

REPUBLIC OF KENYA



Ministry of Health

THE FIRST 1000 DAYS: Ensuring good health of mother and baby





Acknowledgment

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The messages are based on globally accepted recommendations for Maternal Infant and Young Child Nutrition (MIYCN) and the materials developed under MIYCN program in Kenya.

Eating for good health of mother and baby during pregnancy



Pre-pregnancy period

- Good nutrition before pregnancy makes it easier for you to conceive and to meet the food needs of you and your unborn baby during pregnancy. It also determines your baby's growth and development and overall health of the babies and mothers.
- Poor nutrition can cause you to deliver before your baby matures fully, give birth to a too small baby or or give birth to a baby with health problems.
- Avoid taking alcohol, narcotic drugs, unprescribed drugs or tobacco during pregnancy as this may cause health problems.

How to eat healthy during pregnancy

- During pregnancy you need an extra small meal each day in addition to your 3 regular meals and two snacks to support your own food requirement and that of your unborn baby.
- Examples of snacks may be, sweet potatoes, a banana, porridge or ground nuts, among others.
- Eat cereals, roots and tubers, to provide your body with energy.



- Eat whole cereals as they are healthy and contains more food value.

3 meals and 2 snacks



- Drink at least 2 cups of milk each day as it is a good source of calcium to build strong bones and teeth for your baby.
- Eat a variety of animal source foods such as liver, meat, eggs as they help in building the body and provides vitamins and minerals like vitamin A, Zinc, iron which helps in immunity for the baby.
- Eat a variety of pulses such as beans, peas and lentils to get different types on vitamins that are needed for you and your child in pregnancy.
- Eat nuts and seeds such as groundnuts, sesame, pumpkin, as they are a source of protein, energy and healthy fats



- Eat different types of vegetables and fruits to protect you and your baby from diseases
- Eat more dark green leafy vegetables, liver, red meats as they are good for you. They contain iron, folic acid and other

Food Groups For Women

1. Grains and grain products and other starch staples
2. Pulses (dried beans, peas, lentils)
3. Nuts and seeds
4. Dairy and dairy products
5. Flesh foods (meat, poultry, fish, etc)
6. Eggs
7. Dark green leafy vegetables
8. Other vitamin A rich fruits and vegetables
9. Other vegetables
10. Other fruits

NB: A mother is eating well if she eats at least 5 of the 10 food groups every day

- nutrients. Folic acid when taken within the first 28 days after conception prevents some forms of physical deformation of the unborn baby.
- Take your Iron Folic Acid (IFAS) tablets given to you from your health facility daily with meals during the whole period of your pregnancy to improve your blood quality and prevent shortage of blood to you and your unborn baby.
- Taking your normal meals at different times from beverages will help your body to get maximum iron from the food.
- Drink tea or coffee 1-2 hours before or after your meal.
- Drink or eat milk and milk products such as fermented milk, yoghurt, cheese as they are rich in calcium and therefore should be taken 2-3 hours after taking IFAS or food rich in iron.
- Lack of iodine during pregnancy can lead to miscarriage or still births.
- Use iodized salt for optimum brain development of your baby and to prevent delivering a baby of short stature (dwarf).
- Pregnant adolescent girls have more nutritional needs especially iron compared

to older women of reproductive age because of their own immaturity and growth needs; they need closer care by a healthcare provider.

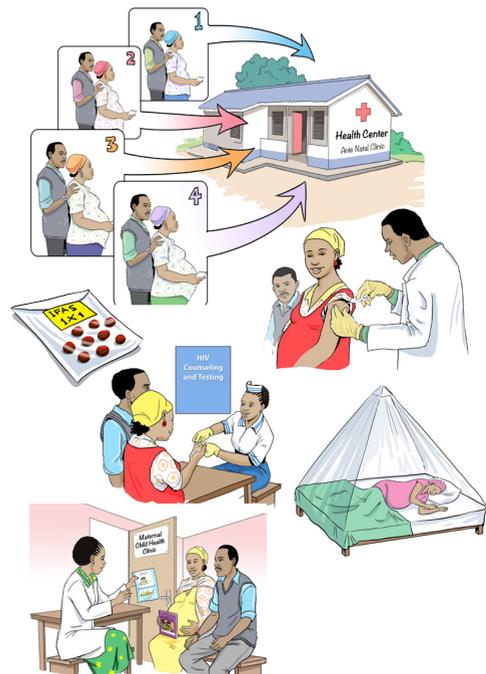
Good nutrition helps you to:

- Gain 7-12kgs during your pregnancy.
- Prevent anemia

- Improve physical and mental development of your baby
- Prepare your body for breastfeeding
- The energy and nutrients needs during breastfeeding are higher than during pregnancy.

Care during pregnancy

- As soon as you know you are pregnant attend your first antenatal visit and ensure you attend at least 8 antenatal visits during your pregnancy.
- Take iron and folic acid tablets (IFAS) daily with your meals during the duration of the pregnancy.
- To protect yourself and your unborn baby, you will be given a Tetanus injection at the clinic.
- Ensure that you and your spouse are counselled and tested for HIV to protect your unborn baby.
- Sleep under a long lasting insecticide treated net every night to protect yourself from Malaria.
- If you live in an area where malaria is common, you will be given anti-malaria tablets to protect you from getting malaria.
- Take deworming tablets after the first three months (1st trimester) of pregnancy
- Do light physical exercises such as walking to stay healthy.



