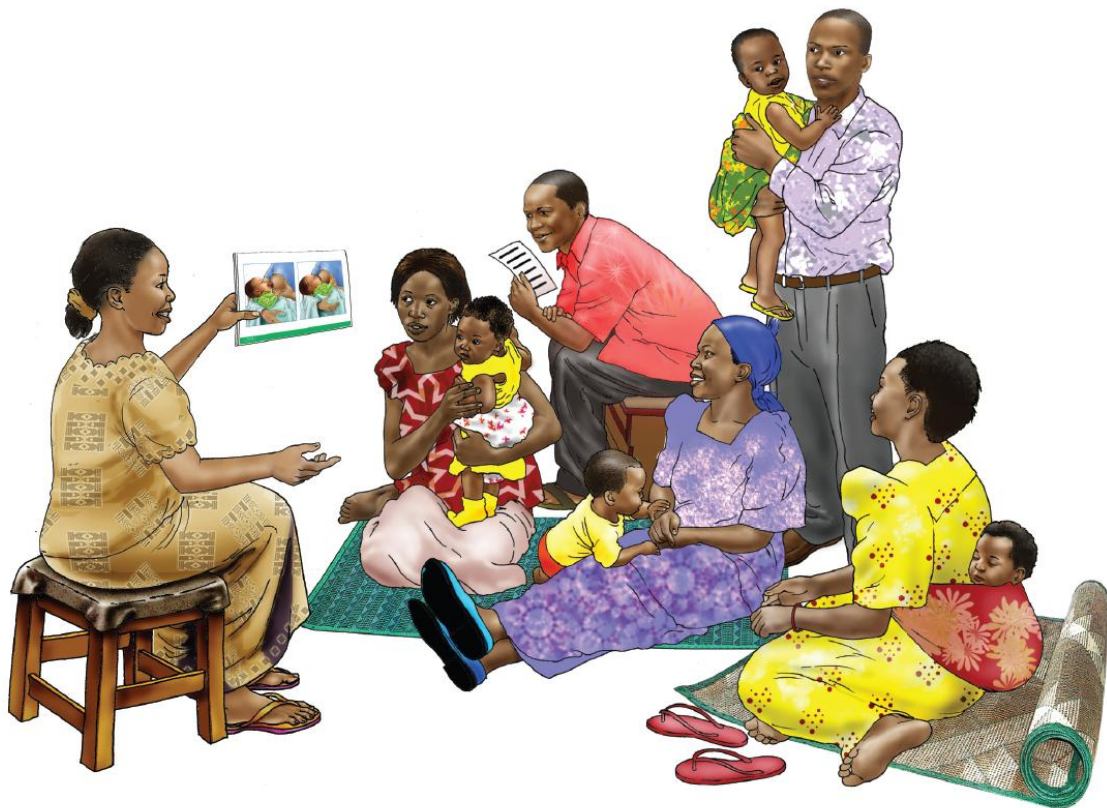




## Participant Materials



*The Community  
Infant and Young Child Feeding  
Counselling Package*

November 2010

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## *Participant Materials 4.1: Counselling Skills*

### ***Listening and Learning skills***

1. Use helpful non-verbal communication
  - Keep your head level with mother/father/caregiver
  - Pay attention (eye contact)
  - Remove barriers (tables and notes)
  - Take time
  - Appropriate touch
2. Ask questions that allows mother/father/caregiver to give detailed information
3. Use responses and gestures that show interest
4. Listen to mother's/father's/caregiver's concerns
5. Reflect back what the mother/father/caregiver says
6. Avoid using judging words



Source: Infant and Young Child Feeding Counselling: An Integrated Course. WHO/UNICEF. 2006

## ***Participant Materials 5.1: Importance of Breastfeeding for Infant/Young Child, Mother, Family, Community/Nation***

### **Importance of breastfeeding for the infant/young child**

Breast milk:

- Saves infants' lives.
- Human breast milk perfectly meets the needs of human infants
- Is a whole food for the infant, and covers all babies' needs for the first 6 months.
- Promotes adequate growth and development, thus helping to prevent stunting.
- Is always clean.
- Contains antibodies that protect against diseases, especially against diarrhoea and respiratory infections.
- Is always ready and at the right temperature.
- Is easy to digest. Nutrients are well absorbed.
- Contains enough water for the baby's needs.
- Helps jaw and teeth development; suckling develops facial and jaw structure.
- Frequent skin-to-skin contact between mother and infant leads to bonding, better psychomotor, affective and social development of the infant.
- The infant benefits from the colostrum, which protects him/her from diseases (Colostrum is the yellow or golden [first] milk the baby receives in his or her first few days of life. It has high concentrations of nutrients and protects against illness. Colostrum is small in quantity. The colostrum acts as a laxative, cleaning the infant's stomach).
- Long-term benefits – reduced risk of obesity and diabetes

### **Importance of breastfeeding for the mother**

- Breastfeeding is more than 98% effective as a contraceptive method during the first 6 months if the mother is exclusively breastfeeding, day and night and if her menses/period has not returned.
- Putting the baby to the breast immediately after birth facilitates the expulsion of placenta because the baby's suckling stimulates uterine contractions.
- Breastfeeding reduces the risk of bleeding after delivery.
- When the baby is immediately breastfed after birth, breast milk production is stimulated.
- Immediate and frequent suckling prevents engorgement.
- Breastfeeding reduces the mother's workload (no time is involved in going to buy the formula, boiling water, gathering fuel, or preparing formula).
- Breast milk is available at anytime and anywhere, is always clean, nutritious and at the right temperature.
- Breastfeeding is economical: formula costs a lot of money, and the non-breastfed baby or mixed-fed baby is sick much more often, which brings costs for health care.
- Breastfeeding stimulates a close bond between mother and baby.
- Breastfeeding reduces risks of breast and ovarian cancer.



### **Importance of breastfeeding for the family**

- Mothers and their children are healthier.
- No medical expenses due to sickness that other milks could cause.
- There are no expenses involved in buying other milks, firewood or other fuel to boil water, milk or utensils.
- Births are spaced if the mother is exclusively breastfeeding in the first six months, day and night, and if her menses/period has not returned.
- Time is saved because there is less time involved in purchasing and preparing other milks, collecting water and firewood, and there is less illness-required trips for medical treatment.

**Note:** Families need to help mother by helping with non-infant household chores.

### **Importance of breastfeeding for the community/nation**

- Healthy babies make a healthy nation.
- Savings are made in health care delivery because the number of childhood illnesses are reduced, leading to decreased expenses.
- Improves child survival because breastfeeding reduces child morbidity and mortality.
- Protects the environment (trees are not used for firewood to boil water, milk and utensils, and there is no waste from tins and cartons of breast milk substitutes). Breast milk is a natural renewable resource.
- Not importing milks and utensils necessary for the preparation of these milks saves money that could be used for something else.

### **Risks of artificial feeding (artificially-fed babies)**



**Note:** the younger the infant is, the greater these risks.


- Greater risk of death (a non-breastfed baby is 14 times more likely to die than an exclusively breastfed baby in the first 6 months)
- Formula has no antibodies to protect against illness; the mother's body makes breast milk with antibodies that protect from the specific illnesses in the mother/child environment
- Don't receive their "first immunization" from the colostrum milk
- Struggle to digest formula: it is not at all the perfect food for babies
- Frequent diarrhoea, ill more often and more seriously (mixed-fed infants less than 6 months who receive contaminated water, formula and foods are at higher risk.)
- Frequent respiratory infections
- Greater risk of undernutrition, especially for younger infants
- More likely to get malnourished: family may not be able to afford enough formula
- Under-development: retarded growth, under-weight, stunting, wasting due to higher infectious diseases such as diarrhoea and pneumonia
- Poorer bonding between mother and infant, and less secure infant
- Lower scores on intelligence tests and more difficulty learning at school
- More likely to be overweight
- Greater risk of heart disease, diabetes, cancer, asthma, and dental decay later in life

### **Risks of mixed feeding (mixed-fed babies in the first six months)**

- Have a higher risk of death
- Are ill more often and more seriously, especially with diarrhea: due to contaminated milk and water
- More likely to get malnourished: gruel has little nutritional value, formula is often diluted, and both displace the more nutritious breast milk
- Get less breast milk because they suckle less and then the mother makes less milk
- Suffer damage to their fragile guts from even a small amount of anything other than breast milk
- Much more likely to be infected with HIV than exclusively breastfed babies, because their guts are damaged by the other liquids and foods and thus allow the HIV virus to enter more easily

