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Survival Program

# **A Counseling Guide for Infant and Young Child Feeding in Mozambique**

Based on Results of Trials of Improved Practices (TIPs)  
Assessment

**September 2017**

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The Maternal and Child Survival Program (MCSP) is a global USAID cooperative agreement to introduce and support high-impact health interventions in 24 priority countries with the ultimate goal of ending preventable maternal and child deaths within a generation. In Mozambique, MCSP promotes a comprehensive, integrated package of sexual and reproductive, maternal, neonatal, and child health that includes nutrition, malaria, immunization, hygiene, water and sanitation, community health, and gender approaches.

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# Introduction

*The Counseling Guide for Infant and Young Child Feeding in Mozambique* was developed by the USAID Maternal and Child Survival Program (MCSP) based on the results of the infant and young child feeding (IYCF) practices assessment using Trials of Improved Practices (TIPs)<sup>1</sup> methodology, conducted in the districts of Angoche and Malema, in the province of Nampula, in Mozambique.<sup>2</sup> To understand barriers and facilitating factors to optimal IYCF, the assessment explored and identified current feeding practices, problems, and factors facilitating optimal practices based on interviews with mothers, along with feedback from mothers when they tried new IYCF practices. This information was used to develop the counseling guide, which is tailored to the cultural context of Nampula Province.<sup>3</sup> Further formative research is needed to contextualize counseling messages to other settings in Mozambique.

The guide is organized in the following sections:

- Age group: birth through 5 months
- Age group: 6 through 8 months
- Age group: 9 through 11 months
- Age group: 12 through 23 months
- Sick children, 6 through 23 months

This guide describes ideal practices for each age group, focused on identified feeding problems, and provides tailored recommendations for each problem as well as the identified motivations for practicing the recommendation. The ideal feeding practices and recommendations presented in this guide are based on the Social and Behavior Change Communication (SBCC) Strategy for the Prevention of Malnutrition in Mozambique, developed by the Ministry of Health in 2016, and are targeted at mothers.<sup>4</sup> Key influencers (including grandmothers, fathers, and health workers) also need to be targeted with communication messages to encourage and support mothers in practicing the recommendations.

## Counseling Tips for Health Care Providers and Community Health Workers

- Ask mothers how they are feeding their children.
- Talk to mothers about optimal practices, based on the age of the child.

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<sup>1</sup> TIPs identifies gaps in IYCF, motivations for feeding, and opportunities for improvement to determine whether mothers could make small, feasible changes in feeding their children. After working together with mothers to agree on alternative solution(s) to feeding problems identified in this study, mothers were able to carry out culturally tailored IYCF practices.

<sup>2</sup> Dicken, K, Griffiths M, Piwoz E. *Design by Dialogue: A Program Planner's Guide to Consultative Research for Improving Young Child Feeding*. Washington, DC: Manoff Group and Academy for Educational Development; 1997.

<sup>3</sup> This counseling guide was based, in part, on previous TIPs work: *Examining Factors Associated with Stunting in Lower Egypt in Comparison to Upper Egypt: Bridging the Gap Between Cultural Beliefs and Feasible Feeding Practices Through Trials for Improved Practices*. Washington, DC: USAID; 2014.

<sup>4</sup> Ministério da Saúde. *Estratégia de Comunicação para a Mudança Social e de Comportamento para a Prevenção da Desnutrição em Moçambique (2015–2019)*. Maputo, Mozambique; 2016.

- Use this counseling guide, which describes common problems women face in feeding their children according to the recommended practices. This guide can help in talking with mothers about how to address these problems, and why mothers would use the practice(s)—the motivations.
- Ask the mother if she can try one or two new infant and young child feeding practices.
- Follow up with mothers to see how they and their children are responding to the recommended practices (i.e., any challenges or questions). If possible, follow up with the mother in one to two weeks or as soon as you can. If one practice is not feasible for the mother, child, or family, consider recommending another practice. Once she masters the initial recommended practices, suggest another one or two to try, and continue this counseling process as the child grows.

# Age Group: Birth through 5 Months

## Ideal feeding practices:

- Initiate breastfeeding within one hour after birth.
- Feed the baby the colostrum (mother’s “first milk,” which is yellow in color).
- Practice exclusive breastfeeding from birth to 6 months, giving only breast milk without any other liquids or foods.
- Breastfeed the baby on demand (whenever the child wants), day and night.
- Breastfeed from one breast until it has been emptied and becomes soft, and only then change to the other breast if the child still wants to feed. In the next breastfeeding session, start from the fuller breast, emptying that again before changing to the other breast.

AGE GROUP: BIRTH THROUGH 5 MONTHS		
Feeding Problem	Recommendation	Motivation
<p>The mother doesn’t initiate breastfeeding within an hour after birth</p> <p>(Because she is advised to rest, or the baby rejects the breast, or the milk doesn’t come out)</p>	<ul style="list-style-type: none"> <li>• Breastfeed your baby within an hour after s/he is born.</li> <li>• If your milk doesn’t come out, lightly massage the breast and squeeze the areola to release some drops of milk. The baby will sense the smell and will start to suckle. Continue offering the breast and let your baby suck on it, until your milk starts to flow.</li> <li>• Do not give any other liquids or foods to the baby before offering breast milk, unless prescribed by a health professional.</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding immediately after birth will help you recover more rapidly from giving birth.</li> <li>• Babies naturally recognize the smell of milk and shape of the breast, and they are ready to suckle soon after being born.</li> <li>• A mother’s belly is the most comfortable place for babies to be in. When they’re born, they need the comfort of the mother’s breast to adapt to their new environment, regulate their temperature, and bond with the most important person in the world for them—their mother.</li> </ul>
<p>The mother doesn’t feed the colostrum to her baby, or only feeds it because she has no alternative</p> <p>(Because the mother thinks the first milk is “dirty milk,” or the mother doesn’t have information on the benefits of this milk and is unsure if the milk is good or bad)</p>	<ul style="list-style-type: none"> <li>• Feed your baby the “first milk,” which is yellow and thick.</li> <li>• Do not throw away this milk or substitute it with formula milk or other liquids.</li> </ul>	<ul style="list-style-type: none"> <li>• This milk is very healthy and has lots of vitamins and energy for your baby to grow strong.</li> <li>• This milk is the first “vaccine” your baby receives; it will help the baby build defenses against illnesses.</li> <li>• Colostrum doesn’t cost you any money and is much better than formula milk or any other liquids you could give to your baby.</li> </ul>

