

# Feeding Recommendations

Feeding recommendations help health workers advise mothers about how best to feed their child. Recommendations depend on the age of the child.

For the first six months breastmilk is the only food a baby needs. After that complementary feeds are very important for growth and development when breastmilk no longer provides all the nutrition needed. Family foods become a more important as the child grows but breastmilk continues to be important for a child's health until the child is 2 years old.

## FOR THE FIRST SIX MONTHS OF THE CHILD'S LIFE



Breastmilk is all that is needed for the child's optimum growth and development at this time. Breastfeed as often and for as long as the baby wants, both day and night. If the mother must be separated from the child during this time she should express breast milk, this can then be given with a cup.

She should not give **ANY** other food or fluids for the first 6 months. Nothing else is necessary and exclusive breastfeeding will protect the baby from infections particularly HIV

## FROM SIX MONTHS UPTO TWELVE MONTHS



Continue to breastfeed as often as the child wants.

Start adding complementary foods three times daily. These must be nutritious and full of energy since the baby cannot eat large amounts. Suitable foods include porridge with added oil, margarine or peanut butter. Mashed banana, beans, avocados, full cream milk, fruit and vegetables are other suitable complementary foods.

At this age the baby is not able to feed himself and a carer needs to sit with the child and actively feed him from his own serving to make sure that he eats until he doesn't want any more. If the baby is not being breastfed complementary foods should be given five times daily

## FROM TWELVE MONTHS UPTO TWO YEARS



Continue to breastfeed as often as the child wants.

Continue with nutritious complementary feeds, gradually increasing the quantity and variety of the food. Family food should become a bigger part of the child's diet. The child should have three meals a day

and two nutritious snacks in between (like fruit, full cream milk or a bread with margarine or peanut butter). Active feeding continues to be important at this age and the child should have his own serving.

## **TWO YEARS AND OLDER**



Continue to give family foods three times daily with two nutritious snacks in between.