## Participant Materials 5.2: Recommended Breastfeeding Practices and Possible Counselling Discussion Points


<b>Recommended Breastfeeding Practice</b>	<b>Possible Counselling Discussion Points</b> <b>Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area</b>
<p>Place infant skin-to-skin with mother immediately after birth</p>	<ul style="list-style-type: none"> <li>• Skin-to-skin with mother keeps newborn warm and helps stimulate bonding or closeness, and brain development.</li> <li>• Skin-to-skin helps the "let down" of the colostrum/milk</li> <li>• There may be no visible milk in the first hours. For some women it even takes a day or two to experience the "let down". It is important to continue putting the baby to the breast to stimulate milk production and let down.</li> <li>• Colostrum is the first thick, yellowish milk that protects baby from illness.</li> <li>• <b>CC 2: Pregnant woman / delivery in facility</b></li> </ul>
<p>Initiate breastfeeding within the first hour of birth</p>  <p><b>Note:</b> Breastfeeding in the first few days</p>	<ul style="list-style-type: none"> <li>• Make sure baby is well attached</li> <li>• This first milk 'local word' is called colostrum. It is yellow and full of antibodies which help protect your baby.</li> <li>• Colostrum provides the first immunization against many diseases.</li> <li>• <b>CC 2: Pregnant woman / delivery in facility</b></li> <li>• <b>Take-home Brochure: How to Breastfeed Your Baby</b></li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Breastfeeding frequently from birth helps the baby learn to attach and helps to prevent engorgement and other complications.</li> <li>• In the first few days, the baby may feed only 2 to 3 times/day. If the baby is still sleepy on day 2, the mother may express some colostrum and give it from a cup.</li> <li>• Give nothing else -- no water, no infant formula, no other foods or liquids -- to the newborn.</li> </ul>
<p>Exclusively breastfeed (no other food or drink) from 0 up to 6 months</p> 	<ul style="list-style-type: none"> <li>• Breast milk is all the infant needs for the first 6 months.</li> <li>• Do not give anything else to the infant before 6 months, not even water.</li> <li>• Breast milk contains all the water a baby needs, even in a hot climate.</li> <li>• Giving water will fill the infant and cause less suckling; less breast milk will be produced.</li> <li>• Water and other liquids and foods for an infant less than six months can cause diarrhoea.</li> <li>• <b>CC 3: During the first 6 months, your baby needs ONLY breast milk</b></li> </ul>

Recommended Breastfeeding Practice	Possible Counselling Discussion Points Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area
	<ul style="list-style-type: none"> <li>• <b>CC 4: Importance of exclusive breastfeeding during the first 6 months</b></li> <li>• <b><i>Take-home Brochure: How to Breastfeed Your Baby</i></b></li> </ul>
<p>Breastfeed frequently, day and night</p> 	<ul style="list-style-type: none"> <li>• After the first few days, most newborns want to breastfeed frequently, 8 to 12 times/day. Frequent breastfeeding helps produce lots of breast milk.</li> <li>• Once breastfeeding is well-established, breastfeed 8 or more times day and night to continue to produce plenty of (or lots of) breast milk. If the baby is well attached, contented and gaining weight, the number of feeds is not important.</li> <li>• More suckling (with good attachment) makes more breast milk.</li> <li>• <b>CC 5: Breastfeed on demand, both day and night (8 to 12 times/day) to build up your milk supply</b></li> <li>• <b><i>Take-home Brochure: How to Breastfeed Your Baby</i></b></li> </ul>
<p>Breastfeed on demand every time the baby asks to breastfeed</p>	<ul style="list-style-type: none"> <li>• Crying is a <u>late</u> sign of hunger.</li> <li>• Early signs that baby wants to breastfeed: <ul style="list-style-type: none"> <li>– Restlessness</li> <li>– Opening mouth and turning head from side to side</li> <li>– Putting tongue in and out</li> <li>– Sucking on fingers or fists</li> </ul> </li> <li>• <b>CC 5: Breastfeed on demand, both day and night (8 to 12 times/day) to build up your milk supply</b></li> </ul>
<p>Let infant finish one breast and come off by him/herself before switching to the other breast</p>	<ul style="list-style-type: none"> <li>• Switching back and forth from one breast to the other prevents the infant from getting the nutritious 'hind milk'</li> <li>• The 'fore milk' has more water content and quenches infant's thirst; the 'hind milk' has more fat content and satisfies the infant's hunger</li> <li>• <b>CC 5: Breastfeed on demand, both day and night (8 to 12 times/day) to build up your milk supply</b></li> </ul>
<p>Good positioning and attachment</p>	<ul style="list-style-type: none"> <li>• 4 signs of good positioning: baby's body should be <u>straight</u>, and <u>facing</u> the breast, baby should be <u>close</u> to mother, and mother should <u>support</u> the baby's whole body, not just the neck and shoulders with her hand and forearm.</li> <li>• 4 signs of good attachment: mouth wide open, chin touching breast, more areola showing above than below the nipple, and lower lip turned out.</li> <li>• <b>CC 6: Breastfeeding positions</b></li> </ul>