**AGE GROUP: BIRTH THROUGH 5 MONTHS**

Feeding Problem	Recommendation	Motivation
		<ul style="list-style-type: none"> <li>• Colostrum helps your baby pass a first, dark stool and keeps his/her intestines functioning well.</li> </ul>
<p>The mother breastfeeds for a short time only (1 to 5 minutes) and does not empty the breasts at each feed</p> <p>(Because of a lack of knowledge of the benefits of prolonged breastfeeding and the need to tend to other daily tasks)</p>	<ul style="list-style-type: none"> <li>• Always start each breastfeeding session with the fuller breast.</li> <li>• Completely empty one breast until it is soft and only then offer the other breast.</li> <li>• Let the baby let go of the breast; never take the breast away from the baby.</li> </ul>	<ul style="list-style-type: none"> <li>• Your baby will get all the water and food your breast milk has to offer, will be satisfied for longer, and will not cry as often. This means you will have more time to tend to your other tasks.</li> <li>• Your baby will grow better and be healthier.</li> <li>• When you empty your breast completely, problems such as engorgement or mastitis can be prevented, and you continue to produce enough breast milk for your baby from both breasts.</li> </ul>
<p>Breastfeeding is not exclusive; the mother introduces liquids or foods such as water, artificial juice, formula, porridge, instant porridge, or cookies crushed in hot water</p> <p>(Because the mother believes she has insufficient milk as her baby cries after breastfeeding, or she just believes it is time for the baby to drink water or other liquids or eat foods based on cues the baby gives)</p>	<ul style="list-style-type: none"> <li>• Stop giving your baby other liquids, formula, or foods (name the particular foods or liquids the mother is giving her baby).</li> <li>• Breastfeed more times during the day and for longer periods from each breast to increase your breast milk production. The more the baby suckles, the more breast milk you produce.</li> <li>• Drink more fluids, such as water and milk, to increase your milk production.</li> <li>• Breastfeeding is very demanding of your body—eat three meals a day and include one or two snacks if possible to keep your milk production up and your body healthy.</li> <li>• Eat a variety of nutritious foods during the time you're breastfeeding (e.g., fruits, vegetables, meat, fish, legumes, nuts, etc.), as all this goodness</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk has enough water and food for a baby until they turn 6 months of age; until then, they don't need any other liquids or foods.</li> <li>• All mothers are able to produce enough milk for their babies; allow yourself and the baby enough time for breastfeeding.</li> <li>• Giving other foods and liquids before 6 months is introducing a way for bacteria to get into your baby's body, making the baby sick.</li> <li>• Breast milk is the most convenient food to give your baby: it is free, clean, and always at the right temperature.</li> <li>• Babies who have only breast milk in the first 6 months grow much better physically and mentally and get sick less often than babies who don't.</li> </ul>

**AGE GROUP: BIRTH THROUGH 5 MONTHS**

<b>Feeding Problem</b>	<b>Recommendation</b>	<b>Motivation</b>
	<p>will go to your baby through breast milk.</p> <ul style="list-style-type: none"><li>• If you're feeling stressed, your breast milk production may suffer. Seek support from family, friends, and health providers to keep your breast milk production up.</li></ul>	



# Age Group: 6 to 8 Months

## Ideal feeding practices:

- Continue breastfeeding on demand, day and night.
- Introduce nutritious mashed and semi-solid complementary food at 6 months, and as the child adapts, gradually make the foods coarser in texture for them to start chewing (even if they still don't have teeth).
- Start with two tablespoons of food at each meal at 6 months, and gradually increase this amount from three tablespoons to half a cup.
- Frequency of meals per day: feed at least two meals per day for a child who is breastfed; if a child is not breastfeeding, feed the child three to four meals plus one to two cups of milk per day.
- Offer the baby a variety of foods every day from the following four food groups,<sup>5</sup> according to Mozambique guidance, including cereals and tubers for energy, but also seasonal fruits and vegetables that are rich in vitamins and minerals and protect your baby from illness; legumes such as peas, beans, and lentils that help build their bodies strong; animal-source foods such as meat, fish, poultry, liver/organ meats, and eggs to also build their bodies and brains strong; and foods prepared with healthy fats, such as vegetable oils, coconut, and ground peanuts or cashews, for them to grow well.
- Offer the baby well cooked and shredded/mashed meat, poultry, fish, eggs, beans, peas, or lentils daily.
- Feed the baby soft, seasonal fruit every day. Serve the fruit by itself (mashed) or mixed with porridge on the baby's plate.
- Avoid feeding the child with shop-bought or street foods and drinks. These are generally full of sugar or salt and may be prepared in nonhygienic conditions, which can make your child sick. Use your money wisely on healthier, more nutritious options, such as fruits and meat, fish, or eggs, and prepare foods and drinks from these at home.
- Make meal time enjoyable time in each other's company, with songs and play to stimulate the child. Learn your baby's cues of hunger. Feed the baby patiently, from their own plate, and encourage them to eat.
- Provide the baby with clean, treated water to drink after meals. Store drinking water in a clean container with a lid and a tap, or ensure the water dispenser does not come in direct contact with hands or floor.
- Wash your hands with clean water and soap or ash before preparing food or feeding food to the baby, and ensure the baby's hands are clean at all times, especially meal time.

AGE GROUP: 6 TO 8 MONTHS		
Feeding Problem	Recommendation	Motivation
<p>The mother breastfeeds for a short time only (1 to 5 minutes) and does not empty the breasts at each feed</p> <p>(Because of a lack of knowledge of the benefits of prolonged</p>	<ul style="list-style-type: none"> <li>• Always start each breastfeeding session with the fuller breast.</li> <li>• Completely empty one breast until it is soft and only then offer the other breast.</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk continues to be the major source of food and water for your baby at this age; allow yourself and the baby enough time for breastfeeding.</li> <li>• Your baby will get all the water and food your breast milk has to</li> </ul>

<sup>5</sup> Mozambique uses four food groups: energy-source foods including cereals and tubers; protecting foods, including vegetables and fruits; "body-building" foods, including both animal- and vegetable-source proteins; and energy-dense foods such as oils, sugars, and nuts, rather than the eight food groups used by the World Health Organization.