- Reduce heavy work to prevent harm to you and your baby and the risk of miscarriage.

Monitoring during pregnancy

If you experience any of the following symptoms while pregnant, the health care worker will advise you to do the following.

1. Morning Sickness:

- Eat small frequent meals every two hours

- Avoid smells and foods that make your morning sickness worse
- Eat more, starchy foods; try dry toast or crackers, breakfast cereals, fruits and vegetable salads at any time during the day, eat less fatty and sugary foods.

2. Constipation:

- Drink plenty of fluid fluids like plain water (at least 8 glasses a day), fresh fruit juices, porridge, etc.
- Increase intake of foods rich in fiber (whole meal bread, brown rice, wholegrain cereals, fresh and dried vegetables and fruits)

3. Heartburn:

- Avoid chocolate, fatty foods, alcohol, and mint especially before bedtime;
- Avoid acidic and spicy foods that may irritate the stomach like tomato,

citrus fruits and juices, vinegar, hot pepper etc.

- Milk and milk products can temporarily relieve the symptoms of heartburn
- Eat slowly, and drink fluids between meals and not with meals.
- Eat small frequent meals
- Do not eat large meals before bedtime
- Sleep with your head on a pillow and not lying flat.

Danger signs during pregnancy

If you experience any of the following, go to the health facility immediately:

- Severe headache
- Vaginal bleeding
- Severe lower abdominal pain

- Reduced or no movement of the unborn baby
- Convulsions
- Fever
- Backache



Severe headache



Vaginal bleeding



Backache



Severe abdominal pain



Reduced or no movement of the unborn baby



Fever



Convulsions

Exclusive Breastfeeding



During the first 6 months of life, your baby needs ONLY BREASTMILK to grow well and be healthy.

Breastmilk is the perfect food for your baby because it:

- Has all the nutrients your baby needs for

the first 6 months of life

- Has enough water to satisfy the thirst of your baby even in hot weather
- Has substances that protect your baby from common diseases such as diarrhoea and chest infections
- Is clean, safe, easy to digest and readily available.

Here are some key things to remember:

- All mothers are capable of producing enough milk for their babies.
- The more your baby suckles your breast in the correct breastfeeding position, the more milk you will produce.
- Improper suckling by your baby may cause you to produce less milk and think that you do not have ability to produce enough milk.
- Make sure your baby is well positioned and attached to make it possible for him or her to suckle well and properly.
- If you are having a problem producing enough milk or if your baby refuses to suckle, go immediately to get help from your health care worker.

Early initiation to breastfeeding

- Your health care worker or midwife should assist you to put your baby on your chest so your skin can be in contact with baby's skin immediately after delivery for at least 1 hour to help your baby:
 - Stay warm
 - Breathe well
 - Establish a strong bond
 - Start breastfeeding as soon as possible.
- Beginning breastfeeding immediately after delivery:
 - Helps your baby to develop ability to suckle properly.
 - Helps to increase your breast milk production
 - Provides your baby with the first milk – colostrum – which:
 - Is like the first immunization and protects your baby from illnesses such as allergies, intolerance and infections e.g. diarrhea and chest infections.
 - Clears baby's first dark stool (meconium) and prevents yellowing of your baby's skin
 - Helps your baby's intestines to mature.



Proper positioning, attachment and effective suckling

To make it easy for your baby to suckle the breast easily and get good supply of breastmilk. You need to:

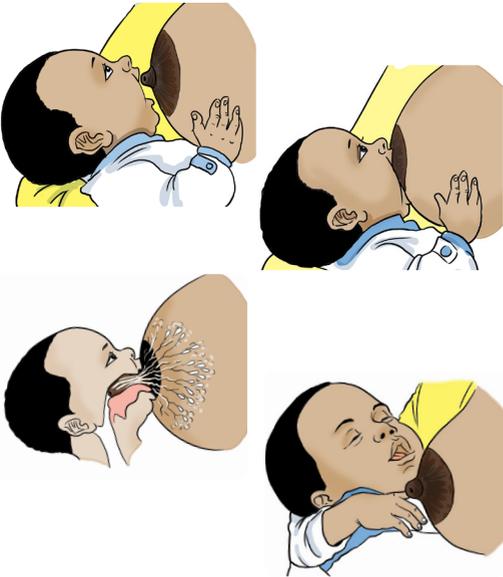
1. Position your baby correctly to the breast:

- Sit comfortably in an upright position to breastfeed your baby
- Use a pillow or folded clothes to support and bring the baby closer to the breast.
- Support your baby's whole body, not just head or neck.
- Ensure that your baby's head and body is in a straight line during breastfeeding.
- Ensure that your baby is close to you, facing you and can get to the breast without turning his or her neck.
- Make sure your nipple touches your baby's nose so that the baby can open his or her mouth wide to attach to the breast.



