

A Training Curriculum and Practical
Guideline for Primary Health Workers

Infant and Young Child Feeding Counselling

Appendix 2
Counselling Cards and Key
Discussion Points/Messages

Organization and Preparation

Department of Maternal and Child Health, National Health Commission
UNICEF Office for China

Technical Support

National Center for Women and Children's Health, China CDC
Capital Institute of Pediatrics
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Counselling Cards and Key Discussion Points Messages

Instruction

This document is the key discussion points and key messages corresponding to the Infant and Young Child Feeding Counselling Cards. It is one of the components of IYCF counselling package. It summarizes the core information that participants need to master through the training, and it also listed the discussion points often involved in the IYCF counseling for parents and caregivers. During the counselling, counselor can select 2 ~ 3 priority discussion points according to specific conditions of children and families for explanation and guidance.

This document shall be distributed to the participants on the first day of training.

Based on the Infant and Young Child Feeding Counselling Package released by UNICEF in 2010, this IYCF counselling package was jointly published by the Maternal and Child Department of the National Health Commission and UNICEF China. The content and pictures are protected by copyright.

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COVER



INCLUDE NOTES ON

- 3-Step IYCF Counselling
- Skills for using the Counselling Cards
- Counselling Skills
 - Listening & Learning
 - Building Confidence and Giving Support

PREGNANT AND LACTATING WOMEN NEED GOOD NUTRITION

1 Pregnant and lactating women need good nutrition



- Daily diet: Pregnant and lactating women should eat more nutritious food every day (eat one extra meal during pregnancy; eat 2 extra meals during lactation).
- Folic acid supplement: A woman should take folic acid tablets (before pregnancy) or start as soon as she learns she is pregnant and take daily for 3 months.
- Increase iodine intake: Use iodised salt, eat kelp and seafood.
- Increase iron intake: Eat more lean meat, liver, animal blood, fresh vegetables and fruits as appropriate.
- Antenatal care is important: 8-10 times during pregnancy.

CLARIFYING MYTHS

- Breastmilk production is not affected by maternal diet.
 - No one special food or diet is required to provide adequate quantity or quality of breast-milk.
 - No foods are forbidden.

EXTRA NOTE

- Exclusive breastfeeding helps space births by delaying the return of fertility.

EARLY INITIATION OF BREASTFEEDING AFTER BIRTH IS CRITICAL

2

Early Initiation of breastfeeding after birth is critical



THIS FIRST MILK IS CALLED COLOSTRUM

- Colostrum is the first thick, yellowish milk full of antibodies that protects baby from illness.
- Colostrum provides the first immunization against many diseases
- Colostrum is rich in vitamin A. It promotes the growth of mucoepithelia of gastrointestinal tract in newborn infants, and make colostrum yellow / or orange
- The few drops of colostrum fill the stomach perfectly.
 - The newborn has a stomach the size of a little cherry or a grape.
 - Colostrum does not flow from the breast.
 - If water or other substances are given to the newborn at birth, the stomach is filled and there is no room for the colostrum.

EARLY INITIATION OF BREASTFEEDING/SUCKLING COLOSTRUM

- Put newborn skin-to-skin with mother immediately after birth so newborn infant receives colostrum which contributes to successful breastfeeding
- Breastfeeding from birth helps the milk "come in" and ensures plenty of breastmilk – it stimulates breastmilk production and prevents breast swelling
- Helps expel the placenta more rapidly and reduces blood loss.
- Helps expel meconium, the newborn's first stool.

EXTRA NOTE

- DO NOT give GLUCOSE water, sugar water, water, tea, infant formula, other foods or liquids to the newborn.
- Breastfeeding frequently from birth helps the baby learn to attach.
 - Provides frequent, unrestricted suckling from soon after birth.



- Breastfeeding stimulates the baby's senses: touch, taste, sight, smell, hearing; comforts baby
- Promotes baby's brain development; and stimulates his or her eye and jaw (language) development.
- Keeps newborn warm through skin-to-skin contact.
- Keeps newborn under mother's close care by rooming-in/bedding-in.

BREASTFEED ON CUE, BOTH DAY AND NIGHT

3 Breastfeed on cue, both day and night



BREASTFEEDING FREQUENTLY

- Frequent breastfeeding helps produce plenty of breastmilk. After the first few days, most newborns need to be breastfed frequently, 8 to 12 times/day.
- Once breastfeeding is well-established, breastfeed 8 or more times day and night to continue to produce plenty of (or lots of) breastmilk. If the baby is well attached, contented, and gaining weight, the number of feeds is not important.
- More suckling (with good attachment) and removal of milk makes more breastmilk.
- Breastmilk is perfectly adapted to the newborn's small stomach size because it is quickly and easily digested.

