

PHOTOVOICE

PHOTOBOOK

2025



About Feeding and Caring for Children

created by Inaq-Inaq from East Lombok,
West Nusa Tenggara, Indonesia

Wahana Visi
INDONESIA 



Introduction

In this photobook, you can see photos and read stories created by Inaq-Inaq (mothers) in Sembalun and Pringgabaya, East Lombok District, Indonesia. The stories narrate how they care for and feed their infants and children. From December 2024 to March 2025, these photos were taken and analyzed by the mothers' group themselves using the Photovoice method. This Photovoice co-facilitated by Diana Hardianti, Esther Indriani, Nurul Laili Irmayani and Riz Adhima.

The research question was: **"How can we support Inaq, families, and communities to care for and provide nutritious food for children over 6 months?"**

Inaq have their own challenges and strengths in caring for and feeding their infants and children. They need help from their husband and grandparents. Some babies are picky eaters or refuse to eat rice altogether. Their children are often fussy when demanding ultra processed snacks. While Inaq limit them, other family members often encourage them to consume ultra processed snacks.

Some Inaq have been providing nutritious meals since introducing complementary foods to their babies. They also shared the joyful practice of eating together through the traditions of Begibung and Berayan. In Pringgabaya, an Inaq raised the issue of supporting children with disabilities which they have special needs related to caring and feeding.

The views expressed in this photobook are those of the mother(s) and do not necessarily reflect the views or policies of Wahana Visi Indonesia.

Cover photo: Inaq Firna shares a photo of her child being fed by her grandmother.





What is the Photovoice Method?

Photovoice is a qualitative research method in which people, particularly those who are rarely heard, take and share their own photographs to convey their perspectives and experiences to others. This method enables communities to convey their own messages, ensuring they are heard by the public and policymakers.

Through the Photovoice method, people can speak up, take pictures using their mobile phone cameras, and reflect on their own experiences, conditions, challenges, opportunities, weaknesses, and strengths. This method empowers communities to determine their own narratives, rather than those dictated by researchers from outside their communities.

The photographs in this book have been exhibited to family members, health workers, and government representatives in East Lombok, Indonesia, through a Photovoice exhibition. The photographs and discussions have also been used for advocacy, planning, monitoring, and evaluation of the Technical Program for Child-Well Nourished (TP CWN) in the East Lombok Program Area.



Photos from Sembalun Sub-district

Inaq in Sembalun categorized 21 photos into four themes: "Bonding between parents and children," "Children's eating patterns," "I'm caught off guard... My Child is snacking carelessly," and "The Importance of Balanced Healthy Foods for Children."

As Inaq manage their work responsibilities, they often rely on support from grandmothers, grandmothers-in-law, and older children in caring for and feeding their children. Some Inaq are concerned about their children who refuse to eat rice. They are also difficult to feed unless they are distracted, for example by watching TV or playing on their phones. Inaq often feel caught off guard when their children receive ultra processed snacks from their grandmothers, older siblings, or buy those themselves in kiosks.

Despite these challenges, some Inaq have successfully encouraged their babies to accept and enjoy homemade complementary foods, such as sweet potatoes and chayote. Some Inaq also regularly participate in Begibung with their neighbors, a tradition of the Sasak tribe in Lombok, where Inaq gather vegetables and fruits from their gardens to be cooked and eaten together.



Inaq presented and discussed their photographs at the Photovoice exhibition in Sembalun.

Theme #1

Bonding between Parents and Children



“To reduce our son’s screen time on the phone, Inaq and his Bapak (father) invite him to play in the field. This helps him become closer to his father. Because of their closeness, my son no longer feels awkward or afraid around him.”

Inaq Najwa



“When Inaq is busy, Bapak helps feed the baby. Father says, he is happy if our daughter finishes the meal. If father goes to work, grandma will take care of her.”

Inaq Wafi

Theme #1 Bonding between Parents and Children



"I give my son eggs for complementary feeding. He gets eggs from Posyandu too. He likes to be fed by his Grandma."

Inaq Firna



"To reduce ultraprocessed foods, a daughter eats steamed corn given to her by her grandma. She is an orphan, and her grandma is taking care of her."

Inaq Alea



"The younger son (3-year-old) eats the same portion as his brother (9-year-old). They like to eat together. Although the younger rarely finishes his portion."

Inaq Yendi

Theme #2

Children's Eating Patterns

"How can I feed my son fast? My options are giving him a mobile phone or catching him running around."

Inaq Azi ▶



"He looks normal and healthy. He likes sausage, tempeh, and apple... But I am worried because he dislikes eating rice."

Inaq Bilal ▶



Theme #2 Children's Eating Patterns



"My son eats chicken, *serundeng* (grated coconut), and *perkedel* (mashed potatoes) while watching TV. So Inaq can clean the house and wash dishes."

Inaq Kusnawarni

"Is it okay if my daughter eats spicy foods? My daughter developed a taste for spicy foods when she was one year old. I am worried if she has a stomachache."

