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# **A Counseling Guide for Infant and Young Child Feeding in Two Regions of Egypt**

**Based on Results of Trials of Improved Practices (TIPs) Stunting Study**

April 2014



# Table of Contents

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ABBREVIATIONS .....	iv
ACKNOWLEDGMENTS.....	v
INTRODUCTION.....	1
AGE GROUP: BIRTH TO FIVE MONTHS.....	2
AGE GROUP: SIX TO EIGHT MONTHS.....	4
AGE GROUP: NINE TO ELEVEN MONTHS.....	11
AGE GROUP: TWELVE TO TWENTY-THREE MONTHS .....	17
SICK CHILDREN SIX TO TWENTY-THREE MONTHS.....	21

# Abbreviations

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<b>CDA</b>	Community Development Association
<b>CHW</b>	Community Health Worker
<b>IYCF</b>	Infant and Young Child Feeding
<b>MCHIP</b>	Maternal and Child Health Integrated Program
<b>MNCH</b>	Maternal, Newborn, and Child Health
<b>TIPs</b>	Trials of Improved Practices
<b>UNICEF</b>	United Nations Children’s Fund
<b>USAID</b>	United States Agency for International Development
<b>WHO</b>	World Health Organization

# Acknowledgments

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# Introduction

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*The Counseling Guide for Infant and Young Child Feeding in Egypt* was developed by the USAID Maternal and Child Health Integrated Program (MCHIP) based on the results of the infant and young child feeding (IYCF) practices study using Trials of Improved Practices (TIPs)\* methodology.† TIPs was part of a larger study examining factors associated with the rise in stunting levels in Lower Egypt in comparison to Upper Egypt. To understand barriers and facilitating factors to optimal IYCF, the study explored and identified current feeding practices, problems, and factors facilitating optimal practices based on interviews with mothers and feedback from mothers when they tried new IYCF practices. This information was used to develop the counseling guide, which is tailored to the Egyptian cultural context.‡

The guide is organized in the following sections:

- Age group: Birth through five months (0–5.99 months or the first six months of life)
- Age group: Six through eight months
- Age group: Nine through eleven months
- Age group: Twelve through twenty-three months
- Sick children six through twenty-three months

This guide describes ideal practices for each age group, identified feeding problems, tailored recommendations for each problem, and the identified motivation for practicing the recommendation. The ideal feeding practices and recommendations presented in this guide are based on several World Health Organization (WHO)/UNICEF IYCF guidance documents.§\*\* A comprehensive training on IYCF, the *WHO Infant and Young Child Feeding Counselling: An Integrated Course*, is recommended for health care providers. This course can be found online at: [http://www.who.int/nutrition/publications/IYCF\\_Directors\\_Guide.pdf](http://www.who.int/nutrition/publications/IYCF_Directors_Guide.pdf).

## Counseling Tips for Health Care Providers and Community Health Workers

- Ask mothers how they are feeding their children.
- Talk to mothers about optimal practices, based on the age of the child.
- Use this counseling guide, which describes common problems Egyptian women face in feeding their children. This guide can help in talking with mothers about how to address these problems, and why mothers would use the practice(s)—the motivations.
- Ask the mother if she can try one or two new IYCF practices.
- Follow up with mothers to see how they and their children are responding to the recommended practices (i.e., challenges or questions). If possible, follow up with the mother in one to two weeks or as soon as possible.

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\* TIPs identifies gaps in IYCF, motivations for feeding, and opportunities for improvement to determine whether mothers could make small, feasible changes in feeding their children. After working together with mothers to agree on alternative solution(s) to feeding problems identified in this study, mothers were able to carry out culturally tailored IYCF practices.

† Dicken, K, Griffiths M., Piwoz, E. *Design by Dialogue: A Program Planner's Guide to Consultative Research for Improving Young Child Feeding*. Washington, DC: Manoff Group and Academy for Educational Development; 1997.

‡ Counseling guide was based, in part, on previous TIPs work: *Consulting with Caregivers Formative Research to Determine the Barriers and Facilitators to Optimal Infant and Young Child Feeding in Three Regions of Malawi*, Infant & Young Child Nutrition (IYCN) Project, IYCN Project, USAID, February 2011.

§ PAHO, WHO. *Guiding Principles for the Complementary Feeding of the Breastfed Child*. Washington, DC: Pan American Health Organization; 2003.

\*\* WHO *Indicators for Assessing Infant and Young Child Feeding Practices*, Parts 1, 2, 3 series, Geneva, 2008.

# Age Group: Birth to Five Months

## Ideal feeding practices:

- Initiate breastfeeding within one hour after birth; give colostrum (mother’s “first milk”) in the first three days instead of pre-lacteal feeds
- Practice exclusive breastfeeding from birth to six months
- Give only breast milk without any other liquids or foods, on demand (whenever the child wants), 10–14 times in the first month of life and eight or more times thereafter, day and night;
- Use both breasts and empty them at each breastfeeding session until each breast is soft.

AGE GROUP: BIRTH TO FIVE MONTHS		
Feeding Problem	Recommendation	Motivation
Mother has stopped breastfeeding recently.	<ul style="list-style-type: none"> <li>▪ Restart breastfeeding.</li> <li>▪ Place your baby at the breast every two hours.</li> <li>▪ Offer both breasts at each feeding and breastfeed until each breast is soft.</li> <li>▪ Stop feeding of other foods or liquids (like herbal teas or drinks, sugary biscuits, yogurt) and give only breast milk.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Even if you have stopped breastfeeding for a few days, your breast milk is not bad or sour; it will not cause diarrhea in your baby. Your breast milk is still the best food for your baby.</li> <li>▪ If you breastfeed frequently and empty each breast so it is soft, you will start to produce lots of milk again.</li> </ul>
<p>Breastfeeding is not exclusive; mother has introduced non-nutritive liquids or foods such as water, tea, herbal drinks, herbal tea, rice water, or soft drinks, etc.</p> <p>Mother believes she has insufficient milk because her baby cries, or she just believes the baby needs water or other liquids or foods.</p>	<ul style="list-style-type: none"> <li>▪ Stop giving your baby other liquids, formula, or foods (name the particular foods or liquids the mother is giving her baby).</li> <li>▪ If you feel you cannot stop all liquids at once, reduce the number of liquid feeds and increase breastfeeding.</li> <li>▪ If the baby cries, breastfeed more frequently and for longer periods at each breastfeed to increase your breast milk production. Use both breasts and be sure the baby leaves them soft and empty.</li> <li>▪ Increase the number of times you breastfeed your baby (at least eight times, day and night after the first month).</li> <li>▪ Drink more fluids to increase your milk production, such as fresh fruits and vegetables, juices, milk, and water.</li> <li>▪ Eat nutritious foods during breastfeeding (e.g., fruits, vegetables, meat).</li> <li>▪ Wash your hands with soap and water before feeding the child.</li> </ul>	<ul style="list-style-type: none"> <li>▪ All mothers are able to produce enough milk for their babies; some mothers notice that the more the baby sucks, the more milk she produces.</li> <li>▪ Babies who have only breast milk in the first six months grow much better physically and mentally and get sick less often.</li> <li>▪ Babies need only breast milk to grow well. They do not need water because the breast milk calms their thirst.</li> <li>▪ Your baby will cry less if you breastfeed her/him more often and breastfeed from both breasts until they are soft and empty.</li> </ul>