2. **Attach your baby to the breast correctly:** Signs that your baby is attached well include:

- Your baby's mouth should be wide open.
- You can see more of the dark skin surrounding the nipple above your baby's mouth more than you see below.
- Your baby's lower lip should be turned outward and should not go in.
- Your breast should be touching your baby's chin
- Support your breast with your fingers forming a half moon or 'C' shape.

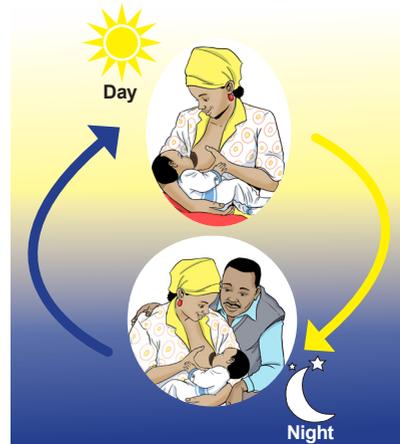


3. **Signs of effective suckling**

- Your baby should take slow deep suckles with pauses in between.
- You should see or hear your baby swallowing after 1 to 2 suckles.
- When your baby is sucking well, you should not feel any pain on your breast
- Always allow your baby to finish suckling from one breast before switching to the other to get all the nutrients from the early and later milk.

4. **Breast feed your baby everytime the baby wants (on demand)**

- Your baby 0-6 should breastfeed at least 8-12 times a day.
- If your baby is ill or sleeps for more than 2 to 3 hrs, wake him/her up gently by tickling the base of the foot and offer the breast.



Signs that your baby wants to feed'

- Restlessness
- Opening his or her mouth and turning head from side-to-side
- Putting his or her tongue in and out
- Sucking his or her fingers or fists.
- Do not wait for your child to cry before feeding him or her because the baby will only cry when they are already too hungry.
- Breastfeeding frequently is necessary throughout the day and night as this helps your body to produce enough milk for your baby. The amount of milk your body produces depends on how often you breastfeed in a day.
- Your baby is getting enough milk when he/she is gaining weight - at least ½ kg per month, passing light coloured urine at least six times a day and is active.

How to express breastmilk

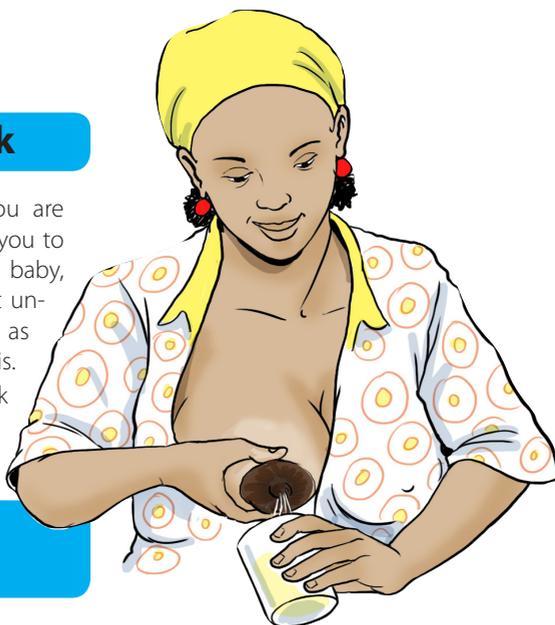
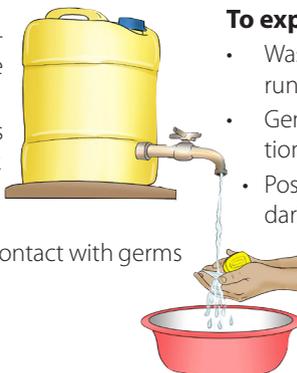
Expressing breastmilk

- Expressing breastmilk while you are away from your baby will help you to continue breastfeeding your baby, maintain milk flow and prevent unpleasant breast conditions such as breast engorgement and mastitis.
- You should express breastmilk as often as your baby would breastfeed (every 2-3 hrs).

When to express breastmilk:

You may express breastmilk when:

- You go to work
- Your baby has difficulty sucking e.g. very low birth weight babies, sick babies
- Your breasts are too full
- You have a breast condition like cracked nipples, wounds on your nipples, etc.
- To enable you initiate and/or continue breastfeeding.
- You should always express breastmilk into clean sterilized containers to avoid the milk coming in contact with germs and flies.



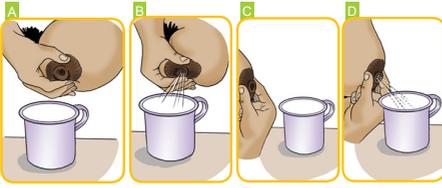
How to express breastmilk

Expression by hand:

- This is the most common and practical way to express breastmilk as it needs no special pumps and can be done anywhere at any time.

To express breastmilk, you should:

- Wash your hands properly with soap and running water.
- Gently massage breasts in a circular motion with your fingers.
- Position thumb on the upper edge of the dark area of the breast and the first two fingers on the underside of the breast behind the dark area.



- Press behind the nipple and the dark area between the finger and thumb.
- Push breast to the chest wall, press and release... push, press, release until there is no more milk coming out.
- Press your breast from all the sides to empty milk in all parts of the breast.
- If no more milk is flowing, move thumb and fingers towards or further away from the nipple and try again.
- Repeat pressing and releasing in and out without dropping your grip on the breast.
- Avoid squeezing the breast, pulling out the nipple and breast, and sliding the finger along the skin.

