

Infant and Young Child Feeding



Community Infant and Young Child Feeding Counselling Package

Training Aids



Ministry of Health



1000 Days *Days*

of appropriate nutrition
from pregnancy to 2 years
of life are critical to prevent
malnutrition

benefit all

Mothers, Children, Families
and the Nation.





Session 1:
16 infant feeding-related pictures for use during
presentation of Participants and Facilitators
(matching game)



Session 1:
16 infant feeding-related pictures for
use during presentation of
Participants and Facilitators
(matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



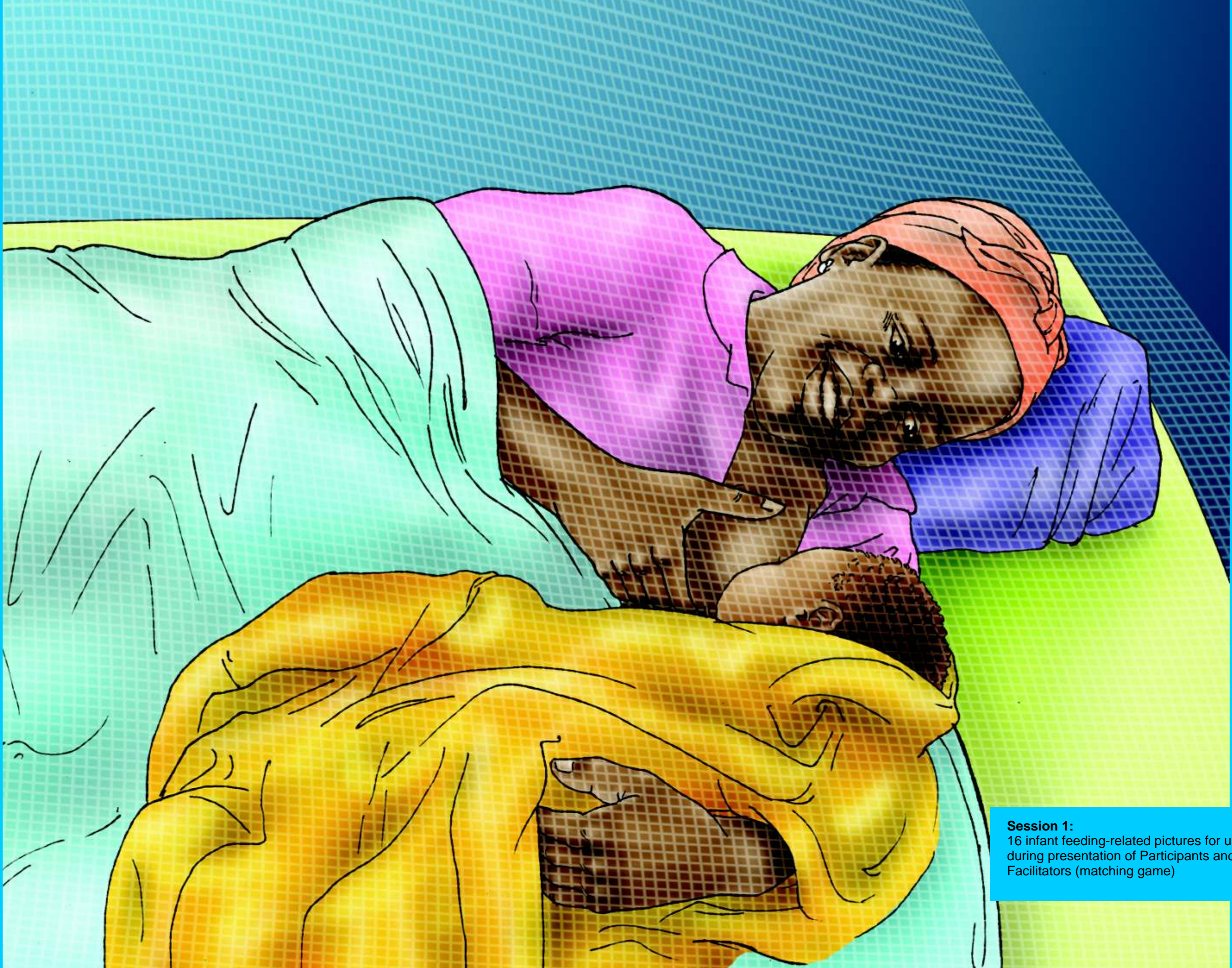
Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures
for use during presentation of
Participants and Facilitators
(matching game)



Session 1:
16 infant feeding-related pictures
for use during presentation of
Participants and Facilitators
(matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for use
during presentation of Participants and
Facilitators (matching game)



Session 1:
16 infant feeding-related pictures for
use during presentation of Participants
and Facilitators (matching game)

Session 1:
16 infant feeding-related pictures
for use during presentation of
Participants and Facilitators
(matching game)



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; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.



Session 2:
Illustrations of well nourished baby/young child; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.



Session 2:

Illustrations of well nourished baby/young child; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.



Session 2:

Illustrations of well nourished baby/young child; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.