**AGE GROUP: BIRTH TO FIVE MONTHS**

Feeding Problem	Recommendation	Motivation
<p>The mother incorrectly positions the baby, while breastfeeding lying down.</p> 	<ul style="list-style-type: none"> <li>▪ You can breastfeed your baby while you are lying down but it is important to observe the following points:               <ul style="list-style-type: none"> <li>- The baby's body should be straight, not bent or twisted.</li> <li>- The baby should be facing the breast.</li> <li>- The baby's body should be close to the mother so the baby is close to the breast.</li> <li>- Support the baby's body on the bed or with a pillow or your lap or arm.</li> <li>- The baby's head can be slightly extended at the neck, which helps her/his chin to be close to the breast.</li> </ul> </li> </ul>	<p>The baby can see the mother's face. This helps the baby to be close to the breast and to take a large mouthful of breast milk.</p>
<p>Mother does not use both breasts at each feeding.</p>	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed from one breast until it is soft and empty and then change the baby to the other breast and breastfeed until that breast is soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby will get more milk, will be satisfied, will sleep well, and cry less often.</li> <li>▪ Your baby will grow better.</li> </ul>
<p>Mother breastfeeds for a short time only and does not empty both breasts.</p>	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed until both breasts feel soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ You will produce more milk.</li> <li>▪ Your baby will get more milk, will be satisfied, and cry less often.</li> <li>▪ Your baby will grow better and be healthier.</li> <li>▪ The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your baby long enough so your baby receives all the nutrients from the breast milk, which helps your baby grow.</li> </ul>

# Age Group: Six to Eight Months

## Ideal feeding practices:

- Continue breastfeeding on demand, six to eight times a day (and night).
- Introduce nutritious mashed and semi-solid complementary food at six months and gradually increase the amounts of food at seven to eight months.
- Frequency of meals per day: feed at least two meals per day for the breastfed child; the non-breastfed child should receive one to two cups of milk and one to two extra meals per day.
- Feed baby a variety of energy- (e.g., cereals, tubers) and nutrient-dense foods (vegetables/fruits), sources of vitamin A, and foods prepared with healthy fats, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) fortified bread, roots, tubers, thick porridge made from cereals; 2) nuts, legumes, and beans; 3) dairy products (milk, cheese, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats; 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Feed baby meat, poultry, fish, or eggs daily, or during times when these foods are not available, feed the baby beans, peas, or lentils.
- Serve baby about eight tablespoons (one-half cup or 120 ml) of food per meal.
- Total energy (measured in kcal) required from complementary foods: 202 (with average breast milk intake of six to eight times per day). Required intake of complementary foods for non-breastfed babies is 615 kcal.
- Practice responsive feeding. Feed baby directly and encourage baby to eat. Feed patiently.

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Mother does not use both breasts at each feeding.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed from one breast until it is soft and empty and then change the baby to the other breast and breastfeed until that breast is soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby will get more milk, will be satisfied, will sleep well, and cry less often.</li> <li>▪ Your baby will grow better.</li> </ul>
Mother breastfeeds for a short time only and does not empty both breasts.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed until both breasts feel soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ You will produce more milk.</li> <li>▪ Your baby will get more milk, will be satisfied, and cry less often.</li> <li>▪ Your baby will grow better and be healthier.</li> <li>▪ The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your baby long enough so your baby receives all the nutrients from the breast milk, which helps your baby grow.</li> </ul>

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
<p>The mother incorrectly positions the baby, while breastfeeding lying down.</p> 	<ul style="list-style-type: none"> <li>▪ You can breastfeed your baby while you are lying down but it is important to observe the following points: <ul style="list-style-type: none"> <li>- The baby's body should be straight, not bent or twisted.</li> <li>- The baby should be facing the breast.</li> <li>- The baby's body should be close to the mother so the baby is close to the breast.</li> <li>- Support the baby's body on the bed or with a pillow or your lap or arm.</li> <li>- The baby's head can be slightly extended at the neck, which helps her/his chin to be close to the breast.</li> </ul> </li> </ul>	<p>The baby can see the mother's face. This helps the baby to be close to the breast and to take a large mouthful of breast milk.</p>
<p>Baby is still not fed solid foods and depends only on breastfeeding.</p>	<ul style="list-style-type: none"> <li>▪ Start feeding baby soft, mashed foods two times per day.</li> <li>▪ Food should be thick, not watery (should not fall off a spoon easily); for example, mashed vegetables (zucchini, carrot, potato, tomato, spinach, sweet potato) and fruits (banana, mango, orange, mandarin, pear, apple).</li> <li>▪ Breast milk is still an important part of the baby's diet at this age and provides two-thirds of the baby's nutrition. Do not decrease the number of times you breastfeed per day.</li> <li>▪ Add food to "complement" the nutrients in breast milk. If your baby is interested in eating other foods, you can breastfeed before a meal; if your baby is not interested in eating other foods, breastfeed after or between meals.</li> </ul>	<ul style="list-style-type: none"> <li>▪ At this age, breast milk alone is not enough for your baby's development; your baby needs more food.</li> <li>▪ By six months, your baby is hungry for food.</li> <li>▪ Your baby needs food in addition to breast milk to continue to grow well physically and mentally.</li> <li>▪ She/he can swallow well by now if foods are soft, mashed or cut into very small pieces.</li> <li>▪ Feeding your baby nutritious foods protect your baby from malnutrition.</li> </ul>
<p>Baby is fed cow or buffalo milk.</p>	<ul style="list-style-type: none"> <li>▪ Ensure that baby is continuing to breastfeed.</li> <li>▪ If not breastfeeding, animal milk can be given and should not be diluted.</li> <li>▪ Cow or buffalo milk needs to be boiled to be safe for your baby at this age.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Animal milk and dairy products are excellent foods for babies because they are energy and nutrient-rich.</li> </ul>