- To help your milk to flow, you can press the breast towards the chest wall at the same time as pressing.

Using manual or electric breast pump:

- You can also use a manual or electric breast pump depending on which you find most comfortable and affordable.
- Breast pumps are easier to use when the breasts are full.
- To prevent infection, breastpumps must be cleaned and sterilized after each use because bacteria and other germs grow quickly inside milk and can make your baby sick.



Using manual breast pump

Using electrical breast pump

Storage

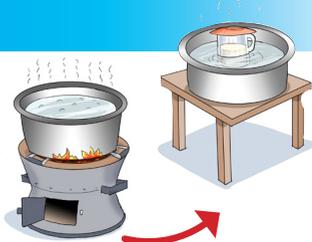


Place	Time
Room temperature	8 hrs
Fridge	24 hrs
Freezer in single door fridge	2 wks
Freezer in double-door fridge	3-6wks
Deep freezer	6-12months

- Expressed breastmilk must be stored in clean sterilized containers and should be well covered to prevent flies and dirt from getting into it.
- You can store expressed breastmilk for about 8 hours at room temperature, upto 24hrs in the fridge, up to 2 weeks in a freezer with one door, 3-6 months in a freezer with separate doors and 6-12 months in a deep freezer.

Warming expressed breastmilk

- Boil water.
- Place container with expressed breastmilk in the hot water.
- Allow the milk to rest in the container for sometime until the milk is warm
- Do not boil expressed breastmilk as this will make it loose its food value or nutrients.



Cup feeding

Feeding your baby using a cup is safer and better than using a bottle.

Why a cup and not a bottle:

- Cups are easy to clean with soap and water
- Cups are less likely than bottles to be carried around for a long time giving bacteria time to breed.
- Babies fed with cups are less likely to have diarrhea, ear infections and tooth decay.

- Cup feeding allows you to stay and spend quality time with your child during feeding as cup feeding requires the feeder to hold the baby and look at him/her giving the attention he/she needs.
- It prevents baby from confusing bottle teat with breast nipple which can result in baby not suckling well and getting enough milk.

How to feed a baby by cup

- Wash your hands with clean running water and soap.
- Put the amount of milk for one feed into the cup.
- Hold your baby sitting upright or semi upright on your lap.
- Hold the small cup of milk to your baby's lips.
- Tilt the cup so that the milk just reaches your baby's lips and it rests lightly on your baby's lower lip.
- Your baby becomes alert and opens his mouth and eyes.



- Hold the cup to his/her lips and let him/her take the milk himself or herself.
- DO NOT POUR the milk into your baby's mouth as the baby may take in too much and choke.

Points to remember

- ***Giving other foods and liquids including infant formula, animal milk or water in the first 6 months of life reduces the benefits that your baby gets from breastmilk/breastfeeding.***
- ***Feeding your baby both breastmilk and any other food or liquids including infant formula, animal milk or water before 6 months may be dangerous for your baby because his or her organs cannot digest and process other foods other than breastmilk.***

Other dangers of mixed feeding include;

- Increased risk of childhood illnesses like diarrhea and chest infections.
- Increased risk of your child developing chronic diseases such as obesity, heart disease later in life.
- Reduced bonding between you and your baby.
- Reduced chances of your child growing his or her brain fully resulting in learning challenges in school.
- Reduced protection from anemia, ovarian and breast cancer for you.

Giving other foods to your 6-23 months old baby (Complementary feeding)



FOOD GROUPS FOR CHILDREN

Food Group	
1.	Grains and grain products and all other starch staples
2.	Pulses (dried beans, peas, lentils), nuts and seeds
3.	Dairy and dairy products
4.	Flesh foods (meat, poultry, fish, organ meats)
5.	Eggs
6.	Vitamin A rich fruits and vegetables
7.	Other fruits and vegetables

NB: A child less than 2 years is eating well if they eat at least 4 out of the 7 food groups every day

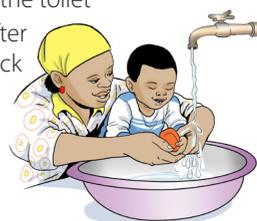


- After 6 months, your baby needs food in addition to breastmilk, in order to grow well.
- Continue to breast-feed your baby as many times as the baby demands until they are 2 years old or more
- Baby food should be prepared, served and stored in very clean environment and containers, away from dust and flies.



