



USAID
FROM THE AMERICAN PEOPLE

Maternal and Child
Survival Program

A Counseling Guide for Complementary Feeding for Children 6-23 Months in Kisumu and Migori, Kenya

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

August 2017

Contents

Abbreviations i

Acknowledgements..... ii

Introduction 1

Age Group: At Six Months 3

Age Group: Seven to Eight Months 10

Age Group: Nine to Eleven Months 17

Age Group: Twelve to Twenty Three Months..... 25

Sick Children 6-23 Months 32

Abbreviations

IYCF	Infant and Young Child Feeding
MCSP	Maternal and Child Survival Program
MIYCN	Maternal Infant and Young Child Nutrition
SBCC	Social and Behavior Change Communication
TIPs	Trials of Improved Practices
USAID	United States Agency for International Development
WHO	World Health Organization

Acknowledgements

We also thank the following key individuals who aided to author this counseling guide, which is a complement to the report, *Complementary Feeding Practices: Using Trial for Improved Practice (TIPs) to Improve Complementary Feeding in Migori and Kisumu, Kenya*:

Dr. Salome Wawire/PATH Independent Consultant

Ms. Brenda Ahoya/Nutrition Advisor, MCSP/PATH, Kisumu

Ms. Constance Gathi, Nutrition Service Delivery Officer, MCSP/PATH, Migori,

Dr. Justine Kavle, Senior Nutrition Advisor, MCSP/PATH, Washington DC.

Department of Health, Nutrition Unit, Kisumu and Migori counties

Departments of Health, Migori and Kisumu

Mrs. Elizabeth Odero/Kisumu West sub county nutritionist

Mr. Kennedy Ogutu/Deputy county nutritionist Migori

Mr. Thomas Muniko/Community Health Volunteer, Kuria West

Ms. Sarah Straubinger, Senior Program Coordinator, MCSP/PATH, Washington, DC

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 Kenya, 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.

This counseling guide is made possible by the generous support of the American people through the United States Agency for International Development (USAID), under the terms of the Cooperative Agreement AID-OAA-A-14-00028. The contents are the responsibility of MCSP and do not necessarily reflect the views of USAID or the United States Government.

Introduction

The Counseling Guide for Complementary Feeding for Children 6-23 Months in Kisumu and Migori, Kenya was developed by the USAID Maternal and Child Survival Program (MCSP) based on the results of the complementary feeding practices study using Trials of Improved Practices (TIPs)¹ methodology.² TIPs was a formative assessment conducted to gain an understanding of key motivating factors and barriers to complementary feeding among mothers of children 6 to 23 months of age in MCSP-supported areas of Migori and Kisumu in western Kenya. Specifically, the assessment sought: 1) to identify underlying individual (mothers), network (family influencers) community (cultural norms, beliefs, attitudes) and related health service delivery issues that contribute to the poor complementary feeding practices; 2) identify and address gaps in complementary feeding practices using culturally tailored recommendations through TIPs; 3) and recommend key actions and recipes for improving complementary feeding practices. This collection information was used to develop the counseling guide, which is tailored to the context of Kisumu and Migori counties.

The guide is organized in the following sections:

- Age group: At six months
- Age group: seven to eight months
- Age group: nine to eleven months
- Age group: twelve to twenty three months
- Sick children, six to twenty-three months

This guide describes ideal practices for each age group, identified feeding problems, tailored recommendations for each problem, and the identified motivation for practicing the recommendation. The ideal feeding practices and recommendations presented in this guide are based on several source: the Kenya National Maternal Infant and Young Child Nutrition (MIYCN) Counselling cards;³ and the National Guide to Complementary Feeding;⁴ as well as key aspects of several World Health Organization (WHO)/UNICEF infant and young child feeding guidance documents.^{5,6}

A comprehensive training on IYCF, the *WHO Infant and Young Child Feeding Counselling: An Integrated Course*, is recommended for health care providers. This course can be found online at http://www.who.int/nutrition/publications/IYCF_Directors_Guide.pdf.

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.

1 Complementary Feeding Practices: Using Trial for Improved Practice (TIPs) to Improve Complementary Feeding in Migori and Kisumu, Kenya
2 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.

3 Ministry of Health (MOH), Kenya. *National MIYCN Counselling Cards*. Nairobi, Kenya: MOH; 2016.

4 Ministry of Health (MOH), Kenya. *A guide to complementary feeding 6-23 Months. Draft*. Nairobi, Kenya: MOH; 2017.

5 PAHO, WHO. *Guiding Principles for the Complementary Feeding of the Breastfed Child*. Washington, DC: Pan American Health Organization; 2003.

6 WHO *Indicators for Assessing Infant and Young Child Feeding Practices*, Parts 1, 2, 3 series, Geneva, 2008.

- Use this counseling guide, which describes common problems women in Kisumu and Migori face in feeding their children. 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 complementary 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.

Age Group: At Six Months

Ideal feeding practices:

- Continue breastfeeding on demand, six to eight times a day (and night).
- Introduce nutritious mashed and semi-solid complementary foods at six months.
- Frequency of meals per day: Start with two tablespoons at each feed and increase to three tablespoons after three to four weeks.
- Feed the baby two times a day and use a separate bowl to ensure the baby eats all the food given. Food should be thick and should not fall off the spoon easily.
- For the non-breastfed infant, give an additional three to four cups of milk per day.
- Feed baby a variety of energy – (e.g., cereals, tubers) and nutrient-dense foods (vegetables/fruits), sources of vitamin A, and foods prepared with healthy oils, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) cereals, roots, tubers, and plantains; 2) legumes, nuts, and seeds; 3) dairy products (milk, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats; 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Feed baby meat, poultry, fish, or eggs daily. During times when these foods are not available, feed the baby beans, peas, or lentils.
- Practice responsive feeding: Feed baby directly and encourage baby to eat. Feed patiently.

AT SIX MONTHS		
<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
Baby is no longer breastfeeding	<ul style="list-style-type: none"> ▪ Re-initiate breastfeeding ▪ Continue breastfeeding on demand, six to eight times a day (and night) ▪ Breastfeed before giving other foods 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be an important part of the diet and provides half of the child’s nutritional requirements up to 12 months of age ▪ Breastfeeding also continues to provide protection to the child against many illnesses ▪ Breastfeeding provides closeness and contact that helps psychological development
Baby has not been introduced to complementary foods	<ul style="list-style-type: none"> ▪ Add other foods to “complement” breastmilk ▪ Start feeding baby soft, mashed foods two times per day ▪ Food should be thick, not watery (should not fall off a spoon easily); for example, mashed vegetables (carrot, potato, tomato, green leafy vegetables-like spinach, sweet potato) and fruits (banana, mango, orange, etc.) ▪ Introduce one food at a time 	<ul style="list-style-type: none"> ▪ At this age, breastmilk alone is not enough for your baby’s development; your baby needs more food. ▪ By six months, your baby is hungry for food ▪ Your baby needs other food in addition to breastmilk to continue to grow well physically and mentally ▪ Baby can swallow well by now if foods are soft or mashed

AT SIX MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
	<ul style="list-style-type: none"> ▪ Start with two tablespoons at each feed and increase to three tablespoons in the third to fourth week as the baby needs time to get used to new food. Use a separate plate to feed the baby to make sure he or she eats all the food given. ▪ Breastfeed before giving other foods 	<ul style="list-style-type: none"> ▪ Feeding your baby nutritious foods protects your baby against many illnesses
Baby is fed on porridge made from ready-made, commercial flour	<ul style="list-style-type: none"> ▪ Select your own cereals, such as millet, sorghum and maize depending on what is locally available ▪ It is recommended that you use one cereal when making porridge ▪ However, if you need to mix, do not mix more than two cereals at a time ▪ Grind your cereal to flour at the local grinders ▪ The best cereal for porridge is millet or wimbi 	<ul style="list-style-type: none"> ▪ Cereals for making flour are readily and locally available ▪ The preferred cereal is millet since it is a good source of iron if fermented ▪ It is not expensive since the ingredients are available locally ▪ You can buy small portions of cereal depending on what you can afford at any given time, e.g. one <i>gorogoro</i>⁷ of wimbi ▪ It is best to prepare your own flour, preferably with millet, so you are ensured of the quality of porridge prepared for your baby ▪ Ready-made porridge flours are expensive and may have too many ingredients that will make your child not absorb or digest all the nutrients
Baby porridge contains too many types of flour	<ul style="list-style-type: none"> ▪ It is recommended to use only one cereal at a time when making porridge ▪ If you must mix, do not mix more than two cereals, e.g. maize and millet; maize and sorghum; sorghum and millet, etc. ▪ Select your own cereals and grind at the local grinders ▪ Do not mix ingredients that have different cooking times. For example, do not mix maize or millet with soya or omena, since soya and omena take much longer to cook. ▪ Cook soya and omena separately and feed to the baby 	<ul style="list-style-type: none"> ▪ When many flours are mixed in porridge, the baby does not get all the nutrients since some of the nutrients will not be absorbed or digested by the body ▪ Different foods have different cooking times and thus the child may be getting porridge with ingredients that are not cooked well or enough ▪ When you use one or two cereals only, you are sure that your child is getting the nutrients from these flours ▪ Flour ingredients are readily and locally available ▪ It is not expensive since the ingredients are available locally