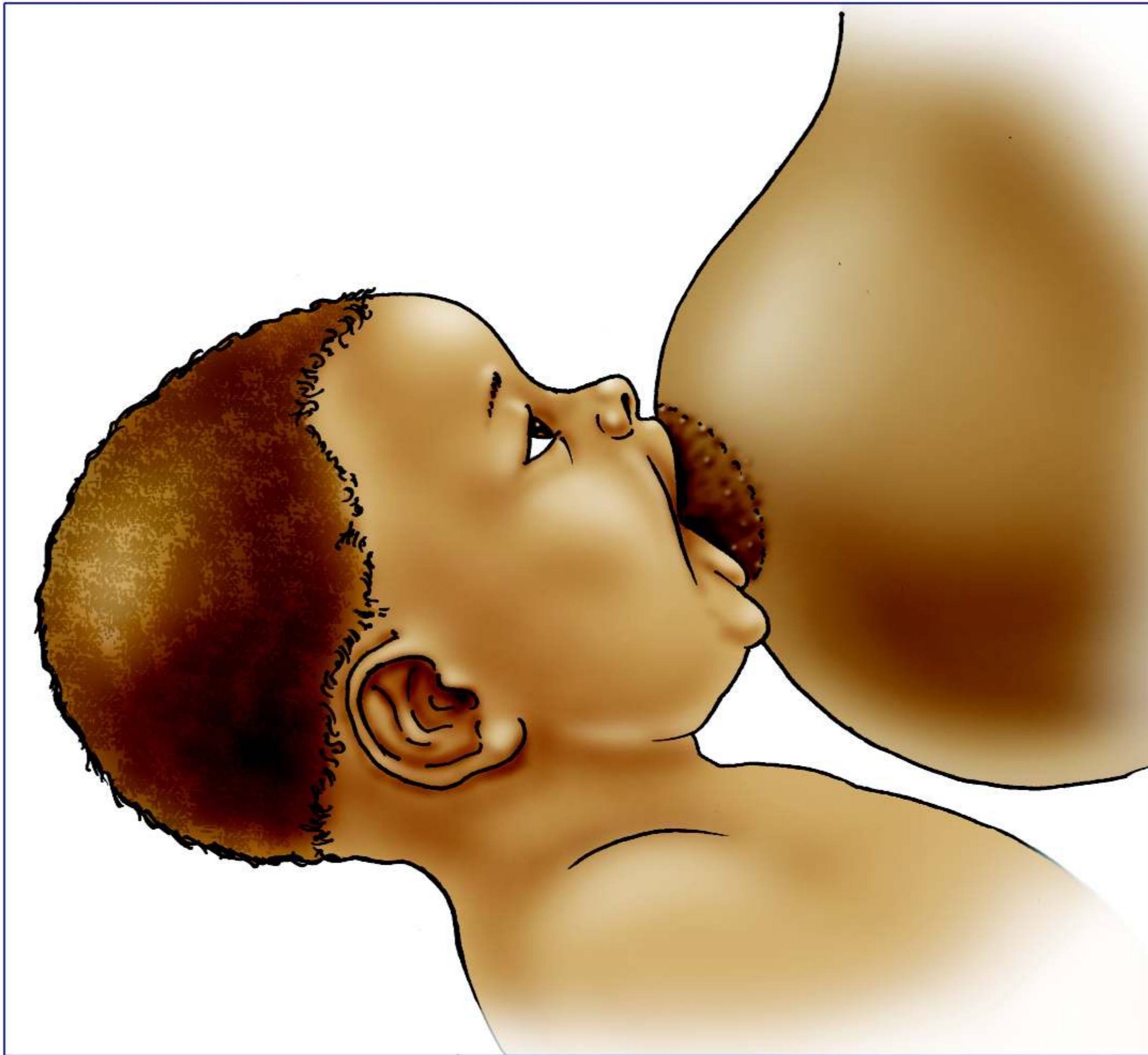


Session 2:

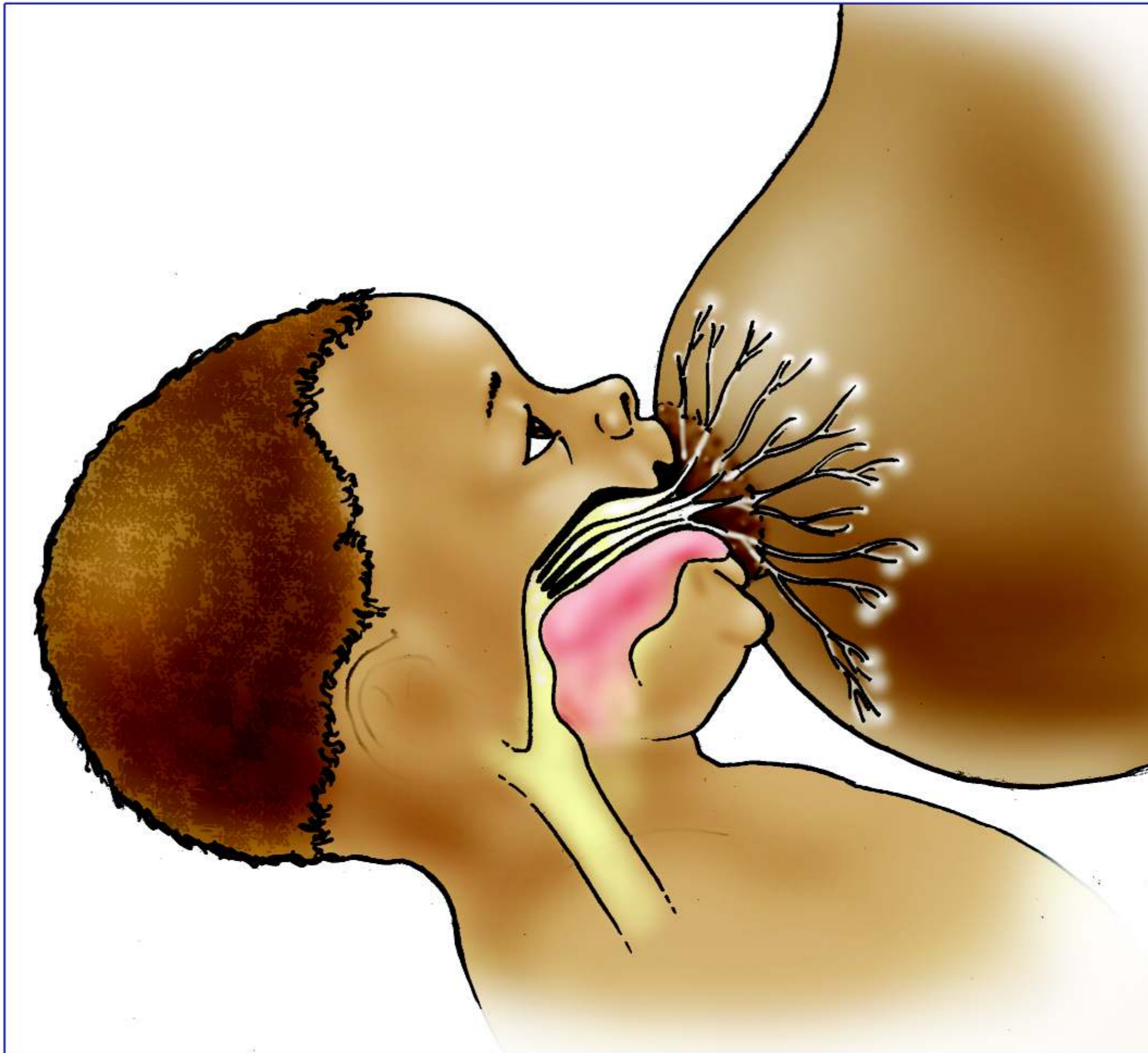
Illustrations of well nourished baby/young child; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.



