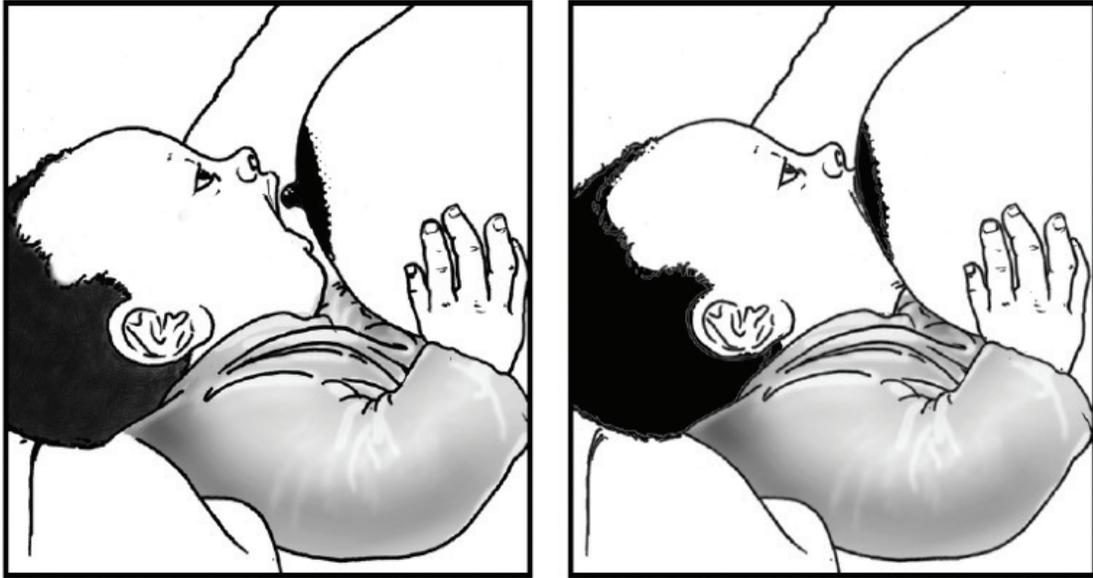


iii COUNSELLING CARDS

1. Attachment



Positions





2. Effective Suckling



3. Frequency of breastfeeds



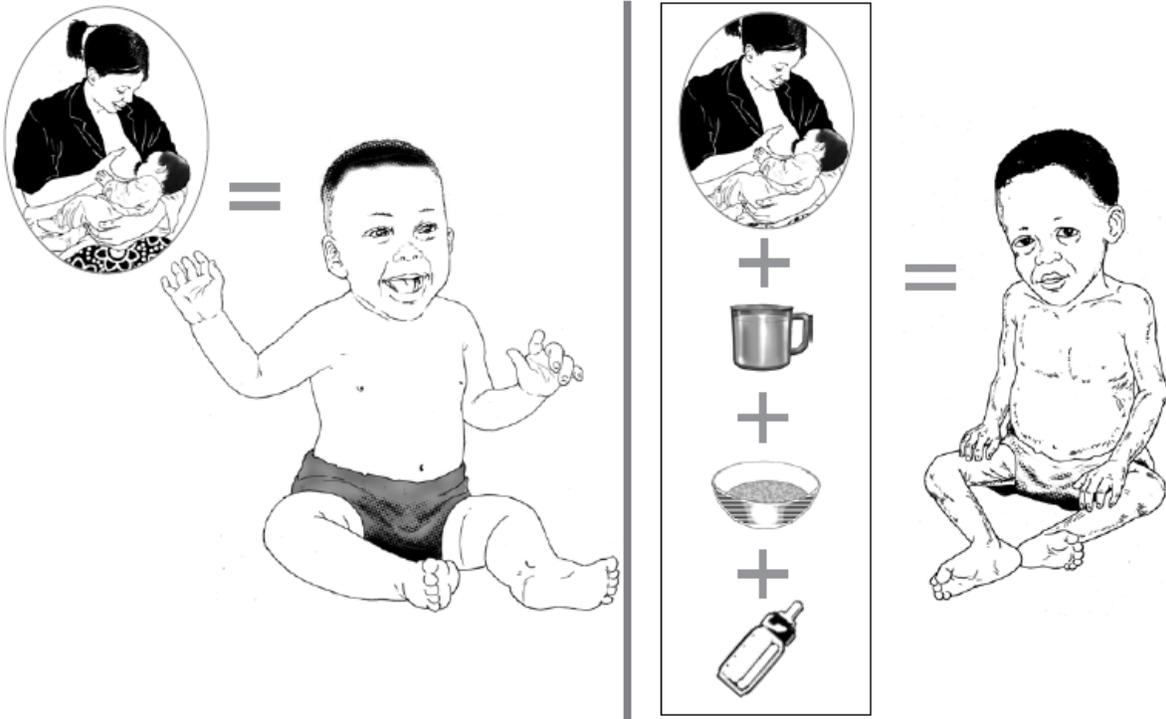
4. Exclusive breastfeeding

Breast milk only for the first 6 months



