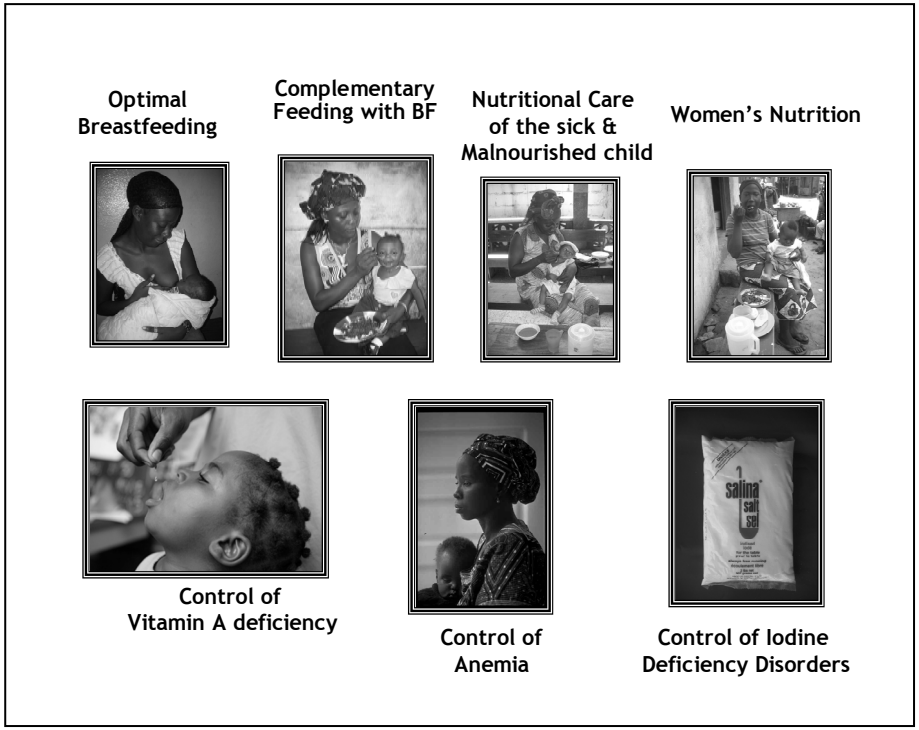



# Using Essential Nutrition Actions (ENA) To Improve the Nutrition of Children and Women in Liberia

## BOOKLET OF KEY ENA MESSAGES

February 2010

# Acknowledgements

The Ministry of Health & Social Welfare is pleased to acknowledge the efforts of individuals and institutions that led to the development of the ***'Booklet on key ENA messages'*** for health workers and community health volunteers" , and for any partners working to improve women and children health and nutrition in Liberia.

Appreciation is given to UNICEF Liberia and the United States Agency for International Development (USAID) funded project Rebuilding Basic Health Services in Liberia (RBHS)" for supporting the development and implementation of the ENA framework in Liberia.

This current ENA training benefits from the experiences of many different USAIDfunded initiatives, namely the US-based LINKAGES and AFRICA HEALTH 2010 projects, the Integrated Family Health Project in Ethiopia, and the Regional Center for the Quality of Health Care in Kampala, Uganda. Other partners in Africa to which grateful acknowledgement is given for their work to help adapt and implement the ENA framework include Helen Keller International and UNICEF, as well as The Carter Center in Ethiopia. National training partners were also central in the evolution and roll-out of this ENA training and their important role is recognized. Considering the important role that nutrition plays in improving the well being of children and mothers, it is hope that this training manual will be use by program managers, teachers and medical practitioners to improve the nutritional status of this vulnerable group.

Dr. Bernice T. Dahn, MD, MPH
Chief Medical Officer & Deputy Minister
Ministry of Health & Social Welfare

February 2010

This booklet is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of JSI and do not necessarily reflect the views of USAID or the United States government.

## ILLUSTRATION 1: NUTRITION OF BIG BELLY MA

**What do you see in this picture? In your community, do husbands advise their pregnant wives to eat additional food? Why? How can we help them to eat what they need? (Discussion)**

### MESSAGES

**"Big belly ma, eat one extra bowl of food every day to be healthy, active and happy, and to born a strong baby. When you have a big belly, eat different types of food every day to be strong and get vitamins."**

**"When you have a big belly, try to rest and avoid carrying heavy loads."**

**"Husband, make sure that your wife with a big belly has one extra bowl of food every day to be healthy, active, and happy, and to born a strong baby. Make sure she eats different types of food every day to be strong and get vitamins."**

### EXPLANATION

- **A big belly ma needs to eat more food than usual to have a healthy and shinny baby.**
- **A big belly ma needs to eat many different types of colorful foods such as crayfish, meat, chicken, snails, fish, potato greens, cassava *leaf and other green leafy* vegetables, argo oil, palm oil, rice, plantains, yams, corn, eddoes, eggs, peanuts, and pumpkin, plums, butter pears, oranges vegetables, etc…**
- **The husband needs to support a big belly ma to rest and not carry heavy loads to ensure that the baby is healthy and strong**