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is fed only watery foods and not solid foods.	<ul style="list-style-type: none"> <li>▪ Start feeding baby soft, mashed foods two times per day.</li> <li>▪ Food should be thick, not watery; for example, mashed vegetables (zucchini, carrot, potato, tomato, spinach, and okra, Jew's mallow or jute leaves) and fruits (banana, mango, orange, pear, apple).</li> <li>▪ Feed your baby <i>Seasamina</i>* mixture and enrich <i>Seasamina</i> with other foods such as ground nuts, egg, fruit, and vegetable.</li> </ul>	<ul style="list-style-type: none"> <li>▪ It is okay to give thick foods now; these foods are not just for older children. Give baby small bites of thick food.</li> <li>▪ Your baby can swallow them well, and they will not cause a stomach-ache.</li> <li>▪ Solid and thick foods are rich in nutritive content and will nourish your baby better than watery foods.</li> <li>▪ Your baby will be happier with thick foods, will sleep well, and cry less, and you can do your housework with less interruption.</li> <li>▪ Your baby is small for her/his age. She/he needs more food to grow better.</li> </ul>
Baby is fed fewer than eight tablespoons (one-half cup or 120 ml) of food at each meal.	<ul style="list-style-type: none"> <li>▪ Increase gradually the amount of food you give your baby at each meal, until you feed her/him eight tablespoons.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby is growing rapidly; she/he needs more food to grow better and be healthier.</li> <li>▪ Enough food protects your baby from getting sick and becoming malnourished.</li> <li>▪ Your baby will be happier, satisfied, and not hungry, and you can do your housework with less interruption.</li> </ul>
Baby is fed fewer than two times per day.	<ul style="list-style-type: none"> <li>▪ Feed your baby at least two times a day.</li> <li>▪ You can increase gradually the number of feeds from one to two for breastfed babies. If you are not breastfeeding your baby, you can increase to up to four times per day.</li> <li>▪ Breastfeed between meals.</li> <li>▪ Give the baby a variety of foods including fruit, vegetables, cereals, meat, eggs, and dairy products, like cheese and yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby needs to eat more now to grow healthy, taller, play well, and be active and learn in school.</li> <li>▪ Your baby will not become constipated.</li> </ul>

\*A locally made complementary food made from lentils, flour, and tehana: 3 tablespoons yellow lentils, 6 tablespoons of wheat flour, 1 tablespoon of tehana. Mix lentils and flour with 1½ cups cold water, add 1 tablespoon of vegetable oil or tehana after cooling, and add banana, mashed fruits, juice, cooked or boiled vegetables (e.g., carrot, zucchini, or spinach).

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is not fed chicken, meat, or fish daily.	<ul style="list-style-type: none"> <li>▪ Give your baby a portion of chicken or meat or fish once per day (at least two heaping tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in.</li> <li>▪ Pound or mince the chicken, meat, or fish (be careful to remove bones from fish if necessary) and mix it with rice or mashed vegetables to be suitable for your baby.</li> <li>▪ When you prepare chicken, meat, or fish, pound the baby's portion and then cook it well.</li> <li>▪ When you cook a chicken, keep and prepare the liver for your baby.</li> <li>▪ If you do not have a source of chicken, meat, or fish daily: Give your baby a meal made from beans and grains daily; for example, <i>Seasamina</i> mixture or peeled mashed beans and bread. You can also add yellow or unpeeled lentils while cooking the beans.</li> </ul>	<ul style="list-style-type: none"> <li>▪ The broth you give your baby does not help your baby grow and will not fill her/him up.</li> <li>▪ The chicken, meat, or fish will help your baby be strong and healthy. She/he will be happier and playful.</li> <li>▪ Your baby needs fish and meat to build a healthy body, protect from anemia or malnutrition, to improve immunity, and to protect from diseases.</li> </ul>
Baby is not fed eggs or is fed egg yolk or egg albumin only.	<ul style="list-style-type: none"> <li>▪ Feed your baby the whole egg daily. Mix it with peeled mashed beans or mashed boiled potato or with cooked cheese.</li> <li>▪ Feed your baby a boiled, scrambled, or fried egg at any meal.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eggs are good for your baby. They will help her/him grow well.</li> <li>▪ Feed your baby the whole egg. Albumin raises the baby's immunity and yolk contains Vitamin A and D and fat, which are important for bone and teeth growth and brain development.</li> <li>▪ Eggs will improve your baby's appetite, along with other foods, when you feed your baby a variety of foods.</li> </ul>

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is not fed vegetables daily.	<ul style="list-style-type: none"> <li>▪ Give your baby the same vegetables you cook for the family, like Jew's mallow, spinach, zucchini, okra, carrot, and tomato. Vary the colors of vegetables you give; make sure baby is getting green, yellow, or orange vegetables daily. You can mix these vegetables with potato and or taro and give to your baby daily or at least two or three times a week.</li> <li>▪ Mix the mashed vegetables with the soup (at least two tablespoons) to prepare a nourishing semi-solid meal for your baby.</li> <li>▪ Feed your baby <i>Seasamina</i> mixed with vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby needs vegetables.</li> <li>▪ These vegetables will improve her/his appetite and growth and prevent illness.</li> <li>▪ The vegetables contain vitamins and minerals important to your baby, and will help to prevent and protect from illness, diseases, anemia.</li> <li>▪ Vegetables contain fiber, which protects your baby from being constipated.</li> </ul>
Baby is not fed fruit daily.	<ul style="list-style-type: none"> <li>▪ Feed your baby a piece of fruit, mashed, cooked, or cut up small pieces, at least one time per day, like apple, pear, orange, guava, tangerine, half a banana.</li> <li>▪ If you must, you can feed your baby a small amount (half a cup) of natural fresh homemade juices.</li> <li>▪ Feed your baby <i>Seasamina</i> mixed with fruits.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit will improve your baby's appetite and growth.</li> <li>▪ The fruits contain vitamins and minerals important to your baby, and will help to prevent and protect from illness, diseases, vitamin deficiencies, and anemia.</li> <li>▪ Your baby will like the sweetness of the fruit.</li> </ul>
Baby is given food prepared without a source of fat.	<ul style="list-style-type: none"> <li>▪ Add a source of fat, for example, a tablespoon of vegetable oil, like corn or sunflower seed oil, to your baby's foods.</li> <li>▪ Prepare the family vegetables or eggs with some fat. Give these vegetables and eggs to your baby.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating foods containing fat will improve your baby's appetite and improve her/his physical and mental growth.</li> <li>▪ Fat helps the absorption of some important vitamins for your baby's health (A, D, E, and K). Your baby will feel full and happy.</li> </ul>
Baby is not fed on a separate plate so the mother doesn't know how much food the baby is eating.	<ul style="list-style-type: none"> <li>▪ Feed your baby from her/his own plate; she/he should not share a plate with siblings.</li> </ul>	<ul style="list-style-type: none"> <li>▪ It will be easier to see how much your baby eats.</li> <li>▪ Older siblings will take too much food and leave too little for your baby.</li> <li>▪ Your baby will eat more.</li> <li>▪ This will help improve your baby's personality and being independent.</li> </ul>

