



# Infant and Young Child Feeding





## Alive & Thrive Counseling Cards

Alive & Thrive (A&T) is a six-year (2009-2014) initiative to improve infant and young child feeding (IYCF) practices by increasing rates of exclusive breastfeeding and improving complementary feeding practices. Alive & Thrive aims to reach more than 16 million children under two years old in Bangladesh, Ethiopia, and Viet Nam and create program models that can be replicated worldwide. In Viet Nam A&T is working with the Ministry of Health (MoH), the National Institute of Nutrition (NIN), the Viet Nam Women's Union, and provincial authorities to double the rate of exclusive breastfeeding, improve the quality and quantity of complementary foods, and reduce stunting by two percent each year.

The innovation being launched in Viet Nam is a social franchise Mat Troi Be Tho that aims to provide good quality infant and young child feeding at health facilities at all levels. Implemented in cooperation with the Vietnamese government and select private clinics, franchises deliver a package of standardized IYCF counseling services to pregnant women, lactating mothers, and their families. They increase the availability of accurate information through interpersonal counseling and/or group sessions beginning in the third trimester of pregnancy and continuing through the first two years of life. A total of 15 individual or group sessions are offered to a woman/couple over 27 months with nine contacts considered the minimum to be assessed as having received the full service. The sessions cover:

- Exclusive Breastfeeding Promotion
- Exclusive Breastfeeding Support
- Exclusive Breastfeeding Management
- Complementary Feeding Promotion
- Complementary Feeding Management

This set of cards was developed to enable health workers to counsel mothers and other caregivers about IYCF.

The counseling cards were developed with support from the Bill & Melinda Gates Foundation.



## How to use counseling cards

### **Counseling cards have two sides:**

The front side of the counseling card shows the visual and key message. This side should be shown to clients. The back side of the card has explanations that you can read and use to explain the key message and visual to clients.

### **Counseling cards have illustrations to support the counselors in:**

- Getting the attention of the mothers.
- Helping mothers understand and remember the messages, especially for those with low literacy.

### **Notes:**

- Counseling cards should only be used with individuals or small groups (6-10 people).
- The counselor should select the cards and review them in advance. In each counseling session, the counselor should choose only 2-3 cards.
- When providing information, it is necessary to hold the cards so that the clients can see them clearly.
- Let the clients view the cards and share what they see in them.
- Discuss the content of the cards and ask the mothers to relate them to their own situation.
- Explain and provide additional information if required. The counselor may refer to information from the back side of the cards.
- Summarize and come to an agreement on recommendations that clients should try.
- At the end of the session, the counselor should place the cards back in the proper sequence and check if the set is complete.



## Six steps of positive counseling

### **Step 1: Introduce and get to know each other**

- Greet the client.
- Introduce yourself.
- Make eye contact.
- Smile.
- Show respect.

### **Step 2: Learn about the current problems/issues**

- Listen to the client.
- Be non-judgmental.
- Ask open-ended questions to learn about the current situation/issue.
- Accept what the client says, thinks, and feels.

### **Step 3: Analyze and assess**

- Be non-judgmental.
- Identify the client's problem/issue.
- Respond to the client's questions.

### **Step 4: Make practical recommendations**

- Provide relevant information (use simple and appropriate language).
- Use the appropriate counseling cards as needed.
- Build the client's confidence.
- Make one or two practical recommendations.
- Be non-judgmental.

### **Step 5: Negotiate behavior – get commitment**

- Discuss different solutions/options - small practical solutions with the client.
- Let the client choose the solution.
- Get commitment to try one or two recommendations.
- Use simple language; be non-judgmental.

### **Step 6: Summarize - closing**

- Ask the client to repeat the recommendation.
- Correct the recommendation if required.
- Arrange follow-up visits with the client.
- Praise and thank the client.

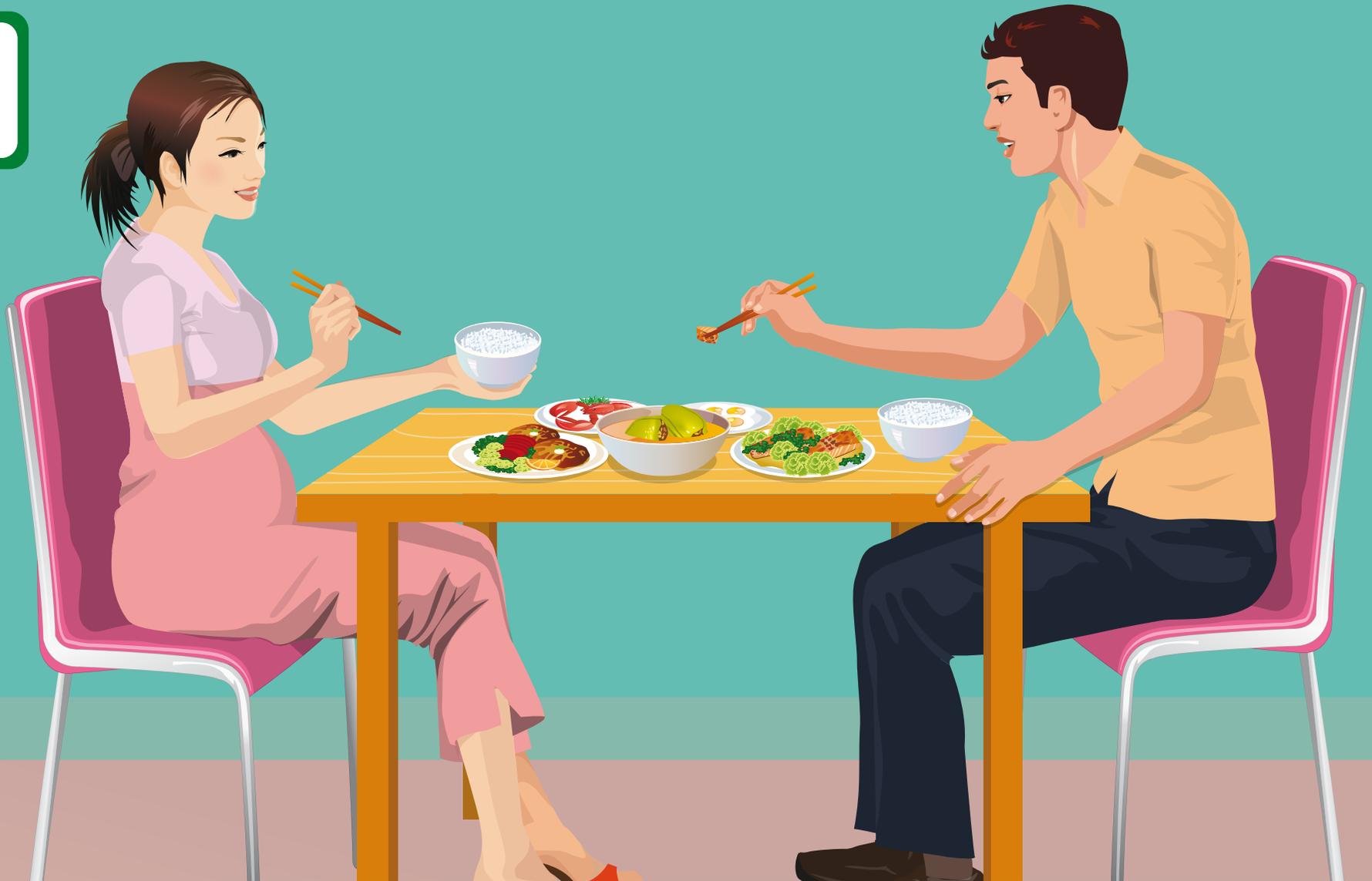


## List of counseling cards

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3. Timing of breastfeeding initiation
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5. Feeding the newborn
6. Breastmilk production and quantity
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14. Introduction of complementary foods and feeding a child 6 to 8 months old
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17. Process of preparing complementary food
18. Iron rich food, deworming, and vitamin A supplementation
19. Good hygiene practices
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21. Feeding a sick child



A pregnant woman should eat one extra meal per day and take iron and folic acid tablets



## Nutrition for pregnant women

### Key Message:

A pregnant woman should eat one extra meal per day and take iron and folic acid tablets.