BREASTFEEDING ON CUE/DEMAND

- A good timing for breastfeeding is when an infant shows early signs of a desire to breast-feed such as:
 - Restlessness
 - Opening mouth and turning head from side to side
 - Putting tongue in and out
 - Sucking on fingers or fists
- Crying is a late sign of hunger. When the baby cries because of hunger, it is often difficult for the baby to suckle the breast appropriately. You need to calm the baby first, and then try to let the baby attach appropriately and suckle at the breast.

BREASTFEED AT BREAST UNTIL BABY RELEASES THAT BREAST

- The foremilk contains more water, which can relieve thirst; the hind milk contains more fat, which can alleviate hunger.



- The baby needs to suckle until breast becomes "soft" and baby releases the breast. Then offer the other breast—this is to avoid infants, especially newborns, missing the nutritious hind milk.
- It is important to offer the baby both breasts.

EXTRA NOTES

- Scheduled feeding is unnecessary and usually harmful.
- Night feeding is important to maintain breastmilk production.

EXCLUSIVELY BREASTDEED DURING THE FIRST 6 MONTHS

4 Exclusive breastfeeding during the first 6 months



- Breastmilk is all the infant needs in terms of nutrition and water for the first 6 months.
 - Breastmilk contains all the nutrients a newborn needs to satisfy hunger and thirst.
 - Breastmilk contains all the water a baby needs (88%), even in a hot climate.
- Giving water will fill the newborn and cause less suckling; less breastmilk will be produced.
- Breastfed infants are likely to have fewer diarrhea, respiratory, and ear infections.

EXTRA NOTE

The use of bottles or pacifiers for feeding newborns can cause confusion to them, which can interrupt breastfeeding and increase the risk of diarrhea and other infections.

BREASTFEEDING POSITIONS

5 Breastfeeding positions



- Mother positions infant correctly to help prevent sore or cracked nipples and stimulate her milk supply.
- 4 signs of good positioning:
 - baby's body should be straight,
 - baby should be facing the breast,
 - baby should be close to mother, and
 - mother should support the baby's whole body, not just the neck and shoulders with her hand and forearm.

DEMONSTRATION TO MOTHER

- **Use cradle positioning as an example** Extend one arm which would hold the infant, and with the opposite hand pat the extended arm with palm of hand to show how the infant's body needs to be supported:
 - the head of the infant (pat your forearm),
 - the buttocks of the baby (pat your hand)
 - the infant facing the mother (pat your stomach), and
 - put baby's hand behind the mother's waist gently (swoop hand behind waist)
- **Cross cradle** is best used for small and premature babies.
- **Under-the-arm** is best used
 - after a Caesarean section
 - when the nipples are painful
 - to breastfeed twins

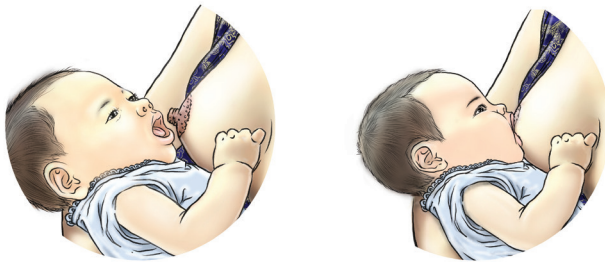
EXTRA NOTE

If an older baby is suckling well, there is no need to check position

GOOD ATTACHMENT IS IMPORTANT

6

Good attachment is very important



- Breastfeeding should begin as soon as possible after birth.
- Breastfeeding should NOT be painful.
- The more baby suckles (with good attachment), the more breastmilk is produced.
- Good attachment helps to prevent sore and cracked nipples.

THERE ARE 4 SIGNS OF GOOD ATTACHMENT

- Baby's mouth is wide open.
- Baby's lower lip is turned outward.
- Baby's chin is touching mother's breast.
- You can see more of the darker skin (areola) above the baby's mouth than below.

DEMONSTRATION: with index finger point to the 4 signs of good attachment

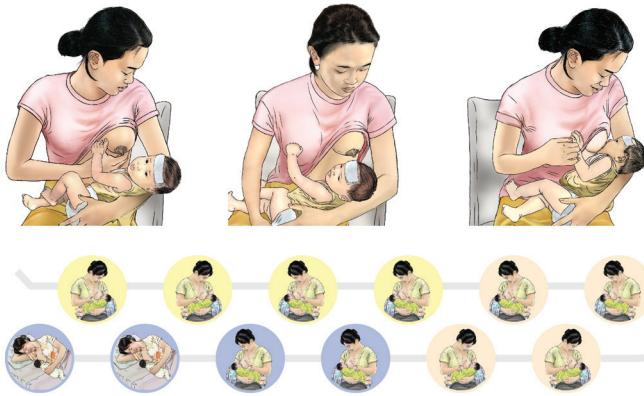
- Mouth open wide;
- Lower lip turned out;
- Baby's chin touching breast; and
- More areola showing above than below nipple

THE SIGNS OF EFFECTIVE SUCKLING ARE

- The baby takes slow deep suckles, sometimes pausing.
- You may be able to see or hear baby swallowing after 1 or 2 suckles.
- Suckling is comfortable and pain free.

