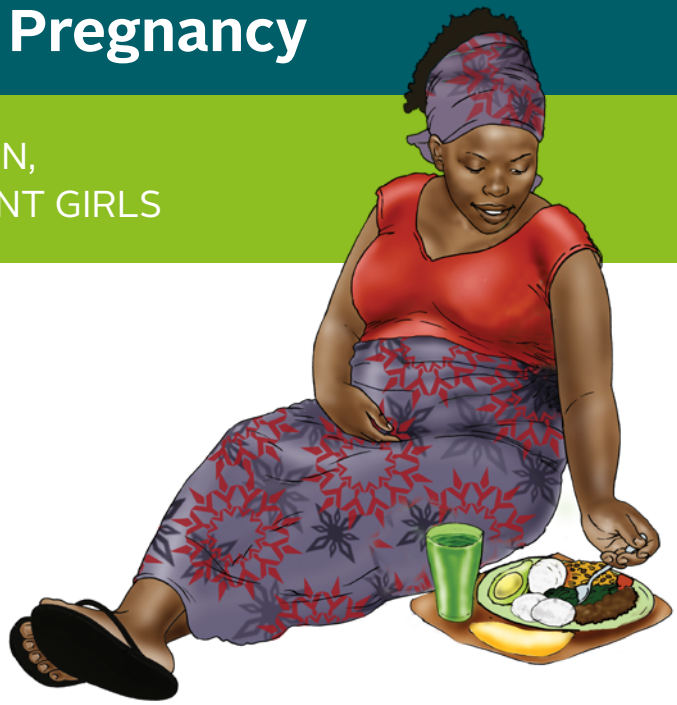


Maternal, Infant, and Young Child Nutrition Talking Points



Good Nutrition During Pregnancy

MESSAGES FOR PREGNANT WOMEN,
INCLUDING PREGNANT ADOLESCENT GIRLS



1

Pregnant women, including pregnant adolescent girls, need to eat more than usual and take micronutrient supplements each day during pregnancy. Good nutrition is very important for expecting mothers—it helps to build the unborn baby's body and brain and to prevent serious medical problems during pregnancy and after delivery.

- Pregnant women should eat at least one food from 5 different nutrient-rich food groups each day and drink plenty of water.
- They should eat one extra portion of food at each meal in the first trimester.
- They should eat two extra portions of food at each meal in the second trimester plus 1-2 healthy snacks between meals or before sleeping.
- They should eat one extra meal in the third trimester plus 2-3 healthy snacks.

2

Pregnant women, accompanied by their husband/partner, need to visit the closest health care centre for antenatal care (ANC) at least eight times before delivery. These check-ups are important for mothers to learn about their health and how their babies are growing. During these visits, pregnant women should be weighed and follow the recommendations of their health care provider on what to eat.

3

Pregnant women need to take supplements—one daily tablet of either iron and folic acid (IFA) or multiple micronutrient supplements (MMS)—to prevent anaemia. Women should drink extra water when taking supplements and take supplements during mealtime. Women should not take supplements with tea or coffee.



Important for mothers!

Visit the health care center closest to you for your antenatal care.

Good Nutrition During Pregnancy

MESSAGES FOR FAMILY MEMBERS

Fathers/husbands

- Encourage your wife to attend ANC at least 8 times during her pregnancy and accompany her during the check-ups.
- Provide or give money to purchase a variety of healthy foods for wife during pregnancy.
- Encourage and support your wife/partner to follow all of the advice given during ANC including:
 - Taking micronutrient supplement each day
 - Tracking her weight gain during pregnancy
 - Eating more than usual and eating a variety of nutritious foods during pregnancy
 - Getting enough rest during pregnancy



Grandmothers and mothers-in-law

- Encourage your daughter/daughter-in-law (including pregnant adolescent girls) to attend ANC at least 8 times before delivery.
- Support your daughter/daughter-in-law to eat more than usual and to eat a variety of foods. This includes eating at least one food from 5 different nutrient-rich food groups each day and drinking plenty of water.
- Encourage your daughter/daughter-in-law to have her weight measured regularly.
- Support your daughter/daughters-in-law to prepare for breastfeeding including encouraging her start breastfeeding within the first hour after delivery.



Other family members, caregivers, and older children

- Help your mother/aunt/sister with house chores to enable her attend at least 8 ANC sessions before delivery.
- Assist your pregnant mother/aunt/sister so she eats more than usual and eats a variety of foods. This includes eating at least one food from 5 different nutrient-rich food groups each day and drinking plenty of water.
- Remind your pregnant mother/aunt/sister to take micronutrient supplements each day.
- Remind your pregnant mother/aunt/sister to have her weight measured regularly.
- Encourage your pregnant mother/aunt/sister to get enough rest.



