



BOOKLET OF KEY MESSAGES FOR MALAWI



USING ESSENTIAL NUTRITION ACTIONS APPROACH TO IMPROVE THE NUTRITION OF WOMEN AND CHILDREN

June 2008

INTRODUCTION

Malawi is promoting Seven Essential Nutrition Actions to improve women and child nutrition. The Essential Nutrition Actions have proven to contribute to reduction in child mortality as indicated by the Lancet series and programme experiences from other countries such as Ethiopia. The seven Nutrition Actions are:

- Optimal breastfeeding
- Complementary feeding to breastfeeding
- Feeding of the sick child
- Women's nutrition
- Control of Vitamin A deficiency
- Control of Anaemia
- Control of Iodine Deficiency Disorders

The Essential Nutrition Actions promote simple doable actions to facilitate adoption of recommended practices. The Actions are also intended to improve demand and coverage of key services that are vital in promoting women and child nutrition.

This booklet contains key messages based on the optimal practices that are being promoted in the Essential Nutrition Actions approach. The messages in this booklet have been adapted from materials developed through a collaborative effort involving the East Central and Southern African Health Community (ECSA-HC) and the Academy for Educational Development's Africa's Health in 2010 project. The messages are expected to facilitate delivery of standardized and simple messages that promote simple doable actions for improving women and child nutrition through various nutrition services and programmes. It should therefore be used by all stakeholders implementing various nutrition interventions, projects and programmes that are promoting prevention and management of malnutrition in the country among women, children and other vulnerable groups.

The messages can be given at any contact point with the mother and child, such as during pregnancy at Antenatal Care Clinic, Labour and delivery, in postnatal ward, on discharge after delivery, postnatal check up, family planning visits at facility and community, immunization, growth Monitoring and promotion, when the child is sick/IMCI, CTC, stand alone Nutrition Rehabilitation Unit, Supplementary Feeding Centres within the Health sector. The messages can also be disseminated through other sectors such as Agriculture field days, Village or Community shows, Community meetings such as VDC meetings, Community functions and training sessions for service providers and communities. The messages can further be disseminated through various media channels.

The Government of Malawi wishes to acknowledge the East Central and Southern African Health Community (ECSA-HC) and the Academy for Educational Development's Africa's Health in 2010 project for developing the generic materials, and the team that adapted the materials.

Key Messages for promoting nutrition among women

These messages should be given to the mother, spouse, family members, communities through various contact points such as antenatal clinic, labour and delivery, postnatal ward, on discharge, postnatal check up, underfive clinic, family clinic, outreach clinic, OPD, community education, household and village visits, maternal and child health campaigns, food distribution points, village shows, Agriculture shows and other community functions.

Key Messages on Women's Nutrition	
1. Mother	Eat a variety of foods from the six food groups every day for the baby to get more total and a variety of nutrients
Supporting information	<ul style="list-style-type: none"> • Eat a variety of foods from the 6 food groups such as meat, milk, eggs, fruits, vegetables, legumes, avocado pear and staples (nsima, rice, cassava, sweet potatoes) for the child to grow well and your wellbeing. • Eat foods rich in Vitamin A, such as meat, yellow fruits, and vegetables, fish (Matemba and Usipa) to strengthen the body's ability to fight infections and to prevent night blindness • Vitamin A from plant sources needs fat to work well in the body. Therefore, eat fruits rich in Vitamin A such as paw - paw, mangoes, and pumpkin with a meal that contains some fats. Also prepare vegetables rich in Vitamin A such as carrots, green leafy vegetables with cooking oil or flour from ground nuts, soya or pumpkin seeds to help the body to effectively use Vitamin A.
2. Pregnant woman, Husband and other family members,	Ensure that the pregnant woman has one additional meal every day for proper physical and mental growth of the foetus and to maintain her strength and well being.
Supporting information	<ul style="list-style-type: none"> • A pregnant woman needs more nutrients for proper growth of the child and for herself to be strong and remain healthy • Pregnant women need to eat a variety of foods from the six food groups every day. • Eat foods from animals (ngumbi, mbewa, usipa, matemba, meat, milk, eggs, etc), plus fruits & vegetables to get more Vitamins and minerals. • Pregnant women should eat more food than usual rather than decrease their intake • Eat one additional meal made from a variety of foods in addition to the usual 3 meals a day.
3. Pregnant women	Take iron/folic tables every day to have adequate blood in your body throughout pregnancy
Supporting information	<ul style="list-style-type: none"> • Taking iron/folic tablets everyday for at least six months during pregnancy will help to prevent anaemia, It will also help the bay to grow well • Eat iron rich foods such as liver, red meat, and green leafy vegetables • Iron that is found in plant sources need Vitamin C to work well. Therefore eat Vitamin C rich foods such as raw tomatoes, masuku, masau, malambe with a meal to help the body to use the iron properly
4. pregnant Woman, Husband & family members	Make sure the woman who is pregnant gets iron/folate tablets to maintain her strength during the pregnancy.

