

Counselling Flipchart: Maternal Nutrition & Infant and Young Child Feeding



Republic of Namibia



Ministry of Health and Social Services

Nutrition for pregnant and breastfeeding women



Counselling Card 1

Nutrition for pregnant and breastfeeding women

ASK

What kinds of food do you see in the picture?

What foods do women in your community eat when they are pregnant or breastfeeding?



How Much To Eat

- During your pregnancy, eat one extra small meal or “snack” (extra food between meals) each day to provide energy and nutrition for you and your growing baby.
- During breastfeeding, eat two extra small meals or “snacks” each day to provide energy and nutrition for you and your growing baby.
- If you are living with HIV or another illness, have additional meals on top of the usual ones.
- For young mothers, especially teenage mothers: you need extra care, more food and more rest than an older mother. You need to nourish your own body, which is still growing, as well as your growing baby’s.
- If you are overweight or obese, additional meals and snacks may not be necessary — eat according to weight gain recommendations.

What to eat and drink

- You need to eat the best foods available, including milk, fresh fruit and vegetables, meat, fish, eggs, grains, peas and beans.
- During pregnancy and breastfeeding, special nutrients will help your baby grow well and be healthy – Give yourself a 4-star diet (CC15).
- Do not eat too much salt and when eating salt, do use iodised salt to help your baby’s brain and body develop well.
- Choose foods that are fortified with vitamins and minerals, such as fortified oil and fortified maize.
- Drink extra water to quench thirst. Consuming very little water can reduce breast milk production. During pregnancy you need 1/3 liter extra water and while breastfeeding 1.1 liters extra every day.
- While breastfeeding drink at least 12 cups (250 mL) of water per day.

What to avoid

- Taking tea or coffee with meals can interfere with your body’s use of some foods. Limit the amount of coffee you drink during pregnancy and avoid drinking tea right after a meal.
- Avoid drinking alcohol during pregnancy and breastfeeding. Drinking alcohol during pregnancy can lead to miscarriage, stillbirth, and can cause lifelong damage to the baby; including physical and intellectual disability.
- Avoid using tobacco during pregnancy. Smoking during pregnancy can cause miscarriage, low birth weight and birth defects.
- Avoid raw foods (such as uncooked dairy, fish, sprouts) and undercooked animal-source foods (such as beef, pork, eggs, etc.) to prevent infection.

What questions or concerns do you have about what we have just discussed?

ASK

Healthcare to mothers during pregnancy



Counselling Card 2

Healthcare to mothers during pregnancy

ASK



What do you see in the picture?

What do women in your community do when they are pregnant or breastfeeding?

Attend antenatal care

- Attend antenatal care during pregnancy as often as recommended. These check-ups are important for you to learn about your health and how your baby is growing.

Take your vitamins and deworming

Show examples of iron folic acid tablet (Pregamal), multivitamin and deworming tablet.

- Take daily iron and folic acid tablets or a daily multi-vitamin before pregnancy, during pregnancy and for at least 3 months after your baby's birth. Taking iron folic acid before pregnancy can prevent birth defects. Both iron and folic acid prevent anaemia before, during and after pregnancy.
- Take iron and folic acid tablets every day. You may experience mild side effects, such as darkened stool, stomach ache or diarrhea. It is important to keep taking iron folic acid tablets for you and your baby.
- Side effects from iron folic acid tablets are not harmful and will go away on their own for most women.
- Take iron folic acid tablets in between meals or before going to sleep to help with side effects. Do not take iron folic acid tablets with tea or coffee.
- When you reach the 2nd trimester (13.0 - 27.9 weeks) take a deworming tablet to help prevent anaemia.

Monitor your weight gain

- It is important to attend antenatal care to monitor your weight gain.
- Recommended weight gain during pregnancy depends on nutritional status at the beginning of pregnancy:
 - "normal": ~11-16 kg
 - "underweight": ~13-18 kg
 - "overweight": ~7-11 kg
 - "obese": ~5-9 kg
- Little to no weight gain occurs in the 1st month of pregnancy; and the fastest weight gain occurs in the 2nd and 3rd trimesters.

Know Your HIV status

- Protect yourself and your baby from HIV during pregnancy and while breastfeeding by practicing safe sex and getting tested regularly. Follow the recommended testing schedule before and after delivery.
- If you are HIV-infected you need to eat more and adhere to treatment to protect yourself and your baby.

ASK

What questions or concerns do you have about what we have just discussed?

Counselling Card 3

Delivery in facility / postpartum care



Delivery in facility / postpartum care

ASK

What do you see in this picture? What happens after delivery in your community?
How soon after birth do women you know usually begin breastfeeding?



Start Breastfeeding Immediately

- Hold your newborn skin-to-skin immediately after birth. This will keep your baby warm and breathing well, help him or her reach the breast easily, and help you and your baby feel close.
- Begin breastfeeding within the first hour of birth. Early breastfeeding helps the baby learn to breastfeed while the breast is still soft, and helps reduce your bleeding.
- Colostrum, the thick yellowish milk, is good for your baby.
- Colostrum helps protect your baby from illness and helps remove the first dark stool.

- Breastfeed frequently to help your breast milk 'come in' and to ensure plenty of breast milk.
- Do not give water or other liquids/fluids to your baby during the first days after birth. They are not necessary and are dangerous for your newborn.

Take Your Vitamins

- Take one vitamin A tablet immediately after delivery or within 4 weeks, and daily iron folic acid tablets or a multi-vitamin tablet, so that your baby receives the vitamin A and iron in your breast milk to help prevent illness.

ASK: What questions or concerns do you have about what we have just discussed?
What difficulties do you think you might have with starting breastfeeding? How
can you deal with those difficulties?

ASK

Benefits of Breastfeeding



Benefits of Breastfeeding

ASK

What do you see in this picture?
Why is breastfeeding better than using baby formula?



Breastfeeding for 2 years and beyond, starting immediately after birth, benefits mom and baby.

Benefits for Baby

- Early initiation (within 1 hour after birth) protects your baby against disease and makes the baby cry less (the colostrum, or first milk helps the immune system).
- Exclusive breastfeeding for the first 6 months protects your baby from many illnesses, such as diarrhoea and respiratory infections.
- Breastfeeding also protects your baby from ear infections and diseases later in life, such as obesity, diabetes and cancer.
- Breastfed babies are also less fussy eaters because they get used to the taste of the food that mom eats.
- Breastfeeding helps your baby's brain, and makes your baby healthy and smart.

Benefits for Mom

- For mom, breastfeeding reduces stress and helps you to return to your normal weight.
- Breastfeeding reduces disease risk for mom too, including diabetes, heart disease and cancer.
- The longer you breastfeed, the lower the chance of getting breast cancer and ovarian cancer.
- When you exclusively breastfeed your baby (give only breast milk) at least 8-12 times a day during the first 6 months and have no menstruation, you can be protected from another pregnancy. Consult your health workers for more advice.

Note:

- Breast milk is better than formula in every way, and formula is expensive
- Breastfeeding saves you money now and in the future

What questions or concerns do you have about what we have just discussed? Are there any beliefs in your community that could stop people from breastfeeding?

ASK

Counselling Card 5

Breast milk only for the first 6 months



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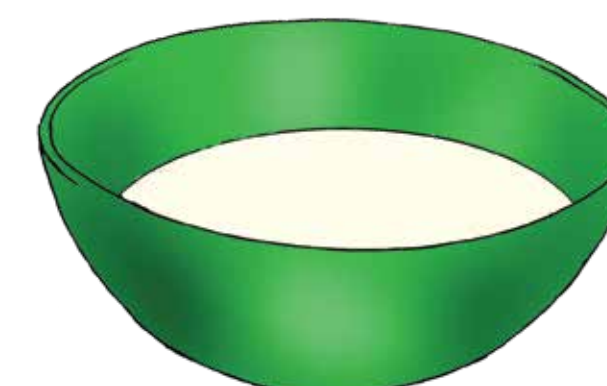
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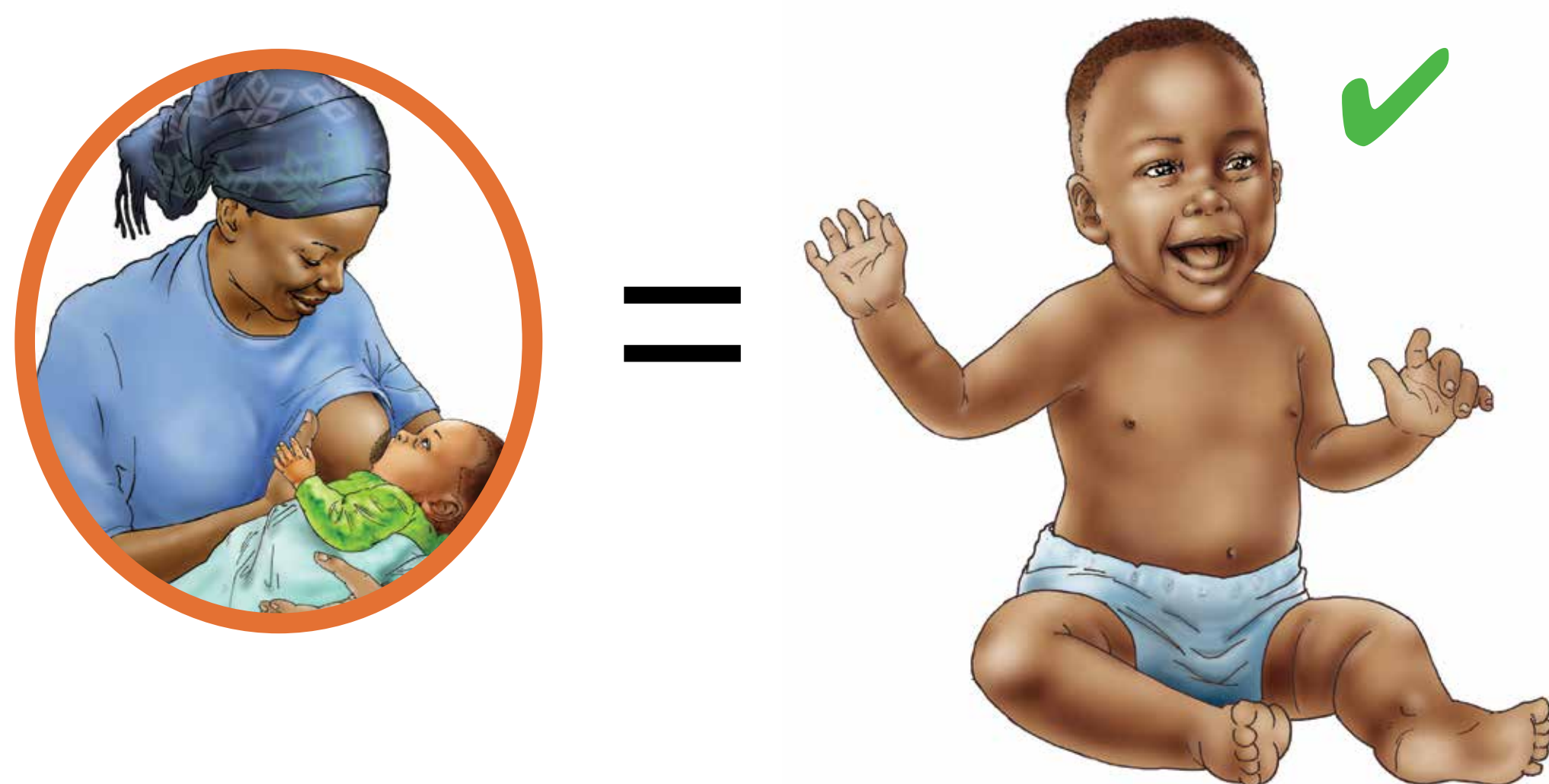
Counselling Card 5

Breast milk only for the first 6 months

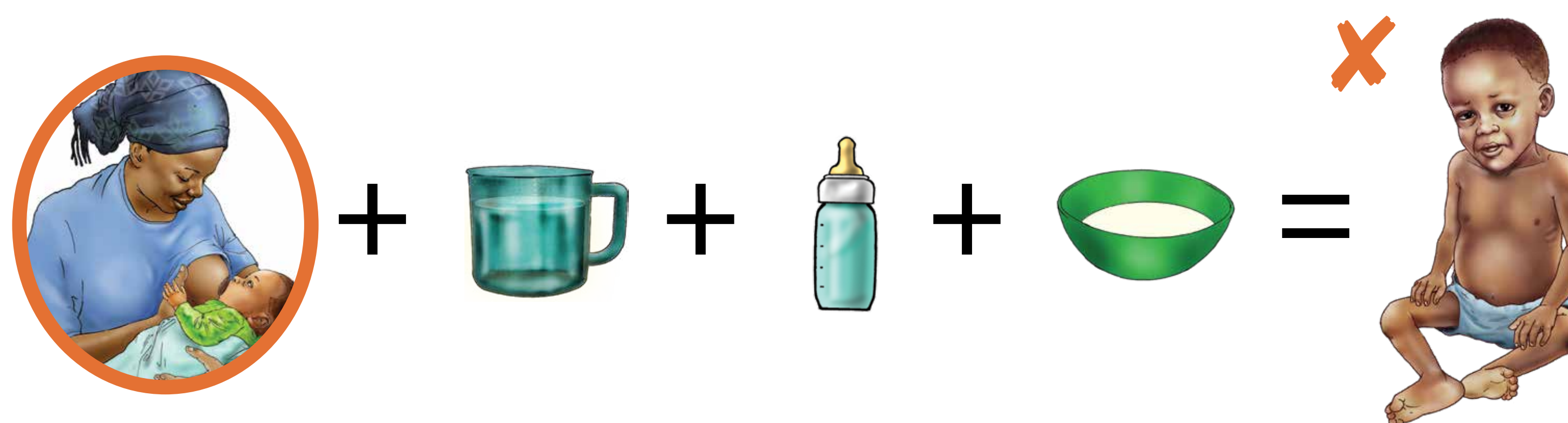
ASK

What do you see in this picture?

What do you think “exclusive breastfeeding” means?



Exclusive breastfeeding means giving only breast milk and no other drinks or foods, not even water, with the exception of medicines and supplements prescribed by a health worker. This is the safest way for you to breastfeed your baby for the first six months.



- Exclusive breastfeeding means feeding your baby **ONLY** breast milk for the first 6 months.
- Breast milk provides all the food and water that your baby needs during the first 6 months of life.
- Do not give anything else, not even water, during your baby’s first 6 months.
- Even during very hot weather, breast milk will satisfy your baby’s thirst.
- Giving your baby anything else will cause him/her to suckle less and will reduce the amount of breast milk that you produce.
- Water, other liquids and foods can make the baby sick.
- You can give medicines if they are recommended by your health provider.

- Mixed feeding means feeding your baby both breast milk and any other foods or liquids, including baby formula, animal milks, or water.
- Giving your baby foods or any kind of liquids other than breast milk, including baby formula, animal milks, or water before 6 months can damage your baby’s stomach. This reduces the protection that exclusive breastfeeding gives.
- Mixed feeding increases the chances that your baby will suffer from illnesses such as diarrhoea and pneumonia, and from malnutrition.

Note:

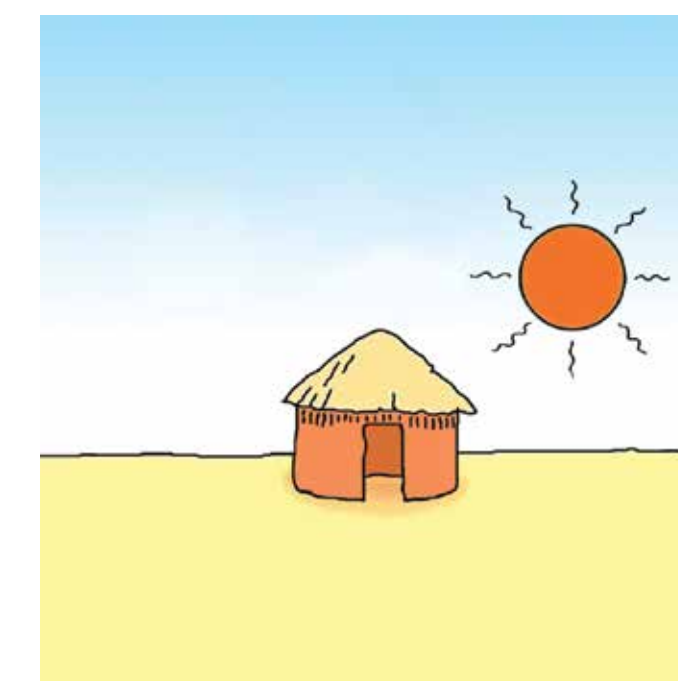
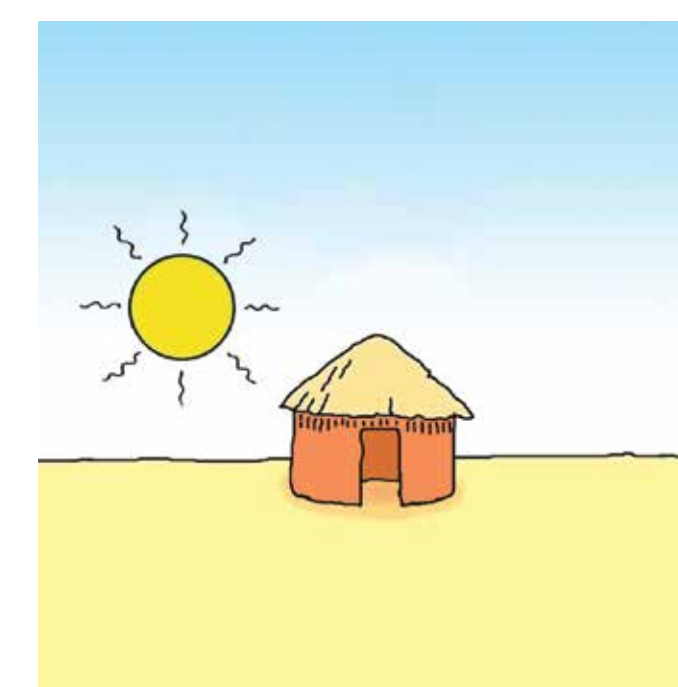
- There may be a period of 24 hours in the first day or two when the baby feeds only 2 to 3 times. After the first few days, frequent breastfeeding is important for establishing a good supply.
- If a mother is HIV-infected and on ARTs (Antiretroviral Therapy), the advice on breastfeeding is the same as for those who are not HIV-infected.

What questions or concerns do you have about what we have just discussed?

