



# Concept of IYCF

# Introduction

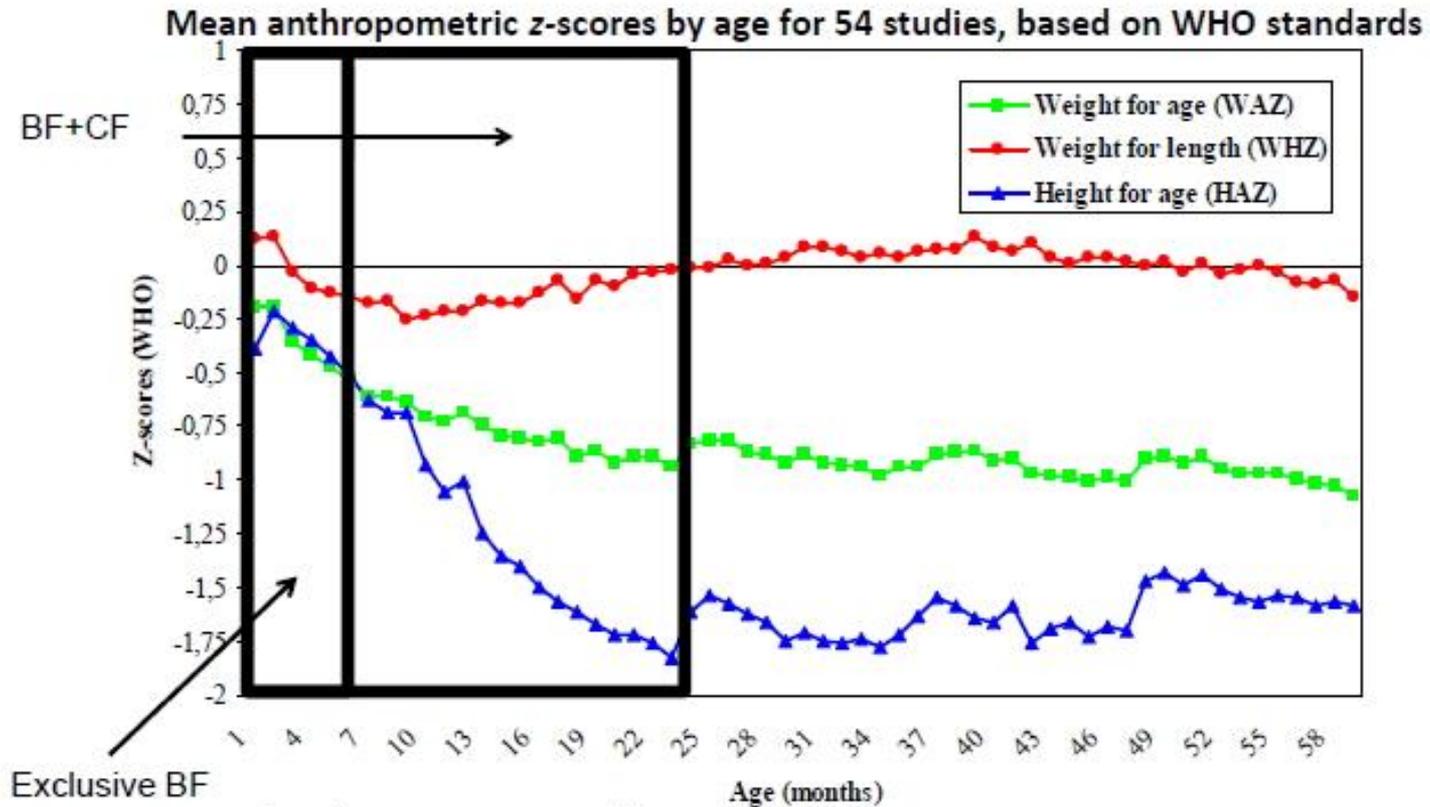
Appropriate feeding practices are essential for the nutrition, growth, development and survival of infants and young children. These feeding practices, known collectively as infant and young child feeding (IYCF) practices, include breastfeeding and complementary feeding.