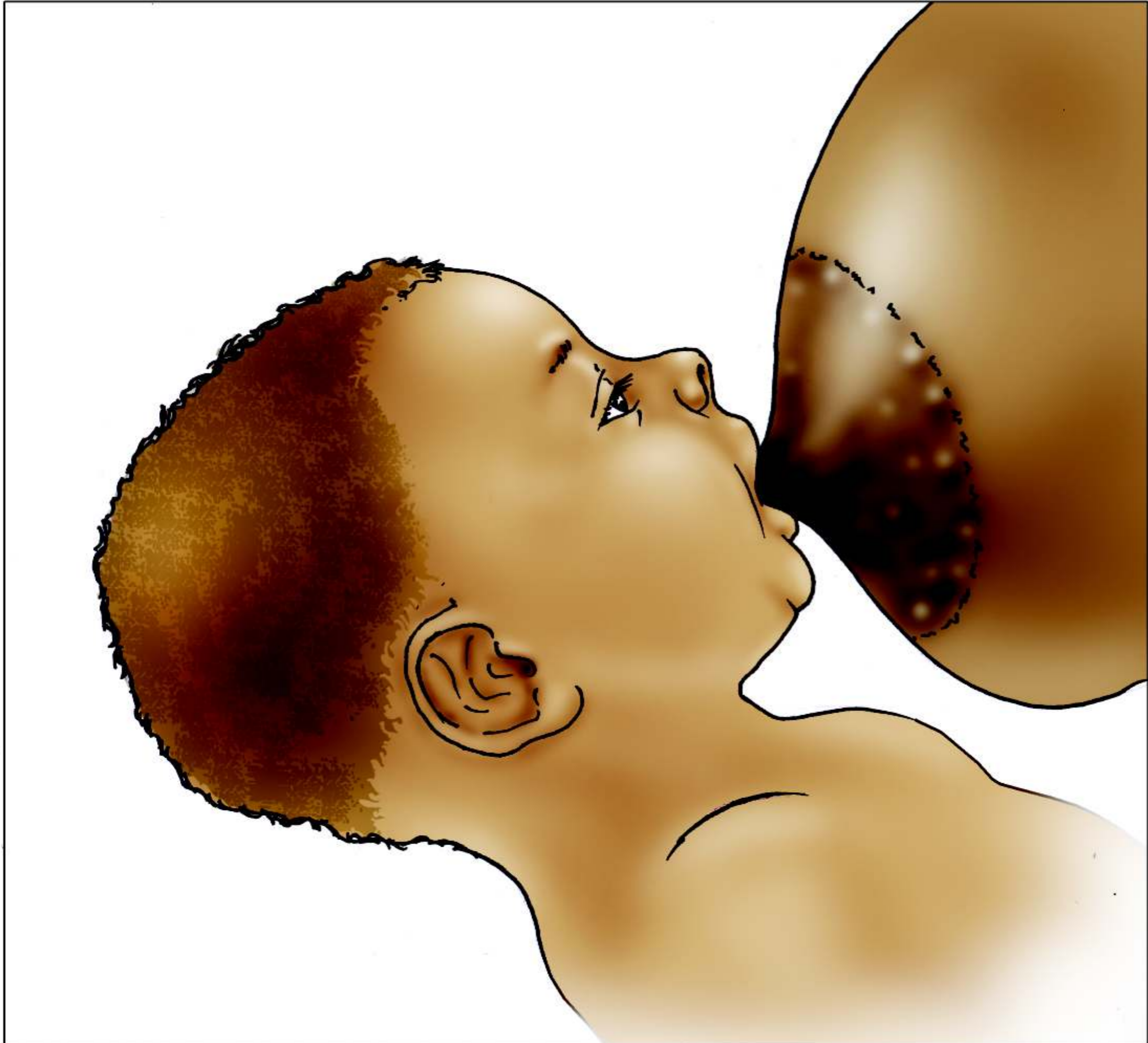
Session 2:
Illustrations of well nourished baby/young child; mother giving complementary feeding, breastfeeding mother surrounded by family, couple taking their child to health services and water/sanitation.