ASK

Counselling Card 6

**Breastfeed on demand, both day and night (8 to 12 times)
to build up your breast milk supply**

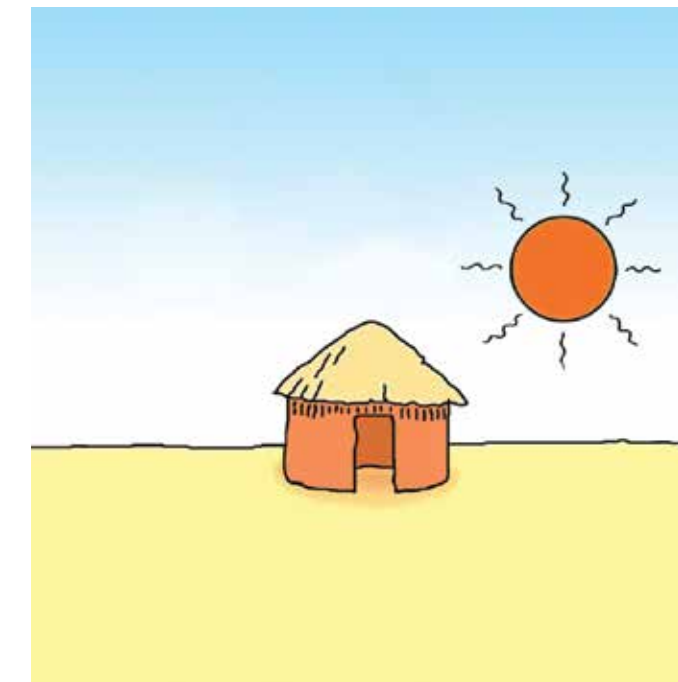
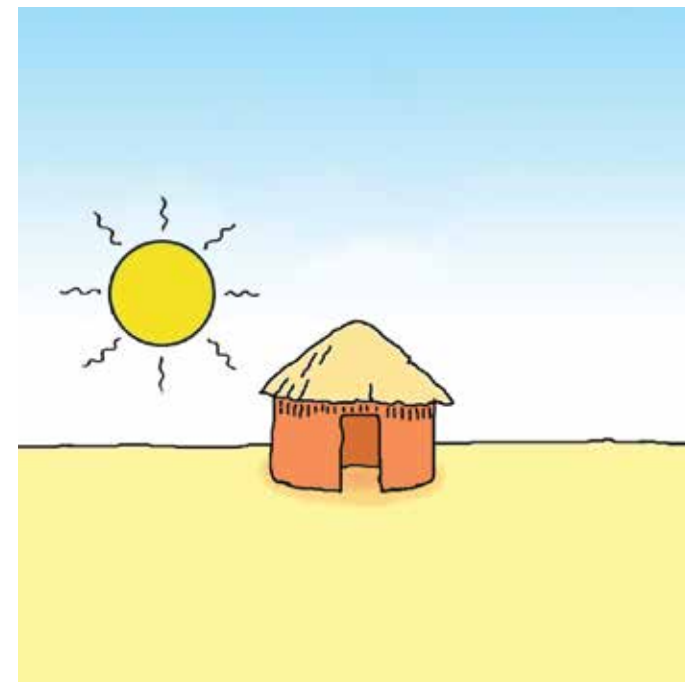


Counselling Card 6

Breastfeed on demand, both day and night (8 to 12 times) to build up your breast milk supply

ASK

What do you see in this picture?
What do you think “on demand” means?



When to Breastfeed

- Breastfeed your baby on demand (whenever the baby wants to breastfeed), day and night.
- More suckling (with good attachment) makes more breast milk.
- Crying is a late sign of hunger. Early signs (feeding cues) that your baby wants to breastfeed include:
 - Restlessness
 - Opening mouth and turning head from side-to-side
 - Putting tongue in and out
 - Suckling on fingers and fists.
- If your baby is ill or sleepy, wake him or her to offer the breast often.

How to Breastfeed

- Let your baby finish one breast before offering the other. Switching back and forth from one breast to the other prevents the baby from getting the nutritious ‘hind milk’. The ‘fore milk’ has more water and satisfies the baby’s thirst. The ‘hind milk’ has more fat and satisfies your baby’s hunger.
- **Do NOT use bottles, teats or spouted cups. They are difficult to clean and can cause your baby to become sick.**
- **A baby is getting enough milk when the baby is:**
 - not visibly thin (or is getting fatter/putting on weight, if he or she was thin earlier).
 - responsive and active (appropriately for his or her age).
 - gaining weight - refer to the baby’s health card (or growth velocity table if available).
 - when baby passes light-coloured urine 6 times a day or more while being exclusively breastfed.

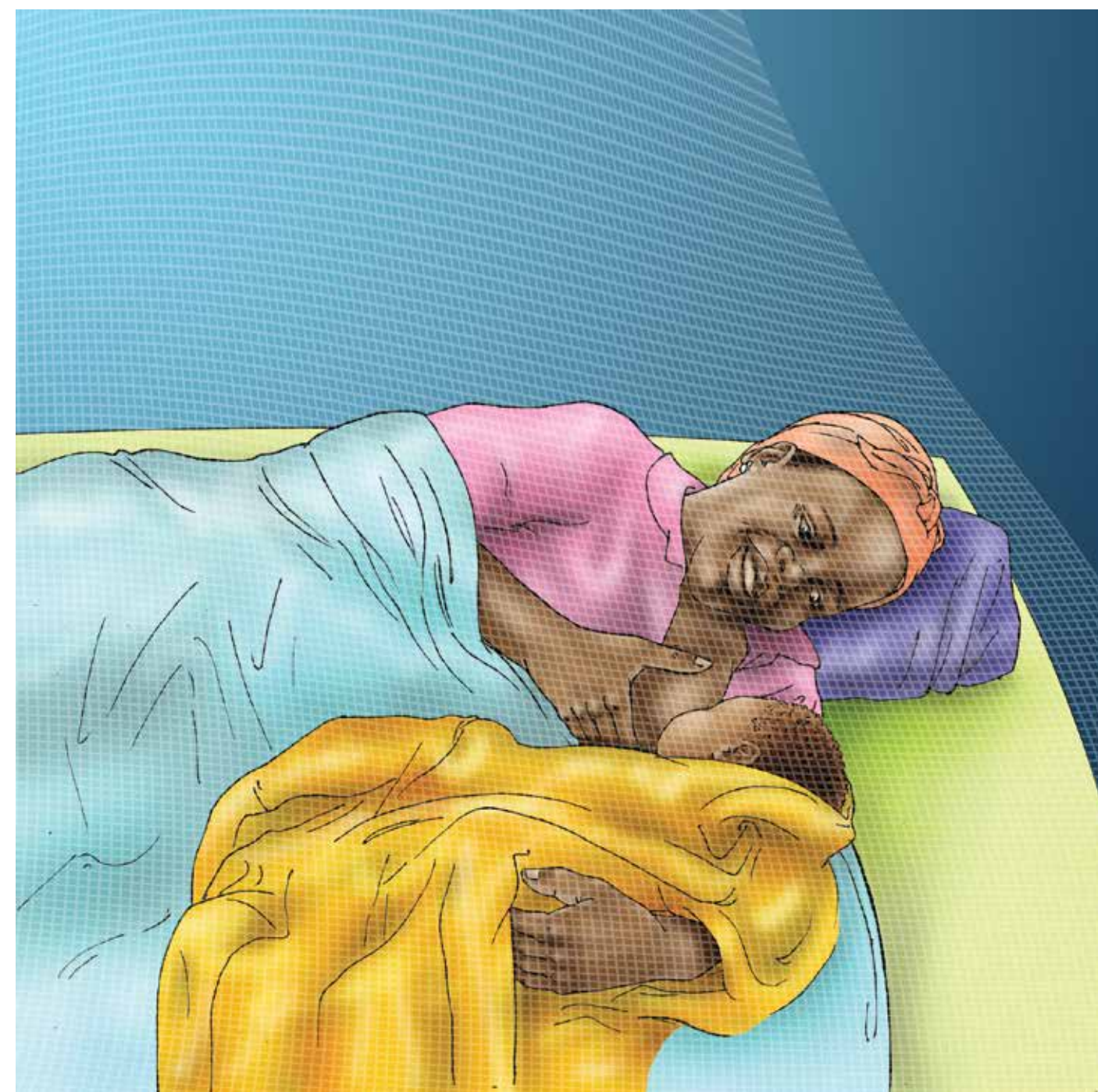
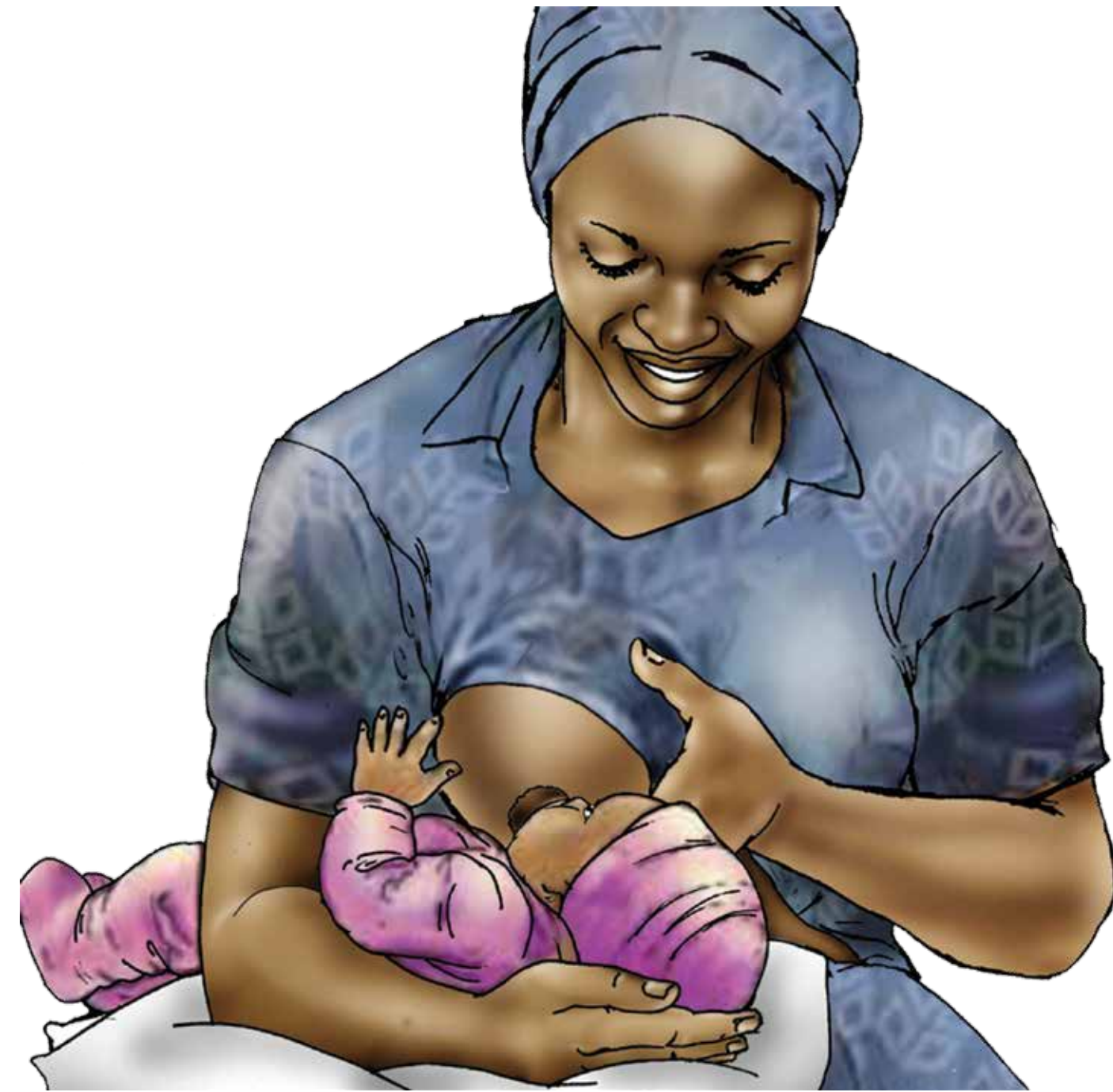
Note:

- If a mother is concerned about her baby getting enough milk, encourage the mother and build her confidence by reviewing how to attach and position the baby to her breast.

What questions or concerns do you have about
what we have just discussed?

ASK

Breastfeeding positions



Counselling Card 7

Breastfeeding positions

ASK

What do you see in this picture?
How are things going with the feeding?
Can you show me how you would put your baby to the breast?



- Good positioning helps to ensure that your baby suckles well and helps you to produce a good supply of breast milk.
- **The four key points about your baby's position are: straight, facing the breast, close, and supported:**
 1. The baby's body should be straight, not bent or twisted, but with the head slightly back.
 2. The baby's body should be facing the breast, not held flat to your chest or stomach, and he or she should be able to look up into your face.
 3. The baby should be close to you.
 4. You should support the baby's whole body, not just the neck and shoulders, with your hand and arm.

- **There are different ways to position your baby:**
 1. Cradle position (most commonly used).
 2. Cross cradle position (good for small babies).
 3. Side-lying position (use to rest while breastfeeding and at night).
 4. Under-arm position (use after caesarean section, if your nipples are painful or if you are breastfeeding twins or a small baby).

Note:

- If an older baby is well-attached and suckling well, there is no need to change position.

What questions or concerns do you have about what we have just discussed?
What difficulties do you think you might have with exclusive breastfeeding?
How can you deal with those difficulties?

ASK

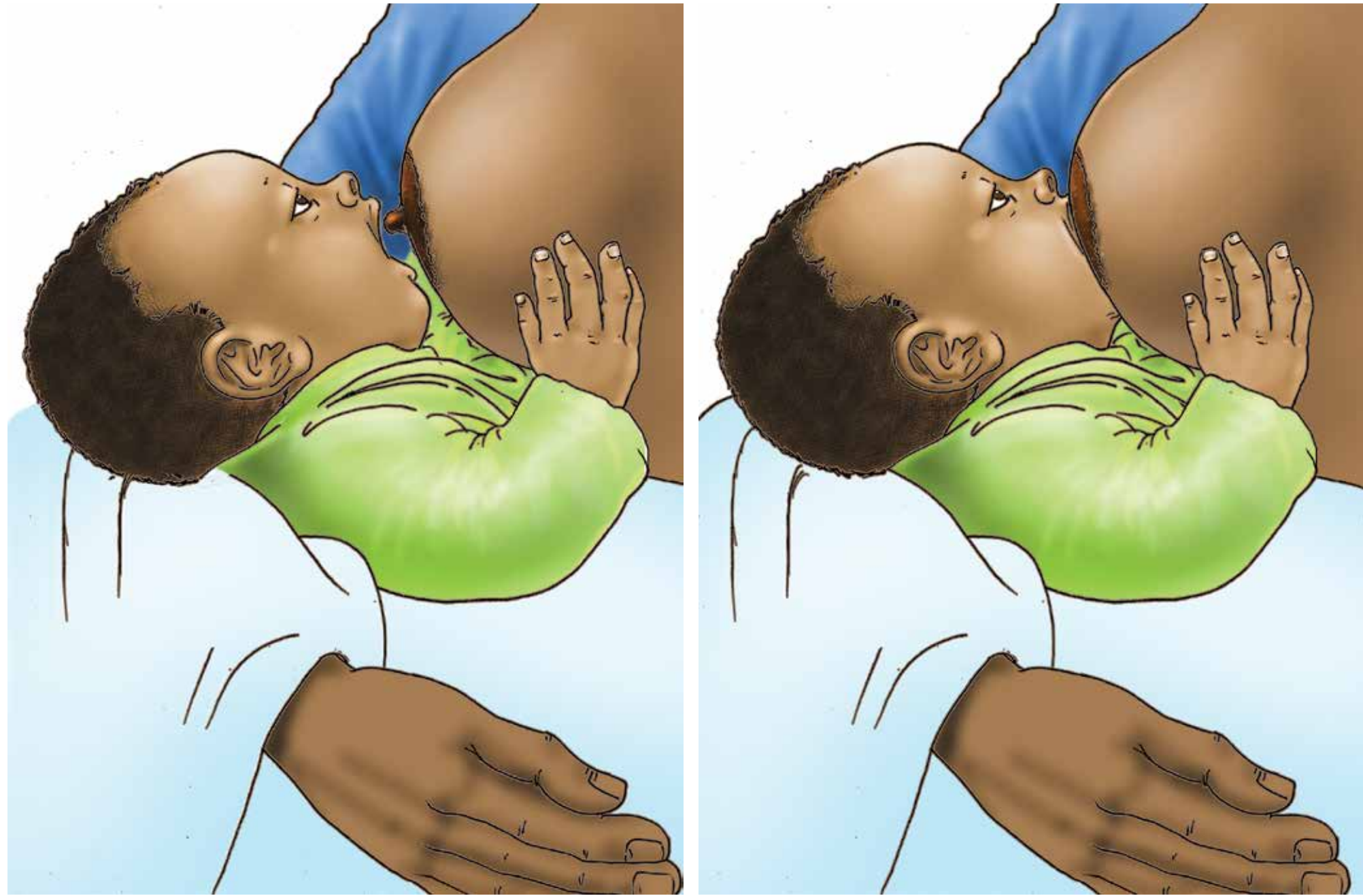
Good attachment



Counselling Card 8

Good attachment

ASK



What do you see in this picture?
How are things going with the feeding?
Can you tell me a difference between good attachment and bad attachment?

- Breastfeeding should not be painful.
- Good attachment helps to ensure that your baby suckles well and helps you to produce a good supply of breast milk.
- Good attachment helps to prevent sore and cracked nipples.
- Get help to improve the attachment if you experience pain.
- There are 4 signs of good attachment:
 1. Baby's mouth is wide open.
 2. You can see more of the darker skin (areola) above the baby's mouth than below.
 3. Baby's lower lip is turned outwards.
 4. Baby's chin is touching mother's breast.

- The signs of effective suckling are:
 - a. The baby takes slow deep suckles, sometimes pausing.
 - b. You may be able to see or hear your baby swallowing after one or two suckles.
 - c. Suckling is comfortable and pain free for you.
 - d. Your baby finishes the feed, releases the breast and looks contented and relaxed.
 - e. The breast is softer after the feed.
- Effective suckling helps you to produce milk and satisfy your baby.
- After your baby releases one breast offer your baby the other breast. This will ensure that your baby stimulates your milk production in both breasts, and also gets the most nutritious and satisfying milk.

What questions or concerns do you have about what we have just discussed?
What difficulties do you think you might have with breastfeeding for the recommended 2 years? How can you deal with those difficulties?

ASK

Feeding a low birth weight baby



Feeding a low birth weight baby

ASK

What do you see in this picture?
Can a low birth weight baby breastfeed?

- Breast milk is especially adapted to the nutritional needs of low birth weight babies.
- The best milk for a low birth weight baby, including babies born early, is the breast milk from the baby's own mother.
- The cross cradle and underarm positions are good positions for feeding a low birth weight baby.
- Breastfeed frequently to get baby used to the breast and to keep the milk flowing.
- Long slow feeds are fine. It is important to keep the baby at the breast.
- If the baby sleeps for long periods of time, you may need to unwrap the baby or take off some of his or her clothes to help waken him or her for the feed.
- Breastfeed the baby before he or she starts to cry.
- Earlier signs of hunger include a COMBINATION of the following: being alert and restless, opening mouth and turning head, putting tongue in and out, sucking on hand or fist.



