

### Also advise the mother to:

- Attend the health facility for the child to receive vitamin A supplementation (from 6 to 59 months) and deworming medicine (from 24-59 months) twice a year.
- Bring the child to the Child Welfare Clinics to get immunizations and nutrition counseling, and monitor his growth.
- Ask the health worker about the child's growth and how he can grow healthy and strong.

### Remind the mother:

- When the child is sick, breastfeed more often.
- When the child is 6 months and older, offer additional food to help the child recover faster. For two weeks after recovering from illness, give one additional meal of solid food each day to speed recovery.
- Wash your hands and child hands with soap under running water after using the toilet, after cleaning children's bottoms, before preparing food, and before eating or feeding your family, including babies and children, and after visiting the farm.



## Action Plan

*Write the concrete steps you will take to integrate nutrition in your daily work*

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*This brochure was adapted from Guyon A., Quinn, V., Nielsen, J., Stone-Jimenez, M. Essential Nutrition Actions Reference Materials on Key Practices: Community Workers. 2015.*

*This material was printed with the generous support of the U.S. Agency for International Development (USAID) under terms of the Contract Number AID-641-C-14-00002, the RING Project, managed by Global Communities.*

# ESSENTIAL NUTRITION ACTIONS (ENA) Key Practices

## Action Plan Brochure



**USAID**  
FROM THE AMERICAN PEOPLE

**RING**  
RESILIENCY IN NORTHERN GHANA

## When You Meet a Pregnant Woman



### Advise

If you want to be strong and have a healthy baby:

- Eat one extra meal per day.
- Eat many different types of colorful foods: orange-flesh sweet potato, cowpea, alefu, ayoyo, moringa leaves, mango, pawpaw and soyabeans.
- Eat fish, chicken, eggs, or meat at least once a day or as often as possible.
- You have to rest and avoid carrying heavy loads.
- Use iodized salt whenever possible in family foods.

### Encourage her to

- Attend antenatal visits to get iron folic acid tablets and medicines (deworming and prevention of malaria).
- Sleep under a treated mosquito net to prevent malaria.



### Advise her to

- Put the baby immediately on the breast after delivery to expel the placenta and reduce bleeding.
- Give the yellow breast milk, as it is a gift of God to protect the baby from illness.
- Give the welcome water to the mother instead of the newborn.

## When You Meet a Mother with a Baby Less than 6 Months

### Advise

If you want to protect your baby against illnesses:

- Give only breast milk to the baby. Sugar water, honey, water, powdered milk, cow's milk, or goat's milk will lead to diarrhea, and pneumonia.
- Even in hot weather, breast milk is enough to satisfy the baby thirst.



### Remind the mother

- If you give water, other liquids and foods, the baby will suckle less and your milk supply will reduce.
- It should not be necessary to feed a baby with a bottle. Bottles are hard to clean, and may cause illness and the baby to refuse the breast.
- If you find it difficult to breastfeed, or develop nipple or breast problems, see a health worker for care right away.

### Advise the lactating mother to

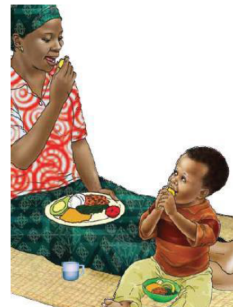
- Eat two extra meals per day.
- Eat many different types of colorful foods: orange-flesh sweet potato, cowpea, alefu, ayoyo, cowpea, moringa leaves, mango, pawpaw and soyabeans.
- Eat fish, chicken, eggs, or meat at least once a day or as often as possible.

## When You Meet a Mother with a Baby from 6 Months Up To Age Two

### Advise

If you want your baby to grow and stay healthy and strong:

- Introduce pureed or mashed food 2 times a day at 6 months (half of a 250 ml. bowl).
- Continue breastfeeding until the baby is two years or older as the breast milk remains an important source of nutrients and protects from diarrhea, pneumonia, and other illnesses.
- Mash and soften the food so the baby can easily chew and swallow it. Keep the baby's food thick enough that it falls slowly off the spoon. It should not be watery. Food can be thicker as your baby grows older.
- Until the baby is 1 year old, feed the baby 2-3 times each day plus 1-2 mashed snacks.
- After, feed the baby 3-4 times each day plus 1-2 nutritious snacks.
- At each meal, enrich the food with 2 to 4 different types of colorful food. Add animal-source foods such as fish, eggs, chicken, liver and other meat whenever available.



### Remind the mother

- Wash your hands and your baby's hands with soap under running water before feeding the baby.
- Play with the baby, feed him patiently, encouraging him to eat all the food.
- Do not add pepper and spices to food because it may ruin your baby's appetite.