

Technical updates of the guidelines on Integrated Management of Childhood Illness (IMCI)

Evidence and
recommendations for further
adaptations

IMCI



**World Health
Organization**

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EXCLUSIVE BREASTFEEDING
up to 6 months (180 days)
of age

- Breastfeed as often as the child wants, day and night, at least 8 times in 24 hours.
- Breastfeed when the child shows signs of hunger: beginning to fuss, sucking fingers, or moving the lips.
- Do not give other foods or fluids.
- Only if the child is older than 4 months, and appears hungry after breastfeeding, and is not gaining weight adequately, add complementary foods (listed under 6 months up to 23 months). Give 1 or 2 tablespoons of these foods 1 or 2 times per day after breastfeeding.

COMPLEMENTARY FEEDING
6 months up to 23 months

- Breastfeed as often as the child wants.
- Give adequate servings of complementary foods: 3 times per day if breastfed, with 1-2 nutritious snacks, as desired, from 9 to 23 months.
- Give foods 5 times per day if not breastfed with 1 or 2 cups of milk.
- Give small chewable items to eat with fingers. Let the child try to feed itself, but provide help.

**MANAGEMENT OF SEVERE
MALNUTRITION WHERE
REFERRAL IS NOT POSSIBLE**

- Where a child is classified as having severe malnutrition and referral is not possible, the IMCI guidelines should be adapted to include management at first-level facilities.

HIV AND INFANT FEEDING

- In areas where HIV is a public health problem all women should be encouraged to receive HIV testing and counselling.
- If a mother is HIV-infected and replacement feeding is acceptable, feasible, affordable, sustainable and safe for her and her infant, avoidance of all breastfeeding is recommended. Otherwise, exclusive breastfeeding is recommended during the first months of life.
- The child of an HIV-infected mother who is not being breastfed should receive complementary foods as recommended above.

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