Note:

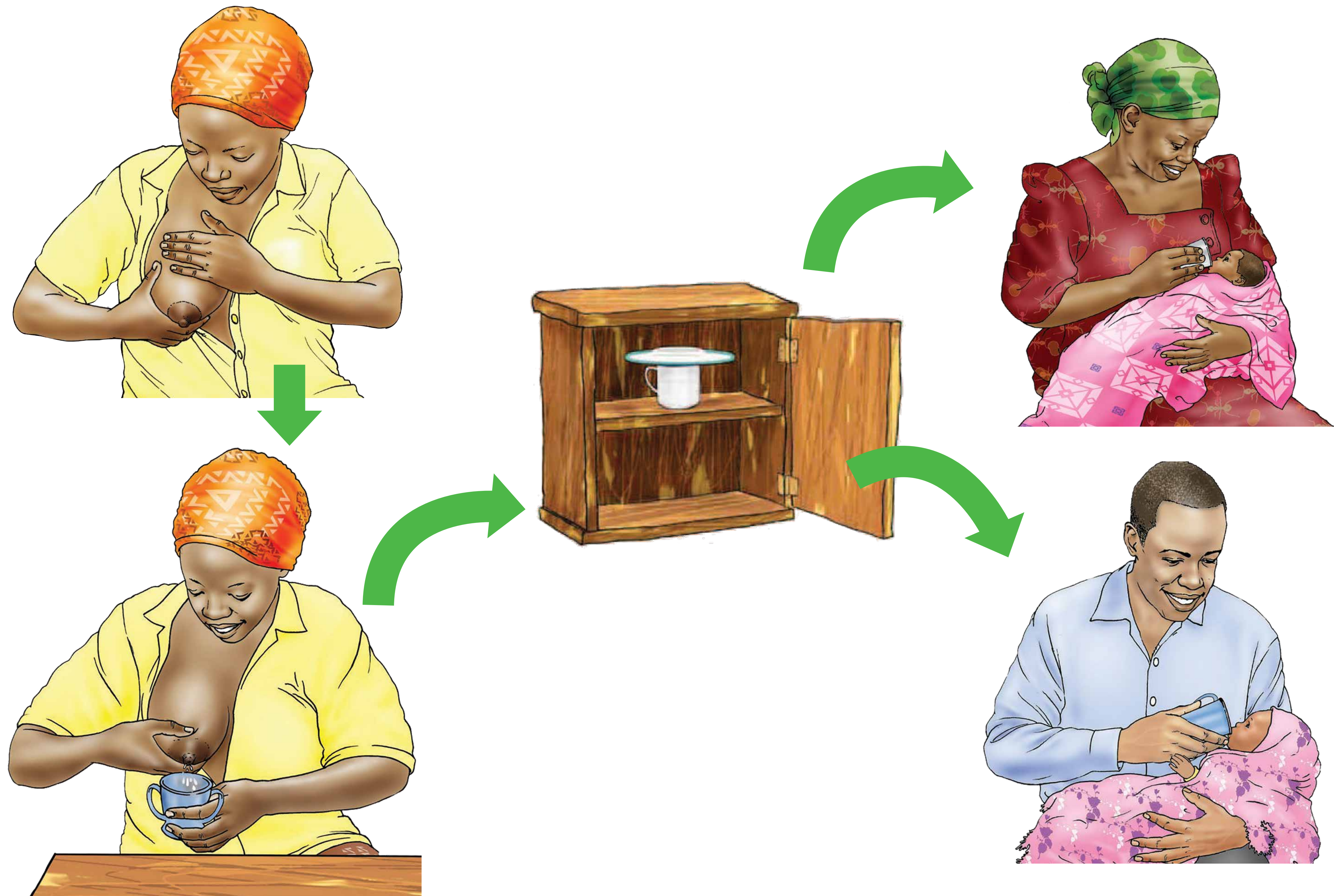
- Direct breastfeeding of a very small baby may not be possible for several weeks. Mothers should be taught and encouraged to express breast milk and feed the breast milk to the baby using a cup.
- Kangaroo mother care provides skin-to-skin contact, warmth and closeness to the mother's breast.
- Kangaroo mother care encourages early and exclusive breastfeeding, either by direct feeding or using expressed breast milk given by cup.
- Different caregivers, including fathers can also share in the care of the baby using the same Kangaroo method position.

ASK

What questions or concerns do you have about what we have just discussed?

Counselling Card 10

How to hand express breast milk and cup feed

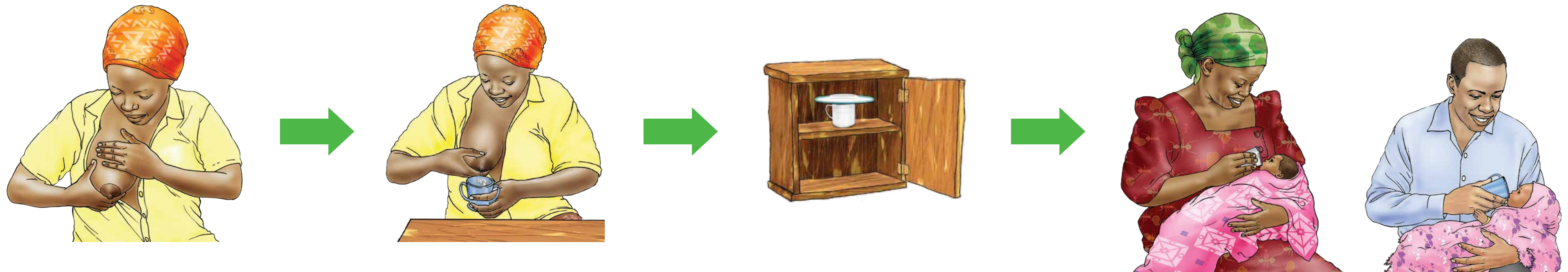


Counselling Card 10

How to hand express breast milk and cup feed

ASK

What do you see in these pictures?
What do you think about how this baby is being fed?
Have you ever seen it done?



Get Prepared

- Make sure your hands and utensils are clean.
- Wash your hands with soap and running water.
- Clean and boil the container you will use to collect your breast milk.
- Get comfortable.
- It is sometimes helpful to gently stroke your breasts. A warm cloth may help stimulate the flow of milk.

Expression Technique

- Put your thumb on the breast above the dark area around the nipple (areola) and the other fingers on the underside of the breast behind the areola.
 - With your thumb and first 2 fingers press a little bit in towards chest wall and then press gently towards the dark area (areola).
 - Milk may start to flow in drops, or sometimes in fine streams. Collect the milk in the clean container.
 - Avoid rubbing the skin, which can cause bruising, or squeezing the nipple, which stops the flow of milk.

- Rotate the thumb and finger positions and press/compress and release all around the areola.
- Express one breast for at least 3 to 5 minutes until the flow slows, then express the other breast, then repeat both sides again (20 to 30 minutes total).

Feeding and Storing

- Store breast milk in a clean, covered container. Milk can be stored 6 to 8 hours in a cool place and up to 72 hours in the back of the refrigerator.
- Give baby expressed breast milk from a cup. Bring cup to the baby's lower lip and allow baby to take small amounts of milk, lapping the milk with his or her tongue. Do not pour the milk into baby's mouth.
- Pour just enough breast milk from the clean covered container into the feeding cup.
- Bottles are unsafe to use because they are difficult to wash and can be easily contaminated.

What questions or concerns do you have about what we have just discussed?
What difficulties do you think you might have with exclusive breastfeeding?
How can you deal with those difficulties?

ASK

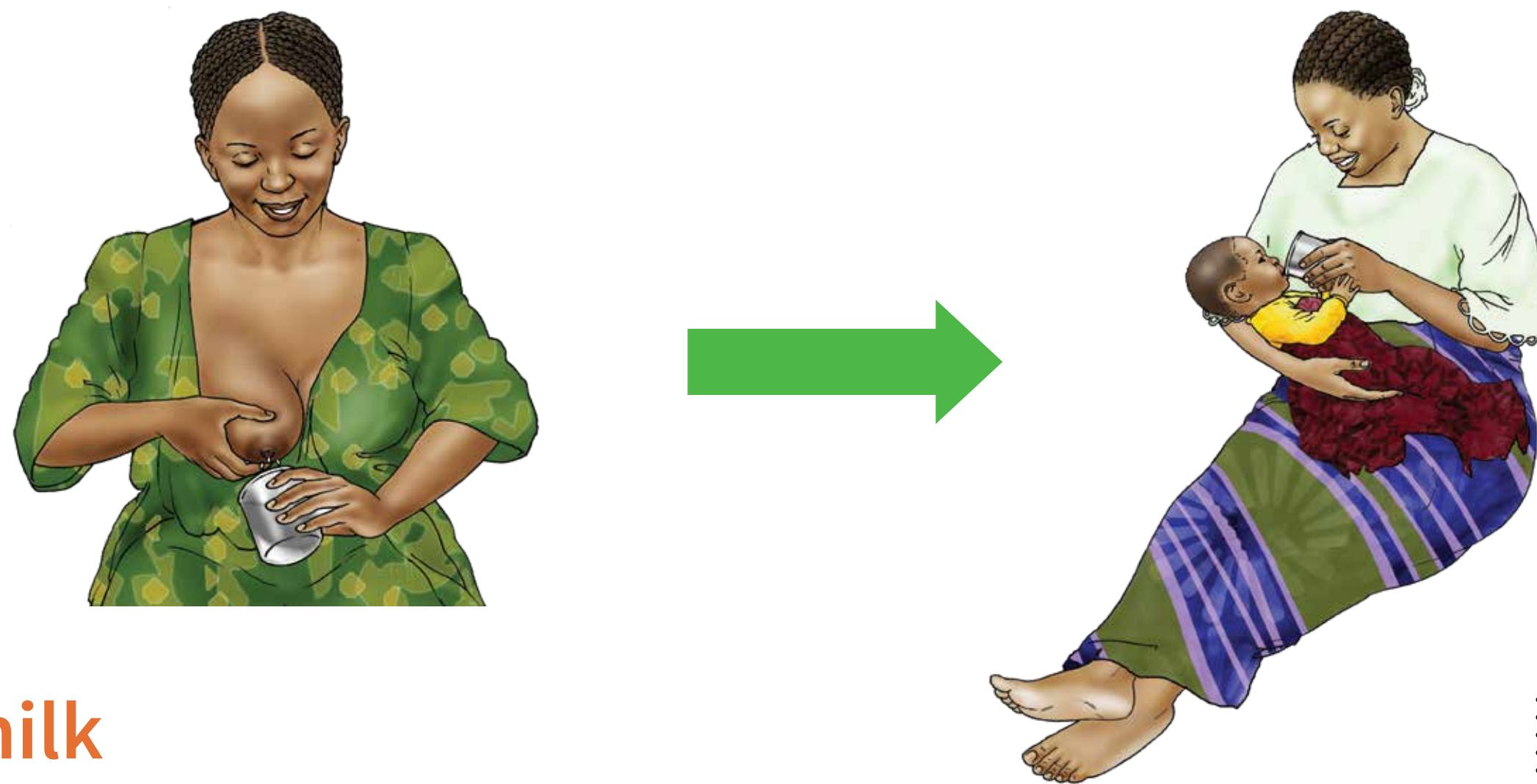
When you are separated from your baby



Counselling Card 11

When you are separated from your baby

ASK



What do you see in this picture?
Have you ever expressed breastmilk yourself?
If yes, how did you do it?

Express Breastmilk

- Learn to express your breast milk soon after your baby is born. (CC 10)
- Breastfeed exclusively and frequently for the whole period that you are with your baby.
- Express and store breast milk before you leave your home so that your baby's caregiver can feed your baby while you are away.
- Express breast milk while you are away from your baby. This will keep the milk flowing and prevent breast swelling.
- Teach your baby's caregiver how to use a clean open cup to feed your baby while you are away.
- Expressed breast milk (stored in a cool, covered place) stays in good condition for 8 hours, even in a hot climate.

Breastfeeding Before and After Separation

- Take extra time for the feeds before separation from baby and when you return home.
- Increase the number of feeds while you are with the baby. This means increasing night and weekend feedings.

Get Support

- If possible, carry the baby with you to your work place (or anytime you have to go out of the home for more than a few hours). If this is not possible, consider having someone bring the baby to you to breastfeed when you have a break.
- Get extra support from family members in caring for your baby and other children, and for doing household chores.

Note:

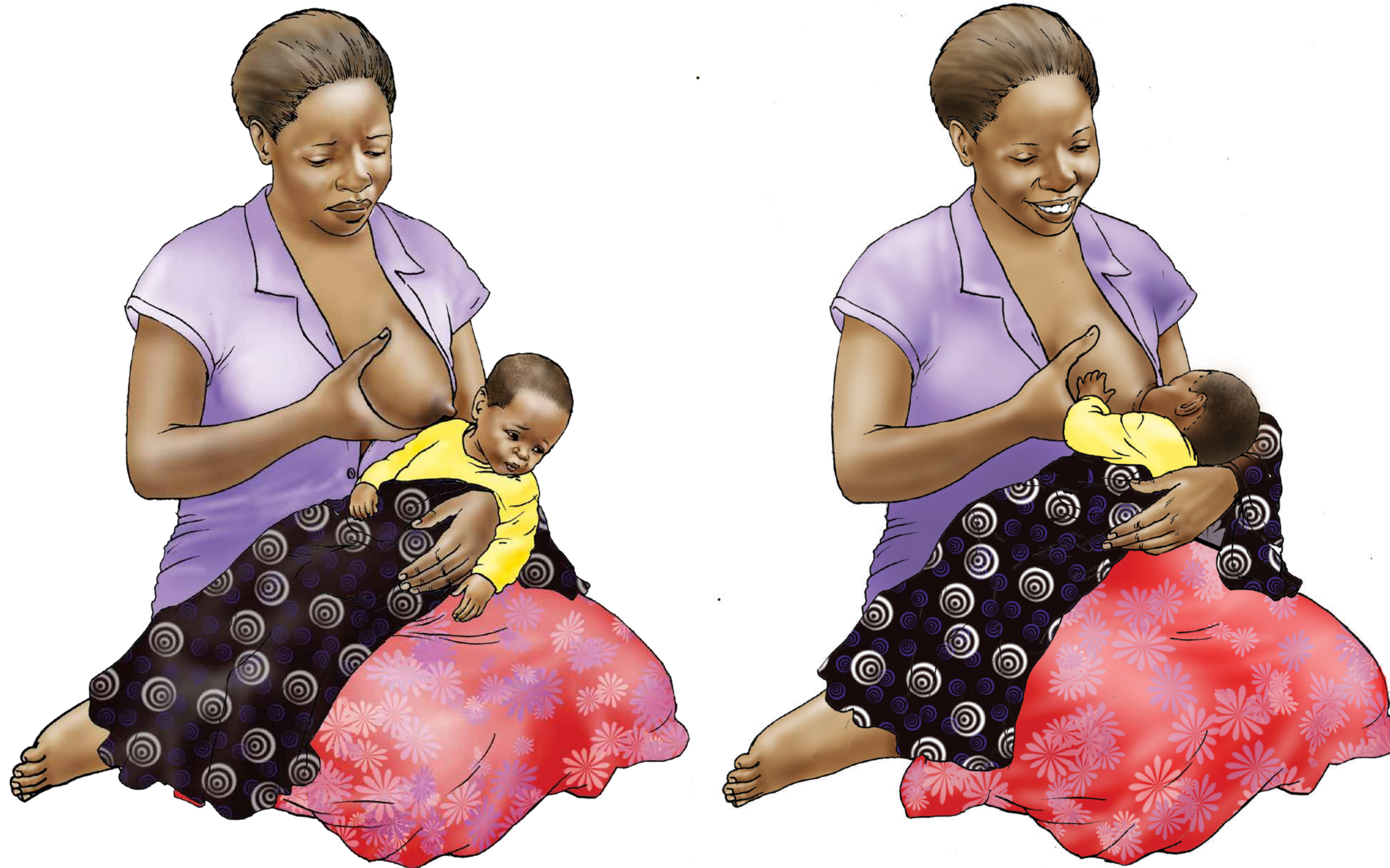
For a working mother with formal employment:

- Get your employer's consent for:
 - breastfeeding breaks at your work place and flexible working hours.
 - safe storage of expressed breast milk at your work place.

What questions or concerns do you have about what we have just discussed?
What difficulties might you have with expressing milk?
How can you deal with those difficulties?

ASK

Feeding the sick baby less than 6 months of age



Counselling Card 12

Feeding the sick baby less than 6 months of age

ASK

What do you see in the picture?
What do you give to eat and drink to your child
when she or he is sick?

- Breastfeed more frequently when your baby has an illness, including diarrhoea, to help the baby fight sickness, reduce weight loss and recover more quickly.
- Breastfeeding also provides comfort to your sick baby. If your baby refuses to breastfeed, encourage your baby until he or she takes the breast again.
- Give only breast milk and medicines recommended by your doctor/ health care worker.
- If the baby is too weak to suckle, express breast milk to give the baby. This will help you to keep up your milk supply and prevent breast difficulties/conditions.
- After each illness, increase the frequency of breastfeeding to help your baby regain health and weight.
- When you are sick, you can continue to breastfeed your baby. Also seek advice from your health care worker. You may need extra food and support during this time.



