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
Very low weight for age.

Median

Low weight for age

Very low weight for age
Key Message 10

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