AGE GROUP: 6 TO 8 MONTHS		
Feeding Problem	Recommendation	Motivation
breastfeeding and need to tend to other daily tasks)	<ul style="list-style-type: none"> <li>Let the baby let go of the breast; never take the breast away from the baby.</li> </ul>	<p>offer, will be satisfied for longer, and will not cry as often. This means you will have more time to tend to your other tasks.</p> <ul style="list-style-type: none"> <li>Your baby will grow better and be healthier.</li> <li>When you empty your breast completely, problems such as engorgement or mastitis can be prevented, and you continue to produce enough breast milk for your baby from both breasts.</li> </ul>
<p>Baby is still not fed (semi-solid) foods and depends only on breastfeeding</p> <p>(Because of a lack of information on the appropriate time to introduce foods, or because the mother thinks the baby is not yet ready to start to eat foods, or because she doesn't have anything besides breast milk to give to the child)</p>	<ul style="list-style-type: none"> <li>Continue to breastfeed every time the child wants, during the day and night.</li> <li>Add food to “complement” the nutrients in breast milk. If your baby is interested in eating other foods, you can breastfeed before a meal; if your baby is not interested in eating other foods, breastfeed after or between meals.</li> <li>Start feeding baby two tablespoons of soft, mashed foods two times per day. Increase the amount and frequency as the baby adapts to the new diet.</li> <li>Food should be thick, not watery, meaning they should not fall off a spoon easily. For example, mashed tubers (sweet potato, potato, cassava); vegetables (pumpkin, carrot, spinach, okra); fruits (banana, papaya, guava, mango, wild fruits, orange, pineapple); legumes (beans); or thick porridge made from flour and water, enriched with peanuts, coconut, oil, egg, fruits, legumes, leafy greens, fish, meat, or poultry (i.e., foods available at home).</li> </ul>	<ul style="list-style-type: none"> <li>By 6 months, breast milk is still an important part of the baby's diet but is no longer enough on its own for his/her development; your baby needs more food to grow well physically and mentally.</li> <li>By 6 months, your baby is hungry for food.</li> <li>The baby can swallow well by now if foods are soft and mashed or cut into very small pieces.</li> <li>Feeding your baby nutritious foods protect your baby from malnutrition and infection.</li> </ul>

AGE GROUP: 6 TO 8 MONTHS		
Feeding Problem	Recommendation	Motivation
<p>Child is fed foods with inappropriate consistency for their age (watery instead of thick foods, or foods too hard to swallow, like dry cassava or xima)</p> <p>(Because of a lack of information on the appropriate consistency of foods according to age or acceptance)</p>	<ul style="list-style-type: none"> <li>At 6 months, feed your child soft foods (e.g., porridges or mashed foods). As they adapt to a semi-solid diet, you can start leaving a few pieces of soft, solid foods in their mashed foods or giving them small pieces of soft foods to chew on.</li> <li>Mashed foods or porridges should be thick, not watery (i.e., should not fall off a spoon easily).</li> <li>Delay the introduction of hard foods such as solid xima or dry cassava until the child has adapted to a more solid diet.</li> </ul>	<ul style="list-style-type: none"> <li>It is okay to give thick foods now; they will not cause stomach aches in your child.</li> <li>Your child is able to chew on soft pieces of food with their gums, even if they don't have teeth.</li> <li>Hard and solid foods are difficult for your child to chew on and swallow and could cause them to choke.</li> <li>Thick foods are richer in energy and vitamins and will nourish your child better than watery foods.</li> <li>Your baby will be happier with thick foods and will sleep well and cry less, and you can take care of other tasks with less interruption.</li> </ul>
<p>The baby's diet is monotonous; the baby eats the same foods every day</p> <p>The baby does not receive foods from four different food groups on a daily basis</p> <p>The porridges are made from the same flour (cassava) every day</p> <p>The porridges the baby receives are only enriched with salt or sugar</p> <p>The baby is not fed legumes, vegetables, fruits, chicken, meat, fish, eggs or a source of fat on a daily basis</p> <p>(Because of the seasonal character of fruits and vegetables; lack of financial means to provide a diverse diet; and lack of information on the benefits of diversifying the diet of the child)</p>	<ul style="list-style-type: none"> <li>Diversify your child's diet; prepare something different at each meal (e.g., enriched porridge for one meal, and mashed papaya for another meal).</li> <li>Use different types of flour (cassava, corn, sorghum, millet, rice flour) or tubers (cooked sweet potato, potato, cassava) for the porridge.</li> <li>Enrich the porridge with what you have available at the moment: use different types of leaves (e.g., pumpkin, sweet potato, spinach, cassava, or moringa leaves), ground peanuts, a tablespoon of vegetable oil (like corn or sunflower seed oil), or a whole egg for savory porridges.</li> <li>To sweeten porridges, use fruits (banana, papaya, guava, mango, wild fruits) rather than sugar. <ul style="list-style-type: none"> <li>Offer the child fermented porridges.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>To grow and develop well, your child needs a diverse diet, eating foods from all four food groups daily.</li> <li>No single food can give your child all they need to grow and develop well.</li> <li>If you vary the food you give to the child, the child will get to know different tastes and will like and eat more things.</li> <li>Vegetables and fruits contain vitamins and minerals important to your baby, and will help to prevent and protect the baby from illnesses, diseases, vitamin deficiencies, and anemia.</li> <li>Fruits have a much higher nutritious value than sugar. Your baby will like the sweetness of the fruit.</li> <li>Legumes should be part of your child's daily diet and can be good substitutes for meat, fish, or poultry. <ul style="list-style-type: none"> <li>Moringa is regarded as a super-food, is rich in nutrients, and is readily</li> </ul> </li> </ul>

