



**FOOD AND NUTRITION: (BREASTFEEDING & COMPLEMENTATRY FEEDING)**

**0-2 YEARS CRECHE/PLAYGROUP**

1	ISSUE	PARENT&CARE GIVER	CHILD	CARING/LEAR NING MATERIALS
	BREAST FEEDING (Exclusively breast feeding 0 -6 months)	i. Discuss benefits of exclusive breast-feeding. ii. Practise Exclusive Breast-Feeding (EBF) in the first 6 months of life. iii. State the disadvantages of breast milk substances. iv. Discuss		<ul style="list-style-type: none"> <li>• Cups</li> <li>• Spoons</li> <li>• TV clips</li> <li>• Soap</li> <li>• Water</li> <li>• Towel</li> <li>• Basin</li> <li>• Posters\ Picture showing proper ways of breast feeding.</li> </ul>



	<p>importance of colostrums.</p> <p>v. Discuss wrong breast-feeding practices.</p> <p>vi. The appropriate positioning of child during breastfeeding.</p> <p>vii. Extraction and preservation of breast milk.</p> <p>viii. Breast feeding in special cases e.g. (HIV positive mothers)</p> <p>ix. Medical advice for HIV/AIDS positive mothers.</p> <p>x. Discuss problems of</p>		
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		breast-feeding (cracked and sore nipple(s) etc.)	
2	COMPLIMENTARY FEEDING (7-36 Months)	<p>i. Child should continue to accept breast-feeding.</p> <p>ii. Discuss the importance of complementary foods.</p> <p>iii. Process different food items suitable as complementary foods.</p> <p>iv. Produce nutritious foods from local sources.</p> <p>v. Identify and provide</p>	<p>Various complimentary foods;</p> <p>-Pap enriched with e.g. ground dried fish, crayfish, groundnut, soya milk.</p> <p>-Vegetables e.g. ewedu</p> <p>-Cooked and mashed beans</p> <p>-Mashed yam with oil</p> <p>-Rice</p> <p>-Cups</p> <p>-Plates</p> <p>-Spoons</p> <p>-Water</p>



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	<p>supplements appropriate for the children e.g. vitamin A.</p> <p>vi. Identify signs of mal-nutrition in children.</p> <p>vii. Identify signs of food allergies.</p> <p>viii. Discuss the meaning and examples of complimentary foods, such as,</p> <ul style="list-style-type: none"> <li>• soft foods</li> <li>• enriched pap</li> <li>• semi-solid</li> <li>• family food</li> </ul> <p>ix. Discuss some food preparation/proce</p>		<p>-Charts posters of food items</p> <p>-Pictures of healthy/malnourished child</p> <p>-Soap</p> <p>-Edible green leaves</p> <p>-Carrot-Animal protein, egg, milk and fish</p>
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	<p>feeding methods e.g. heat treatment, soaking/cooking/fermentation, drying etc.</p> <p>x. Stages of feeding children with suitable complementary foods in the following order:</p> <ul style="list-style-type: none"> <li>- start with very soft e.g. enriched pap.</li> <li>-semi solid</li> <li>-family food</li> </ul> <p>Practise the use of spoon and cup for feeding.</p> <p>xi. Problems with complementary</p>		
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	<p>food e.g.</p> <ul style="list-style-type: none"> <li>-child refusal to accept complementary foods.</li> <li>-mishandling processes</li> <li>-malnutrition</li> <li>-reaction to food allergy</li> <li>-indigestion</li> </ul>		
3	<p><b>ADEQUATE FEEDING/H HEALTHY FOODS</b></p> <p>i. Select proper food that will meet the nutritional needs/food of the child.</p> <p>ii. Identify unhealthy foods and bad eating habits e.g. excessive in-take of sugar and candies.</p>	<p>i) Child practices good eating habits.</p> <p>ii) Accepts available foods in the community e.g. adult</p>	<p>Different food items e.g. yam, garri, rice, meat, fish, vegetables, fruits etc.</p> <ul style="list-style-type: none"> <li>• Simple cooking equipment/utensils</li> <li>• Plates</li> </ul>



	<p>iii. Observe and identify signs and symptoms of malnutrition.</p> <p>iv. Recognise the importance of preparing and serving meals under hygienic conditions.</p> <p>v. Identify the need for snacks and healthy food at the centre.</p> <p>vi. Give food in manageable portions</p> <p>vii. Introduce one food at a time to children.</p> <p>viii. Supervise group eating.</p> <p>ix. Avoid gender preference in food distribution.</p> <p>x. Give adequate diet e.g. fish, milk, beans, eggs, rice, yam, potato, fats &amp; oil,</p>	<p>food.</p> <p>iii) Takes meal at centre/school.</p> <p>iv) Feeds self while eating with family and in group.</p>	<ul style="list-style-type: none"> <li>• Charts</li> <li>• Posters of adequate food items</li> <li>• Posters of malnourished/Healthy children</li> <li>• Soap</li> <li>• Water</li> <li>• Basin</li> <li>• Towel</li> <li>• Cutlery</li> <li>• Cups</li> <li>• Stoves</li> <li>• Kerosene</li> <li>• Sugar</li> <li>• Salt</li> <li>• Bottles</li> </ul>
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		fruits, vegetables etc.	
4	FOOD TABOOS/ HARMFUL FEEDING PRACTICES	<p>i. Identify harmful food taboos and practices within the community.</p> <p>ii. Discuss reasons why mothers should not discard the first yellowish breast milk (colostrums)</p> <p>iii. List the effects of harmful feeding practices related to children e.g. not giving meat or egg to children.</p> <p>iv. Discuss the effects of some harmful traditional food taboos e.g. night blindness, kwashiorkor, rickets, obesity e.t.c.</p> <p>v. Discourage</p>	<p>i) Say when he/she is ill.</p> <p>ii) Continue to accept breast-feeding/ feedings during illness.</p> <p>iii) Ask for what he/she likes to eat.</p> <p>iv) Accept ORT solution when ill.</p>



		and discuss the giving of pre-lacteals and administration of local concoction to children.	
5	FEEDING DURING ILLNESS	<p>i. Identify different childhood feeding during illness.</p> <p>ii. Identify problems associated with a feeding sick child.</p> <p>iii. Encourage the child to accept food during illnesses; give small portion at a time.</p> <p>iv. Identify the importance of liquid foods to a sick child.</p> <p>v. Prepare and administer ORT/SS Solution for the sick child where need be.</p>	



		vi. Maintain hygienic conditions when preparing food and feeding the sick child.		
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