Key Messages on Women's Nutrition	
Supporting information	<ul style="list-style-type: none"> • Remind your wife to receive iron/folate tablets every antenatal clinic for over a period of six months. • Ask your wife to take her iron/folic tablets everyday for at least six months during the pregnancy • Pregnant women have increased needs for iron. • Iron/folate tablets are important to prevent anemia in a pregnant woman and will help to keep her and the new baby healthy. • Liver, red meat, green leafy vegetables are also good sources of iron for pregnant women • Encourage your wife to take vitamin C rich food such as raw tomatoes, orange, masuku, malambe with a meal to help the body to use iron from plants • Vitamin A is very important for the good health and strength of the baby • Vitamin A helps to fight against infections and gives proper eye sight • Make sure the breast feeding woman receives Vitamin A supplementation soon after the birth of the baby or before discharge from the hospital or within eight weeks after the birth of the child. • If she delivers by the TBA encourage her to go back to the health clinic for vitamin supplementation.
5. Mother who is breastfeeding	Take a variety of foods from the six food groups with two extra meals every day to recover from pregnancy, maintain lactation, proper growth and development of the child and for your strength and the health of the baby
Supporting information	<ul style="list-style-type: none"> • Breastfeeding women should eat a wide variety of foods, from the six food groups • Should also eat more animal products (meat, milk, eggs, etc), fruits and vegetables. • Ripe paw-paw and mango, orange, carrot, and pumpkin are especially good for the mother. • Eat five times (break fast, mid-morning meal, lunch, mid-afternoon meal and supper) a day to meet the increased demand for energy and other nutrients. All meals should be made from a variety of foods.
6. Woman, Husband and family members	Ensure that the woman who is breastfeeding has two extra meals a day to recover from pregnancy, maintain her health and the health of the baby.
Supporting information	<ul style="list-style-type: none"> • Breastfeeding women should eat a wide variety of foods from the six food groups, • They should eat foods from animals or their products (meat, milk, eggs, etc), fruits, vegetables every day. • Ripe paw-paw and mango, orange, carrot, and pumpkin are especially good for the mother.
7. Mother	Take Vitamin A supplementation within 8 weeks of delivery for the baby's to protect the body against infections and to promote good eye sight
Supporting information	<ul style="list-style-type: none"> • Ask a Health Worker for Vitamin A supplementation after the birth of the baby or before you are discharged from the hospital. • If you deliver at TBA, always go back to the health clinic to get Vitamin A supplementation before 8 weeks after the delivery of your child • Taking a Vitamin A capsule will enrich your breastmilk with important nutrients to keep the baby healthy and strong. • Vitamin A helps fight against infections and improves eye sight

Key Messages on Women's Nutrition	
8.All family members	Sleep under insecticide treated net (INT), especially pregnant women and children, to prevent getting malaria.
Supporting information	<ul style="list-style-type: none"> • Malaria causes anemia which will make members of your family unwell • Family members with fever need to be taken to a health facility for immediate treatment

Key Messages on Optimal Breastfeeding from 0 to 6 months



These messages should be given to mothers, spouses, family members and community members through various contact points such as antenatal, labour and delivery, postnatal ward, postnatal check ups, underfive clinic, outreach and village clinic, growth monitoring and promotion, family planning, village and community visits, community education sessions, village and community functions, agriculture shows