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is fed non-nutritive liquids or foods (potato chips, store-bought small sponge-cakes filled with creme, soda).	<ul style="list-style-type: none"> <li>▪ Stop giving these types of foods or liquids. Babies younger than two years of age should never have these foods. Children older than two years of age should only have them on special occasions.</li> <li>▪ Instead, give a snack such as half a banana, a piece of cooked sweet potato, a piece pear.</li> <li>▪ Feed your baby homemade fried potato.</li> <li>▪ Feed your half a cup of baby natural fresh homemade juices, like carrot, tomato, orange, instead of fizzy drinks/soda.</li> </ul>	<ul style="list-style-type: none"> <li>▪ These foods are not nutritious for your baby and do not help your baby grow.</li> <li>▪ These foods contain preservatives, coloring, and food additives, which are harmful to your baby.</li> <li>▪ These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, diabetes).</li> <li>▪ These foods are very expensive. It is cheaper and better to buy an egg or some fruit.</li> </ul>
Baby is fed canned juices.	<ul style="list-style-type: none"> <li>▪ Replace the canned juices with natural, fresh, homemade juices (carrot, tomato, orange, guava) or give fresh fruit instead.</li> <li>▪ You can give your baby a small amount of natural fresh juices (half a cup), which contain vitamins and minerals that protect your baby against illness.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned juices contain preservatives, coloring, and some food additives, which are harmful to your baby.</li> <li>▪ Drinking too much juice can cause diarrhea and make the baby not want to eat solid food.</li> </ul>
Baby is fed packaged store-bought small sponge cakes from market.	<ul style="list-style-type: none"> <li>▪ You can give your homemade cake, which is fresher than the store-bought cake, to children but give only a small piece.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cake from the market contains preservatives, artificial colors, and food additives which are harmful to your baby.</li> <li>▪ These cakes do not have nutrients that help your baby to be healthy and grow well; do not give them to children six to eleven months of age.</li> <li>▪ Fats used for preparing these types of foods are mostly of a bad quality, which may be harmful to your baby.</li> </ul>
Baby is not fed legumes or grains.	<ul style="list-style-type: none"> <li>▪ Feed your baby legumes and grains like peeled mashed beans or lentils with rice, <i>Belila</i>*, or you can make <i>Seasamina</i>.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Legumes and grains are good for your baby's growth and can be given to the baby if you do not have chicken meat, chicken liver, fish, or red meat to feed your baby.</li> </ul>

\* Wheat porridge made with milk and sugar.

AGE GROUP: SIX TO EIGHT MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is given tea.	<ul style="list-style-type: none"> <li>Stop giving your baby tea.</li> </ul>	<ul style="list-style-type: none"> <li>Tea is harmful and not suitable for your baby.</li> <li>Tea prevents the absorption of iron and causes anemia. Iron is needed by babies to prevent anemia, and improve mental development and learning.</li> <li>Tea causes insomnia, making baby not sleep well and can affect your baby's health.</li> </ul>
Mother mixes milk with tea.	<ul style="list-style-type: none"> <li>Feed baby milk without mixing it with tea.</li> <li>Mix milk with fruits; mix milk with banana or with guava.</li> </ul>	<ul style="list-style-type: none"> <li>Tea is harmful and not suitable for your baby.</li> <li>Tea can cause anemia and prevent absorption of iron and calcium, which help your baby grow.</li> <li>Tea causes insomnia, making baby not sleep well and can affect your baby's health.</li> </ul>
Baby consumes a lot of sugary foods and candies.	<ul style="list-style-type: none"> <li>Decrease the amount of sugars and candies that your baby consumes.</li> </ul>	<ul style="list-style-type: none"> <li>Sugars are harmful to your baby and may cause obesity, diabetes, and dental caries.</li> <li>A lot of sugary foods suppress your baby's appetite and make her/him refuse other foods.</li> </ul>
Baby is fed only sugary biscuits and foods based on grains, like infant cereal.	<ul style="list-style-type: none"> <li>Stop giving baby sugary biscuits of any kind. Replace with date bars and then replace date bars with fruit.*</li> <li>Start feeding baby varieties of complementary foods, soft, mashed two times per day.</li> <li>Add other foods to infant cereal or <i>Belila</i> or rice pudding such as dried fruit, milk, and dairy products (yogurt).</li> </ul>	<ul style="list-style-type: none"> <li>Feeding your baby a variety of foods helps the baby to grow.</li> </ul>
Baby is fed processed meats.	<ul style="list-style-type: none"> <li>Feed your baby a piece of chicken, meat, or fish, not meat from a can.</li> </ul>	<ul style="list-style-type: none"> <li>Processed meats contain preservatives and food additives that are harmful to your baby.</li> </ul>

\* In the study, date bars were initially used as a substitute for sugary biscuits. Because date bars also contain a high amount of sugar, mothers should eventually replace these bars with fruit.

## Age Group: Nine to Eleven Months

### Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night (at least six times).
- Feed baby nutritious meals, such as thick vegetable soup, yogurt, eggs, and pounded, mashed/chopped foods.
- Frequency of meals per day: Feed at least three meals per day for the breastfed child; the non-breastfed child should receive one to two cups of milk and one or two extra meals per day.
- Feed baby a variety of energy- (e.g., cereals, tubers) and nutrient-dense foods (vegetables/fruits), sources of vitamin A, and foods prepared with healthy fats, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) fortified bread, roots, tubers, thick porridge made from cereals; 2) nuts, legumes, and beans; 3) dairy products (milk, cheese, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats); 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Feed baby meat, poultry, fish, or eggs daily (or legumes: beans, peas, lentils).
- Serve baby about eight tablespoons (one-half cup or 120 ml) of food per meal.
- Total kcal required from complementary foods: 307 (with average breast milk intake). Required intake for non-breastfed babies is 686 kcal.
- Practice responsive feeding. Feed baby directly and assist older children to eat from their own plate. Encourage baby to eat. Feed patiently.

