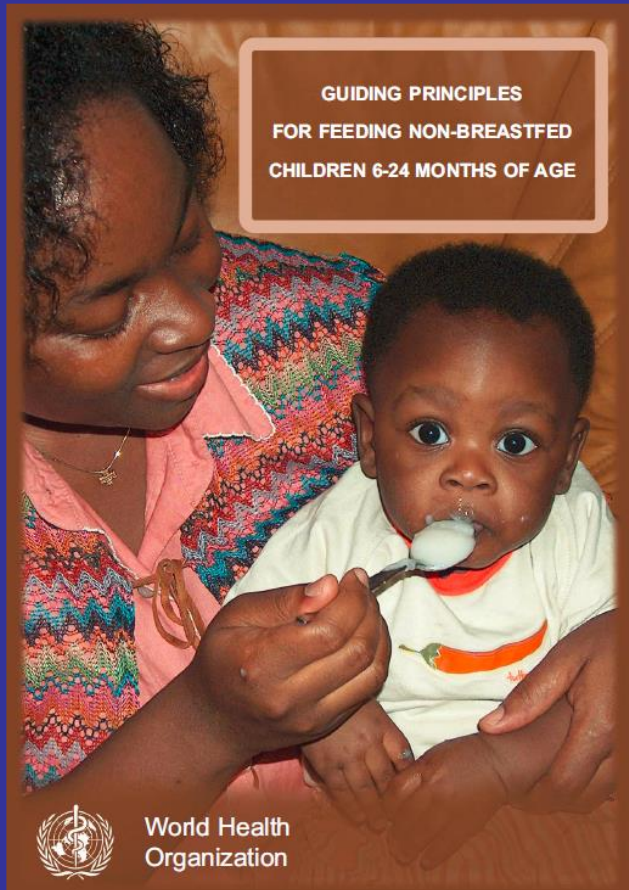


# Why Infant & Young Child Nutrition Matters?



## Based on EDHS 2016

- Complementary feeding 59.7% ( 2016)
- Diet diversity 4.8 ( 2011)

# Infant & Young Children 6-24 months of age

## *1. Introduce Complementary Foods at 6 months of age while continuing to breastfeed*

- breastmilk alone does not provide sufficient calories & nutrients to sustain optimal growth;
- Infants are developmentally ready to take soft, and semi-soft foods in addition to breastmilk



# Facts for Feeding 6-24 months

## 2. *Maintenance of breastfeeding*

- ✓ Continue frequent, on-demand breastfeeding until 2 years of age or beyond
- ✓ Breast milk is a major source of energy (35-40% during 12-24 months)
- ✓ Key source of fat, vitamin A, calcium, riboflavin



# Facts for Feeding 6-24 months

## 3. *Responsive Feeding*

Practice responsive feeding, applying the principles of psycho-social care:

- ✓ feed infants directly and assist older children when they feed themselves
- ✓ feed slowly and patiently, and encourage children to eat
- ✓ if children refuse many foods, experiment with different food combinations, tastes, textures and methods of encouragement



# Facts for Feeding 6-24 months

## 4. *Safe Preparation & Storage of CF*

Practice good hygiene and proper food handling:

- ✓ wash hands before cooking
- ✓ wash hands before feeding child
- ✓ store foods safely and serving foods immediately
- ✓ use clean utensils to prepare and serve food
- ✓ do NOT use feeding bottles, which are difficult to keep clean



# Risk of diarrheal disease

- Peak incidence is 6-24 months, and is linked to contaminated complementary foods
- Feeding bottles easily contaminated

# Facts for Feeding 6-24 months

## 5. Amount of Complementary Food Needed

At 6 months of age:

- ✓ start with small amounts of food and increase the quantity as the child gets older
- ✓ maintain frequent breastfeeding



# Facts for Feeding 6-24 months

## 5. Amount of Complementary Food (cont'd)

Energy needs from complementary foods for infants with “average” breast milk intake in developing countries are approximately:

- ✓ 200 kcal per day at 6-8 months
- ✓ 300 kcal per day at 9-11 months
- ✓ 550 kcal per day at 12-23 months





# Facts for Feeding 6-24 months

✓ Gradually increase food consistency and variety as the infant gets older:

...by 6 months: pureed, mashed and semi-solid foods

...by 8 months: “finger foods” & snacks

...by 12 months: nutritious family foods

✓ Nutrient-dense foods are important



# Facts for Feeding 6-24 months

## 6. *Meal Frequency and Energy Density*

- ✓ As child gets older, increase the number of times that the child is fed complementary foods
- ✓ Average healthy breastfed infant, needs:
  - 2-3 meals per day at 6-12 months
  - 3-4 meals per day at 12-23 months
- ✓ Offer snacks 1-2 times per day



# Facts for Feeding 6-24 months

## 6. *Meal Frequency and Energy Density* (cont'd)

If energy density or amount of food per meal is low, or the child is no longer breastfed, **more frequent meals** will be required.



# Facts for Feeding 6-24 months

## 7. *Food diversity*

- ✓ Feed a variety of foods (micronutrients)
- ✓ Meat, poultry, fish or eggs as often as possible
- ✓ Vitamin A-rich fruits and vegetables daily
- ✓ Provide diets with fat content



# Facts for Feeding 6-24 months

## 8. *Nutritional Care of sick child: during and after illness*

✓ During illness increase fluid intake including more frequent breastfeeding, and encourage the child to eat soft, varied, appetizing, favorite foods

✓ After illness give food more often than usual and encourage the child to eat more (1 extra meal a day for two weeks)



# Rationale for recommendations during & after illness

- ✓ During illness, need for fluids is higher
- ✓ Sick children may prefer breast milk over complementary foods
- ✓ Continued intake of complementary foods helps maintain nutrient intake & enhance recovery
- ✓ After illness, increased nutrient intake is needed to compensate for losses & allow for “catch-up growth”



# Key Points on Complementary Feeding 6-24 months

- start at 6 months
- breastfeed to 24 months and beyond
- responsive feeding
- food hygiene
- amount of food
- meal frequency & energy density
- food diversity
- supplements
- nutritional care of sick child

