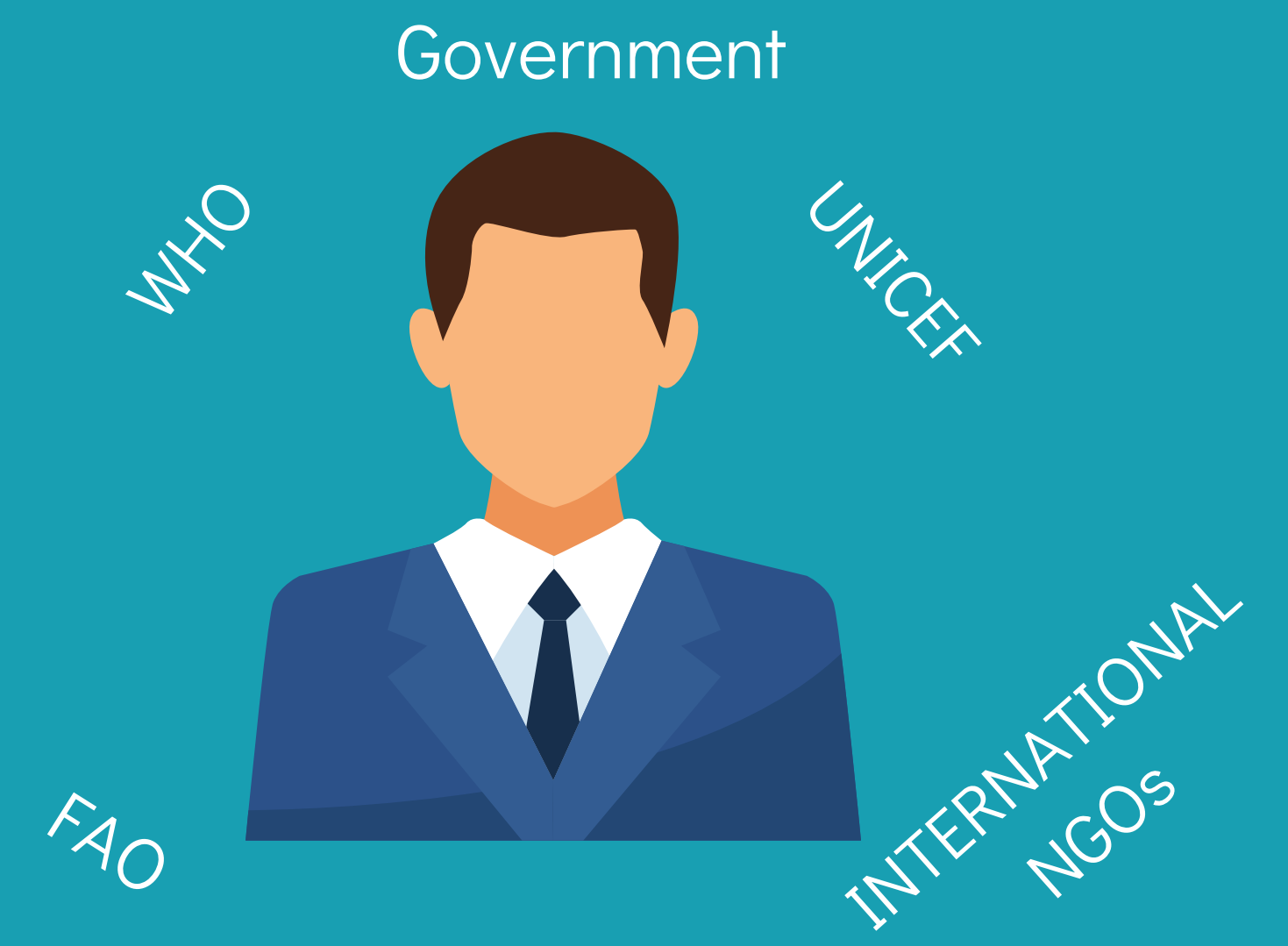
ENDOGENOUS



1. INTRODUCTION

- Inadequate results child nutrition programmes In developing countries
- Endogenous knowledge and practices relevant for improving child nutrition
- They are adapted to the local context

