

First Foods for Young Children

VIDEO SERIES ON COMPLEMENTARY FEEDING



Why these videos?

As infants grow, their nutrient needs grow with them. After the first six months of life, an infant's nutrient demands start to exceed what breastmilk alone can provide. To keep up with these growing needs, the World Health Organization recommends that infants begin eating solid or soft foods, i.e., their first foods, at 6 months of age to ensure that their nutrient intake is sufficient to fuel their developing brains and bodies. These first foods should be safe, nutritious and ideally provided in addition to breastmilk from 6 to 23 months of age.

Nutritious diets for children are about more than just food. When, what and how a child is fed greatly impacts his or her health and development. Caregivers must provide children's first foods at the right age, select a diverse range of nutritious foods, provide those foods frequently, prepare and store foods safely, respond to the child's hunger signals and provide a nurturing environment by interacting with the child during feeding. While the recommendations on appropriate complementary feeding practices are well established, recent studies have shown that this knowledge is not being translated into practice.

As per global estimates, only one in six children in low- and lower-middle-income countries receives enough nutritious foods to ensure healthy growth and development.

Skilled support delivered through frontline workers within the health system and at the community level is a critical platform to improve caregivers' knowledge on when, what and how to appropriately feed their children. In many cases, not having access to this skilled support is the key barrier that prevents caregivers from practicing the needed behaviours. The videos in these series, which have been filmed using real home feeding situations in African and Asian settings, will serve as a critical tool to help frontline workers and caregivers understand the when, what and how of feeding children aged 6–23 months. These series, while complementing other tools being used in the countries, will help to ensure consistency and uniformity in the delivery of key messages.

When used at scale, the videos have the potential to improve the diets of young children across many settings.

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Who are these videos for?

There are two video series for:

- educating mothers and caregivers (eight videos)
- training of frontline workers (nine videos)

What are these videos about?

These series of videos cover the best practices of when, what and how to feed the first foods to young children aged 6–23 months. Using real home feeding situations, the video series show simple and feasible feeding practices introducing nutritious first foods for children from 6 months of age, including what to prepare, how to prepare it, how much and how often to feed as the infant grows, how to keep food safe, how to feed with care and how working mothers can continue to breastfeed their babies even after they start with first foods.

Both video series are similar in content but have been designed and edited differently to best suit the needs of their target audience. The mothers and caregivers’

series focuses more on improving knowledge and dissuading misconceptions, while the frontline workers’ series places more emphasis on the technical knowledge and how best to support caregivers.

How can these videos be used?

Video series for mothers and caregivers: These videos provide an important opportunity to improve the learning experience during group and individual counselling sessions. If downloaded on phones or tablets, they can be viewed repeatedly and when needed by the caregivers. The videos can also be shown in public spaces such as health facilities, hospital waiting rooms, airports and other public venues with access to basic audio-video technology.

Video series for frontline workers: The use of videos can be integrated into the existing infant and young child feeding training platforms. If downloaded on phones, tablets and computers, the videos can serve as an important ready reference for field workers.



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Videos for Mothers and Caregivers



1. When to start your child's solid foods:

Video, for mothers and caregivers, explains when to introduce their baby to solid foods and why getting the timing right is so important.



2. What to feed your young child:

Video, for mothers and caregivers, shows the range of foods that will provide the best nutrition for their baby's growing needs.



3. Feeding your baby from 6 to 12 months:

Video, for mothers and caregivers, shows how to feed their young child from age 6 to 12 months of age. The age when children grow very fast with increasing needs for energy and nutrients.



4. Feeding your child from 1 to 2 years:

Video, for mothers and caregivers, illustrates how to feed their child after she or he is one year old and is learning to eat on her or his own.



5. How to keep your child's first foods safe:

Video, for mothers and caregivers, shows ways to keep food and water safe to protect their child.



6. How to feed your young child with care:

Video, for mothers and caregivers, shows how to feed their young child with an interactive feeding approach.

Videos on Breastfeeding for Working Mothers



7. Feeding your child during and after illness:

Video, for mothers and caregivers, demonstrates how best to feed their sick child during and after illness.



1. Breastfeeding for working mothers:

Video, for frontline workers, demonstrates how to express breastmilk and keep it safe, and how to teach a family member or helper to cup feed the baby, when a mother returns to work.



2. Breastfeeding when you go back to work:

Video, for mothers, demonstrates how she can express her breastmilk and keep it safe, and how she can teach a family member or helper to cup feed her baby, when she returns to work.

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VIDEO SERIES ON COMPLEMENTARY FEEDING

Videos for Frontline Workers



1. When to start solid foods:

Video shows when to introduce a baby to solid foods and why getting the timing right is so important.



2. How to prepare first meals:

Video illustrates how to prepare solid foods for the baby from 6 months onwards.



3. What to feed young children

Video presents the range of foods that provide the best nutrition for a healthy growing young child.



4. How much and how often to feed the young child:

Video explains how often and how much to feed a child through the first two years of life.



5. How to keep first foods safe:

Video presents ways for caregivers to keep food and water safe to protect their young children.



6. How to feed the young child with care:

Video illustrates how to feed a young child with an interactive feeding approach.



7. Feeding the child during and after illness:

Video shows how best to feed a child during and after an illness.



8. The nutrition counselling visit:

Video shows how to assess and guide a caregiver during a nutrition counselling visit. It demonstrates the process of assessing, analysing and suggesting actions to support caregivers.

For information and to access our videos, visit:
www.unicef.org/nutrition or
<https://globalhealthmedia.org>

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