OFFICIAL FEEDBACK FORM

DIALOGUE TITLE	Maternal Nutrition and Benefits of Exclusive Breastfeeding
DIALOGUE DATE	Friday, 30 October 2026 14:00 GMT +01:00
CONVENED BY	Maryam Yusuf Lumana Event announced on behalf of the Convenor by: SUN Youth Network Nigeria. Technical Support Feedback published on behalf of Convenor by: SUN Youth Network Nigeria. Technical Support
EVENT LANGUAGE	English and Hausa
HOST LOCATION	Bauchi, Nigeria
GEOGRAPHIC SCOPE	Community level
DIALOGUE EVENT PAGE	https://nutritiondialogues.org/dialogue/61797/

The outcomes from Nutrition Dialogues will contribute to developing and identifying the most urgent and powerful ways to improve nutrition for all, with a focus on women and children and young people. Each Dialogue contributes in four distinct ways:

- Published as publicly available PDFs on the Nutrition Dialogues Portal
- Available as public data on the Nutrition Dialogues Portal "Explore Feedback" page
- Available publicly within a .xls file alongside all Feedback Form data for advanced analysis
- Synthesised into reports that cover which nutrition challenges are faced, what actions are urgently needed and how should these be taken forward – particular, in advance of the Nutrition for Growth Summit in Paris, March 2025.

SECTION ONE: PARTICIPATION

TOTAL NUMBER OF PARTICIPANTS

1

PARTICIPATION BY AGE RANGE

0	0-11	0	12-18	10	19-29
0	30-49	0	50-74	0	75+

PARTICIPATION BY GENDER

10	Female	0	Male	1	Other/Prefer not to say

NUMBER OF PARTICIPANTS FROM EACH STAKEHOLDER GROUP

0	Children, Youth Groups and Students	1	Civil Society Organisations (including consumer groups and environmental organisations)
0	Educators and Teachers	0	Faith Leaders/Faith Communities
0	Financial Institutions and Technical Partners	0	Food Producers (including farmers)
0	Healthcare Professionals	0	Indigenous Peoples
0	Information and Technology Providers	0	Large Business and Food Retailers
0	Marketing and Advertising Experts	0	National/Federal Government Officials and Representatives
0	News and Media (e.g. Journalists)	10	Parents and Caregivers
0	Science and Academia	0	Small/Medium Enterprises
0	Sub-National/Local Government Officials and Representatives	0	United Nations
0	Women's Groups	0	Other (please state)

OTHER STAKEHOLDER GROUPS

ADDITIONAL DETAIL ON PARTICIPANT DIVERSITY

SECTION TWO: FRAMING AND DISCUSSION

FRAMING

DISCUSSION

The discussion focused on maternal nutrition and the importance of exclusive breastfeeding for maternal and infant health. We explored the nutritional needs of pregnant and breastfeeding mothers, the importance of balanced diets, and how maternal nutrition influences infant growth and development. Discussions also covered the benefits of exclusive breastfeeding for the first six months, appropriate breastfeeding practices, and common challenges mothers face. Open-ended questions included: What foods should pregnant and breastfeeding mothers eat? What do you understand by exclusive breastfeeding? What are its benefits to the baby and mother? What challenges may prevent mothers from practising exclusive breastfeeding?

SECTION THREE: DIALOGUE OUTCOMES

CHALLENGES

Participants identified several challenges affecting maternal nutrition and the practice of exclusive breastfeeding. These included poverty and limited access to nutritious foods, as the high cost and limited availability of nutrient-dense foods such as fruits, vegetables, lean meats, and dairy products make it difficult for mothers to maintain adequate diets during pregnancy and breastfeeding. They also highlighted pregnancy-related physiological challenges, including morning sickness, nausea, food aversions, and other discomforts that may affect dietary intake.

Also, participants raised concerns about inadequate support from their husbands, particularly regarding financial provision, household responsibilities, and encouragement during pregnancy and breastfeeding. They noted that limited spousal support could make it more difficult for mothers to maintain adequate nutrition, initiate breastfeeding early, and sustain exclusive breastfeeding for the recommended first six months. These challenges highlight the importance of family involvement, especially support from husbands, alongside improved access to nutritious foods and continuous maternal nutrition education.

URGENT ACTIONS

The mothers identified the need to strengthen antenatal care attendance as an important step towards improving maternal nutrition and promoting healthy pregnancy outcomes. They emphasised that pregnant women should be encouraged to attend antenatal clinics regularly, where they can receive essential nutritional supplements, including folic acid and ferrous sulphate, alongside appropriate nutrition education and other recommended maternal health services. They also highlighted the importance of encouraging husbands to participate in antenatal care sessions to improve their understanding of maternal nutrition, pregnancy-related needs, and the benefits of exclusive breastfeeding, while strengthening their support for mothers at home. Furthermore, participants stressed the need to promote women's empowerment, particularly through economic opportunities and improved decision-making capacity, to enable women to access nutritious foods, healthcare services, and other essential resources for their well-being and that of their infants.

AREAS OF DIVERGENCE

OVERALL SUMMARY

A community nutrition dialogue on maternal nutrition and the benefits of exclusive breastfeeding was conducted at a Primary Health Care (PHC) facility in Kofar Dumi community, Bauchi Local Government Area, Bauchi State, during an antenatal care session. The engagement provided an opportunity to interact with expectant mothers on the importance of adequate nutrition during pregnancy and breastfeeding.

The discussion highlighted the role of balanced diets, adequate nutrient intake, and appropriate maternal feeding practices in promoting the health and well-being of both mothers and their babies. Particular emphasis was placed on the benefits of exclusive breastfeeding for the first six months of life, including its contribution to infant growth, development, immunity, and protection against infections.

Participants also shared challenges affecting maternal nutrition and exclusive breastfeeding, including poverty, limited access to nutritious foods, pregnancy-related discomforts, and inadequate support from husbands. The dialogue further emphasised the importance of regular antenatal care attendance, access to recommended nutritional supplements such as folic acid and ferrous sulphate, and increased involvement of husbands in maternal and child health. Women's empowerment was also identified as an important factor in improving access to nutritious foods, healthcare services, and informed household nutrition decisions.

Overall, the dialogue strengthened awareness of maternal nutrition and exclusive breastfeeding while highlighting the need for continuous nutrition education, supportive family involvement, and improved access to maternal healthcare services to promote positive maternal and infant health outcomes.

SECTION FOUR: PRINCIPLES OF ENGAGEMENT & METHOD

PRINCIPLES OF ENGAGEMENT

METHOD AND SETTING

Formal Setting

ADVICE FOR OTHER CONVENORS

FEEDBACK FORM: ADDITIONAL INFORMATION

ACKNOWLEDGEMENTS