Contents

Acknowledgements	vi
Guiding principles for feeding infants and young children	-17
during emergencies	vii
Foreword	X
Introduction	1
Breastfeeding	5
Principle 1	7
Principle 2	8
Factors affecting successful breastfeeding	8
Attitude	9
Technique	9
Confidence	9
Frequency	9
Other breast-milk feeding options	11
Relactation	11
Wet-nursing	11
Breast-milk substitutes	13
Principle 3	15
Complementary feeding	19
Principle 4	21
Foods for older infants and young children	21
Special problems	22
Adjusting to change	22
Inexperienced caregivers	22
Factors related to children	23
Feeding frequency	23
Child/caregiver interaction	23
Principle 5	24
General food aid	25
Using general food aid commodities to feed older infants	
and young children	25

Possible inadequacies in general food aid commodities	26
Blended foods	27
Distribution of special commodities	28
Supplementary food distribution	28
Food from other sources	29
Household food production	29
Purchase and barter	29
Natural food collection	30
Safe food, safe feeding	30
Caring for caregivers	33
Principle 6	35
All caregivers	35
Households with only one adult	35
Meeting women's special needs	36
Rape prevention and response	37
Other trauma	37
Protecting children	
Principle 7	41
The prenatal and postpartum periods	41
Illness	41
The physical environment	42
Malnutrition	43
Principle 8	45
The acute phase of emergencies	47
Principle 9	49
Suggestions for early interventions	49
Assessment, intervention and monitoring	51
Principle 10	53
Initial assessment and preparation for action	53
Practical considerations	54
Information	54
Resources	54
Communication	54
Support networks	55
Special programmes	55
Community-based action	55
Monitoring	55
Conclusion	57

Annexes		
Annex 1.	Recommended reading	59
Annex 2.	Practical steps to ensure appropriate infant and young child	
	feeding in emergencies	62
Annex 3.	Feeding in exceptionally difficult circumstances	65
Annex 4.	WHO Technical Consultation on Behalf of the UNFPA/	
	UNICEF/WHO/UNAIDS Inter-Agency Task Team	
	on Mother-to-Child Transmission of HIV	68
Annex 5.	Ten steps to successful breastfeeding	72
Annex 6.	Article 9 (labelling) from the International Code of	
	Marketing of Breast-milk Substitutes	73
Annex 7.	Examples of rations for general food distribution providing	
	2100 kcal per person per day	75
Annex 8.	Policy of the UNHCR related to the acceptance, distribution	
	and use of milk products in feeding programmes in	
	refugee settings	76
Annex 9.	Guiding principles for complementary feeding of the	
	breastfed child	78
Annex 10	Framework for implementing selective feeding programmes	81
Annex 11	Determining initial assessment priorities at an emergency	
	site	82
Annex 12	. Core indicators for assessing infant feeding practices	84