AGE GROUP: 6 TO 8 MONTHS		
Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> <li>• Give mashed vegetables (pumpkin, zucchini, carrot, tomato, spinach, okra) and fruits (banana, papaya, guava, mango, wild fruits, orange, pineapple) as a snack to your child, at least once per day.</li> <li>• Vary the colors of the mashed vegetables you give; make sure your baby is getting green, yellow, or orange vegetables daily.</li> <li>• Feed your baby different types of mashed legumes (beans or peas).</li> <li>• Give your baby a portion of chicken, meat, or fish once per day (at least two heaped tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in, but also the flesh. Cut, pound, or shred it into very small pieces and cook it well so that your child can swallow it, removing any bones from fish. Mix it with mashed vegetables to be suitable for your baby.</li> <li>• If you do not have a source of chicken, meat, or fish daily, be sure to give the child mashed beans, peas, or lentils daily.</li> </ul>	<p>available. Use it abundantly in your child's diet.</p> <ul style="list-style-type: none"> <li>• Eggs are good for your child to grow well.</li> <li>• Fermented porridges have a higher energy value than simple porridge. Fermented food helps the development of the intestinal flora of your baby and prevents diarrhea. You can store fermented porridge longer than plain porridge.</li> <li>• Eating foods containing fat (such as vegetable oils) will improve your child's physical and mental growth. Your baby will feel full and happy.</li> <li>• Your baby needs fish and meat to build a healthy body, protect from anemia or malnutrition, improve immunity, and protect from diseases. Broth is not enough—it does not help your baby grow and will not fill the baby up. Giving flesh foods will make your child healthier, happier, and more playful.</li> </ul>
<p>Baby is fed non-nutritive liquids or foods (artificial juices in powder form diluted in water, soft drinks, sugary cakes, cookies, and biscuits)</p> <p>(Because of a lack of information on the adverse health effects of</p>	<ul style="list-style-type: none"> <li>• Do not offer artificial drinks and sugary cakes, cookies, and biscuits.</li> <li>• Use your money to buy more nutritious foods such as fruits, vegetables, peanuts, eggs, meat, or oil.</li> </ul>	<ul style="list-style-type: none"> <li>• These foods and liquids only take up space in your child's belly—they are not nutritious and do not help your baby grow.</li> <li>• These foods and liquids contain preservatives, colorings, and food</li> </ul>

**AGE GROUP: 6 TO 8 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>these foods, because the mother believes these foods to be healthy and good, or because the child cries for these foods)</p>	<ul style="list-style-type: none"> <li>• Give your baby a snack such as half a banana or a piece of cooked sweet potato instead of cakes or cookies.</li> <li>• Give your baby clean, treated water or fresh fruit juices to drink instead of soft drinks and artificial juices.</li> </ul>	<p>additives, which can be harmful to your child.</p> <ul style="list-style-type: none"> <li>• These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, diabetes).</li> <li>• These foods are very expensive. It is cheaper for you and better for the child to buy an egg or some fruit.</li> </ul>
<p>Child is fed with untreated water (Because of a lack of knowledge or perceived lack of time)</p>	<ul style="list-style-type: none"> <li>• Boil the water you take from the well or treat it with chlorine (e.g., Certeza).</li> <li>• Keep treated water for drinking in a covered container with a tap.</li> <li>• Do not put your hands in direct contact with the water; instead use a tap or a ladle with a long handle to dispense the water.</li> <li>• Make sure you treat and adequately store water every few days so you have fresh clean water available every day.</li> </ul>	<ul style="list-style-type: none"> <li>• If you keep water from the well uncovered for a few days it will get contaminated. Such water will cause your baby to have diarrhea or vomit.</li> <li>• After you boil or treat the water, keep it covered and dispense it through a tap; this water will be clean and safe to drink.</li> <li>• Giving safe water to your child to drink protects them and ensures they develop and grow better.</li> </ul>
<p>Baby is not fed on a separate plate so the mother doesn't know how much food the baby is eating (Because the mother believes that the child will otherwise not learn how to share, or the mother thinks that the child will eat enough anyway)</p>	<ul style="list-style-type: none"> <li>• Feed your child from his/her own plate.</li> </ul>	<ul style="list-style-type: none"> <li>• It will be easier to ensure they have had enough to eat.</li> <li>• If your child shares foods with older siblings, your child will likely not have enough food to eat.</li> <li>• Your baby will grow well because he/she will have eaten the amount of food he/she needs.</li> <li>• This will help your child learn to be independent.</li> </ul>
<p>The mother doesn't practice hygienic behavior during feeding The hands of the mother and child are dirty during feeding</p>	<ul style="list-style-type: none"> <li>• Avoid your breasts coming in contact with dust or dirt and clean the part around the nipple before you breastfeed. Change your blouse when you</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping your child clean and making sure they eat in hygienic conditions will prevent from them becoming ill (e.g., with diarrhea or vomiting).</li> </ul>

AGE GROUP: 6 TO 8 MONTHS		
Feeding Problem	Recommendation	Motivation
<p>The child is seated in the dust while eating</p> <p>(Because of a lack of information on the risks of non-hygienic behaviors for health)</p>	<p>come back from working in the fields.</p> <ul style="list-style-type: none"> <li>• Wash your hands and the child's hands with clean water and soap or ash before you start preparing food or feeding.</li> <li>• Feed your child seated on a mat, not on the ground in the dust.</li> <li>• Don't let the food of the child or the child's hands come in contact with dirt or dust during feeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Your child will grow better and be healthier.</li> </ul>

# Age Group: 9 to 11 Months

## Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night.
- Feed the child a variety of energy- and nutrient-dense foods from these four food groups: vegetables and fruits; animal-source foods; legumes, tubers, and cereals; and foods prepared with healthy fats such as vegetable oils, coconut, and ground peanuts or cashews). Your child should get different foods from the four food groups every day.
- Feed your child three meals per day, plus one or two snacks.
- Serve your child about eight tablespoons (half a cup or 120 ml) of food per meal and gradually increase this to one cup.
- At this age, your child should have the ability to pick foods up with their fingers and bring them to their mouth. Give them finger foods such as cut-up fruits, bread, or a piece of sweet potato or cassava.
- Feed the child well-cooked meat, poultry, fish, eggs, beans, peas, or lentils daily, shredded or cut in small pieces, according to the child's acceptance.
- Feed the child seasonal fruit every day. Serve the fruit alone, in small pieces that the child can pick up and eat with their own hands, in home-made cakes, or mixed with porridge.
- Make meal time enjoyable time in each other's company, with songs and play to stimulate the child. Learn your child's cues of hunger. Feed the child patiently, from their own plate, and encourage them to eat.
- Provide the child with clean, treated water to drink after meals. Store drinking water in a clean container with a lid and a tap, or ensure the water dispenser does not come in direct contact with hands or floor.
- Wash your hands with clean water and soap or ash before preparing food or feeding food to the child, and ensure the child's hands are clean at all times, especially meal time.

