

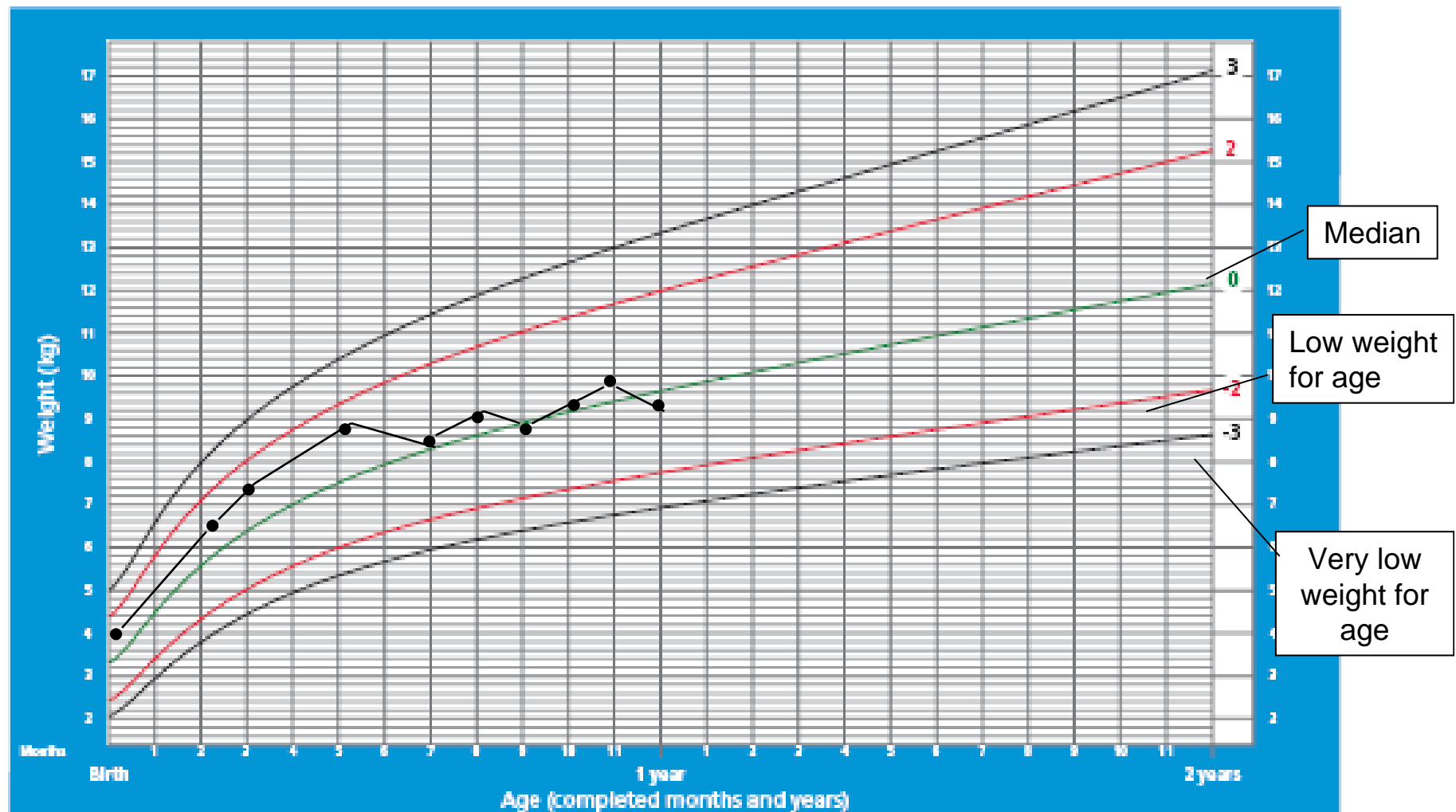
Feeding during illness and low-birth-weight babies

After completing this session participants will be able to:

- explain why children need to continue to eat during illness
- describe appropriate feeding during illness and recovery
- describe feeding of low-birth-weight babies
- estimate the volume of milk to offer to a low-birth-weight baby
- list the Key Message from this session

Weight-for-age BOYS

Birth to 2 years (z-scores)



Key Message 10

Encourage children to drink and eat during illness and provide extra food after illness to help them recover quickly



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Feeding the child who is ill

- Encourage the child to drink and to eat
– with lots of patience
- Feed small amounts frequently
- Give foods that the child likes
- Give a variety of nutrient-rich foods
- Continue to breastfeed – often ill children breastfeed more frequently

Feeding during recovery

- Give **extra** breastfeeds
- Feed an **extra** meal
- Give an **extra** amount
- Use **extra** rich foods
- Feed with **extra** patience and love

Feeding low-birth-weight babies

- 32 weeks gestation
 - able to start suckling from the breast
- 30-32 weeks gestation
 - can take feeds from a small cup or spoon
- Below 30 weeks gestation
 - usually need to receive feeds by tube in hospital