FEEDING SICK BABY LESS THAN 6 MONTHS

7 Feeding sick baby less than 6 months



- If infant under 6 months is sick, mother should breastfeed more often (or express her milk if the infant cannot suckle, and feed the breastmilk with small cup) so that infant recuperates.
- Breastmilk replaces needed water and nutrients lost through frequent loose stools and is the most easily digestible food for the sick infant.
- Breastfeeding provides comfort to a sick infant.
- Breastfeeding can pacify infants.

EXTRA NOTE

- If mother is sick with a cold, flu, or diarrhea, she may continue to breastfeed because breastmilk contains antibodies that can protect her infant against illness.
- Remind sick mother
 - To rest and eat well in order to recover quickly;
 - To wash hands after blowing nose, coughing, or sneezing;
 - To wear a mouth/nose mask during cold or flu episode.

HOW TO HAND EXPRESS/PUMP BREASTMILK, STORE AND CUP FEED

8

How to hand express/pump breast milk, store and cup feed



HAND EXPRESSION

- Make sure hands and utensils are clean.
 - Wash your hands and utensils with soap and clean running water.
 - Clean and boil the container you will use to express your breastmilk.
- Get comfortable.
- It is sometimes helpful to massage your breasts gently.
- A warm cloth may help stimulate the flow of milk.
- Key points of hand expression:
 - Put your thumb on the breast above the dark area around the nipple (areola) and the other fingers on the underside of the breast behind the areola.
 - With your thumb and first 2 fingers, press the breast as follows:
 - Press in towards chest wall and then compress towards the dark area (areola).
 - Avoid rubbing the skin when compressing the breast.
 - Rubbing the skin can cause bruising or squeezing the nipple, which stops the flow of milk.
 - Milk may start to flow in drops, or sometimes in fine streams. Collect the milk in the clean container.
 - Rotate the thumb and finger positions and press/compress and release all around the areola.
 - Alternate sides to press/compress/release:
 - Express one breast for at least 3 to 5 minutes
 - When the flow slows, express the other breast,
 - Repeat both sides again
 - Total time used for hand expressing should be around 20 to 30 minutes. As milk flows out, the breast gradually softens, this is when pressing/compressing can be stopped.

PUMPING BREASTMILK

- Select the appropriate size of the breast shield/breast flange. Place the breast shield/flange on your breast, with the shield/flange centered around the nipple. Be careful not to over squeeze the breast when holding the breast shield/flange.
- The suction should not be too strong. Choose the right speed and suction by finding the balance between comfortable feeling and milk flow; avoid pulling the nipple too much, which can lead to nipple and breast damage
- Don't pump for too long a time, adjust it according to your own situation.
- You can choose a pump that can switch the pumping speed. Start out at a high speed and low suction in order to elicit milk flow (let down); then adjust speed to medium and increase suction based on comfort level.
- Before pumping, drink a large glass of warm water, gently massage the breast when pumping; stop pumping if there is any discomfort.

STORAGE

- Store breastmilk in a clean, covered container,
- Expressed breastmilk can be stored 4 hours in a cool place, up to 24 hours in the back of the refrigerator (4°C), and up to 3 months in a deep freezer (-20°C).
- It should be stored in a separate space in refrigerator away from raw animal source foods or seafood.
- If the milk has been stored at low temperature, it should be warmed before feeding the baby
- Warm the container by running hot water (40°C or lower) over the container.
 - Let it cool down a little, and then feed it to the baby when the temperature of the milk is close to skin temperature

CUP FEEDING

- Use a cup with wide opening.
- Hold and support baby in an upright position swaddling baby to prevent swinging arms and thus possible spillage of milk.
- Pour just enough breastmilk from the clean covered container into the feeding cup to avoid wasting.
- When giving the baby expressed breastmilk from a cup, place rim of cup at the outer corner of baby's upper lip resting gently on the lower lip the the tongue inside the cup and allow baby to take small amounts of milk, lapping the milk with his or her tongue.
 - It is important to let the baby drink the milk by him/herself, do not pour the milk into baby's mouth.
- When giving the baby expressed breastmilk from a cup, closely interact with the baby:
 - Look into baby's eyes, smile at baby, and softly talk or sing to baby as you cupfeed. Baby can see your face and hear your voice

EXTRA NOTES

- Cup feeding (when giving expressed breastmilk) is recommended from birth for babies who are not able to be fed directly from breast.
- Bottles, teats, and sippy cups are unsafe to use
 - They are difficult to wash and can be easily contaminated.
 - Their use can also lead to nipple confusion, poor orofacial development, or malocclusion.