Exclusive breastfeeding

During the first 6 months



7. Breast Engorgement



8. Sore or Cracked Nipples



9. Plugged Ducts and Mastitis



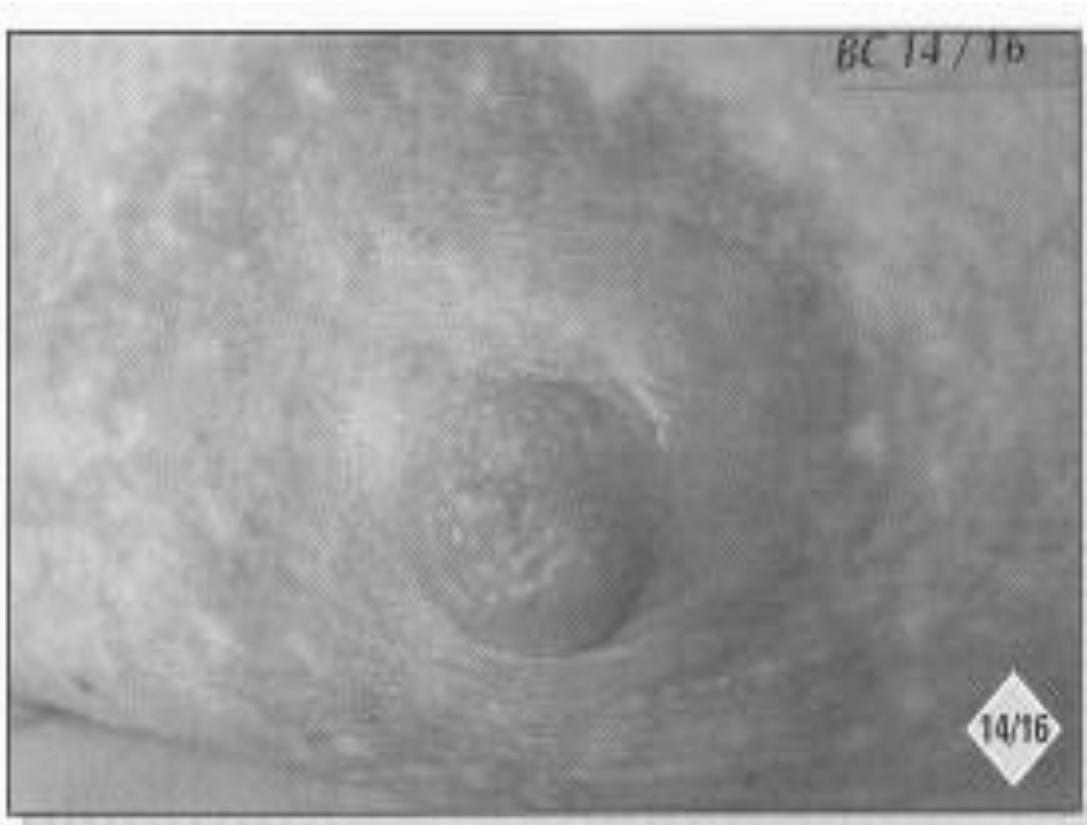
10. Flat, inverted, large or long nipples