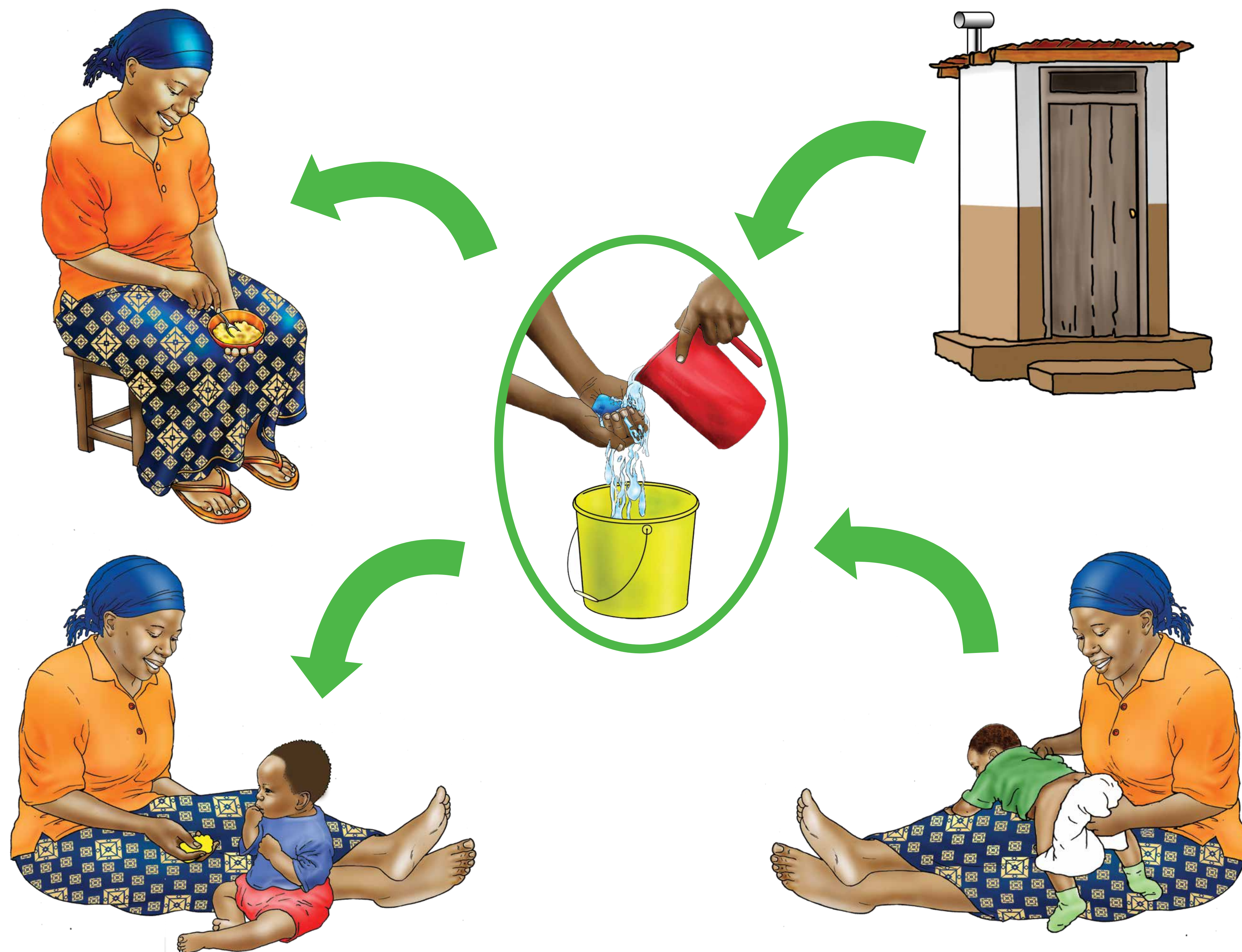
Note:

- From 2 months, zinc supplements given with ORS (Oral Rehydration Solution) can reduce the duration and severity of diarrhea. When your child has diarrhea, ask a health worker for zinc supplements and give to your child for 2 weeks.

What questions or concerns do you have about what we have just discussed?

ASK

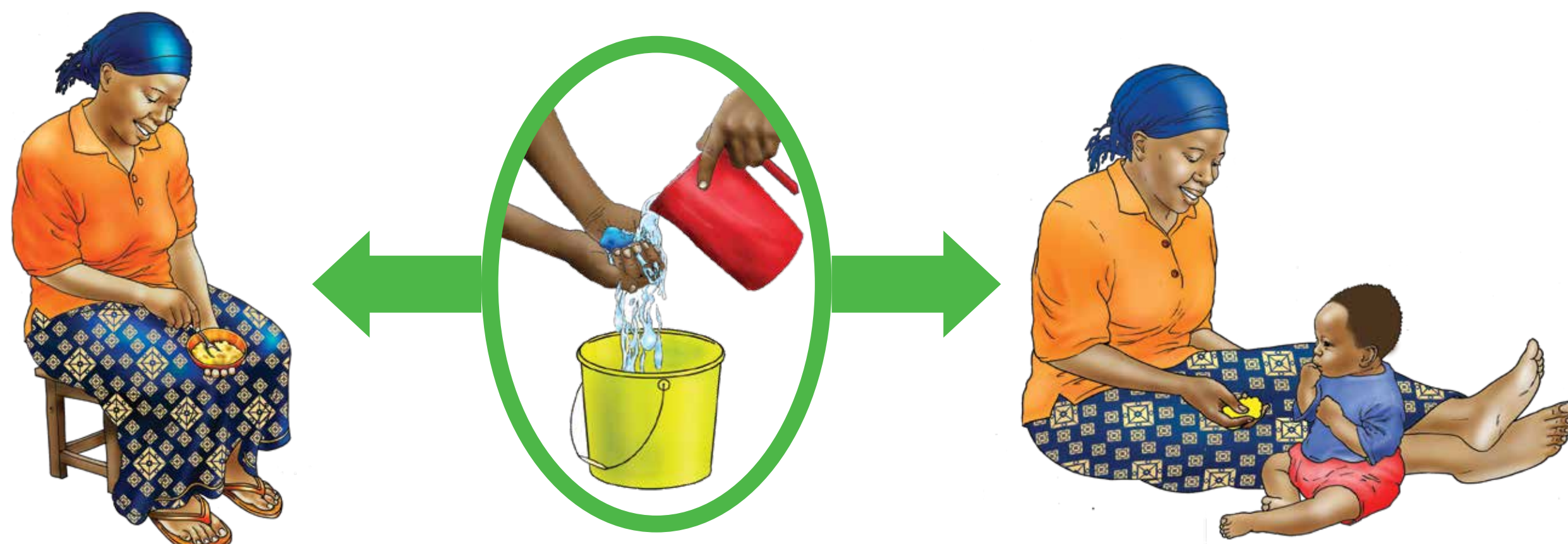
Handwashing and cleanliness prevent disease



Handwashing and cleanliness prevent disease

ASK

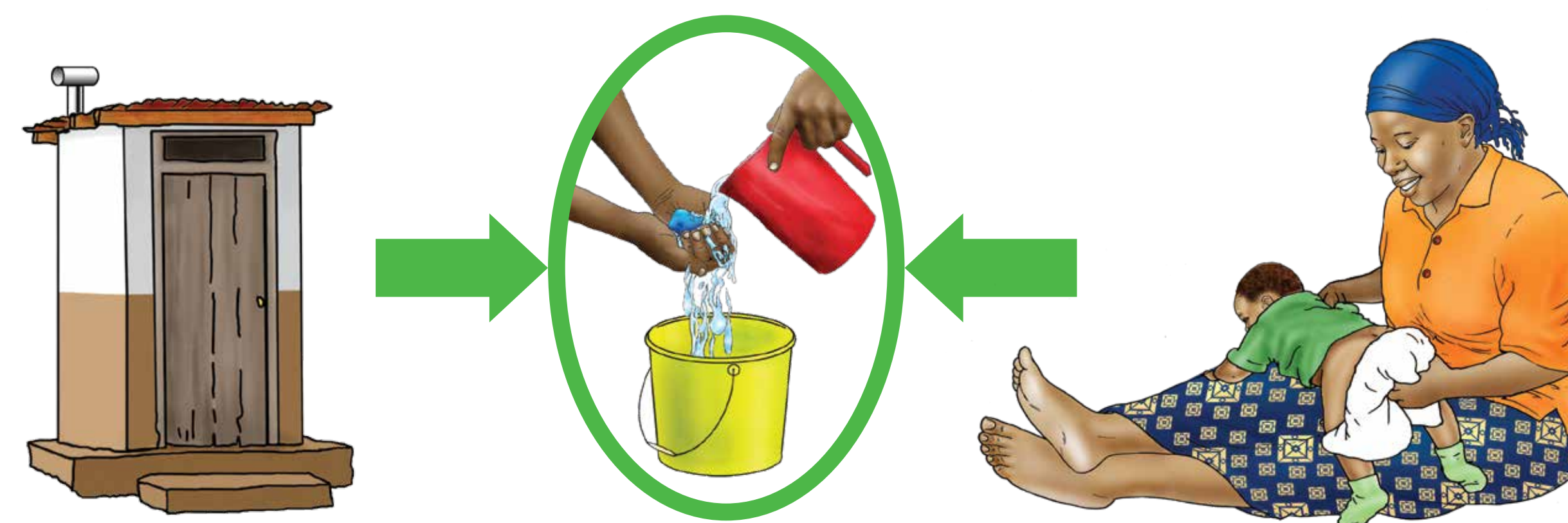
What do you see in these pictures?
Why do you think she is doing this?
How easy would it be for you to do it?
What are some ways that you can practise good hygiene?



Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.

When to Wash Your Hands

- Wash your hands with soap and clean water before preparing foods and feeding baby.
- Washing hands, especially with soap, helps remove germs and contributes to prevention of disease transmission.
- Wash your hands AND your baby's hands before eating.
- Wash your hands with soap and water after using the toilet and washing or cleaning baby's bottom.



Feed Hygienically

- Feed your baby using clean hands, clean utensils and clean cups.
- Use a clean spoon or cup to give foods or liquids to your baby.
- Do not use bottles, teats or spouted cups since they are difficult to clean and can cause your baby to become sick.

Washing and Storing for Cooking

- Wash your child's cup or bowl thoroughly with soap and water OR boil it. Avoid using bottles to feed, but if used, the bottle and teat must be boiled to clean.
- Store the foods to be given to your baby in a safe clean place.
- Keep food preparation surfaces clean using hot water, AND soap or detergent/cleanser to clean them every day.

ASK

What questions or concerns do you have about what we have just discussed?

Hygienic and healthy preparation of food



Hygienic and healthy preparation of food

ASK



What do you see in these pictures?
Why do you think she is doing this?
How easy would it be for you to do it?
What are some ways that you can practise good hygiene when preparing food?

Keep Clean

- Follow handwashing and other hygiene practices from CC13
- Use a separate plate for serving babies and young children. A separate plate also allows you to make sure your child is eating enough.

Use Safe Water and Wash Raw Food

- Boil water for 2 – 3 minutes (if clean, treated water not available)
- Bringing water to a rolling boil is the most effective way to kill disease-causing germs. Let the hot water cool down on its own without adding ice. If the water is clear, and has been boiled, no other treatment is needed.
- Wash fruits and vegetables, especially if eaten raw.

Separate Raw and Cooked Foods

- Avoid contact between raw and cooked foods.
- Use separate utensils and storage containers for raw foods.

Cook Appropriately

- Cook animal-source foods thoroughly, especially meat, chicken, eggs and seafood/fish.
- Avoid frying foods and cook vegetables in little water without overcooking to preserve vitamins and minerals
- Reheat leftovers and cooked food thoroughly. Bring soups and stews to boiling point.

Keep Food at Safe Temperatures

- Do not leave cooked food at room temperature for more than 2 hours.
- Give unfinished food to an older child instead of keeping it until the next feed.
- If food has been left out more than 2 hours, throw it out.

What questions or concerns do you have about what we have just discussed?
What difficulties might you have in preparing food? How can you deal with those difficulties?

ASK

Food variety – 4-Star Meal

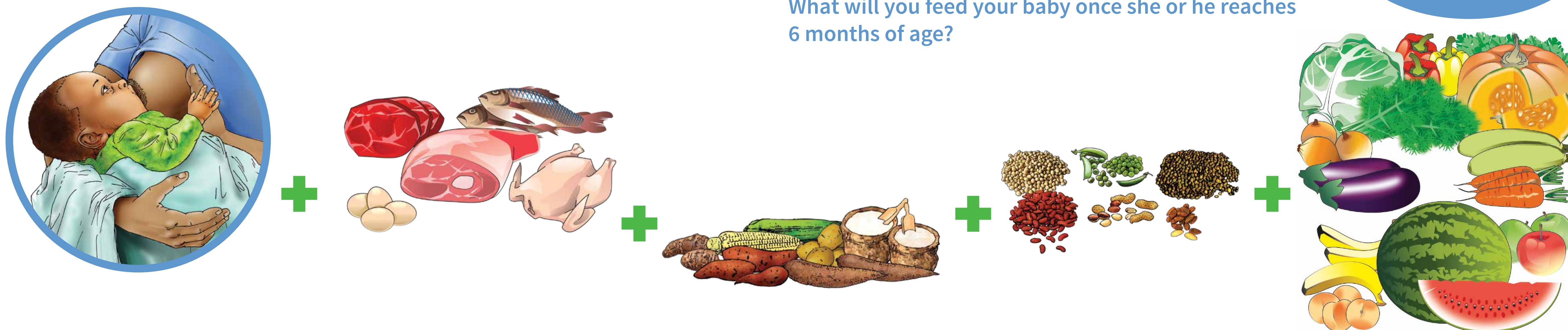


Counselling Card 15

Food variety – 4-Star Meal

ASK

What do you see in these pictures?
What will you feed your baby once she or he reaches 6 months of age?



- For a child 6 months to 2 years of age a 4-star meal always includes breast milk and the four food types.

• To make a 4-star meal, include these four types of foods:

- Animal-source foods (meat, chicken, fish, liver, mopani worms), and eggs, milk and milk products (cheese, yoghurt, omaere). ★ 1 star
- Staples (millet/mahangu, rice, bread, maize, oats and sorghum); roots and tubers (cassava, potato and sweet potato). ★★ 2 stars
- Legumes (beans, lentils, peas, groundnuts) and seeds (sesame). ★★★ 3 stars
- Vitamin A-rich fruits and vegetables (mango, papaya, passion fruit, oranges, dark-green leaves/ omboga, carrots, squash and pumpkin), AND other fruit and vegetables (oonyandi, oondunga, omauni, banana, pineapple, watermelon, tomatoes, avocado, eggplant and cabbage). ★★★★ 4 stars
- Also add oil/fat, such as fortified vegetable oil, butter or lard for extra energy (in moderation).

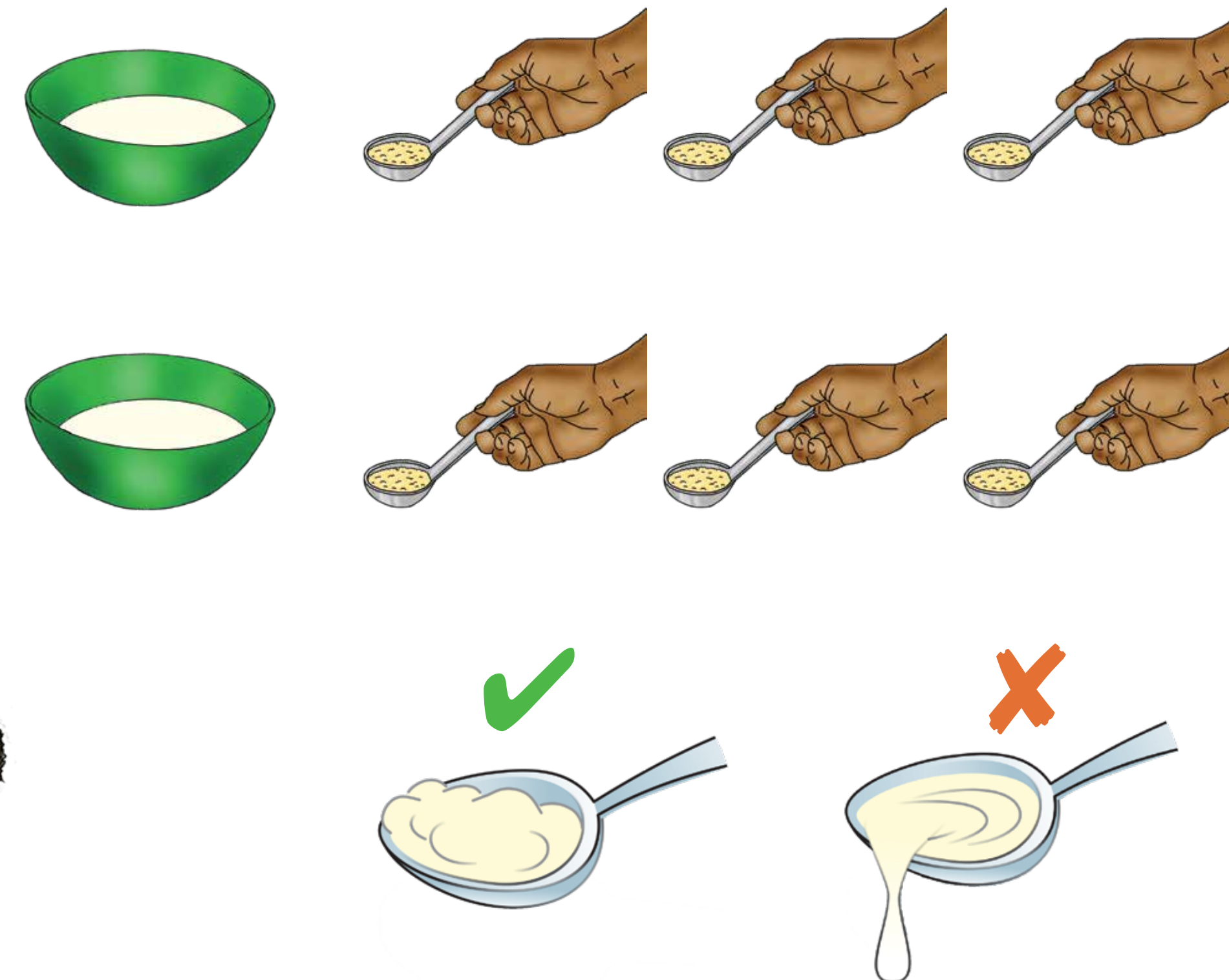
- Eat 4-star meals while you are pregnant or breastfeeding and provide your children with 4-star meals.
- Your child will get the taste of foods you eat while breastfeeding. Eat a variety of foods while breastfeeding to be healthy and so that your child will not be a fussy eater.
- Introduce animal source foods early to babies and young children and give them as often as possible.
- Do not use too much salt; when using salt, do use iodised salt.
- Avoid giving sugary drinks, biscuits or other food with added sugar. Avoid both sugary and salty snacks. Avoid adding sugar and salt to foods (for example: adding sugar to pumpkin or squash while cooking or adding salt to food at the table).

What questions or concerns do you have about what we have just discussed?
What difficulties might you have with complementary feeding?
How can you deal with those difficulties?

ASK

Counselling Card 16

Starting Complementary Feeding when baby reaches 6 months

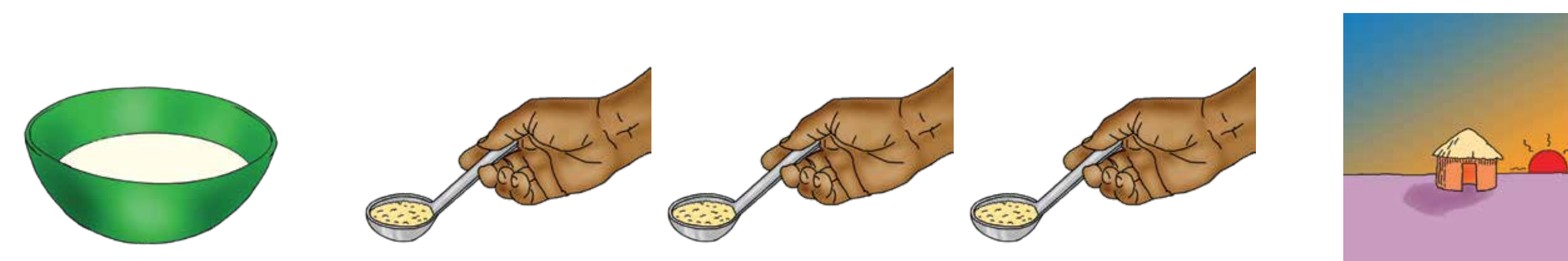


Counselling Card 16

Starting Complementary Feeding when baby reaches 6 months

ASK

What do you see in these pictures?
How thick should you make baby porridge?