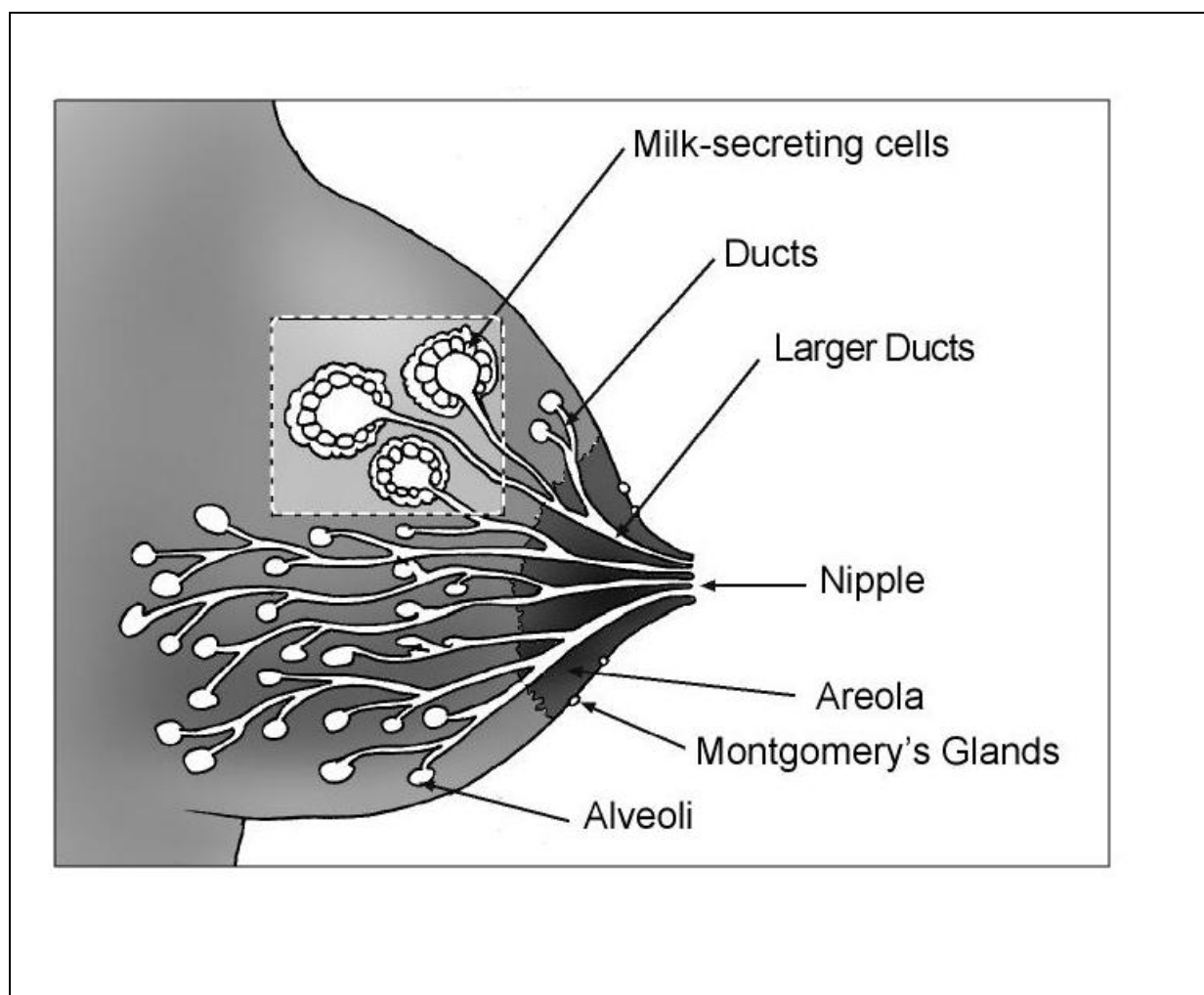


Recommended Breastfeeding Practice	Possible Counselling Discussion Points Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area
	<ul style="list-style-type: none"> <li>• <b>CC 7: Good attachment</b></li> </ul>
Continue breastfeeding for 2 years of age or longer	<ul style="list-style-type: none"> <li>• Breast milk contributes a significant proportion of energy and nutrients during the complementary feeding period and helps protect babies from illness.</li> <li>• <b>CC 12 to 15: Complementary Feeding Counselling Cards</b></li> </ul>
Continue breastfeeding when infant or mother is ill	<ul style="list-style-type: none"> <li>• Breastfeed more frequently during child illness.</li> <li>• The nutrients and immunological protection of breast milk are important to the infant when mother or infant is ill.</li> <li>• Breastfeeding provides comfort to a sick infant.</li> <li>• <b>CC 17: Feeding the sick baby under 6 months of age</b></li> </ul>
Mother needs to eat and drink to satisfy hunger and thirst	<ul style="list-style-type: none"> <li>• No one special food or diet is required to provide adequate quantity or quality of breast milk.</li> <li>• Breast milk production is not affected by maternal diet.</li> <li>• No foods are forbidden.</li> <li>• Mothers should be encouraged to eat more food to maintain their own health.</li> <li>• <b>CC 1: Nutrition for pregnant and breastfeeding woman</b></li> <li>• <b>Take-home Brochure: Nutrition During Pregnancy and Breastfeeding</b></li> </ul>
Avoid feeding bottles	<ul style="list-style-type: none"> <li>• Foods or liquids should be given by cup to reduce nipple confusion and the possible introduction of contaminants.</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 12 to 15: Complementary Feeding Counselling Cards</b></li> </ul>

**Participant Materials 5.3: Recommended Schedule for visits from pregnancy up to 6 months**

When	Discuss
<p>Prenatal visits</p> 	<ul style="list-style-type: none"> <li>• Good attachment and positioning</li> <li>• Early initiation of breastfeeding (give colostrum)</li> <li>• Breastfeeding in the first few days</li> <li>• Exclusive breastfeeding from birth up to 6 months (avoid other liquids and food, even water)</li> <li>• Breastfeeding on demand– up to 12 times day and night</li> <li>• Mother needs to eat extra meals and drink a lot of fluids to be healthy</li> <li>• Attendance at mother-to-mother support group</li> <li>• How to access CW if necessary</li> </ul>
Delivery	<ul style="list-style-type: none"> <li>• Place baby skin-to-skin with mother</li> <li>• Good attachment and positioning</li> <li>• Early initiation of breastfeeding (give colostrum, avoid water and other liquids)</li> <li>• Breastfeeding in the first few days</li> </ul>
Postnatal visits	
<p>Within the first week after birth (2 or 3 days and 6 or 7 days)</p>	<ul style="list-style-type: none"> <li>• Good attachment and positioning</li> <li>• Breastfeeding in the first few days</li> <li>• Exclusive breastfeeding from birth up to 6 months</li> <li>• Breastfeeding on demand– up to 12 times day and night</li> <li>• Ensure mother knows how to express her breast milk</li> <li>• Preventing breastfeeding difficulties (engorgement, sore and cracked nipples)</li> </ul>
<p>1 month</p> <ul style="list-style-type: none"> <li>• Immunization Sessions</li> <li>• Growth Monitoring Promotion (GMP)</li> </ul>	<ul style="list-style-type: none"> <li>• Good attachment and positioning</li> <li>• Exclusive breastfeeding from birth up to 6 months</li> <li>• Breastfeeding on demand– up to 12 times day and night</li> <li>• Breastfeeding difficulties (plugged ducts which can lead to mastitis, and not enough breast milk)</li> <li>• Increase breast milk supply</li> <li>• Maintain breast milk supply</li> <li>• Continue to breastfeed when infant or mother is ill</li> <li>• Family planning</li> <li>• Prompt medical attention</li> </ul>
<p>6 weeks</p> <ul style="list-style-type: none"> <li>• Family planning sessions</li> <li>• GMP</li> <li>• Sick Child clinic</li> <li>• Community follow-up</li> </ul>	
<p>From 5 up to 6 months</p> <ul style="list-style-type: none"> <li>• GMP</li> <li>• Sick child Clinic</li> <li>• Community follow-up</li> </ul>	<ul style="list-style-type: none"> <li>• CW should not try to change positioning if older infant is not having difficulties</li> <li>• Prepare mother for changes she will need to make when infant reaches 6 months (AT 6 months)</li> <li>• At 6 months, begin to offer foods 2 to 3 times a day - gradually introduce different types of foods (staple, legumes, vegetables, fruits and animal products) and continue breastfeeding</li> </ul>

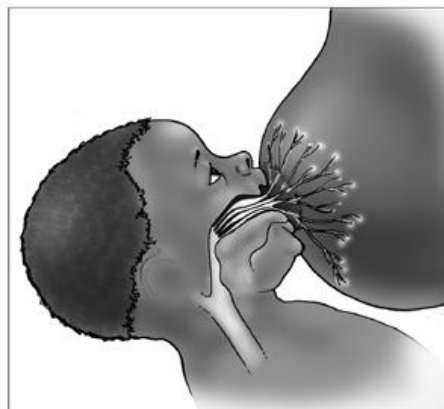
## Participant Materials 6.1: Anatomy of the Human Breast



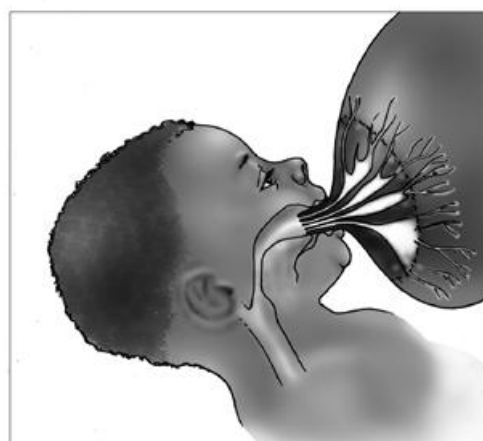
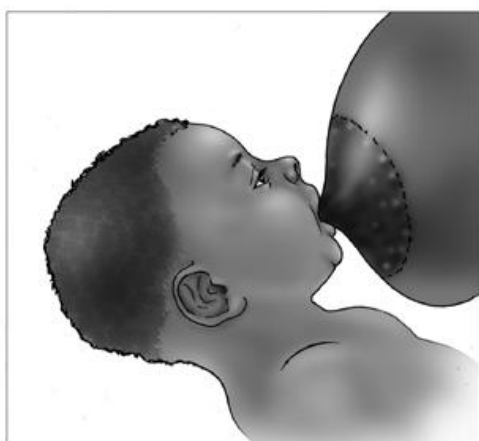
Adapted from WHO/UNICEF. Infant and Young Child Feeding Counselling: An Integrated Course. 2006

## Participant Materials 6.2: Good and Poor Attachment

### Good Attachment



### Poor Attachment



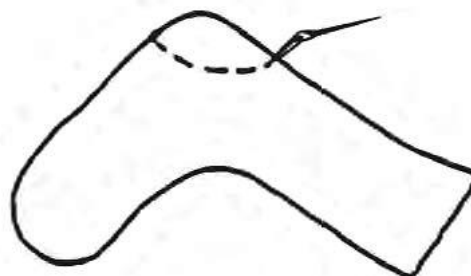
WHO/UNICEF. Infant and Young child Feeding Counselling: An Integrated Course. 2006.

## Participant Materials 6.3: Instructions for making cloth breast models

Use two socks: one sock in a brown or other colour resembling skin to show the outside of the breast, and the other sock white to show the inside of the breast.

### Skin-colour sock

Around the heel of the sock, sew a circular running stitch (= purse string suture) with a diameter of 4cm. Draw it together to 1 ½ cm diameter and stuff it with paper or other substance to make a “nipple.” Sew a few stitches at the base of the nipple to keep the paper in place. Use a felt-tip pen to draw an areola around the nipple.