### Messages:

When you are pregnant, you need to eat and drink well to ensure both you and your baby are healthy. Therefore, you need to:

- Eat one additional small meal each day or eat the equivalent of 1 – 2 bowls of rice with appropriate food.
- Start taking iron and folic acid tablets as soon as you know you are pregnant. Continue to take them through your pregnancy. The best way is to take a tablet in the evening after your meal to avoid side effects.
- Use iodized salt to help your baby's brain and body develop well.
- Limit the amount of tea/coffee as it can interfere with the absorption of nutrients.
- Take short breaks/rests. Avoid heavy work, especially in the first and last trimesters.
- Go for medical check-ups frequently so that you can receive appropriate counseling.



Lactating women should eat two extra meals per day and drink plenty of water



## Nutrition for lactating women

### Key Message:

Lactating women should eat two extra meals per day and drink plenty of water.

### Messages:

When you are breastfeeding, you need to eat and drink well to ensure both you and your baby are healthy. Therefore, you need to:

- Eat two additional small meals each day or eat the equivalent of 3 – 4 bowls of rice with appropriate food.
- Drink more water than normal to ensure you are hydrated.
- Limit the amount of tea/coffee as it can interfere with absorption of nutrients.
- Take vitamin A tablets immediately after delivery or within 6 weeks of delivery so that your baby receives the vitamin A in your breastmilk to help prevent illness.

Remember that as you breastfeed, you will lose weight naturally.

Breastfeeding helps to protect you from ovarian and breast cancer.

Breastfeeding exclusively reduces the risk of pregnancy during the first 6 months if menses or periods have not returned. However, you should be aware that this is not a long-term contraceptive method.



Breastfeed your infant  
within 1 hour of birth



## Timing of breastfeeding initiation

### Key Message:

Breastfeed within one hour of birth.

### Messages

As soon as a child is born, its natural instinct is to seek the mother's breast and begin breastfeeding. There are several benefits for your newborn and for you in putting your newborn to your breast in the first hour:

Baby:

- Starting to breastfeed immediately helps milk to 'come in'.
- Your newborn begins to suckle and gets colostrum – the first milk, which is rich in antibodies and nutrients and helps protect your baby from infection.
- Colostrum helps prevent allergy and infection and also helps clear the first stool (meconium) and reduce jaundice.
- Skin-to-skin contact helps stabilize your newborn's temperature, respiratory rate, and blood sugar and also stimulates brain development.
- Your newborn's stomach is very sensitive and is designed by nature to digest only breastmilk. Giving the baby other products (e.g., formula, honey, water, etc.) can cause diarrhea and put your child at risk.
- Breastfeeding builds the bond between you and your newborn. Your baby feels safe and secure.

Mother:

- As the newborn begins to suckle, your uterus contracts. This helps reduce the chance of post-partum hemorrhage and also helps expel the placenta.
- The sooner you start to breastfeed, the lower the chances of breast engorgement.
- If you have a C-section with local anesthesia (spinal anesthesia), you can breastfeed your newborn in the first hour; there is no harm for your infant. You may need some help to position your baby so you can breastfeed comfortably.
- If you have a C-section with general anesthesia, you can start breastfeeding as soon as the effect of the general anesthesia wears off (usually 4-6 hours). Talk to your doctor before hand to determine how soon you will be able to breastfeed.



Colostrum is very precious. Ensure that your baby gets colostrum right after birth



## Composition of first milk – colostrum

### **Key message:**

Colostrum is very precious. Ensure that your baby gets colostrum right after birth.

### **Messages:**

- The first breastmilk known as colostrum is already available in the mother's breast during pregnancy and is secreted only in the first few days after delivery.
- Colostrum is very precious as it is rich in vitamins, such as vitamin A, and antibodies that are secreted in high doses immediately after birth. For that reason, it is important to start breastfeeding your infant as soon as possible after birth, preferably within the first hour.
- Colostrum is like the child's first vaccine and helps protect your baby from infection. Nothing can replace colostrum. You do not need to discard colostrum.
- Colostrum helps clean your child's stomach and pass the first stool (meconium).
- There is no need to give any prelacteals such as water, honey, etc. These can cause diarrhea and put your child at risk.
- Your child's stomach is very small and gets full easily so if you give prelacteals, your child will not get the benefit of colostrum.



Your newborn needs only 5-7 ml of breastmilk each time the baby breast-feeds during the first 2 days of life

5-7 ml =  
a grape



## Feeding the newborn

### Key Message:

Your newborn needs only 5-7 ml of breastmilk each time the baby breastfeeds during the first 2 days of life.

### Messages:

- Breastmilk is produced in your body during pregnancy. When you give birth your body is ready to provide all the nourishment your child needs.
- The sooner you start to breastfeed, the sooner breastmilk will 'come-in'. For that reason, it is very important to start breastfeeding within the first hour of birth. The frequency of breastfeeding depends on the child's need.
- Your infant needs only 5-7 ml of milk at each breastfeed during the first 2 days of life, which your body can easily produce. At this age the stomach is the size of a grape.
- You will know if your baby is getting enough breastmilk during the first 2 days after birth if the baby passes lightly colored urine 1 or 2 times a day. After the second day of birth, as more milk comes in, the baby will pass urine 6-8 times a day.
- If you provide formula, other milk, or other food, then your infant will not be as interested in suckling at your breast, and less milk will be produced. Remember, the more the baby suckles your breast, the more milk will be produced.
- Your newborn's stomach is sensitive (not fully developed) and designed to digest breastmilk only. Feeding formula can put your baby at risk of diarrhea, constipation, and allergies.



The more the baby suckles,  
the more milk you will produce



Amount of breastmilk a  
child needs at each feeding



## Breastmilk production and quantity

### Key message:

The more the baby suckles, the more milk you will produce.

### Messages:

- Breastmilk is produced by a hormonal response. When your baby suckles, a message is sent to your brain to command your body to produce and 'let down' milk. So, the more your baby breastfeeds, the more milk will be produced.
  - During the first two days after delivery, your infant needs only 5-7 ml of milk each time s/he breastfeeds. The stomach at this age is the size of a grape.
  - By the third or fourth day, your infant needs about 22-27 ml of milk each time s/he breastfeeds. The stomach at this age is the size of a lime.
  - By 10 days, your infant needs about 60-80 ml of milk each time s/he breastfeeds. The stomach at this age is the size of an egg.
- As your child grows, the child will experience growth spurts (at around 2 to 3 weeks, 6 weeks, and 3 months) and you may feel that the baby is not getting enough milk. If this happens, remember that the more your baby suckles, the more milk you will make, so continue feeding on demand and your milk supply will increase to meet your baby's growth needs.
- Nature has designed breastmilk so beautifully that its composition changes over time to meet the exact needs of your child. No other food or milk/formula can do this.
- Remember, breastmilk is a perfect food and contains all the nutrients your child needs during the first six months.
- The longer you continue to breastfeed, the greater the benefit to you and your child.