AGE GROUP: 9 TO 11 MONTHS		
Feeding Problem	Recommendation	Motivation
The mother breastfeeds for a short time only (1 to 5 minutes) and does not empty the breasts at each feeding	<ul style="list-style-type: none"> <li>• Be sure to use both breasts at each feeding.</li> <li>• Breastfeed from one breast until it is soft and empty.</li> <li>• Wait until the baby leaves the breast; never take the breast from the baby.</li> </ul>	<ul style="list-style-type: none"> <li>• You will produce more milk.</li> <li>• Your baby will get more milk and will be satisfied and will not cry as often.</li> <li>• Your baby will grow better and be healthier.</li> <li>• The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your baby long enough so your baby receives all the nutrients from the breast milk, which helps your baby grow.</li> <li>• If you don't empty your breast during the feeding, it will remain full and can</li> </ul>

**AGE GROUP: 9 TO 11 MONTHS**

Feeding Problem	Recommendation	Motivation
		<p>start to hurt. When you empty your breast completely, problems such as engorgement or mastitis can be prevented.</p>
<p>Baby is fed foods with a consistency that is not appropriate for his/her age (watery instead of semi-solid foods, or foods too hard to swallow, like dry cassava or solid xima)</p> <p>(Because of a lack of information on the appropriate consistency of the foods for the child's age, or because the mother doesn't have anything else to give to the child)</p>	<ul style="list-style-type: none"> <li>• Feed your child foods cut in small pieces, shredded, or only partly mashed.</li> <li>• Feed your child finger foods like pieces of cooked sweet potato or cassava, bread, and cut fruits.</li> </ul>	<ul style="list-style-type: none"> <li>• At this age, your child should have the ability to pick foods up with their fingers and bring them to their mouth.</li> <li>• Your child should now be able to chew small pieces of cut-up or shredded foods.</li> </ul>
<p>Baby is not fed enough food according to age</p> <p>(Because the mother doesn't have enough food available or because of lack of information on the amount the baby needs to eat)</p>	<ul style="list-style-type: none"> <li>• Give your child eight tablespoons (half a cup of food) and gradually increase that amount to a full cup.</li> </ul>	<ul style="list-style-type: none"> <li>• Your child is growing rapidly; they need more food to grow better and be healthier.</li> <li>• Eating enough food to meet their needs protects your baby from getting sick and becoming malnourished.</li> <li>• Your baby will be happier, satisfied, and not hungry, and you can take care of your daily tasks with less interruption.</li> </ul>
<p>The baby's diet is simple and repetitive, with no variation; the baby eats the same foods every day</p> <p>The baby does not receive foods from four different food groups on a daily basis</p> <p>The porridges the baby receives are only enriched with salt or sugar</p> <p>The baby is not fed legumes, vegetables, fruits, chicken, meat, fish, eggs, or a source of fat on a daily basis</p>	<ul style="list-style-type: none"> <li>• Diversify the diet of your child; prepare something different for the child every day.</li> <li>• Use different types of flour (cassava, corn, sorghum, mexoeira flour) for the porridge and the xima.</li> <li>• Enrich the porridge with what you have available at the moment: use different types of leaves (e.g., pumpkin, sweet potato, spinach, cassava, moringa leaves), ground peanuts, a tablespoon of vegetable oil (like corn or sunflower seed oil), or a whole egg for savory porridges.</li> </ul>	<ul style="list-style-type: none"> <li>• To grow and develop well, your child needs a diverse diet, eating foods from all four food groups daily.</li> <li>• These foods have a strong nutritious value that your child will benefit from.</li> <li>• If you vary the food you give to the child, the child will get to know different tastes and will like and eat more things.</li> <li>• Fruits have a much higher nutritious value than sugar, which has no benefit for your child's health and growth. Your baby will like the sweetness of the fruit.</li> </ul>



**AGE GROUP: 9 TO 11 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>The porridges and xima are made from the same flour (cassava) every day</p> <p>(Because of the seasonal character of fruits and vegetables, lack of financial means to provide a diverse diet, and lack of information on the benefits of diversifying the diet of the child)</p>	<ul style="list-style-type: none"> <li>• To sweeten porridges, use fruits (banana, papaya, guava, mango, wild fruits) rather than sugar.</li> <li>• Offer the child fermented porridges.</li> <li>• Include different types of leafy greens (e.g., pumpkin, sweet potato, spinach, cassava, moringa leaves), legumes (different types of beans or peas), vegetables (e.g., pumpkin, sweet potato, carrot, tomato, okra, onion), egg, meat, and fish in the curries that accompany the xima.</li> <li>• Give mashed vegetables (sweet potato, cassava, pumpkin, zucchini, carrot, potato, tomato, spinach, okra) and fruits (banana, papaya, guava, mango, wild fruits, orange, pineapple) as a snack to your child, at least once per day.</li> <li>• Vary the colors of the mashed vegetables you give; make sure your baby is getting green, yellow, or orange vegetables daily.</li> <li>• Give your baby a portion of chicken, meat, or fish once per day (at least two heaped tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in, but also the flesh. Cut, pound, or shred it into very small pieces and cook it well so that your child can swallow it, removing any bones from fish. Mix it with mashed vegetables to be suitable for your baby.</li> <li>• If you do not have a source of chicken, meat, or fish daily, give your baby meals made from beans and grains daily (for example, peeled mashed beans or peas, or moringa).</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables and fruits will improve your baby’s appetite and growth. They contain vitamins and minerals important to your baby and will help to prevent and protect him/her from illnesses, diseases, vitamin deficiencies, and anemia.</li> <li>• Legumes and grains are good for your baby’s growth and can be given to the baby if you do not have chicken meat, chicken liver, fish, or red meat available.</li> <li>• Moringa contains vitamins and minerals that make it an excellent substitute when you can’t afford meat or fish.</li> <li>• Eggs are good for your child and will help him/her grow well.</li> <li>• Fermented porridges have a higher energy value than simple porridge. Fermented foods help the development of the intestinal flora of your baby and prevent diarrhea. You can store fermented porridge longer than plain porridge.</li> <li>• Eating foods containing fat (such as vegetable oils) will improve your baby’s appetite and improve his physical and mental growth. Your baby will feel full and happy.</li> <li>• Chicken, meat, or fish will help your baby be strong and healthy. The baby will be happier and playful. Broth is not enough—it does not help your baby grow and will not fill the baby up. Children need fish and meat to build a healthy body, protect from anemia or malnutrition, improve immunity, and protect from diseases.</li> </ul>