◀ **Inaq Elka**



"She only wants to eat rice and salty water. To complement breastmilk, I give her yogurt and processed milks. She only wants to drink sweet milk (not plain). I am relieved that she drinks enough to get the energy she needs and develop properly."

Inaq Lestari

Theme #3

I'm caught off guard... My Child is snacking carelessly

*Wahana Visi Indonesia does not recommend giving ultra-processed foods (UPF) to children. These photos were collected from the community and are shown to illustrate the challenges of providing healthy and high-quality nutrition for children in the area.

"I'm caught off guard. A boy (above 3 years old) can buy snacks by himself. He likes candy, lollipops, and sweet yogurt."

Inaq Mifta ▶



"I have been robbed! When I was cooking, my daughter would often buy jelly from the kiosk. The seller just gave it away to a child. I will never give her if I know it!"

Inaq Mendi

Theme #3 I'm caught off guard... My Child is snacking carelessly



"To calm my baby (10 months old), my older son (an 8-year-old) gives jelly to her. If my baby plays with her siblings, I don't know what they give to her. But if they do not give it, my baby will cry!"

◀ Inaq Lil Aini



"She drinks ice grass jelly every time she gets fussy. She only stops when she has a cough and flu... then she drinks it again."

Inaq Silvi

"If a child is fussy, they ask for cotton candy. I am worried because cotton candy contains food coloring and sweeteners... my child often coughs and gets a toothache after eating it!"

◀ Inaq Bilal

Theme #4

The Importance of Balanced Healthy Foods for Children



"Inaq enjoys eating traditional snacks, such as steamed corn, *celilong* (cassava with brown sugar), and boiled quail eggs. Children like it too."

◀ **Inaq Alea**

"I give my son steamed vegetables and fish for complementary feeding. He especially likes chayote and green beans. It is more important to provide healthy foods than to visit Puskesmas frequently. Despite this, some neighbors say, 'What a posh teacher's child!'"

Inaq Mifta ▶



Theme #4 The Importance of Balanced Healthy Foods for Children



"Favorite vegetables that grow and are eaten by my family: chayote, chayote leaves, winged beans, and banana heart. My son likes steamed chayote."

◀ Inaq Firna

"My son eats well and is not a picky eater. I feed him if I have time. Otherwise, he can eat by himself."

Inaq Jigen ▶



Theme #4 The Importance of Balanced Healthy Foods for Children



"I prepare healthy, balanced meals with protein, vegetables, and fruits. I have prepared these meals since the start of complementary feeding. A healthy balance of food is good for my child's intellectual development and her height. I learn from the Posyandu book, the health cadre, and from Google."

Inaq Dian

"Begibung is a tradition of eating breakfast together. Moms and children eat rice and vegetables together. After eating, the children play together."

Inaq Diana ▶





Inaq presented and discussed their photos at the Photovoice exhibition in Pringgabaya.



Photos from Pringgabaya Sub-district

Inaq-inaq in Pringgabaya categorized 16 photos into six themes: "My child only eats rice," "I have not started to feed my child," "Child with disability," "The hunger strike (*Gerakan Tutup Mulut*, GTM)", "Sweet tooth: It is impossible not to give them snacks", and "Healthy and affordable foods."

Many *Inaq* are only able to provide rice as complementary feeding. Some children refuse to eat (*Gerakan Tutup Mulut*, GTM). One *Inaq* complained, "I have tried many ways" to feed her child, but her child keeps protesting and refusing to eat at all.

An *Inaq* shared a photo of a child with Down syndrome. She explained that access to health and education services for children with disabilities is expensive and far from the village.

The *Inaq* also shared photos of healthy and affordable food practices, as well as the *Berayan* tradition, where *Inaq* gather local food sources from their own gardens to cook and eat together.



Theme #1

My child only eats rice

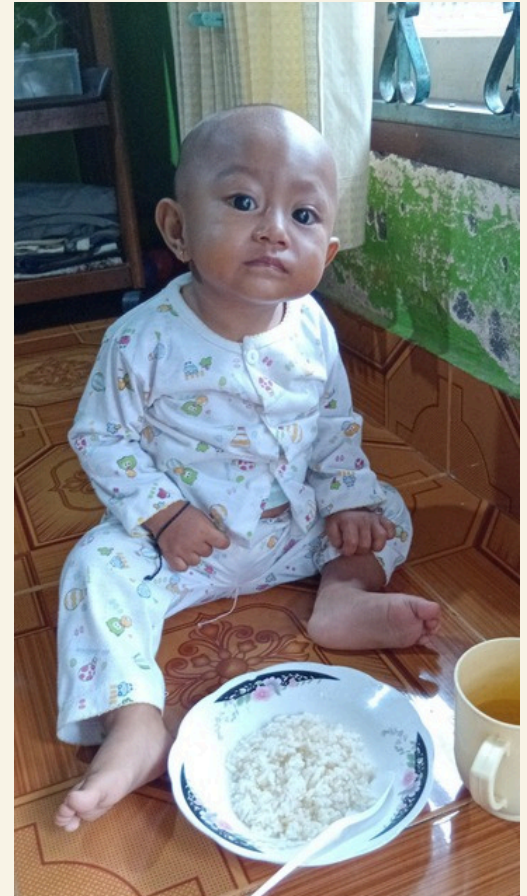
“My son eats rice with sweet soy sauce (*makan kosong* or just rice). That’s it. Besides soy sauce, rice can also be served with salt or Monosodium Glutamate.”

