The Community
Infant and Young Child Feeding Counselling Package
Training Aids

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Counselling Package

NOVEMBER 2010
Session 1
16 infant feeding-related pictures for use during presentation to Participants and Facilitators (matching game)
Session 2
Illustrations of well nourished baby/young child, mother giving complementary feeding, breastfeeding mother surrounded by family, mother taking her child to the health facility and water/sanitation.
Session 6
Good and poor attachment; anatomy of the breast (internal)
Session 7
Illustrations of texture (thickness/consistency – good and poor) of porridge (cup and spoon)

Session 7
Illustrations of food groupings (staples, legumes and seeds, vitamin A rich fruits and vegetables, other fruits and vegetables, animal-source foods), and oils
Session 11
Photos of breast engorgement, sore/cracked nipple, plugged duct and mastitis

Photo by Mwate Chintu  Photo by F. Savage King  Photo by F. Savage King

Session 15
Illustrations of well nourished baby, teenager, adult woman, and pregnant woman
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!