⁷ A local measure that's equivalent to two kilograms

AT SIX MONTHS		
Feeding Problem	Recommendation	Motivation
		<ul style="list-style-type: none"> You can buy small portions of different ingredients depending on what you can afford at any given time, e.g. one <i>gorogoro</i> of millet
Mother adding milk to porridge and vegetables	<ul style="list-style-type: none"> Stop adding milk in the preparation of porridge and vegetables Give the milk separately to the baby You can add peanut sauce or avocado to already prepared porridge and vegetables instead of milk to enrich it 	<ul style="list-style-type: none"> The calcium in milk will cause interactions with foods that may make it difficult for the child's body to absorb some nutrients. This can affect how your child grows. Adding peanut sauce or avocado improves nutritive value, taste and satiety Nutritive value of porridge and vegetables is optimized because all nutrients are available for absorption
Baby getting inadequate daily milk intake	<ul style="list-style-type: none"> Breastfeed on demand both day and night Increase the child's intake of milk by giving milk daily to ensure the baby gets enough protein and calcium for strong bones and teeth Animal milk e.g. cow, camel or goat can be given Boil animal milk before feeding it to the baby Give full fat milk. Do not sieve the fat from the milk. Do not dilute the milk by adding water You can introduce other dairy products, such as yoghurt and fermented milk if the baby doesn't like fresh milk 	<ul style="list-style-type: none"> Milk is an important source of calcium that helps a child to grow, for strong bones and teeth Animal milk – such as cow or goat milk, camel – is easily/locally available hence cheaper Yoghurt and fermented milk are also good sources of calcium to feed your child Animal milk– such as cow or goat milk, camel – provides high-quality protein, potassium and calcium, as well as vitamin B12 and other
Baby eating unhealthy snacks (e.g. soda, processed juice or fried potatoes with sauce)	<ul style="list-style-type: none"> Stop giving unhealthy processed “junk” foods, such as soda, processed juice, fried potatoes with sauce, and biscuits The healthy snacks recommended included locally available fruits, nuts, and porridge Give healthier snacks, such as fruits (e.g. whole bananas, avocado, mangoes, oranges) 	<ul style="list-style-type: none"> Unhealthy snacks only add fats and sugars, and no other nutrients Unhealthy snacks are more expensive These foods will not help your child to grow well and do not contribute to good health Healthy snacks have more nutritive value Fruits and nuts – such as peanuts – are available locally and affordable

AT SIX MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
		<ul style="list-style-type: none"> ▪ Fruits improve the appetite of the child
Baby not eating meat (including beef, chicken)	<ul style="list-style-type: none"> ▪ Give more animal source foods, including fish, chicken, beef ▪ Increase the amount of animal source iron-rich foods in the diet. This includes chicken or beef liver. ▪ Modify the meat to enable the child to chew and swallow easily (i.e. grinding, mincing and cutting the meat into tiny pieces) ▪ Cook meat until it is well cooked and soft for the baby to chew ▪ Give with carbohydrates (ugali, potatoes, cooked bananas, rice) and vegetables (osuga, kunde, apoth spinach) with animal source foods 	<ul style="list-style-type: none"> ▪ Meat provides high quality protein and micronutrients ▪ Animal source foods are especially good for children to help them grow strong and healthy
Baby is given broth/soup from foods instead of the actual foods	<ul style="list-style-type: none"> ▪ Give the baby the food itself and not just the broth/soup. These foods include beef, chicken, liver, fish, vegetables, etc. ▪ Prepare the food as indicated for meat and vegetables, respectively 	<ul style="list-style-type: none"> ▪ Giving the baby the food instead of broth/soup provides the baby with all the nutrients that can be gotten from the food
Baby is eating less than required quantities of food per day	<ul style="list-style-type: none"> ▪ Increase to two meals per day ▪ Each meal should be two tablespoons in the first two weeks. Increase to three tablespoons at weeks three and four. ▪ Feed the baby in their own bowl to ensure the baby eats all the food given 	<ul style="list-style-type: none"> ▪ Receiving adequate quantities of food protects your baby against many illnesses ▪ Your baby will be happier, more satisfied, and not hungry.
Baby is fed fewer than two times per day	<ul style="list-style-type: none"> ▪ Feed your breastfed baby at least two times a day ▪ You can increase the amount of food from two tablespoons at each feed to three tablespoons at week three and four for breastfed infants. For the non-breastfed infant, give an additional three to four cups of milk. ▪ Breastfeed between meals and at night ▪ Give the baby a variety of foods, including fruit, vegetables, cereals, 	<ul style="list-style-type: none"> ▪ Your baby needs to eat more now to grow healthy, taller, play well, be active, and learn in school. ▪

AT SIX MONTHS

Feeding Problem	Recommendation	Motivation
	meat, eggs, and dairy products (e.g. milk, fermented milk, and yogurt)	
<p>Baby is given tea as a snack in between meals or as a meal</p> <p>The tea is prepared with milk and sugar</p>	<ul style="list-style-type: none"> ▪ Avoid giving tea (with or without milk) to the baby at any time ▪ Avoid giving sugar to the baby ▪ Give milk without mixing it with other foods 	<ul style="list-style-type: none"> ▪ Tea has little nutritive value for the child ▪ Milk given separately provides protein and calcium needed for bone growth and strong teeth
<p>Baby food is cooked with margarine instead of oil</p>	<ul style="list-style-type: none"> ▪ Avoid adding margarine – an unhealthy, processed source of fat – to food ▪ Start cooking the baby food with a little bit of oil ▪ Use vegetable oil, such as corn oil, olive oil, or sunflower oil. These are healthier than cooking fats and margarine. ▪ Do not use too much oil ▪ Use a moderate quantity (one to two tablespoons) based on the quantity of food being prepared ▪ Use one tablespoon per meal 	<ul style="list-style-type: none"> ▪ The baby tends to enjoy food that is cooked with oil ▪ Vegetable oil – a healthier source of fat, in small quantities – is needed to help with absorption of nutrients, such as vitamin A, D, E, and K ▪ Oil assists with making the food energy dense ▪ Mothers will save on money she could have spent on margarine ▪ Mothers will spend less time making separate foods for the child ▪ Your baby will feel full and happy
<p>Baby's diet is not include enough fruits</p>	<ul style="list-style-type: none"> ▪ Increase the amount and variety of fruits given to the baby per day. At this age the baby eats only two to three tablespoons. ▪ Fruits can be used to enrich the food being given, e.g. in porridge ▪ Mash the fruit to enable the baby to eat comfortably ▪ If the baby does not like the fruit (such as lemon and avocado), you can disguise it by adding it to other foods, such as vegetables and porridge ▪ Use available fruits/ fruits in season ▪ Vary the fruits given – include lemons, watermelons, papaya, etc. 	<ul style="list-style-type: none"> ▪ Fruits are rich in vitamins (vitamin C) and minerals to help the child grow well and to keep the child healthy ▪ Fruits aid in digestion ▪ Most fruits are locally available and affordable when in season ▪ Fruits can be eaten alone (as a snack) or with other foods (within a meal)
<p>Baby's diet does not include enough vegetables</p>	<ul style="list-style-type: none"> ▪ Increase the amount of vegetables given to the baby per day. Vegetables should comprise one-fourth of the baby's food. 	<ul style="list-style-type: none"> ▪ Green leafy vegetables are rich in vitamins and minerals, such as iron ▪ Vegetables aid in digestion

AT SIX MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Mash the vegetables to enable the child to eat comfortably ▪ Give vegetables with other foods such as ugali, potatoes, and rice ▪ Vegetables should not be overcooked. Cook for a short amount of time to ensure nutrients are not lost. ▪ Cook vegetables that are in season ▪ Include traditional green leafy vegetables, such as osuga, apoth, kunde, and pumpkin leaves ▪ Include green leafy vegetables, such as spinach and kale ▪ Do not use cooking ash or bicarbonate of soda to cook traditional vegetables. Bicarbonate may cause an interaction with the nutrients in the vegetables. ▪ Do not add milk to the vegetables ▪ Vary the vegetables with every meal ▪ If the baby does not like vegetables, you can disguise these by cooking with other foods 	<ul style="list-style-type: none"> ▪ Most vegetables are locally available and affordable when in season ▪ Vegetables – such as carrots and tomatoes – can be eaten when cooked with other foods and a little bit of oil ▪ Adding bicarbonate of soda or cooking ash to vegetables may lead to problems with absorption of these nutrients, which may affect child growth ▪ Do not add milk to vegetables since the calcium in the milk binds some nutrients in the vegetables – such as iron – and limits nutrient absorption
Baby does not eat eggs	<ul style="list-style-type: none"> ▪ Introduce eggs into the baby's diet ▪ The baby should eat both the egg yolk and egg white ▪ Vary cooking methods – boil, scramble, poach 	<ul style="list-style-type: none"> ▪ Eggs are cheap and locally available ▪ Eggs are a good source of protein ▪ Eggs do not cause speech development problems for the baby
Mother does not measure the quantity of food given to the baby	<ul style="list-style-type: none"> ▪ Be sure that the child is getting the required nutrients per day. The required amount of food is two to three tablespoons per meal to be given as two meals per day. ▪ Use a measuring spoon or tablespoon to measure quantity. If you do not have these measuring tools, measure using the size of the feeding utensils designated for the child 	<ul style="list-style-type: none"> ▪ You can use available utensils to measure the baby's food, as long as you have determined how much each utensil contains ▪ Measuring food for the child ensures that there is no food wastage ▪ When you measure the food, you avoid overfeeding or underfeeding the baby, and ensure that the baby gets the required amount of nutrients for good growth
Baby's porridge is thin/watery	<ul style="list-style-type: none"> ▪ Make thick porridge for the baby. Porridge should be 'eaten' and not 	<ul style="list-style-type: none"> ▪ Thick porridge is dense enough to provide required energy for the baby