Inaq Nesa ▶



“My daughter eats rice and salt water. She eats well. But today I am busy, so she shall eat whatever is available.”

Inaq Cintia ▶



Theme #1 My child only eats rice



"My daughter is not a picky eater. If she wants rice, I give rice. If she wants fish, I give her fish."

Inaq Supianah ▶



"I work as a motorbike driver, and my husband is a migrant worker in Malaysia. Grandma takes care of the baby. However, Grandma rarely cooks and only gives the baby plain rice... I think it's okay as long as my baby is not hungry."

◀ **Inaq Yulia**



Theme #1 My child only eats rice



"I prepare vegetables for my younger son... But the older son only wants fried rice every day. How can my older son eat more than just nasi goreng (fried rice)?"

Inaq Roh

Theme #2

I have not started to feed my child



“My baby is 9 months old but I have not fed her. Her Grandma says she does not need to eat solid food yet. If she wants to try, she just picks some tofu from her brother's plate.”

◀ Inaq Ismayani

“My niece was malnourished and was not able to walk until 3 years old. If she heard any noise, she would often cry. We took her to the doctor, and we found out she has Down Syndrome. Since she went to School for Students with Special Needs, she has been able to talk and play outside.”

Inaq Gina ▶

Theme #3

Child with disability



Theme #4

The hunger strike (Gerakan Tutup Mulut, GTM)



"My son often vomits if I give him rice. How long will he refuse to eat rice? I am confused... he refused everything and only eats bread. I want to see him eat well like other children."

Inaq Ehan

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"I give my child packaged meals. These packaged complementary meals are easy to prepare. Put it into Magic Com and blend. I made homemade porridge, but my daughter doesn't seem to like it."

Inaq Maulida ▶



Theme #5

Sweet tooth: “It is impossible not to give them snacks”



“My son is a picky eater. I give him a snack rather than nothing. Other neighbour children are also snacking and look fat and healthy. However, I am worried about the long-term health effects of artificial sweeteners.”

◀ **Inaq Joda**



“My son enjoys eating savory snacks with MSG and sweet packaged drinks. I cannot stop this. I tried to cook home snacks, but he ignored them. I am upset!”

Inaq Ris



“She often has a toothache from eating cotton candy.... But if she is throwing a tantrum, what can we do? We can cure the toothache later.”

Inaq Lindawati

Healthy and affordable foods



"When my child was 6 months old, she kept her mouth shut (GTM). She would not want anything I prepared. I keep trying. When she was 9 months old, I gave her bananas and sweet potatoes, and she loved them!

Now she eats well, and she especially likes moringa leaves."

◀ Inaq Reza

"I let my daughter play with her meals, even though she messes them up. I am happy to see that she likes to eat home-cooked meals

I try my best to give her protein and vegetables, so she can have good development."

Inaq Uyun ▶



Theme #6 Healthy and affordable foods



"I prepare traditional foods such as sweet cassava, nuts, and bananas for complementary feeding. We grow these and share them among neighbors. We do not need to buy this food."

Inaq Uyun

"Berayan is a tradition of eating together with family and neighbors. My son eats well if we eat together. We cook a healthy balance of meals as suggested by Posyandu and enjoy them together."

Inaq Ehan ▶





Conclusion

The Photovoice study with Inaq-inaq (mothers in East Lombok) successfully explored and reflected on their parenting and complementary feeding practices for infants and children. Inaq described challenges such as providing a limited variety of foods and a lack of control over ultraprocessed snacking. They also shared their strengths, such as taking care of babies by all family members, providing nutritious complementary foods, and eating together through the Begibung and Berayan traditions.

By involving Inaq as researchers, they appreciated the capacity-building process during the study. Although some Inaq faced challenges during the process, they felt the Photovoice study had fostered new awareness and supported the adoption of positive behaviors in their daily lives, as expressed by one Inaq, "Hopefully I can be a better mother."

At the Photovoice exhibition, an Inaq from Sembalun proudly stated, "This is a photo of my own child." Meanwhile, an Inaq in Pringgabaya expressed, "Thank you to the Wahana Visi Indonesia facilitators for letting us tell stories about our children through Photovoice."

We hope their stories, strengths, and aspirations can reach you through this photobook.



HOPE, JOY, JUSTICE

for all children



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