## Optimal infant and young child feeding practices include the following:

- Six months of exclusive breastfeeding
- Continued breastfeeding for two years or beyond
- Timely, adequate, safe and appropriate complementary foods and feeding starting after six months, and
- Related support for maternal health, nutrition and birth spacing

# Window of Opportunity!!

Window of opportunity: pregnancy to 2 years



Source: Victora et al. Pediatrics, 2010 Mar;125(3)

# Breastfeeding





# Breastfeeding

- ❑ **Breastfeeding** is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) rather than from a baby bottle or other container.
- ❑ Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants



# Definition of Exclusive Breastfeeding

- ❑ Exclusive breastfeeding means giving a baby only breast milk, and no other liquids or solids, not even water. Drops or syrups consisting of vitamins, mineral supplements or medicines are permitted.





# Optimal Breastfeeding Practices for Infants <6 Months

1. Put the baby to the breast immediately after birth and allow baby to remain with the mother.
2. Breastfeed frequently, as often as the baby wants, day and night.
3. Give only breast milk the first 6 months, with no water, other liquids, or foods (exclusive breastfeeding).
4. Continue breastfeeding even if the mother or the baby becomes ill.
5. Avoid using bottles, pacifiers (dummies), or other artificial nipples.
6. Mothers should eat and drink sufficient to satisfy their own hunger and thirst.



# Advantages of breastfeeding

## Baby

### Colostrum

1. Chief defense against infection
2. High in protein
3. First immunization

### Breast Milk

1. Supplies all necessary nutrients in proper proportion
2. Digests easily without causing constipation
3. Protects against diarrhea
4. Provides antibodies that protect against common illnesses
5. Protects against infection, including ear infections





## Cont....

6. During illness helps keep baby well-hydrated
7. Reduces the risk of developing allergies
8. Is always ready at the right temperature
9. Increases mental development
10. Prevents hypoglycemia (low blood sugar)
11. Promotes proper jaw, teeth, and speech development
12. Is comforting to fussy, overtired, ill, or hurt baby



## Cont....

### Mother

1. Reduces blood loss after birth (early/immediate breastfeeding) and helps expel the placenta.
2. Saves time and money.
3. Makes night feedings easier.
4. Delays return of fertility.
5. It helps the uterus to return to its previous size. This helps to reduce bleeding, and may help to prevent anaemia.



## Cont....

6. Reduces the risk of breast and ovarian cancer.
7. It is available 24 hours a day.
8. Ensures close physical contact.
9. Makes mother calmer and more relaxed because of hormones.
10. Create bonding between mother & child.





## Cont....

### **Family**

1. Is economical; It costs less than artificial feeding.
2. Is accessible.
3. Needs no preparation.
4. Reduces cost for medicines for sick baby.
5. Reduces time lost from work.



# Disadvantages of artificial feeding

- Interferes with bonding
- More diarrhoea and persistent diarrhoea
- More frequent respiratory infections
- Malnutrition; Vitamin A deficiency
- More allergy and milk intolerance
- Increased risk of some chronic diseases



## Cont....

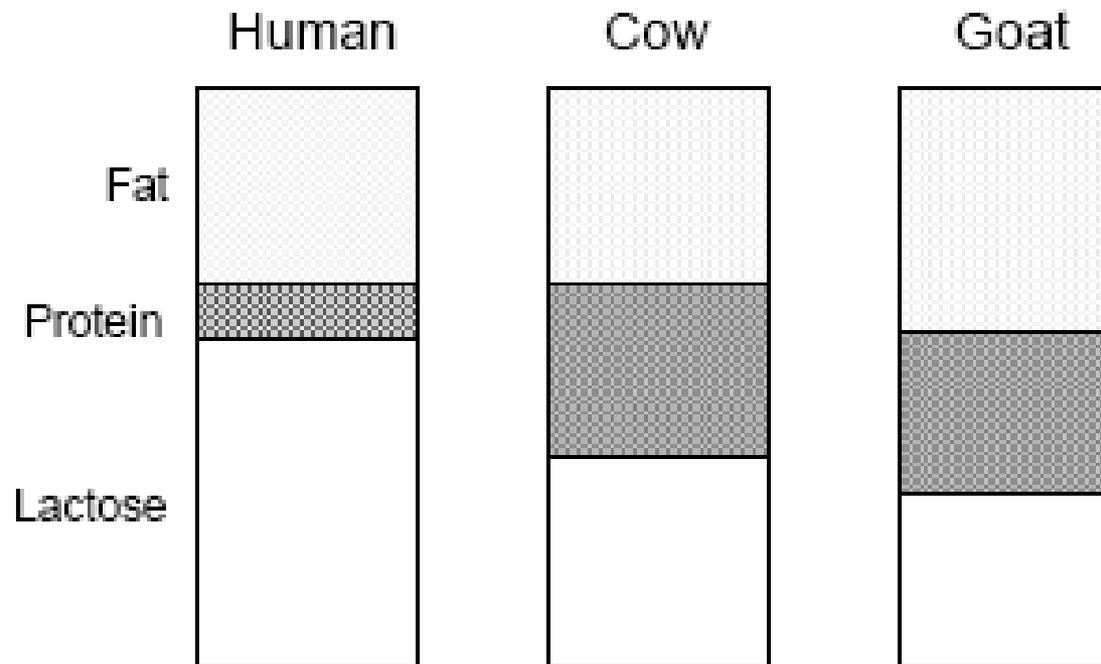
- Obesity
- Lower scores on intelligence tests
- Mother may become pregnant sooner
- Increased risk of anaemia, ovarian cancer, and
- Breast cancer in mother