Good Nutrition While Breastfeeding

MESSAGES FOR MOTHERS,
INCLUDING ADOLESCENT MOTHERS



1

Breastfeeding mothers, including adolescent mothers, need to eat more than usual and eat a wide variety of foods. Breastfeeding mothers are feeding two people – themselves and their baby. They need to eat well in order to produce high quality breastmilk.

- Breastfeeding mothers should eat at least one food from 5 different nutrient-rich food groups each day and drink plenty of water.
- Mothers should add two extra portions to all meals and 3-4 healthy snacks while breastfeeding.

2

For three months after delivery, mothers need to continue take their supplements—one daily tablet of either iron and folic acid (IFA) or multiple micronutrient supplements (MMS)—to prevent anaemia. Drink extra water when taking supplements and take during mealtime. Do not take supplements with tea or coffee.

3

Mothers should return to the health centre for postnatal care in the first six weeks after delivering, if there are no complications. Mothers who have complications after delivering should return to the health centre immediately.



Important for mothers!

Visit the health care center closest to you for your postnatal care and breastfeeding counselling.

Good Nutrition While Breastfeeding

MESSAGES FOR FAMILY MEMBERS

Fathers/husbands

- Encourage your wife to return to the health centre for postnatal care in the first six weeks after delivery and accompany her during the check-up.
- Provide or give money to purchase a variety of healthy foods for your wife to eat while breastfeeding.
- Encourage and support your wife to breastfeed the child without giving the child water, fluid or any other food..
- Help your wife with household chores and take part in child care and feeding activities.



Grandmothers and mothers-in-law

- Encourage your daughter/daughter-in-law including (adolescent mothers) to return to the health centre for postnatal care in the first six weeks after delivery.
- Support your breastfeeding daughter/daughter-in-law to eat more than usual and to eat a variety of foods. This includes eating at least one food from 5 different nutrient-rich food groups each day and drinking plenty of water.
- Help your daughter/daughter-in-law with household chores so she has time and energy to breastfeed.
- Help and encourage your daughter/daughter-in-law to breastfeed the child.



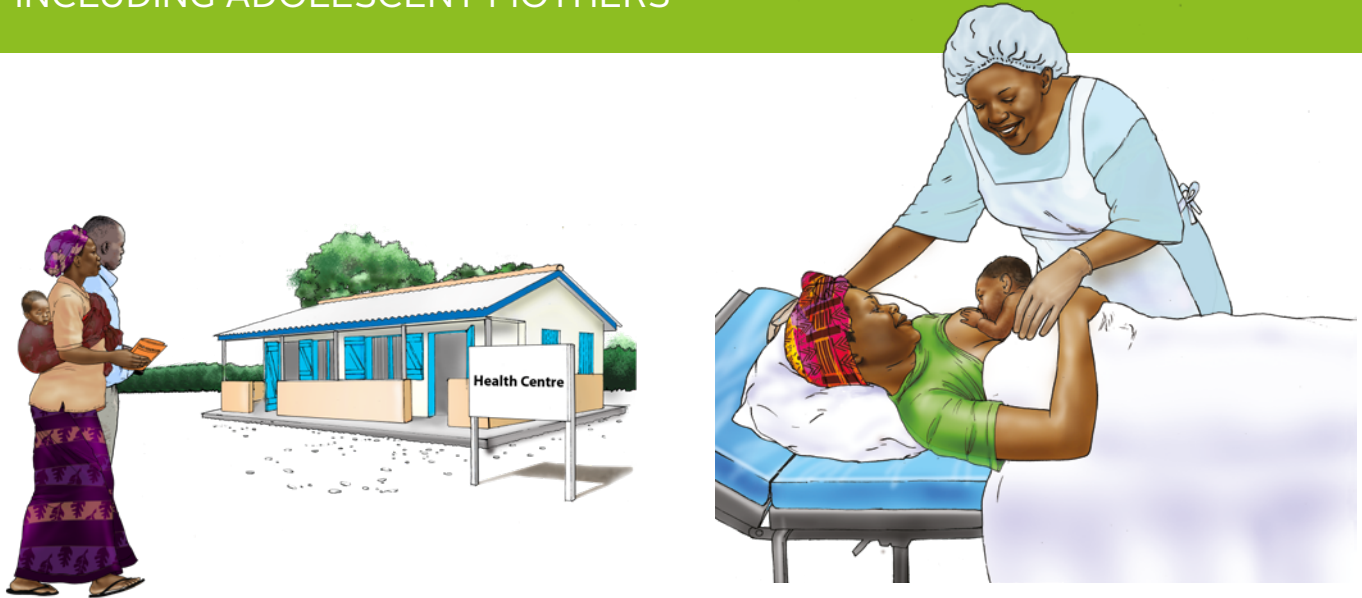
Other family members, caregivers, and older children

- Help the breastfeeding mother/aunt/sister with household chores so she has time and energy to breastfeed and attend her check-ups.
- Assist your breastfeeding mother/aunt/sister so she eats more than usual and eats a variety of foods. This includes eating at least one food from 5 different nutrient-rich food groups each day and drinking plenty of water.
- Remind your breastfeeding mother/aunt/sister to take micronutrient supplements each day.
- Encourage your breastfeeding mother/aunt/sister to get enough rest.



