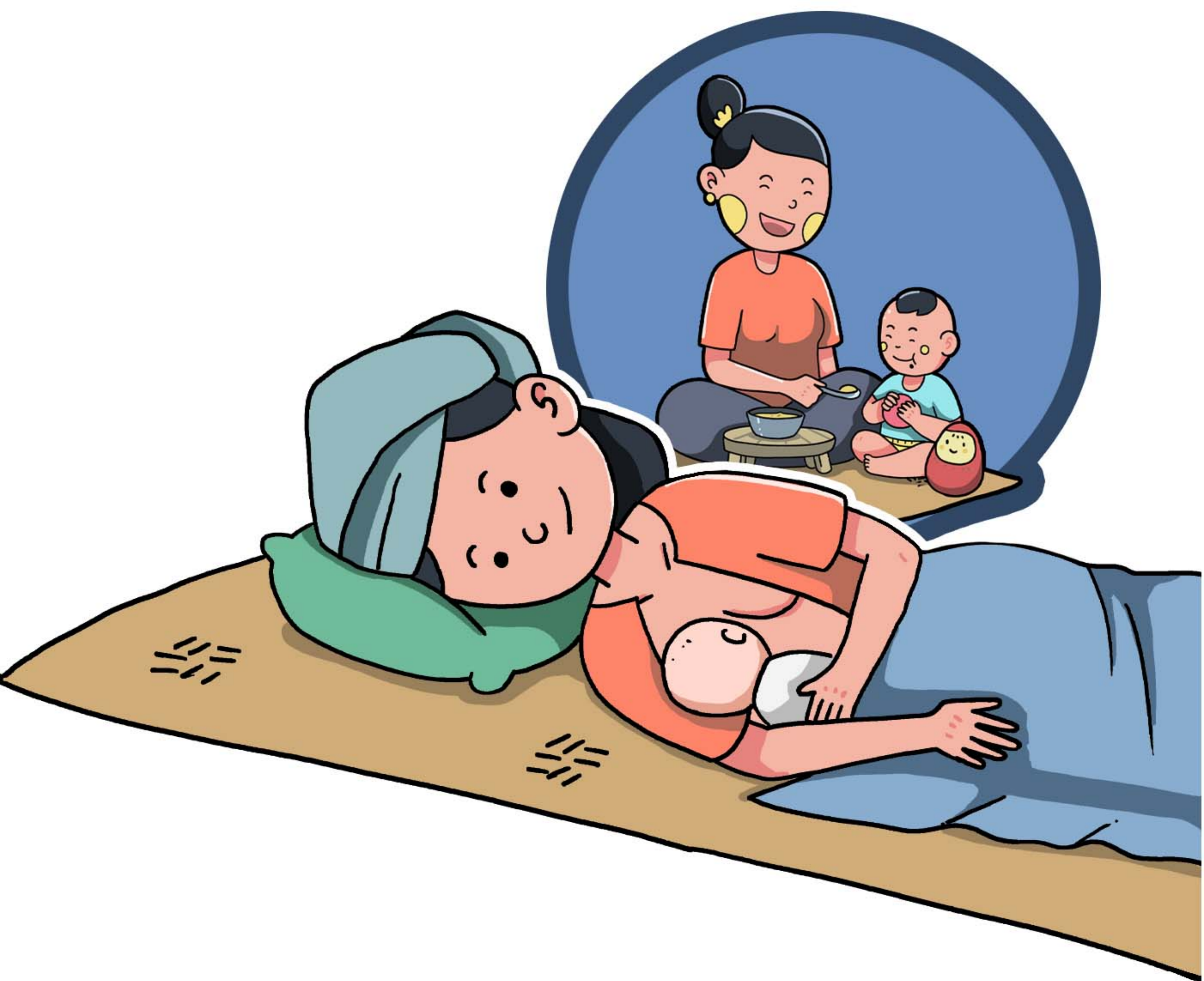




Food and Agriculture
Organization of the
United Nations

**Breastfeeding and complementary
feeding for infants and young children**

Key points to remember



FAO support to the Global Agriculture and
Food Security Programme (GAFSP) in Myanmar

Five golden rules for infants & young children nutrition



Breastfeed newborn with mother's first yellow milk within one hour after birth.