If you relax and ensure that your baby is properly attached and suckling well, your body will produce more milk



## Positioning and attachment

### Key message:

If you relax and ensure that your baby is properly attached and suckling well, your body will produce more milk.

### Messages:

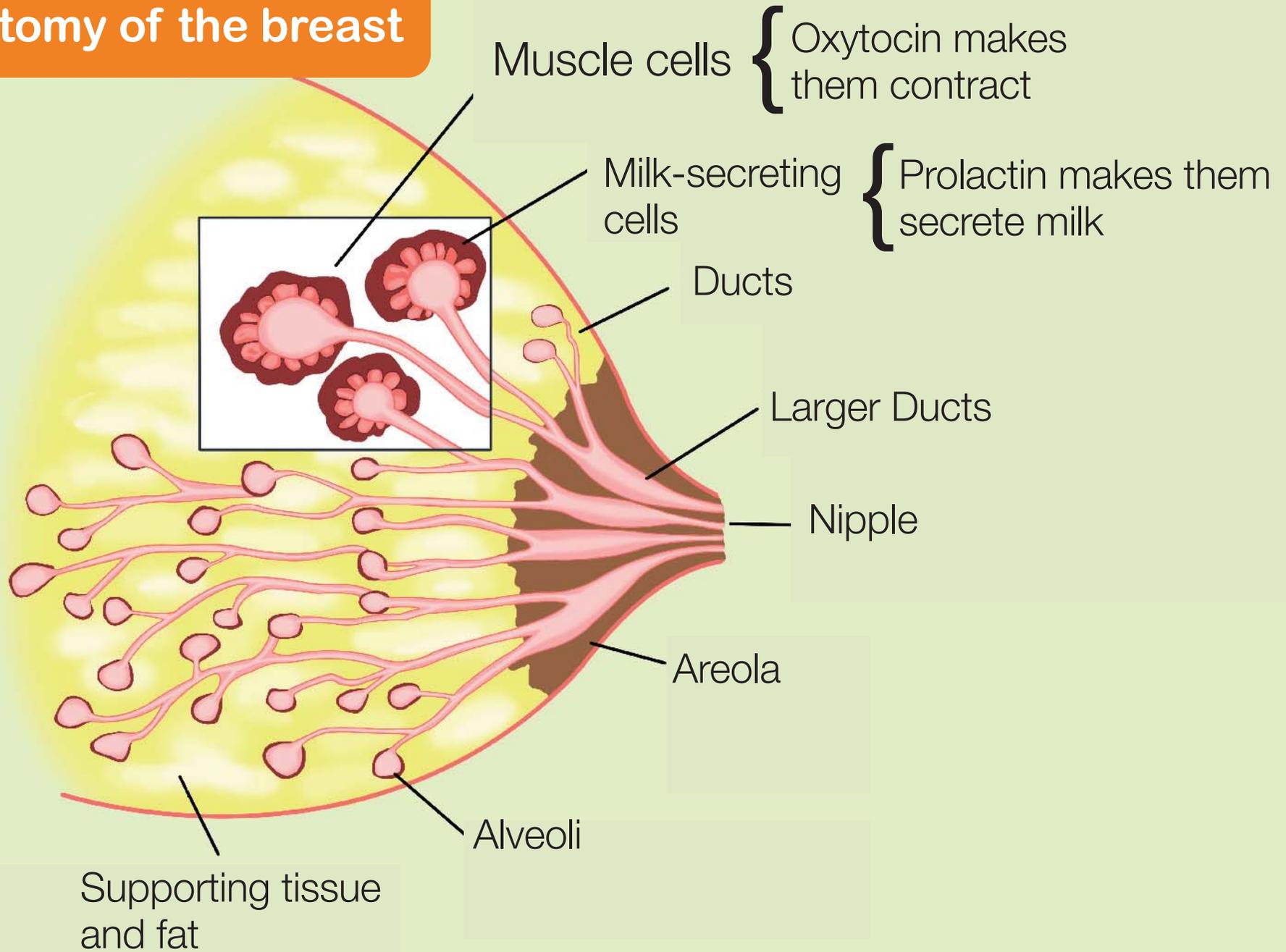
- Breastfeeding is a skill and as a new mother it is natural to experience some difficulties. Therefore when you breast-feed, make sure that:
  - You are relaxed and that you are in a comfortable position (sitting, lying down, etc.) with your back supported with a pillow or blanket.
    1. Your baby is held close to your body.
    2. Your baby's whole body (not just neck and shoulders) is supported with your hands and forearm.
    3. Your baby's head and body are in line (straight, not bent or twisted, but with head slightly back).
    4. Your baby's body should be facing the breast, not held flat to your chest or abdomen and s/he should be able to look into your face.
  - You observe that:
    1. Baby's mouth is wide open.
    2. More areola is above the baby's top lip than below.
    3. Baby's lower lip is curled outwards.
    4. Baby's chin is touching your breast.
- When you are relaxed, and your baby is well positioned and attached, and suckling is efficient, the breast will make milk.

**Note:** If the woman is pregnant, show her the pictures carefully for attachment and ask her to practice positioning using a doll. Remember to mention again the 4 criteria for good attachment.

If the woman has given birth, ask her to show you how she breastfeeds and correct the position and attachment as appropriate.



# Anatomy of the breast



## Anatomy of the breast

- The breast includes the nipple, ducts, and milk-secreting cells. The dark skin around the nipple is called the areola. Glands in the areola secrete an oily fluid to keep the skin of the nipple healthy.
- Milk from milk-secreting cells flows along the smaller ducts to the larger ducts and is stored beneath the areola.
  - When a baby suckles at the breast, sensory impulses go from the nipple to the brain. These impulses help secrete prolactin and oxytocin. Prolactin makes the milk-secreting cells produce milk. Oxytocin makes the muscle cells around the alveoli contract and release milk.
  - When the breast is full of milk, the brain will “signal” to stop producing milk. Milk will only continue to be produced when the breast is soft after breastfeeding or expressing milk.
- If the breast is full for a long time (several hours), the ability of milk production will be reduced. If this condition lasts for a few days, the breast will stop secreting milk permanently. If we want to maintain breastmilk supply, the breast should not remain full for too long.
- This is why we say that **“the more the baby suckles, the more milk is produced”**.
- A mother needs to help her baby take a mouthful of the breast (both nipple and areola) so that when the baby suckles, the pressure will be directly on the larger ducts and the baby will receive more milk without much effort.

### How to express breastmilk:

- Put a warm towel on the breast and gently massage to make it soft so milk will flow down the larger ducts and then concentrate in the areola of the breast.
- Put your thumb on the breast above the nipple and areola and your index finger on the breast below the nipple and areola, in a position opposite the thumb. Put other fingers on the chest wall below your breast. Press your thumb and index finger slightly inwards toward the chest wall. Press on the larger ducts beneath the areola, between your thumb and index finger. Press and release, press and release like when your child is suckling. After pressing a few times, milk will start to drip out and it may flow in streams if the oxytocin reflex is active.
- Press the areola in the same way from the sides to make sure that milk is expressed from all segments of the breast.

**Note:** As most of the larger ducts are located beneath the areola, when you express breastmilk, you should press the areola and avoid pressing on the whole breast or on the nipple itself.



