

# Strategies for encouraging a baby to eat



**USAID**  
FROM THE AMERICAN PEOPLE

Breakthrough  
**ACTION**  
FOR SOCIAL & BEHAVIOR CHANGE



# Try the food and show you like it



**6+ months**

# Give small amounts frequently



Increase the amount as they accept more and more.

**6+ months**

# Tell a story that includes taking a bite



For example, tell a story about each animal in the forest and take a bite of food for each animal.

**0-6 months**

**6+ months**



# Feed when baby is happy and alert



Sing, play or bounce to make the baby happy before feeding.

**0-6 months**

**6+ months**

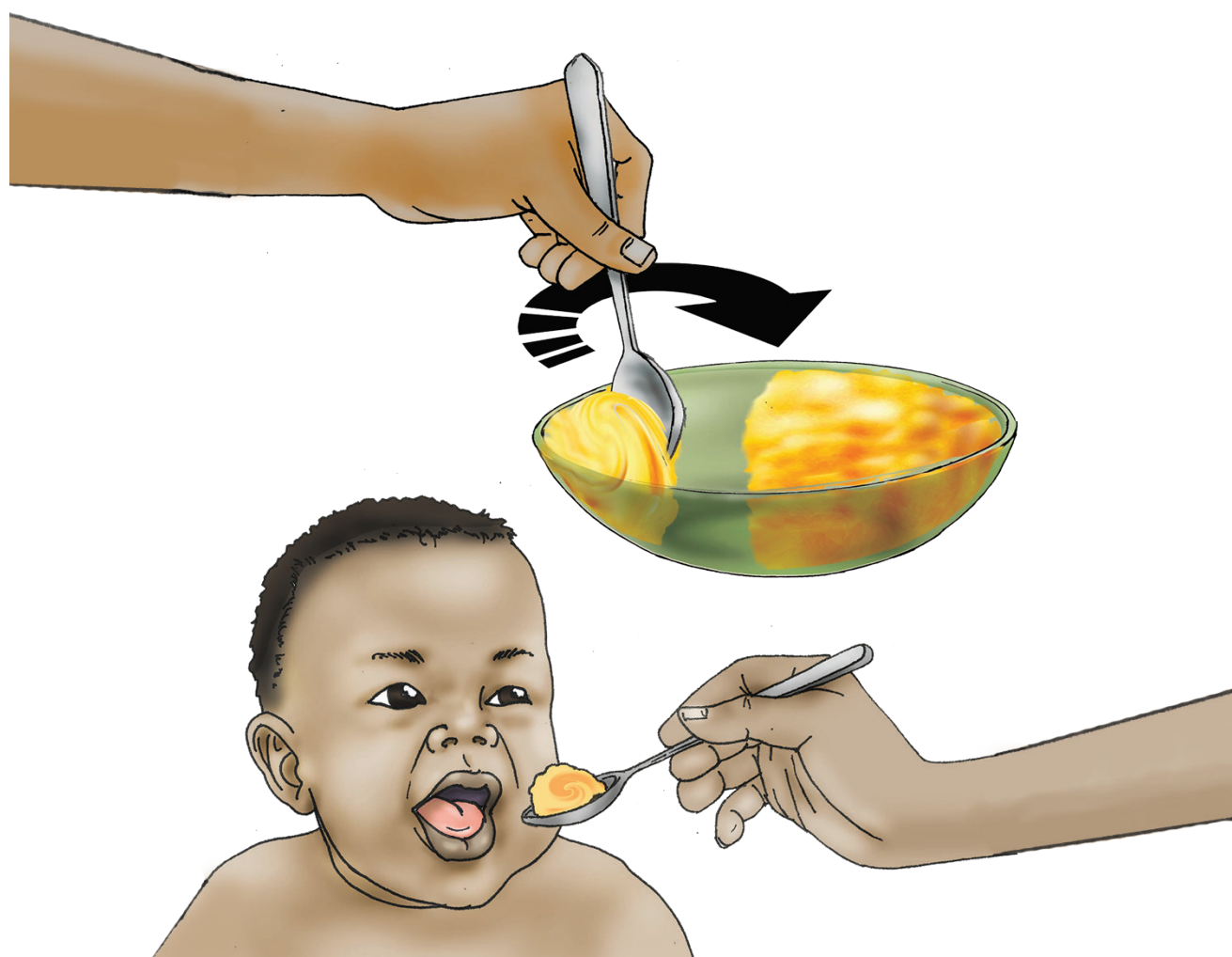
# Bait and switch



Try offering their favorite food. Once they are interested in eating, try to switch back to the food they were refusing.

**6+ months**

# Mix in their preferred food



As they accept more, increase the proportion of new or disliked food.

**6+ months**



# Get help from a provider



If the baby still doesn't eat after several tries, a health provider can try to stimulate their appetite.

**0-6 months**

**6+ months**

# Bring the baby to their favorite person



**0-6 months**

**6+ months**



# Try foods that stimulate appetite



Once the baby accepts the special food, you can try again with the food they refused before.

**6+ months**

# FACILITATOR'S GUIDE

## PEER EXCHANGE OF COAXING STRATEGIES

EXCHANGE OF STRATEGIES BETWEEN PEERS

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### Steps

- 1 Importance of coaxing
  - 2 Share experiences
  - 3 More tips to try
  - 4 Song
- 

*Invite families with babies under 2.  
Families with sick or healthy babies  
can participate.*

# IMPORTANCE OF COAXING

## WELCOME

Hello everyone. Today, we're going to learn together and share some tips to whet your baby's appetite.

## PREVIOUS EXPERIENCE

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- ▶ Has your baby ever not wanted to eat as usual or refused the food or breast milk you offered?
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# IMPORTANCE OF COAXING

## A COMMON CHALLENGE

It is common for babies to have a limited appetite at times. This can happen when they are sick, like with malaria or diarrhea. It can also happen for no reason at all. And it's often hard to overcome.

## OUR OBJECTIVE

- The purpose of this workshop is to help you discover new strategies to coax with love.