AT SIX MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
	'drank'. Make it thick such that it does not flow off the spoon	<ul style="list-style-type: none"> ▪ Thick porridge keeps the baby satisfied for a prolonged period of time, thus reduces frequent hunger and feeding
Mother prefers to give only food that the child likes	<ul style="list-style-type: none"> ▪ Give variety of foods ▪ Introduce one type of food at a time to avoid the child rejecting the food ▪ Do not mix so many foods, these look unpalatable sometimes ▪ When feeding, present the food in an attractive way ▪ Hide the disliked healthy foods in the preferred food ▪ Be creative while cooking and make the food delicious by vary cooking methods ▪ When feeding a child, give food in small quantities 	<ul style="list-style-type: none"> ▪ When your child eats a variety of food, they will be well nourished and their immunity improves ▪ If the food is delicious/tasty the child eats easily and saves on time and wastage
Lack of variety in staple foods that are nutrient-rich	<ul style="list-style-type: none"> ▪ Introduce other types of nutritious staple foods, such as yellow/orange fleshed sweet potatoes among others 	<ul style="list-style-type: none"> ▪ Certain staple foods that are yellow or orange in color have micronutrients – such as vitamin A – which are good for child's growth and health ▪ Your child gets a variety of nutrients ▪ When your child eats a variety of food, they will be well nourished and their immunity improves

Age Group: Seven to Eight Months

Ideal feeding practices:

- Continue breastfeeding on demand, both day and night.
- Increase the amount of food gradually to half a cup (125 milliliters) and ensure the food is given in a separate bowl to guarantee the baby finishes all the food given.
- Frequency of meals per day: feed at least three meals per day for the breastfed child; the non-breastfed child should receive one to two cups of milk and one to two extra meals per day.
- Feed baby a variety of energy – (e.g., cereals, tubers) and nutrient-dense foods (vegetables/fruits), sources of vitamin A, and foods prepared with healthy oils, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) cereals, roots, tubers, and plantains 2) legumes, nuts, and seeds; 3) dairy products (fresh milk, fermented milk, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats; 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Feed baby meat, poultry, fish, or eggs daily. During times when these foods are not available, feed the baby beans, peas, or lentils.
- Total energy (measured in kcal) required from complementary foods: 202 kcal (with average breastmilk intake of six to eight times per day). Required intake of complementary foods for non-breastfed babies is 615 kcal.
- Practice responsive feeding: Feed baby directly and encourage baby to eat. Feed patiently.

SEVEN TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is no longer breastfeeding	<ul style="list-style-type: none"> ▪ Continue breastfeeding on demand both day and night ▪ Breastfeed before giving other foods 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be an important part of the diet and provides half of the child’s nutritional requirement up to 12 months ▪ Breastfeeding also continues to provide protection to the child against many illnesses ▪ Breastfeeding provides closeness and contact that helps psychological development
Baby has not been introduced to complementary foods	<ul style="list-style-type: none"> ▪ Add other food to “complement” breastmilk ▪ Feed you baby mashed/pureed family foods. By eight months of age, your baby can begin eating finger foods. ▪ Thicken your baby’s food as the baby grows older ▪ Continue giving the baby mashed foods 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be the most important part of your baby’s diet and it provides half of a child’s nutritional needs ▪ Feeding your child family foods is cost effective ▪ Your baby needs food in addition to breastmilk to continue to grow well physically and mentally

SEVEN TO EIGHT MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
	<ul style="list-style-type: none"> ▪ Food should be thick, not watery (should not fall off a spoon easily). For example, mashed vegetables (carrot, potato, tomato, spinach, sweet potato) and fruits (banana, mango, orange, mandarin, pear, apple). ▪ When introducing new foods, introduce one new food at a time to learn how the child reacts to it ▪ Continue increasing the amount of food per meal to half a cup ▪ Feed the baby three times per day 	<ul style="list-style-type: none"> ▪ Thickening you baby's food ensures he/she gets more nutrients ▪ Increasing the amount of food per meal and meals per day ensures that your child grows and will not be malnourished ▪ Feeding your baby nutritious foods protect your baby from many illnesses
Baby is fed on porridge made from ready-made, commercial flour	<ul style="list-style-type: none"> ▪ Make your own flour ▪ Start by selecting your own cereals, such as millet, sorghum or maize and mix to grind ▪ Use one cereal at a time for making porridge ▪ Grind your cereal to flour at the local grinders ▪ If you must mix, do not mix more than two cereals, e.g. maize and millet; maize and sorghum; sorghum and millet, etc. ▪ Do not mix more than two types of cereals maximum so as to avoid the nutrient interaction that comes as a result of mixing three or more flours ▪ The best cereal for porridge is millet or wimbi ▪ Do not mix ingredients that have different cooking times. For example, do not mix maize or millet with soya or omena, because soya and omena take longer to cook. ▪ Cook soya and omena separately 	<ul style="list-style-type: none"> ▪ Preparing your own flour enables you to be sure of the quality of ingredients ▪ Cereals for making flour are readily and locally available ▪ The process of preparing the flour is easy to implement ▪ The preferred cereal is millet since it is one of the cereals that is a good source of iron if fermented ▪ It is not expensive since the ingredients are available locally ▪ You can buy small portions of different ingredients depending on what you can afford at any given time e.g. one <i>gorogoro</i> of wimbi ▪ It is best to prepare your own flour, preferably with millet, so you are ensured of the quality of porridge prepared for your baby ▪ Ready-made porridge flours are expensive and may have too many ingredients that will make your child not absorb or digest all the nutrients
Baby porridge contains too many types of flour	<ul style="list-style-type: none"> ▪ It is recommended to use only one cereal at a time when making porridge ▪ If you must mix, do not mix more than two cereals at a time ▪ Do not mix ingredients that have different cooking times. For example, do not mix maize or millet with soya 	<ul style="list-style-type: none"> ▪ When many flours are mixed in porridge, the baby does not get all the nutrients because some of the nutrients will not be absorbed or digested by the body ▪ Different foods have different cooking times and thus the child may

SEVEN TO EIGHT MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
	<p>or omena, because soya and omena take longer to cook. Cook soya and omena separately and then feed to the baby.</p>	<p>be getting porridge with ingredients that are not cooked well or enough</p> <ul style="list-style-type: none"> ▪ When you use one or two cereals only, you ensure that your child is receiving the nutrients from these flours ▪ Flour ingredients are readily and locally available ▪ It is not expensive since the ingredients are available locally ▪ You can buy small portions of different ingredients depending on what you can afford at any given time e.g. one <i>gorogoro</i> of millet
<p>Mother adding milk to porridge and vegetables</p>	<ul style="list-style-type: none"> ▪ Stop adding milk in the preparation of porridge and vegetables ▪ Give the milk separately to the baby ▪ You can add peanut sauce or avocado to already cooked porridge and vegetables instead of milk to enrich it 	<ul style="list-style-type: none"> ▪ The calcium in milk will cause interactions with foods that may make it difficult for the child's body to absorb some nutrients. This can affect how your child grows. ▪ Adding peanut sauce or avocado improves nutritive value, taste and satiety ▪ Nutritive value of porridge and vegetables is optimized because all nutrients are available for absorption
<p>Baby getting inadequate daily milk intake</p>	<ul style="list-style-type: none"> ▪ Breastfeed on demand both day and night ▪ If child is not breastfeeding add one to two cups of milk per day ▪ Give any available milk e.g. from cow, goat, or any other source ▪ If pasteurized milk is not available, boil the animal milk before feeding it to the baby ▪ Give full fat milk. Do not sieve the fat from the milk ▪ Do not add water to the milk to dilute it ▪ You can introduce other dairy products, such as yoghurt and fermented milk ▪ If the baby doesn't like fresh milk, fermented milk or yoghurt can also be given to the child 	<ul style="list-style-type: none"> ▪ Milk is an important source of calcium that helps a child to grow strong bones and teeth ▪ Cow and goat's milk is easily/locally available and affordable ▪ Animal milk – such as cow and goat milk – provides high-quality protein, potassium and calcium, as well as vitamin B12 and other micronutrients ▪ Yoghurt and fermented milk are also good sources of calcium to feed your child