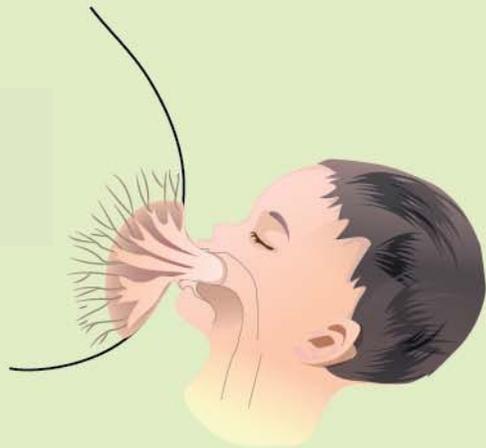
## Good and poor attachment

What differences do you see?

Good

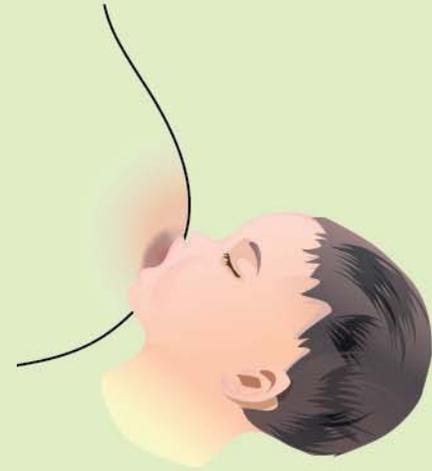


Bad

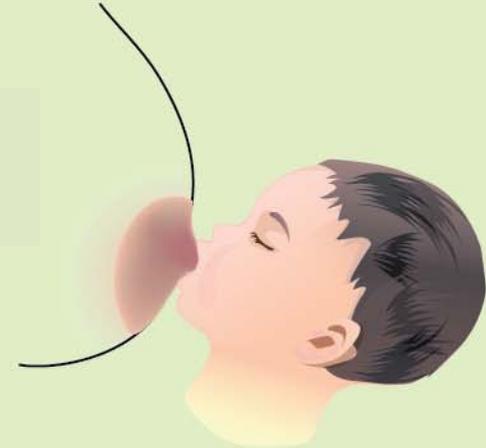


Attachment (outside appearance)

Good



Bad



## 7b

# Positioning and attachment

Many mothers feel that they don't produce enough milk. To produce milk, it is important for you to ensure that your baby is positioned and attached correctly on the breast. Remember "the more the baby suckles, the more milk is produced."

### **To ensure that your baby is correctly positioned, keep the following 4 points in mind:**

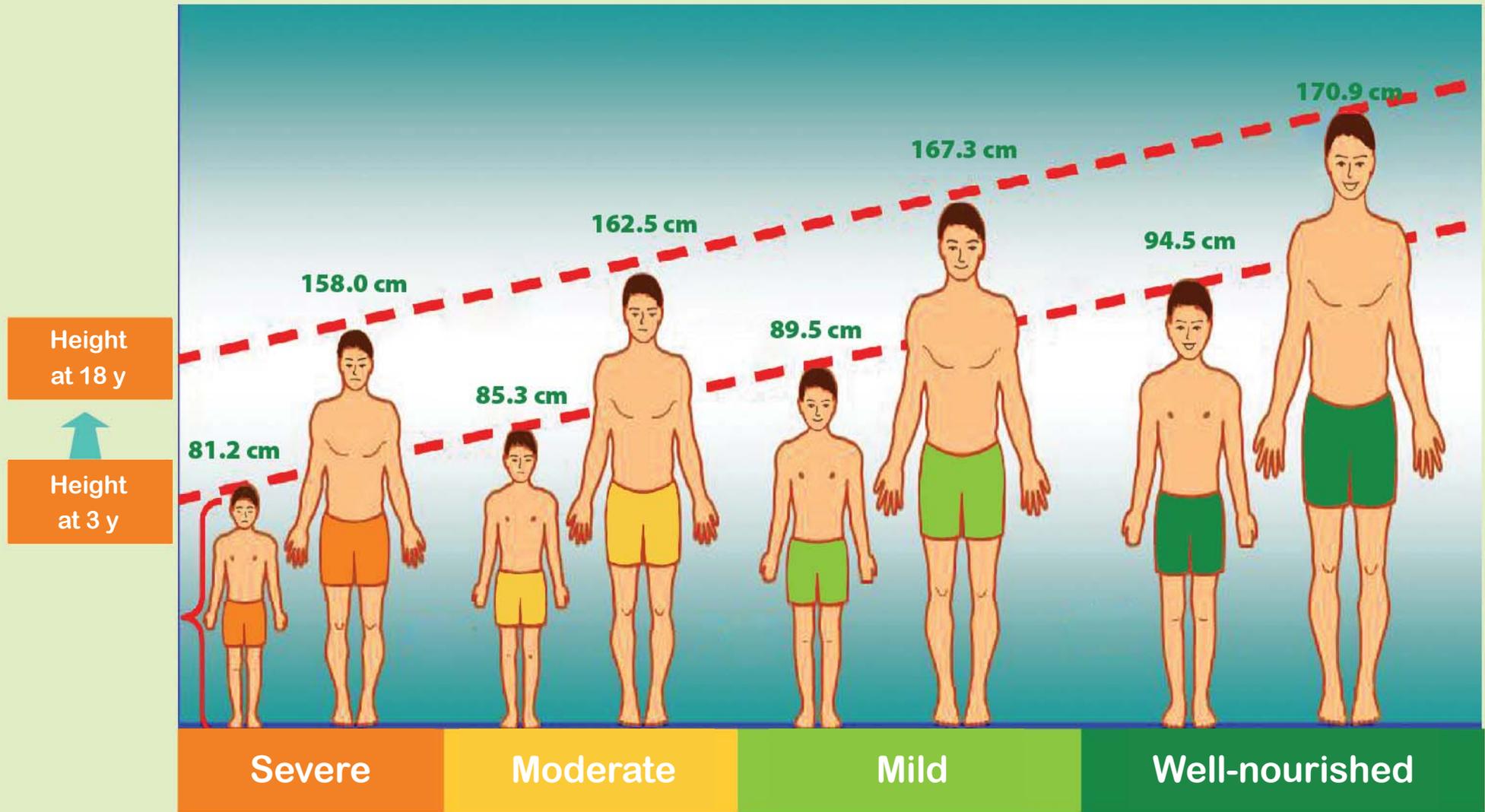
- Your baby's head and body are in a straight line
- Your baby is held close to your body
- Your baby's face approaches the breast, nose to nipple
- For infants, not only the baby's head and shoulders but also his bottom should be held

### **To ensure that your baby is correctly attached, make sure that:**

- More of the areola is visible above your baby's top lip than below the lower lip
- Your baby's mouth is wide open
- Your baby's lower lip is curled outwards
- Your baby's chin is touching or almost touching your breast
- Let your nipple touch your baby's lips to stimulate the reflexion to help him/her open his/her mouth. When your baby's mouth is wide open, put your nipple into his mouth. Your baby's mouth should take a mouthful of the areola, not just the nipple.
- You have to hold your baby close towards your body, not lean yourself towards him/her.



# Stunted Child - Stunted Adult



## Stunting prevention

In this picture, we see that when a child is 3 years old, you can more or less predict his/her adult height. By adding about 77 cm to the height of a three-year old child, we can predict his height as an adult. Therefore, a stunted child will grow to be a stunted adult. A well-nourished child will grow to be a well-nourished adult. It is important to remember that once stunting sets in, it is largely irreversible.

