

Training Aids



*The Community
Infant and Young Child Feeding
Counselling Package*

September 2012

Training Aids

*The Community
Infant and Young Child Feeding
Counselling Package*

September 2012



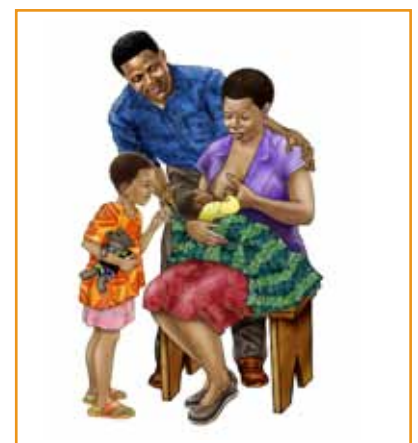
Session 1

16 infant feeding-related pictures for use during presentation of Participants and Facilitators (matching game)

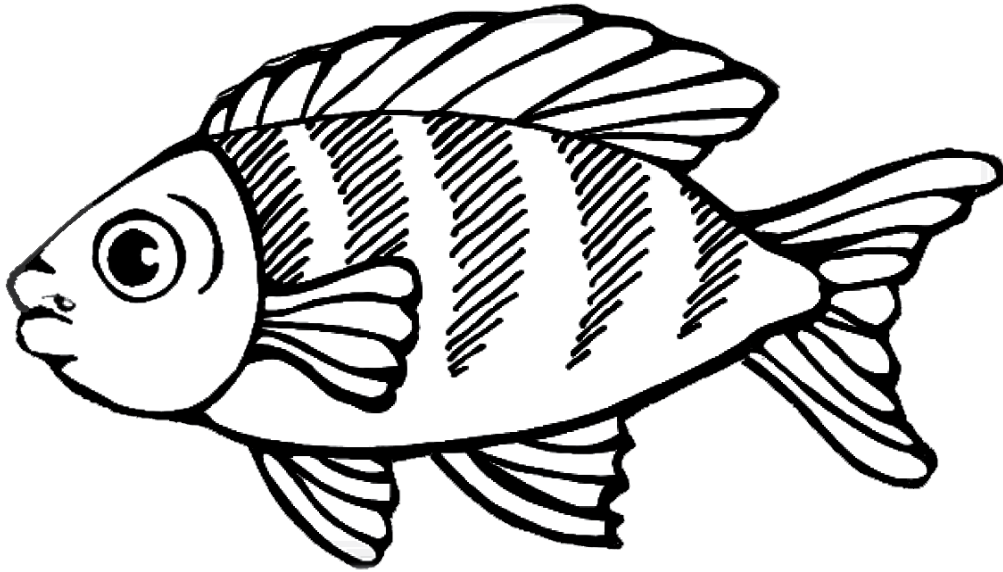


Session 2

Illustrations of well nourished baby/young child, breastfeeding mother, mother giving complementary foods, animal source foods, legumes, vitamin A rich fruits and vegetables, other fruits and vegetables, staples, breastfeeding mother surrounded by family, mother and father taking their child to the health centre and water/sanitation



Session 3



| | |
|---------------------------------------|--|
| Mother away from baby | Thin or malnourished mother |
| Giving colostrum | Sick mother |
| Kangaroo Mother Care | Low birth weight baby or premature baby |
| Inverted nipple | Twins |
| Refusal to breastfeed | New pregnancy |
| Stress | Crying baby |
| Mother's diet during pregnancy | Mother's diet during breastfeeding |

Session 4. How to Counsel: Part 1

Behaviour Change Case Studies

1. A pregnant woman has heard new breastfeeding information, and her husband and mother-in-law also are talking about it. She is thinking about trying exclusive breastfeeding because she thinks it will be best for her child.
2. A mother has brought her 8-month-old child to the baby weighing session. The child is being fed watery porridge that the mother thinks is appropriate for the child's age. The child has lost weight. The community worker encourages her to give her child thickened porridge instead of watery porridge because the child is not growing.
3. The past month a community worker talked with a mother about gradually starting to feed her 7-month-old baby three times a day instead of just once a day. The mother started to give a meal and a snack and then added a third feed. Now the baby wants to eat three times a day, so the mother feeds him accordingly.