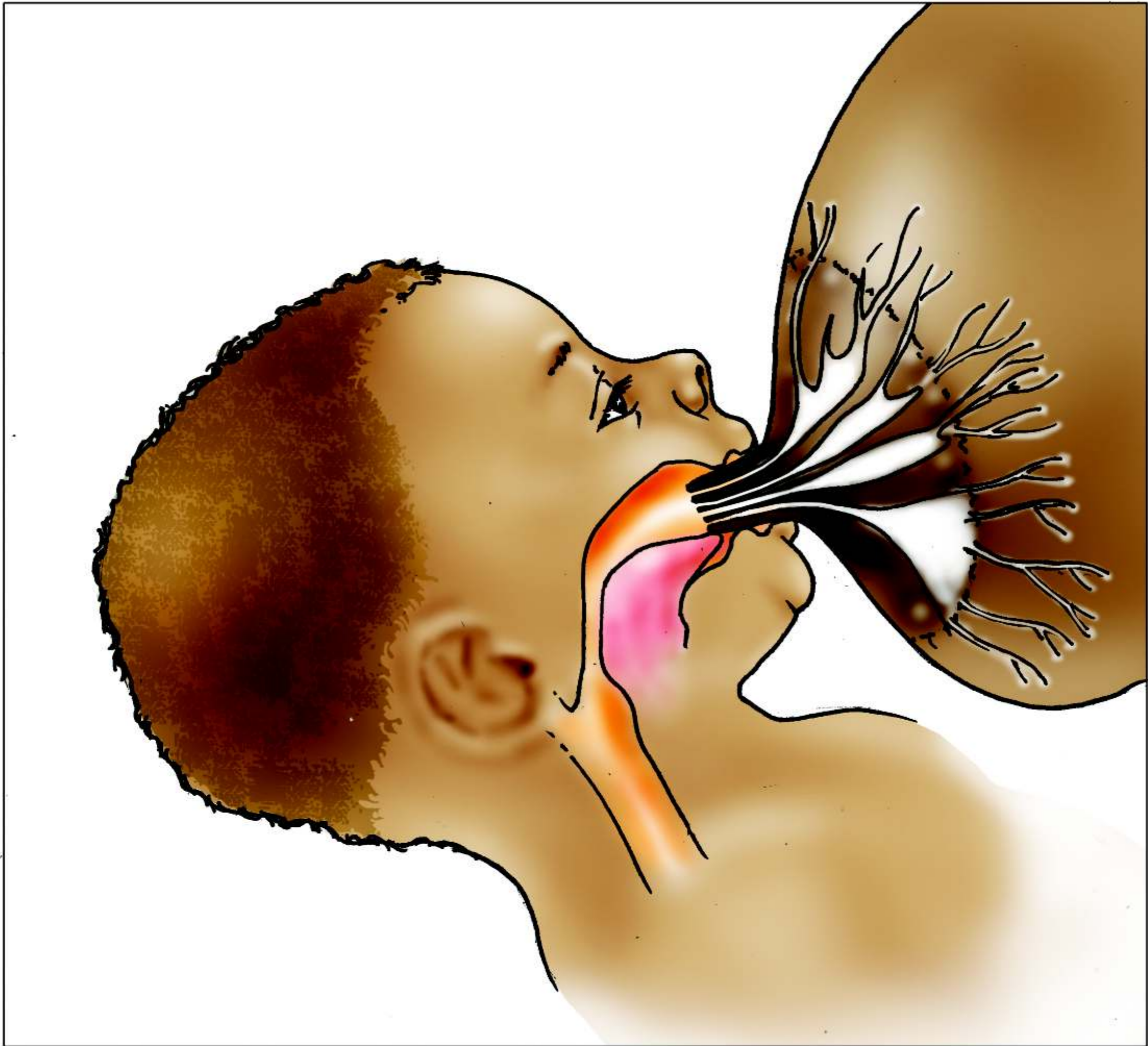
Session 6:
Good and Poor
Attachment; Anatomy of
the breast (internal)



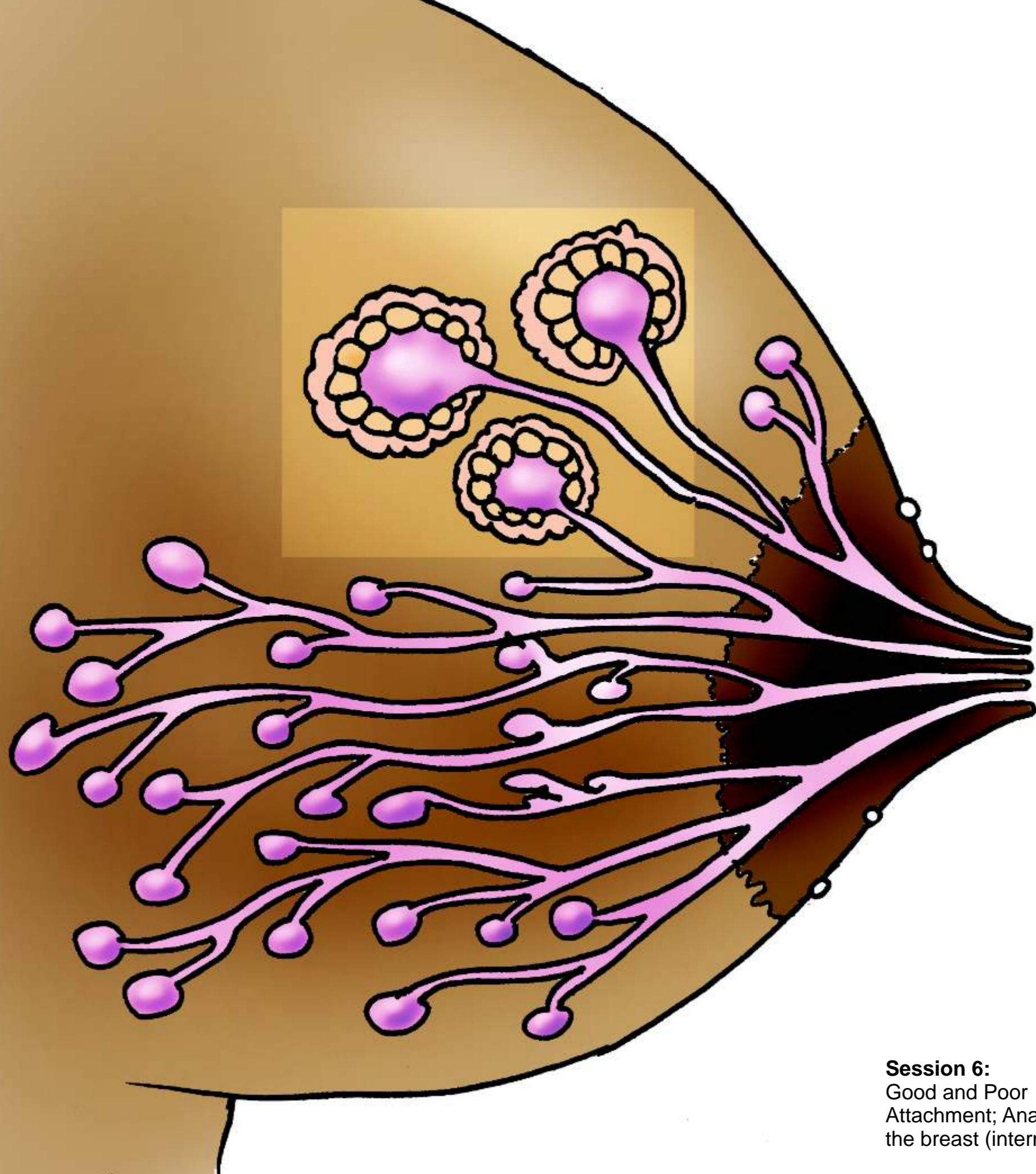
Session 6:
Good and Poor
Attachment; Anatomy of
the breast (internal)