**AGE GROUP: 9 TO 11 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>Baby is fed non-nutritive liquids or foods (artificial juices in powder form diluted in water, soft drinks, sugary cakes, cookies, and biscuits)</p> <p>(Because of a lack of information on the adverse health effects of these foods, because the mother believes these foods to be healthy and good, or because the child cries for these foods)</p>	<ul style="list-style-type: none"> <li>• Stop giving these types of foods or liquids. Babies younger than two years of age should never have these foods. Children older than two years of age should only have them on special occasions.</li> <li>• Instead of buying cookies or cakes, buy peanuts, eggs, or oil to enrich porridges.</li> <li>• Give your baby a snack such as half a banana or a piece of cooked sweet potato instead of cakes or cookies.</li> <li>• Give your baby treated, clean water instead of soft drinks and artificial juices.</li> </ul>	<ul style="list-style-type: none"> <li>• These foods and liquids are not nutritious for your baby and do not help your baby grow.</li> <li>• These foods and liquids contain preservatives, coloring, and food additives, which can be harmful to your baby.</li> <li>• These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, diabetes).</li> <li>• These foods are very expensive. It is cheaper for you and better for the child to buy an egg or some fruit.</li> </ul>
<p>Child is fed with untreated water</p> <p>(Because of a lack of knowledge or perceived lack of time)</p>	<ul style="list-style-type: none"> <li>• Boil the water you take from the well or treat it with chlorine (e.g., Certeza).</li> <li>• Keep treated water for drinking in a covered container with a tap.</li> <li>• Do not put your hands in direct contact with the water; instead use a tap or a ladle with a long handle to dispense the water.</li> <li>• Make sure you treat and adequately store water every few days so you have fresh clean water available every day.</li> </ul>	<ul style="list-style-type: none"> <li>• If you keep water from the well uncovered for a few days it will get contaminated. Such water will cause your baby to have diarrhea or vomit.</li> <li>• After you boil the water, keep it covered and dispense it with a tap or long-handled ladle; this water will be clean and safe to drink.</li> <li>• Giving safe water to your child to drink protects them and ensures they develop and grow better.</li> </ul>
<p>Baby is not fed from a separate plate; mother does not stay with baby during meals</p> <p>Sometimes siblings take the baby's food</p> <p>(Because the mother believes that the child will otherwise not learn how to share, or the mother trusts that the siblings will leave</p>	<ul style="list-style-type: none"> <li>• Feed your baby from his/her own plate; the baby should not share a plate with siblings.</li> <li>• Stay with your baby during meals.</li> </ul>	<ul style="list-style-type: none"> <li>• It will be easier to see how much your baby eats.</li> <li>• Older siblings will take too much food and leave too little for your baby.</li> <li>• Your baby will grow well because he/she will have eaten the amount of food he/she needs.</li> </ul>

**AGE GROUP: 9 TO 11 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>enough food for the child or thinks that she will be able to see if the child hasn't eaten enough because the child will continue to cry after meals)</p>		
<p>The mother doesn't practice hygienic behavior during feeding</p> <p>The breasts and hands of the mother and child are dirty during feeding</p> <p>The child is seated in the dust while eating</p> <p>(Because of a lack of information on the risks of non-hygienic behaviors for health)</p>	<ul style="list-style-type: none"> <li>• Avoid your breasts coming in contact with dust or dirt and clean the part around the nipple before you breastfeed. Change your blouse when you come back from working in the fields.</li> <li>• Wash your hands and the child's hands with clean water and soap or ash before you start preparing food or feeding.</li> <li>• Feed your child seated on a mat, not on the ground in the dust.</li> <li>• Don't let the food of the child or the child's hands come in contact with dirt or dust during feeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping your child clean and making sure they eat in hygienic conditions will prevent them from becoming ill (e.g., with diarrhea or vomiting).</li> <li>• Your child will grow better and be healthier.</li> </ul>

# Age Group: 12 to 23 Months

## Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night.
- Feed the child family foods (with the right texture for their age, avoiding foods that are too dry or hard to swallow).
- Feed at least three meals per day to the breastfed child; the non-breastfed child should receive four to five meals and one to two cups of milk per day.
- Feed the child a variety of energy- and nutrient-dense foods with a little fat (vegetables/fruits, sources of vitamin A, and foods prepared with fat).
- Feed the child meat, poultry, fish, eggs, beans, peas, or lentils daily.
- Serve the child about one cup (16 tablespoons or 240 ml) of food per meal.
- Total kcal required from complementary foods: 548 (with average breast milk intake). Required intake for non-breastfed children is 894 kcal.
- Practice responsive feeding. Feed the child directly and assist older children to eat from their own plate. Encourage the child to eat. Feed patiently.