1. Mother	Put your baby on the breast immediately after birth, within 30 minutes even before the placenta is expelled, to stimulate your breastmilk production.
Supporting information	<ul style="list-style-type: none"> • Initiating breastfeeding within 30 minutes of birth will help to expel the placenta and reduce post-partum bleeding. • It facilitates early establishment of breast feeding • It also ensures that the baby gets colostrum • Artificial feeds (such as glucose water, sugar water, water, formula milk, gripe water, freezes, flour mixed with water (dawale and others) are not necessary and may interfere with establishing good breastfeeding practices during the first days of the baby's life. Early introduction of these fluids and foods to the child before six months increase the baby's susceptibility to diseases such as diarrhoea.
2. Mother	Give the first breast-milk which is made specially for the new born as it will protect your baby from illness.

<p>Supporting information</p>	<ul style="list-style-type: none"> • This first milk (colostrum) will help to expel your baby’s first dark stool to prevent jaundice • Colostrum protects your new baby from various diseases. It is called first immunisation • It also contains nutrients in adequate amounts and in a form that the child can easily digest and absorb
<p>3. Mother</p>	<p>Feed your baby only breast milk for the first six months of life without giving any other foods or fluids not even water</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • Feeding the baby only breast milk provides the best nourishment possible for baby & will protect her/him from diseases such as diarrhea and respiratory infections (pneumonia). • Giving the baby water or other fluids and foods may make your baby sick with diarrhea. • If the baby takes other foods, water or other fluids, it sucks less on the breast leading to poor growth. This may also lead to low milk production by the mother. Generally the more the child breast feeds and emptying the breasts, the more milk is produced. • Breast milk will satisfy all your baby’s thirst for the first six months even in very hot weather.
<p>4. Mother</p>	<p>Breastfeed your baby on demand, at least 8-12 times day and night, to produce enough milk for your baby to grow healthy.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • Frequent breastfeeding helps the milk to flow • It also facilitates production of more milk so that the mother has enough milk to feed the child. • Increases bonding between mother and child. • Always ensure proper positioning and attachment of the baby on the breast so it gets adequate breast milk and also to avoid breast problems such as sore and cracked nipples. • Advise mothers with nipple and breast problems to seek immediate care from a Health Worker.
<p>5. Mother</p>	<p>Feed your baby on one breast first until it is empty before switching to the second for your baby to get both the fore and hind milk.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • Foremilk quenches thirst because it is more watery. • Hind milk is richer & satisfies baby’s hunger so that it will not cry as much. • Hind milk contains a lot of fat for provision of energy
<p>6. Husband</p>	<p>Ensure that your wife who is breastfeeding has enough nutritious food to maintain her health and the health of the baby.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • To maintain their health, breastfeeding women need to eat a wide variety of foods from the six food groups for example local animal foods (flying ants, meat, milk, eggs, etc), legumes (beans, peas, cowpeas, groundnuts, soya) fruits (masuku, masau, malambe, mango, pawpaw, oranges, tangerines, watermelon, peaches, vegetables such as bonongwe, kholowa, chisoso, chigwada, mnkhwani, luni, kamganja, mpiru, staples like cassava, yellow sweet potato, millet, mgaiwa, and foods containing fats such as avocado pear, groundnut or soya flour, flour from pumpkin seeds, cooking oil. • Ripe papaya, orange, carrot, pumpkin, mango and liver are especially good for the mother as they provide more Vitamin A. • Should take lots of fluids and avoid fluids like thobwa, fresh fruit juices and water • She should have at least two additional meals containing a variety of foods every day.
<p>7. Mother</p>	<p>During illness, increase the frequency of breastfeeding for your baby to recover faster.</p>