Practice exclusive breastfeeding until the child complete six months. Do not even give a drop of water.



Initiate complementary feeding once the child completes six months. Continue breastfeeding.



For an optimal physical and cognitive development of the growing child, ensure to add at least four different kinds of diverse and nutrient-dense food items in their daily diet.



Wash your hands with soap:

- after using toilet;
- aefore cooking;
- before preparing foods; and
- bbefore feeding the child.

Initiate breastfeeding within one hour after birth

Breastfeed the baby with mother's first thick-yellow milk within one hour after birth



Benefits of breastfeeding infants within one hour after birth

Protect your baby from diseases.

Reduce the chance of jaundice in your baby.

Prevent excess blood loss after delivery in mother.



It is proven that breastfeeding within one hour after birth decrease the possibility of infant mortality rate by 22 percent.

Exclusive breastfeeding for the first six months

Breast milk is the only food baby needs for the first six months. Mother's milk contains necessary nutrients required for growing child. *Therefore,*

- exclusively breastfed the baby from birth until they reach six months;
- do not feed any food or drink other than breast milk in the first six months. It could make your baby sick (e.g., diarrhea);
- do not even give a drop of water;
- the more you breastfeed, the more breast milk is produced; and,
- breastfeed the child anytime he/she wants, even during the night (at least 8–12 times per day).