This means that investing in nutrition during pregnancy and the first two years of life (or the first 1000 days) is the best investment for our children because we know that well-nourished children are smarter, taller, and may have a better future with more income compared with malnourished children.

**To ensure that your child is well nourished, you have to invest in his/her nutrition for the first 1000 days. Therefore, from the time you are pregnant to when your baby is 24 months old , you should:**

- Eat at least one extra meal and consume iron/folic tablets during pregnancy
- Breastfeed your baby early (i.e. within 1 hour of birth) and exclusively up to 6 months (No Water, No Formula, No Food)
- Continue breastfeeding your baby to 24 months or beyond and give good quality and the appropriate quantity of complementary foods

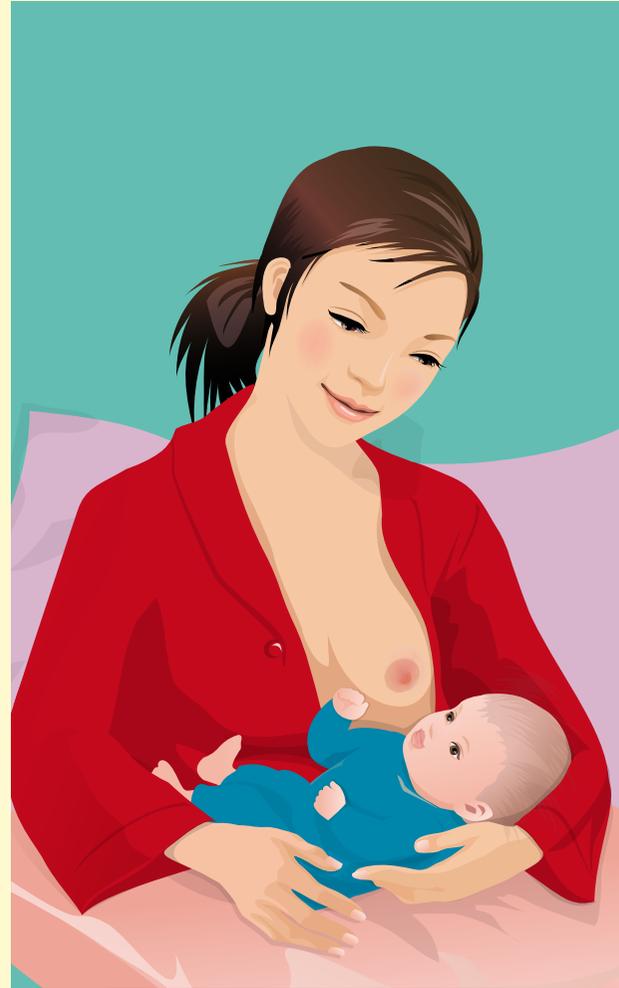
Investing in your child's nutrition in this way will ensure that your child will be healthy and smart.



Empty one breast before switching to the next to ensure that your child gets both foremilk and hindmilk



Empty one breast...



...then switch to the other

## Breastmilk composition

### Key message:

Empty one breast before switching to the next to ensure that your child gets both foremilk and hindmilk.

### Messages:

- Nature has designed breastmilk so beautifully that its composition changes over time to meet the exact nutrient requirements of your infant as s/he grows. No other food or formula has the same ability.
- Each time you breastfeed, it is important to empty one breast completely (until it feels light) before switching to the other. The next time you breastfeed start with the other breast.
- This is because breastmilk has two types of milk– foremilk and hindmilk. Foremilk is what comes out first. Foremilk has more vitamins, is more watery, and satisfies the baby's thirst. After you breastfeed for awhile, hindmilk is produced – it is creamier in color and has more fat that provides energy and satisfies your baby's hunger. It is important that your infant gets both foremilk and hindmilk to ensure that the infant gets complete nutrition. Your infant will also remain full for a longer time.
- You do not have to worry about your breast size being unequal as the breast will regulate demand and supply automatically. Remember to breastfeed your infant on demand – that means whenever and as long the infant wants.
- Remember to breastfeed your infant both day and night.



Breastfeed your child exclusively for the first 6 months—no water, no formula, no food



## Exclusive breastfeeding for the first six months

### Key message:

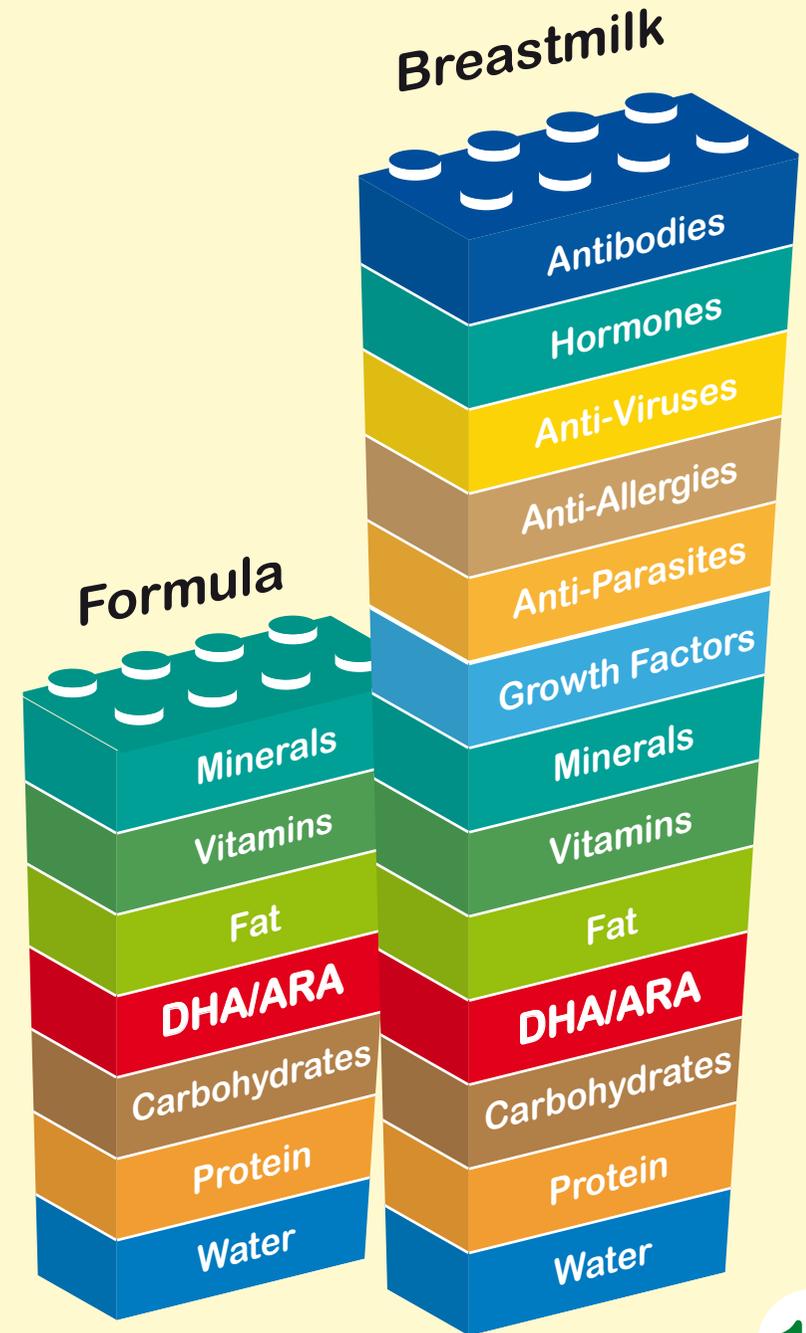
Breastfeed your child exclusively for the first 6 months—no water, no formula, no food.

