

FEEDING GUIDE

FOR SICK AND RECOVERING BABIES



For use in home visits for children 6-23 months of age with common childhood illnesses, including malaria, diarrhea, respiratory infections, and other diseases such as measles.

Welcome and Goals

Today we're going to talk about how to help your baby recover fully from an illness and regain lost growth.



Who in your family is helping to care for the baby?



Everyone in the household is invited to participate.



Tell me about your baby's illness.

For sick and recovering babies:

- ▶ Medical care from the health care facility is often needed.



- ▶ Nutrition from breast milk and food is **always** important.



Key messages

During illness

- ▶ **Continue** to feed your baby
- ▶ **Offer food or breastmilk frequently** to overcome limited appetite.



Your baby needs to eat to have energy to fight the illness, even if he has little appetite.

For 2 weeks after illness

- ▶ **Offer more:** more breastmilk and food than the baby usually eats.

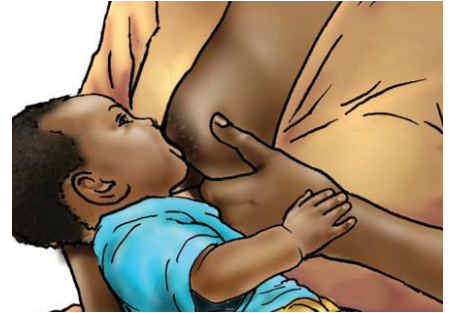


Your baby needs extra food to help him get back the energy and growth that was lost.

Key messages

Every bite counts

- ▶ Every little bit makes a big difference for the baby.
- ▶ Special foods are not necessary: breast milk and the foods your family eats are healthy options for the child.
- ▶ Even a single food can help the baby recover well, if that is what you have.



Illness and recovery are times of urgency, where every bite counts.



- 1. How should a sick baby eat?**
 - 2. How should a recovering baby eat?**
 - 3. How long should this continue?**
-

Celebrate each bite



Every bite the baby eats while sick and recovering can be celebrated.

As a family, **choose a celebration word** to say every time the baby eats during this time. This could be any word that sounds happy to you.

- ▶ Every time the baby eats, say this word.
- ▶ Siblings and other family members can be a great help in doing this.
- ▶ You can say it loudly, quietly, or silently to yourself if you need to stay quiet.

Now imagine you see the baby eating well.
Take turns saying the celebration word.

Next, we'll talk about some things you
can do to increase the number of bites
for your baby.

Identify barriers



What is difficult for your family to meet these goals for feeding the baby while he or she is sick and recovering?

If they answer:

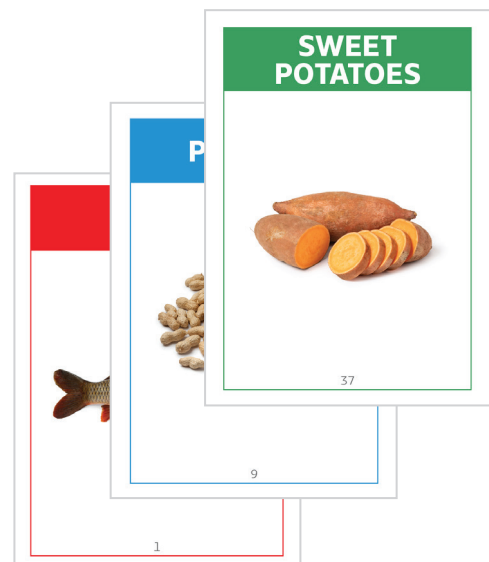
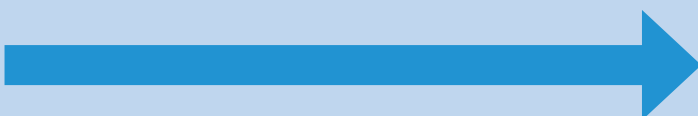
“We don’t have enough food.”

Go to the **Foods Activity** on page 11



“The baby has little appetite”

Go to the **Encouragement Activity** on page 16



Foods Activity

STEP 1: Introduce the activity

Let's see what foods you have available to feed your baby. We will use the cards to identify the foods your family can access.