- For babies of all ages, good nutrition will help them grow up strong and make them less susceptible to illness.
- Even when they are sick, they must continue to breastfeed, and for children over 6 months old, they must continue to eat to overcome the illness and recover growth.

# SHARE EXPERIENCES

## STRATEGIES USED

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► In the past, what strategies have you tried to coax a reluctant baby to eat?

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# MORE TIPS TO TRY

Now we'll discover even more coaxing strategies for babies of different ages.

## THE CARDS

- Take out the strategy cards and show them one by one.
- For each card, explain the strategy and say:



- ▶ **Have you used this strategy before?**
  - ▶ **Do you have any questions about this strategy?**
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- If a card is marked for +6 months only, mention that.

# MORE TIPS TO TRY

## YOUR CHOICE

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- ▶ I would like you to choose at least one new strategy to try with your child. Why would you choose this strategy?
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## DO NOT FORCE

- Encouraging your baby to eat is not the same as forcing your baby to swallow.
  - This can harm your baby and make feeding even more difficult in the future.
  - Instead of forcing it, try another tactic or take a break and try again later.
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- ▶ If you encourage your baby to eat and he refuses, what will you do?
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# SONG

## A VOLUNTEER

I will end today's session by asking one of you to teach the others a little song about a strategy you learned today.



► Who volunteers to invent the song?

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## INSTRUCTIONS

- Please choose a tune for the song that everyone in this community knows.
- Please choose a card. Your song should be about this one strategy.
- You have a few minutes to create a song. Then you'll teach it to the rest of the group.

# SONG

## PRACTICE

- I invite you to teach the song to the group.
- We'll repeat it three times.
- The next time your baby doesn't eat, you'll remember one of the techniques you learned today just by remembering the song.



After the meeting, refer any sick child to the facility if it seems serious or if they are not recovering.