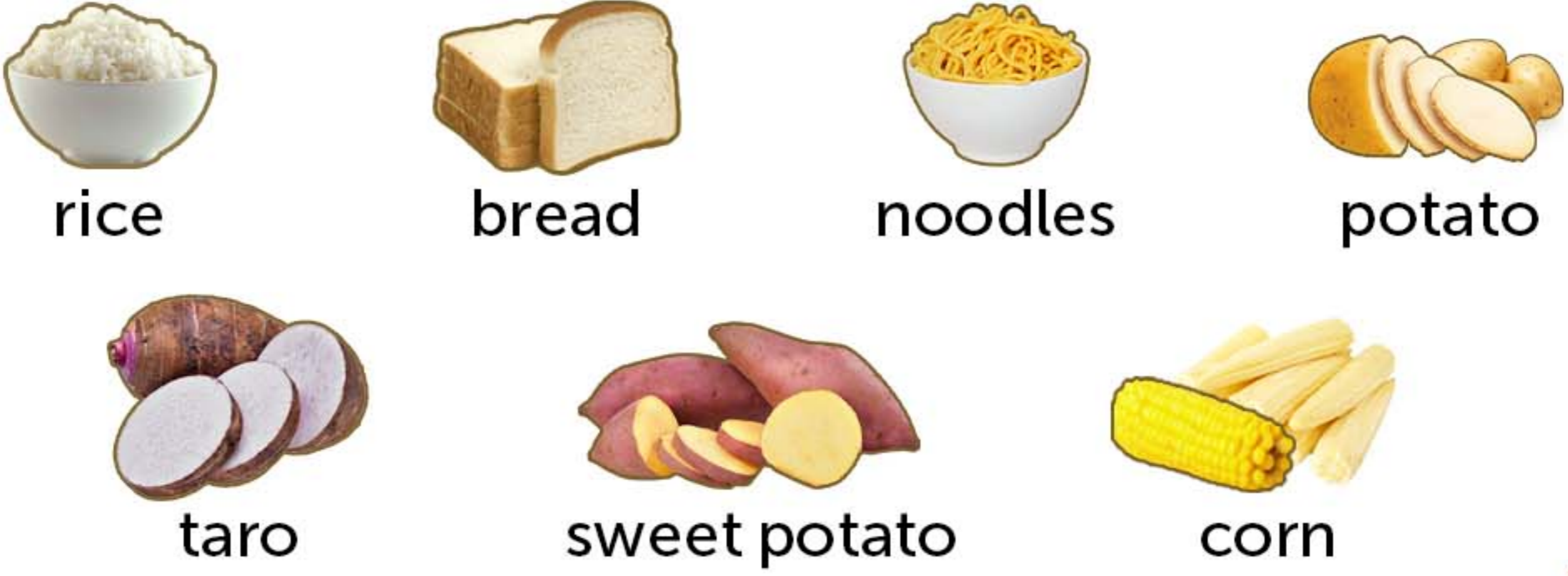


Father and grandmother should encourage and support mother to breastfeed the child.

Breastfeeding & complementary feeding for Children between 6–23 months

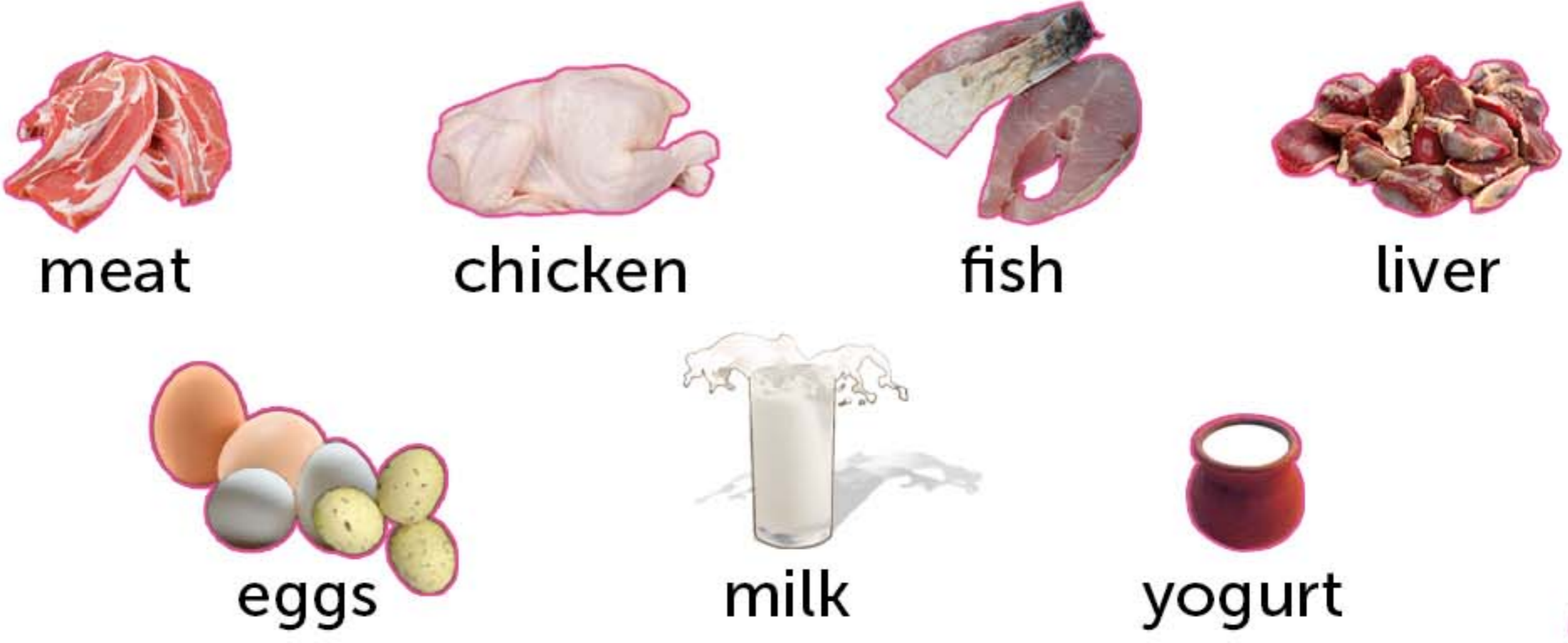
When the baby completes six months, breastmilk alone is not enough to provide the nutrients required for the child. Therefore, from six months up to at least two years, feed your baby locally available foods that are from each of the four-star food group each day along with breastfeeding.