AGE GROUP: 12 TO 23 MONTHS		
Feeding Problem	Recommendation	Motivation
The mother breastfeeds for a short time only (1 to 5 minutes) and does not empty the breasts at each feeding	<ul style="list-style-type: none"> <li>• Be sure to use both breasts at each feeding.</li> <li>• Breastfeed from one breast until it is soft and empty.</li> <li>• Wait until the child leaves the breast; never take the breast from the child.</li> </ul>	<ul style="list-style-type: none"> <li>• You will produce more milk.</li> <li>• Your child will get more milk and will be satisfied and will not cry as often.</li> <li>• Your child will grow better and be healthier.</li> <li>• The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your child long enough so your child receives all the nutrients from the breast milk, which helps your child grow.</li> <li>• If you don't empty your breast during the feeding, it will remain full and can start to hurt. When you empty your breast completely, problems such as engorgement or mastitis can be prevented.</li> </ul>
Child is fed food with a consistency that is not appropriate for his age (watery instead of semi-solid or solid foods, or	<ul style="list-style-type: none"> <li>• Feed your child small bites of the same foods you feed the rest of the family.</li> </ul>	<ul style="list-style-type: none"> <li>• Your child is older now, and she/he needs the same foods you give the rest of the family to continue to grow.</li> </ul>

**AGE GROUP: 12 TO 23 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>foods too big or hard to swallow)</p> <p>(Because of a lack of information on the appropriate consistency of the foods for the child's age, or because the mother doesn't have anything else to give to the child)</p>	<ul style="list-style-type: none"> <li>• Feed your child semi-solid and solid foods three times per day.</li> <li>• Food should be thick, semi-solid or solid, not watery, but still easy to swallow; for example, xima accompanied by a stew of vegetables, leafy greens, chicken, meat, or fish.</li> <li>• Foods should be chopped into little pieces and xima should be moistened by the stew accompanying it.</li> </ul>	<ul style="list-style-type: none"> <li>• Your child is growing rapidly, and she/he needs more food to grow taller.</li> <li>• Big pieces of hard and dry foods are difficult for your child to swallow and will make him/her have diarrhea.</li> <li>• Your child can swallow thick, semi-solid and solid foods in little pieces well, and they will not cause a stomach ache.</li> <li>• Thick, semi-solid and solid foods are rich in nutritive content and will nourish your child better than watery foods.</li> <li>• Watery foods will not nourish your child, and he/she will be hungry. Your child will be happier with thick, semi-solid and solid foods and will sleep well and cry less, and you can take care of other tasks with less interruption.</li> </ul>
<p>Child is fed less than one cup (16 tablespoons or 240 ml) of food at each meal</p> <p>(Because the mother doesn't have enough food available or because of a lack of information on the amount the child needs to eat)</p>	<ul style="list-style-type: none"> <li>• Increase the amount of food you give your child at each meal, until you feed him 16 tablespoons (one cup or 240 ml).</li> </ul>	<ul style="list-style-type: none"> <li>• Your child is growing rapidly; he/she needs more food to grow better and be healthier.</li> <li>• Enough food protects your child from getting sick and becoming malnourished.</li> <li>• Your child will be happier, satisfied, and not hungry, and you can do your work with less interruption.</li> </ul>
<p>The child's diet is simple and repetitive, with no variation; the child eats the same foods every day</p> <p>The child does not receive foods from four different food groups on a daily basis</p> <p>The porridges the child receives are only enriched with salt or sugar</p> <p>The child is not fed legumes, vegetables, fruits,</p>	<ul style="list-style-type: none"> <li>• Diversify the diet of your child; prepare something different for the child every day.</li> <li>• Use different types of flour (cassava, corn, sorghum or mexoeira flour) for the xima.</li> <li>• Include different types of leafy greens (e.g., pumpkin, sweet potato, spinach, cassava, or moringa leaves), legumes (different types of beans or peas), vegetables (e.g., pumpkin, sweet potato, carrot, tomato, okra,</li> </ul>	<ul style="list-style-type: none"> <li>• To grow and develop well, your child needs a diverse diet, eating foods from all four food groups daily.</li> <li>• These foods have a strong nutritious value that your child will benefit from.</li> <li>• Fruits have a much higher nutritious value than sugar, which has no benefit for your child's health and growth. Your child will like the sweetness of the fruit.</li> </ul>

**AGE GROUP: 12 TO 23 MONTHS**

Feeding Problem	Recommendation	Motivation
<p>chicken, meat, fish, eggs, or a source of fat on a daily basis</p> <p>The porridges and xima are made from the same flour (cassava) every day</p> <p>(Because of the seasonal character of fruits and vegetables, a lack of financial means to provide a diverse diet, and a lack of information on the benefits of diversifying the diet of the child)</p>	<p>onion), egg, meat, and fish in the stew that accompanies xima.</p> <ul style="list-style-type: none"> <li>• Give a piece of cooked vegetable (sweet potato, cassava, pumpkin, zucchini, carrot, potato, tomato, spinach, okra) or fruit (banana, papaya, guava, mango, wild fruits, orange, pineapple) as a snack to your child, at least once per day.</li> <li>• Vary the colors of the cooked vegetables you give; make sure your child is getting green, yellow, or orange vegetables daily.</li> <li>• Give your child a portion of chicken, meat, or fish once per day (at least two heaped tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in, but also the flesh. Cut, pound, or shred it into very small pieces and cook it well so that your child can swallow it, removing any bones from fish. Mix it with cooked vegetables or legumes to be suitable for your child.</li> <li>• If you do not have a source of chicken, meat, or fish daily, give your child meals made from beans and grains daily (for example, peeled mashed beans or peas, or moringa).</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables and fruits will improve your child's and growth. They contain vitamins and minerals important to your child and will help to prevent and protect him/her from illnesses, diseases, vitamin deficiencies, and anemia.</li> <li>• Legumes and grains are good for your child's growth and can be given to the child if you do not have chicken meat, chicken liver, fish, or red meat to feed your child.</li> <li>• Moringa contains vitamins and minerals that make it an excellent substitute when you can't afford meat or fish.</li> <li>• Eggs are good for your child and will help him/her grow well.</li> <li>• Eating foods containing fat (such as vegetable oils) will improve your child's physical and mental growth. Your child will feel full and happy.</li> <li>• Chicken, meat, or fish will help your child be strong and healthy. He/she will be happier and playful. Broth is not enough—it does not help your child grow and will not fill him/her up. Your child needs fish and meat to build a healthy body, protect from anemia or malnutrition, improve immunity, and protect from diseases.</li> </ul>
<p>Child is fed non-nutritive liquids or foods (artificial juices in powder form diluted in water, soft drinks, sugary cakes, cookies, and biscuits)</p> <p>(Because of a lack of information on the adverse health effects of these foods, because the mother believes these foods to be healthy and good, or because the child cries for these foods)</p>	<ul style="list-style-type: none"> <li>• Stop giving these types of foods or liquids. Children younger than two years of age should never have these foods. Children older than two years of age should only have them on special occasions.</li> <li>• Instead of buying cookies or cakes, buy oil, peanuts, meat, or fish to cook stews with, or an egg, or a healthy snack like a piece of fruit.</li> <li>• Give your child a snack such as half a banana or a piece of cooked sweet potato instead of cakes or cookies.</li> </ul>	<ul style="list-style-type: none"> <li>• These foods and liquids are not nutritious for your child and do not help your child grow.</li> <li>• These foods and liquids contain preservatives, coloring, and food additives, which can be harmful to your child.</li> <li>• These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, diabetes).</li> </ul>