## ILLUSTRATION 2: IRON/FOLIC ACID, WORM MEDICINES, AND TT VACCINES DURING PREGNANCY

**What do you see in this picture? In your community, do big belly woman get iron/folic acid medicine and worm medicine from the health facility? (Discussion)**

| MESSAGES | EXPLANATION |
|---|---|
| ▸ **Big belly ma, when you know you got big belly, go to the big belly clinic to get iron/folic acid medicine to keep you strong & healthy and prevent low blood.**<br>▸ **Husband, make sure your wife with a big belly gets iron/folic acid medicine as soon as possible to keep her healthy & strong and have a strong baby** | ■ A big belly ma needs more blood. Not enough iron intake will lead to low blood (anemia) which will make her and the baby weak, sick and tired.<br>■ Iron/folic acid medicine is important to keep her and the new baby healthy and strong. |
| **"Big belly ma, go to the big belly clinic to get worm medicine to prevent you from getting low blood." "Husband, make sure your wife with a big belly gets worm medicine from a health worker."** | ■ Worms can cause low blood which leads to tiredness and poor health.<br>■ From six months up ask the health worker for worm medicines. |
| **"Big belly ma, make sure you receive your tetanus shots from the big belly clinic " Husband, make sure your big belly ma receives her tetanus shots by going to the big belly clinic** | |

## ILLUSTRATION 3: PREVENTION OF MALARIA AND ANEMIA

**What do you see in this picture?** Why is it important for pregnant/lactating woman and young children to sleep under an Insecticide Treated mosquito Net (ITN). Why it is important to get IPT, to treat fever? (Discussion

**Big belly ma, when you have a big belly make sure you go to the big belly clinic to get IPT (malaria medicine) to keep you from getting malaria and keep your unborn baby healthy**

**Husband, make sure your wife with a big belly gets IPT from a the big belly clinic to keep her from getting malaria and keep your unborn baby healthy**

### MESSAGES

- **All members of the family, sleep under an insecticide treated mosquito net (ITN), especially big belly mas and young children to prevent getting malaria.**

### EXPLANATION

- If you have a big belly, be sure that you sleep under an ITN to protect yourself and the baby from malaria.
- Malaria causes low blood (anemia) which will make members of your family sick and very weak
- Malaria can be bad for you and the baby and cause low blood. Make sure that you take IPT (malaria medicine) when you have a big belly
- If a big belly ma or a family member has fever, go to a health facility for immediate treatment

## ILLUSTRATION 4: IODIZED SALT

What do you see in this picture? **Why is it important to use Iodized Salt? Can you find it in your community? (Discussion)**

### MESSAGES

**Baby ma, baby pa, make sure that all family food is cooked using iodized salt so that family members remain healthy.**

### EXPLANATION

- A big belly woman needs to use iodized salt to make sure her new baby is healthy and can learn
- Add the iodized salt at the end of the cooking
- Keep iodized salt in a covered container or jar and away from heat

## ILLUSTRATION 5: EARLY INITIATION OF BREASTFEEDING

**What is happening in the picture? Do mothers in your community start breastfeeding immediately after birth, even before the expulsion of placenta? (Discussion)**

### MESSAGES

**Baby ma, baby gran ma, give tay tay as soon as the baby is born to make it healthy and not cry too much**

**Baby ma, baby gran ma, make sure to give only the yellow tay tay water to stop baby from getting sick**

### EXPLANATION

- Giving immediately tay tay helps the tay tay water come in more rapidly.
- Before the tay tay water comes, do not give to the baby water, herbal preparation, sugar water, or pepper as this will stop the tay tay water to come
- If you think that the baby is thirsty, give the water to the Baby Ma, and the baby will get it through the tay tay
- The yellow tay tay water is God's way of welcoming the child into the world. The yellow tay tay water is full of vitamins, and makes the baby strong
- Welcoming the baby is important; put "*thrash medicine*", pepper water, palm oil on the fore head of the baby, rather than giving it to the baby to drink
- Putting the baby immediately to the tay tay after birth helps the Baby Ma to expel the placenta, reduce the bleeding and prevent swollen tay tay
- The yellow tay tay water (colostrums) helps open the baby's throat, clean the baby's stomach and get rid of the first black stools. The yellow tay tay water is the first vaccination for the child. It helps protect the child from infection.