Foods Activity

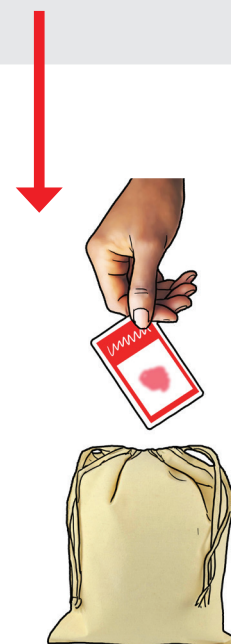
STEP 2: Sort cards

I will give cards to you to sort into two categories:

Foods you can eat
most days of the week, depending
on the season and
your means

Foods you
can **rarely or
never** eat

Let's put back foods you can rarely or never eat and focus on those you can consume.



That's great, you have many choices for your baby!

If the family truly has nothing to eat:

- ▶ Remind them that what they are doing is already great.
- ▶ Refer them to local food services or the hospital.
- ▶ Suggest other sources:
 - Plant a garden
 - Find extra work
 - Borrow
 - Ask family to visit with food

Foods Activity

STEP 4: All foods are good for a baby

Now look at all the foods available.



Which ones can you offer your baby?



Sick, recovering and healthy babies over 6 months can eat **fish**.



Small fish and dried fish are great substitutes if you can't get fish.

1

For any foods they think they can't offer the baby, ask why they cannot. Read the tips on the back of the card.

STEP 5: Every Bite Counts



- ▶ Do you have to buy expensive foods to feed the baby well?
 - ▶ Can you give the same food several times a day if you have nothing else?
-

Encouragement Activity

STEP 1: Babies need to be convinced



It is normal for a baby to refuse food sometimes, especially when they are sick.

Babies don't always know what they need and need you to encourage them.



The good news is that with practice and creativity, anyone can become an expert coaxer.

STEP 2: How have you already coaxed your baby?



What have you tried in the past to encourage your baby to eat?

STEP 3: More coaxing strategies

That's great. I have a few more strategies to share with you.

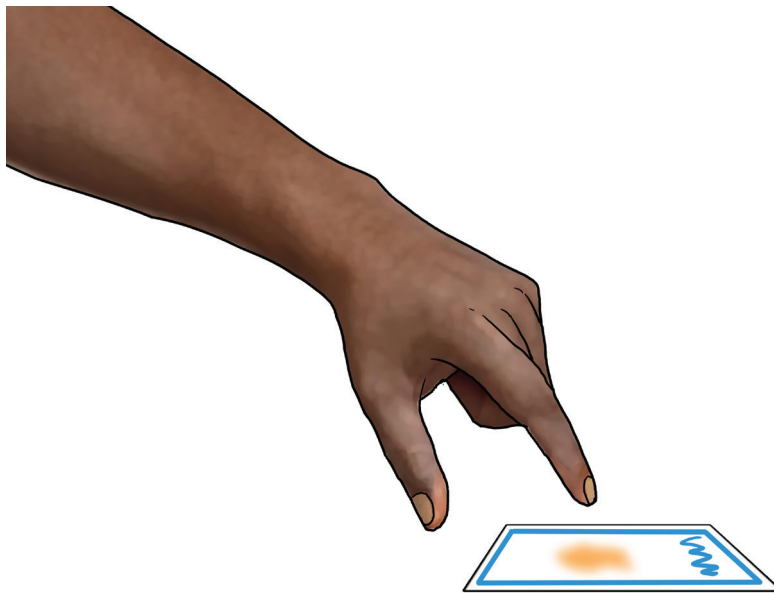
Explain each card.



Encouragement Activity

STEP 4: Choose a new strategy

Now that you've discovered new ways to encourage your baby to eat, let's decide which ones you can use.



What strategy will you try yourself with the baby?

Ask each family member to choose at least one strategy.



STEP 5: 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.



If you encourage your baby to eat and he refuses, what will you do?

Make a Plan as a Family



Let's remember the key messages about feeding during illness.



- ▶ How should a sick baby eat?
- ▶ Are special foods needed?

Now I'd like to talk about your family's plan for during this illness.



- ▶ **For your family, what does continuing to feed a sick baby look like?**
 - ▶ **When will you offer food and breastmilk?**
 - ▶ **What foods will you offer?**
-

Make a Plan as a Family



Now let's remember the key messages about feeding once the illness is over.



► How should a baby eat during recovery?

Let's talk about your family's plan for after the illness.



- ▶ **For your family, what does feeding more than usual look like? What specifically will you do?**
 - ▶ **When will you offer?**
 - ▶ **What foods will you offer?**
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Does each of you commit to do what you can for the baby to get as many bites as possible? Repeat your celebration word to say yes, I commit!



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