### Key Phrases for Feeding Assessments and Support

<table>
<thead>
<tr>
<th>English</th>
<th>Arabic</th>
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</thead>
<tbody>
<tr>
<td>How old is your baby?</td>
<td>كم عمر طفلك؟</td>
</tr>
<tr>
<td>0-2 months</td>
<td>0-2 شهراً</td>
</tr>
<tr>
<td>2-4 months</td>
<td>2-4 شهراً</td>
</tr>
<tr>
<td>4-6 months</td>
<td>4-6 شهراً</td>
</tr>
<tr>
<td>6-9 months</td>
<td>6-9 شهراً</td>
</tr>
<tr>
<td>9-12 months</td>
<td>9-12 شهراً</td>
</tr>
<tr>
<td>&gt;12 months</td>
<td>أكثر من 12 شهراً</td>
</tr>
</tbody>
</table>

#### How was your baby fed last week?

- Only breast milk
- Breast milk and infant formula
- Only infant formula

#### How was your baby fed yesterday?

- Breastfeeding will protect your baby against infections.

#### If you are breastfeeding, do not stop. Continue to do so until your child is at least 2 years of age. This is the most reliable, cheapest and safest way of feeding your child. Breastfeeding will protect your baby against infections.

#### If you recently stopped breastfeeding, you can restart. This is by far the safest option for your baby. Frequent suckling at the breast, day and night, will help to stimulate breastmilk production. Offer the breast before offering any other food or liquid.

#### Do not give breastfed babies less than 6 months any extra water, juices, teas or foods.

#### Exclusive breastfeeding offers the best nutrition for small babies. Breastmilk contains ingredients that protect your baby from infection. Giving other foods/fluids will reduce your milk supply and increase the chances of infection, especially in this situation.

#### If you are both breastfeeding and using infant formula or other milks, it is safer to only breastfeed. Breastfeed before feeding formula in order to stimulate breastmilk production. You can gradually replace each formula feed with a breastfeed. This may take a few days.

#### Formula feeding your baby is dangerous in the current situation. This is why we do not want to give infant formula to breastfeeding women.

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#### Key Phrases for Feeding Assessments and Support

- If you are breastfeeding, do not stop. Continue to do so until your child is at least 2 years of age. This is the most reliable, cheapest and safest way of feeding your child. Breastfeeding will protect your baby against infections.

- Breastfeeding is the reliable, cheapest and safest way of feeding your child.

- Frequent suckling at the breast, day and night, will help to stimulate breastmilk production.

- Giving other foods/fluids will reduce your milk supply and increase the chances of infection, especially in this situation.

- If you are both breastfeeding and using infant formula or other milks, it is safer to only breastfeed. Breastfeed before feeding formula in order to stimulate breastmilk production. You can gradually replace each formula feed with a breastfeed. This may take a few days.
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<tr>
<td>Do not start to use infant formula if you have never used it. It is very difficult to prepare in your situation, we cannot provide you with all the supplies you will need, and it is expensive. Feeding your baby formula makes them more likely to get sick with diarrhea and chest infections which are serious illnesses for babies.</td>
<td>لا تبدئ بالاستخدام بدائل حليب الأم مثل حليب الأطفال الصناعي إذا لم يسبق لك استخدامها. فمن الصعب جدا أن تأتي متطلبات ذلك في الوضع الحالي، لا يمكننا أن نقدم لك جميع المستلزمات التي سوف تحتاج إليها كما أنها مكلفة. أعطاء طفلك حليب أطفال صناعي يجعله أكثر عرضة للاصابة بالإسهال والالتهابات الصدر وهي أمراض خطيرة على الأطفال الرضع.</td>
</tr>
<tr>
<td>Stress does not reduce your breastmilk supply but it can slow the release of milk and this can make babies fussy and upset. Thinking about your love and hope for your baby will help the milk to flow. If available, being in a private place can help you relax. If your baby is over 6 months of age, continue to breastfeed as often as for as long as possible (2+ years) in addition to adding other foods. Try to offer the breast before other foods.</td>
<td>التوتر لا يقلل من كمية حليب الثدي لكنه يمكن أن يتسبب سوء الأداء عن الحليب وهذا الأمر قد يجعل الطفل سريعاً الإجهاد والانزعاج الكبير في حنك الطفل والتحلي بالأمل سيساعد الحليب على التدفق. إذا توفر مكان خاص أو منزلي حولي الأطعمة، فهذا سيساعد على الاسترخاء إذا كان عمر طفلك أكثر من 6 أشهر، استمري في الحليب الطبيعية بقدر المستطاع والأطول فترة ممكنة (2+ سنوات) بالإضافة إلى تقديم أطعمة أخرى. حاولي تقديم الثدي للطفل قبل تقديم الأطعمة الأخرى</td>
</tr>
<tr>
<td>wash hands</td>
<td>أغسلي يديك</td>
</tr>
<tr>
<td>ensure bottle and teat are thoroughly washed</td>
<td>تأكد من غسل الزجاجة وعدم طهيتها جيدًا</td>
</tr>
<tr>
<td>measure water accurately</td>
<td>تأكد من قياس الماء بدقة</td>
</tr>
<tr>
<td>measure powder accurately</td>
<td>تأكد من قياس مسحوق حليب الأطفال بدقة</td>
</tr>
<tr>
<td>Discard unused formula</td>
<td>فقمي بتبليط حليب الأطفال الغير مستعمل</td>
</tr>
<tr>
<td>Powder that is mixed with cool potable water must be consumed immediately.</td>
<td>يجب أن تستهلك مسحوق حليب الأطفال الممزوج مع الماء البارد والصالحة للشرب على الفور.</td>
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