## ILLUSTRATION 6: EXCLUSIVE BREASTFEEDING TO 6 MONTHS OF AGE

**What do you feed a baby less than 6 months of age? (Discussion)**

### MESSAGES

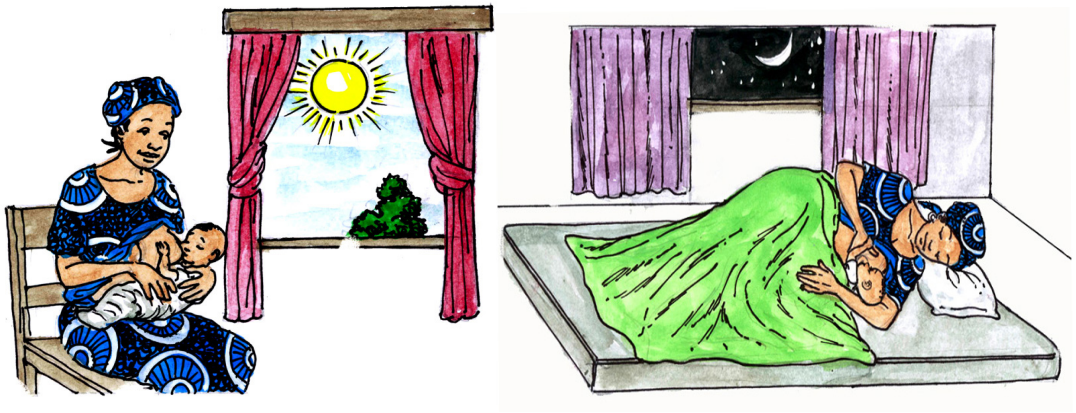
**Baby ma, - Give only tay tay water to the baby for the first 6 months, nothing else to drink or eat, for it to grow strong, health and clever**

### EXPLANATION

- Tay tay water has all of the food, water,that your baby needs for the first six months. It is clean and safe for the growing baby.
- Giving only tay tay water makes the baby have good blood
- Giving only tay tay makes the baby big and shinny
- Giving only tay tay water for the first six months of your baby's life means giving absolutely no other liquids, teas, herbal preparations, foods, or water—only tay tay water
- When you give only tay tay water, the baby is healthier and have less sickness, like running stomach, cough and colds.
- Babies who get tay tay water often also get plenty of water because most of the tay tay water is water.
- If a baby ma thinks that her baby is thirsty, she must give tay tay water to the baby more often to quench the baby's thirst.
- Encourage the baby ma to drink plenty of water which she will pass through the tay tay
- Do not give water, sugar water, country medicine, infant formula, milk powder or other liquids or foods as these can make your baby sick

## ILLUSTRATION 7: FREQUENCY OF BREASTFEEDING

**What is in the picture? How many times each day should you breastfeed your 0 to 6 months baby? (Discuss)**



### MESSAGES

**Baby ma, give tay tay water to your baby anytime the baby wants it (at least 10 times) to produce enough tay tay water and provide your baby enough food to grow healthy and be shinny.**

**Baby ma, empty one taytay before offering the second tay tay to get the rich tay tay water for the baby to be satisfied, grow big and strong**

### EXPLANATION

- The tay tay is like God's well. The more the baby suckles the more tay tay water is made.
- Give tay tay water anytime the baby wants at least 10 times day and night when the baby is small.
- Do not worry about not having enough tay tay water as long as the baby is allowed to suckle frequently whenever it wants, at least 10 times day and night.
- At around three months of age, a baby is likely to grow very quickly (experience a growth spurt). It may cry more or want to feed more often. This is normal and temporary. Feeding more often increases the baby ma's tay tay water supply to keep up with the infant's needs.
- Each time the baby takes tay tay, the tay tay water at the beginning is full of water and helps to quench the baby's thirst. Toward the end of a feed, the tay tay water becomes richer and thicker as it is full of food. This helps to satisfy the baby's hunger.
- Lactation Amenorrhoea Method (LAM) is an effective family planning method: if the baby ma is not seeing her period; if the baby sucks **only** tay tay water; and if the baby is less than 6 months