### Messages:

- Research has shown that breastmilk is a perfect food and contains all the nutrients your child needs during the first six months (180 days).
- During these first months, your child's digestive system is not fully developed. Giving food, water, other milks, etc. even in very small amounts can introduce infection and cause harm to your child.
- During the first six months (180 days), your infant needs only your milk and nothing else:
  - No water – because 88% of breastmilk is water so there is no need to provide any additional water to your infant. Even in very hot climates, breastmilk contains enough water to satisfy your child's thirst.
  - No formula – because your child's digestive system is delicate and is not designed to digest anything other than your milk.
  - No food – because breastmilk has all the nutrients your infant needs to help complete his/her physical and mental development in the best possible manner.
- Your infant's stomach is very small, and if you give your baby water, formula, or other food, the stomach will be full and your infant will not want breastmilk (you displace breastmilk).
- Breastfeeding exclusively for the first six months (that means only breastmilk and nothing else) will also help delay the onset of your periods which reduces the risk of pregnancy.



Breastmilk is certified by science  
as best for your baby



## Breastmilk and formula milk

### Key message:

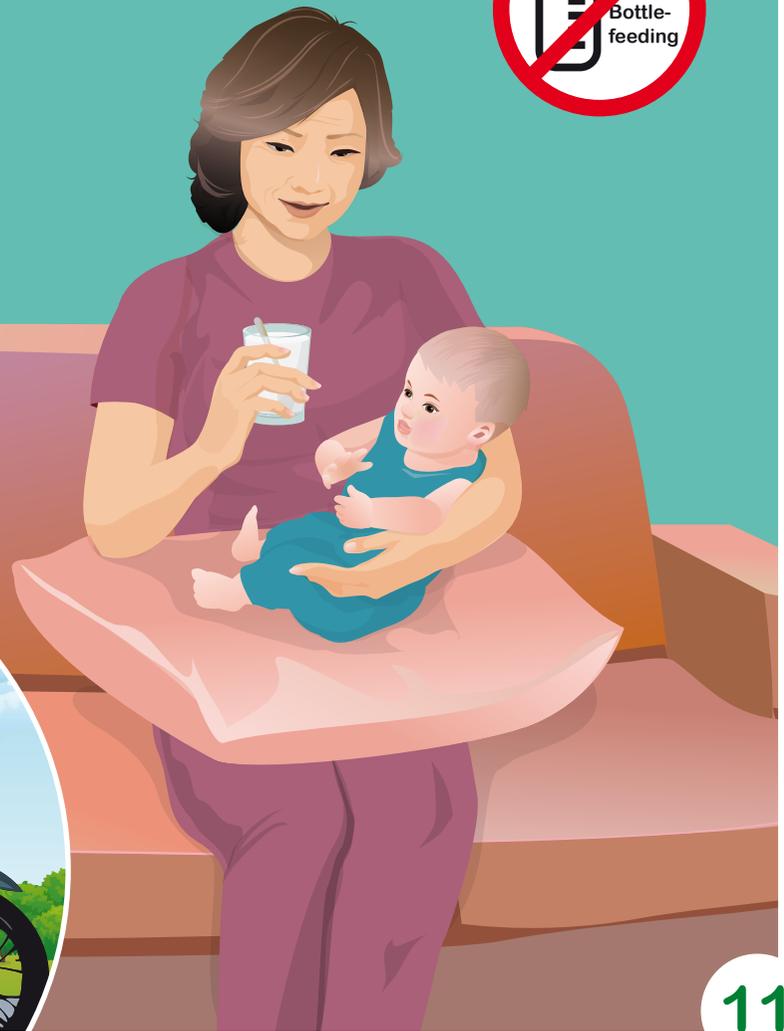
Breastmilk is certified by science as best for your baby.

### Messages:

- Breastmilk has everything that formula has and more. It has antibodies that protect your infant and hormones and enzymes that help your baby grow well.
- No formula can replicate your breastmilk – Your Milk for Your Child.
- Nature has designed breastmilk so beautifully that its composition changes over time to meet your infant's exact nutrient requirements as the infant grows. No other food or formula can do that.
- Breastmilk is designed by nature to meet your baby's growth needs and development. Formula may expose your baby to the risk of disease and malnutrition.
- Research has shown that children who are breastfed are likely to be more intelligent than those who are formula fed.
- Breastmilk contains several substances that help the baby's brain develop:
  - It contains docosahexaenoic acid (DHA), an omega-3 fatty acid that is important for the brain. The DHA levels are also highest in babies who are breastfed the longest.
  - Breastmilk has cholesterol, which is needed to make nerve tissue in a growing brain.
  - Breastmilk is high in lactose, which is a valuable nutrient for brain tissue development. Cow's milk contains lactose, but not as much as human milk. Soy-based and other lactose-free formulas obviously contain no lactose at all.
  - Taurine, an amino acid found in breastmilk, is important to brain development. This amino acid is low in cow's milk.
  - The breastfeeding process itself may also benefit a child's brain development because it varies more than the bottle-feeding experience, and because of greater skin-to-skin contact.
- Research has shown that giving a child formula can lead to problems in later life like obesity and other chronic diseases.
- Breastfeeding also protects you from ovarian and breast cancer.
- Breastfeeding exclusively reduces the risk of pregnancy during the first 6 months if menses has not returned.



Ensure that your baby is fed breastmilk even if you cannot breastfeed directly



# Expressing and storing breastmilk

## Key message:

Ensure that your baby is fed breastmilk even if you cannot breastfeed directly.

## Messages:

- Breastmilk is the only food your infant needs for the first six months of life – no other formula or food has the same properties as breastmilk.
- If you have to go to work before your infant is six months old, you can try to do the following:
  - Breastfeed your child as many times as you can while you are home, for example. breastfeed just before going to work and as soon as you come home.
  - Breastfeed as many times at night as you can so more milk will be produced.
  - Express your milk (at home and at work) so that your baby can be given your breastmilk while you are away.
  - Store expressed breastmilk in small clean containers with a lid. Do not fill the container to capacity. Do not mix freshly expressed breastmilk with breastmilk expressed earlier.
  - Breastmilk can be stored at room temperature safely for 3 - 5 hours (store in a cool, covered place).
  - If you have a refrigerator, store the expressed milk either in the back of the fridge or in the freezer compartment. When you take it out, do not heat the milk, but leave it for several minutes in a pan of hot water.
  - Ensure that a cup and spoon is used to feed the expressed breastmilk to your child. Do not use a bottle with a nipple as it can lead to nipple confusion. Your child has to work much less to get milk from a bottle than from the breast and so may not want to breastfeed any more. When the infant suckles less, less milk will be produced. In addition, bottles with nipples are prone to contamination and can cause diarrhea and other diseases.
  - Remember to wash your hands with soap before you express your milk. Ensure that all containers and equipment used are clean.
- Note for a mother with formal employment:
  - Check with your employer if you can bring your child to your place of work.
  - Check with your employer if you can get breaks to express milk.
  - Check with your employer if you can get a safe place to store expressed milk.



Increase breastfeeding when your child is sick. Breastmilk will help your child recover more quickly from illness



## Breastfeeding during illness

### Key message:

Increase breastfeeding when your child is sick. Breastmilk will help your child recover more quickly from illness.