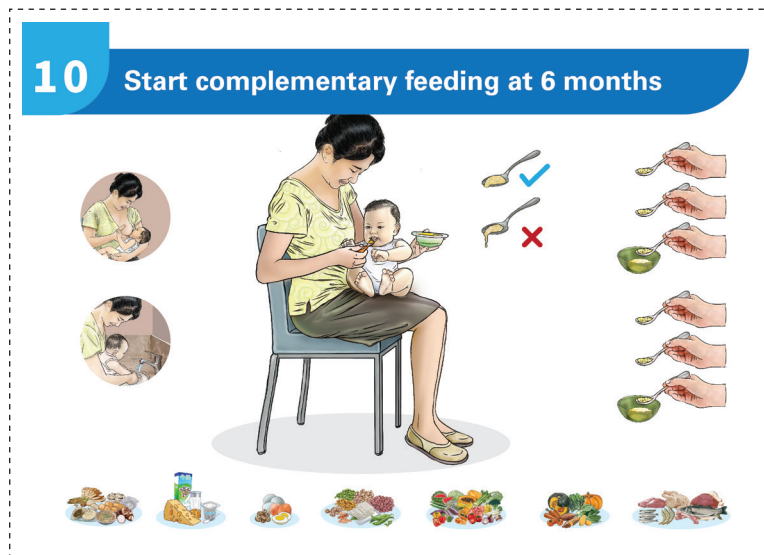
GOOD SANITATION AND HYGIENE

9 Good sanitation and hygiene



- Foods intended to be given to the child should always be stored and prepared in hygienic conditions to avoid contamination, which can cause diarrhoea and other illnesses.
- Wash hands with soap and clean running water:
 - Before 'Food' (preparation, eating) your hands, those of baby or other household members
 - After disposing food/garbage; after defecation
 - After blowing nose, coughing, sneezing, before and after treating wounds, caring for someone who is sick
- Children, caregivers and other family members should pay attention to hand hygiene

START COMPLEMENTARY FOODS AT 6 MONTHS

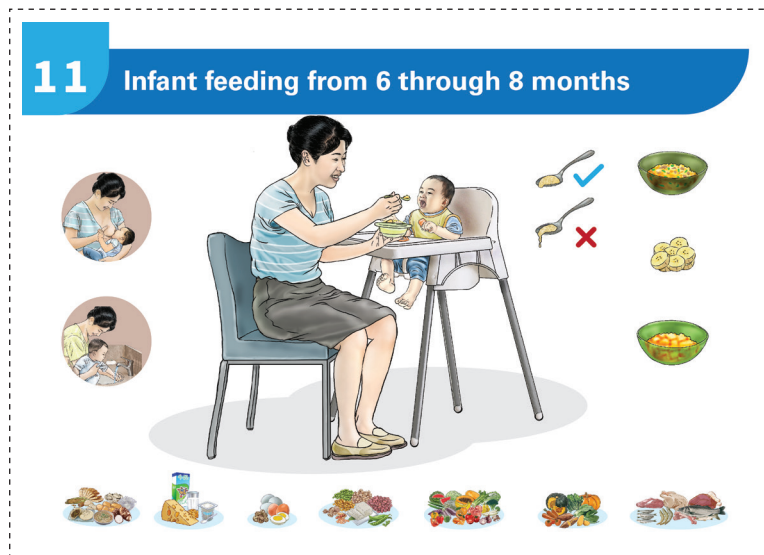


- When baby reaches 6 months, begin to introduce other foods, and continue breastfeeding.
- Continue to breastfeed frequently on cue, both day and night.
- Breastmilk supplies two thirds (2/3) of baby's energy needs from 6 through 11 months.
- When giving complementary foods to your baby, think about: Frequency, Amount, Thickness, Diversity, Responsive Feeding, and Hygiene.
 - **Frequency:** Gradually introduce mashed food from 1 meal to 2 meals.
 - **Amount:** Give 2 to 3 teaspoons (or small 'tastes') at each feed.
 - **Thickness/consistency:** The food (including porridge) should be thick enough so that it does not slide off the spoon.
 - **Diversity (eat a variety of food):** Many homemade foods can be used to make complementary food:
 - Animal source foods are nutritious (mashed boil egg yolk, meat or liver paste)
 - Staple foods like thick porridge (rice, corn, wheat), mashed sweet potato or mashed potato
 - Mashed local vegetables (carrots, pumpkins, green leaves) or fruits (banana).
 - **Responsive Feeding**
 - Be patient and actively encourage your baby to eat. Do not force your baby to eat.
 - Use a separate plate to feed the baby to monitor how much food he or she eats.
 - **Hygiene:** Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses.
 - Bottles, teats, and sippy cups are unsafe to use because they are difficult to wash and can be easily contaminated.