When to wash your hands

- Before preparing and handling food
- Before eating or breastfeeding
- After changing baby's diapers/cleaning baby's buttocks
- After visiting the toilet
- Before and after handling a sick person



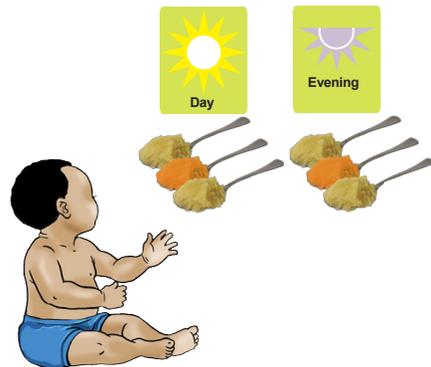
When giving complementary foods to your baby;

THINK! Hygiene, Frequency, Amount, Thickness, Variety, and Responsive feeding

- Good **hygiene** (cleanliness) is important to avoid diarrhea and other illnesses.
- Children need a **variety** of foods each day- at least 4 different foods from different food groups. The Food groups are:
 - Grain, grain products & other starchy foods (e.g- maize, potato, rice);
 - Legumes, nuts and seeds (e.g beans, peanuts, simsim)
 - Eggs
 - Dairy & dairy products (e.g milk, lala, yoghurt),
 - Animal/flesh foods (e.g-beef, chicken, fish),
 - Vit A rich fruits and vegetables (e.g mangoe, pawpaw, terere, spinach, managu),
 - Other fruits & vegetables (e.g Avocado, banana, orange, among others).
- Make meal times a relaxed and happy time for the child while encouraging and not forcing them to eat, for example clap your hands, make funny faces, and demonstrate opening your own mouth very wide, say encouraging words.

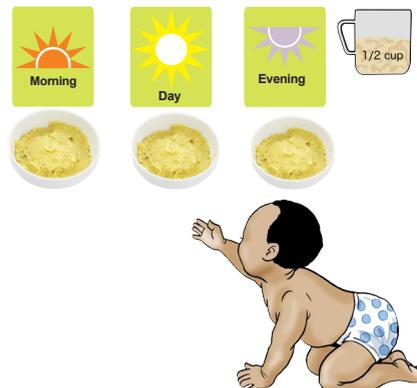
Feeding your baby at 6 months

- Continue to breastfeed your baby at least 8 times every day in addition to the food
- Feed your 6 months old baby twice a day, that is in the morning and in the evening.
- As your baby starts to eat, begin with cereals like porridge, mashed potatoes or banana etc.
- Give baby 2 to 3 tablespoons of porridge or pureed food in each meal.
- At this age, your child should be able to sit without support



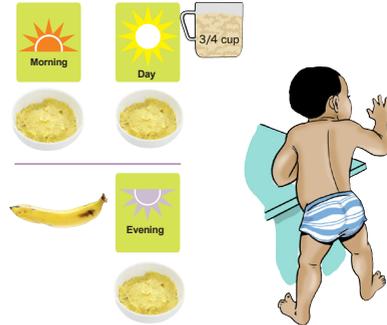
Feeding babies 7 – 8 months old

- Breastfeed your baby at least 8 times every day in addition to food.
- Feed your child with mashed or pureed family foods, three times a day
- Give your child variety of foods from at least 4 food groups.
- Feed your baby 1/2 of 250mls cup or bowl of food in each meal at a time.
- At this age, your child should be crawling.



Feeding babies 9 – 11 months old

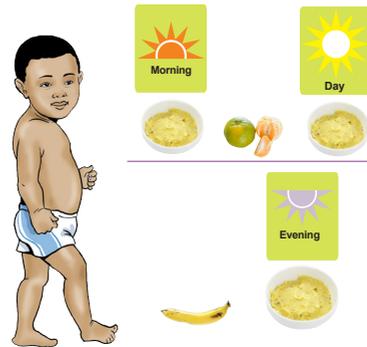
- Breastfeed your baby at least 6 times per day in addition to food.
- Give your child variety of foods from at least 4 out of the 7 food groups.
- Give your baby finely chopped food from regular family food 3 times per day.
- Give $\frac{3}{4}$ of 250mls bowl or cup of food in each meal.
- Give your baby one snack such as ripe banana, mango, boiled potato, arrow root, or avocado either between morning and afternoon or afternoon and evening meal.



- At this age, your child should be able to stand with objects

Feeding babies 12 – 24 months old

- Breastfeed your baby everytime he or she wants (day and night) in addition to food up to 2 years and above.
- Give your baby food from the family pot cut into small pieces to make it easy for him or her to eat.
- Feed your baby 3 times every day.
- Give your baby 1 bowl of 250 mls bowl or cup of food at each meal time.
- Feed your child snacks such as ripe banana, mango, boiled potato, arrow root or avocado between morning and afternoon then afternoon and evening meals.



- At this age, your child should be walking without support

Responsive/Active feeding

- Respond to your child with smiles, eye contact and speak or sing to your child during feeding time.
- Do not feed a child when he/she is tired and sleepy.



