A mother feeding her baby water: preventing illness in children in Uganda. Colour lithograph by Ministry of Health, 2002.

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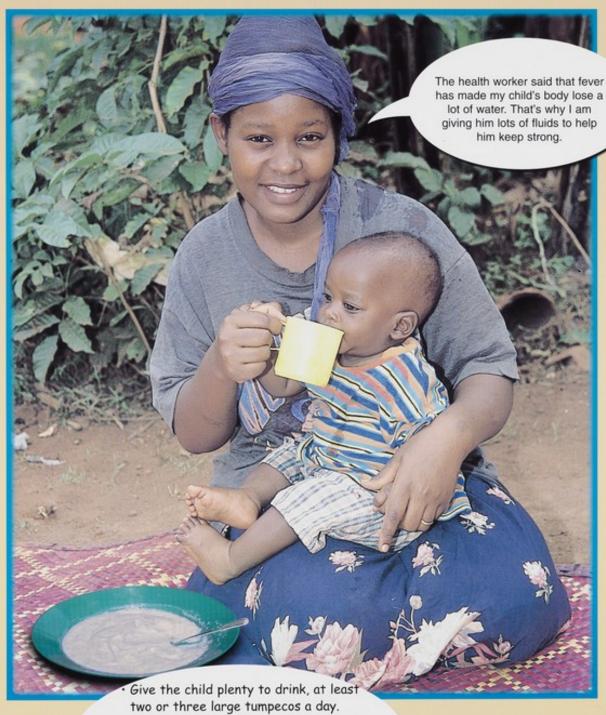
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TIPS ON FEEDING A SICK CHILD.

Healthy Henry says, when your child is sick do the following to help her or him get well fast:



- · Give plenty of fluids.
- Encourage him or her to eat plenty of food.
- Continue to breast feed.





 Encourage them to eat by making their favourite foods.

 Add one extra meal a day for at least a week after the child is better to build up their strength.