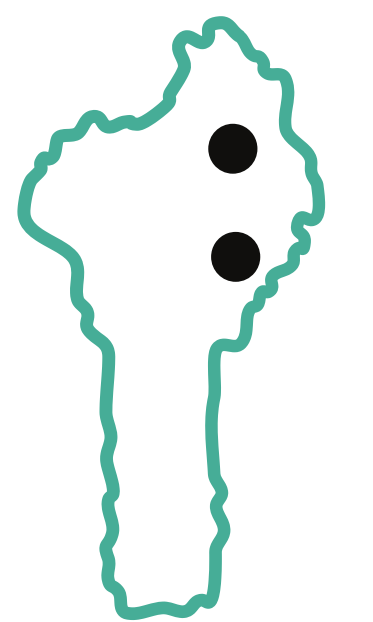
PROJECT/ PROGRAMS



OBJECTIF 2.

Describe endogenous child feeding knowledge and practice among caregivers

Study area



Banikoara
Nikki

MÉTHODOLOGIE 3.

- Checklist-based individual interviews (24) with Fulani, Gando's and Baatombu's focused on endogenous knowledge and practices related to child feeding.
- Focus groups (5) on issues that emerged from the individual interviews and simple ranking.
- The recordings of the interviews were transcribed and then content analysed using MAXQDA software



4. BREASTFEEDING



- Just after delivery caregivers introduce herbal tea by obligation (illness) or by tradition (herbal tea for good health)
- Caregivers held 18 galactagogue methods which can be catégorise in 3 groups. The most effective by ethnicity are:



"In the past, when a woman gave birth, a tea was immediately prepared for her. The mother and the child drink this tea to be in good health. After 7 days, another tea is prepared 3 times if the child is a girl and 4 times if the child is a boy. After that the child will be very healthy. " (Caregiver3, Focus Group , Banikoara center)

5. COMPLEMENTARY FEEDING

Age of complementary feeding (CF)

Age of introduction of CF: 3 and 6 months,

The signs that set the beginning of are:

- lack of breast milk
- Child's desire to eat other foods
- Child's crying after breastfeeding due to the child's lack of satiety
- Child's difficulty in sleeping because of hunger



Fortification

For the growth of their children, mothers use fortifiers (9) (added to the child's porridge) and recipes (14)

fortifiers food	fortifiers herbal tea	Recipes
e.g.: Powder of Adansonia digitata and Parkia biglobosa fruit	e.g.: "Kakagou", "Batôkô", "Guèri" + "Dougoubia"	"Danbou" (Rice + moringa leaves"), "watché" (rice+cowpea)



"After breastfeeding, the child will be crying continuously and will not sleep. But if he is full, if you put him to bed he will sleep peacefully. That's how you know when to start feeding him" (Caregiver3, Focus Group , Guinrou)

Language : Baatombu

Food methods (food-based recipes)	Therapeutic (Herbal tea)	Others
<ul style="list-style-type: none">• Okra leaves sauce "Kobsa" + Grains paste (Fulani & Baatombu)• Grains porridge "Boïri katari/Sorou kaman" (Gando & Baatombu)	<ul style="list-style-type: none">• Porridge made with "Tcholi" tea (Baatombu)• Porridge made with sorghum panicle tea (Gando)	<ul style="list-style-type: none">• Pass the perfume on the nipples(Gando)• Pass the raw yam liquid over the breasts (Fulani & Baatombu)

5.

