

## **BSHND 409: INFANT AND YOUNG CHILD FEEDING**

### **Course Learning Outcomes**

- To identify problems affecting infant and young child feeding and provide a framework of essential interventions
- To create an environment that will enable mothers, families and other caregivers to implement optimal feeding practices

### **Content-Theory content:**

#### **1. Infant young child feeding**

- Global strategy,
- Importance of breastfeeding,
- Local and international scenario,

#### **2. Breastfeeding working**

- Breastfeeding practices:
- Assessing a breastfeed, taking a feeding history,
- Common breastfeeding difficulties,
- Expressed breast milk;

#### **3. Breastfeeding counselling:**

- Listening and learning,
- Building confidence and giving support,
- Counselling for infant feeding decisions,
- Counselling cards tools

#### **4. Complementary feeding practices**

- Cup-feeding and hygienic preparation of food,
- Replacement feeding in the first 6 months,
- Foods to fill energy and micronutrients gap, quantity and frequency of feeding,

#### **5. Feeding techniques,**

- Food demonstration;

#### **6. Breastfeeding related topics**

- Growth charts
- Maternal illnesses
- Breast feeding, breast conditions, health care practices,

#### **7. International code of marketing of breast milk substitutes,**

- Checking understanding and arranging follow-up,
- Feeding during illness and low-birth weight babies

#### **8. Feeding guidelines of various global agencies – WHO etc.**

#### **9. Complex challenges to implementing the global strategy for infant and young child feeding.**

**Content-practical:**

- Breastfeeding counseling
- Preparation of indigenous complementary foods;
- Therapeutic foods;
- Infant formulas for various needs;
- Growth monitoring;
- APGAR (Appearance, Pulse rate, Grimace, Activity and Respiration) score,
- Growth charts
- Visits of hospitals and day care centers.

**Teaching-Learning Strategies:**

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

**Assignments:**

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

**Assessments and Examination:**

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

**Recommended Readings:**

1. Behan, E. (2008). The baby Food Bible – A Complete Guide to Feeding Your Child from Infancy On. Random House Publishing Group, New York, USA.
2. Dykes, F. & Moran, V.H. (2009). Infant and Young Child Feeding: Challenges to Implementing a Global Strategy. Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.
3. Samour, P.Q. & King, K. (2010). Pediatric Nutrition, (4th ed.) Jones & Bartlett Learning, Mississauga, Canada.
4. WHO. (2003). Global Strategy for Infant and Young Child Feeding. World Health Organization, Geneva, Switzerland.
5. WHO/UNICEF/GOP (World Health Organization/United Nation's Children Fund/Government of Pakistan). (2008). Infant and young child feeding counselling: an integrated course. Nutrition Wing, Ministry of Health, Government of the Pakistan, Islamabad.