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
Mother does not use both breasts at each feeding.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed from one breast until it is soft and empty and then change the baby to the other breast and breastfeed until that breast is soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby will get more milk, will be satisfied, will sleep well, and cry less often.</li> <li>▪ Your baby will grow better.</li> </ul>
Mother breastfeeds for a short time only and does not empty both breasts.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed until both breasts feel soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ You will produce more milk.</li> <li>▪ Your baby will get more milk, will be satisfied, and cry less often.</li> <li>▪ Your baby will grow better and be healthier.</li> <li>▪ The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your baby long enough so your baby receives all the nutrients from the breast milk, which helps your baby grow.</li> </ul>

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
<p>The mother incorrectly positions the baby, while breastfeeding lying down.</p> 	<ul style="list-style-type: none"> <li>▪ You can breastfeed your baby while you are lying down but it is important to observe the following points: <ul style="list-style-type: none"> <li>- The baby's body should be straight, not bent or twisted.</li> <li>- The baby should be facing the breast.</li> <li>- The baby's body should be close to the mother so the baby is close to the breast.</li> <li>- Support the baby's body on the bed or with a pillow or your lap or arm.</li> <li>- The baby's head can be slightly extended at the neck, which helps her/his chin to be close to the breast.</li> </ul> </li> </ul>	<p>The baby can see the mother's face. This helps the baby to be close to the breast and to take a large mouthful of breast milk.</p>
<p>Baby is still not fed solid foods and depends only on breastfeeding.</p>	<ul style="list-style-type: none"> <li>▪ Start feeding baby soft, mashed foods two times per day.</li> <li>▪ Food should be thick, not watery (should not fall off a spoon easily); for example, mashed vegetables (zucchini, carrot, potato, tomato, spinach, sweet potato) and fruits (banana, mango, orange, mandarin, pear, apple).</li> <li>▪ Breast milk is still an important part of the baby's diet at this age and provides two-thirds of the baby's nutrition. Do not decrease the number of times you breastfeed per day.</li> <li>▪ Add food to "complement" the nutrients in breast milk. If your baby is interested in eating other foods; you can breastfeed before a meal; if your baby is not interested in eating other foods, breastfeed after or between meals.</li> </ul>	<ul style="list-style-type: none"> <li>▪ At this age, breast milk alone is not enough for your baby's development; your baby needs more food.</li> <li>▪ By six months, your baby is hungry for food.</li> <li>▪ Your baby needs food in addition to breast milk to continue to grow well physically and mentally.</li> <li>▪ He can swallow well by now if foods are soft, mashed or cut into very small pieces.</li> <li>▪ Feeding your baby nutritious foods protect your baby from malnutrition.</li> </ul>
<p>Baby is fed cow or buffalo milk.</p>	<ul style="list-style-type: none"> <li>▪ Ensure that baby is continuing to breastfeed.</li> <li>▪ If not breastfeeding, animal milk can be given and should not be diluted.</li> <li>▪ Cow or buffalo milk needs to be boiled to be safe for your baby.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Animal milk and dairy products are excellent foods for babies because they are energy and nutrient-rich.</li> </ul>

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is fed only watery foods and not solid foods.	<ul style="list-style-type: none"> <li>▪ Start feeding baby soft, mashed foods two times per day.</li> <li>▪ Food should be thick, not watery; for example, mashed vegetables (zucchini, carrot, potato, tomato, spinach, and okra, Jew's mallow – <i>molokhaia</i>) and fruits (banana, mango, orange, pear, apple).</li> <li>▪ Feed your baby <i>Seasamina</i>* mixture and enrich <i>Seasamina</i> with other foods such as ground nuts, egg, fruit, and vegetable.</li> </ul>	<ul style="list-style-type: none"> <li>▪ It is okay to give thick foods now; these foods are not just for older children. Give baby small bites of thick food.</li> <li>▪ Your baby can swallow them well, and they will not cause a stomach-ache.</li> <li>▪ Solid and thick foods are rich in nutritive content and will nourish your baby better than watery foods.</li> <li>▪ Your baby will be happier with thick foods, will sleep well, and cry less, and you can do your housework with less interruption.</li> <li>▪ Your baby is small for her/his age. She/he needs more food to grow better.</li> </ul>
Baby is fed fewer than eight tablespoons (one-half cup or 120 ml) of food at each meal.	<ul style="list-style-type: none"> <li>▪ Increase gradually the amount of food you give your baby at each meal, until you feed her/him eight tablespoons.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby is growing rapidly; she/he needs more food to grow better and be healthier.</li> <li>▪ Enough food protects your baby from getting sick and becoming malnourished.</li> <li>▪ Your baby will be happier, satisfied, and not hungry, and you can do your housework with less interruption.</li> </ul>
Baby is fed fewer than three times per day.	<ul style="list-style-type: none"> <li>▪ Feed your baby at least three times a day.</li> <li>▪ You can increase gradually the number of feeds from two to three for breastfed babies. If you are not breastfeeding your baby, you can increase to up to four times per day.</li> <li>▪ Breastfeed between meals.</li> <li>▪ Give the baby a variety of foods including fruit, vegetables, cereals, meat, eggs, and dairy products, like cheese and yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby needs to eat more now to grow healthy, taller, play well, and be active and learn in school. Your baby will not become constipated.</li> </ul>

\* A locally made complementary food made from lentils, flour, and tehana: 3 tablespoons yellow lentils, 6 tablespoons of wheat flour, 1 tablespoon of tehana. Mix lentils and flour with 1½ cups cold water, add 1 tablespoon of vegetable oil or tehana after cooling, and add banana, mashed fruits, juice, cooked or boiled vegetables (e.g., carrot, zucchini, or spinach).