- Starting at about 6 months, your baby needs other foods in addition to breast milk.
 - Continue breastfeeding your baby on demand both day and night.
 - Breast milk continues to be the most important part of your baby's diet.
 - Breastfeed first before giving other foods.
 - **When giving complementary foods, think: Frequency, Amount, Thickness, Variety, Responsive active feeding, and Hygiene:**
 - Frequency: Feed your baby complementary foods 2 times a day
 - Amount: Give 2 to 3 tablespoonfuls ('tastes') at each feed.
 - Thickness: should be thick enough to not fall off a spoon
 - Variety: Begin with the staple foods like porridge (made from corn, wheat, rice, millet, potatoes, sorghum), mashed banana or mashed potato.
 - Responsive active feeding
 - Baby may need time to get used to eating foods other than breast milk.
 - Sit face-to-face with your baby. Be patient and actively encourage your baby to eat.
 - Don't force your baby to eat.
 - Use a separate plate to feed the baby to make sure he or she eats all the food given.
 - Hygiene: Good hygiene (cleanliness) is important to avoid diarrhoea and other illnesses.
- (CC 13 & 14)

Cooking and Feeding Tips:

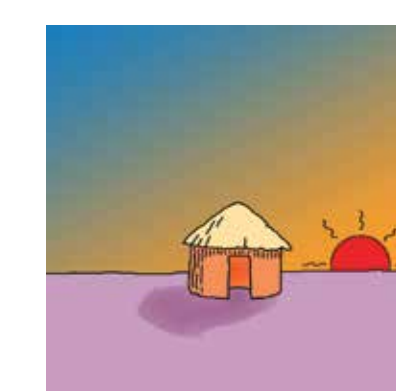
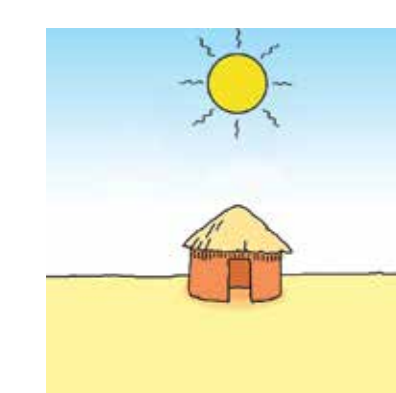
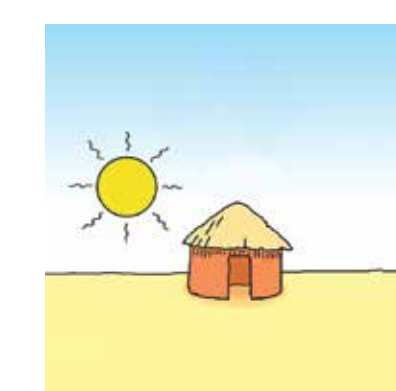
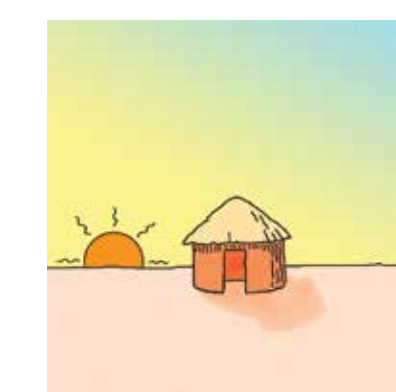
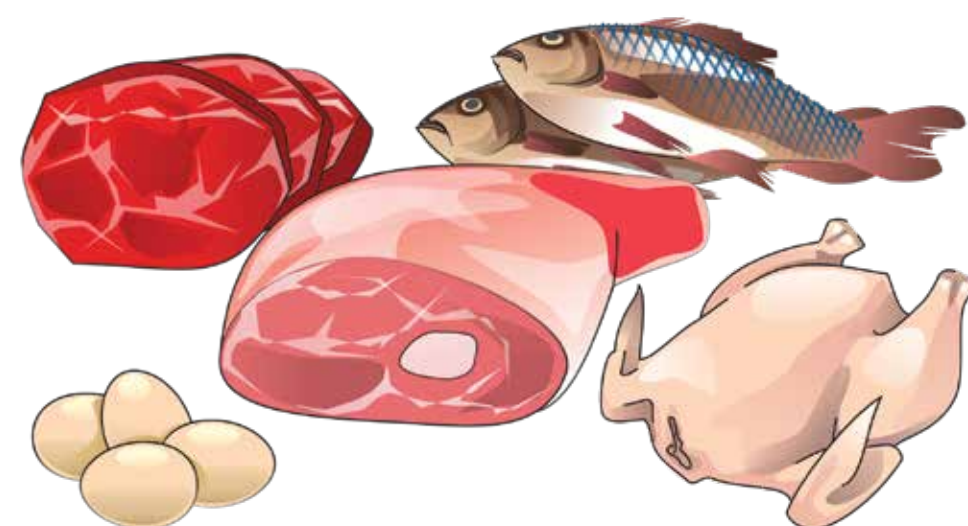
- Make sure your baby and young child sits up while eating to avoid choking.
- Mix cereals and mashed cooked grains with breast milk or water to make it smooth and easy for your baby to swallow.
- Mash or puree vegetables, fruits and other foods until they are smooth.
- Hard fruits and vegetables, like apples and carrots usually need to be cooked so they can be easily mashed or pureed.
- Cook food until it is soft enough to easily mash with a fork.
- Remove all fat, skin, and bones from poultry, meat, and fish, before cooking.
- Cook and finely grind or mash whole-grain kernels of wheat, barley, rice, and other grains

What questions or concerns do you have about what we have just discussed?
What difficulties might you have with introducing solid foods?
How can you deal with those difficulties?

ASK

Counselling Card 17

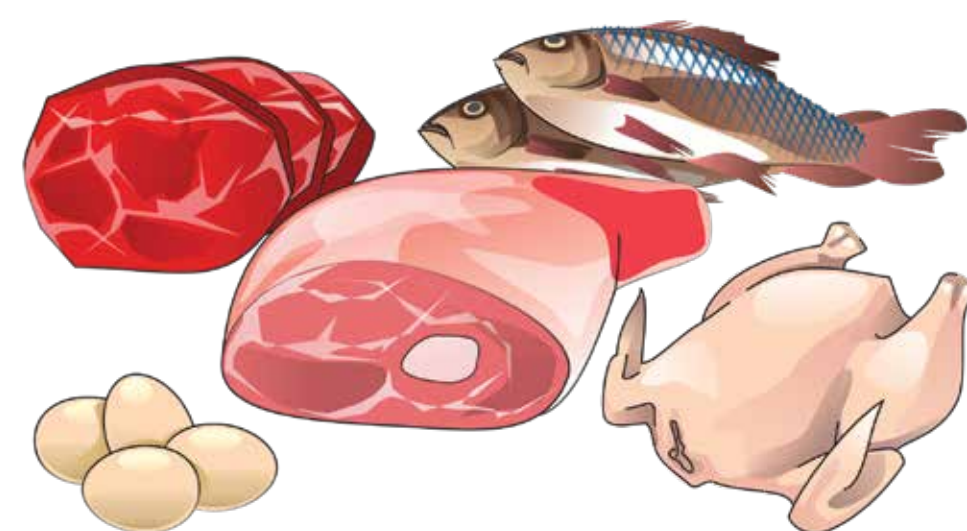
Complementary feeding from 6 up to 9 months



Counselling Card 17

Complementary feeding from 6 up to 9 months

ASK



What do you see in these pictures?
How do you plan to introduce different types of food to your child?

- Continue breastfeeding your baby on demand both day and night. This will maintain his or her health and strength as breast milk continues to be the most important part of your baby's diet.
- Breast milk supplies half (1/2) baby's energy needs from 6 up to 12 months.
- Breastfeed first before giving other foods.
- **Frequency, Amount, Thickness, Variety, Responsive active feeding, and Hygiene:**
 - **Frequency:** Feed your baby complementary foods 2-3 times a day (**increase from 2 times a day right at 6 months**) + 1-2 snacks (such as mashed fruits and vegetables).
 - **Amount:** Increase amount gradually to half (½) cup (250 ml cup: show amount in cup) (**increase from 2-3 tablespoons right at 6 months of age**). Use a separate plate to make sure young child eats all the food given.
 - **Thickness:** Give mashed/pureed family foods. By 8 months your baby can begin eating finger foods (food eaten directly with the hands).
 - **Variety:** 4-star meal (CC 15).
- Starting at 6 months, each week you can add one new food to your child's diet.
- Start with staple food, add mashed banana or potato, and continue to add different foods until you get to a 4-star meal.

- Animal source foods are very important. Start animal source foods as early and as often as possible. Babies can eat well-cooked and finely-chopped eggs, meat and fish even if they don't have teeth.
- Limit oil/fat to no more than half a teaspoon per day.

Children may need to try some foods many times before they like them.

Cooking and Feeding Tips:

Try again: Wait a couple of days before offering the food again. It can take more than 10 times before your toddler might like it.

Mix it up: Mix new foods with foods you know your child likes, such as breast milk.

Be silly: Make funny faces with the foods on your child's plate. It might help your child get excited to eat it.

Me too: Try eating the food first to show your child you like it. Then, let your child try it.

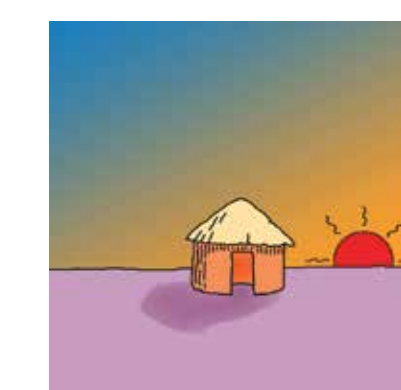
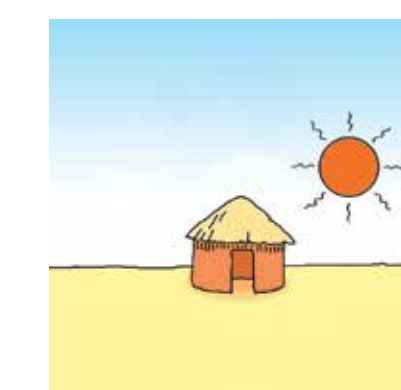
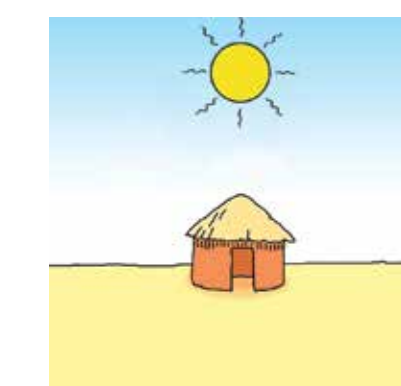
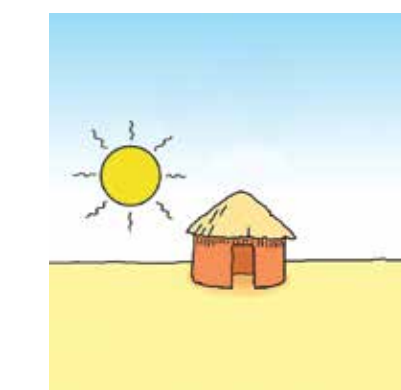
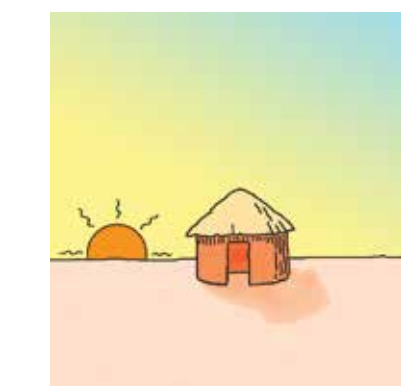
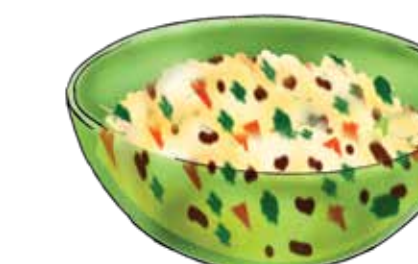
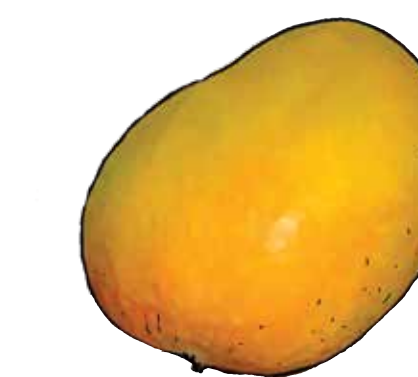
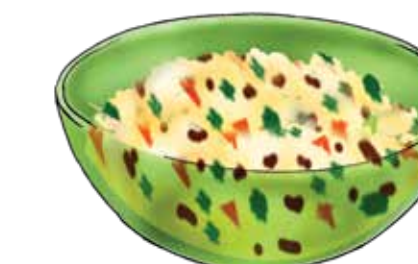
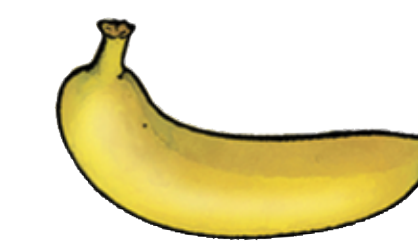
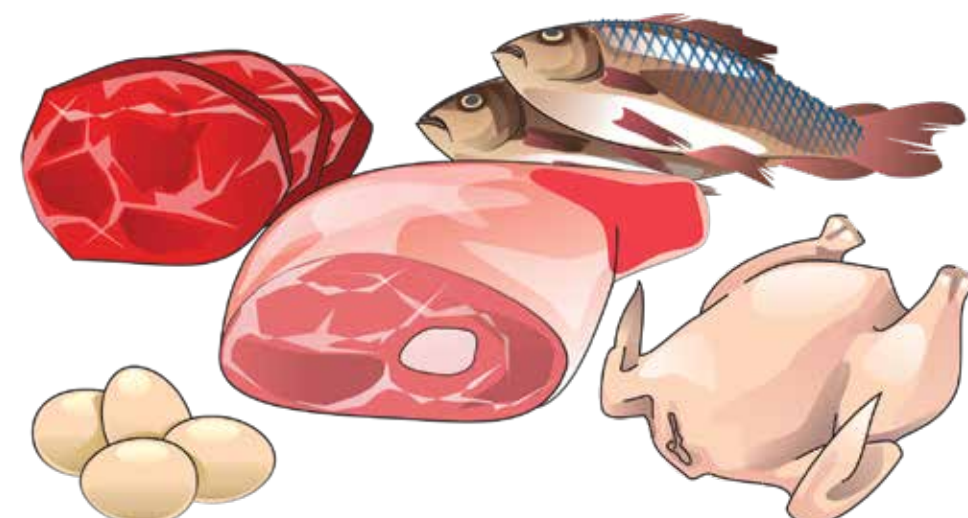
Choices: Give your child a choice of different foods to try. Let your child decide which one to try today.

ASK

What questions or concerns do you have about what we have just discussed?

Counselling Card 18

Complementary feeding from 9 up to 12 months

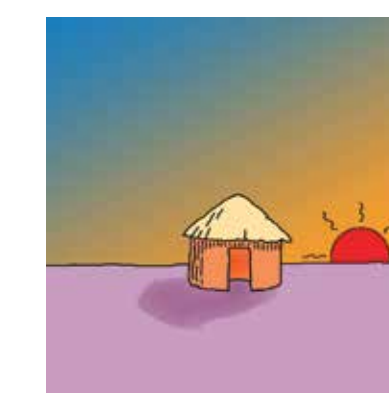
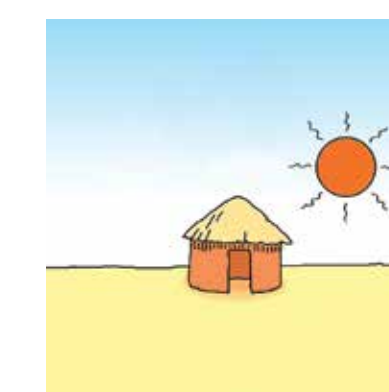
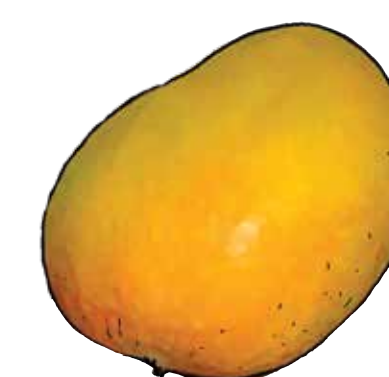
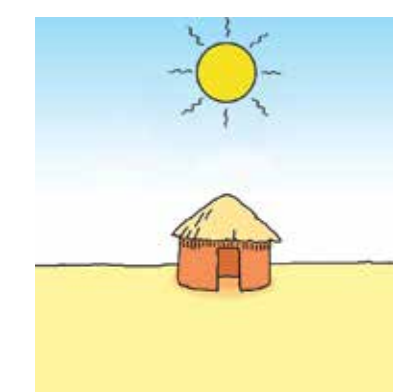
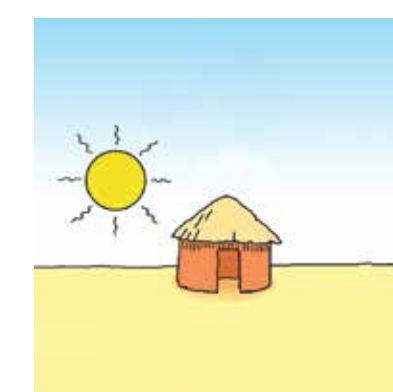
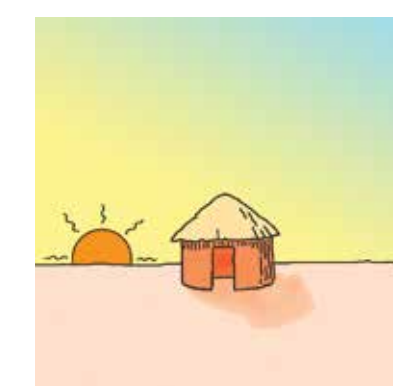


Counselling Card 18

Complementary feeding from 9 up to 12 months



What do you see in these pictures?
How can you help your baby eat the right amount of food?