**Place infant skin-
to-skin with mother
immediately after birth**

**Initiate breastfeeding
within the first hour of
birth**

**Good positioning and
attachment**

**Exclusively breastfeed
(no other food, water or
drink) from 0 up to 6
months**

**Breastfeed frequently,
day and night**

**Breastfeed on demand
every time the baby
wants to breastfeed**

**Let infant finish one
breast and come off
by him/herself before
switching to the other
breast**

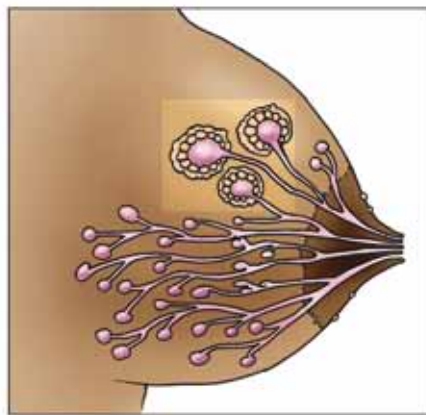
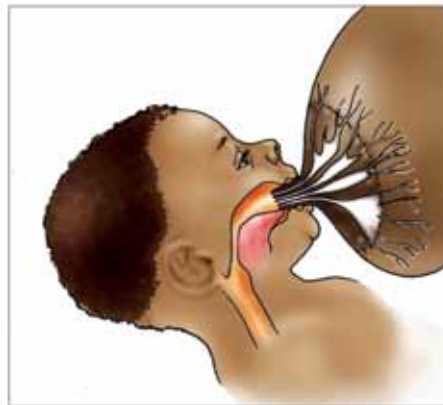
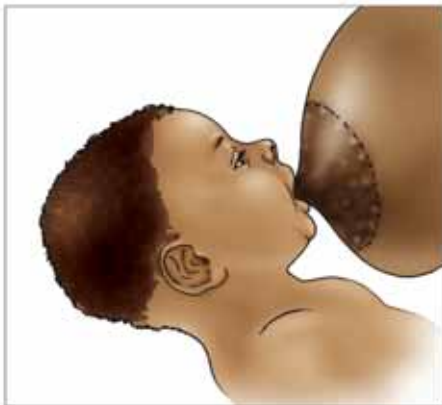
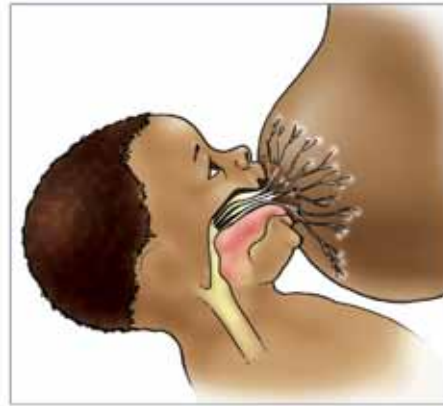
**Continue breastfeeding
for 2 years of age or
longer**

**Continue breastfeeding
when infant or mother
is ill**

**Mother needs to eat
and drink to satisfy
her hunger and thirst**

Session 6

Good and poor attachment; anatomy of the breast (internal)



Milk Expression and Cup Feeding



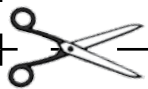
Session 7

Illustrations of thickness – good and poor – of porridge (cup and spoon)



Session 7: Recommended IYCF Practices: Complementary Feeding for Children from 6 up to 24 months

2 to 3
meals
plus
frequent
breastfeeds



2 to 3
meals
plus
frequent
breastfeeds

2 to 3
tablespoons
Start with
'tastes'