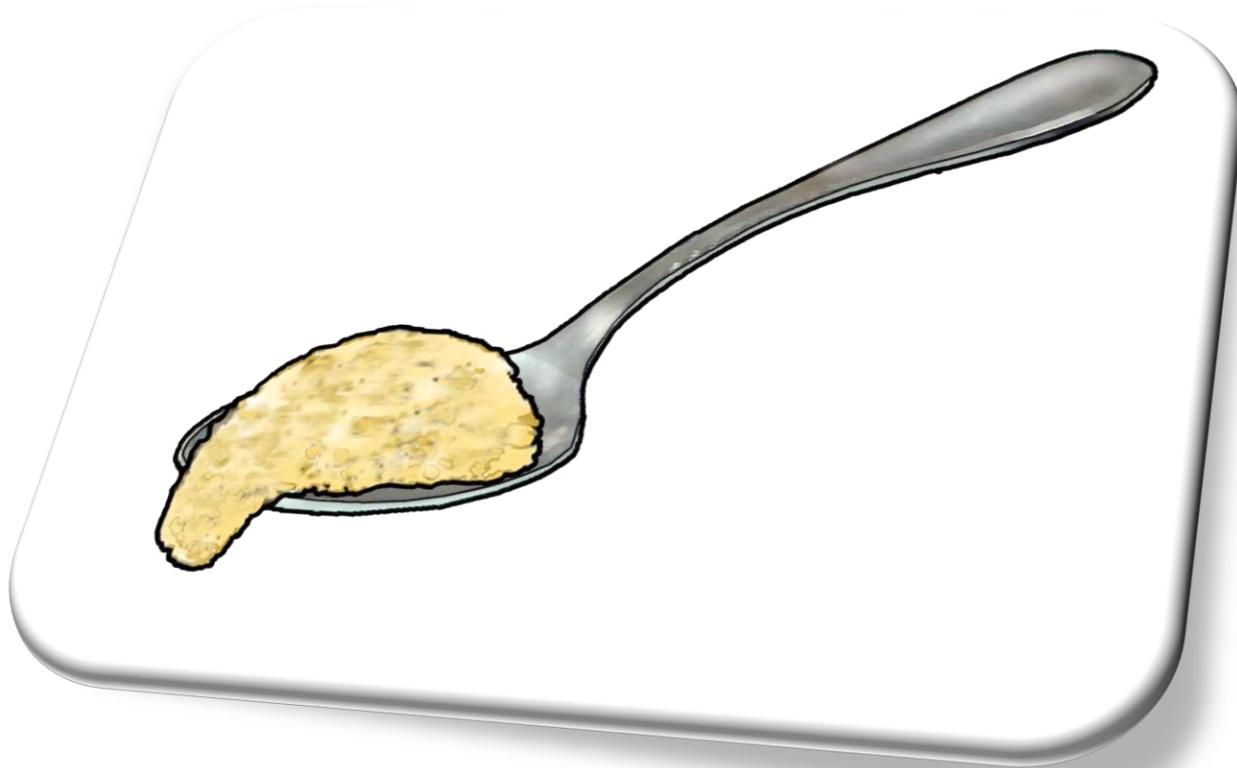


Cont....

## Nutrients in human and animal milks



# Complementary feeding





# Complementary feeding

- ❑ When breast milk is no longer enough to meet the nutritional needs of the infant, complementary foods should be added to the diet of the child.
- ❑ The transition from exclusive breastfeeding to family foods, referred to as complementary feeding, typically covers the period from 6 to 18-24 months of age.



