

BREASTFEEDING AND FEEDING OF YOUNG CHILDREN FOR MOTHERS ON THE MOVE



STRENGTHENING REFUGEE AND MIGRANT CHILDREN'S HEALTH STATUS

IN SOUTHERN AND SOUTH-EASTERN EUROPE

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COMMISSARIAT
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Breastfeeding in emergencies saves lives. Breastmilk contains antibodies and other components that protect your children against deadly infections – no matter where you live. It also creates a special bond between mother and child.

Breastfeeding gives to your children the healthiest start in life. Breastmilk promotes cognitive development and acts as a baby's first vaccine. Breastfeeding also reduces the burden of childhood and maternal illness.

In emergencies, breastfeeding remains the safest, most nutritious and reliable food source for your baby as exclusive food up to the age of six months and continuing up to 2 years and after. Breastmilk is always the right temperature, requires no preparation and is readily available even in settings with limited access to clean water and adequate hygiene. Breastfeeding continues to offer these benefits even when children start to eat their first solid food.

BREASTFEEDING ON THE MOVE

Your baby does not need any food or liquid except mother's milk during the first six months of life. Breast milk contains adequate amount of water that baby needs. There is no need to give water, tea, juices, or any other liquids or solid food in this period.

Almost every mother can breastfeed successfully. Breastfeeding the baby frequently causes production of more milk. Your baby should breastfeed at least eight times daily, day and night, and on demand.

After 6 months of age, when babies begin to eat solid food, breastfeeding should continue for up to two years and beyond because it is an important source of nutrition, energy and protection from illness.

Breastfeeding in public is allowed all over Europe. If you want privacy, there are many places where migrant mothers can have some privacy to breastfeed.

If you recently stopped breastfeeding, with adequate support, in most of the cases, you can start breastfeeding again.

However, despite all support, a very small percentage of mothers might have problems breastfeeding their babies and other forms of feeding should be provided.



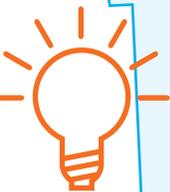
POWDERED INFANT FORMULA

Feeding baby with powdered infant formula can be dangerous for a baby as it is difficult to prepare and use safely while on the move. Powdered infant formula is not sterile, may be contaminated and requires careful preparation. Babies who are fed with formula are more likely to become sick with serious illnesses, such as diarrhea and respiratory infections.

Use powdered infant formula only if breastfeeding is not possible.

- ▶ Cups (recommended) or bottles should be washed in hot soapy water before being sterilized.
- ▶ Formula powder should ideally be made with boiled water over 70 degrees C to kill bacteria that may be present in the water or the powder.
- ▶ Formula feeds should not be prepared in advance. Throw out unused formula; do not save it to feed later. Bacteria grow quickly in formula once it is mixed and can make baby sick.
- ▶ For formula preparation, please see the instructions on the formula container.

After 6 months, in order to reduce risk associated with powdered infant formula, your baby can have other milk forms that are ready to use instead (animal milk). This milk might be easier to obtain and is safer to use than powdered infant formula.



USING CUPS INSTEAD OF BABY BOTTLES

Open cups are very easy to clean compared with teats, bottles or tubes. Try to use a small cup, clean it with warm soapy water after every use or dry it with paper if the water supply is not available.

The baby should be upright or almost upright on your lap. Hold the cup with milk to the baby's mouth. Tip the cup so the milk just reaches the baby's lips. Rest the cup lightly on the baby's lower lip. Do not pour milk into the baby's mouth. Let the baby take milk into its mouth from the cup.

All babies can feed from cups but may not be used to this and you need to be patient during the first period of introducing cup feeding.

COMPLEMENTARY FEEDING

- ▶ Starting at about 6 months, your baby needs other foods in addition to breast milk for healthy growth and development.
- ▶ It is still important to continue breastfeeding your baby on demand both day and night.
- ▶ Breast milk continues to be the most important part of your baby's diet. There is no need to give infant formula or follow-up formulas (which are specially formulated milks for older children from 6 months of age), as breastmilk with a diversified diet provides all the nutrients your child needs. Remember to breastfeed first before giving other foods.

When giving complementary foods, there are some principles to have in mind: Frequency, Amount, Thickness, Variety, Active/Responsive feeding, and Hygiene:

Hygiene

- ▶ Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses.
- ▶ Use a clean spoon or cup to give foods or liquids to your baby.
- ▶ Store the foods to be given to your baby in a safe hygienic place.
- ▶ Wash your hands with soap and water before preparing foods and feeding baby.
- ▶ Wash your hands and your baby's hands before eating.
- ▶ Wash your hands with soap and water after using the toilet and washing or cleaning baby's bottom.

COMPLEMENTARY FEEDING WHEN YOUR BABY REACHES 6 MONTHS

- ▶ Frequency: Feed your baby complementary foods 2 times a day.
- ▶ Amount: Give 2 to 3 tablespoonfuls ('tastes') at each feed.
- ▶ Thickness: should be thick enough to be fed by hand.
- ▶ Variety: Begin with the staple foods like porridge (corn, wheat, rice, millet, potatoes, sorghum), mashed banana or mashed potato.

Active/Responsive feeding

- ▶ Baby may need time to get used to eating foods other than breast milk.
- ▶ Be patient and actively encourage your baby to eat.
- ▶ Don't force your baby to eat.

COMPLEMENTARY FEEDING FROM 6 UP TO 9 MONTHS

- ▶ Frequency: Feed your baby complementary foods 3 times a day.
- ▶ Amount: Increase amount gradually to half ($\frac{1}{2}$) to 250 ml cup.
- ▶ Thickness: Give mashed/pureed family foods. By 8 months your baby can begin eating finger foods.

Complementary feeding from 9 up to 12 months

- ▶ Frequency: Feed your baby complementary foods 4 times a day.
- ▶ Amount: Increase amount to half ($\frac{1}{2}$) to 250 ml cup.
- ▶ Thickness: Give finely chopped family foods, finger foods, sliced foods.

COMPLEMENTARY FEEDING FROM 12 UP TO 24 MONTHS

- ▶ Frequency: Feed your young child complementary foods 5 times a day.
- ▶ Amount: Increase amount to three-quarters ($\frac{3}{4}$) to 250 ml cup.
- ▶ Thickness: Give family foods cut into small pieces, finger foods, sliced food.



Variety of foods is very important. Try to feed a variety of foods at each meal.

During your journey, ready-to-use complementary food (salty and sweet baby jars) will be available in most of the reception centers for refugees and migrant. Please see the recommendations for usage on the baby jar package.

A young child should grow and gain weight rapidly. From birth to age 2, children should be weighed regularly to assess growth. If regular weighing shows that the child is not gaining weight, or the parents or other caregivers see the child is not growing, something is wrong. The child needs to be seen by a trained health worker.

Feeding times are periods of learning, love and interaction, which promote physical, social and emotional growth and development. You should talk to children during feeding, treat and feed girls and boys equally and patiently.

If you experience any problems with breastfeeding or you are unable to breastfeed, please seek for assistance from health workers in the reception centers, local community or non-governmental organizations providing services for mothers with babies and young children.

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