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## Golden Bow

*Breastfeeding is the gold  
standard for infant feeding*

*One loop is the mother  
and the other the child*

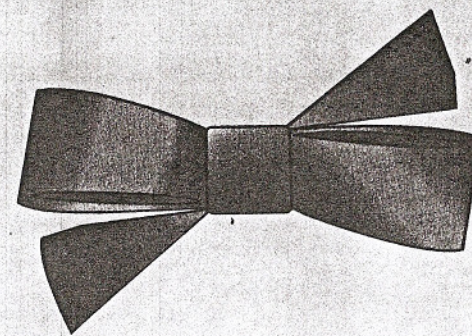
*Knot shows supportive  
father, family and society*

*One bow end says 6 months  
exclusive breastfeeding,  
with sound complementary  
feeding thereafter*

*The other end is for family  
planning to space births  
three to five years apart.*

**Wear it proudly and tell others of its  
many meanings!**

## FEEDING OTHER FAMILY FOODS



**Guiding Principles for Complementary  
Feeding for Breastfeeding and  
Non- Breastfeeding Children.**

WORLD BREASTFEEDING WEEK  
2005  
ZIMBABWE



unicef 

Produced by : The National World Breastfeeding  
Week Committee

**1 Breastfeed exclusively from birth to 6 months** . When a baby turns 6 months begin to give other foods at 6 months while continuing to breastfeed frequently and on-demand. Continue breastfeeding for 2 years or longer. If a baby is not breastfeeding, however, they may need a suitable animal milk to replace breast milk. A mother should discuss her feeding options with her health care provider.

## **2. Practice “Responsive Feeding”**

Respond to your child's signs of hunger and feeding abilities. Give help and encouragement (without force feeding), feeding slowly and patiently, experimenting with different foods, tastes, combinations, and textures, minimising distractions, using plenty of smiles, eye contact and encouraging words, so that feeding becomes a time for learning and love.

## **3. Prepare and store foods safely**

Wash and clean your hands, your child's hands and utensils before preparing food and feeding. Ideally, foods should be given immediately after preparation. If you have to store prepared foods unrefrigerated, use them within 2 hours or save only until the next meal and reheat thoroughly. Store ingredients in cool closed containers so that they cannot get contaminated. Avoid using feeding bottles or cup with a spout because they are difficult to keep clean.

**4. Gradually increase the amount of food offered.** Start with small amounts at 6 months and increase the amount as the child shows more interest, while maintaining frequent breastfeeding. Introduce a single food at a time to assess those foods which your child may not like or react to.

**5 Vary the consistency and variety of foods offered.** Respond to your child's interest and ability to handle different textures and consistencies. To begin with, babies need soft foods, but they soon learn to chew. By 8 months, babies can eat 'finger foods' foods that they hold themselves. By 12 months, they can eat most family foods, cut into small pieces or softened as needed, but they still need to be given the nutrient rich best bits' of the family's food.

**6. Increase the number of times food is offered.** Offer 2 to 3 times a day at 6-8 months and 3 to 4 times a day at 9-24 months, plus nutritious snacks such as fruits (matamba, paw paw, mango, guava, orange, apple e.t.c), yoghurt, maheu or a slice of bread with spread (peanut butter, margarine or jam) once or twice a day, as desired, in addition to breastmilk or modified animal milk. Spicy, salty and sugary foods should be avoided.

**7 Give nutrient-rich foods.** Give meat, poultry, fish, and and/or eggs daily or as often as possible. Give beans, peas, peanut butter, pumpkin seed butter, and/or milk products particularly if meals do not contain animal- source foods. Give fruits and vegetables daily. Try not to give the 'staple' food on its own, for example, don't give maize porridge or plain rice, but add a nutrient rich food such as, ground matamba, dry beans, eggs, peanut butter or pumpkin seed butter. Don't give soft drinks, sugary drinks, coffee or tea. These drinks fill tummies and displace foods that are more nutritious. Coffee and tea contain compounds that can interfere with iron absorption, and are thus not recommended for young children. If your child is thirsty, offer breast milk, plain boiled water or fruit juice.

**8. Protect health with vitamins and minerals.** Give a variety of foods everyday, as this will increase the chances of meeting all of your baby's vitamin and mineral requirements. Other mothers and children may also need to use appropriately fortified foods or take supplements according to local conditions. In Zimbabwe, starting from the age of 6 months all children should get vitamin A supplement once every 6 months at their local clinics.

**9. Breastfeed more frequently during illness.** Offer breast milk frequently, or other fluids if not breastfeeding, and also give favourite foods, both during illness and at least two weeks after illness. Encourage your child to eat more food to help with her or his recovery.

**10. If a mother is HIV positive,** She should be counselled by a health care provider to discuss her feeding options and for more information and support. If she chooses to breastfeed her baby, mother should exclusively breastfeed from birth to 6 months. However, it MAY be best for her to stop breastfeeding at 6 months and give some other kind of suitable milk.

**NOTE:** At six months all children should start on complementary foods either together with continued breastfeeding or with other suitable milks. Mothers who use modified cow's milk should add vitamin and mineral supplements.

*Adopted for Zimbabwe from the WABA 2005  
WBW Action Folder.*