Energy-giving foods



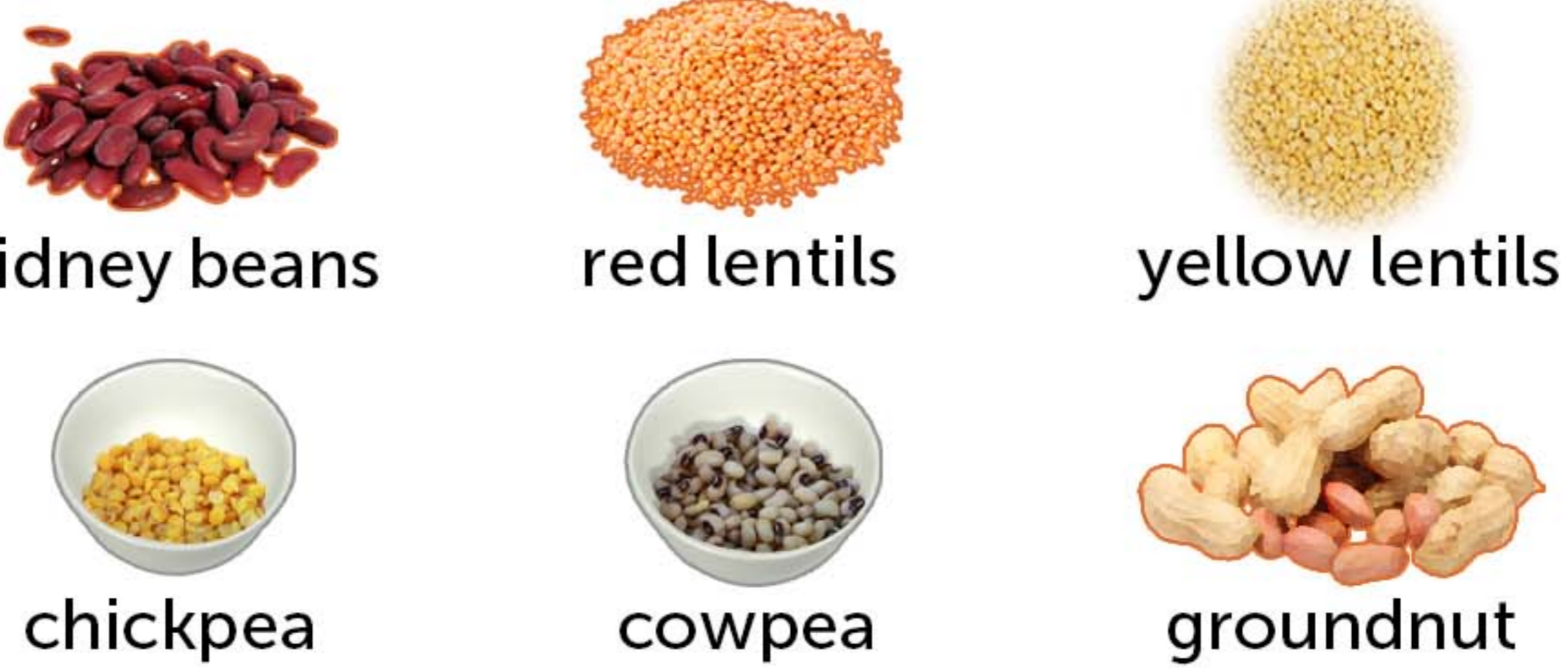
rice bread noodles potato
taro sweet potato corn etc.