Session 6:
Good and Poor
Attachment; Anatomy of
the breast (internal)



Session 6:
Good and Poor
Attachment; Anatomy of
the breast (internal)



Session 6:
Good and Poor
Attachment; Anatomy of
the breast (internal)



Session 6:
Photos of breast engorgement,
sore/cracked nipple, plugged duct and
mastitis



Session 6:
Photos of breast engorgement,
sore/cracked nipple, plugged duct and
mastitis



Session 6:
Photos of breast engorgement,
sore/cracked nipple, plugged duct and
mastitis



Session 7:
Illustrations of texture
(thickness/consistency – good and
poor) of porridge (cup and spoon)



Session 7:
Illustrations of texture
(thickness/consistency – good and
poor) of porridge (cup and spoon)



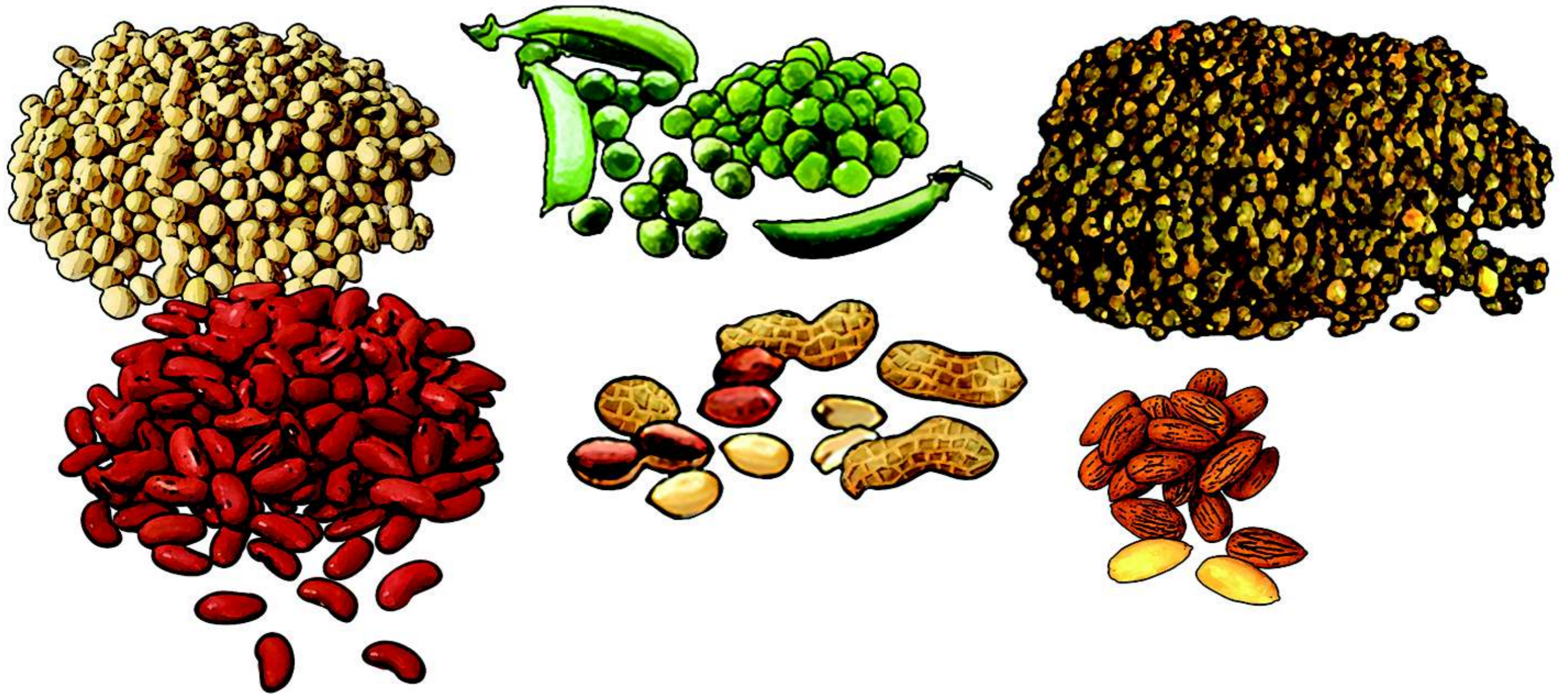
Session 7:
Illustrations of texture
(thickness/consistency – good and
poor) of porridge (cup and spoon)



