

# MAKE YOUR BABY A STAR! What you need to know

## FEEDING EACH DAY

### WHAT FOODS?

**0 to 6 months**

- Breast milk only 
- No water or porridge 

**6 to 9 months**

- Breast milk 
- Soft foods:
  - Thick porridge with pounded groundnuts, milk or eggs;
  - Mashed fruits and vegetables like bananas, pawpaw or avocado 

**9 to 12 months**

- Breast milk only
- Mashed or small pieces of family foods, not only soup
- Thick enriched porridge
- Foods from animals (★★ foods) like: 
- Vegetables and fruit (★ foods) like: 

**12 to 24 months**

- Breast milk only
- All family foods, no more soup
- Thick enriched porridge
- Foods from animals (★★ foods) like: 
- Vegetables and fruit (★ foods) like 

### HOW MUCH?

Empty both breasts at each feed



Empty both breasts at each feed



Start with 3 tablespoons of food at each meal & slowly increase as child grows to full bowl



Start with 3 tablespoons of food at each meal & slowly increase as child grows to full bowl



### HOW OFTEN?

Whenever the baby wants - 8 to 12 times day and night



Breastfeed 8 to 10 times, day and night

Feed 2 times a day at 6 months. Increase to 3 times a day by 8 months



Breastfeed 6 to 8 times

Feed 3 meals a day and 1 snack/small meal



Breastfeed 4 to 6 times day and night

Feed 3 meals and 2 snacks/meals a day



### HOW TO FEED?

Mother should be comfortable and support baby's whole body

Empty one breast before feeding from the other



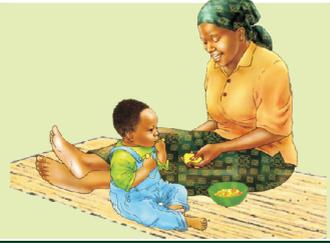
Make time to feed the baby

Separate the baby's food in own bowl



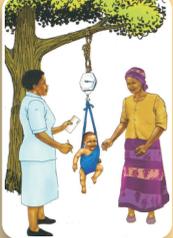
Make sure baby eats all food

If baby is a fussy eater, try small amounts more often, ask for help



## HEALTH

Sleep under treated bednet 

Attend monthly growth monitoring 

Ensure the baby gets all the vaccinations that are due 

Get Vitamin A when baby is 6, 12, 18 and 24 months 

## HYGIENE

Wash caregiver and baby's hands with soap after changing the nappies and using latrine; and before every feed/meal 

Boil or chlorinate water for the baby from 6 to 24 months 

Dispose all faeces in the latrine 

Create clean feeding and play spaces 



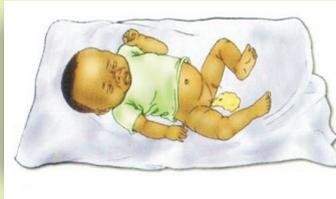
CHILD'S NAME:

## When to take your baby to the clinic

Baby has body hotness



Baby has diarrhea



Baby has a cough or problem breathing



**DANGER**

**Take baby to the clinic IMMEDIATELY if:**

**★** Baby is unable to drink or breastfeed



**★** Baby vomits everything taken



**★** Baby is weak or not responding



**★** Baby has had fits during the current illness



## Feeding your sick or recovering baby

### Feeding during illness:

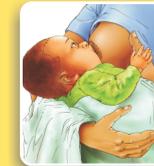
#### 0 to 6 months:

Continue breastfeeding and breastfeed more often



#### 6 to 24 months:

Continue breastfeeding and breastfeed more often



Continue feeding your child; If appetite is poor give smaller quantities, but more often



Offer soft foods like porridge with mabisi, mashed banana, or avocado with lemon juice



Take time, patiently feed, get help

### Feeding for 2 weeks after the illness:

#### 0 to 6 months:

Continue breastfeeding and breastfeed more often

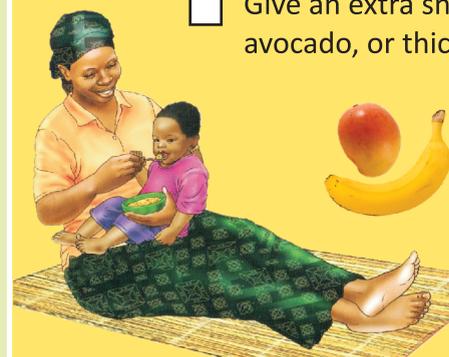


#### 6 to 24 months:

Give an extra meal of normal food each day



Give an extra snack like an egg, milk, mashed avocado, or thick porridge with groundnuts



Continue any medicine for the illness as advised, even if the child appears to be better

## Feeding your baby if you are HIV+

### Feeding:

#### 0 to 6 months:

Give breast milk ONLY for first six months. Do not give anything else - NO water or porridge



#### At 6 months

Feed soft foods:

- Thick porridge with pounded groundnuts, milk or eggs;
- Mashed fruits and vegetables like bananas, pawpaw or avocado



Continue breastfeeding until the baby is one year old



### Treatment and Testing:

Give your baby HIV prevention medicine every day as instructed by the health worker

Continue giving your baby HIV prevention medicine for 1 more week after you have stopped breastfeeding

Take your baby for testing at 6 weeks, 6 months, 1 year and 1 year 6 months

Follow any other advice and give all other medication exactly as advised

### Support:

Discuss care, feeding and medicines with a health professional and your family so you receive help