Supporting information	<ul style="list-style-type: none"> • Continue to breastfeed during diarrhea, even increasing the frequency, to replace the lost fluids. • Breastfeeding more during illness will help your baby to fight the sickness and reduce weight loss. It will help him to recover faster • Breastfeeding also provides comfort to a sick baby. • Sick mothers can continue to breastfeed their baby. They can express if failing to breast feed
8. Mother	After each illness increase the frequency of breast feeding for the baby to regain health and weight.
Supporting information	<ul style="list-style-type: none"> • Each time a baby is sick, s/he is likely to lose weight so it is important to breastfeed as often as possible. • Your breast milk is the safest and most important food you can offer your baby to regain its health and weight.
9. Mother	Take Vitamin A supplementation within 8 weeks of delivery for the baby's health and strength.
Supporting information	<ul style="list-style-type: none"> • Ask a Health Worker for Vitamin A supplementation after delivery. • Taking a Vitamin A capsule will enrich the mother's breast milk with important nutrients to keep the baby healthy and strong. • If the mother delivers at TBA or home, she should go to the Health facility to receive Vitamin A within 8 weeks after the birth of the child. Once 8 weeks elapses, the mother will not get Vitamin A supplementation as there is a risk that she could be pregnant and Vitamin A may be harmful to the growing foetus.
10. All family members	Sleep under an insecticide treated net (ITN), especially pregnant women and children, to prevent getting malaria.
Supporting information	<ul style="list-style-type: none"> • Malaria causes anaemia which will make members of your family unwell and very tired. • Family members with fever need to be taken to a health facility for immediate treatment. • Ensure that the mosquito nets are retreated every six months

Key Messages on complementary feeding for children 6 to 24 months

These messages can be given through various contact points with the mother or other caregivers, the family and community such as at underfive clinic, family planning, outreach or village clinic, growth monitoring, CTC, OPD, NRU, village meetings, traditional functions, village shows, food distribution points, Agriculture shows, child health and other campaigns.

1. Mother and father	Introduce complementary foods at six months of age, such as soft porridge 2-3 times a day, for proper growth development and well being.
Supporting information	<ul style="list-style-type: none"> • After six months, the child is growing faster and is more active, hence breast milk alone is not adequate to meet the child's nutritional requirements. The child is also ready to eat, digest and utilise other foods and fluids since the digestive system is more developed. • At 6 months, mother continues to breast feed the child on demand until the child is 2 years and beyond. In addition the child should be given other foods and fluids such as porridge to meet his/her increased nutrition requirements. • The porridge should be made from a variety of foods from the six food groups • The consistency of the porridge should be thick enough to be fed by cup. • Thicken the porridge as the child grows older, making sure that it is still able to easily swallow without choking. • Thin watery porridge is not good for your child as they do not provide adequate nutrients s/he needs to grow strong and healthy. • When possible use milk instead of water to prepare the porridge. • Foods given to the child must be stored in hygienic conditions to avoid contamination that may lead to diseases such as diarrhoea. • The child should be assisted and encouraged to eat more. <p>Common complementary foods found in different regions that can be used to feed children 6 to 12 months of age include:</p> <ul style="list-style-type: none"> • Likuni phala enriched with vegetable oil or margarine, sugar, mashed fruit and vegetable. • Porridge from millet, mgaiwa, rice or sorghum enriched with soya or groundnut flour, milk, eggs, mashed beans, avocado pear or vegetable oil, mashed vegetable and fruit or powdered dry fish or pounded meat
2. Mother	Continue to breastfeed your child on demand, at least 8 to 12 times, day and night until two years and beyond to maintain growth, development and general wellbeing.
Supporting information	<ul style="list-style-type: none"> • During the first and second year, breast milk is still an important source of nutrients for your child.
3. Mother and father	Enrich your child's porridge with at least 3 to 4 different types of foods at each meal (such as soya flour, groundnut flour, vegetable oil, butter, eggs, milk, fish, liver, meat, pumpkin seed flour, vegetables and fruits) for him/her to grow and get strong.