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



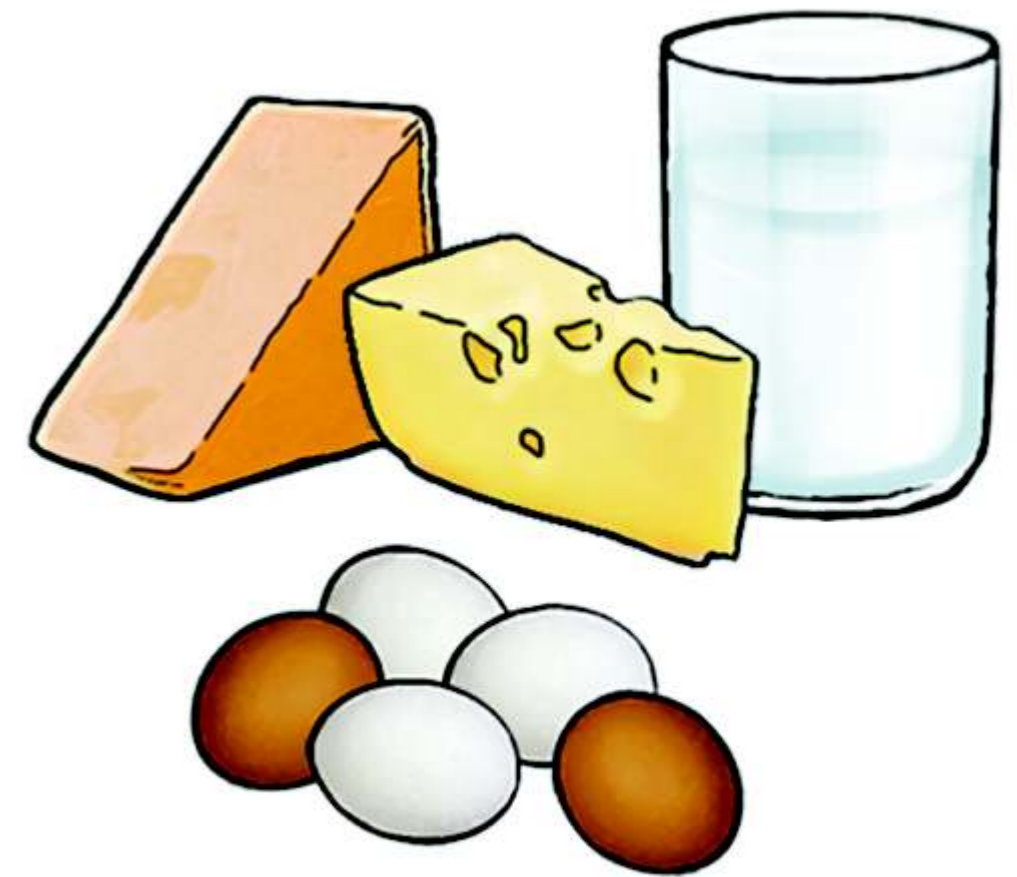
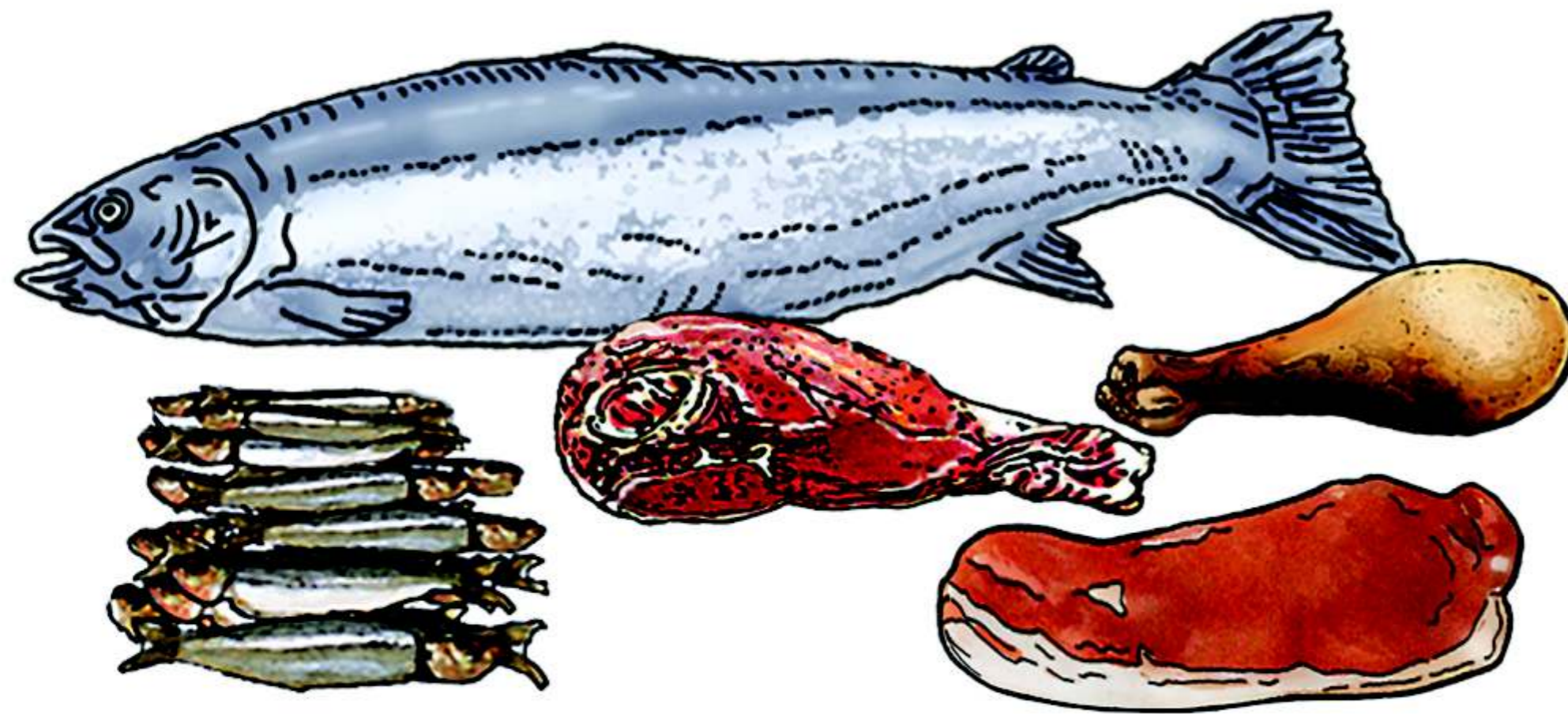
Session 7:
Illustrations of food groupings
(staples, legumes and seeds, vitamin
A rich fruits and vegetables, other
fruits and vegetables, animal-source
foods), and oils