EXTRA NOTES

- At 6 months breastmilk is still nutritious and provides most of the energy that baby needs.
- Most family food can be given to children after 6 months if it is mashed/chopped. Children do not need teeth to eat foods such as eggs, meat (which is of high nutritional value, rich in protein, iron and energy), and green leafy vegetables.
- **Animal source foods** are nutritious and are good source of complementary food
 - Cook them well and chop finely.
 - Animal liver is rich in vitamin A and iron, which can be easily absorbed.
- The iron stores present at birth are gradually used up over the first six months. The baby's 'iron needs' must be met by the food he or she eats. Best sources of iron are animal foods: liver, lean meats, and blood.
- Infants aged 6 through 17 months are prone to iron deficiency anemia due to improper feeding. Anemia will affect growth, development, immunity and bring irreparable intellectual damage.
- The non-breastfed child should have 1-2 extra meals, 1-2 additional snacks, and 2-3 cups of additional water or other fluids (especially in hot climates) to satisfy their additional needs

INFANT FEEDING FROM 6 THROUGH 8 MONTHS



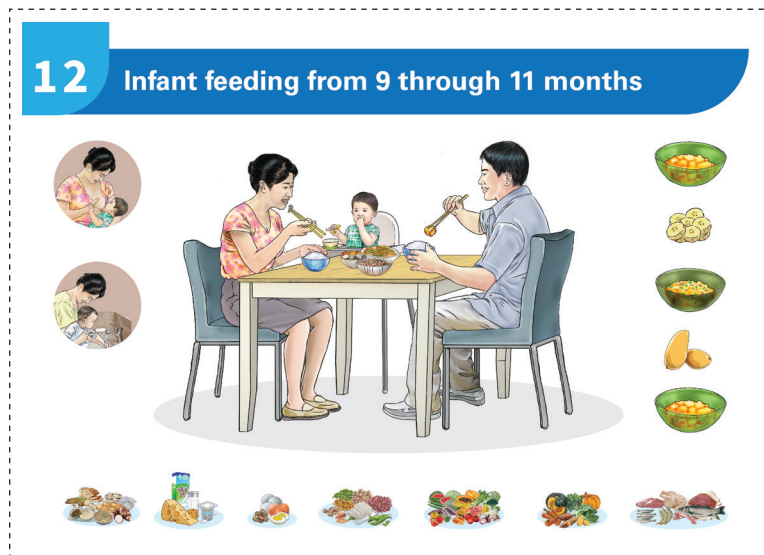
- Continue breastfeeding your baby on cue both day and night.
- Breastmilk supplies more than two thirds (2/3) of your baby's energy needs from 6 through 11 months.
- When giving complementary foods to your baby, think: Frequency, Amount, Thickness, Diversity (eat a variety of food), Responsive Feeding, and Hygiene.
 - **Frequency:** Feed your baby (semi) solid foods 1 to 2 times a day. 1 to 2 snacks may be offered.
 - **Amount:** Increase the amount gradually to one-half (½) cup (250 ml cup: show amount in cup brought by mother).
 - **Thickness/consistency:** Give mashed or pureed family foods. The food should be thick enough so that it does not slide off the spoon.
 - **Diversity (eat a variety of food):** Gradually increase the variety of foods you offer to your baby. Value the importance of animal source food, such as meat, eggs, and dairy products. It is suggested that infants should eat at least 4 out of 7 complementary food groups every day; eat animal source food (meat, egg, dairy), staple food, vegetables, and fruit every day. (See Counseling Card #14)
 - **Responsive Feeding**
 - Be patient and actively encourage your baby to eat. Do NOT force your baby to eat.
 - Use a separate plate or bowl to feed the baby to monitor how much food he or she eats.
 - Encourage your child to eat by allowing him/her to copy how others are eating, and congratulate him or her.
 - Smile and talk with your baby while feeding. Respond to his or her sounds and interests.

- **Hygiene:** Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses. Cup feeding is recommended. Bottles, teats, and sippy cups are unsafe to use because they are difficult to wash and can be easily contaminated (by bacteria).

EXTRA NOTES

- After 6 months breastmilk is still nutritious and provides most of the energy that baby needs.
- Reducing breastfeeding will increase the nutritional needs of infants from complementary foods
 - From a nutrition perspective, follow-up/advanced formula is not necessary for the non-breastfed infant and young child.
 - Non-breastfed child should be fed 4-5 times a day (include milk, non-milk foods, and a mixture of these two).
 - Non-breastfed child should have semi-solid foods in addition to milk, 1-2 additional snacks can be added as appropriate.
 - 2-3 cups of additional water or other fluids (especially in hot climates) should also be provided to satisfy their additional needs.
- Any food can be given to children after 6 months if it is mashed/chopped. Children do not need teeth to eat foods such as eggs, meat (which is of high nutrition value, rich in protein, iron and energy), and green leafy vegetables.
- Animal source foods are very important and should be given to young children.
 - Cook them well and chop finely.
 - Animal liver is rich in vitamin A and iron, and it can be well absorbed
- After 6 months of age, the iron reserves of infants are used up. Besides the iron provided by breastmilk, they need to acquire the needs of iron from complementary food. Animal source foods such as red meat, animal blood and liver are ideal sources of iron.
- Infants aged 6 through 17 months are prone to suffer from iron deficiency anemia due to improper feeding. Anemia will affect growth and development, immunity, and bring irrecoverable intellectual damage.
- Avoid foods or drinks with low nutritional value, such as:
 - Rice soup, watery congee
 - Sweet drinks, such as honey water, sweetened milk drinks, fruit flavored drinks, carbonated drinks, or soda water.