Early Initiation of Breastfeeding

MESSAGES FOR MOTHERS,
INCLUDING ADOLESCENT MOTHERS



1

Mothers should begin breastfeeding within the first hour after birth, (which is called “early initiation of breastfeeding”). Early breastfeeding helps mother recover from delivery, helps baby stay healthy, and ensures breastmilk comes in.

2

Mothers should ensure skin-to-skin contact with their baby as it will help baby breathe well and help him or her reach the breast easily. Skin-to-skin contact and breastfeeding helps you and your baby feel close. The physical touch between mother and baby helps the newborn get warmth from the mother.

3

Mothers should give the newborn their first thick-yellow milk (within 1 hour of birth). This is the “first immunization” for the child.

4

Mothers should not put anything in the newborn’s mouth other than breastmilk. Mothers should not give the newborn any water, food, or local herbs.



Important for mothers!

Visit the health care center closest to you for labour and delivery and breastfeeding counselling and support.

Exclusive Breastfeeding

MESSAGES FOR MOTHERS,
INCLUDING ADOLESCENT MOTHERS



1

Mothers should give their infant only breastmilk for the first six months of the infant's life, (which is called "exclusive breastfeeding"). Breastmilk alone has all of the water and nutrients that their infant needs to be healthy and strong.

2

Mothers should breastfeed their infant frequently, and whenever the infant wants milk, day and night. Mothers can look for signs that the infant wants milk, for example when their infant cries or reaches for the breast.

3

Mothers should practice good breastfeeding by feeding the infant from one breast at a time. After feeding the infant from one breast for 15 – 20 minutes, if the infant is still hungry, the mother can feed from the infant from the other breast and continue until the infant is satisfied.

4

Mothers can express breastmilk and store it in the fridge or at room temperature for other caregivers to give to the baby while she is away. Mothers should tell other caregivers to give the baby expressed breastmilk with a clean cup.



Important for mothers!

Visit the health care center closest to you for breastfeeding counselling and support.

Good Breastfeeding Practices

MESSAGES FOR FAMILY MEMBERS

Fathers/husbands

- Encourage and support your wife to breastfeed the baby immediately (within 1 hour of birth).
- Encourage and support your wife to give your child only breastmilk until he/she is 6 months old.
- Do not let your mother, elders, or other family members give your baby water, liquids, or local herbs, even when he/she is under their care. Explain that breastmilk contains all the water and nutrients the baby needs until he/she is 6 months old.
- Support your wife with household chores so she has the time and energy to breastfeed your child.
- Encourage your wife to take your child for immunizations and monthly growth monitoring and promotion sessions in the health facility, at least until the child is 2 years old.



Grandmothers and mothers-in-law

- Encourage and support your daughter/daughter-in-law to breastfeed the baby immediately (within 1 hour of birth).
- Encourage and support your daughter/daughter-in-law to give the child only breastmilk until he/she is 6 months old.
- Do not give the baby water or any other food, liquids, or local herbs, and do not allow other family members to do so, especially when the baby is in your care until he/she is 6 months old.
- Support your daughter/daughter-in-law with household chores so she has time and energy to breastfeed the baby.
- Encourage your daughter/daughter-in-law to take your grandchild for immunizations and monthly growth monitoring and promotion sessions in the health facility, at least until the child is 2 years old.



Other family members, caregivers, and older children

- Support your mother/aunt/sister with breastfeeding the baby immediately after delivery (within 1 hour of birth).
- Encourage and support your mother/aunt/sister with giving the baby only breastmilk until he/she is 6 months old.
- While helping to look after the baby, do not give the baby water or any other food or liquid. You can give the baby expressed breastmilk from a clean cup.
- Support your mother/aunt/sister to breastfeed by helping with chores in the house.
- Support your mother/aunt/sister with house chores while she attends immunization sessions and monthly growth monitoring and promotion sessions in the health facility.



