

Feeding a sick baby

Dear parents,

- Food, like medical treatment, is important for the baby's recovery.
- **Continue to feed** during illness. Offer frequently to overcome low appetite.
- After the illness, **feed more than usual** for two weeks.
- Don't forget **every bite counts**.

What do you see on this page?

1
2

1. Food, like medical treatment, helps recovery from illness and recovery of growth.
2. Every bite counts.

Why is feeding during and after illness important?

- The child needs energy to fight the illness, even if he or she has little appetite.
- After the illness, the child needs extra food to recover lost strength.

How should a baby eat during illness?

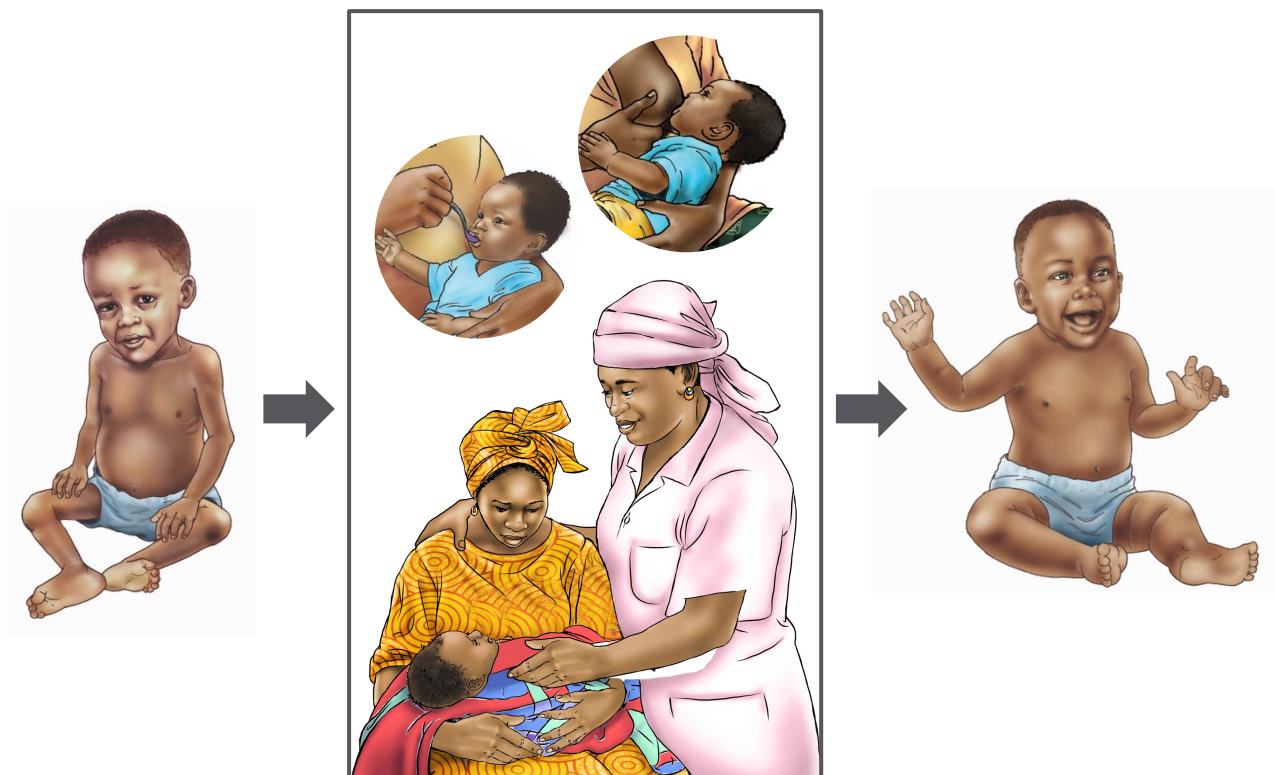
- Continue to offer food. The baby should eat as much as possible.
- Feed frequently to overcome limited appetite.

How should a baby eat after illness?

- Feed more than usual.
- One extra meal per day is recommended.

What should the baby eat during and after illness?