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is not fed chicken, meat, or fish daily.	<ul style="list-style-type: none"> <li>▪ Give your baby a portion of chicken or meat or fish once per day (at least two heaping tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in.</li> <li>▪ Pound or mince the chicken, meat, or fish (be careful to remove bones from fish if necessary) and mix it with rice or mashed vegetables to be suitable for your baby.</li> <li>▪ When you prepare chicken, meat, or fish, pound the baby's portion and then cook it well.</li> <li>▪ When you cook a chicken, keep and prepare the liver for your baby.</li> <li>▪ If you do not have a source of chicken, meat, or fish daily: Give your baby a meal made from beans and grains daily; for example, <i>Seasamina</i> mixture or peeled mashed beans and bread. You can also add yellow or unpeeled lentils while cooking the beans.</li> </ul>	<ul style="list-style-type: none"> <li>▪ The broth you give your baby does not help your baby grow and will not fill her/him up.</li> <li>▪ The chicken, meat, or fish will help your baby be strong and healthy. She/he will be happier and playful.</li> <li>▪ Your baby needs fish and meat to build a healthy body, to protect from anemia, malnutrition, or diseases, and to improve immunity.</li> </ul>
Baby is not fed eggs or is fed egg yolk or egg albumin only.	<ul style="list-style-type: none"> <li>▪ Feed your baby the whole egg daily. Mix it with peeled mashed beans or mashed boiled potato or with cooked cheese.</li> <li>▪ Feed your baby a boiled, scrambled, or fried egg at any meal.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eggs are good for your baby. They will help her/him grow well.</li> <li>▪ Feed your baby the whole egg. Albumin raises the baby's immunity and yolk contains Vitamin A and D and fat, which are important for bone and teeth growth and brain development.</li> <li>▪ Eggs will improve your baby's appetite, along with other foods, when you feed your baby a variety of foods.</li> </ul>
Baby is not fed vegetables daily.	<ul style="list-style-type: none"> <li>▪ Give your baby the same vegetables you cook for the family, like Jew's mallow, spinach, zucchini, okra, carrot, and tomato. Vary the colors of vegetables you give; make sure baby is getting green, yellow, or orange vegetables daily. You can mix these vegetables with potato and or taro and give to your baby daily or at least two or three times a week.</li> <li>▪ Mix the mashed vegetables with the soup (at least two tablespoons) to prepare a nourishing semi-solid meal for your baby.</li> <li>▪ Feed your baby <i>Seasamina</i> mixed</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby needs vegetables.</li> <li>▪ These vegetables will improve her/his appetite and growth and prevent illness.</li> <li>▪ The vegetables contain vitamins and minerals important to your baby, and will help to prevent and protect from illness, diseases, anemia.</li> <li>▪ Vegetables contain fiber, which protects your baby from being constipated.</li> </ul>

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
	with vegetables.	
Baby is not fed fruit daily.	<ul style="list-style-type: none"> <li>▪ Feed your baby a piece of fruit, mashed, cooked, or cut up small pieces, at least one time per day, like apple, pear, orange, guava, tangerine, half a banana.</li> <li>▪ If you must, you can feed your baby a small amount (half a cup) of natural fresh homemade juices.</li> <li>▪ Feed your baby <i>Seasamina</i> mixed with fruits.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit will improve your baby's appetite and growth.</li> <li>▪ The fruits contain vitamins and minerals important to your baby, and will help to prevent and protect from illness, diseases, vitamin deficiencies, and anemia.</li> <li>▪ Your baby will like the sweetness of the fruit.</li> </ul>
Baby is not fed dairy products	<ul style="list-style-type: none"> <li>▪ Feed your baby dairy products: yogurt, cheese, <i>mhlilbia</i> (rice pudding made with milk).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Dairy products are useful for your baby. They contain important nutrients that help the baby's growth, like calcium and phosphorus for healthy bones and teeth, as well as proteins, which help the baby's growth and immunity.</li> </ul>
Baby is fed non-nutritive liquids or foods ( potato chips, store-bought small sponge-cakes filled with creme, soda).	<ul style="list-style-type: none"> <li>▪ Stop giving these types of foods or liquids. Babies younger than two years of age should never have these foods. Children older than two years of age should only have them on special occasions.</li> <li>▪ Instead, give a snack such as half a banana, a piece of cooked sweet potato, a piece pear.</li> <li>▪ Feed your baby homemade fried potato.</li> <li>▪ Feed your half a cup of baby natural fresh homemade juices, like carrot, tomato, orange, instead of fizzy drinks/soda.</li> </ul>	<ul style="list-style-type: none"> <li>▪ These foods are not nutritious for your baby and do not help your baby grow.</li> <li>▪ These foods contain preservatives, coloring, and food additives, which are harmful to your baby.</li> <li>▪ These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, diabetes).</li> <li>▪ These foods are very expensive. It is cheaper and better to buy an egg or some fruit.</li> </ul>
Baby is not fed on a separate plate; mother does not stay with baby during meals. Sometimes siblings take the baby's food. The mother does not encourage the baby to eat.	<ul style="list-style-type: none"> <li>▪ Feed your baby from her/his own plate; she/he should not share a plate with siblings.</li> <li>▪ Stay with your baby during meals.</li> <li>▪ Help and encourage your baby to eat.</li> </ul>	<ul style="list-style-type: none"> <li>▪ It will be easier to see how much food your baby eats.</li> <li>▪ Older siblings will take too much food and leave too little for your baby.</li> <li>▪ Your baby will eat more.</li> <li>▪ This will help improve your baby's personality and independence.</li> <li>▪ Your baby is still small and needs help to eat.</li> <li>▪ Your baby will eat better when you are there and you encourage her/him.</li> </ul>

AGE GROUP: NINE TO ELEVEN MONTHS		
Feeding Problem	Recommendation	Motivation
Baby is not fed legumes or grains.	<ul style="list-style-type: none"> <li>Feed your baby legumes and grains (e.g., peeled mashed beans or lentils, rice or <i>Belila</i>, <i>Seasamina</i>).</li> </ul>	<ul style="list-style-type: none"> <li>Legumes and grains are useful for your baby's growth and can be given to the baby if you do not have chicken meat, chicken liver, fish, or red meat to feed your baby.</li> </ul>
Baby is given tea.	<ul style="list-style-type: none"> <li>Stop or reduce the amount of tea you are giving your baby.</li> </ul>	<ul style="list-style-type: none"> <li>Tea is harmful and not suitable for your baby.</li> <li>Tea can cause anemia and prevent absorption of iron, which helps your baby grow.</li> <li>Tea causes insomnia, making baby not sleep well.</li> </ul>
Baby consumes a lot of sugary foods and candies.	<ul style="list-style-type: none"> <li>Decrease the amount of sugars and candies that your baby consumes.</li> </ul>	<ul style="list-style-type: none"> <li>Sugars are harmful to your baby and may cause obesity, diabetes, and dental caries.</li> <li>A lot of sugary foods suppress your baby's appetite and make her/him refuse other foods.</li> </ul>
Baby is fed processed meats.	<ul style="list-style-type: none"> <li>Feed your baby a piece of chicken or meat or fish; do not feed meat from a can.</li> </ul>	<ul style="list-style-type: none"> <li>Processed meats contain preservatives and food additives, which are harmful to your baby.</li> </ul>
Mother does not wash her hands and/or baby's hands before meals.	<ul style="list-style-type: none"> <li>Wash your hands and your baby's hands with soap and water before feeding.</li> </ul>	<ul style="list-style-type: none"> <li>This will help prevent illness in your baby.</li> </ul>