INFANT FEEDING FROM 9 THROUGH 11 MONTHS



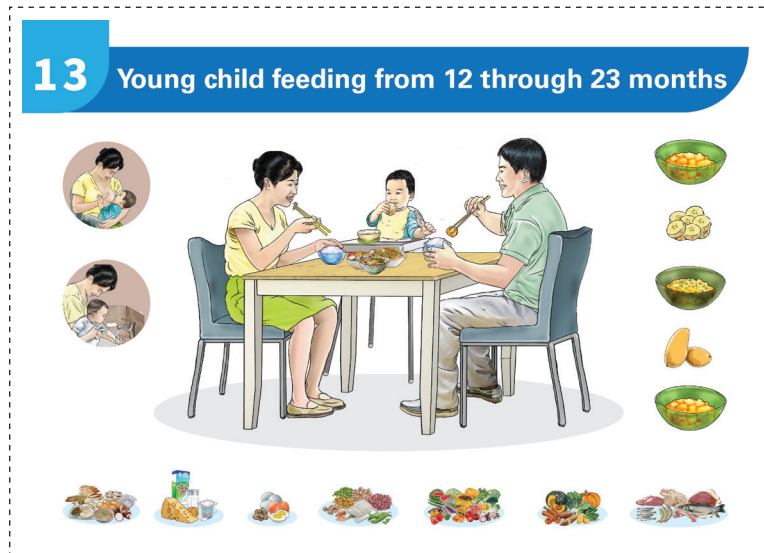
- Continue breastfeeding your baby on cue both day and night.
- Breastmilk supplies at least two thirds (2/3) of baby's energy needs from 6 through 11 months.
- When giving complementary foods to your baby, think: Frequency, Amount, Thickness, Variety, Responsive Feeding, and Hygiene.
 - **Frequency:** Feed your baby (semi) solid foods 2 to 3 times a day. 1 to 2 snacks may be offered.
 - **Amount:** Increase the amount gradually to one-half (½) cup (250 ml cup: show amount in cup brought by mother).
 - **Thickness/consistency:** Give mashed or finely chopped family foods. Children can eat finger foods after 8 months of age.
 - **Diversity (eat a variety of food):** It takes time for infants to get familiar with the taste of a variety of foods
 - Increase the variety of food for each meal. There can be 3-4 kinds of food for each meal, including animal source food, such as eggs or meat as well as vitamin A rich vegetables and fruits, such as pumpkin, green leafy vegetables, and mango.
 - It is suggested that infants should eat at least 4 out of 7 complementary food groups every day; eat animal source food (meat, egg, dairy), staple food, vegetables and fruit every day. (See Counselling Card 314)
 - **Responsive Feeding**
 - Be patient and actively encourage your baby to eat. Do NOT force your baby to eat.
 - Use a separate plate or bowl to feed the baby to monitor how much food he or she eats.
 - Encourage your child to eat by allowing him/her to copy how others are eating, and

- congratulate him or her.
- Smile and talk with your baby while feeding. Respond to his or her sounds and interests.
- **Hygiene:** Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses. Cup feeding is recommended. Bottles, teats, and sippy cups are unsafe to use because they are difficult to wash and can be easily contaminated (by bacteria).

EXTRA NOTES

- After 6 months breastmilk is still nutritious and provides most of the energy that baby needs.
- Reducing breastfeeding will increase the nutritional needs of infants from complementary foods
 - From a nutrition perspective, follow-up/advanced formula is not necessary for the non-breastfed infant and young child.
 - Non-breastfed child should be fed 4-5 times a day (include milk, non-milk foods, and a mixture of these two).
 - Non-breastfed child should have semi-solid foods in addition to milk, 1-2 additional snacks can be added as appropriate.
 - 2-3 cups of additional water or other fluids (especially in hot climates) should also be provided to satisfy their additional needs.
- Any food can be given to children after 6 months if it is mashed/chopped. Children do not need teeth to eat foods such as eggs, meat (which is of high nutrition value, rich in protein, iron and energy), and green leafy vegetables.
- Animal source foods are very important and should be given to young children.
 - Cook them well and chop finely.
 - Animal liver is rich in vitamin A and iron, and it can be well absorbed
 - After 6 months of age, the iron reserves of infants are used up. Besides the iron provided by breastmilk, they need to acquire the needs of iron from complementary food. Animal source foods such as red meat, animal blood and liver are ideal sources of iron.
- Infants aged 6 through 17 months are prone to suffer from iron deficiency anemia due to improper feeding. Anemia will affect growth and development, immunity, and bring irrecoverable intellectual damage.
- Avoid foods or drinks with low nutritional value, such as:
 - Rice soup, watery congee
 - Sweet drinks, such as honey water, sweetened milk drinks, fruit flavored drinks, carbonated drinks, or soda water.