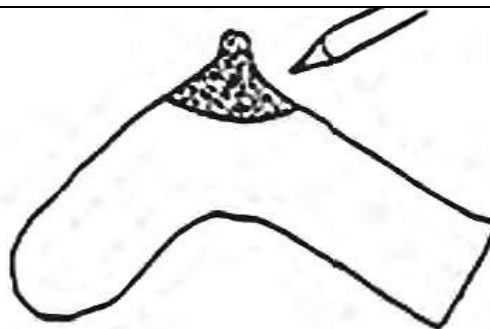
### White sock

On the heel area of the sock, use a felt-tip pen to draw a simple structure of the breast: alveoli, ducts, and nipple pores.



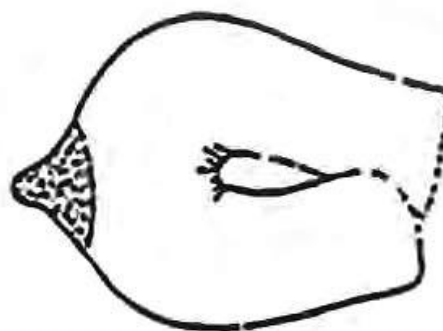
### Putting the two socks together

Stuff the heel of the white sock with anything soft. Hold the 2 ends of the sock together at the back and form the heel to the size and shape of a breast. Various shapes of breasts can be shown. Pull the skin-coloured sock over the formed breast so that the nipple is over the pores.







### Making two breasts

If two breasts are made, they can be worn over clothing to demonstrate attachment and positioning. Hold them in place with something tied around the chest. The correct position of the fingers for hand expression can also be demonstrated.



**Participant Materials 7.1: Recommended complementary feeding practices**


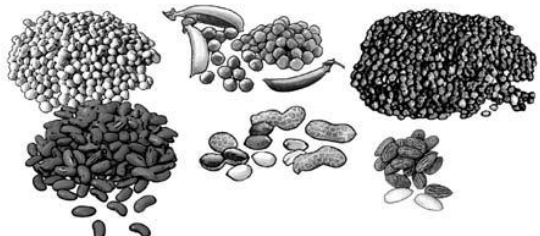
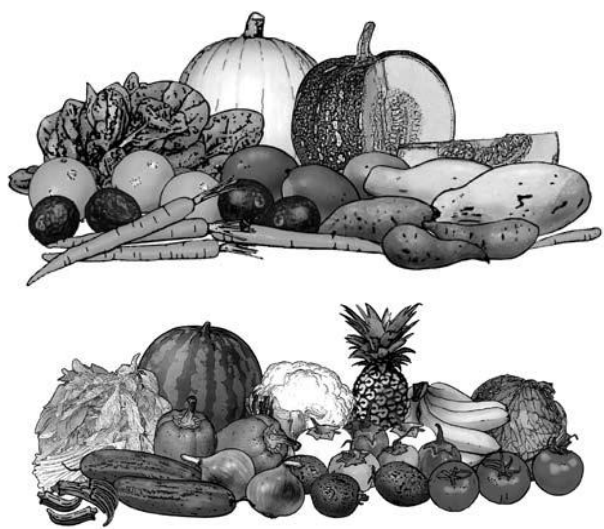
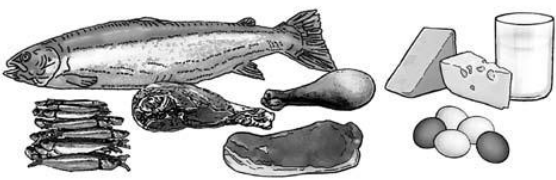

Age	Recommendations			
	Frequency (per day)	Amount of food an average child will usually eat at each meal (in addition to breast milk)	Texture (thickness/consistency)	Variety
<p>Start complementary foods when baby reaches 6 months</p> 	<p>2 to 3 meals plus frequent breastfeeds</p>	<p>Start with 2 to 3 tablespoons Start with 'tastes' and gradually increase amount</p>	<p>Thick porridge/pap</p>	<p>Breastfeeding (Breastfeed as often as the child wants) + Animal foods (local examples) + Staples (porridge, other local examples) + Legumes (local examples) + Fruits/Vegetables (local examples)</p>
<p>From 6 up to 9 months</p> 	<p>2 to 3 meals plus frequent breastfeeds  1 to 2 snacks may be offered</p>	<p>2 to 3 tablespoonfuls per feed  Increase gradually to half (½) 250 ml cup/bowl</p>	<p>Thick porridge/pap Mashed/pureed family foods</p>	
<p>From 9 up to 12 months</p> 	<p>3 to 4 meals plus breastfeeds  1 to 2 snacks may be offered</p>	<p>Half (½) 250 ml cup/bowl</p>	<p>Finely chopped family foods Finger foods Sliced foods</p>	
<p>From 12 up to 24 months</p> 	<p>3 to 4 meals plus breastfeeds  1 to 2 snacks may be offered</p>	<p>Three-quarters (¾) to 1 250 ml cup/bowl</p>	<p>Sliced foods Family foods</p>	

Age	Recommendations			
<b>Note:</b> If child is less than 24 months is not breastfed	Add 1 to 2 extra meals  1 to 2 snacks may be offered	Same as above according to age group	Same as above according to age group	Same as above, in addition 1 to 2 cups of milk per day + 2 to 3 cups of extra fluid especially in hot climates
Active/ responsive feeding (alert and responsive to your baby's signs that she or he is ready-to-eat; actively encourage, but don't force your baby to eat)	<ul style="list-style-type: none"> <li>• Be patient and actively encourage your baby to eat more food</li> <li>• If your young child refuses to eat, encourage him/her repeatedly; try holding the child in your lap during feeding, or face him/her while he or she is sitting on someone else's lap.</li> <li>• Offer new foods several times, children may not like (or accept) new foods in the first few tries.</li> <li>• Feeding times are periods of learning and love. Interact and minimize distraction during feeding.</li> <li>• Do not force feed.</li> <li>• Help your older child eat.</li> </ul>			
Hygiene	<ul style="list-style-type: none"> <li>• Feed your baby using a clean cup and spoon; never use a bottle as this is difficult to clean and may cause your baby to get diarrhoea.</li> <li>• Wash your hands with soap and water before preparing food, before eating, and before feeding young children.</li> <li>• Wash your child's hands with soap before he or she eats.</li> </ul>			

Adapted from WHO Infant and Young Child Feeding Counselling: An Integrated Course (2006)


Adapt the chart to use a suitable local cup/bowl to show the amount. The amounts assume an energy density of 0.8 to 1 Kcal/g; use iodised salt in preparing family foods



## Participant Materials 7.2: Different types of locally, available foods


<p><b>Staples:</b> grains such as maize, wheat, rice, millet and sorghum and roots and tubers such as cassava and potatoes</p>	
<p><b>Legumes</b> such as beans, lentils, peas, groundnuts <b>and seeds</b> such as sesame</p>	
<p><b>Vitamin A-rich fruits and vegetables</b> such as mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin and <b>other fruits and vegetables</b> such as banana, pineapple, avocado, watermelon, tomatoes, eggplant and cabbage <b>NOTE:</b> include locally-used wild fruits and other plants.</p>	
<p><b>Animal-source foods</b> including flesh foods such as meat, chicken, fish, liver and eggs and milk and milk products <b>Note: animal foods should be started at 6 months</b></p>	
<p>Oil and fat such as oil seeds, margarine, ghee and butter added to vegetables and other foods will improve the absorption of some vitamins and provide extra energy. Infants only need a very small amount (no more than half a teaspoon per day).</p>	



*Participant Materials 7.3: Recommended Complementary Feeding Practices and Possible Counselling Discussion Points*

