Information for frontier workers.indd   1
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THINGS TO REMEMBER

- On completion of 6 months, breastfeeding should be continued or demanding with complementary feeding.
- When feeding a baby between 6 and 12 months, breastmilk should be given first before giving other foods.
- Breastfeeding continues to be an important part of the diet until the baby is at least 2 years.
- Avoid giving a baby tea, coffee, soda, and sugary or sugary drinks.
- Always keep the baby using a clean open cup.
- Children should be taken to the Anganwadi Centre or health centre for regular weighing, check-ups, immunisation, and ensure A Supplementation.
- During illness, children need small frequent meals and more fluids, including breastmilk or other liquids. Offer variety of food that is soft, small, and encourage them to eat.
- After illness children should be fed more food and more often than usual for at least 2 weeks.

WHEN YOUR BABY FIRST STARTS TO EAT

- Solid foods to the child at 6 months. On completion of 6 months give your baby 2-3 portions of soft food three times each day. Choose foods that are soft, small, and of varied texture. Include a variety of food to satisfy nutritional, thickness and variety of food.

SAFE PREPARATION AND STORAGE

- Wash hands with soap before preparing food, and after feeding the baby.
- The baby's hands should be washed also.
- Caregivers should wash hands with soap after cleaning babies and after using the toilet.
- Offer food to a child in clean bowls and cups.
- Babies gradually learn to feed themselves. An adult or an elder child should encourage the baby to eat enough food and ensure that the food remains clean.

FEED MORE AS THE BABY GROWS

- Type of food:
  - Soft porridge
  - Mixed food
- Washed food
- Peels, vegetables, fruits and other foods that the baby can pick up with their fingers.
- Family foods, chopped or mashed.

- How much:
  - 2 to 3 tablespoons at each meal
  - At least half (1/2 cup) at each meal
  - Three-quarters (3/4 cup) at each meal

- From 9 to 12 months
  - 1 cup = 200 ml

- From 13 to 24 months
  - 1/2 cup = 125 ml
  - 3/4 cup = 187 ml
  - 1 cup = 250 ml

Baby needs a variety of foods:
- Enrich the baby's porridge with mashed fruits, vitamins, minerals, and vegetables and start some new foods as early as possible.

Tour of the rainbow:
- 1
- 2
- 3
- 4
- 5

Good thickness

Be thin X

 Continued breastfeeding is for at least two years.