SEVEN TO EIGHT MONTHS

Feeding Problem	Recommendation	Motivation
Baby eating unhealthy snacks (e.g. soda, processed juice or fried potatoes with sauce)	<ul style="list-style-type: none"> ▪ Stop giving unhealthy processed "junk" foods, such as soda and processed juice, fried potatoes with sauce, sweets, and biscuits ▪ Give healthier snacks, such as fruits (e.g. whole bananas, avocado, mangoes, oranges) ▪ Healthy snacks recommended included locally available fruits, nuts, and porridge, etc. 	<ul style="list-style-type: none"> ▪ Unhealthy snacks only add fats and sugars, and no other nutrients ▪ Unhealthy snacks are more expensive in the long run for you and your family ▪ These unhealthy snacks will not help your child to grow well and do not contribute to good health ▪ Healthy snacks have more nutritive value ▪ Fruits and nuts such as peanuts are available locally and affordable ▪ Fruits improve the appetite of the child ▪ Healthy snacks are more nutritious
Baby not eating meat (including beef, chicken)	<ul style="list-style-type: none"> ▪ Give more animal source foods including fish, chicken, beef ▪ Increase the amount of animal source iron-rich foods in the diet. This includes chicken or beef liver. ▪ Modify the meat to enable to child to chew and swallow easily (i.e. grinding, mincing and cutting the meat into tiny pieces) ▪ Cook meat until it is well cooked and soft for the baby to chew ▪ Give meat with other foods such as carbohydrates (ugali, potatoes, cooked bananas, rice) and vegetables such as osuga, kunde, apoth spinach, kale and cabbage 	<ul style="list-style-type: none"> ▪ Meat provides protein and other micronutrients like iron ▪ Meat provides incentive for children to eat other foods alongside the meat ▪ Animal source foods are especially good for children to help them grow strong and healthy
Baby is given broth/soup from foods instead of the actual foods	<ul style="list-style-type: none"> ▪ Give the baby the food itself and not just the broth/soup. The foods include beef, chicken, liver, fish, vegetables, etc. ▪ Prepare the food as indicated for meat and vegetables, respectively 	<ul style="list-style-type: none"> ▪ Giving the baby the food instead of broth/soup provides him/her with all the nutrients that can be gotten from the food
Baby is eating less than required quantities of food per day	<ul style="list-style-type: none"> ▪ Increase the meals to three per day ▪ Increase the amount of food gradually to 125 milliliters (half a cup) for each meal 	<ul style="list-style-type: none"> ▪ Enough food protects your baby from many illnesses ▪ Your baby will be happier, satisfied, and not hungry, and you can do your housework with less interruption.

SEVEN TO EIGHT MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
	<ul style="list-style-type: none"> ▪ Use a separate plate to make sure the baby eats all the food that has been given to the baby. ▪ Include healthy snacks in between meals i.e. a fruit such as banana, orange, avocado ▪ If the child is not breastfed, give an extra meal, an extra snack and one to two cups of milk 	
Baby is fed fewer than two times per day.	<ul style="list-style-type: none"> ▪ Breastfeed the baby on demand both day and night ▪ Feed your breastfed baby three times a day ▪ For the non-breastfed baby, give four meals, a snack and one to two cups of milk ▪ Feed the baby in their own bowl to ensure the baby eats all the food given ▪ Breastfeed between meals and at night ▪ Include at least one food from each food group (animal source, staple, legumes and seeds, vitamin A rich fruit and vegetables). 	<ul style="list-style-type: none"> ▪ Your baby needs to eat more now to grow healthy, taller, play well, and be active and learn in school. ▪ Your baby will grow well and be healthy
<p>Baby is given tea as a snack in between meals or as a meal</p> <p>The tea is prepared with milk and sugar</p>	<ul style="list-style-type: none"> ▪ Avoid giving tea (with or without milk) to the baby at any time ▪ Avoid giving sugar to the baby ▪ Give milk without mixing it with other foods 	<ul style="list-style-type: none"> ▪ Tea has little nutritive value for the child ▪ Milk given separately provides protein and calcium, needed for bone growth and strong teeth
<p>Baby food is not cooked with oil</p> <p>Instead, margarine is added to the food</p>	<ul style="list-style-type: none"> ▪ Start cooking the baby food with a little bit of oil ▪ Do not use too much oil ▪ Use a moderate quantity of oil (one to two tablespoons) based on the quantity of food being prepared ▪ Use one tablespoon per meal ▪ Use vegetable (liquid) oil, such as corn oil, olive oil, sunflower oil, which are healthier than cooking fats and margarine ▪ Avoid adding margarine to food 	<ul style="list-style-type: none"> ▪ The baby tends to enjoy food that is cooked with oil ▪ Oil is needed to help with absorption of nutrients such as vitamin A, D, E, and K into the body as well as making the food energy dense ▪ Mother will save on money she could have spent on margarine ▪ The child can eat family foods prepared with oil

SEVEN TO EIGHT MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
		<ul style="list-style-type: none"> ▪ Mother spends less time and money preparing separate foods for child ▪ Your baby will feel full and happy
<p>Baby's diet not inclusive of enough fruits</p>	<ul style="list-style-type: none"> ▪ Increase the amount and variety of fruits given to the baby per day ▪ Fruits can be used to enrich porridge e.g. avocado or given separately ▪ Fruits can also be given as finger foods ▪ Mash the fruit to enable the baby to eat comfortably ▪ If the baby does not like the fruit (such as lemon and avocado), you can disguise it by adding it to other foods, such as vegetables and porridge ▪ Use available fruits/fruits in season ▪ Give a variety of fruits depending on availability – including mangoes, lemons, watermelons, papaya, etc. 	<ul style="list-style-type: none"> ▪ Fruits are rich in vitamins (vitamin C) and minerals to help the child grow well and to keep the child healthy ▪ Fruits aid in digestion ▪ Most fruits are locally available and affordable when in season ▪ Fruits can be eaten alone (as a snack) or with other foods (within a meal)
<p>Baby's diet not inclusive of enough vegetables</p>	<ul style="list-style-type: none"> ▪ Increase the amount of vegetables given to the baby per day – this should comprise one-fourth of the baby's food ▪ Mash/shred the vegetables to enable the child to eat comfortably ▪ Give vegetables with other foods, such as ugali, potatoes, rice ▪ Vegetables should not be overcooked. Cook for a short time to ensure nutrients are not lost. ▪ Cook vegetables that are in season ▪ Include green leafy vegetables, such as osuga, apoth and kunde, pumpkin leaves, spinach, kale and cabbage ▪ Do not use cooking ash or bicarbonate of soda to cook traditional vegetables ▪ Do not add milk to the vegetables ▪ Vary the vegetables with every meal ▪ If the baby does not like vegetables, you can disguise it by cooking with other foods 	<ul style="list-style-type: none"> ▪ Vegetables are rich in vitamins and minerals such as iron. ▪ Vegetables aid in digestion ▪ Most vegetables are locally available and affordable when in season ▪ Vegetables such as carrots and tomatoes can be eaten cooked with other foods and a little bit of oil ▪ Adding bicarbonate of soda or cooking ash to vegetable may lead to problems with how your child's body absorbs these nutrients, which may affect how he/she grows. ▪ Do not add milk to vegetables since the calcium in the milk binds some nutrients in the vegetables, such as iron, and limits absorption