YOUNG CHILD FEEDING FROM 12 THROUGH 23 MONTHS



- Continue breastfeeding your baby on cue both day and night.
- As your baby grows, breastmilk continues to supply more than one third (1/3) of your baby's energy needs from 12 through 23 months.
- When giving complementary foods to your baby, think: Frequency, Amount, Thickness, Diversity, Responsive Feeding, and Hygiene.
 - **Frequency:** Feed your young child 3 meals and 2 snacks a day.
 - **Amount:** Increase the amount to three-quarters ($\frac{3}{4}$) to 1 cup (250 ml cup: show amount in cup brought by mother).
 - **Thickness/consistency:** Give family foods cut into small pieces, finger foods, sliced food.
 - **Diversity (eat a variety of food):** Try to feed a variety of foods at each meal.
 - Animal source foods (flesh meats, eggs and dairy products);
 - Staples (grains, roots and tubers);
 - Legumes and seeds;
 - Vitamin A rich vegetables/fruits, and other fruits and vegetables.
 - It is suggested that infants should eat at least 4 out of 7 complementary food groups every day; eat animal source food (meat, egg, dairy), staple food, vegetables, and fruit every day. (See Counselling Card #14)
 - **Responsive Feeding**
 - Be patient and actively encourage your baby to eat. Do NOT force your baby to eat.
 - Use a separate plate or bowl to feed the baby to monitor how much food he or she eats.
 - Encourage your child to eat by allowing him/her to copy how others are eating, and congratulate him or her.

- Smile and talk with your baby while feeding. Respond to his or her sounds and interests.
- **Hygiene:** Good hygiene (cleanliness) is important to avoid diarrhea and other illnesses. Cup feeding is recommended. Bottles, teats, and sippy cups are unsafe to use because they are difficult to wash and can be easily contaminated (by bacteria).

EXTRA NOTES

- After 12 months breastmilk is still nutritious and provides 1/3 of the energy that baby needs.
- Reducing breastfeeding will increase the nutritional needs of infants from complementary foods
 - From a nutrition perspective, follow-up/advanced formula is not necessary for the non-breastfed infant and young child.
 - Non-breastfed child should be fed 4-5 times a day (include milk, non-milk foods, and a mixture of these two).
 - Non-breastfed child should have semi-solid foods in addition to milk, 1-2 additional snacks can be added as appropriate.
 - 2-3 cups of additional water or other fluids (especially in hot climates) should also be provided to satisfy their additional needs.
- Animal source foods are very important and should be given to young children.
 - Cook them well and chop finely.
 - Animal liver is rich in vitamin A and iron, and it can be well absorbed
- Animal source foods such as red meat, animal blood and liver are ideal sources of iron.
- Infants aged 6 through 17 months are prone to suffer from iron deficiency anemia due to improper feeding. Anemia will affect growth and development, immunity, and bring irrecoverable intellectual damage.
- Avoid foods or drinks with low nutritional value, such as:
 - Rice soup, watery congee
 - Sweet drinks, such as honey water, sweetened milk drinks, fruit flavored drinks, carbonated drinks, or soda water.

FEED YOUR BABY OVER 6 MONTHS A VARIETY OF FOODS



- Continue to breastfeed for at least 2 years or more. Breastmilk continues to be a very important part of your baby's diet.
- Starting at 6 months, it is also very important to feed a variety of foods to your baby.
- To help your baby grow well, and avoid stunting, try to feed a variety of foods every day from all the 7 special food groups shown on this card.
- Each type of food group provides your baby with special nutrients and vitamins. Eating a variety of food can ensure comprehensive nutrition intake and is very important for growth and development.
- It is suggested that infants should eat at least 4 out of 7 complementary food groups every day
 - **Animal-source foods**, like meat, chicken, fish, and liver are foods that your baby needs to grow tall and strong.
 - **Eggs** are foods that your baby needs to grow tall and strong.
 - **Tofu and dairy products** are foods that your baby needs to grow tall and strong.
 - **Staples**, like rice, maize, wheat; roots and tubers, like potatoes, are foods that give your baby energy.
 - **Legumes**, like beans, lentils, peas, and groundnuts, and seeds, like peanut and sesame, are foods that your baby needs to grow tall and strong.
 - **Vitamin A-rich vegetables and fruits** such as dark-green leaves, carrots, orange sweet potato and pumpkin and orange-colored fruits such as mandarin and persimmon are foods that protect your baby.
 - **Other vegetables and fruits** such as eggplant and cabbage, banana, pineapple, watermelon, tomatoes, peach, pear, apple are foods that protect your baby.