<b>Recommended Complementary Feeding Practice</b>	<b>Possible Counselling Discussion Points</b> <b>Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area</b>
<p>After baby reaches six months of age add complementary foods (such as thick porridge 2 to 3 times a day) to breastfeeds</p>	<ul style="list-style-type: none"> <li>• Give Local Examples of first types of complementary foods</li> <li>• When possible, use milk instead of water to cook the porridge. Breast milk can be used to moisten the porridge.</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 12: Start Complementary Foods when Baby Reaches 6 Months</b></li> <li>• <b>Take-home Brochure: How to Feed a Baby After 6 Months</b></li> </ul>
<p>As baby grows older increase feeding frequency, amount, texture and variety</p>	<ul style="list-style-type: none"> <li>• Gradually increase the frequency, the amount, the texture (thickness/consistency), and the variety of foods , especially animal-source</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 12 to 16: Complementary Feeding Counselling Cards</b></li> </ul>
<p>Complementary Feeding from 6 up to 9 months breastfeed plus give 2 to 3 meals and 1 to 2 snacks per day</p> 	<ul style="list-style-type: none"> <li>• Start with 2 to 3 tablespoonfuls of cooked porridge or mashed foods (give examples of cereals and family foods)</li> <li>• At 6 months these foods are more like 'tastes' than actual servings</li> <li>• Make the porridge with milk – especially breast milk; pounded groundnut paste (a small amount of oil may also be added)</li> <li>• Increase gradually to half (½) cup (250 ml cup). Show amount in cup brought by mother</li> <li>• Any food can be given to children after 6 months as long as it is mashed/chopped. Children do not need teeth to consume foods such as eggs, meat, and green leafy vegetables</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 13: Complementary Feeding from 6 up to 9 Months</b></li> <li>• <b>CC 16: Food variety</b></li> <li>• <b>Take-home Brochure: How to Feed a Baby After 6 Months</b></li> </ul>
<p>Complementary Feeding from 9 up to 12 months breastfeed plus give 3 to 4 meals and 1 to 2 snacks per day</p>	<ul style="list-style-type: none"> <li>• Give finely chopped, mashed foods, and finger foods</li> <li>• Increase gradually to ½ cup (250 ml cup). Show amount in cup brought by mother</li> <li>• Animal source foods are very important and can be given to young children: cook well and cut into very small pieces</li> </ul>

<b>Recommended Complementary Feeding Practice</b>	<b>Possible Counselling Discussion Points</b> <b>Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area</b>
	<ul style="list-style-type: none"> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 14: Complementary Feeding from 9 up to 12 Months</b></li> <li>• <b>CC 16: Food variety</b></li> <li>• <b><i>Take-home Brochure: How to Feed a Baby After 6 Months</i></b></li> </ul>
<p>Complementary Feeding from 12 up to 24 months give 3 to 4 meals and 1 to 2 snacks per day, with continued breastfeeding</p> 	<ul style="list-style-type: none"> <li>• Give family foods</li> <li>• Give three-quarter (¾) to one cup (250 ml cup/bowl). Show amount in cup brought by mother</li> <li>• Foods given to the child must be prepared and stored in hygienic conditions to avoid diarrhoea and illness</li> <li>• Food stored at room temperature should be used within 2 hours of preparation</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> <li>• <b>CC 15: Complementary Feeding from 12 up to 24 Months</b></li> <li>• <b>CC 16: Food variety</b></li> <li>• <b><i>Take-home Brochure: How to Feed a Baby After 6 Months</i></b></li> </ul>
<p>Give baby 2 to 3 different family foods: staple, legumes, vegetables/fruits, and animal foods at each serving</p>	<p>Try to feed different food groups at each serving. For example:</p> <ul style="list-style-type: none"> <li>• Animal-source foods: flesh foods such as <i>chicken, fish, liver</i>, and <i>eggs</i> and <i>milk and milk products</i> <b>1star*</b></li> <li>• Staples: grains such as <i>maize, wheat, rice millet and sorghum</i> and roots and tubers such as <i>sweet potatoes, potatoes</i> <b>2 stars**</b></li> <li>• Legumes such as <i>beans, lentils, peas, groundnuts</i> and seeds such as <i>sesame</i> <b>3 stars***</b></li> <li>• Vitamin A-rich fruits and vegetables such as <i>mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin</i>, and other fruits and vegetables such as <i>banana, pineapple, watermelon, tomatoes, avocado, eggplant and cabbage</i> <b>4 stars****</b></li> <li>• Add a small amount of fat or oil to give extra energy (additional oil will not be required if fried foods are given, or if baby seems healthy/ fat)</li> <li>• <b>CC 12–16: Complementary Feeding Counselling Cards</b></li> <li>• <b><i>Take-home Brochure: How to Feed a Baby After 6 Months</i></b></li> <li>• <b>NOTE: foods may be added in a different order to create a 4 star food/diet. Adding animal-source foods is extremely important.</b></li> </ul>

<b>Recommended Complementary Feeding Practice</b>	<b>Possible Counselling Discussion Points</b> <b>Note: choose 2 to 3 most relevant to mother's situation and/or ADD other discussion points from knowledge of area</b>
<p>Continue breastfeeding for two years of age or longer</p>	<ul style="list-style-type: none"> <li>• During the first and second years, breast milk is an important source of nutrients for your baby</li> <li>• Breastfeed between meals and after meals; don't reduce the number of breast feeds</li> <li>• <b>CC 12 to 16: Complementary Feeding Counselling Cards</b></li> <li>• <b>Take-home Brochure: How to Feed a Baby After 6 Months</b></li> </ul>
<p>Be patient and actively encourage baby to eat all his/her food</p>	<ul style="list-style-type: none"> <li>• At first baby may need time to get used to eating foods other than breast milk</li> <li>• Use a separate plate to feed the child to make sure he or she eats all the food given</li> <li>• See <i>Participant Materials</i> 7.4: Active/ Responsive Feeding for Young Children</li> <li>• <b>CC 12 to 16: Complementary Feeding Counselling Cards</b></li> <li>• <b>Take-home Brochure: How to Feed a Baby After 6 Months</b></li> </ul>
<p>Wash hands with soap and water before preparing food, eating, and feeding young children. Wash baby's hands before eating.</p> 	<ul style="list-style-type: none"> <li>• Foods intended to be given to the child should always be stored and prepared in hygienic conditions to avoid contamination, which can cause diarrhoea and other illnesses</li> <li>• Wash your hands with soap and water after using the toilet and washing or cleaning baby's bottom.</li> <li>• <b>CC 11: Good hygiene (cleanliness) practices prevent disease</b></li> </ul>
<p>Feed baby using a clean cup and spoon</p>	<ul style="list-style-type: none"> <li>• Cups are easy to keep clean</li> <li>• <b>CC 12–15: Complementary Feeding Counselling Cards</b></li> </ul>
<p>Encourage the child to breastfeed more and continue eating during illness and provide extra food after illness</p>	<ul style="list-style-type: none"> <li>• Fluid and food requirements are higher during illness.</li> <li>• It is easier for a sick child to eat small frequent meals. Feed the child foods he or she likes in small quantities throughout the day.</li> <li>• Children who have been sick need extra food and should be breastfed more frequently to regain the strength and weight lost during the illness.</li> <li>• Take advantage of the period after illness when appetite is back to make sure the child makes up for loss of appetite during sickness.</li> <li>• <b>CC 18: Feeding the sick child older than 6 months of age</b></li> </ul>

**Note:**

- Use iodised salt in preparing family foods
- In countries with vitamin A endemic deficiency, provide vitamin A supplementation to infant and young child beginning at 6 months (or as per national recommendations), every six months until 5 years
- In countries with high levels of anaemia and micronutrient deficiencies, multiple micronutrient powders in a small sachet may be given beginning at 6 months, according to national recommendation
- In countries with high levels of stunting and food insecurity, special supplements may be given to children beginning at 6 months. These supplements are usually added to the usual complementary foods to enrich the diet and should not replace local foods. If such products are available through the health system or can be obtained at reasonable cost from the market, they should be recommended to caregivers as means to improve the quality of children's

## Participant Materials 7.4: Active/Responsive Feeding for Young Children

**Definition:** Active/responsive feeding is being alert and responsive to your baby's signs that she or he is ready-to-eat; actively encourage, but don't force your baby to eat.

### Importance of active feeding:

When feeding him/herself, a child may not eat enough. He or she is easily distracted. Therefore the young child needs help. When a child does not eat enough, he or she will become malnourished.



- Let the child eat from his/her own plate (caregiver then knows how much the child is eating)
- Sit down with the child, be patient and actively encourage him/her to eat.
- Offer food the child can take and hold; the young child often wants to feed him/herself. Encourage him/her to, but make sure most of the food goes into his/her mouth.
- Mother/father/caregiver can use her fingers (after washing) to feed child.
- Feed the child as soon as he or she starts to show early signs of hunger.
- If your young child refuses to eat, encourage him/her repeatedly; try holding the child in your lap during feeding.
- Engage the child in "play" trying to make the eating session a happy and learning experience...not just an eating experience.
- The child should eat in his/her usual setting.
- As much as possible, the child should eat with the family in order to create an atmosphere promoting his/her psycho-affective development.
- Help older child eat.
- Do not insist if the child does not want to eat. Do not force feed.
- If the child refuses to eat, wait or put it off until later.
- Do not give child too much drink before or during meals.
- Congratulate the child when he or she eats.



Parents, family members (older children), child caretakers can participate in active/responsive feeding.

