

Training Aids



*The Community
Infant and Young Child Feeding
Counselling Package*

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NOVEMBER 2010



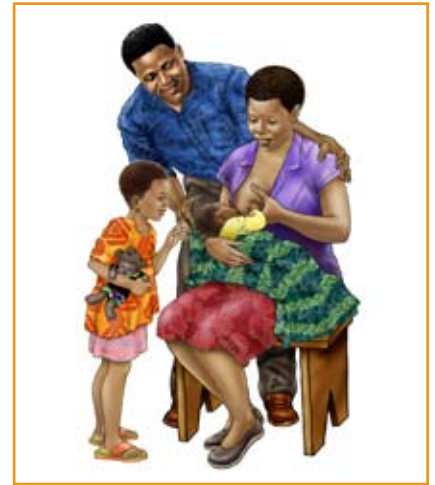
Session 1

16 infant feeding-related pictures for use during presentation to Participants and Facilitators (matching game)



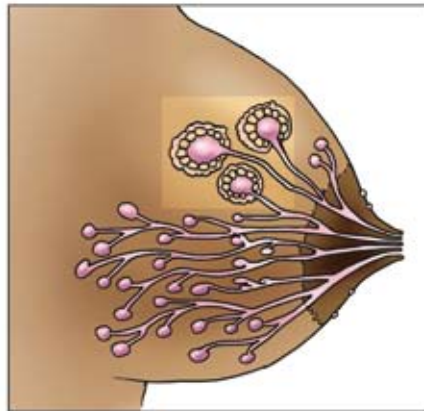
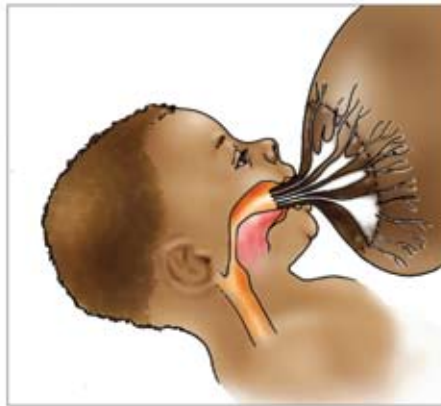
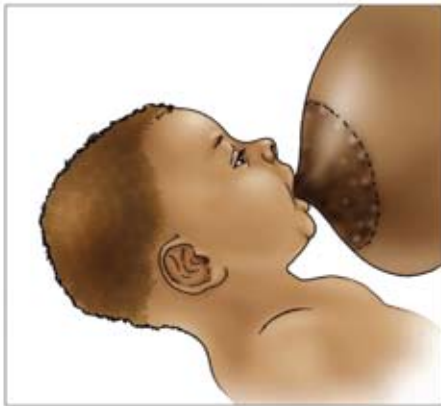
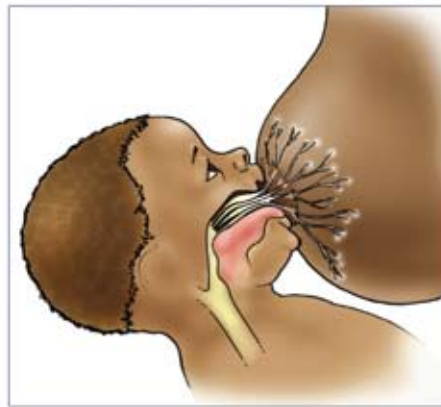
Session 2

Illustrations of well nourished baby/young child, mother giving complementary feeding, breastfeeding mother surrounded by family, mother taking her child to the health facility and water/sanitation.



Session 6

Good and poor attachment; anatomy of the breast (internal)



Session 7

Illustrations of texture (thickness/consistency – good and poor) of porridge (cup and spoon)



Session 7

Illustrations of food groupings (*staples, legumes and seeds, vitamin A rich fruits and vegetables, other fruits and vegetables, animal-source foods*), and oils



