



# Counselor Fact Sheet

## Child Health

### Recommended Feeding Practices for Infants and Young Children

Age	Feeding Recommendation
0-6 months	<ul style="list-style-type: none"> <li>• Begin breastfeeding within the first hour after birth.</li> <li>• Breastfeed exclusively at least 8 times within 24 hours.</li> <li>• Do not give water, traditional medicines, glucose, gripe water, other milks, porridge or any other liquids or foods unless medically indicated.</li> <li>• If the child is not gaining weight and is being breastfed properly, go to the clinic immediately.</li> </ul>
6-9 months	<ul style="list-style-type: none"> <li>• Breast milk continues to be very important for your baby. Breastfeed your baby whenever he or she wants, day and night.</li> <li>• Start to give soft food porridge, mashed banana or mashed potato, family foods 2 to 3 times a day.</li> <li>• Start with 2-3 tablespoonfuls of food per feed.</li> <li>• Add breast milk or other animal milk to prepared food.</li> <li>• Food should be thick enough so that it does not run off the spoon.</li> <li>• Be patient and actively encourage your baby to eat.</li> <li>• Do not use feeding bottles to feed your baby. Feeding bottles are very difficult to clean and can make your baby sick with diarrhea.</li> </ul>
9-12 months	<ul style="list-style-type: none"> <li>• Continue to breastfeed.</li> <li>• From 9 months onwards, feed your child 4 times a day (3 meals and 1 snack).</li> <li>• Give your young child <math>\frac{3}{4}</math> of a 250 ml (187.5 ml) cup/bowl at each feed.</li> <li>• By 9 months the baby should be able to begin eating finger foods such as pieces of ripe mango and pawpaw, banana and vegetables.</li> <li>• Include a food from each food group in at least one meal per day or as often as possible.</li> <li>• Add small amounts of oil or margarine to your baby's food. Animal milks (goat, cow, etc) are healthy for your baby.</li> <li>• Give your baby his or her own plate to make sure she or he eats all the food given.</li> </ul>
12-24 months (1-2 years) (continue on next page)	<ul style="list-style-type: none"> <li>• Continue to breastfeed until your child is 2 years old .</li> <li>• From 12 months (1 year) onwards, feed your child 5 times a day (3 meals and 2 snacks).</li> <li>• Give your child one 250 ml cup/bowl at each feed.</li> <li>• Cut the food into small pieces so the child can easily chew and swallow.</li> </ul>





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<p>12-24 months (1-2 years) (continued)</p>	<ul style="list-style-type: none"> <li>• By 12 months (1 year) other solid foods and family meals can be given as many times as possible each day.</li> <li>• Try to include a food from each food group in at least one meal per day or as often as possible</li> <li>• Add small amounts of oil or margarine to your baby's food. Animal milks (goat, cow, etc) are also useful sources of nutrients</li> <li>• Children eat more slowly than adults, so put the child's portion of meal in his or her own bowl.</li> </ul>
<p>24 months or more (2 years and above)</p>	<ul style="list-style-type: none"> <li>• Milk remains important in the child's diet.</li> <li>• Feed the child from family meals at least three times a day.</li> <li>• Two times a day between family meals give fruit (such as banana, orange, mango, pawpaw and guava), samp, sweet potato, bread, rice with sugar or oil, eggs or beans.</li> <li>• Portion size should be increased with age of the child.</li> </ul>

## Benefits of Breastfeeding

- Helps mother-child bonding and development.
- Helps delay a new pregnancy.
- Protects mothers' health.
- Breast milk costs less than artificial feeding and provides perfect nutrients to the baby.
- Breast milk is easily digested by the baby.
- Breast milk protects baby against infection.
- Breastfeeding helps the uterus to return to its previous size and reduces the risk of ovarian and breast cancer in the mother.

## Zambia Recommended Schedule for Childhood Immunization

Vaccine	Minimum Age at First Dose	Number of Doses	Minimum Interval between Doses
BCG	Birth	1	none
Polio (OPV-0)	Birth-13 days	1	none
Polio (OPV-1,2,3)	6 weeks	3	4 weeks
DPT-HepB-Hib (DPT-HepB-Hib-1,2,3)	6 weeks	3	4 weeks
Rotavirus vaccine	6 weeks	2	4 weeks
Measles = OPV-4 if OPV-0 was missed	9 months	1	none
Vitamin A (if not breastfeeding)	0-5 months	1	none