## Age Group: Twelve to Twenty-Three Months

### Ideal feeding practices:

- Continue frequent breastfeeding on demand, day and night.
- Feed child family foods (with an adequate texture for age, avoiding foods that are too dry or hard to swallow).
- Frequency of feedings per day: Feed at least three meals per day for the breastfed child; the non-breastfed child should receive one to two cups of milk and one or two extra meals per day.
- Feed child a variety of energy- (e.g., cereals, tubers) and nutrient-dense foods (vegetables/fruits), sources of vitamin A, and foods prepared with healthy fats, such as vegetable oils, like corn or sunflower seed oil. The food should contain at least four of the seven food groups: 1) fortified bread, roots, tubers, thick porridge made from cereals; 2) nuts, legumes, and beans; 3) dairy products (milk, cheese, yogurt); 4) flesh foods (meat, fish, poultry, liver/organ meats); 5) eggs; 6) vegetables and fruits rich in vitamin A (yellow, orange, or green); and 7) other vegetables and fruits.
- Feed child meat, poultry, fish, or eggs daily (beans, peas, lentils).
- Serve child about one cup (16 tablespoons or 240 ml) of food per meal.
- Total kcal required from complementary foods: 548 (with average breast milk intake). Required intake for non-breastfed children is 894 kcal.
- Practice responsive feeding. Feed child directly and assist older children to eat from their own plate. Encourage child to eat. Feed patiently.

AGE GROUP: TWELVE TO TWENTY-THREE MONTHS		
Feeding Problem	Recommendation	Motivation
Mother does not use both breasts at each feeding.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed from one breast until it is soft and empty and then change the child to the other breast and breastfeed until that breast is soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your baby will get more milk, will be satisfied, will sleep well, and cry less often.</li> <li>▪ Your child will grow better.</li> </ul>
Mother breastfeeds for a short time only and does not empty both breasts.	<ul style="list-style-type: none"> <li>▪ Be sure to use both breasts at each feeding.</li> <li>▪ Breastfeed until both breasts feel soft and empty.</li> </ul>	<ul style="list-style-type: none"> <li>▪ You will produce more milk.</li> <li>▪ Your child will get more milk, will be satisfied, and cry less often.</li> <li>▪ Your child will grow better and be healthier.</li> <li>▪ The concentration of your milk increases gradually during the time of breastfeeding. You need to breastfeed your child long enough so your child receives all the nutrients from the breast milk, which helps your child grow.</li> </ul>
Child is fed watery foods.	<ul style="list-style-type: none"> <li>▪ Feed your child the same foods you feed the rest of the family.</li> <li>▪ Foods should be chopped and</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child is older now, and needs the same foods you give the rest of the family to continue to grow.</li> <li>▪ Your child is growing rapidly, and she/he</li> </ul>

AGE GROUP: TWELVE TO TWENTY-THREE MONTHS		
Feeding Problem	Recommendation	Motivation
	moistened with a little soup or <i>shurba</i> .	needs more food to grow taller. <ul style="list-style-type: none"> <li>▪ Watery foods will not nourish your child, and she/he will be hungry.</li> </ul>
Child is fed less than one cup (16 tablespoons or 240 ml) of food at each meal.	<ul style="list-style-type: none"> <li>▪ Increase the amount of food you give your child at each meal, until you feed her/him 16 tablespoons (one cup or 240 ml).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child is growing rapidly; she/he needs more food to grow better and be healthier.</li> <li>▪ Enough food protects your child from getting sick and becoming malnourished.</li> <li>▪ Your child will be happier, satisfied, and not hungry, and you can do your housework with less interruption.</li> </ul>
Child is fed fewer than three times per day.	<ul style="list-style-type: none"> <li>▪ Feed your child at least three times a day.</li> <li>▪ You can keep feeding your child three times a day for breastfed babies or increase number of feeds from two to three for breastfed babies. If you are not breastfeeding your child, you can increase to up to four times per day).</li> <li>▪ Breastfeed between meals.</li> <li>▪ Give the child a variety of foods including fruit, vegetables, cereals, meat, eggs and dairy products, like cheese and yogurt.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child needs to eat more now to grow healthy, taller, play well, and be active and learn in school. Your child will not become constipated.</li> </ul>
Child is not fed chicken, meat, or fish daily.	<ul style="list-style-type: none"> <li>▪ Give your child a portion of chicken or meat or fish once per day (at least two heaping tablespoons). Do not give just the broth that the chicken, meat, or fish was cooked in.</li> <li>▪ Pound or mince the chicken, meat, or fish (be careful to remove bones from fish if necessary) and mix it with rice or mashed vegetables to be suitable for your child.</li> <li>▪ When you prepare chicken, meat, or fish, pound the child's portion and then cook it well.</li> <li>▪ When you cook a chicken, keep and prepare the liver for your child.</li> <li>▪ If you do not have a source of chicken, meat, or fish daily: Give your child a meal made from beans and grains daily; for example, <i>Seasamina</i> mixture or peeled mashed beans and bread. You can also add yellow or unpeeled lentils while cooking the beans.</li> </ul>	<ul style="list-style-type: none"> <li>▪ The broth you give your child does not help your child grow and will not fill her/him up.</li> <li>▪ The chicken, meat, or fish will help your child be strong and healthy. She/he will be happier and playful.</li> <li>▪ Your child needs fish and meat to build a healthy body, protect from anemia or malnutrition, to improve immunity, and to protect from diseases.</li> </ul>