### Messages:

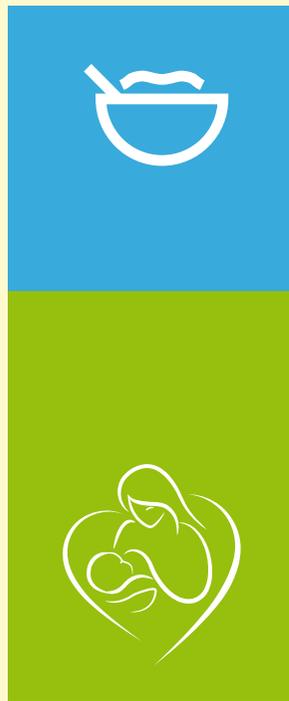
- If your infant is less than 6 months of age (<180 days) and is sick, your baby needs to be comforted and supported to breastfeed. If your baby refuses to breastfeed, encourage the baby to take the breast again.
- You may notice that your infant is fussy and will need to be breastfed more frequently (at shorter intervals).
- Breastfeeding will help your infant recover quicker from his/her illness.
  - If your infant has diarrhea, s/he will need longer and more frequent breastfeeds to compensate for water loss. Take your infant to a health worker to check if the infant needs to be given ORS.
  - If your infant has a cold, cough, or fever, try to hold the infant in a comfortable position so breathing will be easier while breastfeeding.
- After each illness, increase the frequency of breastfeeding to help your baby regain health and weight.
- If you have any common illness, you can continue to breastfeed your baby. You may need extra food and support during this time.
- If you are taking medication, consult your doctor about breastfeeding



Breastfeed up to 24 months as breastmilk continues to provide vital nutrients for your baby's development



0-6 months



6-12 months



12-24 months



## Breastfeeding duration

### Key message:

Breastfeed up to 24 months as breastmilk continues to provide vital nutrients for your baby's development.

### Messages:

- As your child grows, breastmilk continues to provide an important source of nutrients.
- When your infant is 6 to 12 months old, breastmilk continues to provide **more than half** of the energy needs.
- When your infant is 12 to 24 months, breastmilk continues to provide about **one third** of the energy needs.
- The immunological system of a baby is not fully developed until around 2 years of age. Breastfeeding the baby for at least 2 years and beyond will provide immunological properties to the baby until the baby's own system is fully developed.
- Breastfeeding beyond the first year is critical for continued brain development.

**Note:** As long as the child is breastfeeding s/he does not need other milk (even when the mother is away from the baby, but the mother should breastfeed whenever she is home).

- If for some reason you cannot continue to breastfeed beyond 6 months, you should increase the amount of complementary food and provide milk as follows:

	Frequency	Amount	Consistency	Variety
If child is 6 - 24 months old and is not breastfed	Add 1 to 2 extra meals 1 to 2 snacks may be offered	Same as breast-fed child, according to age group	Same as breast-fed child, according to age group	<i>In addition</i> to the same varied diet for the breastfed child: 1-2 cups of milk per day, and 2- 3 cups of extra fluid especially in hot climates



# At six months (180 days), start giving your child complementary foods. Continue to breastfeed



## Sample recipe



2 teaspoons of rice flour + green bean flour and soy bean flour



3/4 bowl of water



2 teaspoons of ground meat/fish/shrimp



2 teaspoons of ground vegetables



1 teaspoon of oil

## Snacks



## Introduction of complementary foods and feeding a child 6 to 8 months old

### Key message:

At six months (180 days), start giving your child complementary foods. Continue to breastfeed.

### Messages:

- The time when your baby is 6 to 24 months old is very critical, especially for growth. At 6 months, it is important to start to provide the right semi-solid food to ensure that your child grows properly, puts on weight, and is the right height.
- When preparing and feeding your child semi-solid food, remember to ensure the following:
  - **Frequency:** Feed your baby semi-solid food two to three times a day. In between main meals, you can also give your baby snacks such as fruits (rich in vitamins) or egg yolk or some yogurt (rich in calcium and easy to digest). Boiled sweet potatoes or carrots can also be given as they are rich in vitamin A. Snacks can be given one to two times a day.
  - **Amount:** When your baby turns 6 months old (180 days), start with 2-3 spoons of food per meal. Increase the amount gradually to half (½) a bowl (250 ml size bowl) per meal (show the mother the amount in a bowl).
  - **Variety:** To grow well, your child needs to have different types of food, not only rice. Here is a recipe you can try:
    - Flour: 2 teaspoons (16 g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of beans (green bean or soy bean)

- Plain water: Three quarters of a small bowl (250 ml bowl)
- Pork, fish, shrimp, beef, or chicken: 2 teaspoons (16 g)
- Ground orange vegetables (carrots, pumpkin, etc.) or finely chopped green leafy vegetables: 2 teaspoons (16 g)
- Oil – one teaspoon (2 g)
- Flavor with fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame and ground peanuts.

- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night at age 6 to 8 months:
  - Breastmilk provides **more than half of the energy** that your child needs.
  - Breastmilk continues to provide antibodies that protect your child both in the short and long term.
  - Breastmilk is important for brain development and maturation of the baby's digestive system.
  - There is no need to provide any other type of milk if you are breastfeeding.

**Note:** This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich foods.



# At nine months, increase the quantity of food and give more variety. Continue to breastfeed



## Sample recipe



2 teaspoons of rice flour + green bean flour and soya bean flour



3/4 bowl of water



2 teaspoons of ground meat/fish/shrimp



2 teaspoons of ground vegetables



1 teaspoon of oil

## Snacks



## Complementary feeding a child 9 to 11 months old

### Key message:

At nine months, increase the quantity of food and give more variety. Continue to breastfeed.

### Messages:

- Once your baby is 9 months old, it is important to increase the amount and variety of food.
- When preparing and feeding your child semi-solid food, remember the following:

- **Frequency:** Feed your baby semi-solid food three to four times a day. You can also give snacks such as fruit or egg yolk or some yogurt (between main meals) one to two times a day.
- **Amount:** Increase the amount gradually, half ( $\frac{1}{2}$ ) to three quarters of a bowl (250 ml size bowl) per meal (show the mother the amount in a bowl).
- **Variety:** To grow well your child needs to have different types of food, not only rice. Here is a recipe you can try:
  - Flour: 2 teaspoons (16 g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of beans (green bean or soy bean)
  - Plain water: Three quarters of a small bowl (250 ml bowl)
  - Pork, fish, shrimp, beef, or chicken: 2 teaspoons (16 g)

- Ground orange vegetables (carrots, pumpkin, etc.) or finely chopped green leafy vegetables: 2 teaspoons (16 g)
- Oil – one teaspoon (2 g)
- Flavor with fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame, and ground peanuts.

- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night. At this age (9 up to 11 months):
  - Breastmilk provides **about half of the energy** that your child needs.
  - Breastmilk also continues to provide antibodies that protect your child both in the short term and in the long term.
  - Breastmilk is important for brain development and maturation of the baby's digestive system.
  - There is no need to provide any other type of milk if you are breastfeeding.

**Note:** This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich food.



# At one year, give more solid foods and diversify the baby's food

## Continue to breastfeed



### Sample recipe



3/4 bowl of solid porridge (33g).  
Add water if needed



3-4 teaspoons of  
ground meat/fish/shrimp



3-4 teaspoons of  
ground vegetables



2 teaspoon of oil

### Snacks



## Complementary feeding a child 12 to 23 months old

### Key message:

At one year, give more solid foods and diversify the baby's food. Continue to breastfeed.