**Participant Materials 10.1: IYCF Assessment of Mother/Child Pair**

	<b>Name of Mother/ Caregiver</b>		<b>Name of Child</b>		<b>Age of child (completed months)</b>	
<b>Observation of mother/caregiver</b>						
<b>Child Illness</b>	Child ill		Child not ill		Child recovering	
<b>Growth Curve Increasing</b>	Yes		No		Levelling off/Static	
<b>Tell me about Breastfeeding</b>	Yes	No	When did BF stop?	Frequency: times/day	Difficulties: How is breastfeeding going?	
<b>Complementary Foods</b>	Is your child getting anything else to eat?	What		Frequency: times/day	Amount: how much (Ref. 250 ml)	Texture: how thick
	Staple (porridge, other local examples)					
	Legumes (beans, other local examples)					
	Vegetables/Fruits (local examples)					
	Animal: meat/fish/ offal/bird/eggs					
<b>Liquids</b>	Is your child getting anything else to drink?	What		Frequency: times/day	Amount: how much (Ref. 250 ml)	Bottle Use? Yes/No
	Other milks					
	Other liquids					
<b>Other challenges?</b>						
<b>Mother/caregiver assists child</b>	Who assists the child when eating?					
<b>Hygiene</b>	Feeds baby using a clean cup and spoon		Washes hands with clean, safe water and soap before preparing food, before eating, and before feeding young children		Washes child's hands with clean, safe water and soap before he or she eats	

## **Participant Materials 10.2: Observation Checklist for IYCF Assessment of Mother/Child Pair**

Name of Counsellor: \_\_\_\_\_

Name of Observer: \_\_\_\_\_

Date of visit: \_\_\_\_\_

(✓ for yes and × for No)

### **Did the Counsellor**

#### ***Use Listening and Learning skills:***

- ☐ Keep head level with mother/parent/caregiver?
- ☐ Pay attention? (eye contact)
- ☐ Remove barriers? (tables and notes)
- ☐ Take time?
- ☐ Use appropriate touch?
- ☐ Ask open questions?
- ☐ Use responses and gestures that show interest?
- ☐ Reflect back what the mother said?
- ☐ Avoid using judging words?
- ☐ Allow mother/parent/caregiver time to talk?

#### ***Use Building Confidence and Giving Support skills:***

- ☐ Accept what a mother thinks and feels?
- ☐ Listen to the mother/caregiver's concerns?
- ☐ Recognize and praise what a mother and baby are doing correctly?
- ☐ Give practical help?
- ☐ Give a little, relevant information?
- ☐ Use simple language?
- ☐ Make one or two suggestions, not commands?

### **ASSESSMENT**

(✓ for yes and × for No)

### **Did the counsellor**

- ☐ Assess age accurately?
- ☐ Check mother's understanding of child growth curve? (if GMP exists in area)
- ☐ Check on recent child illness?

**Breastfeeding:**

- ☐ Assess the current breastfeeding status?
- ☐ Check for breastfeeding difficulties?
- ☐ Observe a breastfeed?

**Fluids:**

- ☐ Assess 'other fluid' intake?

**Foods:**

- ☐ Assess 'other food' intake?

**Active Feeding:**

- ☐ Ask about whether the child receives assistance when eating?

**Hygiene:**

- ☐ Check on hygiene related to feeding?

**ANALYSIS**

(✓ for yes and × for No)

**Did the counsellor?**

- ☐ Identify any feeding difficulty?
- ☐ Prioritize difficulties? (if there is more than one)

Record prioritized difficulty: \_\_\_\_\_

**ACTION**

(✓ for yes and × for No)

**Did the counsellor?**

- ☐ Praise the mother/caregiver for doing recommended practices?
- ☐ Address breastfeeding difficulties e.g. poor attachment or poor breastfeeding pattern with practical help.
- ☐ Discuss age-appropriate feeding recommendations and possible discussion points?
- ☐ Present one or two options? (time-bound) that are appropriate to the child's age and feeding behaviours
- ☐ Help the mother select one or two that she can try to address the feeding challenges?
- ☐ Use appropriate **Counselling Cards** and **Take-home Brochures** that are most relevant to the child's situation - and discuss that information with mother/caregiver?
- ☐ Ask the mother to repeat the agreed-upon new behaviour?

Record agreed-upon behaviour: \_\_\_\_\_

- ☐ Ask the mother if she has questions/concerns?
- ☐ Refer as necessary?
- ☐ Suggest where the mother can find additional support?
- ☐ Agree upon a date/time for a follow-up session?
- ☐ Thank the mother for her time?






## Participant Materials 10.3: Building Confidence and Giving Support skills

1. Accept what a mother/father/caregiver thinks and feels (to establish confidence, let the mother/father/caregiver talk through her/his concerns before correcting information)
2. Recognize and praise what a mother/father/caregiver and baby are doing correctly
3. Give practical help
4. Give a little, relevant information
5. Use simple language
6. Use appropriate counselling card or cards
7. Make one or two suggestions, not commands



## Participant Materials 11.1: Common Breastfeeding Difficulties

Breastfeeding Difficulty	Prevention	What to do
<p><b>Breast Engorgement</b></p>  <p>Photo by Mwate Chintu</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Occurs on both breasts</li> <li>• Swelling</li> <li>• Tenderness</li> <li>• Warmth</li> <li>• Slight redness</li> <li>• Pain</li> <li>• Skin shiny, tight and nipple flattened and difficult to attach</li> <li>• Can often occur on 3<sup>rd</sup> to 5<sup>th</sup> day after birth (when milk production increases dramatically and suckling not established)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put baby skin-to-skin with mother</li> <li><input type="checkbox"/> Start breastfeeding within an hour of birth</li> <li><input type="checkbox"/> Good attachment</li> <li><input type="checkbox"/> Breastfeed frequently on demand (as often and as long as baby wants) day and night: 8 to 12 times per 24 hours</li> </ul> <p>Note: on the first day or two baby may only feed 2 to 3 times</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Improve attachment</li> <li><input type="checkbox"/> Breastfeed more frequently</li> <li><input type="checkbox"/> Gently stroke breasts to help stimulate milk flow</li> <li><input type="checkbox"/> Press around areola to reduce swelling, to help baby to attach</li> <li><input type="checkbox"/> Offer both breasts</li> <li><input type="checkbox"/> Express milk to relieve pressure until baby can suckle</li> <li><input type="checkbox"/> Apply warm compresses to help the milk flow before expressing</li> <li><input type="checkbox"/> Apply cold compresses to breasts to reduce swelling after expression</li> </ul>
<p><b>Sore or Cracked Nipples</b></p>  <p>Photo by F. Savage King</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Breast/nipple pain</li> <li>• Cracks across top of nipple or around base</li> <li>• Occasional bleeding</li> <li>• May become infected</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Good attachment</li> <li><input type="checkbox"/> Do not use feeding bottles (sucking method is different than breastfeeding so can cause 'nipple confusion')</li> <li><input type="checkbox"/> Do not use soap or creams on nipples</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do not stop breastfeeding</li> <li><input type="checkbox"/> Improve attachment making certain baby comes onto the breast from underneath and is held close</li> <li><input type="checkbox"/> Begin to breastfeed on the side that hurts less</li> <li><input type="checkbox"/> Change breastfeeding positions</li> <li><input type="checkbox"/> Let baby come off breast by him/herself</li> <li><input type="checkbox"/> Apply drops of breast milk to nipples</li> <li><input type="checkbox"/> Do not use soap or cream on nipples</li> <li><input type="checkbox"/> Do not wait until the breast is full to breastfeed</li> <li><input type="checkbox"/> Do not use bottles</li> </ul>

