

# EARLY AND EXCLUSIVE BREASTFEEDING FOR FIRST 6 MONTHS

Up to 6 months, exclusively breastfeed the child.  
Do not give even a drop of water.



## MOTHER'S MILK IS COMPLETE FOOD

- ✓ Initiate breastfeeding within one hour of birth.
- ✓ Feed mother's first milk (colostrum) to the child. It boosts immunity.
- ✓ Breastmilk has sufficient amount of energy, protein fat and other micro-nutrients required for optimum growth of the child.

Breastfeed the child  
whenever s/he  
wants – day and night.



**EXCLUSIVE BREASTFEEDING FOR  
FIRST 6 MONTHS IS CRITICAL FOR  
A HEALTHY CHILD.**



## BENEFITS OF BREASTFEEDING

| For the child               | For mother  |
|-----------------------------|---|
| Maintains body temperature  | Protects mother's health                              |
| Provides enough Vitamin A   | May act as a contraceptive and helps in birth spacing |
| Protects from many diseases | Fosters a loving bond                                 |
| Works as a tonic for brain  | Available free of cost                                |

For more information, contact Self Help Group member of your area.

# COMPLEMENTARY FEEDING FOR 6-24 MONTHS OLD CHILDREN

Initiate complementary feeding after completion of 6 months. Continue breastfeeding upto 2 years and beyond.

## HOW MUCH COMPLEMENTARY FOOD TO GIVE?

Quantity of complementary food should correspond to nutritional requirements of a growing child.

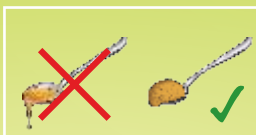
| 6-8 months   | 9-11 months   | 12-24 months   |
|--|---|--|
| Twice a day<br> | Thrice a day<br> | Thrice a day<br> |
| Half quantity of a full katori (250 ml)  | Half quantity of a full katori (250 ml)   | Full katori (250 ml)   |

## HOW TO FEED THE CHILD?

While feeding, pay full attention to the child. Feed with utmost love and care.



Involve father to feed the child.



Food should be of semi-solid consistency that does not run out of spoon easily.



Feed with separate katori/spoon to understand the correct quantity. **Always put one spoon full of ghee/oil in the complementary food.**

Include atleast **4** out of **7** food groups in a child's daily diet.

### Cereals, roots and tubers



Wheat, jowar, rice, corn, potato, bajra etc.

### Pulses and legumes



Lentil, bengal gram, rajma, red gram, green gram, soyabean, beans and almonds etc.

### Meat and fish



Mutton, poultry, fish etc.

### Eggs



Poultry and duck eggs

### Vitamin A rich fruits and vegetables



Pumpkin, papaya, mango, watermelon, tomato, carrot, jackfruit etc.

### Milk and milk products



Milk, curd, paneer, ghee, khoya etc.

### Other fruits and vegetables



Cauliflower, chilli, onion, spinach, amla, litchi, grapes, apple etc.