2 to 3
tablespoonfuls
per feed
Increase
gradually to
half ($\frac{1}{2}$) 250 ml
cup/bowl

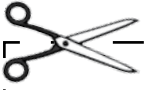


1 to 2
snacks may
be offered

Breast
milk

3 to 4
meals
plus
breastfeeds

Half ($\frac{1}{2}$)
250 ml
cup/bowl

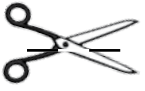


1 to 2
snacks may
be offered

Staples
(porridge/
pap)

3 to 4
meals
plus
breastfeeds

Three-
quarters
($\frac{3}{4}$) to 1
250 ml
cup/bowl



1 to 2
snacks may
be offered

Fruits/
Vegetables

Add 1 to 2
extra meals

Same as
above
according
to age
group

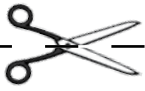


1 to 2
snacks
may be
offered

2 to 3
cups of
extra fluid
especially
in hot
climates

Thick
porridge/pap
Mashed/
pureed
family foods

Thick
porridge/
pap

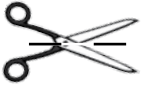


Finely
chopped
family foods
Finger foods
Sliced foods

Animal
foods

Same as
above
according to
age group

Same as
above,
plus 1 to 2
cups of
milk per
day



Sliced
foods,
Family
foods

Legumes

+

+

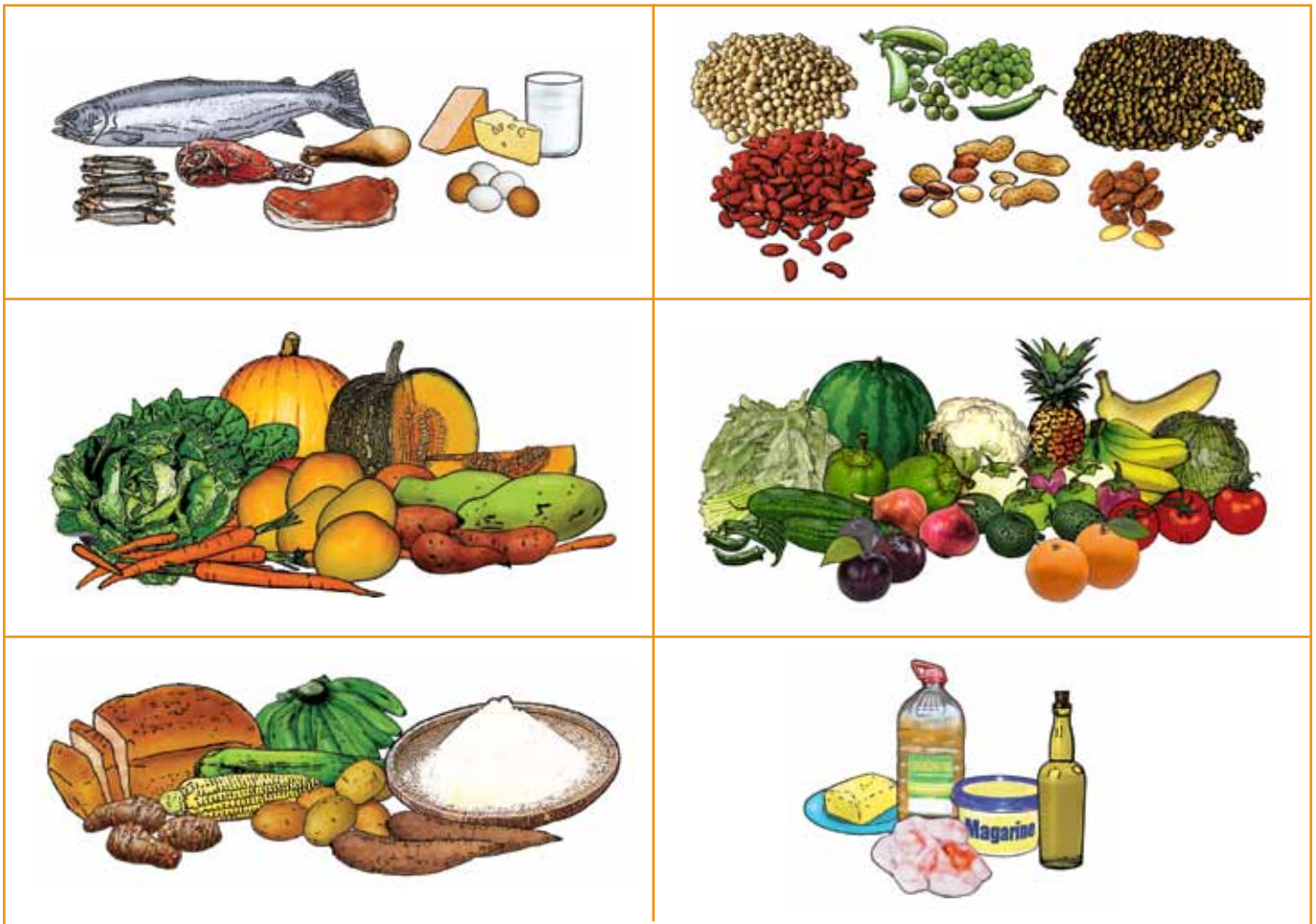
+

+

+

Session 8

Illustrations of food groupings (*staples, legumes and seeds, vitamin A rich fruits and vegetables, other fruits and vegetables, animal-source foods*), and oils