Bodybuilding (animal-source foods)



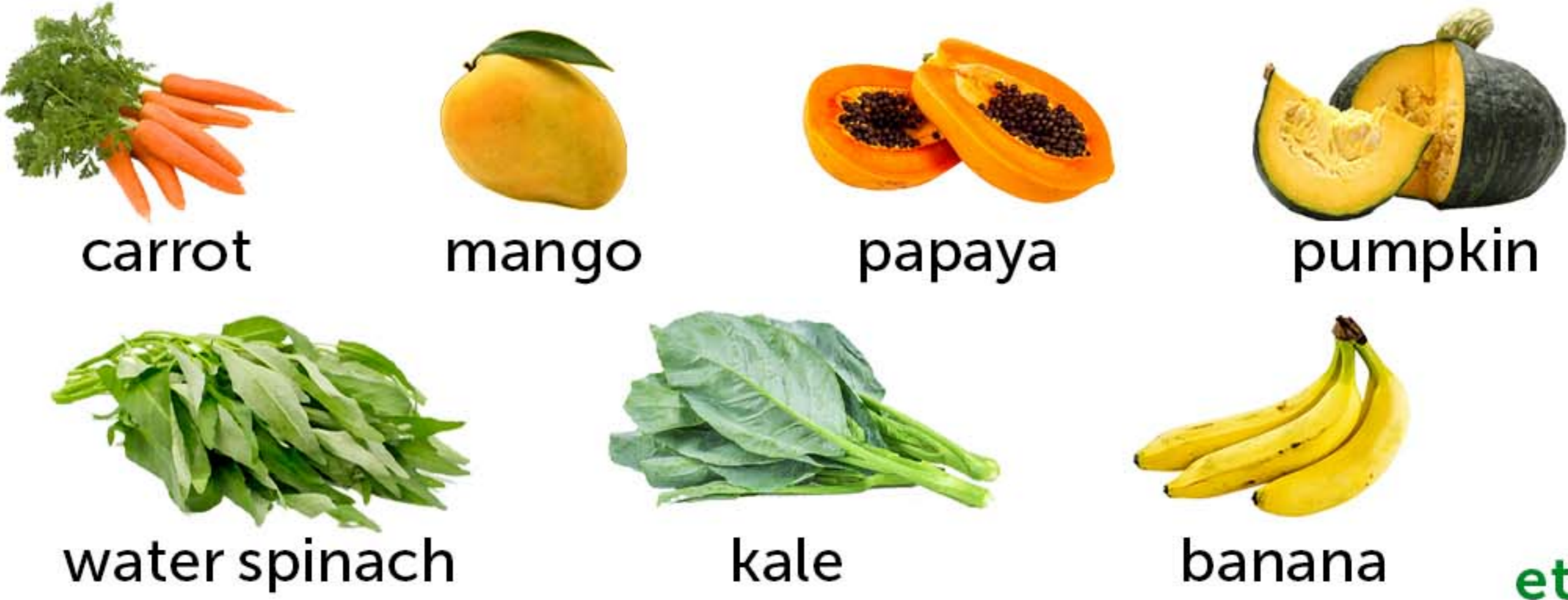
meat chicken fish liver
eggs milk yogurt etc.

Bodybuilding (legumes & beans)



kidney beans red lentils yellow lentils
chickpea cowpea groundnut etc.

Body-protecting (fruits & vegetables)



carrot mango papaya pumpkin
water spinach kale banana etc.

Minimum diet quantity and frequency for Growing child

Start feeding at 6 months



6–9 months



9–12 months



12–24 months



Remember ..

- encourage children to eat by talking with them and telling them how good the food is;
- give them their own plates and spoons to make sure they eat their share;
- make mealtimes interesting learning times; for example, teach the names of foods;
- always wash your hands with soap and water before preparing food for the child;
- use clean and dry spoons, cups, towels, bowls or other utensils to feed the child;
- wash yours and your baby's hands before feeding;
- avoid feeding unhealthy snacks such as chocolates, chips, juices, sweets, cakes, etc. Give healthy snacks such as ripe mango, papaya, boiled sweet potato; and
- continue breastfeeding along with complementary feeding.

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