- Continue breastfeeding your baby on demand both day and night. Breast milk continues to supply half (1/2) baby's energy needs from 9 up to 12 months.
- Breastfeed first before giving other foods.
- **Frequency, Amount, Thickness, Variety, Responsive active feeding, and Hygiene:**
 - **Frequency:** Feed your baby complementary foods 3-4 times a day (**increased from 2 - 3 times a day for 6 - 9 months**) + 1 - 2 snacks per day (such as fruits and vegetables).
 - **Amount:** Increase amount to half (½) cup. Continue with separate plate.
 - **Thickness:** Give finely chopped family foods, finger foods, sliced foods (**change from mashed/ pureed food at 6-9 months**).
 - Do not forget **Variety** (4-star meal), **Responsive feeding** (**continue sitting with your child to feed**).
 - and **Hygiene**.

Cooking and Feeding Tips:

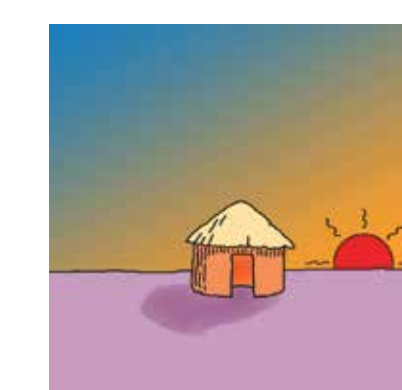
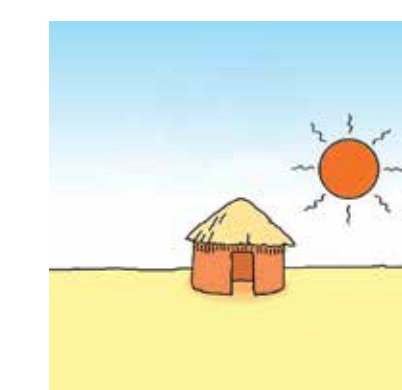
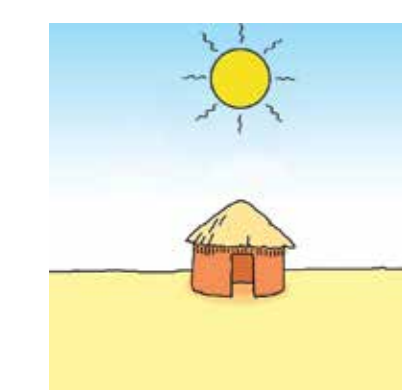
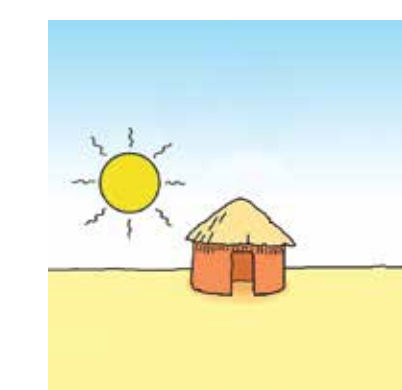
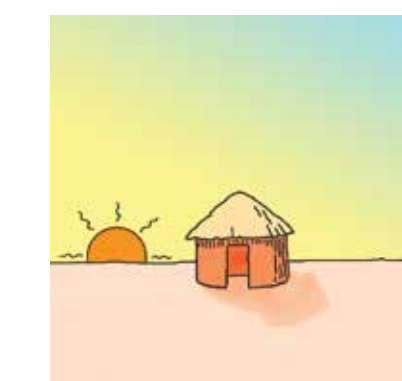
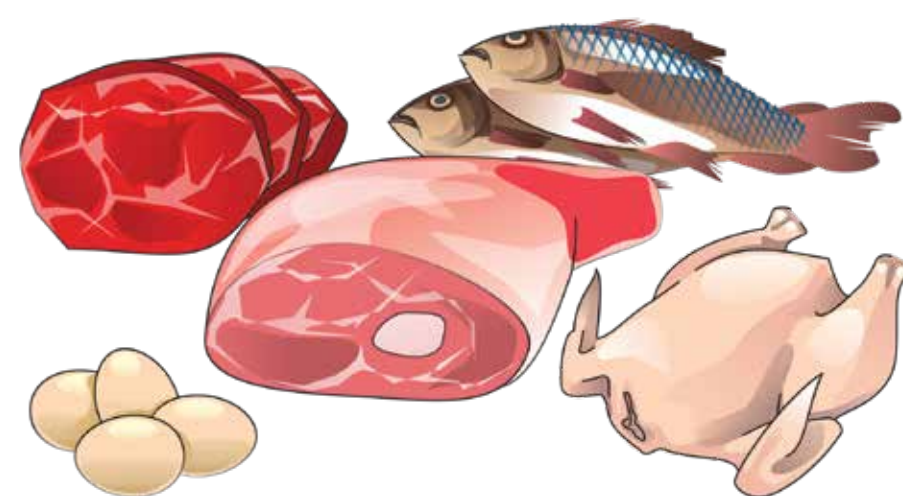
- Remove seeds and hard pits from fruit and then cut the fruit into small pieces.
- Cut soft food into small pieces or thin slices.
- Cut cylindrical foods like hot dogs, sausage and string cheese into short thin strips instead of round pieces that could get stuck in the airway.
- Cut small spherical foods like grapes, cherries, berries and tomatoes into small pieces.
- If your child loses interest while eating, try to remove distractions.

What questions or concerns do you have about what we have just discussed?
What challenges will you have for responsive, active feeding?

ASK

Counselling Card 19

Complementary feeding from 12 up to 24 months



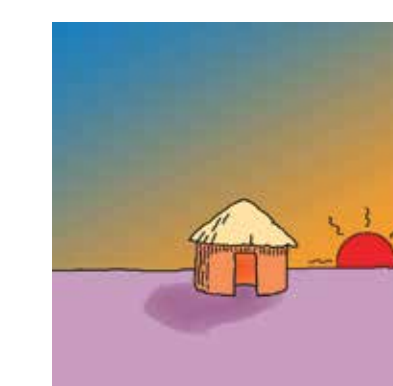
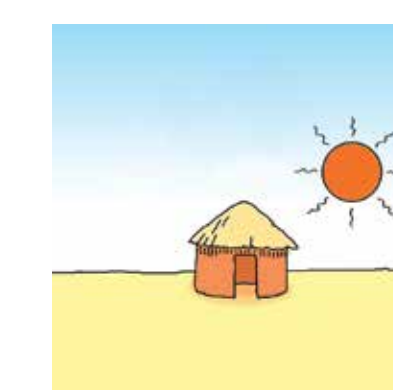
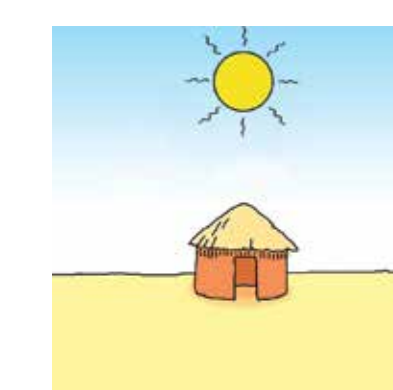
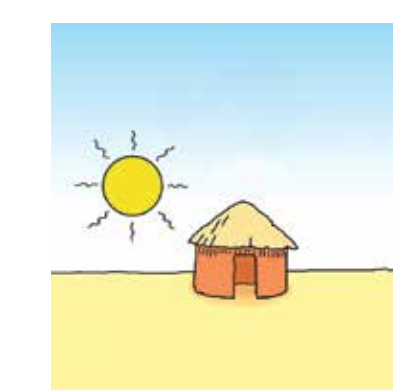
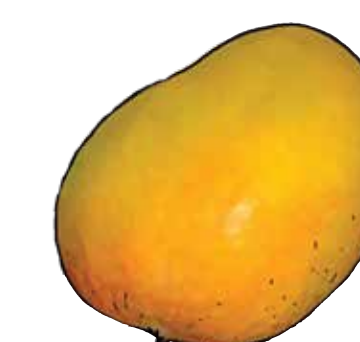
Counselling Card 19

Complementary feeding from 12 up to 24 months

ASK



What do you see in these pictures?
How often should babies eat at 12 months of age?
Do you need to mash food for a 1-year old baby?



- Continue breastfeeding your baby on demand both day and night. Breast milk continues to make up about one third (1/3) of the energy needs of the young child from 12 up to 24 months.
- **Frequency, Amount, Thickness, Variety, Responsive feeding, and Hygiene:**
 - **Frequency:** Feed your young child complementary foods 3-4 times a day + 1-2 snacks per day (such as fruits and vegetables).
 - **Amount:** Increase amount to three-quarters ($\frac{3}{4}$) to 1 cup (**increase from $\frac{1}{2}$ cup at 9-12 months of age**). Continue with separate plate.
 - **Thickness:** Give family foods cut into small pieces, finger foods, sliced food (**change from finely chopped food at 9-12 months**).
 - Do not forget **Variety** (4-star meal), **Responsive** active feeding (**continue sitting with your child to feed**) and **Hygiene**.

Note:

- Once your child is 12 months old you can offer honey and cow's milk.
- Honey and cow's milk should not be given before 12 months because they increase the risk of illness for babies.

What questions or concerns do you have about what we have just discussed?
What challenges will you have to sit with and feed your baby?

ASK

Feeding the sick child more than 6 months of age



Feeding the sick child more than 6 months of age

ASK

What do you see in these pictures?

What do you give your child to eat and drink when she or he is sick?

- Take your baby to a health facility when sick.
- Breastfeed more frequently during illness, including diarrhoea, to help your baby fight sickness, reduce weight loss and recover more quickly.
- Your baby needs more food and liquids while he or she is sick.
- If your child's appetite is decreased, encourage him or her to eat small frequent meals.
- Offer the baby simple foods like porridge and avoid spicy or fatty foods. Even if the child has diarrhoea, it is better for him or her to keep eating.
- After your baby has recovered, actively encourage him or her to eat one additional meal of solid food each day during the following two weeks. This will help your child regain the weight he or she has lost.
- When you are sick, you can continue to breastfeed your baby. You may need extra food and support during this time. When you are sick, you will also need plenty of liquids.



Note:

- From 2 months, zinc supplements given with ORS can reduce the duration and severity of diarrhea. When your child has diarrhea, ask a health worker for zinc supplements and give to your child for 2 weeks.

ASK

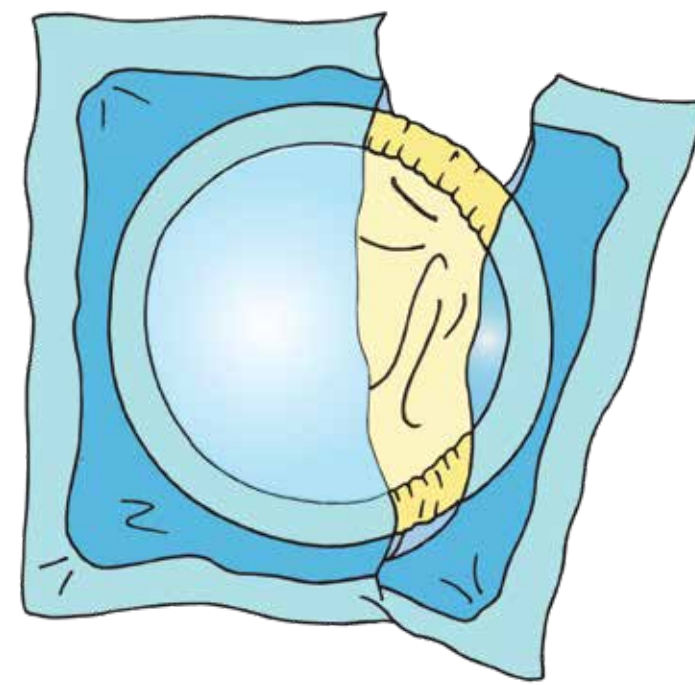
What questions or concerns do you have about what we have just discussed?

Counselling Card 21

Optimal family planning promotes improved health and survival for both mother and child



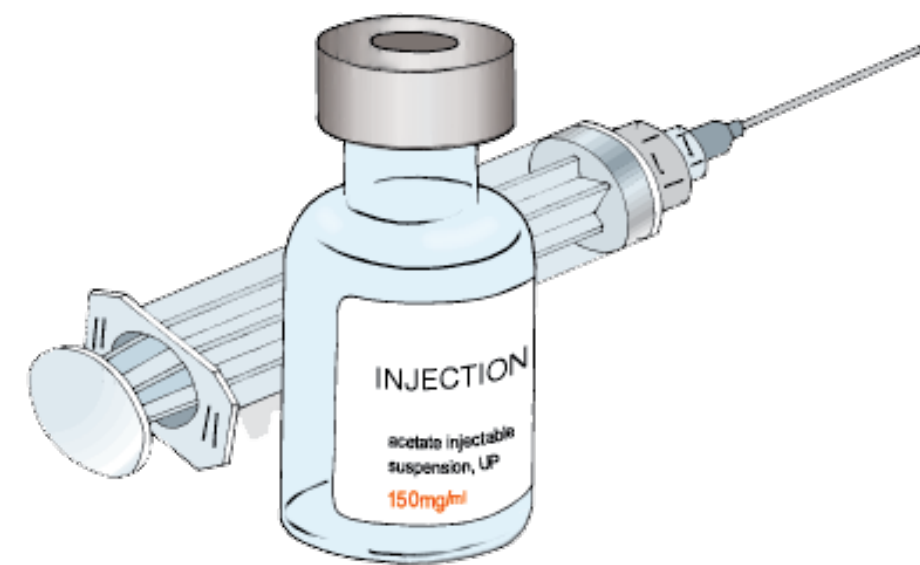
Abstinence
(Avoiding intercourse)



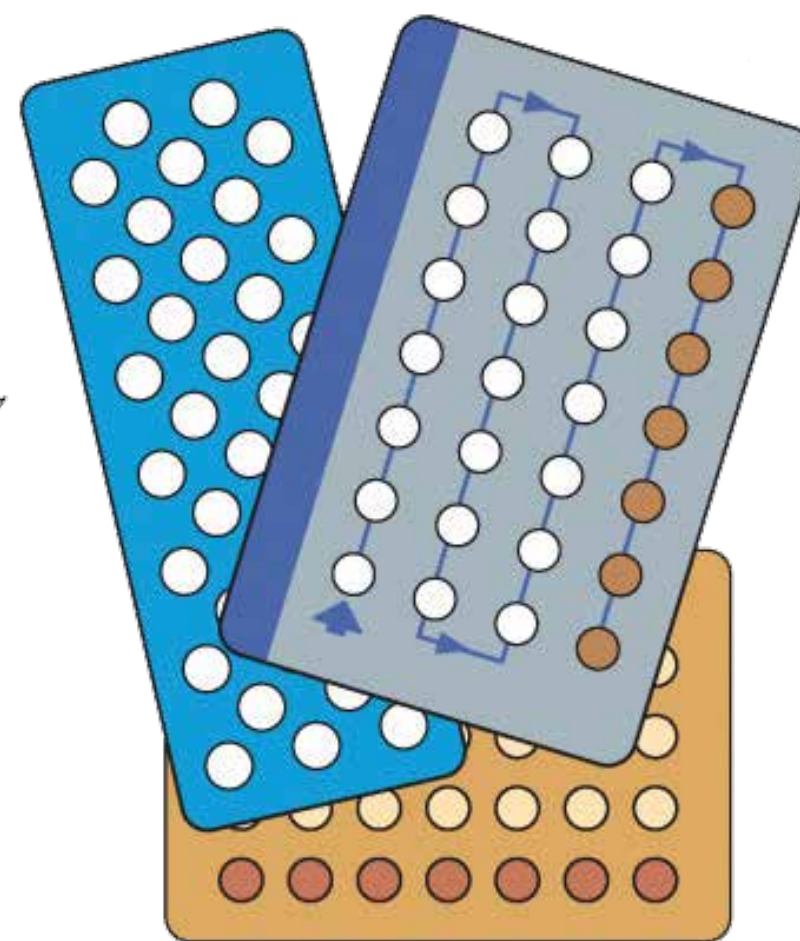
Male & Female Condom



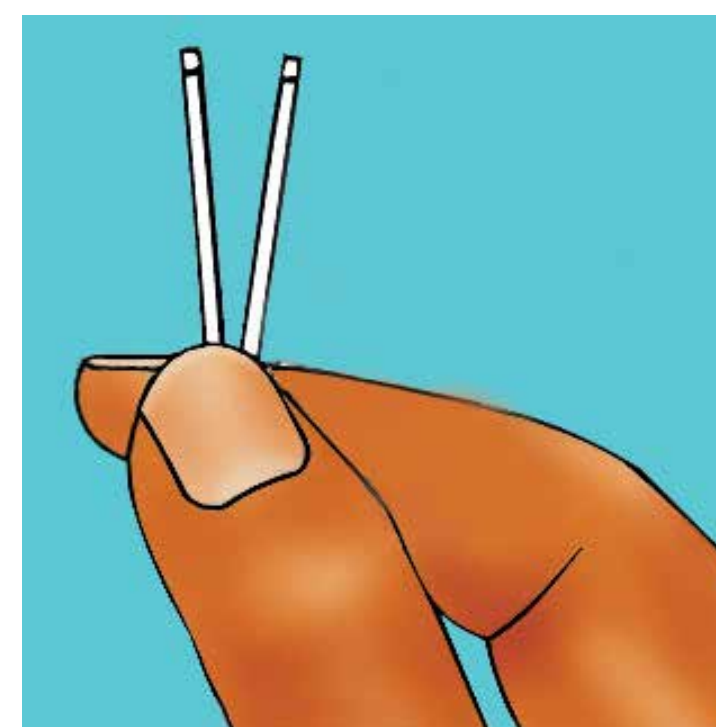
LAM
(Exclusive breastfeeding)



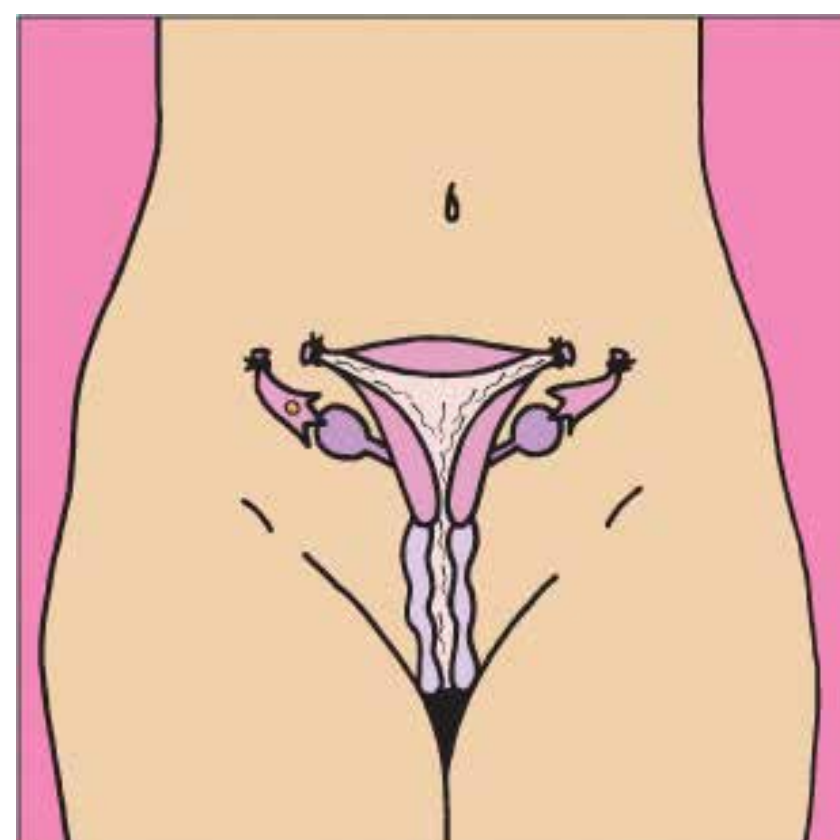
Injectables
(Depro-Provera®)