<p>Supporting information</p>	<ul style="list-style-type: none"> • From 6 months onwards, feed your child a variety of foods and fluids enriched with at least 3-4 different foods at each meal, in addition to breast milk. Feed different foods each time. • Mash and soften the foods so that the child can easily chew and swallow without choking. • Some form of milk is important during the first two years of life. Therefore it should be given to the child in addition to the other foods. • Animal foods (meat, liver, fish, eggs) are especially good for your child and will keep him/her healthy and strong. • Yellow fruits (papaya, mangos) and vegetables (carrots) are good sources of Vitamin A. Eat them with a meal or food rich in fat to facilitate absorption of Vitamin A • Dark green leafy vegetables (such as bonongwe, mpiru, chisoso, mnkhwani, kamganje, kholowa, chigwada, rape, spinach) and legumes such as beans, groundnuts contain important nutrients such as iron for child well being. Give these foods with foods rich in Vitamin C to facilitate absorption the iron
<p>4. Mother and father</p>	<p>From 6 to 12 months of age, in addition to the 2-3 servings of enriched porridge, also feed your child other nutritious foods (<i>snacks</i>) at least twice each day to ensure proper growth development and well being.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • Children have small stomachs and can only eat small amounts at each meal so it is important to feed them more frequently throughout the day. • By 8 months, the child should be able to begin eating finger foods such as pieces of ripe mango, papaya, avocado, banana, other fruits, doughnuts, scone, and boiled yellow sweet potato. • Feed these finger foods as snacks at least twice a day • Foods given to the child must be stored in hygienic conditions to avoid contamination that may lead to diseases such as diarrhoea.
<p>5. Mother and father</p>	<p>From 12 to 24 months of age, feed your child at least 3-5 times a day using family foods. In addition, give the child snacks at least twice each day to ensure proper growth development and well being.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • It is very important that the family's meals are made from a combination of variety of foods from the six food groups everyday. • Other nutritious foods can be given as many times as possible each day
<p>6. Mother and father</p>	<p>As the child grows older, feed them more food at each meal.</p>
<p>Supporting information</p>	<p>The following are examples of different foods & their amounts that can be fed to young children. Change these recipes each day using a variety of different foods remembering to encourage your child to eat more at each meal as they get older:</p> <p><i>Each day a 6 to 8 month old child can eat:</i></p> <p>Children 6-8months can eat 2 full standard tea cups of cooked soft porridge enriched with 1 teaspoon of oil, 1 tablespoon of groundnut/ soya/ bean/ cowpea/pigeon pea flour given 2-3 times a day plus 1 tea cup of milk to drink or used to cook the porridge, plus 3 teaspoons mashed mango or pawpaw or fruit juice by the end of the day.</p> <p style="text-align: right;">Note: One standard tea cup = 150ml</p>

	<p><i>Each day a 9 to 11 month old child can eat:</i></p> <p>Children 9-11months can eat 3 full standard cups of porridge enriched with 2 teaspoons of oil, 3 mashed leaves of mpiru or rape or spinach or a handful of bonongwe or kholowa, 1teaspoon of groundnut / soya / bean / cowpea/ pigeon pea flour, 1 egg or 1 standard tea cup of milk, half ripe mango or pawpaw or fruit juice, given 3-5 times by the end of the day. The child can also eat a piece of yellow sweet potato enriched with oil or groundnut flour (futali) as a snack in between the meals.</p> <p>At 12 months, give the child family foods at least 3 times a day with nutritious snacks given twice in between meals such as:</p> <ul style="list-style-type: none"> • Chikondamoyo/chigumu • Yellow sweet potato • Mashed pumpkin • Banana • Pawpaw • Tangerine (manachesi) • Mangoes <p><i>Each day a 12 to 24 months child can eat :</i></p> <ul style="list-style-type: none"> - 4 full standard tea cups of porridge made with: 2 teaspoons oil, 2 Tablespoon groundnut flour, 1 small onion, 1 potato and 3 leaves of kamganje, rape or mpiru. [Feed child this amount over 3-4 meals during the day] and a snack in between the meals - 2 standard tea cups of milk (given to the child to drink or used to cook porridge with instead of water) and - mashed papaya with the meal or as snacks and - 1 avocado as snacks and - Iodized salt to cook the food
<p>7. Mother</p>	<p>Be patient and actively encourage your child to eat all his/her its food.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • At first the child may need time to get used to eating foods other than breast milk, so have patience and take enough time to feed them, even using play to help them eat. Make the time for eating special to the child and be creative. • Use a separate plate to feed the child to make sure s/he eats all the food given. • Forced feeding will discourage children and young children from eating. • As they are too little to feed themselves, children need to be fed directly to make sure they eat all the food given to them. • Even when older, young children should be supervised during meal time to make sure they eat all the food put on their plate. •
<p>8. Mother and father</p>	<p>During illness, increase the frequency of breastfeeding and offer additional meal to your child to help him/her recover faster.</p>
<p>Supporting information</p>	<ul style="list-style-type: none"> • Fluid and food (nutrients) requirements are higher during illness. • Patiently encourage your sick child to eat as his/her appetite may be decreased. • It is easier for a sick child to eat small frequent meals, so feed the child foods s/he likes in small quantities throughout the day. • It is important to continue breast feeding and giving complementary foods to your child during illness to maintain his/her strength and reduce the weight loss.