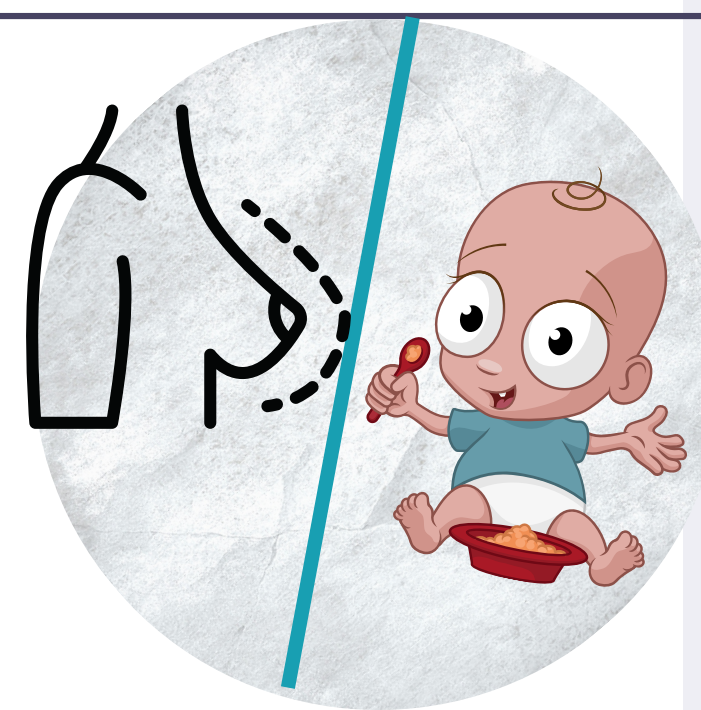
WEANING

- 11 weaning methods
- 2 categories : "soft weaning" and "not soft weaning"

"Soft weaning" allows child and caregiver to not suffer too much by making child forget the breastfeeding.

The most effective weaning methods by ethnicity are:

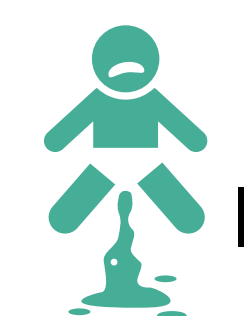
Soft weaning	Not Soft weaning"
<ul style="list-style-type: none">• Put Akassa/ Cheese/ mouse meat in jar at night until morning and feed child (Fulani & Gando)• Carbonise and mill the grass around termite mound with egg and add in child porridge(Baatombu)	<ul style="list-style-type: none">• Mill bark of "Kalahi" and pass on breast (Fulani)• Mill and pass "Wangara boubé" leaves(Gando)• Mill and pass Nivaquine/Vernonia/ "sanfinkou"/"Gannou bom" on breast (Baatombu)



6. DISEASE AND TRADITIONAL TREATMENT

- In ascending order recurrent illnesses among children aged 0-59 months are, diarrhea, fever, malaria, stomachache and cough.
- They are treat with several herbal teas that are often made from the leaves, bark and roots of plants and are drunk for the majority

Some exemple:



"Ben-benkouhi" leaves + Cow's milk



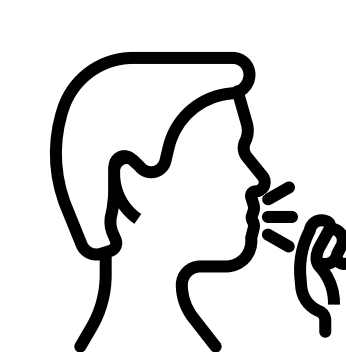
"Combretum micranthum" leaves



"Alpha toka" Leaves



"Khaya senegalensis" leaves



"Fadooo gbaaa" and "Naadangara" leaves + sugar

Language : Baatombu

7. HYGIENE (WATER TREATMENT)

Use of water purifier (ALUM) for clining drinking water



CONCLUSION

- Caregivers have interesting knowledge and practices that could be relevant, affordable and accessible for improving child nutrition and rearing at the local level.
- It seems important to analyse their effectiveness in order to integrate them into nutrition education materials and make them useful for other mothers in the fight against child malnutrition.

Acknowledgement

NaviNut project is funded by the Federal Ministry of Food and Agriculture (BMEL) based on a decision of the Parliament of the Federal Republic of Germany via the Federal Office for Agriculture and Food (BLE). We would like to thank the mothers from Nikki and Banikoara.

Corresponding author

Chérif ISSIFOU
PhD student, University of Abomey-Calavi

ic.issifou@yahoo.com

With support from



by decision of the German Bundestag