SEVEN TO EIGHT MONTHS

<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
Baby not eating eggs	<ul style="list-style-type: none"> ▪ Introduce eggs into the baby's diet ▪ The baby should eat both egg yolk and egg white ▪ Vary cooking methods – boil, fry, scramble, poach 	<ul style="list-style-type: none"> ▪ Eggs are cheap and locally available ▪ Eggs are a good source of protein ▪ Eggs do not cause speech development problems for the baby
Mother not measuring the quantity of food given to the baby per meal and per day	<ul style="list-style-type: none"> ▪ To specifically measure the food given to the child per meal to be sure that the child is getting the required nutrients per day. The required amount of food is per day half a cup or 125 milliliters, to be given in three meals per day ▪ Use a measuring cup or bowl, or use tablespoon to measure quantity. If you do not have these measuring tools, measure using the size of the feeding utensils designated for the child 	<ul style="list-style-type: none"> ▪ You can use available utensils to measure the baby's food, as long as you have determined how much each utensil contains ▪ Measuring of food for the child ensures that there is no wastage ▪ When you measure the food, you avoid overfeeding or underfeeding the baby, and ensure that the baby gets the required amount of nutrients for good growth
Baby's porridge is thin/watery	<ul style="list-style-type: none"> ▪ Make thick porridge for the baby. Porridge should be 'eaten' and not 'drank'. Make it thick such that it does not flow off the spoon or the cup. 	<ul style="list-style-type: none"> ▪ Thick porridge is dense enough to provide required energy for the baby ▪ Thick porridge keeps the baby satisfied for a prolonged period of time, thus reduces frequent hunger and feeding
Mother prefers to give only food that the child likes.	<ul style="list-style-type: none"> ▪ Give variety of foods ▪ Introduce one type of food at a time to avoid the child ▪ When feeding, present the food in an attractive way ▪ Hide the un-liked healthy foods in the preferred food ▪ Be creative while cooking and make the food delicious ▪ Vary cooking methods ▪ When feeding a child give food in small quantities 	<ul style="list-style-type: none"> ▪ Avoids wastage of foods. ▪ If the food is delicious/tasty, the child eats easily and saves on time and wastage. ▪ Giving a variety of foods ensures the child gets all the required nutrients
Lack of variety in staple foods that are nutrient rich	<ul style="list-style-type: none"> ▪ Introduce other types of nutritious staple foods (yellow/orange fleshed sweet potatoes) among others 	<ul style="list-style-type: none"> ▪ Certain staple foods that are yellow or orange in color have micronutrients such as vitamin A, which are good for child's growth and health

Age Group: Nine to Eleven Months

Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night.
- Feed baby nutritious meals, such as thick vegetable soup, yogurt, eggs, and pounded, mashed/chopped foods.
- Frequency of meals per day: Feed at least three meals and one snack per day for the breastfed child; the non-breastfed child should receive one to two cups of milk and one or two extra meals per day in addition to the recommended three meals and two snacks per day.
- Feed baby a variety of energy and nutrient-dense foods, sources of vitamin A, and foods prepared with healthy oils, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) cereals, roots, tubers, and plantains 2) legumes, nuts, and seeds; 3) dairy (milk, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats; 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Increase the amount of food to $\frac{3}{4}$ cup per meal. Use a separate bowl or plate to ensure the baby eats all the food that is served.
- Total kcal required from complementary foods: 307 (with average breastmilk intake). Required intake for non-breastfed babies is 686 kcal.
- Practice responsive feeding. Feed baby directly and assist older children to eat from their own plate. Encourage baby to eat. Feed patiently.

NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is no longer breastfeeding	<ul style="list-style-type: none"> ▪ Continue breastfeeding on demand ▪ Breastfeed before giving other foods 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be an important part of the diet and provides half of the child nutritional requirement up to 12 months ▪ Breastfeeding also continues to provide protection to the child against many illnesses ▪ Breastfeeding provides closeness and contact that helps psychological development
Baby has not been introduced to complementary foods	<ul style="list-style-type: none"> ▪ Add other food to “complement” breastmilk. ▪ Feed baby finely chopped family foods, finger foods and sliced foods ▪ Food should be thick, not watery (should not fall off a spoon easily). For example, mashed vegetables (carrot, potato, tomato, spinach, sweet potato) and fruits (banana, mango, orange, mandarin, pear, apple). 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be the most important part of your baby’s diet and it provides half of a child’s nutritional needs. ▪ Feeding you child on family foods is cost effective ▪ Thickening you baby’s food ensures he/she gets more nutrients ▪ Increasing the amount of food per meal and meals per day ensures that

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Give the child $\frac{3}{4}$ of a cup of food per meal ▪ Use a separate plate to feed the baby to make sure he or she eats all the food given 	<p>your child gets all he needs as he grows and will not be malnourished</p> <ul style="list-style-type: none"> ▪ At this age, breastmilk alone is not enough for your baby's development; your baby needs more food ▪ Your baby needs food in addition to breastmilk to continue to grow well physically and mentally ▪ Feeding your baby nutritious foods protect your baby from many illnesses
Baby is fed on porridge made from ready-made, commercial flour	<ul style="list-style-type: none"> ▪ Make your own flour ▪ Start by selecting your own cereals, such as millet, sorghum and maize and mix to grind ▪ Use one cereal at a time for making porridge ▪ Grind your cereal to flour at the local grinders ▪ If you must mix, do not mix more than two cereals e.g. maize and millet; maize and sorghum; sorghum and millet, etc. ▪ Do not mix more than two types of cereals maximum so as to avoid the nutrient interaction that comes as a result of mixing the or more flours ▪ The best cereal for porridge is millet/wimbi ▪ Do not mix ingredients that have different cooking times. For example, do not mix maize or millet with soya or omena, since soya and omena take longer to cook. 	<ul style="list-style-type: none"> ▪ Preparing your own flour enables you to be sure of the quality of ingredients ▪ Cereals for making flour are readily and locally available ▪ The process of preparing flour is easy to implement ▪ The preferred cereal is millet. Millet is a good source of iron if fermented. ▪ It is cheaper since ingredients are available locally ▪ You can buy small portions of different ingredients depending on what you can afford at any given time, e.g. one <i>gorogoro</i> of wimbi ▪ It is best to prepare your own flour, preferably with millet, so you are ensured of the quality of porridge prepared for your baby ▪ Ready-made porridge flours are expensive and may have too many ingredients that will make your child not absorb or digest all the nutrients
Baby porridge contains too many types of flour	<ul style="list-style-type: none"> ▪ It is recommended to use only one cereal at a time ▪ If you must mix cereals, do not mix more than two cereals at a time e.g. maize and millet; maize and sorghum; sorghum and millet, etc. ▪ Do not mix ingredients that have different cooking time. For example, do not mix maize or millet with soya 	<ul style="list-style-type: none"> ▪ When many flours are mixed in porridge, the baby does not get all the nutrients since some of the nutrients will not be absorbed or digested by the body ▪ Different foods have different cooking times and thus the child may be getting porridge with ingredients that are not cooked well or enough

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<p>or omena, since soya and omena take longer to cook. Cook soya and omena separately and feed to the baby.</p>	<ul style="list-style-type: none"> ▪ When you use one or two cereals only, you ensure that your child is getting the nutrients from these flours ▪ Flour ingredients are readily and locally available ▪ Cereals not expensive since the ingredients are available locally ▪ You can buy small portions of different ingredients depending on what you can afford at any given time e.g. one <i>gorogoro</i> of millet
Mother adding milk to porridge and vegetables	<ul style="list-style-type: none"> ▪ Stop adding milk in the preparation of porridge and vegetables ▪ Give the milk separately to the baby ▪ You can add peanut sauce or avocado to porridge and vegetables instead of milk to enrich it 	<ul style="list-style-type: none"> ▪ The calcium in milk will cause interactions with foods that may make it difficult for the child's body to absorb some nutrients. This can affect how your child grows. ▪ Adding peanut sauce or avocado improves nutritive value, taste and satiety ▪ Nutritive value of porridge and vegetables is optimized because all nutrients are available for absorption
Baby getting inadequate daily milk intake	<ul style="list-style-type: none"> ▪ Breastfeed on demand both day and night ▪ If child is not breastfeeding, add one to two cups of milk per day ▪ Give any available milk e.g. from cow, goat or any other ▪ If pasteurized milk is not available, boil the animal milk before feeding it to the baby ▪ Give full fat milk. Do not sieve the fat from the milk. ▪ Do not add water to the milk to dilute it ▪ Introduce other dairy products such as yoghurt and fermented milk ▪ If the baby doesn't like fresh milk, fermented milk or yoghurt can also be given to the child 	<ul style="list-style-type: none"> ▪ Milk is an important source of calcium that helps a child to grow, for strong bones and teeth ▪ Cow's milk is easily/locally available hence cheaper ▪ Yoghurt and fermented milk are also good sources of calcium to feed your child ▪ Animal milk provides high-quality protein, potassium and calcium, as well as vitamin B12 and other micronutrients
Baby eating unhealthy snacks (e.g. soda, processed juice)	<ul style="list-style-type: none"> ▪ Stop giving unhealthy processed "junk" foods, such as soda and processed juice 	<ul style="list-style-type: none"> ▪ Unhealthy snacks only add fats and sugars and no other nutrients