Session 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 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 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 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 15 :
Illustrations of well nourished baby,
teenager/adolescent, adult woman,
and pregnant woman



Session 15 :
Illustrations of well nourished
baby, teenager/adolescent,
adult woman, and pregnant
woman



Session 15 :
Illustrations of well nourished
baby, teenager/adolescent, adult
woman, and pregnant woman



Session 15 :
Illustrations of well nourished baby,
teenager/adolescent, adult woman,
and pregnant woman

CHILDREN'S CLINIC CARD

CHILD'S PARTICULARS

Name of Health Facility		
Child's No.		
Child's Name	Boy/Girl	
Mother's or Guardian's Name	NRC no.	
Father's or Guardian's Name	NRC no.	
Date first seen	Date of Birth	Birth weight
Place of Birth:		
Where the family lives: address		

Tick if the child has/is:

Birth weight less than 2.5kg	
Birth defect/handicap	
Born within 2 years of last delivery	
Fully protected against Tetanus at birth	
Mother dead	
Father dead	
Number of brothers and sisters	Alive _____ Dead _____
Twin child	Alive _____ Dead _____
Any other reason for special attention:	

DEWORMING

For children aged 12 months and above, 500 mg Mebendazole every six months

Date	Medication	Date	Medication

IMMUNISATION RECORD

IMMUNISATION against Tuberculosis (TB)	
BCG (at birth)	Date
If no scar after 12 weeks, repeat dose. Unless symptomatic HIV	
Date	Date
IMMUNISATION against Polio (OPV), Diphtheria, Whooping Cough, Tetanus, Hib, Hepatitis B, Meningitis, Pneumonia (DPT-HepB-Hib) & Measles	
OPV 0 (at birth to 13 days)	Date
OPV 1 (at 6 weeks)	DPT-HepB-Hib 1 (at 6 weeks)
Date	Date
OPV 2 (at least 4 weeks after OPV 1)	DPT-HepB-Hib 2 (at least 4 weeks after DPT-HepB-Hib1)
Date	Date
OPV 3 (at least 4 weeks after OPV 2)	DPT-HepB-Hib 3 (at least 4 weeks after DPT-HepB-Hib 2)
Date	Date
OPV 4 (at 9 months, only if OPV 0 was not given)	Measles (at 9 months, or soon after. Unless symptomatic HIV)
Date	Date

OTHER IMMUNISATIONS

_____ Date _____

_____ Date _____

VITAMIN A SUPPLEMENTATION

Dosage: 0-5 months, 50,000 IU only if not breastfed;
6-11 months, 100,000 IU;
12-59 months, 200,000 IU every six months

Date	Dosage	Date	Dosage

MOTHER

Date Vit. A given to the mother _____

Vitamin A (1 dose of 200,000 IU) to be given soon after birth or within two months of delivery.

PMTCT

CE	MSU	CNE
Test by:		
DATE	R	NR
PCR 6/52		
Rapid Test 12/12		
Rapid Test 18/12		
MGA <input type="checkbox"/>		IGA <input type="checkbox"/>
Follow up time	6 Weeks	2 Months
Cotrimoxazole	3M	4M
Follow up time	5M	6M
Cotrimoxazole	7M	
Follow up time	8M	9M
Cotrimoxazole	10M	12M
	15M	18M
	24M	

Date baby referred for ART...../...../.....

Date initiated on ART...../...../.....

Age at initiation of ART.....

MONITORING OF INFANT AND YOUNG CHILD FEEDING

Follow up time	Birth	6 Days	1M	6W	2M	3M	4M	5M	6M
Infant feeding code									
Follow up time	7M	8M	9M	10M	11M	12M	15M	18M	24M
Infant feeding code									

Feeding Code:

- 1) Exclusive breast feeding (in the first 6 months, breast-feeding only, no water, no other fluids except medicines indicated by medical personnel)
- 2) Exclusive Alternative Infant Formula
- 3) Animal Milk
- 4) Mixed feeding (breast milk and other foods)
- 5) Continued breast feeding after six months in addition to other foods
- 6) Milk based feed after six months in addition to other foods
- 7) Other, specify

.....

.....

IMPORTANT:
 ☞ All infants and young children should be breastfed exclusively for the first six months of life and continue to breastfeed up to two years and beyond with adequate complementary feeding from six months of age unless medically indicated.

☞ Babies born to HIV positive mothers have special feeding needs. Discuss with a health worker.

IF THE CHILD HAS DIARRHOEA

☞ If the child is still on breast milk, continue breast feeding.

After each loose stool, do the following:

- ☞ Give ORS
- ☞ Give extra fluids
- ☞ Continue to feed the child.

Note: (dilute 1 sachet of ORS in 1 litre of boiled cooled water)

Go immediately to the nearest Health Centre.