- **Fats** such as ½ teaspoon of oil can be added during the preparation of your baby's food for extra energy.
- **Animal source foods** such as red meat, animal blood and liver are ideal sources of iron and are important for infants aged 6 through 17 months and can prevent iron deficiency anemia. Anemia will affect growth and development, immunity, and bring irrecoverable intellectual damage.

EXTRA NOTES

- There is no need to introduce complementary food in any specific sequence, but timely introduction of animal source food is very important
- Animal source food includes meat, egg and dairy:
 - Introduce animal source foods early to your baby, eat some meat every day, add some animal liver as appropriate
 - Cook animal foods well and chop them very finely or mash them so that the baby can eat them without choking.
- Additional nutritious snacks (extra foods between meals) such as one piece of banana/apple, one piece of boiled potato/sweet potato/pumpkin, one Chinese bun or one egg pancake can be offered.
- Your baby does not need extra sugar or salt added to food before one year old.
- After the baby reaches one year, you can add a small amount of salt to their complementary food, follow the national guide with regards to iodized salt.

ADD YING YANG BAO TO BABY'S FOOD (IN PROJECT AREAS WITH CHILDREN IN NEED)



DEFINITION OF YYB

YYB is a single-dose packet (or sachet) of iron and other vitamins and minerals in a soy powder form that can be added to any semi-solid or solid food that is ready to eat. YYB is for children from 6 through 23 months in situations where a young child's nutrition needs could not be satisfied by family foods, especially in poverty areas or emergencies.

WHY USE YYB

- Improves the nutritional quality of child's food by adding micronutrients (iron, vitamins, and minerals).
- Helps prevent deficiencies: vitamin A, folic acid, iron, zinc, iodine.
- Helps child be strong, active, healthy.
- Improves child's appetite.
- Reduces anaemia – increases ability to learn and develop.
- Improves child's immune system – increases resistance to disease and infections.

HOW TO USE YYB

- Use only one sachet per day. Do not give more than 1 per day. If you forget one day, that is fine, give a sachet the following day.
- Do not share the food to which YYB is added with other household members (the amount of minerals/vitamins in a single sachet is just the right amount for one child).
- If child does not finish the food in which the YYB has been mixed, do not reheat the food later.
- Store YYB in a cool, dry, and clean place.
- Continue to give YYB during illness.

WHAT ARE THE 5 STEPS FOR ADDING YYB TO BABY' S FOOD?

- Wash your hands with soap and clean, running water.
- Prepare a cooked food for baby, such as thick porridge, mashed potato, or any soft or mushy semi-solid or solid food.
- Shake an unopened YYB sachet to ensure that the powder is not clumped. Carefully tear open the sachet on one corner.
- Add YYB to 60 ml warm water or separate a small portion of the soft or mushy semi-solid or solid cooked food within the child's bowl. Check that the food is not too hot before adding YYB. Pour the entire contents of one YYB sachet into the small portion of food that you have separated.
- Pouring YYB and stir it at the same time. Give the child the small portion of food mixed with YYB to finish, and then feed the child the rest of the food. The food should be consumed within 30 minutes of mixing with YYB.

EXTRA NOTES

- Don't give more than 1 sachet a day. It is ok if you miss one day, give it to your child the next day.
- Don't share the food mixed with YYB with other household members (the amount of minerals and vitamins in each sachet is suitable for one child).
- If the child did not finish the food mixed with YYB, the rest of the food should not be reheated.
- Store YYB in a cool, dry, and clean place.
- Children can continue to eat YYB when they are sick.

FEEDING SICK CHILD FROM 6 THROUGH 23 MONTHS

16 Feeding sick child from 6 through 23 months



- Breastfeed more frequently when baby is ill, including diarrhea.
- Baby needs breastmilk to help fight the sickness, reduce weight loss, and recover more quickly.
 - Children who have been sick need extra food and should be breastfed more frequently to regain the strength and weight lost during the illness.
 - Breastfeeding also provides comfort to sick baby. If baby refuses to breastfeed, encourage baby until he or she takes the breast again.
- Feeding to achieve catch-up growth
 - There are two weeks of catch-up growth period after illness; make sure the child makes up for loss of appetite during sickness.
 - Feed extra food to child for 2 weeks after recovery.
- When mother is sick, continue to breastfeed baby.
- Remind sick mother to
 - Rest and eat well in order to recover quickly;
 - Pay attention to hygiene: Wash hands after blowing nose, coughing, or sneezing,
 - Wear a mouth/nose mask during cold or flu episode.