Session 11

Photos of breast engorgement, sore/cracked nipple, plugged duct and mastitis



Photo by Mwate Chintu



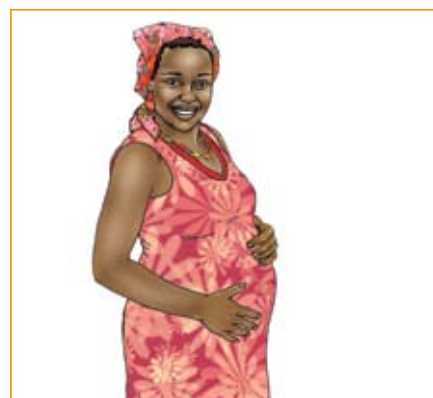
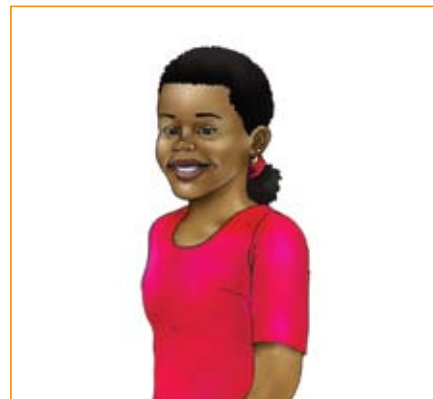
Photo by F. Savage King



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Session 15

Illustrations of well nourished baby, teenager, adult woman, and pregnant woman

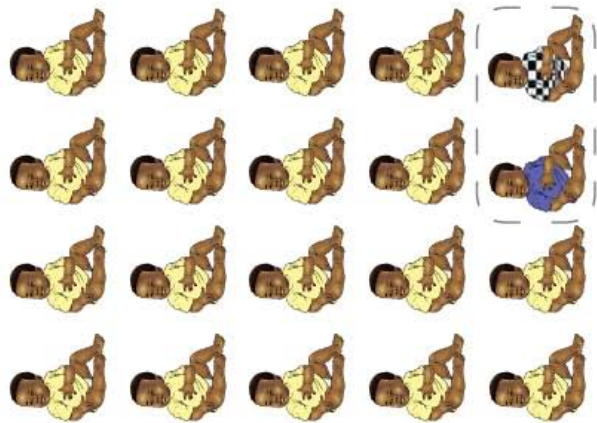


Session 17

Infant Feeding in the Context of HIV

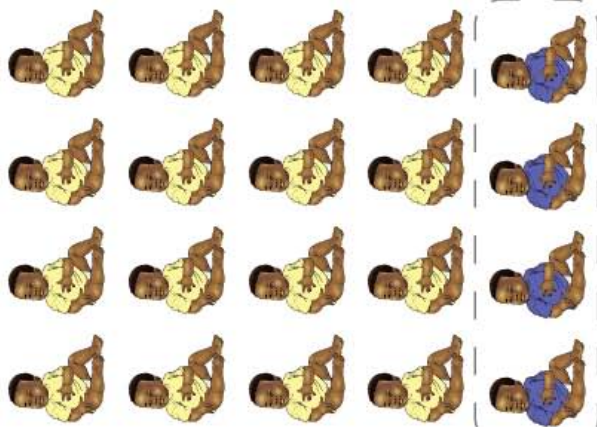
Benefits and risks of different feeding methods for HIV exposed infants less than 6 months of age

Only Breast Milk



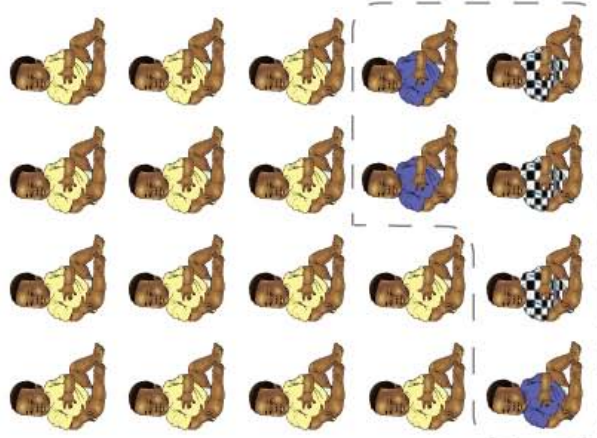
Healthy babies
without HIV infection

Only Replacement Milk (Infant Formula)



Babies who die from diarrhoea
pneumonia and other infections

Practicing Mixed Feeding (Breast milk plus other milk, liquids or foods)



Babies with
HIV-Infection

Protect your baby – get tested and know your HIV status!