PNEUMONIA

If a child has a cough with:

- Fast Breathing
- Difficulties in breathing
- Difficulties in breast-feeding

The child may have Pneumonia, **Go immediately to the nearest Health Centre.**

DISCUSS

- ☞ Breastfeeding
- ☞ Complementary feeding
- ☞ Immunisation
- ☞ Vitamin A supplementation
- ☞ Family planning
- ☞ Feeding during and after illness
- ☞ Safe food and drinking water
- ☞ Treatment of diarrhoea
- ☞ HIV/AIDS
- ☞ Malaria



Ministry of Health

ASSESSMENT OF NUTRITIONAL STATUS FOR ADULTS, USING WEIGHT AND HEIGHT






Y - axis
Height (cm) **Body Mass Index (BMI) reference table**

BMI references:

- <18.5 = Underweight
- 18.5 - 24.9 = Normal weight
- 25-29.9 = Overweight
- 30 and above = Obese

(Source: WHO, 1995)

If the meeting point falls in the:

-  Dark green area indicates underweight
-  Light green area is normal but tending towards underweight
-  White area indicates adequate weight for the height
-  Light red area indicates overweight
-  Dark red area indicates obesity

200	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	25	26	26	27	27	28	28	29	29	30	30
198	9	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31
196	9	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31
194	10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25	26	26	27	27	28	28	29	29	30	30	31	31	32
192	10	10	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	20	20	21	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	30	31	31	32	33
190	10	11	11	12	12	13	13	14	14	15	16	16	17	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	30	30	31	32	32	33	33	
188	10	11	11	12	12	13	14	14	15	15	16	16	17	18	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32	33	33	34
186	10	11	12	12	13	13	14	14	15	16	16	17	17	18	18	19	20	20	21	21	22	23	23	24	24	25	25	26	27	27	28	28	29	29	30	31	31	32	32	33	34	34	35
184	11	11	12	12	13	14	14	15	15	16	16	17	17	18	18	19	19	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	32	33	34	35	35
182	11	11	12	13	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	22	23	24	24	25	26	26	27	27	28	28	29	30	30	31	31	32	33	33	34	34	35	36	36
180	11	12	12	13	14	14	15	15	16	17	17	18	19	19	20	20	21	22	22	23	23	24	24	25	25	26	27	27	28	28	29	30	30	31	31	32	33	33	34	35	35	36	37
178	11	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	22	23	24	24	25	25	26	27	27	28	28	29	30	30	31	32	32	33	33	34	35	35	36	37	38
176	12	12	13	14	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	24	25	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	36	37	38	39
174	12	13	13	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	36	37	38	38	39	40
172	12	13	14	14	15	16	16	17	18	18	19	20	20	21	22	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	32	33	34	34	35	36	37	38	39	39	40	41	
170	12	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	24	24	25	26	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36	37	37	38	39	39	40	41	42
168	13	13	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	26	26	27	28	28	29	30	30	31	32	33	33	34	35	35	36	37	38	38	39	40	40	41	42	43
166	13	14	15	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	32	33	33	34	35	36	36	37	38	38	39	40	41	41	42	43	44
164	13	14	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	30	31	32	33	33	34	35	36	36	37	38	39	39	40	41	42	42	43	44	45
162	14	14	15	16	17	18	18	19	20	21	21	22	23	24	24	25	26	27	27	28	29	30	30	31	32	33	34	34	35	36	37	37	38	39	40	40	41	42	43	43	44	45	46
160	14	15	16	16	17	18	19	20	20	21	22	23	23	24	25	26	27	27	28	29	30	30	31	32	33	34	34	35	36	37	38	38	39	40	41	41	42	43	44	45	45	46	47
158	14	15	16	17	18	18	19	20	21	22	22	23	24	25	26	26	27	28	29	30	30	31	32	33	34	34	35	36	37	38	38	39	40	41	42	42	43	44	45	46	46	47	48
156	15	16	16	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	39	40	41	42	43	44	44	45	46	47	48	48	49
154	15	16	17	18	19	19	20	21	22	23	24	24	25	26	27	28	29	30	30	31	32	33	34	35	35	36	37	38	39	40	40	41	42	43	44	45	46	46	47	48	49	50	51
152	16	16	17	18	19	20	21	22	23	23	24	25	26	27	28	29	29	30	31	32	33	34	35	35	36	37	38	39	40	41	42	42	43	44	45	46	47	48	48	49	50	51	52

Weight Kg 36 38 40 42 44 46 48 50 52 54 56 58 60 62 64 66 68 70 72 74 76 78 80 82 84 86 88 90 92 94 96 98 100 102 104 106 108 110 112 114 116 118 120

x axis

$$\text{Body Mass Index (BMI)} = \frac{\text{Weight (Kg)}}{\text{Height (m)}^2}$$

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.
- It should not be used on pregnant women and people with Oedema.

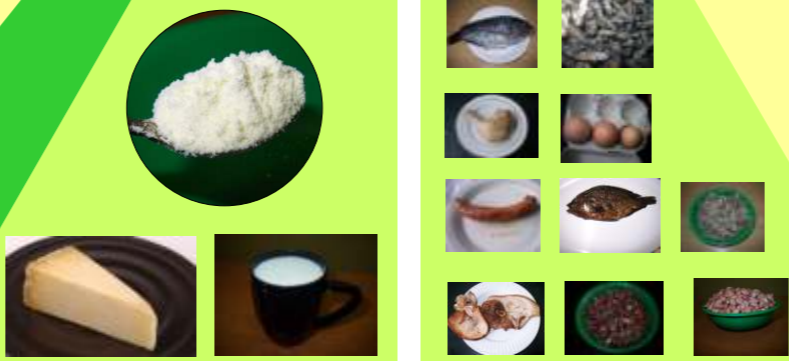


Recommended Daily Food Pyramid

Fats, Oils and Sweets
USE OCCASIONALLY



Milk, Yoghurt and Cheese
group
1- 2 SERVINGS



Meat, Poultry, Fish, dry beans,
Eggs and Nuts group
1-2 SERVINGS

Vegetable group
3- 5 SERVINGS



Fruit Group
2-4 SERVINGS

Bread, Cereal
Rice, and
Pasta
6-11 SERVINGS



For more information, contact your nearest health centre.

Produced by The National Food and Nutrition Commission with financial support from UNICEF