## ILLUSTRATION 8: ENSURE CORRECT POSITIONING FOR OPTIMAL BREASTFEEDING

**What do you see in the picture? Explain the correct positioning and demonstrate it**

### MESSAGES

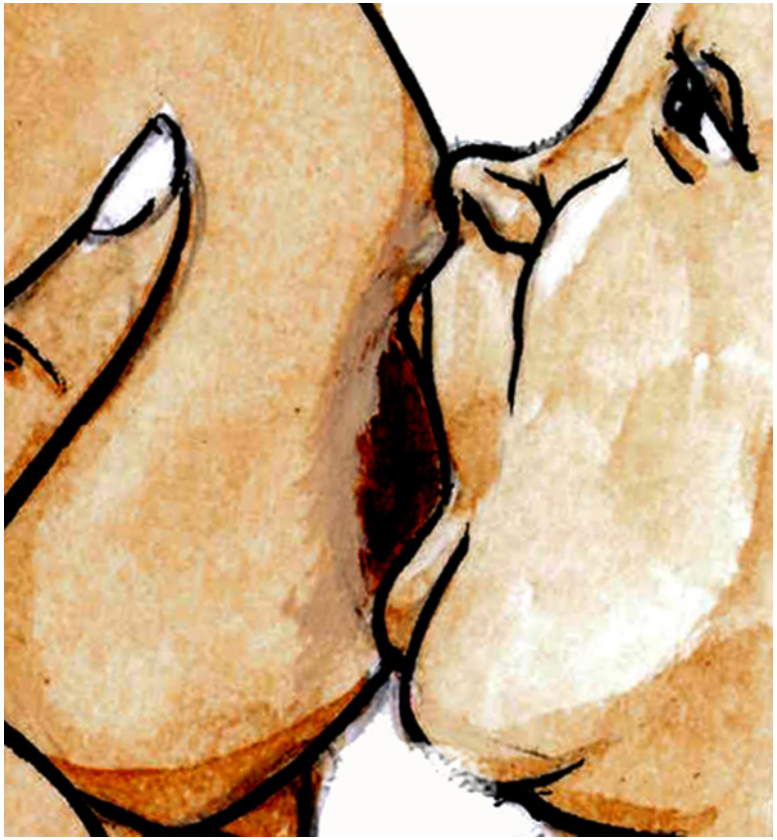
**Baby ma, make sure that the baby is comfortable when sucking the tay tay to make sure that the baby gets enough tay tay water and to avoid hurting breasts**

### EXPLANATION

- The baby's whole body needs to be held close to the baby ma, stomach to stomach with head, shoulders and back in a straight line.
- The baby should not have to turn or bend his/her head to suckle.
- Support the tay tay by putting your hand below the tay tay. Do not put your fingers as scissors as this stops the flow of the tay tay water
- Give your baby the time it needs to feed and it will not cry. Try not to interrupt or stop the baby from sucking to do something else.
- You will know when the baby has finished with the tay tay because it will come off the tay tay and the tay tay will feel light. This way the baby is more likely to get to the rich and nourishing tay tay water.
- A sick baby ma can continue to give tay tay water to their baby
- Giving tay tay water helps create a strong and loving bond between you and your baby.

## ILLUSTRATION 9: ENSURE PROPER ATTACHMENT FOR OPTIMAL BREASTFEEDING

**What do you see in the picture? Explain the proper attachment. Explain the signs of effective sucking**



### EXPLANATION

**Signs of proper attachment**

- Tease the baby's lower lip with the nipple, in order for the infant to open wide his/her mouth
- The baby's mouth covers a large part of the black part of the tay tay (areola) (there is more areola showing above rather than below the nipple)
- The baby's chin touches the tay tay
- Both lips are turned outwards

**Signs of efficient suckling**

- Slow and regular sucking at the following rhythm: 2 sucks and one swallow
- The infant takes slow deep sucks, sometimes pausing
- Suckling is comfortable and pain free
- The baby ma hears her baby swallowing
- The tay tay is softer after the feed

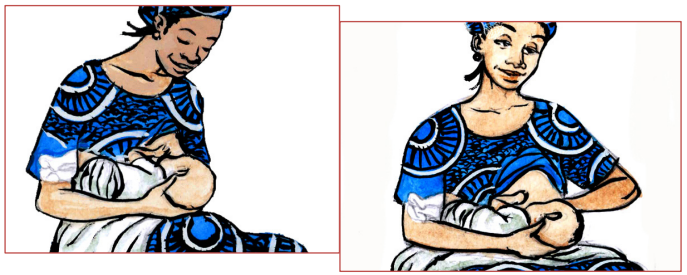
## ILLUSTRATION 10: OTHER CORRECT POSITIONING FOR OPTIMAL BREASTFEEDING

**What do you see in the picture? Explain the other correct positioning and demonstrate them**

1.

2.

3.



### EXPLANATION

1. **Sitting position**
   - Usual position of most baby mas
   - Make sure the baby's and baby ma's stomachs are facing each other
2. **Side-Lying**
   - This position is more comfortable for the baby ma after delivery and it helps her to rest while giving tay tay.
   - The mother and baby are both lying on their side and facing each other.
3. **American Football**
   - This position is best used:
     - after a Caesarean section,
     - when the nipples are painful, or
     - to give tay tay to twins.
   - The baby ma is comfortably seated with the baby under her arm. The baby's body passes by the baby ma's side and his/her head is at the tay tay level.
   - The baby ma supports the baby's head and body with her hand and forearm.
   - Ask one or two participants to demonstrate this position with a doll and a tay tay model

## ILLUSTRATION 11: NUTRITION OF TAY TAY BABY MA

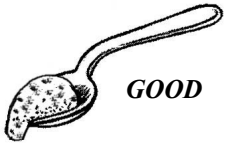
**What is happening in the picture? In your community do you give additional meals to mother who are breastfeeding? (Discussion)**