### Messages:

- Once your child turns one year old, the child can start to eat more solid foods including food from family pots.
- When preparing and feeding your child semi-solid food, remember the following:
  - **Frequency:** Feed your baby semi-solid food three to four times a day. You can also give your baby snacks such as fruit or egg yolk or some yogurt (between main meals) one to two times a day.
  - **Amount:** Fill the bowl at least three quarters (3/4), gradually increasing to one bowl (250 ml size bowl per meal) – show the mother the amount in a bowl.
  - **Variety:** To grow well, your child needs to eat different types of food, not only rice. Here is a recipe you can try:
    - Thick 'chao': 3/4 of a bowl of thick 'chao' is equivalent to 5 teaspoons of rice (33 g)
    - Pork, fish, shrimp, beef, or chicken: 3 - 4 teaspoons (32 g)
    - Orange vegetables (carrot, pumpkin, sweet potato) or finely chopped green leafy vegetables: 3 - 4 teaspoons
    - Plain water: 1/2 bowl (100 ml)
    - Oil: 2 teaspoons
    - Flavor with fish sauce: 1 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame, and ground peanuts.
- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night. At this age (12 up to 23 months):
  - Breastmilk provides **about one third of the energy** that your child needs.
  - Breastmilk also continues to provide antibodies that protect your child both in the short and in the long term.
  - Breastmilk is important for brain development and maturation of the baby's digestive system.
  - There is no need to provide any other type of milk if you are breastfeeding.

**Note:** This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich foods.



# Use different types of complementary food when preparing a meal for your child



1

Add flour, clean water, and ground meat/fish/shrimp, then stir regularly



2

Put on fire and cook until the semi-solid soup is ready



3

Add ground vegetables when the soup is ready



4

Add oil and stir regularly

## Process of preparing complementary food

### Key message:

Use different types of complementary food when preparing a meal for your child.

### Messages:

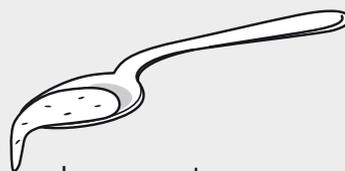
- **Process** – When preparing the child's bot or chao, remember to follow this process:
  - Ensure that the water you use is clean and safe (boiled).
  - Mix the flour and the water in a pot and stir slowly until the flour begins to thicken. Close the lid and turn down the gas (smaller fire).
  - Add the ground pork, beef, shrimp, or fish and stir.
  - Once the bot/chao is almost ready, add the mashed or chopped vegetables. It is important not to add the vegetables earlier to ensure that the vitamins and minerals in the vegetables are retained and not lost while cooking.
  - Add the oil and stir.
  - Flavor the bot/chao with fish sauce, ground sesame, or ground peanuts.

Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.

- **Thickness:** Because your infant's stomach is very small, you need to provide your child with thick nutritious food. If you provide watery food, your child's stomach will become full quickly without getting the required nutrition (show the mother the right thickness of the bot).



Correct



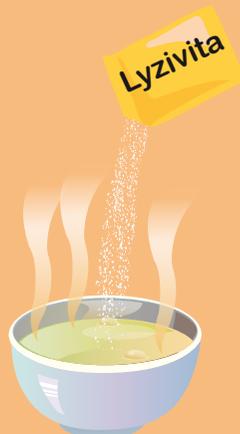
Incorrect



Add pork/beef/chicken liver when preparing complementary food for your child



Or add micronutrient powder immediately before feeding



Foods rich in iron are important for your child's health and growth and help prevent anemia



## Iron rich food, deworming, and vitamin A supplementation

### Key message:

Foods rich in iron are important for your child's health and growth. These foods help prevent anemia.

### Messages:

To grow well, your infant needs a variety of vitamins and minerals. Iron is very important and is mostly found in animal organs:

- Liver is particularly rich in iron, which is a substance needed for blood formation. This is very important for your child's growth and health.
- It is difficult for your child to get the required amount of iron per day from natural food. Lyzivita contains sufficient iron (and other vitamins and minerals) to meet your child's daily needs. It costs only VND 1,500 per sachet. It can be easily added to your child's food to ensure that the child gets all the iron needed in one day.
- When using the Lyzivita follow these instructions:
  - For child 6-11 months old
    - Cook bot/chao, then just before you feed your child, add half a packet of Lyzivita to the bot/chao.
    - Use no more than ½ packet per day. Store the remaining half packet properly and use it the next day.
  - For child 12-24 months old
    - Cook the bot/chao, then just before you feed your child, add one packet of Lyzivita to the bot/chao.
    - Use no more than packet per day.
- Ensure that your child receives a vitamin A dose after reaching 6 months old. Ensure that the child receives a dose every six months (in June and December). Vitamin A is very important for the eyes.
- Once your child is 12 months old, remember to deworm your child regularly (at least every six months) to ensure that the child benefits from all the nutrients in the food.



Wash your hands with soap before preparing food and feeding your child



## Good Hygiene Practices

### Key message:

Wash your hands with soap before preparing food and feeding your child.

### Messages:

- Dirty (unclean) hands can cause your child to get diarrhea and/or worms. Hands carry many contaminants, so it is important to wash hands with soap. Washing hands with soap is simple and takes only a few minutes. These few minutes will ensure that your child remains healthy and well.
- Wash your hands with soap before preparing food and feeding your child. Otherwise, the food will be contaminated with germs and the child will fall sick.
- Washing hands with soap before feeding protects against germs so the child remains well and healthy and absorbs all the nutrition in the food.
- Wash your hands with soap after using the toilet and cleaning your baby's bottom.
- Remember to use a clean bowl and spoon to feed your child and to store the food in a safe, hygienic place.
- Do not use bottles, teats, or spouted cups since they are difficult to clean and can cause your baby to become sick.
- Once your child starts to crawl, wash the child's hands with soap regularly. Remember to wash the child's hands with soap especially before the child eats a meal or snack and after using the toilet.
- Once your child is 12 months old, remember to deworm your child regularly (at least every six months).



Feeding times are periods  
of learning and love



## Responsive feeding

### Key message:

Feeding times are periods of learning and love.

### Messages:

- Patiently feed your baby and encourage the baby to eat.
- You can try holding the child in your lap during feeding, or face the child while he or she is sitting on someone else's lap.
- If your baby refuses to eat or is a “lazy” eater:
  - Encourage the child repeatedly.
  - Try to offer new food several times, even if the child does not like or accept it the first few tries.
  - Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Feeding times are periods of learning and love. Interact with the child – make eye contact, talk or sing to the child. Minimize distractions such as TV during feeding.



Feed more food and liquid when the baby is sick. Breastfeed more frequently



## Feeding a sick child

### Key message:

Feed more food and liquid when the baby is sick. Breastfeed more frequently.

### Messages:

- Your baby needs more food and liquids when sick.
- Breastfeed more frequently during illness, including diarrhea, to help your baby fight sickness, reduce weight loss, and recover more quickly.
- If your child's appetite has decreased, encourage him or her to eat small frequent meals of favorite foods. Even if the child has diarrhea, it is better for him or her to keep eating.
- After your baby has recovered, actively encourage the baby to eat one additional meal of solid food each day during the following two weeks. This will help your baby regain any weight that was lost.
- Take your child immediately to a community health center if you see any of the following symptoms:
  - Refusal to eat and weakness.
  - Diarrhea and/or vomiting.
  - Convulsions (rapid and repeated contractions of the body, shaking).
  - Respiratory infection (lower part of the chest sucks in when the child breathes in, or it looks as though the stomach is moving up and down).
  - High fever.