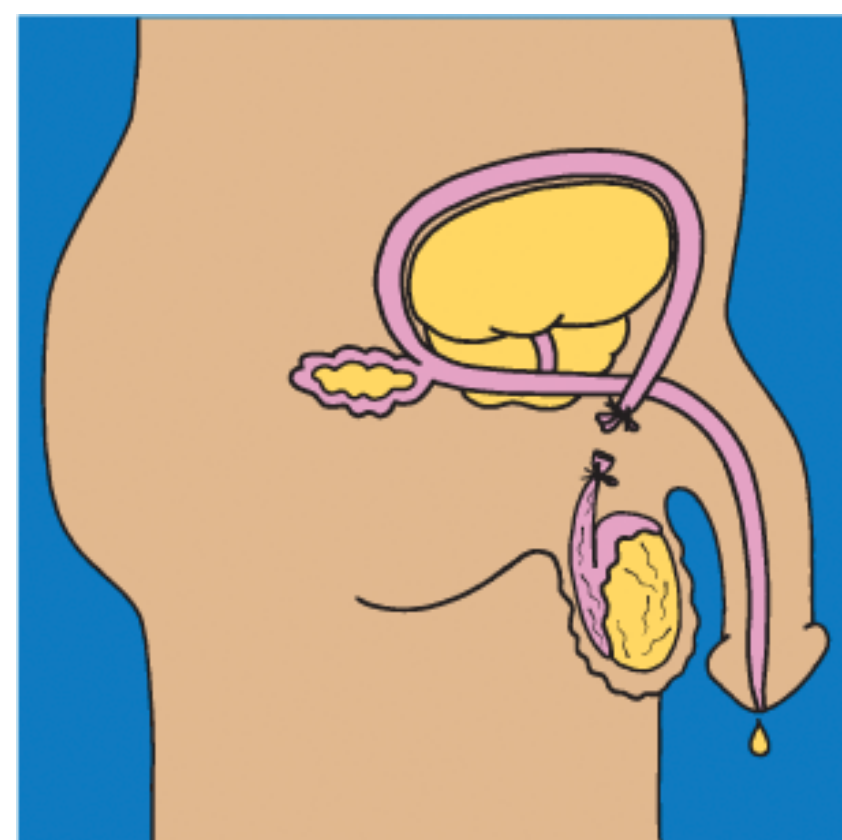
Oral Contraceptives



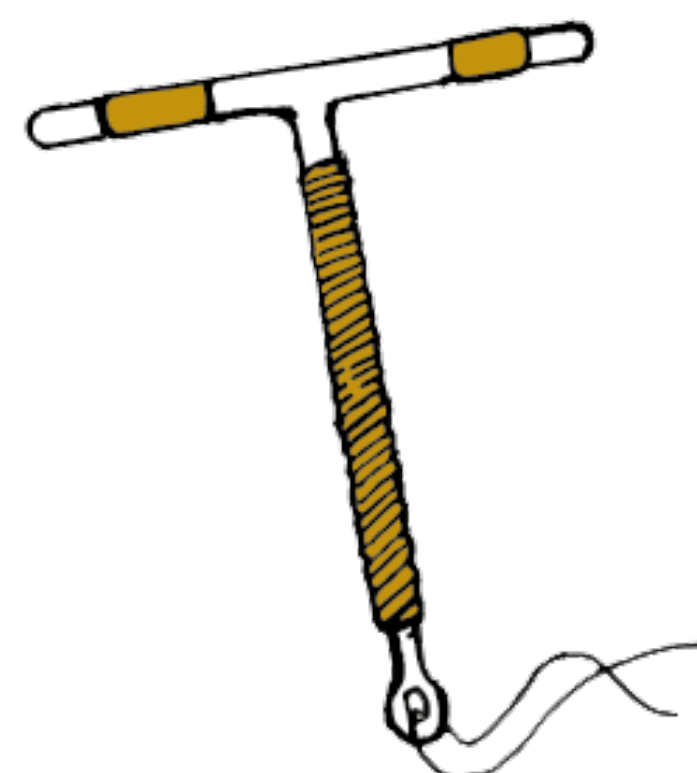
Norplant



Tubal Ligation



Vasectomy



IUD



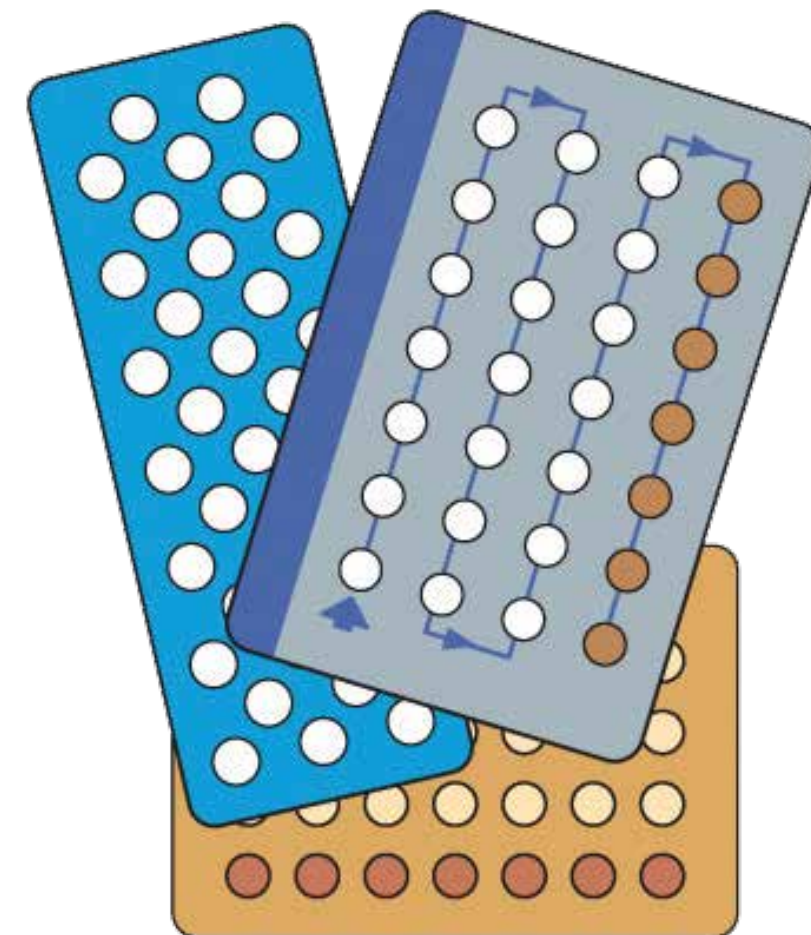
Counselling Card 21

Optimal family planning promotes improved health and survival for both mother and child

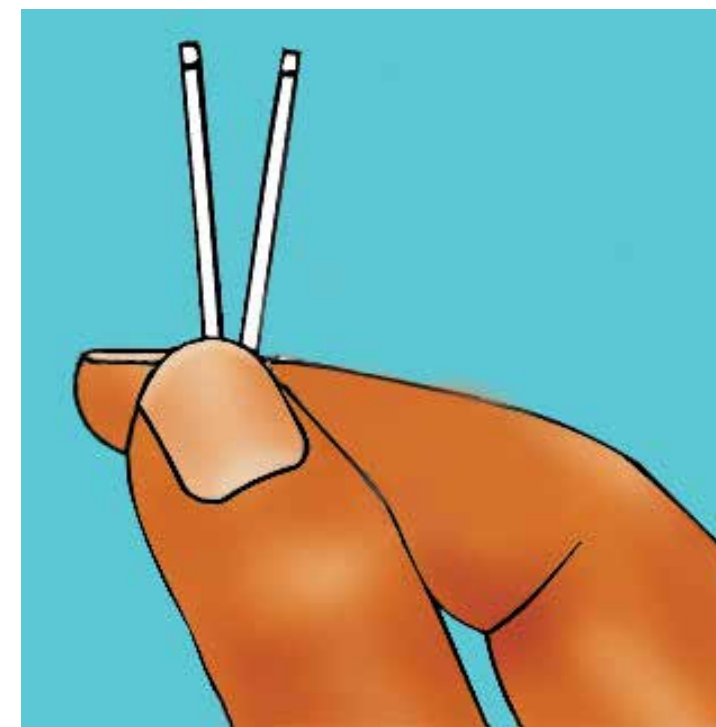
ASK



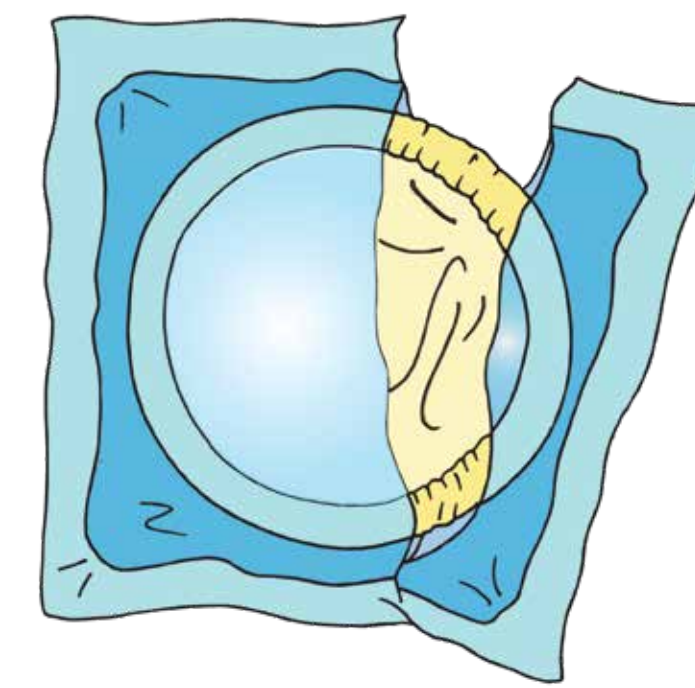
LAM
(Exclusive breastfeeding)



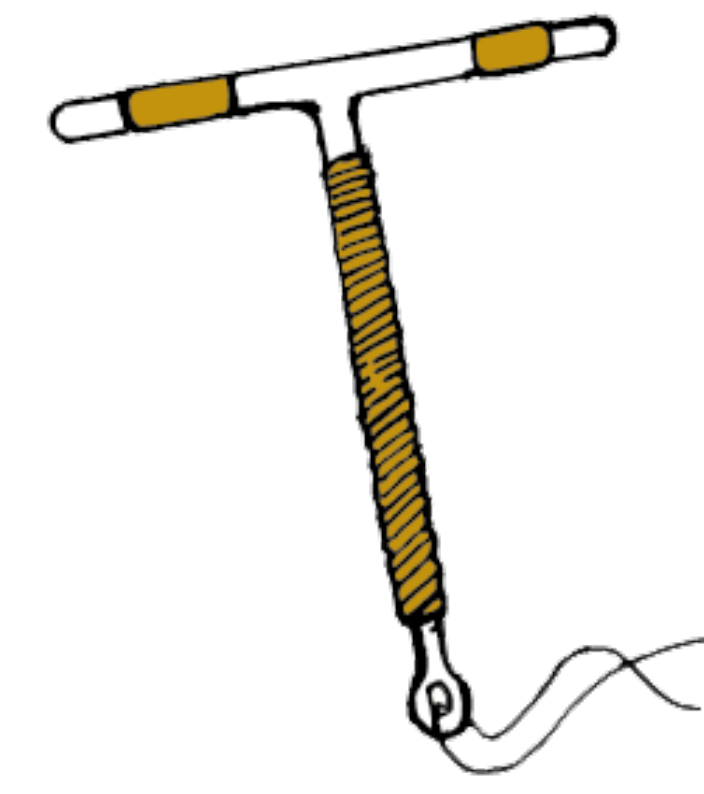
Oral Contraceptives



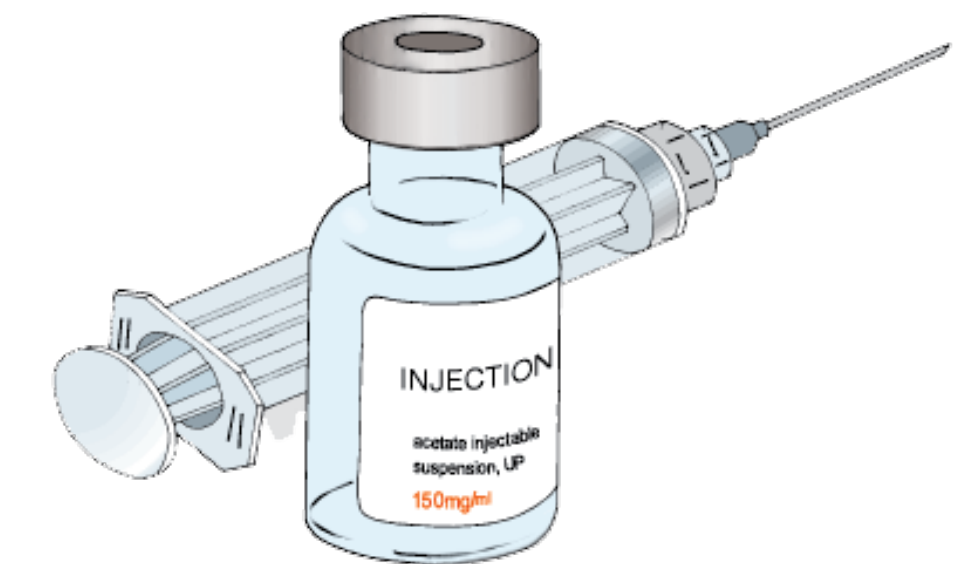
Norplant



Male & Female Condom



IUD



Injectables
(Depro-Provera®)

Spacing Your Births

- Healthy timing and spacing of pregnancy means waiting at least 2 to 3 years before becoming pregnant again.
- Spacing your children allows:
 - More time to breastfeed and care for each child.
 - More time for your body to recover between pregnancies.
 - More money because you have fewer children, and thus fewer expenses for school fees, clothing, food, etc.

Exclusive Breastfeeding and Getting Pregnant

- Feeding your baby only breast milk for the first 6 months helps to space births in a way that is healthy for both you and your baby.
- By exclusively breastfeeding your baby for the first 6 months you can prevent pregnancy ONLY if:

- you feed the baby only breast milk and feed the baby at least 8-12 times day and night.
- your menstrual period has not returned.
- your baby is less than 6 months old.

- This family planning method is called the Lactational Amenorrhea Method, or LAM.
 - L = lactational
 - A = no menses
 - M = method of family planning
- If any of these three conditions change, you are no longer protected from becoming pregnant again.
- It is important to seek advice from the nearest clinic/health care worker about what family planning methods are available, as well as when and how to use them.

What questions or concerns do you have about what we have just discussed?

ASK

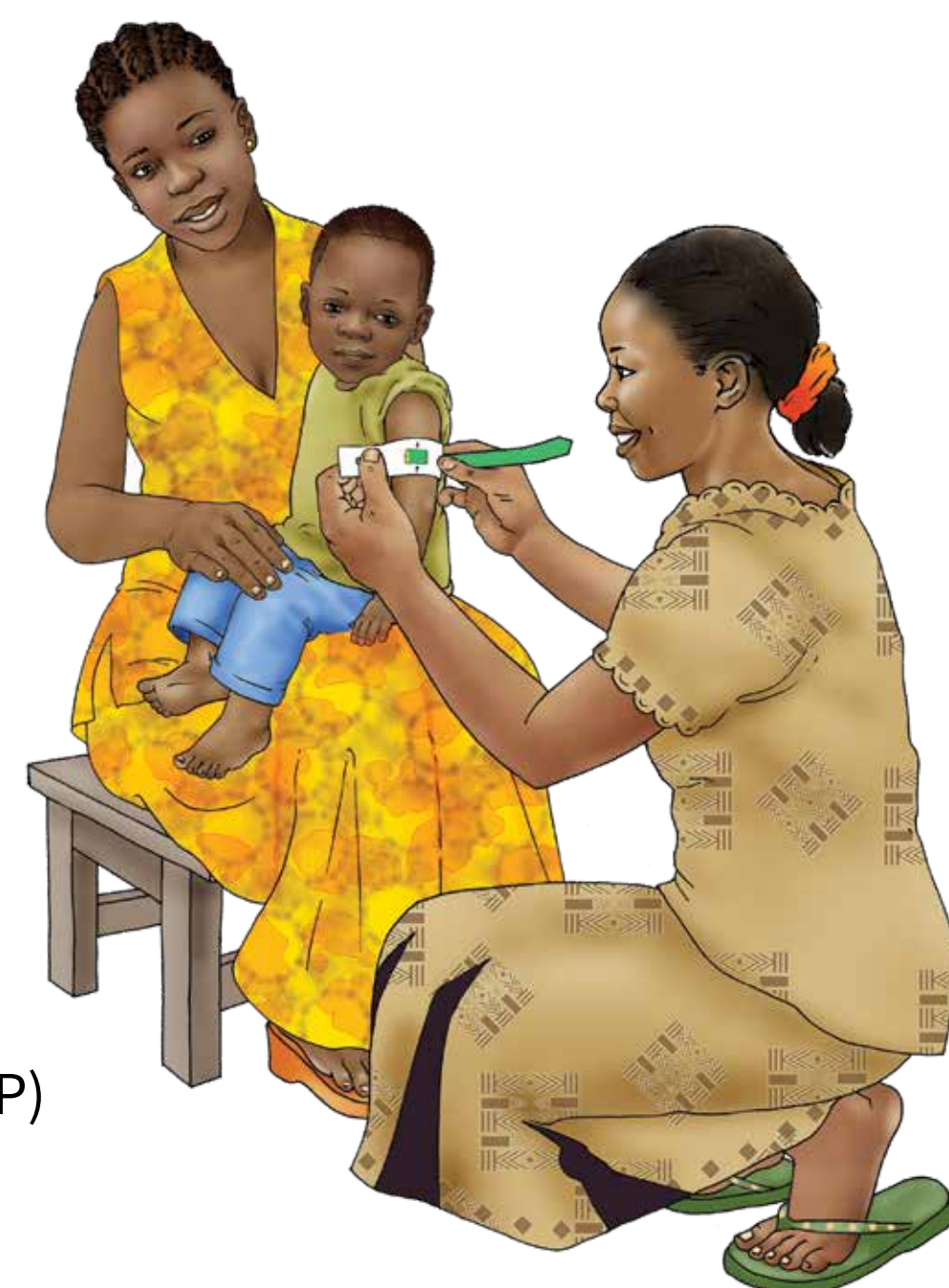
Regular growth monitoring and promotion



Regular growth monitoring and promotion

ASK

What do you see in these pictures?
What do you think about monthly growth monitoring?



