



Guide to Maternal, Infant and Young Child Nutrition and Family Planning Integration

For a healthy outcome of the pregnancy counsel or provide the following:

Antenatal Care

General Health Care

- Encourage early initiation of ANC- (before 14 weeks) and at least 4 ANC visits for complete care
- Encourage Iron/folate supplementation and compliance for 180 days
- Provide IPTp, TT as indicated in National Guidelines
- Discuss preparation of individual birth plan
- Discuss danger signs during pregnancy
- Monitor vital signs and weight gain
- Provide PMTCT services according to national guidelines

Maternal Nutrition

- Encourage client to eat a variety of locally available foods from all food groups, including intake of Iron & Vitamin A rich foods like beans, meat, green leafy vegetables, eggs, tomatoes, pumpkins, pawpaw
- Encourage client to increase frequency of meals during pregnancy

Breastfeeding

- Discuss importance of immediate and exclusive breastfeeding (no water, other liquids, food) for the infant for the first 6 months
- Explain that optimal breastfeeding practices can improve breast milk production
- Explain that her body can produce enough breast milk for the baby and that breast milk alone is enough for the baby for the first 6 months
- Discuss benefits of breastfeeding including improved child growth and survival, protection from disease, and bonding between mother and baby.

Family Planning

- Encourage client to wait at least 2 years after delivery before the next pregnancy. Explain benefits of family planning.
- Discuss Lactational Amenorrhea Method (LAM) method of family planning, which requires that ALL 3 conditions are met:
 - o Feed your baby ONLY breast milk (no water, liquids or other foods)
 - o Monthly period has not returned
 - o Baby is below 6 months
- Discuss fertility intentions and offer long acting and permanent methods of family planning as indicated. Initiate FP discussion during ANC to allow for immediate BTL or post partum IUCD.

Intrapartum

- Initiate breast feeding within the first one hour after delivery
- Demonstrate optimal breastfeeding practices, including proper positioning and attachment
- Give mother vitamin A supplementation immediately after birth or within 4 weeks AFTER DELIVERY
- Provide contraception as appropriate (especially for PPIUCD and BTL)

Counsel on the following:

- Importance of giving colostrum
- Importance of exclusive breastfeeding (on demand, day and night and NOT feeding any water, liquids, or other foods) for 6 months and continued breastfeeding for 2 years and beyond.
- Increase frequency of breastfeeding when the child is sick, and continue breastfeeding even when mother is sick
- Ensure that the infant removes ALL milk from one breast before switching to the other breast.

Postnatal Care

- Give mother vitamin A supplement immediately after birth or within 4 weeks

Counsel on the following:

- Breastfeed exclusively (on demand day and night, and NOT feeding any water, other liquids or foods) for the first 6 months
- Proper positioning and attachment
- If spending time away from her infant (e.g. at work), she can express breast milk for her baby. This will keep the breast milk flowing and will prevent breast engorgement
- Her body can produce enough breast milk for her baby
- Even when food is scarce, a mother's milk is complete for the baby
- Introduce optimal complementary foods at 6 months and continue to breastfeed for 2 years and beyond.
- Wait at least 2 years before becoming pregnant again. Explain benefits of family planning for her health and health of her children.
- Explain the LAM method of family planning, which requires that ALL 3 conditions are met:
 - o Feed your baby ONLY breast milk (no water, liquids or other foods)
 - o Monthly period has not returned
 - o Baby is below 6 months
- When any of the three criteria are no longer met, she should choose another method of family planning to prevent another pregnancy too soon
- HIV+ mothers should use condoms in addition to LAM or other FP method to prevent HIV transmission
- Breast feeding is the best option for infants born to HIV positive mothers
- If she is not using a family planning method, it is possible for her to become pregnant even if her monthly period has not returned.
- She should discuss with the health provider about the choice of family planning method that she can use during breast feeding
- It is good for her partner to provide support for health visits
- She should join a mother support group in her community, if available
- Postpartum danger signs (she should return to the health facility in case of any problem)
- Importance of practicing good maternal nutrition:
 - o Eat a variety of locally available foods from all food groups
 - o Eat 2 extra meals each day, take extra fluid, and eat fruits and vegetables.
 - o Eat foods rich in vitamin A and iron such as beans, meat, green leafy vegetables, eggs, tomatoes, pumpkins, pawpaw.



“Be compassionate, friendly and respectful to the clients. Remember, clients have their rights”