9. Mother and father	When your child has recovered from an illness, give him/her one additional meal of solid nutritious food each day during the two weeks that follow to help him/her recover quickly.
Supporting information	<ul style="list-style-type: none"> • Child who has been sick needs extra food and should be breastfed more frequently to regain the strength and weight lost during the illness. • Take enough time to actively encourage your child to eat this extra food as s/he may not appear hungry due to the illness.
10. Mother and father	Feed your child using a clean cup, never use a bottle as this may cause your child to get diarrhoea.
Supporting information	<ul style="list-style-type: none"> • Nutritious porridge for the child should be thick enough to be fed by cup. • Do not use bottles for feeding the child because they are very difficult to keep clean and can make your child sick with diarrhoea. • Cups are easy to keep clean and cheaper to buy than a bottle.
11. Mother and all family members	Wash your hands with soap or ash using clean safe running water before preparing food, eating, and feeding young children to avoid diarrhea.
Supporting information	<ul style="list-style-type: none"> • Touching food with unclean hands can cause diarrhoea. • Utensils for feeding the child should also be clean. • Foods given to the child must be stored in hygienic conditions to avoid diarrhoea and other illness.
12. Mother and father	When your child is 6 months old, make sure s/he receives Vitamin A supplements every six months.
Supporting information	<ul style="list-style-type: none"> • Ask a Health Worker to give Vitamin A supplements every six months to your child between 6 to 59 months of age. • Vitamin A is important for your child's eye sight and will help your child prevent/fight illnesses. • If a child has VAD it is more likely to have: <ul style="list-style-type: none"> – lowered immunity – Increased frequency and severity of infectious diseases • Caregiver should make sure to bring his/her child to growth monitoring clinics regularly and Child Health Days for Vitamin A supplementation.
13. Mother and father	Feed your child foods rich in Vitamin A such as yellow fruits, dark green leafy vegetables and animal sources foods (matemba, liver, milk).
Supporting information	<ul style="list-style-type: none"> • Yellow fruits, dark green leafy vegetables and animal sources foods (matemba, liver, milk). are good sources of Vitamin A and other nutrients that will help the child grow and develop properly. • A child should eat these foods everyday •
14. Mother and father	De-worm the child every six month from one year up to five years of age.
Supporting information	<ul style="list-style-type: none"> • De-worming helps to eliminate intestinal parasites that may cause young children to become anaemic.
15. All family members	Sleep under an insecticide treated net (INT) everyday to prevent malaria..
Supporting information	<ul style="list-style-type: none"> • Malaria causes anemia. In pregnant women anemia can lead to poor pregnancy outcomes such as still birth, abortion, impaired brain development and miscarriages. In children it causes retardation of physical and mental growth, general body weakness and tiredness. Therefore pregnant women, lactating mothers and children should sleep under insecticide treated net. • Family members with fever need to be taken to a health facility for immediate treatment.

16. Mother and father	Always use iodised salt when preparing family foods.
Supporting information	<ul style="list-style-type: none"> • Iodine is needed for child brain development during pregnancy. If a woman has iodine deficiency during pregnancy she is more likely to give birth to a child with mental impairment. In severe cases such children may be cretins. • Iodised salt also helps to prevent the child and the entire family from developing goitre.

Key messages on feeding a child during and after illness

These messages should be given to the mother, father, other caregivers, family members, communities through contact points such as OPD, paediatric ward, NRU, CTC, under five clinic, village or outreach clinic.