Session 9. How to Counsel: Part II

Case Study 1:

Read to 'Mothers': You are Cecile. Your son, Christian, is 18 months old. You are breastfeeding him on demand. You are giving Christian milk and millet cereal 3 times a day.

Case Study 2:

Read to 'Mothers': You are Justina. Your daughter, Marielena, is 8 months old. You are breastfeeding Marielena because you know breast milk is the best food for her. You also give Marielena water because it is so hot. You do not think Marielena is old enough to eat other foods. Marielena has been gaining weight well, but she had diarrhoea the last week.

Case Study 3:

Read to 'Mothers': You are Deborah. You are breastfeeding your one-year old, Ben. You have 2 other children. You give Ben food that the family is eating, 3 times a day. Ben is very healthy and has not been sick.

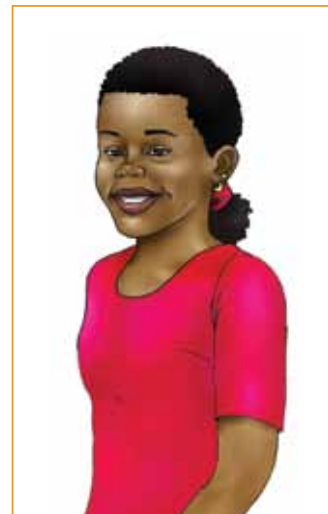
Session 10

Photos of breast engorgement, sore/cracked nipple, plugged duct and mastitis, and inverted nipple



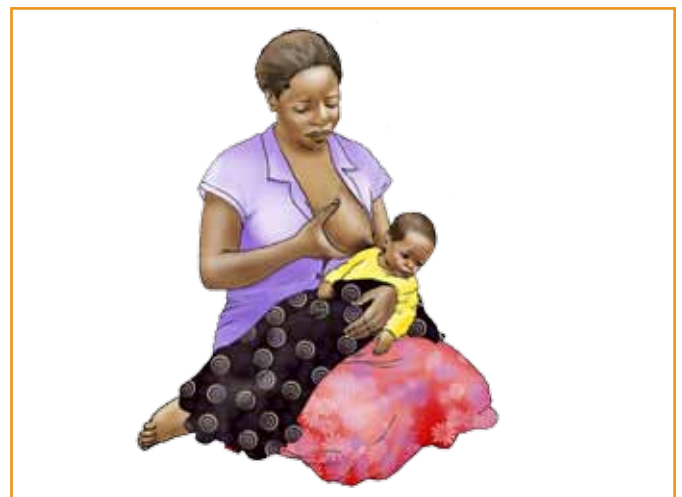
Session 14

Illustrations of well nourished baby, child, teenager/adolescent, adult woman, and pregnant woman