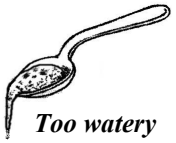
| MESSAGES | EXPLANATION |
|---|---|
| **"Baby ma, when you are giving tay tay, eat two extra bowls of food a day to maintain your health and the health of your baby. Eat different types of food every day to be strong and get vitamins."**<br><br>**"Baby pa, ensure that your wife who gives tay tay has two extra meals a day to maintain her health and the health of the baby."** | ■ To maintain the health, of a tay tay woman, she needs to eat more than usually to stay strong and healthy.<br><br>■ A tay tay woman needs to eat many different types of colorful foods such as crayfish, meat, chicken, snails, fish, potato greens, cassava leaf and other green leafy argo oil, palm oil, rice, plantains, yams, corn, eddoes, eggs, peanuts, and pumkin, plums, butter pears, oranges vegetables, etc |
| **"Baby Ma, within 8 weeks after giving birth, go to the well baby clinic and take Vitamin A supplementation to make the baby healthy and strong."** | ■ Taking a Vitamin A capsule will enrich the baby ma's tay tay with important nutrients and vitamins to prevent sickness in the baby |
| **"Baby Ma, after delivery, continue to take iron and folic acid medicine to have good blood and keep your baby strong."** | ■ If the baby ma has not taken iron and folic acid medicine for six months during the big belly period, she has to continue after delivery. |

## ILLUSTRATION 12: INTRODUCING COMPLEMENTARY FEEDING

**What is happening in the picture? When should children start eating foods other than breastmilk? What kind of foods should they start with? (Discussion)**

| MESSAGES | EXPLANATION |
|---|---|
| **Baby ma, at six months of age in addition to tay tay water give your baby foods such as soft porridge with other foods added to make sure it continues to grow strong, healthy and shinny.** | ■ At six months of age, the tay tay water alone is not enough for the baby to continue to grow well.<br>■ Help your baby learn how to eat by taking time and feeding you baby patiently, encourage it to eat all the food offered. Force feeding or stuffing discourages baby from eating and can be harmful.<br>■ Do not add pepper to baby's food as this discourages the baby from eating and kills its appetite |
| **Baby ma, make sure that the porridge you give to your baby is not too thick nor watery as your baby will not get enough food. The food has to slowly fall off the spoon** | ■ Porridge is just right and good for the baby when it slowly falls off the spoon.<br>■ Make porridge from rice, plantain, cassava, sweet potatoes, eddo and yam<br>■ A watery or thin porridge is not healthy for your baby as it do not provide enough of the nutrients the baby needs to grow strong and healthy.<br>■ A sticky porridge is not healthy as it is difficult for the baby to swallow.<br>■ Thicken the porridge as the baby grows older, but making sure that it is still able to easily swallow it without choking. To thicken porridge add more flour or paste<br>■ 4 table spoons = 1 serving spoon. |





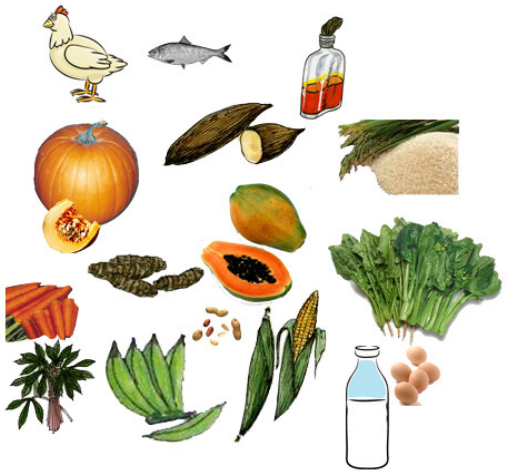
## ILLUSTRATION 13: CONTINUE BREASTFEEDING UNTIL 2 YEARS AND BEYOND

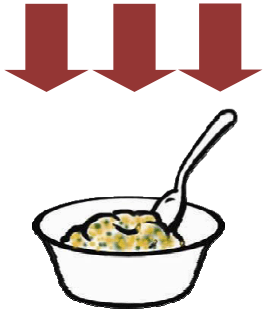
**What do you see in the picture? Are children breastfed to 2 years of age in your community? How about 3 years? (Discussion)**

| MESSAGES | EXPLANATION |
| --- | --- |
| **Baby ma, continue to give tay tay water to your baby until two years of age along with other foods to make sure the baby grows strong and stay healthy** | ■ From 6 to 24 months of age, give tay tay water as much as your baby wants (at least 8 times) during the day and night.<br>■ Having sex does not spoil the tay tay water. A big belly woman can continue to breastfeed safely.<br>■ Wait until the child is 24 months before taking a new belly to maintain the health of the baby ma and child. |
| **Baby ma, when your baby is older than 6 months, visit the health facility to obtain another Family Planning method than LAM** | ■ Don't wait until the baby is 6 months to decide on which family planning method you want to have |

