

Module 9C: Counseling and Follow-up

Session 2 : Feeding recommendations

Day :

Time Required : 1 hour 30 minutes

Objectives

At the end of the session ASHAs will be able to:

1. Adapt the food box to local conditions by listing local complementary foods which can be given to children
2. Explain the important principles to consider while selecting complementary foods

Materials and Preparation

See Checklist of Instructional Materials at beginning of sick child module. These materials will be used for sick child module.

Training Activities :

Activity - 1 : Conduct Drill: Review of Feeding Recommendations

QUESTIONS	ANSWERS
<p>A child is 3 months old.</p> <p>Which column in FEEDING RECOMMENDATIONS applies?</p> <p>How often should this child breastfeed?</p> <p>Should other food or fluid be given?</p>	<p>The first (i.e., the extreme left) column</p> <p>As often as the child wants, day and night, at least 8 times in 24 hours.</p> <p>No.</p>
<p>A child is 5 months old.</p> <p>Which column of the FEEDING RECOMMENDATIONS applies?</p> <p>How often should the child breastfeed?</p> <p>When should complementary foods be added?</p>	<p>The first (i.e., the extreme left) column</p> <p>As often as the child wants, at least 8 times in 24 hours.</p> <p>When the child is 6 months of age</p>
<p>A child is 6 months old and breastfed.</p> <p>Which column of the FEEDING RECOMMENDATIONS applies?</p> <p>How often should the child breastfeed?</p> <p>How often should complementary foods be given?</p>	<p>The second column</p> <p>As often as the child wants</p> <p>3 times per day, since the child is breastfed</p>

QUESTIONS	ANSWERS
<p>A child is 15 months old. Which column of the FEEDING RECOMMENDATIONS applies? How often should the child breastfeed ? How often should complementary foods or family foods be given ?</p>	<p>The third column As often as the child wants 5 times per day</p>
<p>A child is 10 months old and is not breastfed. Which column of the FEEDING RECOMMENDATIONS applies ? What kinds of food should this child be given ? How many times per day ?</p>	<p>The second column from the left <i>Several participants may answer with local complementary foods.</i> 5 times per day, since the child is not breastfed</p>
<p>A child is 2 years old. Which column of the FEEDING RECOMMENDATIONS applies ? How often should family foods be given ? How often should food be given between meals ?</p>	<p>The last (i.e., the extreme right) column At 3 meals per day Twice daily</p>
<p>A child is 1 month old. She is breastfed about 6 times in 24 hours and receives no other milk. Is this child breastfed often enough ?</p>	<p>No, the child should be breastfed at least 8 times in 24 hours</p>
<p>A child is 5 months old and is exclusively breastfed (8 times in 24 hours). Which column of the feeding recommendations applies ? Should this child be given complementary foods ?</p>	<p>The 1st column NO.</p>
<p>A child is 3 years old. She eats 3 meals each day with her family. Which column of the feeding recommendations applies ? How often should this child be given nutritious food between meals ? What are some examples of foods to give between meals?</p>	<p>The fourth column (on extreme right) Twice daily <i>Several participants may mention local foods listed on the chart.</i></p>
<p>A child is 1 month old and is exclusively breastfed. The weather is extremely hot and dry. The mother asks if she should give her child clean water as well as breastmilk, since it is so hot. Should she ?</p>	<p>No. Breastmilk contains all the water that the child needs.</p>

Activity - 2 : Conduct Group Discussion on “Complementary Foods available locally for different age groups”

1. Points for Discussion

- Encourage the participants to list the foods which can be given at the following age:
 - up to 6 months
 - 6 to 12 months
 - 12 to 2 years
 - 2 years to 5 years.
- Discuss in brief the contents or consistency of the foods recommended to ensure that these are energy rich foods.
- Encourage the participants to discuss cultural acceptability of the foods suggested for different age groups among mothers.
- Discuss the important messages that a mother should know while giving food to the child.

Summarize Key Points

- Every child should start getting complementary foods by the age of 6 months.
- By the age of 2 years, the child should be started on family foods.
- Complementary foods selected should be:
 - thick in consistency
 - energy dense (with added oil & sugar)
 - multimix (rice + 2 types of dals or vegetables or meat)
 - should not be diluted
- Every mother should be given the following messages:
 - Do not dilute the food.
 - Crush the food & make it into paste before giving to a small child.
 - Add extra oil / sugar.
 - Give enough servings.
 - Actively feed the child*.

(Discuss and clarify what is meant by active feeding of the child.)

* **Active Feeding** : The mother should be present when the child is fed. If the child is not old enough to eat him or herself, the mother (or its caretaker) needs to feed the child. The portion for the child should be separate from the food for other family members (including other children). After the child has finished eating, some food should be left over in the plate / bowl.

Summary

- Ask participants to name locally available complementary food
- What considerations should be given for choosing a complementary food? (*Answer: thick, energy dense, with oil added*)

Evaluation of the session

Objectives	Assessment Method
Adapt the food box to local conditions by listing local complementary foods which can be given to children	Adapted food box for complementary foods
Explain the important principles to consider while selecting complementary foods	Questions and answers/discussion