

#feeding frenzy 10# Infant and young child feeding World Health

Organization WHO Feeding an infant or young child World.

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Dec 20 2023 Infant and young childfeedingis a key area to improve child survival and promote healthy growth and development

The first 2 years of a childs life are particularly important as optimal nutrition during this period lowers morbidity and mortality reduces the risk of chronic disease and fosters better development overall Sep 30 2022 Tips and information If you need help with breastfeeding ask others for advice such as asking a trained health worker or other experienced women Feed a baby only with breast milk for the first six months Give the baby no fluids other than breast milk Give small amounts of easy to digest food at 6 months and continue to breastfeed up to 2 years of age or beyond Give a variety of foods that feedinginfants in response to their cues

The caring practice indicators forfeedinginfants and young children that are available on the NLiS country profiles include proportion of children aged 0 23 months who were put to the breast within 1 hour of birth proportion of infants under 6 months who are exclusively breastfed Dec 22 2003 WHO and UNICEF jointly developed the Global Strategy for Infant and Young ChildFeedingwhose aim is to improve through optimalfeeding the nutritional status growth and development health and thus the very survival of infants and young children Oct 16 2023 This guideline provides global normative evidence based recommendations on complementaryfeedingof infants and young children 623 months of age living in low middle and high income countries

It considers the needs of both breastfed and non breastfed children

The guideline supersedes the earlier Guiding Principles for ComplementaryFeedingof the Breastfed Child and Guiding principles Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development

Virtually all mothers can breastfeed provided they have accurate information and the support of their family the health care system and society at large

Colostrum the yellowish sticky breast milk produced at the end of pregnancy is recommended by WHO as the perfect The Global strategy for infant and young childfeeding also aims to protect promote and support appropriate infant and young childfeeding

Appropriate complementaryfeedingdepends on accurate information and skilled support from the family community and health care system Jul 28 2023 Proper infant nutrition is fundamental to a childs continued health from birth through adulthood

Correctfeedingin the first three years of life is particularly important due to

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