



# Infant and Young Child Feeding Counselling: A Training Course

## The 4 in 1 course

*(An integrated course on Breastfeeding, Complementary feeding, Infant Feeding & HIV and Growth monitoring Counselling)*

### A Manual for Frontline Workers

To counsel mothers, fathers and other family members on  
**Optimal Infant and Young Child Feeding Practices**

# Contents

1. Why optimal infant and young child feeding .....	1
2. Production and intake of breastmilk .....	6
3. Assessing and observing a breastfeed .....	10
4. Listening and learning .....	14
5. Building confidence, giving support and checking understanding .....	16
6. Antenatal preparation and establishing community breastfeeding support.....	18
7. Positioning the baby at the breast .....	21
8. Breast conditions .....	23
9. Refusal to breastfeed and crying .....	27
10. Expressing breastmilk .....	29
11. Not enough milk .....	31
12. Breastfeeding low birth weight babies and twins .....	35
13. Complementary feeding - foods to fill the nutrient gap .....	37
14. Feeding techniques and strategies .....	42
15. Sustaining optimal infant and young child feeding .....	44
16. Women nutrition, health and fertility .....	46
17. Women and work .....	48
18. Breastfeeding in special circumstances .....	50
19. Growth monitoring and measuring .....	52
20. Growth monitoring by growth charts .....	54
21. Measuring growth: taking action .....	55