## ILLUSTRATION 14: FEED A VARIETY OF FOODS

**What do you see in this picture? How can you enrich your baby/child's food to prevent malnutrition? (Discussion)**





| MESSAGES | EXPLANATION |
|---|---|
| **Baby Ma, each day feed your baby porridge made from different types of food to make sure the baby gets vitamins and grows strong and shiny** | ■ Always add two or more of the following foods to your baby's porridge: palm oil, argo oil, benne seed or peanut paste, beans dust, milk, fish (bony), meat<br>■ Give your baby fruit every day such as banana, butter pear, mango/plum or watermelon. Make sure fruits are washed, and for younger babies fed well mashed or squeezed into juice.<br>■ Foods good for Vitamin A include liver, ripe mango/plum, and dark green leafy vegetables, pumpkins, red/orange sweet potato.<br>■ Foods rich in iron include liver, red (bush) meat, fish (bony), chicken, peanuts, beans, and dark green leafy vegetables. |
| **Baby ma, serve food to your baby in a separate bowl to know how much it is eating**<br><br>**Baby ma, encourage the child during feeding to make sure it eats all it needs** | ■ It is important to feed your baby to make sure it eats all the food prepared for it.<br>■ Play and sing to encourage the child to eat. Force feeding or stuffing discourages baby from eating and can be harmful.<br>■ A baby, older from 12 months onwards may start to feed themselves. However, it is important that you help them to eat all the food served to them |

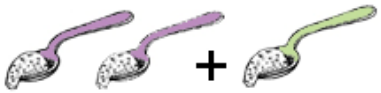
## ILLUSTRATION 15: FREQUENCY OF FEEDING FOR 6-11 MONTHS OLD CHILDREN

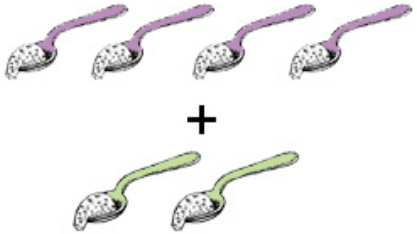
**What do you see in this picture? How many times do you feed your child when he/she is 6 to 11 months old? (Discussion)**

| | MESSAGES | EXPLANATION |
|---|---|---|
| | **Baby Ma, from 6 to 11 months, feed your baby at least 3 times a day different types of foods so that your baby grows healthy.** | ■ The baby has a small stomach and needs to be fed often.<br>■ The foods should be mashed so the baby is able to swallow without choking<br>■ Every day feed a variety of different foods to your baby along with the porridge to make sure it gets all the nutrients to grow well.<br>■ Begin to introduce 'finger foods' that the baby can feed itself. These finger foods can include bread, biscuits, doughnuts, soft fruits such as bananas, pawpaw, ripe mango/plum, and butter pear. |
| | **Baby ma, wash your hands with soap and water before cooking, handling food, eating and feeding your family to keep you and your family healthy** | ■ Good hygiene and sanitation is important to prevent sickness, runny stomach and worms and should include:<br>■ Wash your hands with soap before cooking, eating and handling food<br>■ Wash your hands with soap after visiting the toilet and after cleaning a child<br>■ Keep your surroundings clean<br>■ Wear slippers or shoes to prevent worms |
| | **Use a cup to feed your baby, never use a bottle as this may cause it runny stomach.** | ■ Using a bottle to feed the porridge is dangerous as it is difficult to clean properly. A cup is easier to keep clean and cheaper to buy than a bottle. |

## ILLUSTRATION 16: AMOUNT OF FOOD FOR A CHILD 6 TO 11 MONTH OLD

**What amount of food do you give a child between the ages of 6 to 11 months? Why? Discussion examples of foods found in your community. (Discussion)**





### MESSAGES

**"Baby ma, if your child is <u>6 to 8 months</u>, give <u>2 table spoons</u> of porridge mixed with 1 table spoon of other foods"**

**"If your child is <u>9 to 11 months</u>, give <u>4 table spoons</u> of porridge mixed with 2 table spoon of other foods"**

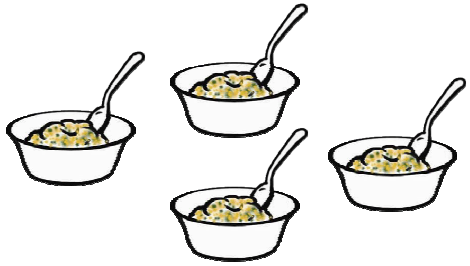
- MORNING: Give rice porridge. Add to the porridge 1 egg oil, 1 little piece of butter pear or pawpaw if available,
- MORNING SNACK: Give mashed pawpaw, banana or mango/plum
- MID DAY: Give yam porridge. Add to the porridge 1 table spoon argo oil, 1 table spoon of bean dust, ½ table spoon of green leafy vegetables
- AFTERNOON SNACK: Give ½ mashed ripe mango/plum <u>or</u> 1 piece of cooked sweet potato, roasted soft plantain
- EVENING: Give cassava porridge. Add to the porridge 1 table spoon of palm oil, 1 table spoon of bony dust or mashed chicken, mashed vegetables e.g carrots, pumpkins, okra etc)