**AGE GROUP: TWELVE TO TWENTY-THREE MONTHS**

Feeding Problem	Recommendation	Motivation
<p>Child is not fed eggs or is fed egg yolk or egg albumin only.</p>	<ul style="list-style-type: none"> <li>▪ Feed your child the whole egg daily. Mix it with peeled mashed beans or mashed boiled potato or with cooked cheese.</li> <li>▪ Feed your child a boiled, scrambled, or fried egg at any meal.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eggs are good for your child. They will help her/him grow well.</li> <li>▪ Feed your child the whole egg. Albumin raises the child's immunity and yolk contains Vitamin A and D and fat, which are important for bone and teeth growth and brain development.</li> <li>▪ Eggs will improve your child's appetite, along with other foods, when you feed your child a variety of foods.</li> </ul>
<p>Child is not fed vegetables daily or is fed a small portion of vegetables (fewer than three tablespoons).</p>	<ul style="list-style-type: none"> <li>▪ Give your child the same vegetables you cook for the rest of the family, at least three tablespoons per meal, daily, like Jew's mallow, spinach, zucchini, okra, carrot, and tomato.</li> <li>▪ Increase the amount of vegetables you serve your child.</li> <li>▪ Mix the mashed vegetables with soup (at least three tablespoons) or rice to prepare a nourishing meal for your child.</li> <li>▪ Feed your child <i>Seasamina</i> mixed with vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vegetables will improve your child's appetite and growth.</li> <li>▪ Vegetables contain vitamins and minerals important to your child and will help prevent and protect your child from illness, diseases, and anemia.</li> <li>▪ Vegetables contain dietary fiber that protects your child from being constipated.</li> </ul>
<p>Child is not fed fruit daily.</p>	<ul style="list-style-type: none"> <li>▪ Feed your child a piece of fruit, mashed, cooked, or cut up small pieces, at least one time per day, like apple, pear, orange, guava, tangerine, half a banana.</li> <li>▪ If you must, you can feed your child a small amount (half a cup) of natural fresh homemade juices.</li> <li>▪ Feed your child <i>Seasamina</i> mixed with fruits.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit will improve your child's appetite and growth.</li> <li>▪ The fruits contain vitamins and minerals important to your child, and will help to prevent and protect from illness, diseases, vitamin deficiencies, and anemia.</li> <li>▪ Your child will like the sweetness of the fruit.</li> </ul>
<p>Child is fed canned juices.</p>	<ul style="list-style-type: none"> <li>▪ Replace the canned juices with natural fresh homemade juices, like carrot, tomato, orange, or guava juice.</li> <li>▪ Feed fruit. If you cannot feed fruit, a small amount, one cup per day of natural fresh juices, can be given to the child.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned juices contain preservatives, coloring, and some food additives which are harmful to your child.</li> <li>▪ Too much juice can cause diarrhea.</li> <li>▪ Instead of canned juice, you can feed the child fruits.</li> <li>▪ Fruits have nutrients and fiber that protect the child against diseases.</li> </ul>

**AGE GROUP: TWELVE TO TWENTY-THREE MONTHS**

Feeding Problem	Recommendation	Motivation
Child is not fed on a separate plate.	<ul style="list-style-type: none"> <li>▪ Feed your child from her/his own plate; she/he should not share a plate with siblings.</li> <li>▪ Stay with your child during meals.</li> <li>▪ Help and encourage her/him to eat.</li> </ul>	<ul style="list-style-type: none"> <li>▪ This way, you can see how much your child eats.</li> <li>▪ Older siblings will take too much food and leave too little for your child.</li> <li>▪ Your child will eat more.</li> <li>▪ This will help improve your child's personality and independence.</li> <li>▪ Your child is still small and needs help to eat.</li> <li>▪ Your child will eat better when you are there and you encourage her/him.</li> </ul>
Child is fed non-nutritive liquids or foods (potato chips, store-bought small sponge-cakes filled with creme, soda).	<ul style="list-style-type: none"> <li>▪ Stop giving these types of foods or liquids. Babies younger than two years of age should never have these foods. Children older than two years of age should only have them on special occasions.</li> <li>▪ Instead, give a snack such as half a banana, a piece of cooked sweet potato, a piece pear.</li> <li>▪ Feed your child homemade fried potato.</li> <li>▪ Feed your half a cup of child natural fresh homemade juices, like carrot, tomato, orange, instead of fizzy drinks/soda.</li> </ul>	<ul style="list-style-type: none"> <li>▪ These foods are not nutritious for your child and do not help your child grow.</li> <li>▪ These foods contain preservatives, coloring, and food additives, which are harmful to your child.</li> <li>▪ These foods are often rich in salt or sugar and can cause dental caries and diseases in children and later in life (e.g., high blood pressure, problems with kidneys, obesity, and diabetes).</li> <li>▪ These foods are very expensive. It is cheaper and better to buy an egg or some fruit.</li> </ul>
Mother does not stay with the child during meals. Sometimes child not does finish food or siblings take the food.	<ul style="list-style-type: none"> <li>▪ Stay with your child during meals.</li> <li>▪ Help and encourage your child to eat and finish her/his food. Be patient.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child is still small and needs help to eat. She/he will eat better when you are there.</li> </ul>
Child consumes a lot of sugary foods and candies.	<ul style="list-style-type: none"> <li>▪ Decrease the amount of sugars and candies that your child consumes.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sugars are harmful to your child and may cause obesity, diabetes, and dental caries.</li> <li>▪ A lot of sugary foods suppress your child's appetite and make her/him refuse nutritious solid foods.</li> </ul>
Child is given tea.	<ul style="list-style-type: none"> <li>▪ Stop giving your child tea.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tea is harmful and not suitable for your child.</li> <li>▪ Tea prevents the absorption of iron and causes anemia. Iron is needed by babies to prevent anemia and improve mental development and learning.</li> <li>▪ Tea causes insomnia, making child not sleep well and can affect your child's health.</li> </ul>
Mother does not wash her hands and/or child's hands before meals.	<ul style="list-style-type: none"> <li>▪ Wash your hands and your child's hands with soap and water before feeding.</li> </ul>	<ul style="list-style-type: none"> <li>▪ This will help prevent illness in your child.</li> </ul>

# Sick Children Six to Twenty-Three Months

## Ideal feeding practices:

- During illness:
  - Offer breast milk more frequently.
  - Offer other liquids more frequently.
  - Patiently encourage child to eat soft foods.
  - Encourage child to eat favorite foods (not junk foods, but home-cooked foods that have nutrients).
- After illness:
  - Feed extra food until child is growing well again.
  - Encourage child to eat more.

Sick Children Six to Twenty-Three Months		
Feeding Problem	Recommendation	Motivation
Child receives no other foods but breast milk during illness.	<ul style="list-style-type: none"> <li>▪ Offer other liquids in addition to breast milk; for example, homemade fruit juice like orange, tangerine, lemon, carrot, guava, tamarind.</li> <li>▪ Offer child small amounts of food more frequently.</li> <li>▪ Offer child her/his favorite foods.</li> <li>▪ If the child will not eat foods or liquids, breastfeed more often than before the child was sick.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child needs food and liquids to get better.</li> </ul>
Child stops drinking any liquids, eating and breastfeeding during illness (child has no appetite).	<ul style="list-style-type: none"> <li>▪ Offer child her/his favorite foods.</li> <li>▪ Offer fruits such as mango, papaya, and orange.</li> <li>▪ Add a few drops of lemon to child's food.</li> <li>▪ Give oral rehydration salts (ORS) by spoon.</li> <li>▪ If the child continues to refuse food and all liquids including breast milk by the next day, bring her/him back to health care provider for further evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>▪ This will help your child to feel hungry, and she/he will be able to eat more and get better.</li> <li>▪ Feed one or two extra meals/day when the child gets better.</li> </ul>
Mother does not feed more/more frequently after the illness.	<ul style="list-style-type: none"> <li>▪ Now that your child is better, feed an extra meal each day, or offer more food at each meal (at least two tablespoons).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Your child needs extra food to gain weight and recuperate.</li> </ul>