11. Thrush: Infant



12. Maternal Nipple Thrush



13. Low Weight Infant



Cross-arm/cross-cradle

Low Birth Weight



Under-arm

15. Keeping Low Weight Infant Warm at Home

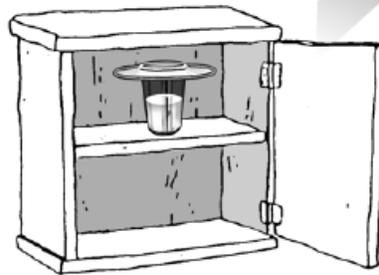


Kangaroo Mother Care

16. Mother away from Infant



17. Breast milk expression, cup feeding and storage of breastmilk



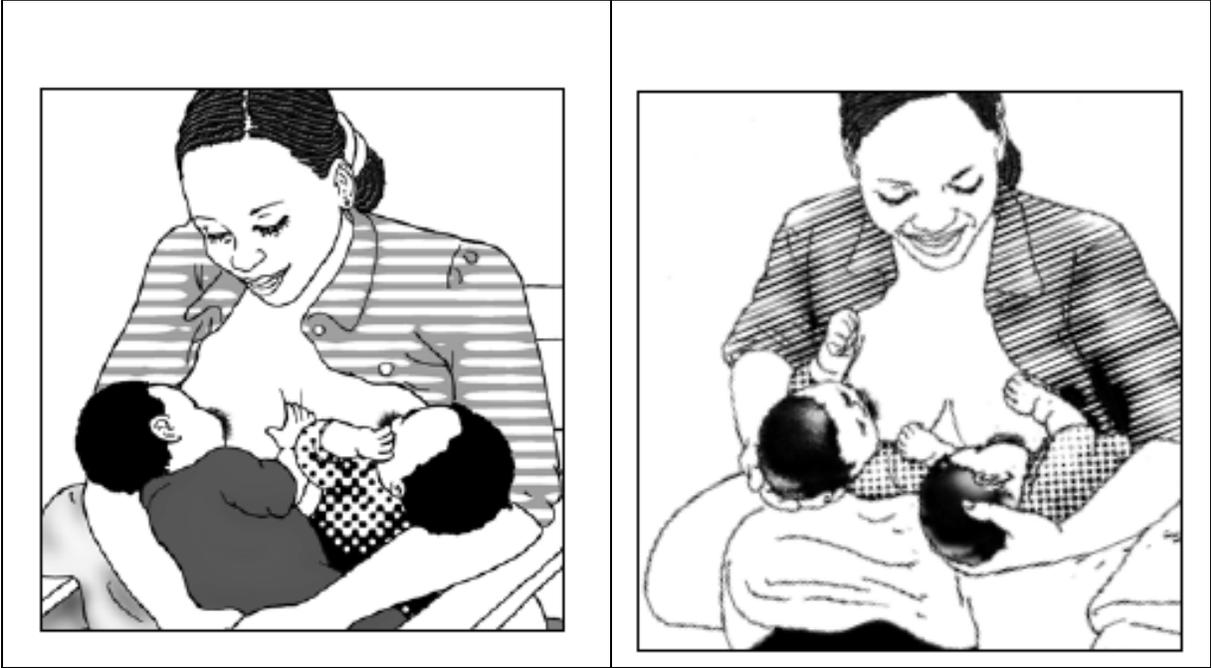
Cup feeding



19. Mother expresses concerns about her diet



20. Twin Delivery





Group Support (or organised support)



Family Support



Partner Support



Community Support



Community Support

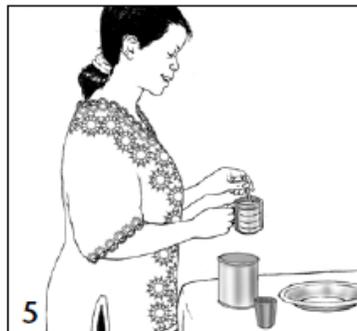
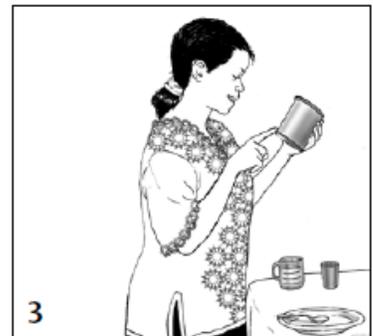
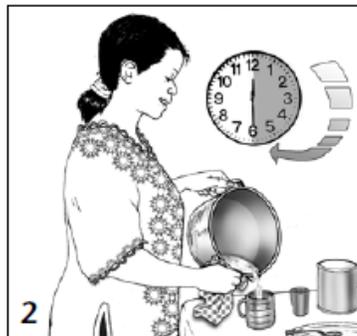


Community Support



Non-breastfeeding Counselling and Support

Only Infant Formula



Credits for Images

The images come from the following:

- WHO/UNICEF *Infant and Young Child Feeding Counselling: an Integrated Course* (The source for redrawn B&W images is work submitted for the revision to the 'Integrated Course').
- Laid-Back Breastfeeding or Biological Nurturing: La Leche League International.
- The 'breast problem' images and 'cup-feeding' image came originally from the WHO/UNICEF *Breastfeeding Counselling: a Training Course*, but were used also in the 'Integrated Course' and in the UNICEF *Community IYCF Counselling Package*.
- The 'grey-scale' images (more African in appearance) come from the *UNICEF Community IYCF Counselling Package*.
- Oral thrush image: *Infant and Young Child Feeding: a Community-Focused Approach*. CARE & URC/CHS. 2007.
- Supplementary suckling image: *Infant and young child feeding: model chapter for textbooks for medical students and allied health professionals*. World Health Organization, 2009.
- Photo: Measuring length of infant U6m: *Competency Based Training*, Module I, IYCF, Adolescent/Woman Nutrition, and Growth Monitoring and Promotion. UNICEF Bangladesh, 2016.