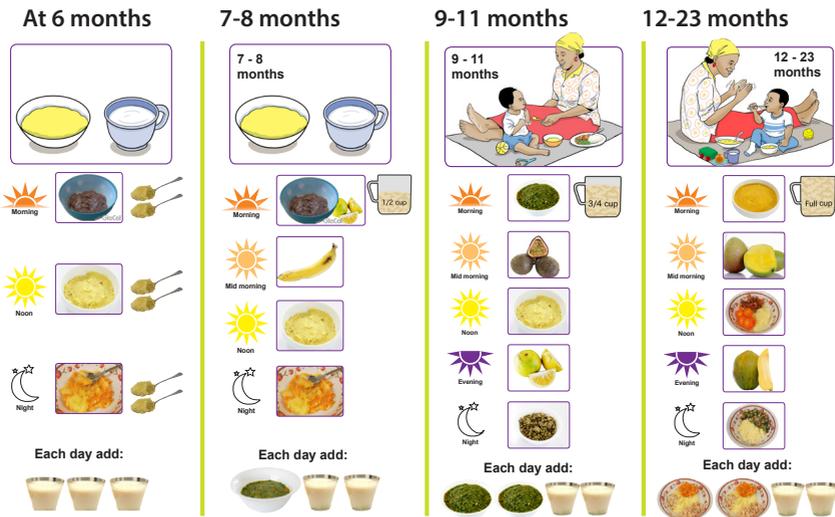
- Serve your child in his/her own bowl
- Allow the child to finish chewing the food in his or her mouth before offering another spoon of food.
- Give babies 8 months and above food that he or she can hold with his or her fingers and eat by him or herself.
- Stay with the child throughout the meal and be attentive.

Feeding during illness

- During illness increase the frequency of breastfeeding and offer additional food to your child to maintain his/her strength, prevent weight loss and make him or her recover faster.
- Encourage and patiently feed your sick child as his/her appetite may decrease because of illness.
- Give your child small frequent meals that he/she likes as many times as possible in a day to help him or her to gain appetite.
- **DO NOT** use bottles, teats or spouted cups since they are difficult to clean and can easily hide bacteria and germs that can make your child sick.
- If your child has fever or diarrhea, give extra fluids such as safe drinking water or soup as much as possible.
- If your child has diarrhea take him/her to a health facility. They will be given; ORS and ZINC as advised by the doctor.

Feeding non-breastfed children from 6-23 months

Non-breast fed babies need extra food and water.



- At 6 months, give your baby 3 meals in a day. 2-3 table spoons in each meal. Provide 3 glasses of milk per day.
- 7-8 months, give your baby 3 meals, 1 snack and 1 extra meal, 1/2 a cup (250mls/bowl) in each meal. Give 2 glasses of milk daily.
- 9-11 months, give your child 3 meals, 2 snacks and 2 extra meals 3/4 of a 250 mls cup/bowl per day. In addition give your baby 2 glasses of milk per day.
- From 12-23 months, give your child 3 meals, 2 snacks and 2 extra meals, full cup or bowl (250 mls) per day. In addition give 2 glasses of milk daily.
- At 6 months, give your baby at least 2 sips of water daily and increase amount as baby grows.
- Avoid giving the child water 30 minutes before, after or during a meal as this will make the child eat less.

Adding Micronutrient Powders (MNPs) to complementary foods

Your child needs Vitamins and Minerals to grow well physically and mentally and be strong to resist infections and diseases



The Vitamin and Mineral Powder



- This is a powder mixture of 15 important Vitamins and Minerals that young children need to grow effectively and be strong to fight illnesses and diseases.

Directions for use

Use one sachet every third day



1. For one child, mix one sachet of Vitamin and Mineral powder per day with food.
2. Add MNP to foods that your baby enjoys/likes eating and at the time of the day your child eats the most.
3. Mix in warm solid, semi-solid or soft foods
 - Vitamin and Mineral powder **SHOULD BE ADDED TO** ready to eat food.
 - Adding vitamin and mineral powder to hot drinks or food will destroy the food value and change the taste and color of food.
4. Food mixed with Vitamin and Mineral powder should be fed to a child **WITHIN HALF AN HOUR OF MIXING.**
5. Do not keep the food beyond 30 minutes after mixing.

1 sachet every 3rd day for 1 child

Day	1	2	3	4	5	6	7

6. Serve the baby's food in a bowl, pull aside a portion of the food (2-3 tablespoons) add the Vitamin and Mineral powder and mix into that portion of food only, the baby should be fed on that portion first.
7. Do not give Vitamin and Mineral powder if your child is taking other food such as Therapeutic Food and supplementary food given at the health facility. **MNP should not be added to liquids**
8. If you are not sure whether your child is taking any other supplementary foods, ask your health workers

Key Messages

- Exclusively breastfeed your children from birth to 6 months.
- Introduce complimentary foods at six months and continue breastfeeding for at least 2 years and beyond.

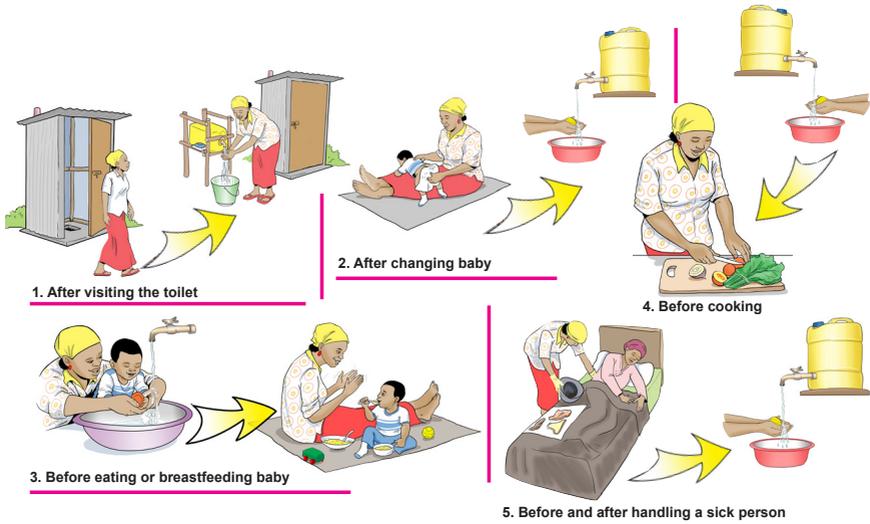
Food safety and hygiene

Cleanliness of food and food preparation is important to prevent illnesses in children and adults.

