

THEME 5

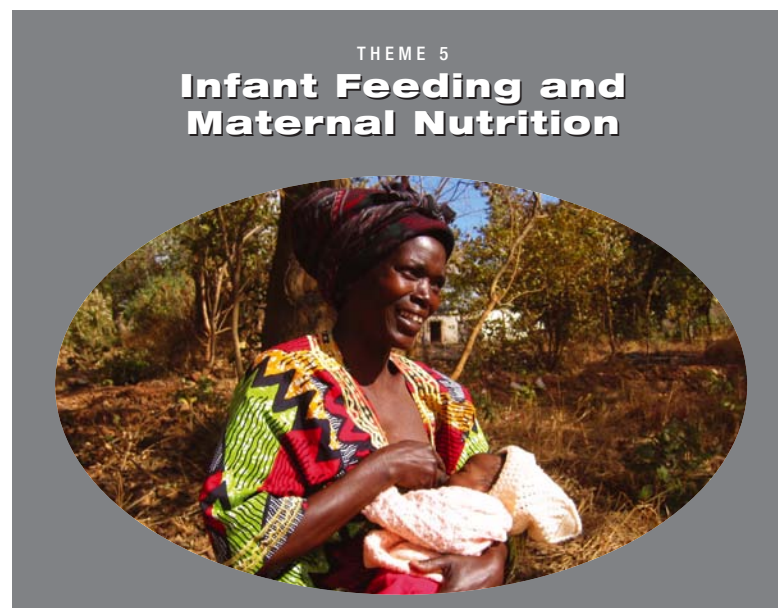
Infant Feeding and Maternal Nutrition



Infant Feeding and Maternal Nutrition

ASK CLIENT

- **What is happening in this picture?**
- **Why is exclusive breastfeeding so important for babies under 6 months old?**
- **What foods do you take when pregnant or breastfeeding?**



EXPLAIN

- **This flipchart aims to support your (the mother's) decision to only breastfeed or to only replacement feed. It does not provide enough information for you to make that decision. Be sure to talk with your healthcare provider to learn which feeding option is the best for you.**
- **Exclusive breastfeeding means giving a baby nothing to eat or drink except breastmilk**
- **Breastmilk makes babies strong and healthy**
- **Unclean water and contaminated foods can make a baby sick**
- **Mothers with HIV must choose the best way to feed babies to keep them from getting infected with HIV**
- **Mothers who are pregnant or breastfeeding need to eat well**

Exclusive Breastfeeding



Exclusive Breastfeeding

ASK CLIENT

- What is happening in this picture?
- How long do babies usually breastfeed?
- Why is 6 months of exclusive breastfeeding recommended for mothers with HIV?
- Why is it a problem to give other liquids to a baby?

Exclusive Breastfeeding



EXPLAIN

- Give nothing but breastmilk for the first 6 months
- Even a sick mother can provide enough breastmilk for her infant
- Bring the baby with you when leaving the house, even for a couple hours, to ensure the baby can be breastfed when hungry
- At 6 months, breastfeeding should be stopped and breastmilk substitutes and complementary foods started
- Breastfeed baby more often when the baby is sick and for 2 weeks after
- Only breastfeed your baby because unclean food or fluids can make your baby sick and more likely to get HIV
- Talk to your healthcare provider about correct positioning of the baby during breastfeeding
- Immediately seek treatment from your healthcare provider for sore or cracked nipples or other breast problems

Exclusive Replacement Feeding



Exclusive Replacement Feeding

ASK CLIENT

- What do you see in this picture?
- What do you know about breastmilk substitutes like infant formula and home-prepared formulas with powdered, evaporated, or animal milk for babies?
- What are the disadvantages of replacement feeding with these milks?

Exclusive Replacement Feeding



EXPLAIN

- HIV positive mothers may choose not to breastfeed and to use breastmilk substitutes instead
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- **If breastmilk substitutes are given:**
 - Breastmilk substitutes need to be affordable, regularly available and acceptable to families
 - Do not mix breastmilk substitutes with breastmilk since the baby can get sick from unclean breastmilk substitutes increasing the chance of getting HIV
 - Breastmilk substitutes must be prepared carefully in very clean conditions. Mix them in a clean container and prepare them with clean water.
 - Breastmilk substitutes also need to be kept clean so the baby will not get sick. Make sure the breastmilk substitutes are not dirty.
 - Breastmilk substitutes can make the baby sick and irritate its stomach if made with unclean water or bad milk
 - Talk to your healthcare provider about purchasing and preparing safe and acceptable formulas
 - Skimmed milk, cereal feeds, juices, and teas are not suitable for babies under 6 months
 - Stop breastfeeding as soon as possible (over a few days but no longer than 3 weeks)

Introduction of Complementary Foods



Introduction of Complementary Foods

ASK CLIENT

- What do you see in this picture?
- Why do infants need foods other than breastmilk at 6 months?
- What types of foods do you feed your infant after 6 months?

Introduction of Complementary Foods



EXPLAIN

- Breastmilk does not provide enough nutrients after 6 months
- HIV positive mothers should stop breastfeeding at 6 months to reduce the risk of infecting the baby
- Babies need several small meals every few hours throughout the day
- Important weaning foods include soft foods like mashed bananas, pawpaw, greens, carrots, kapenta, meat, eggs, potatoes, sweet potatoes; fisashi; mashed millet and maize; mashed cowpeas or beans with porridge; maize porridge with soya flour; maize porridge and cooked greens
- Like adults, it is better if babies are given a variety of foods at each feeding like mashed sweet potatoes and cowpeas or maize porridge with soya flour and cooked greens
- Only give babies clean water and fluids
- Take your baby to its healthcare provider for vaccinations, deworming, and micronutrients
- Have your baby weighed regularly by its healthcare provider to be sure it is not losing any weight

Foods for Pregnant and Lactating Women



Foods for Pregnant and Lactating Women

ASK CLIENT

- What types of special foods do you eat when pregnant?
- Why do pregnant and breastfeeding women need more food?
- What types of foods do you see in the picture?
- Which of these foods can you afford?

Foods for Pregnant and Lactating Women



EXPLAIN

- The body needs extra food than normal when someone is pregnant or breastfeeding.
Eat an extra meal a day.
- Eat smaller meals more often
- Eat a variety of foods: fish, meat, eggs, beans, green leafy vegetables, mango, pawpaw, sweet potatoes, pumpkin, avocado, tomatoes, carrots
- Pregnant and breastfeeding women need to drink fluids like clean water and milk often
- Take iron-folic acid supplements daily and multivitamin supplements as advised
- Always use iodized salt
- Get medicine from your healthcare provider to prevent malaria during pregnancy and use bednets
- Get weighed throughout your pregnancy by your healthcare provider to check that you are gaining enough weight