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ The healthy snacks recommended include locally available fruits, nuts, porridge, etc. ▪ Give healthier snacks, such as fruits (bananas, avocado, mangoes, oranges, etc) ▪ The healthy snacks recommended included locally available fruits 	<ul style="list-style-type: none"> ▪ They are more expensive in the long run for you and your family ▪ These unhealthy snacks will not help your child to grow well and do not contribute to good health ▪ Healthy snacks have more nutritive value ▪ Fruits and nuts such as peanuts are available locally and affordable ▪ Fruits improve the appetite of the child
Baby not eating meat (including beef, chicken)	<ul style="list-style-type: none"> ▪ Give more animal source foods including fish, chicken, beef ▪ Increase the amount of animal source iron-rich foods in the diet. This includes chicken or beef liver. ▪ Modify the meat to enable to child to chew and swallow easily (i.e. grinding, mincing and cutting the meat into tiny pieces) ▪ Cook meat until it is well cooked and soft for the baby to chew ▪ Give meat with other foods, such as carbohydrates (ugali, potatoes, cooked bananas, rice) and vegetables such osuga, kunde, apoth spinach, kale and cabbage 	<ul style="list-style-type: none"> ▪ Meat provides protein and other micronutrients like iron ▪ Meat provides incentive for children to eat other foods alongside the meat ▪ Animal source foods are especially good for children to help them grow strong and healthy
Baby is given broth/soup from foods instead of the actual foods	<ul style="list-style-type: none"> ▪ Give the baby the food itself and not just the broth/soup. The foods include beef, chicken, liver, fish, vegetables, etc. ▪ Prepare the food as indicated for meat and vegetables, respectively 	<ul style="list-style-type: none"> ▪ Giving the baby the food instead of broth/soup provides him/her with all the nutrients that can be gotten from the food
Baby is eating less than required quantities of food per day	<ul style="list-style-type: none"> ▪ Gradually increase the amount per meal until the required amount per meal is achieved ▪ Increase the meals to three meals and one snack per day for the breastfed child ▪ Each meal should be three-fourths of a cup of food. ▪ For the non-breastfed child, give three meals, two snacks, provide one 	<ul style="list-style-type: none"> ▪ Enough food protects your baby from many illnesses ▪ Your baby will be happier, satisfied, and not hungry, and you can do your housework with less interruption

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<p>to two extra meals, and one to two cups of milk</p> <ul style="list-style-type: none"> ▪ Include healthy snacks in between meals i.e. a fruit such as banana, orange, avocado 	
Baby is fed fewer than two times per day	<ul style="list-style-type: none"> ▪ Continue breastfeeding on demand both day and night ▪ For the breastfed child, feed your baby three meals with one snack ▪ For the non-breastfed child give three meals, two snacks, provide one to two extra meals and one to two cups of milk ▪ Give the baby a variety of foods included from all the food groups 	<ul style="list-style-type: none"> ▪ Your baby needs to eat more now to grow healthy, taller, play well, and be active and learn in school.
<p>Baby is given tea as a snack in between meals or as a meal</p> <p>The tea is prepared with milk and sugar</p>	<ul style="list-style-type: none"> ▪ Avoid giving tea (with or without milk) to the baby at any time ▪ Give the baby liquids, water ▪ Avoid giving sugar to the baby ▪ Give milk without mixing it with other foods 	<ul style="list-style-type: none"> ▪ Tea has little nutritive value for the child ▪ Milk given separately provides protein and calcium, needed for bone growth
<p>Baby food is not cooked with oil</p> <p>Instead, margarine is added to the food</p>	<ul style="list-style-type: none"> ▪ Start cooking baby food with oil ▪ Do not use too much oil either. ▪ Moderate quantity of oil (like one to two tablespoons) based on the quantity of food being prepared ▪ Use vegetable (liquid) oil such as corn oil, olive oil, sunflower oil, which are healthier than cooking fats and margarine ▪ Avoid adding margarine to food 	<ul style="list-style-type: none"> ▪ The baby tends to enjoy food that is cooked with oil ▪ Oil is needed to help with absorption of nutrients such as vitamin A, D, E, and K into the body and makes the food energy dense ▪ Mother will save on money she could have spent on margarine ▪ The child can eat family foods prepared with oil ▪ Mother will spend less time making different foods separate for the child. ▪ Your baby will feel full and happy
Baby's diet not inclusive of enough fruits	<ul style="list-style-type: none"> ▪ Increase the amount and variety of fruits given to the baby per day. At this age, the baby is given snacks once a day and this could be a banana. ▪ Chop fruit into small pieces or give as finger food 	<ul style="list-style-type: none"> ▪ Fruits are rich in vitamins (vitamin C) and minerals to help the child grow well and to keep the child healthy ▪ Fruits aid in digestion ▪ Most fruits are locally available and affordable when in season

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ If the baby does not like the fruit (such as lemon and avocado), you can disguise it by adding it to other foods, such as vegetables and porridge ▪ Use available fruits/ fruits in season ▪ Give a variety of fruits depending on availability – include mangoes, lemons, watermelons, papaya, etc. 	<ul style="list-style-type: none"> ▪ Fruits can be eaten alone (as a snack) or with other foods (within a meal)
Baby's diet not inclusive of enough vegetables	<ul style="list-style-type: none"> ▪ Increase the amount of vegetables given to the baby per day, which should comprise one-fourth of the baby's food ▪ Mash/shred the vegetables to enable the child to eat comfortably ▪ Give vegetables with other foods, such as ugali, potatoes, rice ▪ Vegetables should not be overcooked. Cook vegetables for a short time to ensure nutrients are not lost. ▪ Cook vegetables that are in season ▪ Include dark green leafy vegetables, such as osuga, apoth and kunde, pumpkin leaves, spinach, kale and cabbage ▪ Do not use cooking ash or bicarbonate of soda to cook traditional vegetables ▪ Do not add milk to the vegetables ▪ Vary the vegetables with every meal ▪ If the baby does not like vegetables, you can disguise it by cooking with other foods 	<ul style="list-style-type: none"> ▪ Vegetables are rich in vitamins and minerals such as iron. ▪ Vegetables aid in digestion ▪ Most vegetables are locally available and affordable when in season ▪ Vegetables such as carrots and tomatoes can be eaten cooked with other foods and a little bit of oil ▪ Adding bicarbonate of soda or cooking ash to vegetable may lead to problems with how your child's body absorbs these nutrients – which may affect how he/she grows. ▪ Do not add milk to vegetables since the Calcium in the milk binds some nutrients in the vegetables such as iron, and limits it's absorption ▪ Avoid adding milk since calcium in the milk binds some nutrients in the vegetables such as iron, and limits it's absorption
Baby not eating eggs	<ul style="list-style-type: none"> ▪ Introduce eggs in the baby's diet ▪ The baby should eat both egg yolk and egg white ▪ Vary cooking methods – boil, scramble, poach 	<ul style="list-style-type: none"> ▪ Eggs are cheap and locally available ▪ Eggs are a good source of protein ▪ Eggs do not cause speech development problems for the baby
Mother not measuring the quantity of food given to the baby per meal and per day	<ul style="list-style-type: none"> ▪ To specifically measure the food given to the child per meal to be sure that the child is getting the required nutrients per day. The required amount of food is per day three- 	<ul style="list-style-type: none"> ▪ You can use available utensils to measure the baby's food, as long as you have determined how much each utensil contains

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<p>fourths a cup or 200 milliliters, to be given in three meals</p> <ul style="list-style-type: none"> ▪ Use a measuring cup or bowl, to measure quantity. If you do not have these measuring tools, measure using the size of the feeding utensils designated for the child 	<ul style="list-style-type: none"> ▪ Measuring of food for the child ensures that there is no wastage ▪ When you measure the food, you avoid overfeeding or underfeeding the baby, and ensure that the baby gets the required amount of nutrients for good growth
Baby's porridge is thin/watery	<ul style="list-style-type: none"> ▪ Make thick porridge for the baby. Porridge should be 'eaten' and not 'drank'. Make it thick such that it does not flow off the spoon or the cup. 	<ul style="list-style-type: none"> ▪ Thick porridge is dense enough to provide required energy for the baby ▪ Thick porridge keeps the baby satisfied for a prolonged period of time, thus reduces frequent hunger and feeding
Mother prefers to give only food that the child likes.	<ul style="list-style-type: none"> ▪ Give variety of foods ▪ When feeding present the food in an attractive way by using attractive dishes ▪ Hide the disliked foods in the preferred food ▪ Be creative while cooking and make the food delicious, vary cooking methods. ▪ When feeding a child, give food in small quantities 	<ul style="list-style-type: none"> ▪ Avoids wastage of foods ▪ If the food is delicious/tasty, the child eats easily, saves on time, and wastage. ▪ Giving a variety of foods ensures the child gets all the required nutrients
Lack of variety in carbohydrates	<ul style="list-style-type: none"> ▪ Introduce other types of carbohydrate (yellow/orange sweet potatoes) among others 	<ul style="list-style-type: none"> ▪ Certain staple foods that are yellow or orange in color have micronutrients such as vitamin A, which are good for child's growth and health
Baby not eating family foods	<ul style="list-style-type: none"> ▪ Introduce the baby to family foods ▪ Avoid processed foods ▪ Give balanced diet just like the rest of family ▪ Reduce on mashed foods, minced foods and start to chop the food into small pieces to enable the baby to eat comfortably without choking ▪ Use responsive feeding approach ▪ Increase number of meals per day to ensure the baby gets $\frac{3}{4}$ cup of food, three times a day and one snack ▪ Increase amount of food to meet recommended daily caloric intake; 	<ul style="list-style-type: none"> ▪ Feeding the baby on foods prepared for the family ▪ It would cut down on preparation time ▪ It's cheaper since you use foods meant for the family and do not buy separate foods