- Regular washing of hands prevents germs that cannot be seen with ordinary eye from getting into food or mouth hence prevent diarrhea and other preventable diseases.
- Mothers and other family members who care for children should wash their hands with soap and clean running water during the following critical points:
 - Before preparing & cooking,
 - Before feeding their babies or breastfeeding,
 - After changing baby's diapers
 - After visiting the toilet and
 - Before and after handling a sick person.
- The hands of babies who are able to feed themselves must be washed with clean running water and soap before eating.
- To prevent germs getting into food cover food during cooking.
- All bowls, cups and utensils used in preparing food should be washed with clean water and soap.
- Washed utensils should be kept on a clean dish rack to dry



- Prepare baby's food on a clean surface and keep it covered to protect it from dust and germs.
- Use clean containers to store food
- Cook meat, fish and eggs until they are thoroughly cooked.
- Wash vegetables before cutting. Cook it for a short time to prevent overcooking and eat immediately to preserve its food value.



1. After visiting the toilet

2. After changing baby

4. Before cooking

3. Before eating or breastfeeding baby

5. Before and after handling a sick person

- Wash raw fruits and vegetables before eating.



- Treat drinking water by either boiling it or using water treatment tablets or sachets to kill all the germs that can cause diarrhea and other disease.



- Always defecate feces in a latrine and encourage other family members to do so.
- Dispose child feces and diapers in a latrine.



- Young children who cannot use latrine should defecate in potty and the feces thrown into the latrine immediately.
- Provide a play space with clean mat for children under the age of two years to play on to prevent them from eating soil or feces.



- Clean the play areas everyday whenever it is soiled.
- Wash or clean toys or other items that babies frequently put in their mouths at least three times a week.
- Keep household livestock such as chickens or rabbits in animal pens and cages to keep animal feces away from children.

- Eating food that has come in contact with flies, germs, dust or other dangerous substances such as mould can cause serious illness like diarrhea which can make your child lose the benefits he or she got from food.
- All grains and nuts, can be contaminated with poison from a very dangerous mould called aflatoxin.
- A person that eats food that contains the dangerous poison (aflatoxin) can suffer irreversible damage to his or her liver.



- Aflatoxin could make your child develop, learning difficulties, have low immunity and get sick more often.
- Cooking and/or processing grains cannot remove aflatoxin so grains and cereals with mould must be thrown where children and animals cannot find and eat them.

How to prevent germs, mould, bacteria and dangerous substances from getting into food:

- Avoid eating food on which moulds have formed.
- Do not feed livestock with grains on which moulds have formed.
- Avoid meat, milk or eggs of an animal that is fed with feeds on which moulds have formed.
- Use a clean sheet while drying grains to reduce the risk of fungal exposure from the soils.
- Sort maize, groundnuts and legumes by

hand to remove damaged and infested grains before putting into storage;

- Store grains (especially porridge, ugali & chapati flour) and other foodstuffs in clean dry containers with lids that cannot allow air to get through in a room or a space with enough air.

- Use sisal fiber sacks to store grains and cereals to prevent it from absorbing water during storage.

- Do not store grains, pulses and cereals directly on the floor, use stones or wood to raise the food to prevent it from coming in contact with the floor during storage.

Demonstration of Hand Washing with soap and water



Wet hands and apply soap



Palm to Palm



Back of Hand



Back of Fingers



Between Fingers



Base of Thumb



Finger Nails



Wrists



Rinse hands

- **Always use soap and running water to wash your hands**
- **Use friction**, remove dirt from under fingernails.

- **Use clean towels** (disposable or individual) for drying, or allow to air dry.

Feeding in **special circumstances**



Low Birth Weight (LBW)/ Pre-mature babies

Pre-mature baby: Born before 37 weeks of pregnancy are said to be premature

LBW baby: Weighs less than 2.5 kg at birth regardless of whether they were born before or at 9 months of pregnancy.

- They need only very small volumes of breastmilk during the early days.

- They are at particular risk of infection, and so they need breast milk even more than larger babies.
- They also need more of some nutrients than full term babies
- Because they are not fully developed, LBW babies are sometimes not able to suckle strongly at the breast.
- Mother should express breastmilk and feed the baby by cup.
- Expressing even a small amount of colostrum (yellowish milk produced in the first few days after delivery), is often all that your baby needs before they are able to breastfeed.
- Once able to breastfeed, LBW babies need to be fed frequently - 8-12 feeds therefore every 2-3 hours
- Mothers of LBW babies need the skilled help from a health worker
- Let the mother put her baby to her breast as soon as he is well enough
- He may pause during feeds quite often and for quite long periods, he may take 4-5 sucks and then pause for up to 4 or 5 minutes.
- It is important not to take him off the breast too quickly. The best positions for a mother to



- hold her LBW baby at the breast are
- Across her body, holding him with the arm on the opposite side to the breast
- Underarm position
- Low-birth-weight babies need to be followed up regularly to make sure that they are getting all the breast milk that they need.