Session 15

Illustrations of well health centre, child with fever, child with diarrhoea, child with vomiting, undernourished child, refusal to eat, child with convulsions, and child with respiratory difficulties

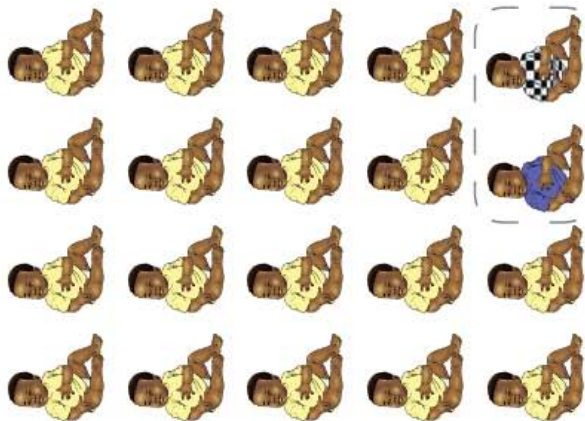


Session 16

Infant Feeding in the Context of HIV

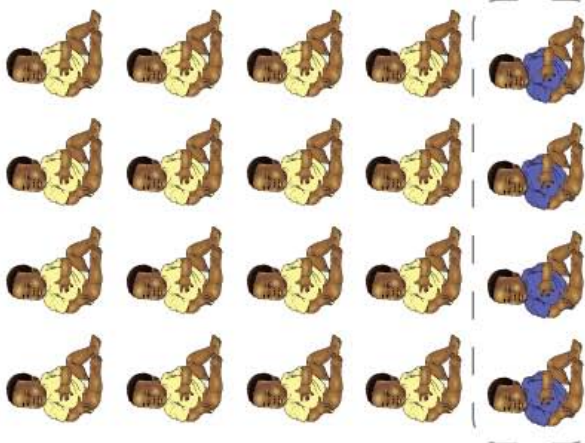
Benefits and risks of different feeding methods for HIV exposed infants less than 6 months of age

Only Breast Milk



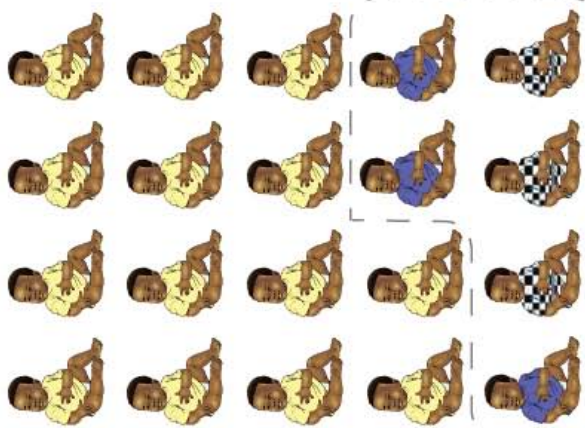
Healthy babies
without HIV infection

Only Replacement Milk (Infant Formula)



Babies who die from diarrhoea
pneumonia and other infections

Practicing Mixed Feeding (Breast milk plus other milk, liquids or foods)



Babies with
HIV-infection

Protect your baby – get tested and know your HIV status!



Appendix: SESSION 5A Community Worker Support for Infant and Young Child Feeding in Emergencies





Appendix: SESSION 5B: Feeding the Sick and Malnourished Child







