



Community Health Workers (CHWs) can help with:

- Referrals for support
- Counselling for breastfeeding or feeding challenges
- Facilitate access to social support services



Child Support Grant:

- Find out if you qualify and apply early to help support your child's nutrition needs.
- Use funds for nutritious foods like vegetables, beans, eggs. Avoid buying sweets, salty snacks or cooldrinks for young children.



Clinics provide:

- Growth monitoring and Road to Health chart
- Vitamin A supplements and deworming and immunisations
- Advice on infant and young child feeding
- Nutrition and supplement support for mothers-to-be and mothers for their and their child's health.
- This reduces risks for mother and baby and lays the foundation for optimal health, cognitive development, and future educational attainment.



What surrounds us, shapes us!

- Use breastfeeding-friendly areas in public spaces and workplaces.
- Support mothers to breastfeed.
- Be aware that marketing strategies often appeal to young children through the use of bright, playful cartoon characters on food packaging so always check the label before you buy.
- Advocate for the removal of advertising that promotes unhealthy foods for infants and toddlers on billboards, television, radio, and within public spaces, clinics, and ECD centres.



THE FIRST 1000 DAYS: A WINDOW OF OPPORTUNITY

The first 1000 days – from pregnancy to age 2 – are the most important for lifelong health. In this short time, your baby's brain reaches 80% of its adult size.

DID YOU KNOW...



Nutrition during this time prevents stunting and builds a strong immune system.



Stunting is when a child's height and development is reduced.



Your baby's future begins with your food choices now.



DURING PREGNANCY



- Your baby depends on the food you eat to grow strong and healthy. Eating a variety of nutritious foods is very important as it helps your body stay strong and supports your baby's growth and development. Even if money is tight, try and incorporate as many healthy foods into your diet, like vegetables and fruit and the foods listed below, to create balanced meals.
- If you do not have the means, seek support through food programmes such as the Social Relief of Distress (SRD) grant, food parcels from local community organisations, or other available food security initiatives.
- Don't forget to drink plenty of clean, safe water every day.
- Remember to take your iron, calcium and folic acid supplements during pregnancy or any other medication, as prescribed by your clinic or doctor. This helps to keep you healthy and support your baby's growth and development

FEEDING YOUR BABY

0-6 months

Breastfeed only – no water, porridge, or other drinks (except if medically prescribed)

Babies do not need anything more to be properly nourished as your breast milk changes as your baby grows. Your clinic can advise you.

6-9 months

Start solids, 1-2 teaspoons two times a day.

Try: 1-2 teaspoons soft pap with mashed veg or ½ mashed egg or mashed beans. Continue breastfeeding.

9-11 months

5 small meals a day, about ¼ cup, and increase to ½ by 12 months

Remember: It's important to include iron rich foods, like dried beans, chicken livers, or tinned mashed fish, every day.

12-24 months

5 small meals a day, about 1 full cup.

Tip: Offer chopped veg, fruit, family food with less salt and oil. Make sure an iron-rich food (liver, chicken, fish, red meat, beans, lentils) are still included every day. If not breastfeeding anymore, you can also offer your child milk or maas.

Children do not need sugary snacks and drinks. Avoid offering this as a treat.



REMEMBER

Children that don't get all the necessary types of foods may grow slower and fall sick more often. More tips can be found in the Road to Health Booklet.

Breastfeeding offers your baby the best nutrition and sets them on a pathway to good health. There are also benefits to the mother.

Aim for exclusive breastfeeding for the first six months, followed by continued breastfeeding with diverse, age-appropriate complementary feeding up to two years and beyond.

BREASTFEEDING TIPS

- You and your baby need to be comfortable. Avoid wrapping your baby in a blanket, you could even undress them if the weather allows.
- Your baby needs to be held facing you and close to you while you support the baby with your arm.
- Touching your baby's lips with your nipple will encourage them to open their mouth wide to take as much breast into their mouth as possible i.e. latch.
- Breastfeed more often and for longer. Your body will then start producing more milk for your growing baby.
- Younger babies will need to breastfeed more often than older babies.



TIP

Eating well also gives your body the extra energy it needs while you breastfeed. If you are struggling with breastfeeding or are scared that your baby is not getting enough milk, seek support from a healthcare worker at your local clinic. You may need assistance with breastfeeding.