# Principles of Complementary feeding

- Timely**
- Adequate**
- Safe**
- Responsively fed**



# Recommended Feeding Practices for Children 6–24 Months Old

- Continue frequent, on-demand breastfeeding, including night feeding for infants.
- Introduce complementary foods beginning at 6 months of age.
- After the first 6 months, when complementary foods are introduced, breastfeed before each complementary feeding.
- Increase food quantity as the child gets older while maintaining frequent breastfeeding.



## Cont....

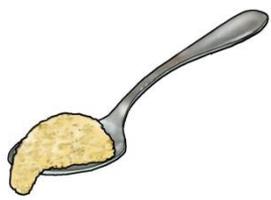
- Increase feeding frequency as the child gets older, using a combination of meals and snacks.
- Gradually increase food consistency and variety as the infant gets older, adapting the diet to the infant's requirements and abilities.
- Diversify the diet to improve quality and micronutrient intake.
- Practice active feeding: help and encourage the child to eat.



## Cont....

- Feed frequently, help the child eat during illness, and feed more after illness.
- Practice good hygiene and proper food handling.
- Continue to breastfeed for up to 2 years and beyond





# FADUA—Helping Mothers to Select Complementary Foods

- ❖ **F - Frequency**
- ❖ **A - Amount**
- ❖ **D - Density/quality**
- ❖ **U - Utilization of food sources**
- ❖ **A - Active feeding**



# Support for maternal health, nutrition and birth spacing



## Cont....

**While breastfeeding is a natural act, it is also a learned behavior. An extensive body of research has demonstrated that mothers and other caregivers require active support for establishing and sustaining appropriate breastfeeding practices.**



# Factors affecting successful breastfeeding

- ✓ Attitude
- ✓ Technique
- ✓ Confidence
- ✓ Frequency



# Time appropriate topics for discussion with mothers, husbands and families on IYCF

## Pregnancy

- Put the child to the breast with skin to skin contact within half an hour of delivery
- Correct position and attachment
- No pre-lacteal feeds
- Feed colostrum
- Exclusive breastfeeding for 6 months
- No breast milk substitutes or bottles
- Iron-folate supplements for pregnant woman
- Adequate dietary intake (quality and quantity) for pregnant woman

# Cont....

## **Delivery/Postpartum**

- Put the child to the breast with skin to skin contact within half an hour of delivery
- Good breastfeeding practices (i.e. positioning, attachment, emptying of the breast, frequency for day and night feeds)
- No pre-lacteal feeds
- Feed colostrum
- Exclusive breastfeeding for 6 months
- No breastmilk substitutes or bottles
- Post-partum vitamin A supplement and iron-folate supplements for the mother
- Adequate dietary intake (quality and quantity) for the breastfeeding mother

# Cont....

## **Child up to 6 months of age (180 days)**

- Exclusive breastfeeding for 6 months
- No breast milk substitutes or bottles
- Good breastfeeding practices (i.e. positioning, attachment, emptying of the breast, frequency for day and night feeds)
- Coping with lactation problems (engorgement, not enough milk, mastitis, cracked nipples etc.)
- Adequate dietary intake (quality and quantity) for the breastfeeding mother
- How to manage breastfeeding and work both inside and outside of the home
- Family planning methods during breastfeeding Growth monitoring and promotion

# Cont....

## **Child on completion of 6 months and up to 12 months:**

- Continued Breastfeeding
- No breast milk substitutes or bottles
- Good breastfeeding practices (i.e. positioning, attachment, emptying of the breast, frequency for day and night feeds)
- Coping with lactation problems (engorgement, not enough milk, mastitis, cracked nipples etc.)
- Introduction of family based complementary foods on completion of 6 months (180 days)
- Quantity, quality, frequency, consistency, variety, safety of family-based complementary foods for various age groups
- How to complementary feed a child with individual bowl or plate.
- Adequate dietary intake (quality and quantity) for the breastfeeding mother
- Vitamin A supplement with measles vaccination for child at 9 months of age
- Growth monitoring and promotion for child every month

# Cont....

## **Child on completion of 12 months and up to 24 months:**

- Continued breastfeeding
- No use of breast milk substitutes or bottles
- Good breastfeeding practices and coping with lactation problems
- Quantity, quality, frequency, consistency, variety, safety of family-based complementary foods for various age groups
- Adequate dietary intake (quality and quantity) for the breastfeeding mother
- Vitamin A supplements for child every six months
- Growth monitoring and promotion for child every month

# Questions?



Thanks 😊