**"Baby ma, give your baby snacks 1 to 2 times every day between main meals to keep it strong."**

- Snacks can include doughnuts, bread, biscuits, banana, roasted or fried plantain or yam

## ILLUSTRATION 17: FREQUENCY OF FEEDING FOR A CHILD 12-24 MONTHS OLD

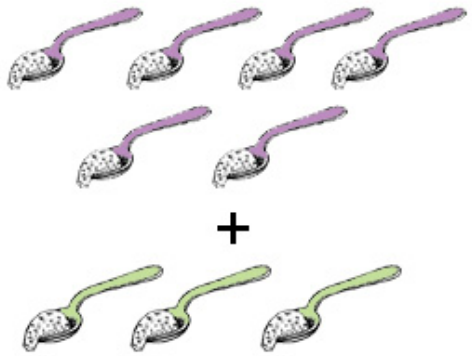
**What do you see in this picture? In your community how many meals are given to a child 12-24 months? Or how many times do you feed your child when it is from 12- 24 months old? (Discussion)**



| MESSAGES | EXPLANATION |
|---|---|
| **Baby ma, from 12 months to 2 years, feed your baby at least 4 times a day different types of foods so that your baby grows healthy.** | ■ Give a total of at least 5 times each day including 2 snacks; the baby is growing and need more foods.<br>■ At 12 months begin to give family foods such as rice, yam, plantain, cassava, sweet potato.<br>■ From the family bowl, keep a portion for the baby and add 1 or two additional food for example cassava leaves or other dark leaved vegetable, benne seeds, as well as milk, meat, fish (Bony), egg, beans dust, peanuts, or other nuts |
| **Baby ma, wash your hands with soap and water before handling food, eating and feeding your family to keep you and your family healthy** | ■ Good hygiene and sanitation is important to prevent sickness, runny stomach and worms and should include:<br>■ Wash your hands with soap before eating and handling food<br>■ Wash your hands with soap after visiting the toilet and after cleaning a child<br>■ Keep your surroundings clean<br>■ Wear slippers or shoes to prevent worms |

## ILLUSTRATION 18: AMOUNT OF FOOD FOR A CHILD AGED 12 TO 24 MONTHS OLD

**What amount of food do you give a child between the ages of 12 to 24 months? Why? Discuss examples of foods found in your community to be use as snacks**



### MESSAGES

**"Baby Ma, at each meal give 6 table spoons of porridge mixed with 3 table spoon of other foods added**

- MORNING MEAL: Give rice porridge. Add 1 small butter pear and a banana
- MORNING SNACK: Give ½ a mango/plum or fried plantain
- MID DAY MEAL: Add to family food, 1 table spoon of palm oil and bony dust
- AFTERNOON SNACK: Give 1 doughnut
- EVENING MEAL: Add to family food 1 egg and small piece of pumkin

**"Baby ma, give your baby snacks 1 to 2 times every day between main meals to keep it strong."**

- Snacks can include doughnuts, bread, biscuits, banana, roasted or fried plantain or yam

## ILLUSTRATION 19: VITAMIN A, MALARIA AND WORM MEDICINE

**What do you see on this picture? When and where can you get Vitamin A in your community? Where can you get worm medicine? (Discussion)**

| | MESSAGES | EXPLANATION |
|---|---|---|
| | **Parents, when your baby is 6 months old, make sure it gets Vitamin A supplementation every six months to make the baby healthy.** | ■ Vitamin A is important for your child's eyesight and also helps your child fight illness.<br>■ Make sure your child 6-59 months gets Vitamin A supplementation two times a year. |
| | **All members of the family, sleep under an insecticide treated mosquito net (ITN), especially big belly women and young children to prevent getting malaria.** | ■ Malaria causes low blood (anemia) which will make members of your family sick and very weak<br>■ All family members with fever need to be taken to a health facility for immediate treatment |
| | **Baby ma, when your child is one year old, it has to receive worm medicine every six months to maintain healthy growth and prevent low blood.** | ■ Worms cause young children to become anemic which will make your child sick and tired.<br>■ Make sure that your child receives worm medicine two times a year to your child between the ages of 1 to 5 years |

## ILLUSTRATION 20: FEEDING OF THE SICK CHILD DURING ILLNESS

**What do you see in this picture? How to feed babies and children when they are sick? (Discussion)**

### MESSAGES

**Baby ma, parents, during illness, give tay tay water more often, and for children older than 6 months, give extra food to help it to get vitamins and to get better faster**

### EXPLANATION

**Baby and young child 0 to 24 months:**

- Give more tay tay water during illness to help the baby to fight the sickness and not loose weight.
- Tay tay water contains water, nutrients, and salts in adequate quantities, which will help the baby get better quicker.
- Giving tay tay water also provides comfort to a sick baby.