Complementary Feeding

MESSAGES FOR MOTHERS,
INCLUDING ADOLESCENT MOTHERS



1

Once their child is 6 months old, mothers should continue to breastfeed their child and start to introduce soft foods like enriched pap (which is called “complementary feeding”). After children are 6 months old, they need extra energy and nutrients from healthy foods, in addition to breastmilk.

2

When their child first starts to eat, mothers should give their baby one or two tablespoons of soft food three times per day. Mothers should take time to increase the frequency, amount, thickness, and variety of food.

- To make foods soft and easy to chew, mother should cook meat and fish until it is tender. Mothers should grind, mince, cut food into tiny pieces.
- Children should be fed a variety of nutritious foods each day. Each day, in addition to breastmilk, children should be fed 1 portion each of: animal source food (eggs, fish, chicken, beef); yellow or orange fruit or vegetables; dark green leafy vegetable and leaves; and pulses/legumes.
- Do not give children juice, chips, biscuits, or snack foods.

3

Mothers and other caregivers should make child feeding an enjoyable experience and feed the child with love. Mothers and caregivers should allow the child to learn to feed themselves and have fun while eating.

4

Mothers should wash their hands and the child’s hands with soap and water before eating. Mothers should also wash their hands with soap and water before cooking, after cleaning the baby, and after using the latrine. Utensils should be washed with soap and water before feeding baby.

5

Mothers should bring their child for monthly growth monitoring and promotion sessions. Mothers should also ensure their children receive Vitamin A supplements once they are 6 months old as well as micronutrient powder (MNP) whenever they are available.

Complementary Feeding

MESSAGES FOR FAMILY MEMBERS

Fathers/husbands

- Once your child is six months, encourage and support your wife to breastfeed your child and slowly introduce other soft foods like enriched pap.
- Procure or provide money to buy a variety of foods for the family, including animal source food (eggs, fish, chicken, beef); yellow or orange fruit or vegetables; dark green leafy vegetable and leaves; and pulses and grains.
- Encourage and support everyone at home to use water and soap to wash their hands and all utensils before cooking, feeding and after cleaning your baby.
- Encourage your wife to obtain Vitamin A supplements for your child once he/she is 6 months old as well as micronutrient powders (MNP) whenever they are available.



Grandmothers and mothers-in-law

- Once your child is six months, encourage and support your daughter/daughter-in-law to continue breastfeeding the child and slowly introduce soft foods like enriched pap.
- Encourage and support your daughter/daughter-in-law to feed properly mashed meals to the child with a variety of nutritious foods. Do not feed the child any juice, chips, biscuits, or snack foods.
- Encourage husbands/fathers to provide money to buy a variety of foods for the family.
- Ensure everyone at home uses water and soap to wash their hands and all utensils before cooking, feeding and after cleaning your baby.
- Ensure your grandchild receives Vitamin A supplements once he/she is 6 months old as well as MNP whenever they are available.



Other family members, caregivers, and older children

- Help with going to the market to buy a variety of foods for the family, including animal source food (eggs, fish, chicken, beef); yellow or orange fruit or vegetables; dark green leafy vegetable and leaves; and pulses and grains.
- Encourage and support your mother/aunt/sister to feed properly mashed meals to the child with a variety of nutritious foods. Do not feed the child any juice, chips, biscuits, or snack foods.
- Ensure you use water and soap to wash your hands and all utensils before cooking, feeding and after cleaning your mother/aunt/sister's baby.



Roles and Responsibilities as a Community Mobilization Volunteer



You must be aware that in Nigeria malnutrition among children is a serious problem contributing to about half of deaths of the children under 5, meaning half a million children annually. The 1,000-day period from the woman's pregnancy until the child's 2nd birthday represents a critical window of opportunity to avert the long-term effects of malnutrition, as after two years of age, the damage may never be repaired.

Traditional and religious leaders, as well as other key community influencers, are important and respected persons in the community where you live or stay. Being a major influencer in the community, you have a key role in ensuring community members adopt appropriate maternal, infant, and young child nutrition practices, therefore your contribution is essential to eliminate malnutrition. Your area or community will have pregnant women, children under 2 years and parents and caregivers of children under 2 years of age, and your advice can be effective in improving the feeding and care practices of the members of your community.

Poverty is not the only cause of malnutrition. In many families, including well-off families, children are malnourished because they are not exclusively breastfed until 6 months of age, and family members and mothers think that infants need water in addition to breastmilk during the first 6 months. Children are also not introduced to a variety of nutritious foods, such as animal source foods (ASF) like eggs dairy and meat, at the right age. It is not only a problem of lack of food, but also a lack of awareness; beliefs that ASF are not meant for children among others. You are the right person to provide essential information to your community and family members. With your active participation, the health of all infants and children in your locality will be improved, and malnutrition can be stopped.

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