- Special foods are not necessary: breastmilk and the foods your family eats are healthy options for the child.
- The baby should eat as much as possible of whatever foods are available.
- Even a small amount of food or breast milk means a lot to a child.
- Every bite counts.



Food, like medical treatment,
helps recovery from illness and recovery of growth.



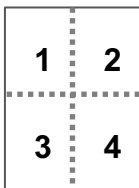
Every bite counts.

Encouraging a baby to eat

Dear parents,

- Your baby **needs to be encouraged to eat** when he does not have an appetite. When he is sick, **every bite counts**.
- There are **many strategies** of encouragement you can use, like the four pictured.
- But **never force** your baby to swallow, as it can harm him.

What do we see on this page?



1. Try the food and show that you like it.
2. Sing, play or bounce to make the baby happy before feeding.
3. Mix in preferred foods.
4. Give small amounts frequently.

Why should a child be encouraged to eat?

- Sometimes their appetite does not reflect what they want or need. This can happen if they are sick, teething, or for no reason at all.
- Food is necessary for full recovery from illness.

How can you encourage a baby to eat?

- These four images show four strategies.
- Grandmothers and neighbors can teach many more.

Every bite counts

- Even a small amount of food or breast milk means a lot to the child.
- Special foods are not needed during or after the illness.

What should you not to do to encourage?

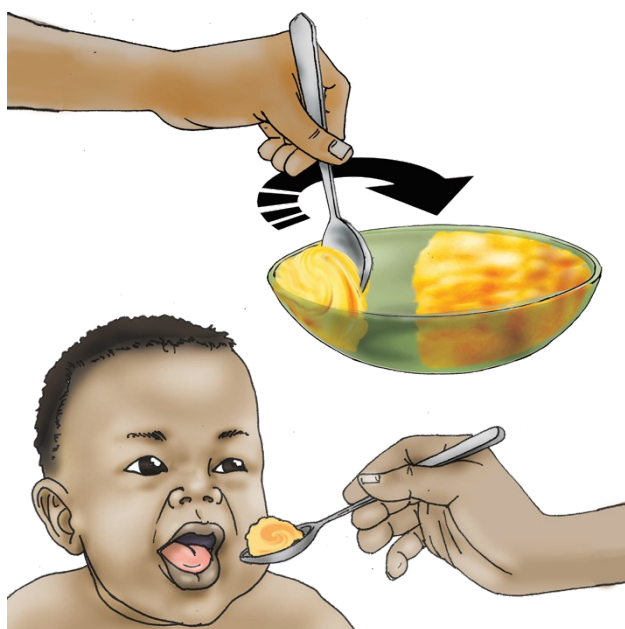
- Never force a child to swallow.
- This can harm them and make feeding more difficult in the future.
- If the child refuses even after you encourage them, try again later.



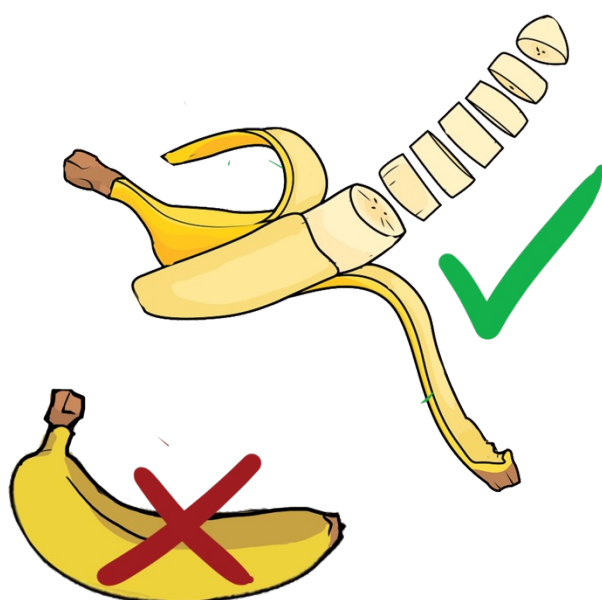
Try the food and show
that you like it



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



Mix in preferred foods



Give small amounts frequently