CHILDREN LESS THAN 6 MONTHS	
Mother and father	During illness, increase the frequency of breastfeeding for your child to recover faster.
Supporting information	<ul style="list-style-type: none"> • Continue to breastfeed even if the child has diarrhoea, increase the frequency, to replace the fluids lost. • Breastfeeding more during illness will help your child to fight the sickness and not lose weight. • Breastfeeding also provides comfort to a sick child. • If the mother is sick she should continue to breastfeed their child unless medically indicated.
Mother	After each illness increase the frequency of breastfeeding for the child to regain health and weight.
Supporting information	<ul style="list-style-type: none"> • Each time a child is sick, s/he will lose weight so it is important to breastfeed as often as possible. • Your breast milk is the safest and most important food you can offer your child to regain his/her health and weight.
CHILDREN 6 TO 24 MONTHS	
Mother and father	During illness, increase the frequency of breastfeeding and offer additional foods and fluids to your child to help him/her recover faster.
Supporting information	<ul style="list-style-type: none"> • The child requires more foods and fluids during illness. • Take time to patiently encourage your sick child to eat as his/her appetite may be decreased because of the illness. • It is easier for a sick child to eat small frequent meals, so feed the child foods and fluids s/he likes in small quantities throughout the day. • It is important to continue breastfeeding and feeding complementary foods to your child during illness to maintain his/her strength and reduce the weight loss.
Mother and father	<ul style="list-style-type: none"> • When your child has recovered from an illness give him/her one additional meal of solid food each day during the two weeks that follow to help child recover quickly. • Mother should continue to breastfeed more frequently

Summary of Feeding Recommendations for infants and young children based on HIV-status of their mother

SITUATION	HEALTH WORKER'S GUIDELINES
Mother's HIV status is unknown	<ul style="list-style-type: none"> • Promote HIV testing and counselling (HTC). • Promote breastfeeding. • Help the mother to breastfeed as safely as possible following appropriate lactation management skills such as <ul style="list-style-type: none"> – Correct positioning and attachment, – Exclusive breastfeeding – Prevention and early treatment of breast conditions • Counsel the mother on how to avoid exposure to HIV among other things by having protected sex all the time.
HIV-negative mother	<ul style="list-style-type: none"> • Promote breastfeeding . • Help the mother to successfully breastfeed by following appropriate lactation management practices and skills such as <ul style="list-style-type: none"> – Exclusive breastfeeding – Breastfeeding on demand – Correct positioning and attachment, • Prevention and early treatment of breast conditions • Counsel the mother on how to avoid exposure to HIV among other things by having protected sex all the time.
HIV-infected mother who is considering her feeding options	<ul style="list-style-type: none"> • Discuss with her possible transmission of HIV to the child through breastfeeding; feeding options, their advantages and disadvantages • Guide her to make a decision on how to feed the child based on AFASS . • Counsel mother on how to avoid exposure to new HIV infection by having protected sex all the time.
HIV-infected mother who chooses to breastfeed	<ul style="list-style-type: none"> • Promote exclusive breastfeeding for the first 6 months. • Help the mother to breastfeed as safely as possible following appropriate lactation management skills such as <ul style="list-style-type: none"> – Correct positioning and attachment, – Prevention and early treatment of breast conditions • Counsel the mother on how to avoid exposure to HIV among other things by having protected sex all the time • If no AFASS at 6 months, continue breast feeding while giving a variety of other foods and fluids • If the child is HIV positive at birth, promote exclusive breastfeeding up to 6 months and sustained breast feeding with appropriate complementary feeding from 6 to 24 months

SITUATION	HEALTH WORKER'S GUIDELINES
HIV-infected mother who chooses to use replacement feeding	<ul style="list-style-type: none">• Guide the mother to choose the replacement feeding option based on AFASS• Commercial Infant formula is recommended for replacement feeding because it is already modified and usually fortified.• Demonstrate to her on how to prepare replacement feeds and let her practice• Continue to support her to implement her choice.• Monitor the weight, feeding practices and any other clinical indications.

FOR MORE INFORMATION, CONTACT:

THE NUTRITION UNIT
MINISTRY OF HEALTH
P. O. BOX 30377, LILONGWE 3
TELEPHONE : 01 788 201 or 01 789 400
FAX: 01 788 412 or 232

OR

THE DEPARTMENT OF NUTRI TION, HIV AND AIDS,
PRIVATE BAG B401,
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TELEPHONE: 01 773 846 Or 01 773 831