**AGE GROUP: 12 TO 23 MONTHS**

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> <li>• Give your child half a cup of clean, treated water instead of soft drinks and artificial juices.</li> </ul>	<ul style="list-style-type: none"> <li>• These foods are very expensive. It is cheaper for you and better for the child to buy an egg or some fruit.</li> </ul>
<p>Child is fed with untreated water</p> <p>(Because of a lack of knowledge or perceived lack of time)</p>	<ul style="list-style-type: none"> <li>• Boil the water you take from the well or treat it with chlorine (e.g., Certeza).</li> <li>• Keep treated water for drinking in a covered container with a tap.</li> <li>• Do not put your hands in direct contact with the water; instead use a tap or a ladle with a long handle to dispense the water.</li> <li>• Make sure you treat and adequately store water every few days so you have fresh clean water available every day.</li> </ul>	<ul style="list-style-type: none"> <li>• If you keep water from the well uncovered for a few days it will get contaminated. Such water will cause your baby have diarrhea or vomit.</li> <li>• After you boil the water, keep it covered and dispense it with a tap or long-handled ladle; this water will be clean and safe to drink.</li> <li>• Giving safe water to your child protects them and ensures they develop and grow better.</li> </ul>
<p>Child is not fed from a separate plate; mother does not stay with child during meals. Sometimes siblings take the child's food</p> <p>(Because the mother believes that the child will otherwise not learn how to share, or the mother trusts that the siblings will leave enough food for the child or thinks that she will be able to see if the child hasn't eaten enough because the child will continue to cry after meals)</p>	<ul style="list-style-type: none"> <li>• Feed your child from his/her own plate; the child should not share a plate with siblings.</li> <li>• Stay with your child during meals.</li> </ul>	<ul style="list-style-type: none"> <li>• It will be easier to see how much your child eats.</li> <li>• Older siblings will take too much food and leave too little for your child.</li> <li>• Your child will grow well because he/she will have eaten the amount of food he/she needs.</li> </ul>
<p>The mother doesn't practice hygienic behavior during feeding. The breasts and hands of the mother and child are dirty during feeding. The child is seated in the dust while eating</p> <p>(Because of a lack of information on the risks of</p>	<ul style="list-style-type: none"> <li>• Avoid your breasts coming in contact with dust or dirt and clean the part around the nipple before you breastfeed. Change your blouse when you come back from working in the fields.</li> <li>• Wash your hands and the child's hands with clean water and soap or ash before you start preparing food or feeding.</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping your child clean and making sure they eat in hygienic conditions will prevent them from becoming ill (e.g., with diarrhea or vomiting).</li> <li>• Your child will grow better and be healthier.</li> </ul>

**AGE GROUP: 12 TO 23 MONTHS**

<b>Feeding Problem</b>	<b>Recommendation</b>	<b>Motivation</b>
non-hygienic behaviors for health)	<ul style="list-style-type: none"><li>• Feed your child seated on a mat, not on the ground in the dust.</li><li>• Don't let the food of the child or the child's hands come in contact with dirt or dust during feeding.</li></ul>	



# Sick Children, 6 to 23 Months

## Ideal feeding practices:

During illness:

- Offer breast milk more frequently.
- Offer other liquids more frequently.
- Patiently encourage the child to eat soft foods.
- Encourage the child to eat favorite foods (not junk foods, but home-cooked foods that have nutrients).

After illness:

- Offer extra food until child is growing well again.
- Encourage child to eat more.

Sick Children, 6 to 23 Months		
Feeding Problem	Recommendation	Motivation
<p>Child receives no other foods but breast milk during illness</p> <p>(Because child has no appetite)</p>	<ul style="list-style-type: none"> <li>• Offer child small amounts of food more frequently.</li> <li>• Offer favorite foods to the child.</li> <li>• If the child will not eat foods or liquids, breastfeed more often than before the child was sick.</li> </ul>	<ul style="list-style-type: none"> <li>• Your child needs food and liquids to get better.</li> </ul>
<p>Child stops drinking any liquids, eating, and breastfeeding during illness</p> <p>(Because child has no appetite)</p>	<ul style="list-style-type: none"> <li>• Offer favorite foods to the child.</li> <li>• Give oral rehydration salts (ORS) by spoon.</li> <li>• If by the next day the child continues to refuse food and all liquids including breast milk, bring him/her back to the provider for further evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>• This will help your child to feel hungry, and he will be able to eat more and get better.</li> <li>• Feed one or two extra meals each day when the child gets better.</li> </ul>
<p>Mother does not feed more frequently after the illness</p>	<ul style="list-style-type: none"> <li>• Now that your child is better, feed an extra meal each day or offer more food at each meal (at least two tablespoons extra).</li> </ul>	<ul style="list-style-type: none"> <li>• Your child needs extra food to gain weight and recuperate.</li> </ul>