**Baby older than 6 months:**

- Take time to patiently encourage your sick child to eat as it may lose appetite because of the illness.
- It is easier for a sick child to eat small frequent meals; feed your child foods it likes in small quantities throughout the day.
- It is important to keep giving tay tay water and feeding complementary foods to your child during illness to maintain its strength and reduce the weight loss.

## ILLUSTRATION 21: FEEDING OF THE SICK CHILD AFTER ILLNESS

**What do you see in the picture? How and what to feed a child after an illness (runny stomach, cough, malaria, etc..)? And why? (Discussion)**

### MESSAGES

**Baby ma,baby pa, after each illness,**

**- Give tay tay water more often for up to two weeks for your baby to regain health and weight.**

**- If the baby is older than 6 months, after illness, give one extra bowl of food each day for up to two weeks to help it regains its weight and strength.**

### EXPLANATION

**Baby and young child 0 to 24 months:**

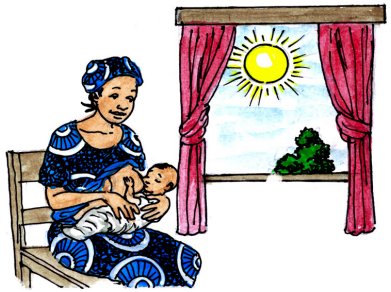
- Each time a baby is sick, it looses weight so it is important to give tay tay water as often as possible following each illness.
- Your tay tay water is the safest and most important food you can offer your baby to regain its health and weight.
- Continue to give only tay tay water and more often for at least two weeks after illness.

**Baby older than 6 months:**

- Take time to patiently encourage your sick child to eat as it may lose appetite because of the illness.
- It is easier for a sick child to eat small frequent meals; feed your child foods it likes in small quantities throughout the day.
- A children who has been sick need extra food and tay tay water more often to regain the strength and weight lost during the illness.

## ILLUSTRATION 22: NUTRITIONAL CARE OF INFANTS AND CHILDREN WITH DIARRHEA

**What do you see in the picture? Additional fluids help the child not to get dry. Also, treatment (Zinc) is available for the child to recover much faster from diarrhea (Discussion)**



### MESSAGES

**Baby ma, baby pa, if your child is suffering from runny stomach, give it water, rice water to replace the water lost and continue breastfeeding**

**If the runny stomach gets severe, take the child to the nearest health center to get treatment**

### EXPLANATION

**Baby and young child 0 to 24 months:**

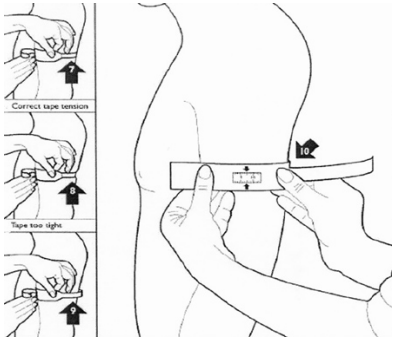
- Continue to give tay tay water during runny stomach, and give more often to replace the water lost.
- If the baby has severe **runny stomach** and shows any signs of dehydration, continue breastfeeding the baby and go the health centre for advice and ORS treatment.

**Baby older than 6 months:**

- Take time to patiently encourage your sick child to eat as it may lose appetite because of the illness.
- It is easier for a sick child to eat small frequent meals; feed your child foods it likes in small quantities throughout the day.
- Make sure that the child does not get dehydrated and give it water, rice water or oral rehydration solution (ORS).
- If the health worker give zinc medicine, follow the instructions given and continue the treatment during 10 to 14 days, even after the runny stomach stops

## ILLUSTRATION 23: FEEDING A CHILD WHO HAS MODERATE ACUTE MALNUTRITION

**How to feed children that receive supplementary food? Do children receive supplementary food in your community? (Discussion)**



### MESSAGES

**Baby ma, when your child older than 6 months has been identified with moderate acute malnutrition, in addition to the supplementary food that it receives, give it <u>1 additional bowl of foods each day</u> to help your child to recover quickly and become strong and shinny again. Give tay tay water more often.**

### EXPLANATION

**Baby and young child 0 to 24 months:**

- <u>Give tay tay water</u> more often to make sure that your child gets foods and vitamins from the tay tay; it will get better quickly

**Baby older than 6 months:**

- If the baby is older than 6 months, after illness, give one extra bowl of food each day for up to two weeks to help it regains its weight and strength.
- Take time to patiently encourage your sick child to eat as it may lose appetite because of the illness.
- It is easier for a sick child to eat small frequent meals; feed your child foods it likes in small quantities throughout the day.