- Attend regular growth monitoring and promotion sessions (GMP) to make sure your baby is growing well.
- When you attend growth monitoring, your child will also receive:
 - Different vaccinations at the right time to prevent infections.
 - Vitamin A supplements every 6 months to prevent eye disease and infections.
 - Deworming pill every 6 months to help him grow normally.
- Take your baby to growth monitoring and promotion monthly during the first year.
- A healthy child who is growing well should gain weight every month. If your child is not gaining weight or is losing weight, there is a problem.
- Attending growth monitoring and promotion sessions can help identify nutrition problems your child may have, such as severe thinness or swelling. Nutrition problems may need urgent treatment with special (therapeutic) foods.
- Measuring the upper arm of a child over 6 months (MUAC) also measures growth of the child and can identify problems that need treatment.

- During growth monitoring and promotion sessions, you can ask questions about your child's growth, health and nutrition.
- It is important to address poor growth and other signs of poor nutrition quickly, as soon as they are identified. If the problem is severe, you should immediately take your child to the nearest health facility.

COMMUNITY HEALTH WORKERS CAN HELP YOU:

They use a measuring tape to measure how big/small the left arm of your child is and they will refer you to the nearest health facility if they think your child needs nutritional and medical care.

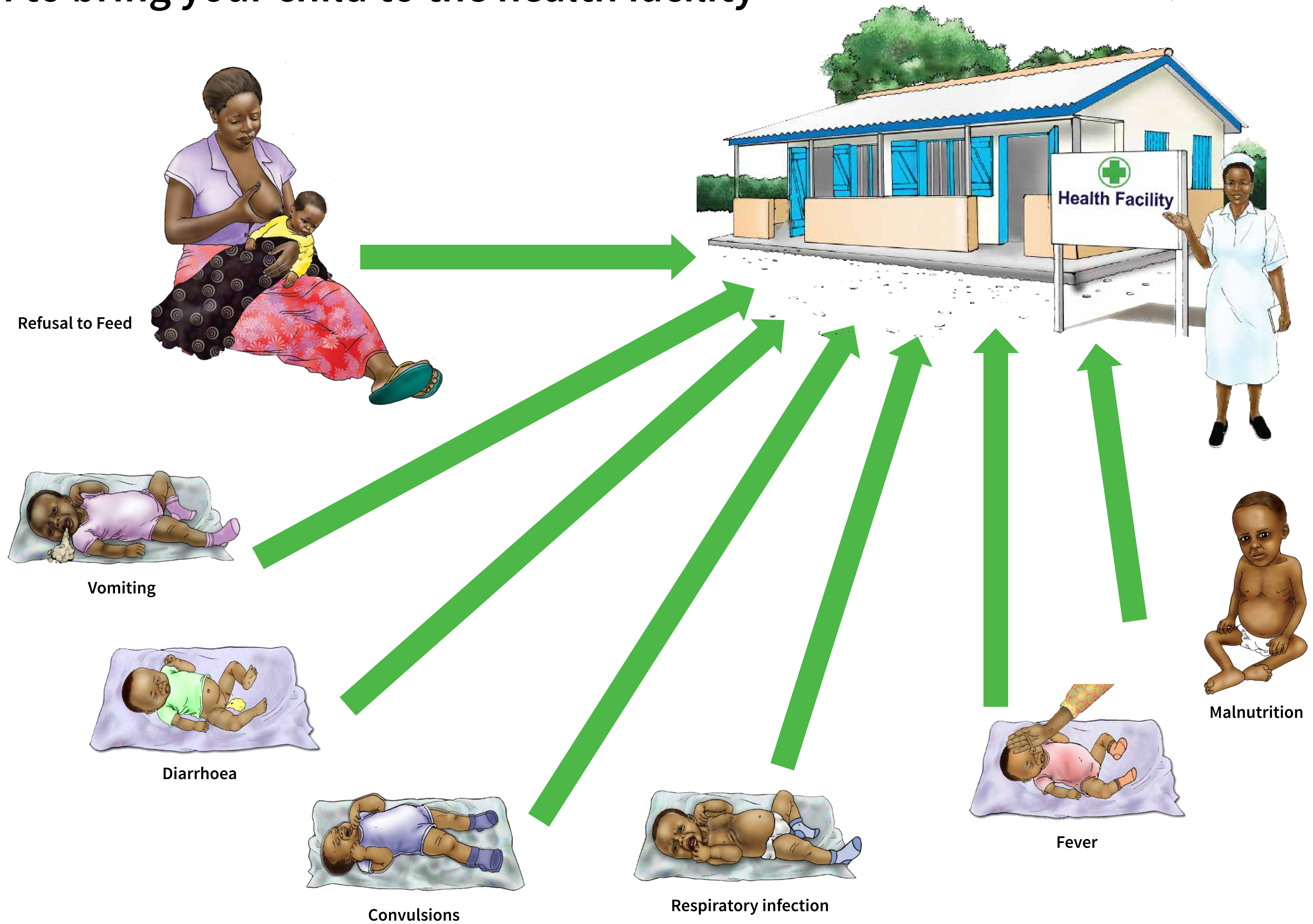
The volunteers can also guide you with some nutritional and health care advice and services.

If your child is sick or malnourished and treated at home, the health facility will ask them to follow your child during the disease to make sure that the treatment is working well.

ASK

What questions or concerns do you have about what we have just discussed?

When to bring your child to the health facility



When to bring your child to the health facility

ASK

What do you see in these pictures?
When do you need to take your baby to a health facility?



Vomiting



Diarrhoea



Convulsions



Respiratory infection



Fever

• Take your child immediately to a trained health worker or clinic if any of the following symptoms are present:

- Breastfeeding poorly (for baby less than 2 months)
- Refusal to feed and being very weak
- Not able to drink
- Vomiting (cannot keep anything down)
- Diarrhoea (more than 3 loose stools a day for two days or more and/or blood in the stool, sunken eyes)
- Convulsions (rapid and repeated contractions of the body, shaking)
- The lower part of the chest sucks in when the child breathes in, or it looks as though the stomach is moving up and down (respiratory infection) or child is breathing fast
- Fever (possible risk of malaria, pneumonia or other serious infections)
- Malnutrition (loss of weight or swelling of the body).



Malnutrition



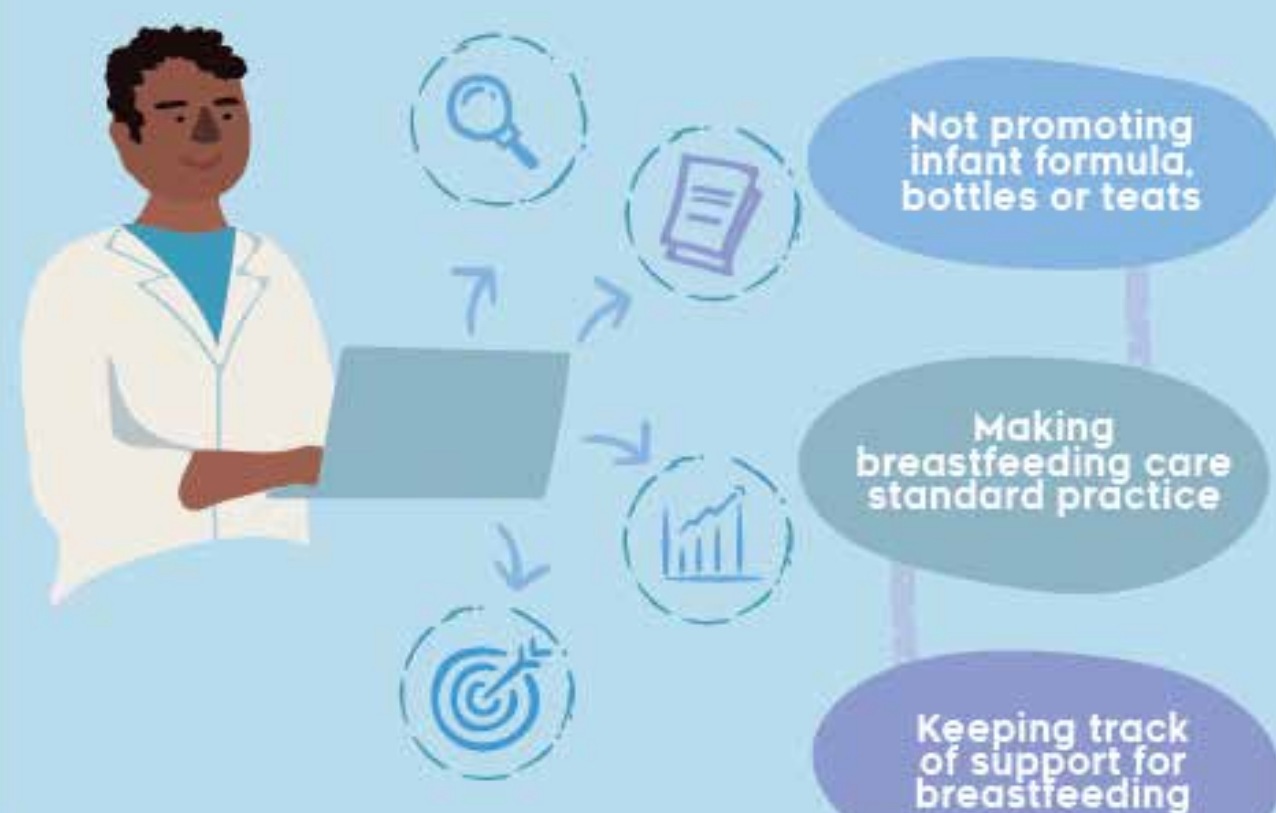
Refusal to Feed

ASK

What questions or concerns do you have about what we have just discussed?

1 HOSPITAL POLICIES

Hospitals support mothers to breastfeed by...



2 STAFF COMPETENCY

Hospitals support mothers to breastfeed by...



3 ANTENATAL CARE

Hospitals support mothers to breastfeed by...



4 CARE RIGHT AFTER BIRTH

Hospitals support mothers to breastfeed by...



The 10 steps to successful breastfeeding

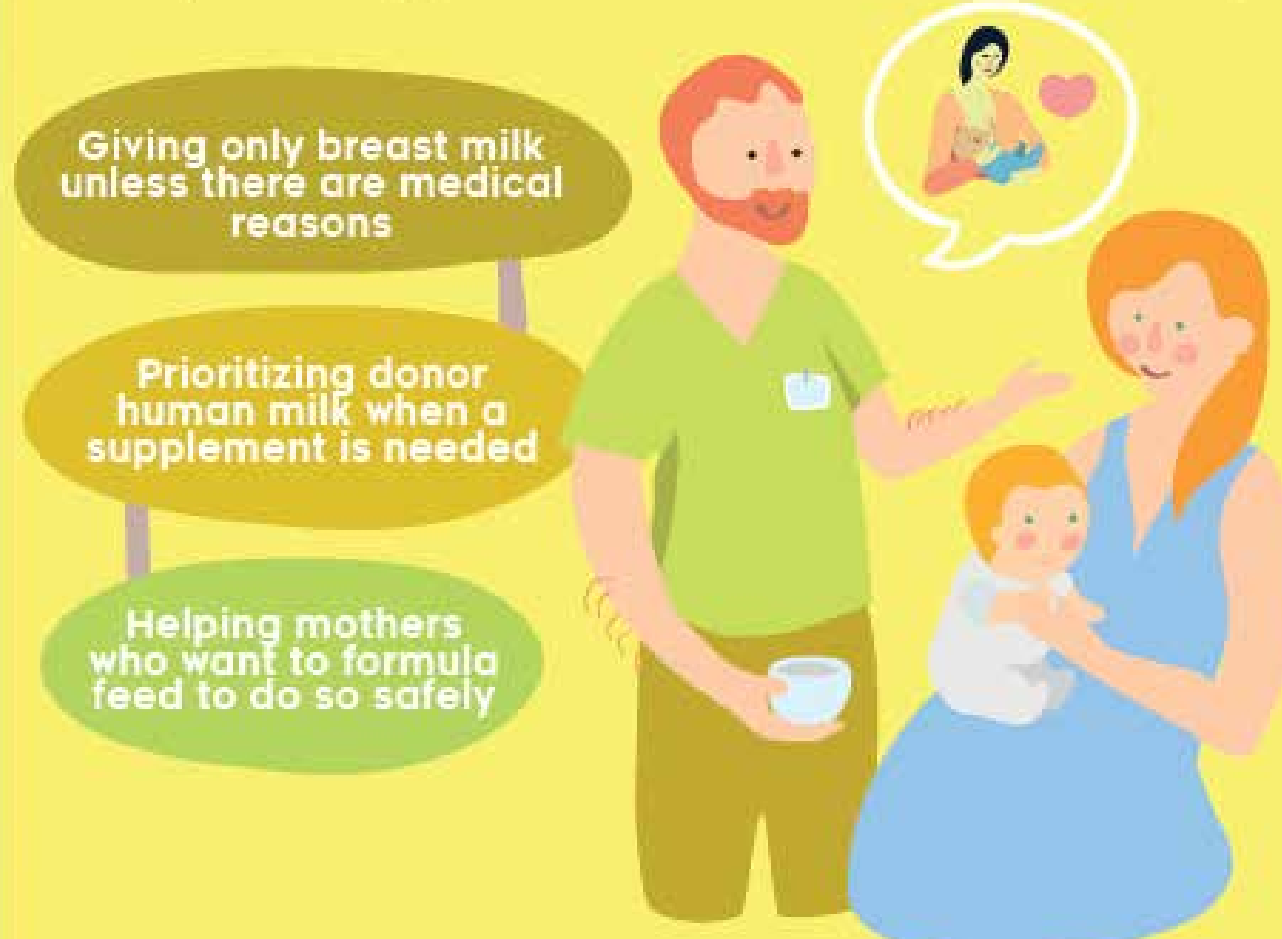
5 SUPPORT MOTHERS WITH BREASTFEEDING

Hospitals support mothers to breastfeed by...



6 SUPPLEMENTING

Hospitals support mothers to breastfeed by...



7 ROOMING-IN

Hospitals support mothers to breastfeed by...



8 RESPONSIVE FEEDING

Hospitals support mothers to breastfeed by...



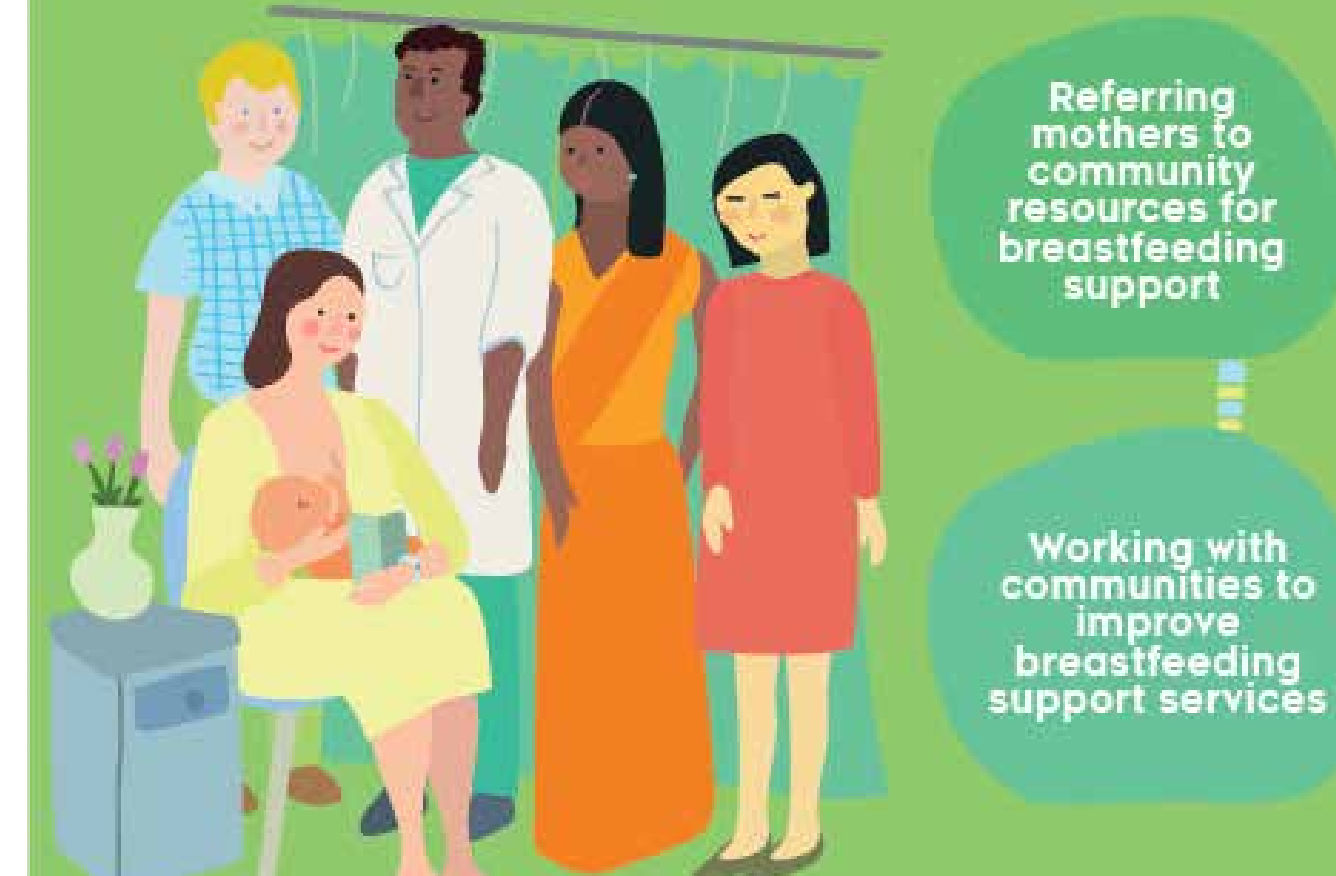
9 BOTTLES, TEATS AND PACIFIERS

Hospitals support mothers to breastfeed by...



10 DISCHARGE

Hospitals support mothers to breastfeed by...



Republic of Namibia



Ministry of Health and Social Services



Right Start
make a child's first steps the right steps.