Breastfeeding Difficulty	Prevention	What to do
<p><b>Plugged Ducts and Mastitis</b></p>  <p>Photo by F. Savage King</p> <p><b>Symptoms of Plugged Ducts:</b></p> <ul style="list-style-type: none"> <li>• Lump, tender, localized redness, feels well, no fever</li> </ul> <p><b>Symptoms of Mastitis:</b></p> <ul style="list-style-type: none"> <li>• Hard swelling</li> <li>• Severe pain</li> <li>• Redness in one area</li> <li>• Generally not feeling well</li> <li>• Fever</li> <li>• Sometimes a baby refuses to feed as milk tastes more salty</li> </ul>	<ul style="list-style-type: none"> <li>❑ Get support from the family to perform non-infant care chores</li> <li>❑ Ensure good attachment</li> <li>❑ Breastfeed on demand, and let infant finish/come off breast by him/herself</li> <li>❑ Avoid holding the breast in scissors hold</li> <li>❑ Avoid tight clothing</li> </ul>	<ul style="list-style-type: none"> <li>❑ Do not stop breastfeeding (if milk is not removed risk of abscess increases; let baby feed as often as he or she will)</li> <li>❑ Apply warmth (water, hot towel)</li> <li>❑ Hold baby in different positions, so that the baby's tongue/chin is close to the site of the plugged duct/mastitis (the reddish area). The tongue/chin will massage the breast and release the milk from that part of the breast.</li> <li>❑ Ensure good attachment</li> <li>❑ For plugged ducts: apply gentle pressure to breast with flat of hand, rolling fingers towards nipple; then express milk or let baby feed every 2-3 hours day and night</li> <li>❑ Rest (mother)</li> <li>❑ Drink more liquids (mother)</li> <li>❑ If no improvement in 24 hours refer</li> <li>❑ If mastitis: express if too painful to suckle</li> </ul>

## Participant Materials 11.2: “Not enough” Breast Milk

“Not enough” breast milk	Prevention	What to do
<p><b>Perceived by mother</b></p> <ul style="list-style-type: none"> <li>You “think” you do not have enough milk</li> <li>(Baby restless or unsatisfied)</li> </ul> <p>First decide if the baby is getting enough breast milk or not (weight, urine and stool output)</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Put baby skin-to-skin with mother</li> <li><input type="checkbox"/> Start breast feeding within an hour of birth</li> <li><input type="checkbox"/> Stay with baby</li> <li><input type="checkbox"/> Ensure good attachment</li> <li><input type="checkbox"/> Encourage frequent demand feeding</li> <li><input type="checkbox"/> Let baby release first breast first</li> <li><input type="checkbox"/> Breastfeed exclusively day and night</li> <li><input type="checkbox"/> Avoid bottles</li> <li><input type="checkbox"/> Encourage use of suitable family planning methods</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Listen to mother’s concerns and why she thinks she does not have enough milk</li> <li><input type="checkbox"/> Decide if there is a clear cause of the difficulty (poor breastfeeding pattern, mother’s mental condition, baby or mother ill)</li> <li><input type="checkbox"/> Check baby’s weight and urine and stool output (if poor weight gain refer)</li> <li><input type="checkbox"/> Build mother’s confidence – reassure her that she can produce enough milk</li> <li><input type="checkbox"/> Explain what the difficulty may be - growth spurts (2 to 3 weeks, 6 weeks, 3months) or cluster feeds</li> <li><input type="checkbox"/> Explain the importance of removing plenty of breast milk from the breast</li> <li><input type="checkbox"/> Check and improve attachment</li> <li><input type="checkbox"/> Suggest stopping any supplements for baby – no water, formulas, tea, or liquids</li> <li><input type="checkbox"/> Avoid separation from baby and care of baby by others (express breast milk when away from baby)</li> <li><input type="checkbox"/> Suggest improvements to feeding pattern. Feed baby frequently on demand, day and night.</li> <li><input type="checkbox"/> Let the baby come off the breast by him/herself</li> <li><input type="checkbox"/> Ensure mother gets enough to eat and drink</li> <li><input type="checkbox"/> The breasts make as much milk as the baby takes – if he or she takes more, the breasts make more (the breast is like a ‘factory’ – the more demand for milk, the more supply)</li> <li><input type="checkbox"/> Take local drink or food that helps mother to ‘make milk’</li> <li><input type="checkbox"/> Ensure that the mother and baby are skin-to-skin as much as possible.</li> </ul>
<ul style="list-style-type: none"> <li>Baby is not gaining weight: trend line on growth chart for infant less than 6 months is flat or slopes downward</li> <li>For infants after day 4 up to 6 weeks: at least 6 wets and 3 to 4 stools/ day</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Same as above</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Same as above</li> <li><input type="checkbox"/> If no improvement in weight gain after 1 week, refer mother and baby to nearest health post</li> </ul>

## *Participant Materials* 13.1: How to Conduct a Group Session: Story, Drama, or Visual applying the steps Observe, Think, Try and Act

### **INTRODUCE YOURSELF**

#### **OBSERVE**

- Tell a story; conduct a drama to introduce a topic or hold a visual so everyone can see it.
- Ask the group participants:
  - ☐ What would you do in the same situation? Why?
  - ☐ What difficulties might you experience?
  - ☐ How would you be able to overcome them?

#### **THINK**

- Ask the group participants:
  - ☐ Whom do you agree with? Why?
  - ☐ Whom do you disagree with? Why?
  - ☐ What is the advantage of adopting the practice described in the story/drama or visual?
- Discuss the messages of today's topic.

#### **TRY**

- Ask the group participants:
  - ☐ If you were the mother (or another character), would you be willing to try the new practice?
  - ☐ Would people in this community try this practice in the same situation? Why?

#### **ACT**

- Repeat the key messages.
- Ask the group participants:
  - ☐ What would you do in the same situation? Why?
  - ☐ What difficulties might you experience?
  - ☐ How would you be able to overcome them?

Set a time for the next meeting and encourage group participants to come ready to talk about what happened when they tried out the new practice or encouraged someone to try it and how they managed to overcome any obstacles.

## *Participant Materials 13.2: Characteristics of an IYCF Support Group*



### **A safe environment of respect, attention, trust, sincerity, and empathy.**

1. The group allows participants to:
  - Share infant feeding information and personal experience
  - Mutually support each other through their own experience
  - Strengthen or modify certain attitudes and practices
  - Learn from each other
2. The group enables participants to reflect on their experience, doubts, difficulties, popular beliefs, myths, information, and infant feeding practices. In this safe environment participants have the knowledge and confidence to decide to strengthen or modify their infant feeding practices.
3. IYCF Support Groups are not LECTURES or CLASSES. All participants play an active role.
4. Support groups focus on the importance of one-to-one communication. In this way all the participants can express their ideas, knowledge, and doubts, share experience, and receive and give support.
5. The sitting arrangement allows all participants to have eye-to-eye contact.
6. The group size varies from 3 to 15.
7. The group is facilitated by an experienced Facilitator/Mother who listens and guides the discussion.
8. The group is open, allowing all interested pregnant women, breastfeeding mothers, women with older children, fathers, caregivers, and other interested women to attend.
9. The Facilitator and the participants decide the length of the meeting and frequency of the meetings (number per month).

## Participant Materials 13.3: Observation Checklist for IYCF Support Groups

<b>Community:</b>		<b>Place:</b>	
<b>Date:</b>	<b>Time:</b>	<b>Theme:</b>	
<b>Name of IYCF Group Facilitator(s):</b>		<b>Name of Supervisor:</b>	
-----		-----	
-----		-----	
Did	✓	<b>Comments</b>	
1. The Facilitator(s) introduce themselves to the group?			
2. The Facilitator(s) clearly explain the day's theme?			
3. The Facilitator(s) ask questions that generate participation?			
4. The Facilitator(s) motivate the quiet women/men to participate?			
5. The Facilitator(s) apply skills for <i>Listening and Learning, Building Confidence and Giving Support</i>			
6. The Facilitator(s) adequately manage content?			
7. Mothers/fathers/caregivers share their own experiences?			
8. The Participants sit in a circle?			
9. The Facilitator(s) invite women/men to attend the next IYCF support group (place, date and theme)?			
10. The Facilitator(s) thank the women/men for attending the IYCF support group?			
11. The Facilitator(s) ask women to talk to a pregnant woman/man or breastfeeding mother before the next meeting, share what they have learned, and report back?			
12. Support Group monitoring form checked and corrected, as necessary?			
Number of women/men attending the IYCF support group:			
<b>Supervisor/Mentor:</b> indicate questions and resolved difficulties:			
<b>Supervisor/Mentor:</b> provide feedback to Facilitator(s):			

## Participant Materials 13.4: IYCF Support Group Attendance

Date \_\_\_\_\_ District \_\_\_\_\_

Facilitator(s) Name(s) \_\_\_\_\_





*Participant Materials* 14.1: Observation Checklist on How to Conduct a Group Session: Story, Drama, or Visual, applying the steps Observe, Think, Try, and Act

**Did the Counsellor?**

(✓ for yes and × for No)

- ☐ Introduce him/herself?

**Use Observe** - ask the group participants:

- ☐ What happened in the story/drama or visual?
- ☐ What are the characters in the story/drama or visual doing?
- ☐ How did the character feel about what he or she was doing? Why did he or she do that?

