

# COUNSELING GUIDELINES

- 1 Greet the mother/caregiver using friendly language and gestures.
- 2 Ask initial questions:
  - Age of child.
  - If infant or young child is ill.
  - Breastfeeding and complementary feeding practices.
- 3 Listen to what mother/caregiver says and observe what is going on:
  - If infant is from 0 to 6 months, start with Panel 1.
  - If infant or young child is from 6 to 24 months, go to panel 2.
- 4 Identify age appropriate feeding practices and prioritize difficulties.
- 5 Discuss 1 or 2 actions; praise mother/caregiver for what she is doing well.
- 6 Recommend small do-able actions to address feeding difficulties.
- 7 Reach-an-agreement by helping mother/caregiver select one small do-able action she agrees to try; suggest where mother can find additional support; ask mother/caregiver to repeat the agreement.
- 8 Set up next appointment.



Produced with financial and technical support of Alive & thrive.

Creative content & print by Asar Advertising PLC, 2011

## 0 – 6 months

**Exclusively breastfeed your baby for the first 6 months so she will be strong and healthy.**

Begin breastfeeding within one hour of your baby's birth.



The mother's colostrum has great benefits for the newborn baby and should be given to him immediately after birth.



Exclusive breastfeeding protects from pneumonia and diarrhea...



Your baby will be healthy and content.

...and it strengthens bonding between mother and child.

Before the baby is 6 months old, she should absolutely not be given water, butter, bottle milk, cow's milk and other foods like fenugreek.

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## Starting at 6 months

**At 6 months, the baby's stomach can handle thick and soft foods, feed your baby thick porridge.**



Thick porridge sticks on the spoon.

Thin porridge has too much water.



Your baby is happy and sleeps well because she doesn't get hungry soon after eating.



This child is grumpy because she gets hungry too often.



Preparation of a balanced porridge for your baby.

Always 3 parts grain

1 part legumes

2

## Starting at 6 months

**At 6 months, in addition to breastfeeding, start giving special foods such as eggs and milk.**



Continue to breastfeed.



When available, add meat or chicken when you prepare your baby's porridge.



Add eggs and milk to the baby's porridge.



Feed your baby thick porridge every day.



Add oil/butter and iodized salt every day to your baby's porridge.

3

## Baby's food preparation

Preparation of a balanced porridge for your baby.



Always 3 parts grain

1 part legumes

### Preparing beef jerries



Prepare the meat in thin strips and dry

Grind it

Sift it

Keep it covered

Add a spoonful to the porridge

### Germinating grains



Soak the grains in water

Strain them

Germinate them

Sun dry them

Heat them

Grind them

### Preparing special porridge



Boil the vegetables

Strain

Prepare the porridge with the liquid of the greens and add milk

Add spoonful of the germinated grain and the dried meat

Add egg

Add the boiled greens and mix thoroughly.

4



# The first two years are **CRITICAL** for your child's physical and mental development



FDRE Ministry of Health

At six months, **Feed your baby the 3 food groups so that she will have healthy mental and physical development.**



Your baby's porridge should contain different food groups.

**For growth and brain development**

Animal source food

**For energy**

Legumes

**Protection from disease**

Cereals & grains

**Protection from disease**

Butter and Oil

**5**

Green and yellow fruits and vegetables

## From 6 to 24 months **Feeding schedule**

**6 to 11 months**

**Daily**

Breastfeeding and 3 meals a day.

In addition, 1 snack a day.

**12 to 24 months (two years old)**

**Daily**

- Breastfeeding and 4 meals a day.  
- Can also feed well-balanced family meal.

In addition, 1 or 2 snacks a day.

12 to 24 months **Until your baby is 24 months old, make sure that she finishes at least 3 meals a day.**

**6 to 11 months**

**12 to 24 months**

Benefits:

- Enhances parent-baby bonding.
- Helps the children finish their meals.
- Helps children get the appropriate foods for their age
- The person who feeds the baby can make sure that she gets the right portions.

## During and after illness

**0 to 6 months**

- Encourage baby to breastfeed.



Take baby to the nearest health post.

**6 to 24 months**

- Breastfeed more frequently.  
- Give more liquids and foods.  
- Offer favorite food.  
- Give your baby an extra meal each day for two weeks after recovery.

Breastfeeding and giving liquids will prevent dehydration.