NINE TO ELEVEN MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Avoid unhealthy snacks such as chips, soda, cake, sweets, and instead give fruits 	
<p>Non Responsive feeding/ force-feeding their children</p>	<ul style="list-style-type: none"> ▪ Mother to engage more in responsive feeding ▪ Help older baby to eat from their own plate ▪ Engage with the child to know when they are hungry and need to be fed ▪ Encourage the child to feed properly and praise them when they feed well ▪ Feed patiently 	<ul style="list-style-type: none"> ▪ Accidental choking is avoided ▪ It prevents overfeeding ▪ Prevents starvation of the child ▪ Responsive feeding helps with connecting/bonding mother and child

Age Group: Twelve to Twenty Three Months

Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night.
- Feed child family foods (with an adequate texture for age, avoiding foods that are too dry or hard to swallow).
- Frequency of feedings per day: Feed at least three meals per day for the breastfed child and include two snacks; the non-breastfed child should receive one to two cups of milk and one or two extra meals per day in addition to the three meals and two snacks per day.
- Feed child a variety of energy- and nutrient-dense foods with a little oil.
- Serve child about one cup (250 milliliters) of food per meal.
- Total kcal required from complementary foods: 548 (with average breastmilk intake). Required intake for non-breastfed children is 894 kcal.
- Practice responsive feeding. Feed child directly and assist older children to eat from their own plate. Encourage child to eat. Feed patiently.

TWELVE TO TWENTY THREE MONTHS		
Feeding Problem	Recommendation	Motivation
Child is no longer breastfeeding	<ul style="list-style-type: none"> ▪ Continue breastfeeding on demand, day and night ▪ Breastfeed after giving other foods 	<ul style="list-style-type: none"> ▪ Breastmilk continues to be an important part of the diet and provides a quarter of the child's nutritional requirement up to 18 months and a third of the nutritional requirements up to 24 months ▪ Breastfeeding also continues to provide protection to the child against many illnesses ▪ Breastfeeding provides closeness and contact that helps psychological development
Child is fed on porridge made from ready-made, commercial flour	<ul style="list-style-type: none"> ▪ Make your own flour ▪ Start by selecting your own cereals, such as millet, sorghum and maize and mix to grind ▪ Use one cereal at a time for making porridge ▪ Grind your cereal to flour at the local grinders ▪ If you must mix, do not mix more than two cereals e.g. maize and millet; maize and sorghum; sorghum and millet, etc. 	<ul style="list-style-type: none"> ▪ Preparing your own flour enables you to be sure of the quality of ingredients ▪ Cereals for making flour are readily and locally available ▪ The process of preparing flour is easy to implement ▪ The preferred cereal is millet it's one of the cereals that is a good source of iron if fermented ▪ It is cheaper since ingredients are available locally

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Do not mix more than two types of cereals maximum so as to avoid the nutrient interaction that comes as a result of mixing three or more flours ▪ The best cereal for porridge is millet/wimbi ▪ Do not mix ingredients that have different cooking times. For example, do not mix maize or millet with soya or omena, since soya and omena take longer to cook. 	<ul style="list-style-type: none"> ▪ You can buy small portions of different ingredients depending on what you can afford at any given time e.g. one <i>gorogoro</i> of wimbi ▪ It is best to prepare your own flour, preferably with millet, so you are ensured of the quality of porridge prepared for your baby ▪ Ready-made porridge flours are expensive and may have too many ingredients that will make your child not absorb or digest all the nutrients
Child porridge contains too many types of flour	<ul style="list-style-type: none"> ▪ It is recommended to use only one cereal at a time ▪ If you must mix, do not mix more than two cereals at a time e.g. maize and millet; maize and sorghum; sorghum and millet, etc. ▪ Do not mix ingredients that have different cooking time. For example, do not mix maize or millet with soya or omena, since soya and omena take longer to cook. Cook soya and omena separately and feed to the child. 	<ul style="list-style-type: none"> ▪ When many flours are mixed in porridge, the baby does not get all the nutrients since some of the nutrients will not be absorbed or digested by the body ▪ Different foods have different cooking times and thus the child may be getting porridge with ingredients that are not cooked well or enough ▪ When you use one or two cereals only, you ensure that your child is getting the nutrients from these flours ▪ You can buy small portions of different ingredients depending on what you can afford at any given time e.g. one <i>gorogoro</i> of millet ▪ Flour ingredients ingredient are readily and locally available ▪ It is not expensive since the ingredients are available locally
Mother adding milk to porridge and vegetables	<ul style="list-style-type: none"> ▪ Stop adding milk in the preparation of porridge and vegetables ▪ Give the milk separately to the child ▪ You can add peanut sauce or avocado to porridge and vegetables instead of milk to enrich it 	<ul style="list-style-type: none"> ▪ The calcium in milk will cause interactions with foods that may make it difficult for the child's body to absorb some nutrients. This can affect how your child grows. ▪ Adding peanut sauce or avocado improves nutritive value, taste and satiety ▪ Nutritive value of porridge and vegetables is optimized because all nutrients are available for absorption

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
<p>Child getting inadequate daily milk intake</p>	<ul style="list-style-type: none"> ▪ Breastfeed on demand both day and night ▪ If child is not breastfeeding, add one to two cups of milk per day ▪ Give any available milk e.g. from cow, goat or any other source ▪ If pasteurized milk is not available, boil the animal milk before feeding it to the child ▪ Give full fat milk. Do not sieve the fat from the milk. ▪ Do not add water to the milk ▪ Fermented milk can also be given to the child ▪ You can introduce other dairy products, such as yoghurt and fermented milk ▪ If the baby doesn't like fresh milk, fermented milk or yoghurt can also be given to the child 	<ul style="list-style-type: none"> ▪ Milk is an important source of calcium that helps a child to grow, for strong bones and teeth ▪ Cow's milk is easily/locally available hence cheaper ▪ Animal milk provides high-quality protein, potassium and calcium, as well as vitamin B12 and other micronutrients ▪ Yoghurt and fermented milk are also good sources of calcium to feed your child
<p>Child eating unhealthy snacks (e.g. soda, processed juice)</p>	<ul style="list-style-type: none"> ▪ Stop giving unhealthy processed "junk" foods, such as soda and processed juice ▪ The healthy snacks recommended include locally available fruits, nuts, porridge, etc. ▪ Give healthier snacks, such as fruits (bananas, avocado, mangoes, oranges) ▪ The healthy snacks recommended included locally available fruits 	<ul style="list-style-type: none"> ▪ Unhealthy snacks only add fats and sugars and no other nutrients ▪ They are more expensive in the long run for you and your family ▪ These unhealthy snacks will not help your child to grow well and do not contribute to good health ▪ Healthy snacks have more nutritive value ▪ Fruits and nuts such as peanuts are available locally and affordable ▪ Fruits improve the appetite of the child ▪ Healthy snacks are more nutritious
<p>Child not eating meat (including beef, chicken, fish)</p>	<ul style="list-style-type: none"> ▪ Give more animal source foods including fish, chicken, beef ▪ Increase the amount of animal source iron-rich foods in the diet. This includes chicken or beef liver. ▪ Modify the meat to enable to child to chew and swallow easily (i.e. grinding and cutting the meat into tiny pieces) 	<ul style="list-style-type: none"> ▪ Meat provides protein and iron nutrients like iron ▪ Meat provides incentive for children to eat other foods alongside the meat ▪ Animal source foods are especially good for children to help them grow strong and healthy

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Cook meat until it is well cooked and soft for the child to chew ▪ Give meat with other foods such as carbohydrates (ugali, potatoes, cooked bananas, rice) and vegetables osuga, kunde, apoth spinach, kale and cabbage 	
Child is given broth/soup from foods instead of the actual foods	<ul style="list-style-type: none"> ▪ Give the child the food itself and not just the broth/soup. The foods include beef, chicken, liver, fish, vegetables, etc. ▪ Prepare the food as indicated for meat and vegetables, respectively 	<ul style="list-style-type: none"> ▪ Giving the child the food instead of broth/soup provides him/her with all the nutrients that can be gotten from the food
Child is eating less than required quantities of food per day	<ul style="list-style-type: none"> ▪ Gradually increase the amount per meal until the required amount per meal is achieved ▪ Increase the meals to three per day with two snacks ▪ Each meal should not be less than one full cup of a cup of food ▪ Include two healthy snacks in between meals i.e. a fruit such as banana, orange, avocado, milk or porridge 	<ul style="list-style-type: none"> ▪ Enough food protects your child from many illnesses ▪ Your child will be happier, satisfied, and not hungry, and you can do your housework with less interruption.
Child is fed fewer than two times per day.	<ul style="list-style-type: none"> ▪ Continue breastfeeding on demand both day and night ▪ Feed your child at least three times a day with two snacks for breastfed babies ▪ If you are not breastfeeding your child, you can increase to up to five times per day and include one to two snacks ▪ For a child who is not breastfed, give one to two additional cups of milk ▪ Give the child a variety of foods including fruit, vegetables, cereals, meat, eggs, and dairy products, like milk, buttermilk and yogurt 	<ul style="list-style-type: none"> ▪ Your child needs to eat more now to grow healthy, taller, play well, and be active and learn in school
Child is given tea as a snack in between meals or as a meal The tea is prepared with milk and sugar	<ul style="list-style-type: none"> ▪ Avoid giving tea (with or without milk) to the child at any time ▪ Avoid giving sugar to the child ▪ Give milk without mixing it with other foods 	<ul style="list-style-type: none"> ▪ Tea has little nutritive value for the child ▪ Milk given separately provides protein and calcium needed for bone growth