**Use Think** - ask the group participants:

- ☐ Whom do you agree with? Why?
- ☐ Whom do you disagree with? Why?
- ☐ What is the advantage of adopting the practice described in the story/drama or visual?
- ☐ Discuss the key messages of today's topic?

**Use Try** – ask the group participants:

- ☐ If you were the mother (or another character), would you be willing to try the new practice?
- ☐ Would people in this community try this practice in the same situation? Why?

**Use Act** – ask the group participants

- ☐ What would you do in the same situation? Why?
- ☐ What difficulties might you experience?
- ☐ How would you be able to overcome them?
- ☐ To repeat the key messages?

## Participant Materials 15.1: Actions to break the undernutrition cycle

### 1. For the Child

*Prevent growth failure by:*

- Encouraging early initiation of breastfeeding
- Exclusive breastfeeding 0 up to 6 months
- Encouraging timely introduction of complementary foods at 6 months with continuation of breastfeeding up to 2 years or beyond
- Feeding different food groups at each serving. For example:
  - Animal-source foods: flesh foods such as *chicken, fish, liver*, and *eggs and milk, and milk products* **1 star\*** (**Note: animal foods should be started at 6 months**)
  - Staples: grains such as *maize, rice millet and sorghum* and roots and tubers such as *cassava, potatoes* **2 stars\*\***
  - Legumes such as *beans, lentils, peas, groundnuts* and seeds such as *sesame* **3 stars\*\*\***
  - Vitamin A-rich fruits and vegetables such as *mango, papaya, passion fruit, oranges, dark-green leaves, carrots, yellow sweet potato and pumpkin*, and other fruits and vegetables such as *banana, pineapple, watermelon, tomatoes, avocado, eggplant and cabbage* **4 stars\*\*\*\*** (**NOTE: foods may be added in a different order to create a 4 star food/diet.**)
- Oil and fat such as oil seeds, margarine, ghee and butter added to vegetables and other foods will improve the absorption of some vitamins and provide extra energy. Infants only need a very small amount (no more than half a teaspoon per day).
- Using iodated salt
- Feeding sick child frequently for 2 weeks after recovery



*Other 'non-feeding' actions:*

- Appropriate hygiene
- Attending GMP and Immunization sessions
- Use of Insecticide treated nets (ITNs)
- Deworming
- Prevention and treatment of infections
- Vitamin A supplementation.

### 2. For the Teenage Girl

*Promote appropriate growth by:*

- Increasing the food intake
- Encouraging different types of locally available foods as described above
- Delaying first pregnancy until her own growth is completed (usually 20 to 24 years)
- Preventing and seeking early treatment of infections
- Encouraging parents to give girls and boys equal access to education - undernutrition decreases when girls/women receive more education.
- Encouraging families to delay marriage for young girls
- Avoiding processed/fast foods



- Avoiding intake of coffee/tea with meals
- Encouraging good hygiene practices.
- Encouraging use of Insecticide treated nets (ITNs)



### 3. For Adult Women

#### A. Improve women's nutrition and health by:

- Encouraging different types of locally available foods
- Preventing and seeking early treatment of infections
- Encouraging good hygiene practices.

#### B. Encourage family planning by:

- Visiting a family planning centre to discuss which family planning methods are available and most appropriate for their individual situations. (*Using a family planning method is important in order to be able to adequately space the births of her children*)

#### C. Decrease energy expenditure by:

- Delaying the first pregnancy to 20 years of age or more
- Encouraging couples to use appropriate family planning methods

#### D. Encourage men's participation so that they:

- Understand the importance of delaying the first pregnancy until their wives/partners are at least 20 years of age
- Provide Insecticide treated nets (ITNs) for use by their families and making sure the pregnant wives/partners and children get to sleep under the net every night
- Encourage girls and boys equal access to education

### 4. For the Developing Child/Foetus: prevent low birth weight

#### A. Improve women's nutrition and health during pregnancy by:

- Increasing the food intake of women during pregnancy: eat one extra meal or "snack" (food between meals) each day; during breastfeeding eat 2 extra meals or "snacks" each day.
- Encouraging consumption of different types of locally available foods. All foods are safe to eat during pregnancy and while breastfeeding.
- Giving iron/folate supplementation (or other recommended supplements for pregnant women) to the mother as soon as mother knows she is pregnant and continue for at least 3 months **after** delivery of the child.
- Giving vitamin A to the mother within 6 weeks after birth.
- Preventing and seeking early treatment of infections:
  - Completing anti-tetanus immunizations for pregnant women, (5 injections in total)
  - Using of insecticide treated bed nets



- De-worming and giving anti-malarial drugs to pregnant women between 4<sup>th</sup> and 6<sup>th</sup> month of pregnancy.
- Prevention and education on STI and HIV/AIDS transmission
- Encouraging good hygiene practices.

*B. Decrease energy expenditure by:*

- Delaying the first pregnancy to 20 years of age or more
- Encouraging families to help with women's workload, especially during late pregnancy
- Resting more, especially during late pregnancy

*C. Encourage men's participation so that they:*

- Accompany their wives/partners to antenatal care and reminding them to take their iron/folate tablets
- Provide extra food for their wives/partners during pregnancy and lactation
- Help with household chores to reduce wives/partners' workload
- Encourage their wives/partners deliver at health facility
- Make arrangements for safe transportation to facility (if needed) for birth
- Encourage their wives/partners to put the babies to the breast immediately after birth
- Encourage their wives/partners to give the first thick yellowish milk to babies immediately after birth
- Provide Insecticide treated nets (ITNs) for their families and make sure that their pregnant wives/partners and small children get to sleep under the net every night

**Note: HIV and Nutrition**

If woman is HIV-infected, she needs extra food to give her more energy. HIV puts an additional strain on her body and may reduce her appetite. Eating a variety of foods is important.

## Participant Materials 18.1: IYCF Follow-up Plan Checklist

### 1. Mobilisation and sensitisation

- ☐ Assess community IYCF practices: breastfeeding and complementary feeding
- ☐ Analyze of data to reach feasible behaviour and counselling discussion points (or messages)
- ☐ Identify locally, available and seasonal foods
- ☐ Ensure that community know who are CWs
- ☐ Assess cultural beliefs that influence IYCF practises

### 2. Admission

- ☐ Encourage mothers to continue breastfeeding
- ☐ Discuss any breastfeeding difficulty

### 3. Weekly or bi-weekly follow-up

- ☐ Encourage mothers to continue breastfeeding
- ☐ Discuss any breastfeeding difficulty
- ☐ Assess age-appropriate feeding: child's age and weight, child's (usual) fluid and food intake, and breastfeeding difficulties the mother perceives
- ☐ Initiate *IYCF 3-Step Counselling* on recommended breastfeeding practices when appetite returns and/or at 4 weeks before discharge
- ☐ Conduct action-oriented group session (story, drama, use of visuals)
- ☐ Facilitate IYCF support groups

### 4. Discharge (MOH)

- ☐ Encourage mothers to continue breastfeeding
- ☐ Support, encourage and reinforce recommended breastfeeding practices
- ☐ Work with the mother/caregiver to address any ongoing child feeding problems she anticipates
- ☐ Support, encourage and reinforce recommended complementary feeding practices using locally available foods
- ☐ Encourage monthly growth monitoring visits
- ☐ Improve health seeking behaviours
- ☐ Encourage mothers to take part in IYCF support groups
- ☐ Link mother to CW

## **5. Follow-up at home/community**

- ☐ Conduct ongoing and periodic IYCF monitoring at home/community/other health facilities e.g. growth monitoring
- ☐ Home visits
- ☐ MUAC screening sessions

### **Contact Points to Integrate IYCF into CMAM (other than OTP) - at health facility or community outreach**

- ☐ Growth Monitoring Promotion (GMP)
- ☐ Antenatal Care (ANC) at health facility
- ☐ Stabilisation Centres (SC)
- ☐ Supplementary Feeding Programme (SFP)
- ☐ Community follow-up (CW)
  - Action-oriented group session
  - IYCF support groups

### **Contact points for implementing the Essential Nutrition Actions (ENA) - at health facility or community outreach**

- ☐ At every contact with a pregnant woman
- ☐ At delivery
- ☐ During postpartum and/or family planning sessions
- ☐ At immunization sessions
- ☐ During Growth Monitoring Promotion
- ☐ At every contact with mothers or caregivers of sick children

### **Other contact points**

- ☐ Special consultations for vulnerable children if available, including HIV-exposed and infected children
- ☐ Link to social protection programme if available

### **And**

- ☐ Set appointment for the next follow-up visit