



Ministry of Public Health and Sanitation

Mother, Child Nutrition and Child Spacing

Counselling Card for
Community Health Workers





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How to use the counseling card

This flip chart is designed to help community health workers (CHWs) communicate to mothers and family members on mother and child nutrition and family planning.

These messages are meant to complement the existing infant, young child feeding and family planning materials.

The flip chart will be used during home visits or dialogue groups. The cards are designed with illustrations on one side of the page, intended to be viewed by the clients, while the other part with text and key messages is to be viewed by the CHWs.



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Feed your baby **ONLY** breast milk for the first 6 months

Feed your baby **ONLY** breast milk (no water, liquids or other foods) for the first 6 months:

- It helps your child grow strong and healthy
- It supports infant survival
- It helps protect your baby from many diseases
- It helps you space pregnancies as long as:
 - o You feed your baby **ONLY** breast milk **AND**
 - o Your monthly period has not returned **AND**
 - o Your baby is below 6 months

Breast milk has all of the nutrients and water your baby needs for the first 6 months.

Breast milk alone is enough for the baby for the first 6 months.

Breast feeding is the best option for the overall wellbeing and survival of infants born to HIV positive mothers

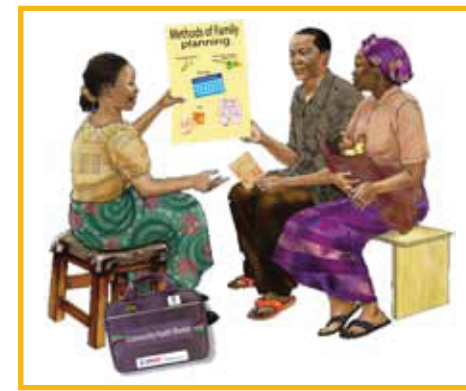


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Wait at least 2 years before another pregnancy

Wait for at least 2 years before another pregnancy.

Good things about family planning and pregnancy spacing include:

- It helps the mother and child to be healthy.
- It gives you more time to breastfeed and care for each child.
- It gives you more time for your body to recover between pregnancies.
- It gives you more time to work and earn money.

You may be at risk for pregnancy when:

- You start giving your baby other foods and liquids other than breast milk OR
- When your monthly period returns OR
- When your baby reaches 6 months

You can become pregnant again even if your monthly period has not returned.

Consult your health provider for a family planning method to prevent another pregnancy too soon.

There are many family planning methods that you can use while continuing to breastfeed.

Condoms should be used to prevent transmission of HIV and STIs





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Practice good nutrition for you and your baby

For the health of mother and baby, pregnant and breastfeeding mothers should:

- Eat a variety of locally available foods.
- Eat 2 extra meals each day, take extra fluid, fruits and vegetables.
- Take vitamin A and Iron/Folate supplementation after delivery.
- Eat foods rich in vitamin A and iron, such as:
 - Beans
 - Green leafy vegetables
 - Meat
 - Pawpaw
 - Tomatoes
 - Pumpkins
 - Eggs
 - Fish

Even when food is scarce, a mother's milk is enough for the baby for the first 6 months.



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Remember the following:

Breastfeed within one hour after delivery and breast feed on demand both day and night.

Learning the correct way to breastfeed will help your body to make enough breast milk. This includes proper positioning and attachment, and feeding until the breast is soft. Ensure that the infant removes all the milk from one breast before switching to the other breast. Health care providers can help you learn how to properly breastfeed your baby.

Breast milk alone is enough for the baby for the first 6 months. A mother's body can produce enough breast milk for her baby.

Consider joining a mother support group in your community.

It is important for your health and the health of your baby to wait for at least two years after your baby's birth before becoming pregnant again. Use a family planning method to help you space your pregnancies.

Consult your health care provider for more information on family planning.

When the baby reaches six months of age, introduce other nutritious family foods and continue to breastfeed for two years and beyond. Start to use a method of family planning to prevent another pregnancy too soon. Remember, you can become pregnant even if your monthly period has not returned.

Encourage your partner to provide support and come with you to health facility.



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