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Give the child other liquids such as water provide them with required hydration 	
<p>Child food is not cooked with oil</p> <p>Instead, margarine is added to the food</p>	<ul style="list-style-type: none"> ▪ Start cooking the child’s food with oil ▪ Do not use too much oil either. Moderate quantity of oil (like one to two tablespoons) based on the quantity of food being prepared ▪ Use vegetable (liquid) oil such as corn oil, olive oil, sunflower oil, which are healthier than cooking fats and margarine ▪ Avoid adding margarine to food 	<ul style="list-style-type: none"> ▪ The child tends to enjoy food that is cooked with oil ▪ Oil is needed to help with absorption of nutrients such as vitamin A, D, E, and K into the body to ensure the child grows well and is healthy ▪ Mother will save on money she could have spent on margarine ▪ The child can eat family foods prepared with oil ▪ Mother will spend less time making different foods separate for the child. ▪ Your child will feel full and happy
<p>Child’s diet not inclusive of enough fruits</p>	<ul style="list-style-type: none"> ▪ Increase the amount and variety of whole fruits given to the child per day (as often as needed) ▪ Chop fruit into small pieces to enable the child to eat comfortably. Fruits can also be given as finger foods. ▪ If the child does not like the fruit (such as lemon and avocado), you can disguise it by adding it to other foods such as vegetables and porridge ▪ Use available fruits/ fruits in season ▪ Vary the fruits – include mangoes, oranges, bananas, lemons, watermelons, papaya, etc. 	<ul style="list-style-type: none"> ▪ Fruits are rich in vitamins (vitamin C) and minerals to help the child grow well and to keep the child healthy ▪ Fruits aid in digestion ▪ Most fruits are locally available and affordable when in season ▪ Fruits can be eaten alone (as a snack) or with other foods (within a meal)
<p>Child’s diet not inclusive of enough vegetables</p>	<ul style="list-style-type: none"> ▪ Increase the amount of vegetables given to the child per day, which should comprise about one fourth of the child’s food ▪ Mash/shred the vegetables to enable the child to eat comfortably ▪ Give vegetables with other foods such as ugali, potatoes, rice ▪ Vegetables should not be overcooked. Cook for a short time to ensure nutrients are not lost. ▪ Cook vegetables that are in season 	<ul style="list-style-type: none"> ▪ Dark green leafy Vegetables are rich in vitamins and minerals such as iron. ▪ Vegetables aid in digestion ▪ Most vegetables are locally available and affordable when in season ▪ Vegetables, such as carrots and tomatoes, can be eaten cooked with other foods and a little bit of oil ▪ Adding bicarbonate of soda or cooking ash to vegetable may lead to problems with how your child’s body absorbs these nutrients, which may affect how he/she grows.

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ Include vegetables such as osuga, apoth and kunde, pumpkin leaves, spinach, kale and cabbage ▪ Do not use cooking ash or bicarbonate of soda to cook traditional vegetables. ▪ Do not add milk to the vegetables ▪ Vary the vegetables with every meal ▪ If the child does not like vegetables, you can disguise it by cooking with other foods 	<ul style="list-style-type: none"> ▪ Do not add milk to vegetables since the calcium in the milk binds some nutrients in the vegetables such as iron, and limits its absorption ▪ Avoid adding milk since calcium in the milk binds some nutrients in the vegetables such as iron, and limits its absorption
Child not eating eggs	<ul style="list-style-type: none"> ▪ Introduce eggs in the child's diet ▪ The child should eat both egg yolk and egg white ▪ Vary cooking methods – boil, fry, scramble, poach 	<ul style="list-style-type: none"> ▪ Eggs are cheap and locally available ▪ Eggs are a good source of protein ▪ Eggs do not cause speech development problems for the child
Mother not measuring the quantity of food given to the child per meal and per day	<ul style="list-style-type: none"> ▪ To specifically measure the food given to the child per meal, be sure that the child is getting the required nutrients per day. The required amount of food is per day is one full cup or 250 milliliters, to be given in three meals. ▪ Use a measuring cup or bowl to measure quantity. If you do not have these measuring tools, measure using the size of the feeding utensils designated for the child. 	<ul style="list-style-type: none"> ▪ You can use available utensils to measure the child's food, as long as you have determined how much each utensil contains ▪ Measuring of food for the child ensures that there is no wastage ▪ When you measure the food, you avoid overfeeding or underfeeding the child, and ensure that the child gets the required amount of nutrients for good growth
Child's porridge is thin/watery	<ul style="list-style-type: none"> ▪ Make thick porridge for the child. Porridge should be 'eaten' and not 'drank'. Make it thick such that it does not flow off the spoon or the cup. 	<ul style="list-style-type: none"> ▪ Thick porridge is dense enough to provide required caloric energy for the child ▪ Thick porridge keeps the child satisfied for a prolonged period of time, thus reduces frequent hunger and feeding
Mother prefers to give only food that the child likes.	<ul style="list-style-type: none"> ▪ Give variety of foods ▪ When feeding present the food in an attractive way. ▪ Hide the healthy un-liked foods in the preferred food ▪ Be creative while cooking and make the food delicious, vary cooking methods. 	<ul style="list-style-type: none"> ▪ Avoids wastage of foods. ▪ If the food is delicious/tasty, the child eats easily and saves on time and wastage. ▪ Giving a variety of foods ensures the child gets all the required nutrients

TWELVE TO TWENTY THREE MONTHS

Feeding Problem	Recommendation	Motivation
	<ul style="list-style-type: none"> ▪ When feeding a child give food in small quantities. 	
Lack of variety in carbohydrates	<ul style="list-style-type: none"> ▪ Introduce other types of carbohydrate (yellow/orange sweet potatoes) among others 	<ul style="list-style-type: none"> ▪ Certain staple foods that are yellow or orange in color have micronutrients such as vitamin A, which are good for child's growth and health
Child not eating family foods	<ul style="list-style-type: none"> ▪ Introduce the child to family foods ▪ Avoid processed foods ▪ Give balanced diet just like the rest of family ▪ Cut food into small, soft pieces so that your child can pick, chew and swallow comfortably. ▪ Use responsive feeding approach ▪ Increase number of meals per day ▪ Increase amount of food to meet recommended daily caloric intake; ▪ Avoid unhealthy snacks such as chips, soda, cake, sweets, and instead give fruits 	<ul style="list-style-type: none"> ▪ Feeding the baby on foods prepared for the family ▪ It would cut down on preparation time ▪ It is cheaper since you use family foods and are not buying separate foods
Non Responsive feeding/ force-feeding their children	<ul style="list-style-type: none"> ▪ Mother to engage more in responsive feeding. Feed child directly. ▪ Help older child to eat from their own plate ▪ Engage with the child to know when they are hungry and need to be fed ▪ Encourage the child to feed properly and praise them when they feed well ▪ Feed the child patiently 	<ul style="list-style-type: none"> ▪ Accidental choking is avoided ▪ It prevents overfeeding ▪ Prevents starvation of the child ▪ Responsive feeding helps with connecting/bonding mother and child

Sick Children 6-23 Months

Ideal feeding practices:

- During illness:
 - Offer breastmilk more frequently.
 - Offer other liquids more frequently.
 - Patiently encourage child to eat soft foods.
 - Encourage child to eat favourite foods (not junk foods, but home-cooked foods that are nutritious).
 - Give small frequent meals.
 - Avoid spicy or fatty foods.
- After illness:
 - Feed extra food until child is growing well again.
 - Encourage child to eat more.

TWELVE TO TWENTY THREE MONTHS		
<u>Feeding Problem</u>	<u>Recommendation</u>	<u>Motivation</u>
Poor feeding during and after illness	<ul style="list-style-type: none"> ▪ Feed the child more frequently during illness ▪ Offer the child breastmilk more frequently ▪ Give the child more liquids (water, porridge) to ensure that the child is hydrated ▪ Encourage the child to eat more ▪ Give the child more whole fruits to improve his/her appetite ▪ If the child is unable to feed at all, seek advice from a healthcare provider ▪ After illness, give more food than usual until the child is well and full of energy again 	<ul style="list-style-type: none"> ▪ Child needs more nutrients during illness ▪ Breastfeeding boosts the child's immunity and nutrient intake ▪ The child loses lots of liquids and salts during illness, which need to be replenished through more feeding and increased fluid intake ▪ Fruits are natural appetite boosters