Sick baby less than 6 months



Mothers should express breastmilk

If no breast milk at all, baby may be fed on formula to prevent low blood sugar

■ **Help the mother to do the following:**

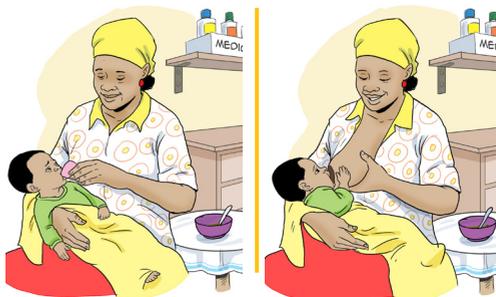
- Keep her baby close to her - no other carers
- Give plenty of skin-to-skin contact at all times, not just at feeding times
- Sleep with her baby
- Ask other people to help in other ways.
- Offer her breast whenever her baby is willing to suckle
- Help her baby to take the breast
- Express breast milk into his mouth
- Position him so that he can attach easily to the breast – try different positions
- Avoid pressing the back of his head or shaking her breast.
- Feed her baby by cup
- Give her own expressed breast milk if possible
- DO NOT use bottles, teats, pacifiers.

Sick baby older than 6 months

- Breastfeed your child frequently
- Increase the frequency of breastfeeding and offer additional food to your child to maintain his or her strength, reduce weight loss and to recover faster.



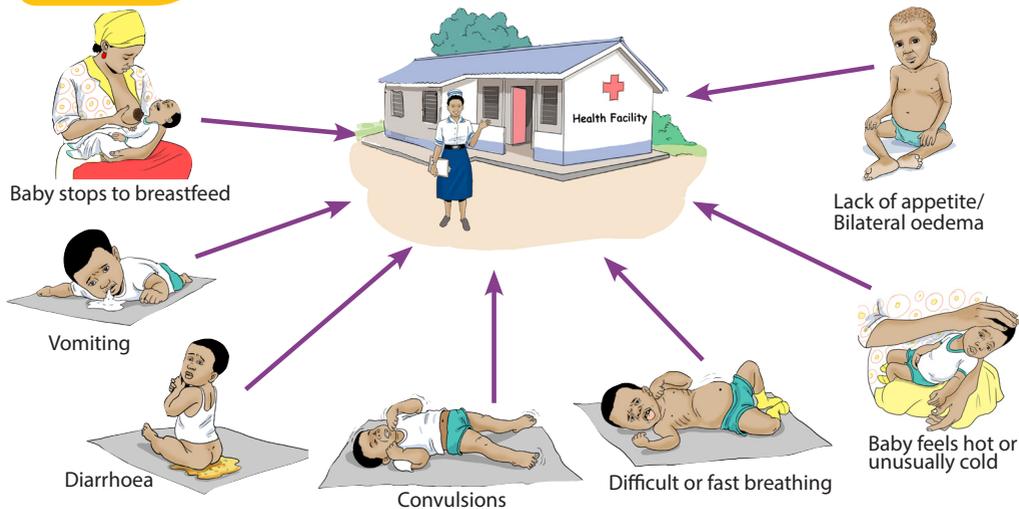
- Patiently encourage your sick child to eat as his or her appetite may be decreased because of the illness.
- Give your child small frequent meals that he or she likes throughout the day to stimulate their appetite.
- Offer your child simple foods like porridge and fruits, even if he or she does not express interest in eating.
- Avoid spicy or fatty foods.
- DO NOT use bottles, teats or spouted cups, since these are difficult to clean.
- If your child has fever or diarrhoea,



give extra fluids as much as possible such as, safe drinking water, soup. During diarrhoea give:

- ORS.
- Give your child zinc as advised by the health worker.

Always look out for the following danger signs



Take your child immediately to a trained health worker or clinic if any of the following symptoms are present:

- Refusal to feed and being very weak.
- Vomiting (cannot keep anything down).
- Diarrhoea (more than 3 loose stools a day for two days or more and/or blood in the stool, sunken eyes).

- Convulsions (rapid and repeated contractions of the body, shaking).
- The lower part of the chest sucks in when the child breathes in, or it looks as though the stomach is moving up and down (respiratory infection).
- Fever (possible risk of malaria).
- Malnutrition (loss of weight or swelling of the body).



the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to address the needs of people with mental health problems in the workplace (Mental Health Act 1983, 1990). The UK Government has set out a strategy for the management of mental health problems in the workplace (Mental Health Act 1983, 1990). This strategy is based on the following principles:

- (1) People with mental health problems should be able to work if they wish to do so.
- (2) People with mental health problems should be able to work in a safe and healthy environment.
- (3) People with mental health problems should be able to work in a way that is consistent with their own needs and abilities.

The UK Government has also set out a strategy for the management of mental health problems in the workplace (Mental Health Act 1983, 1990). This strategy is based on the following principles:

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