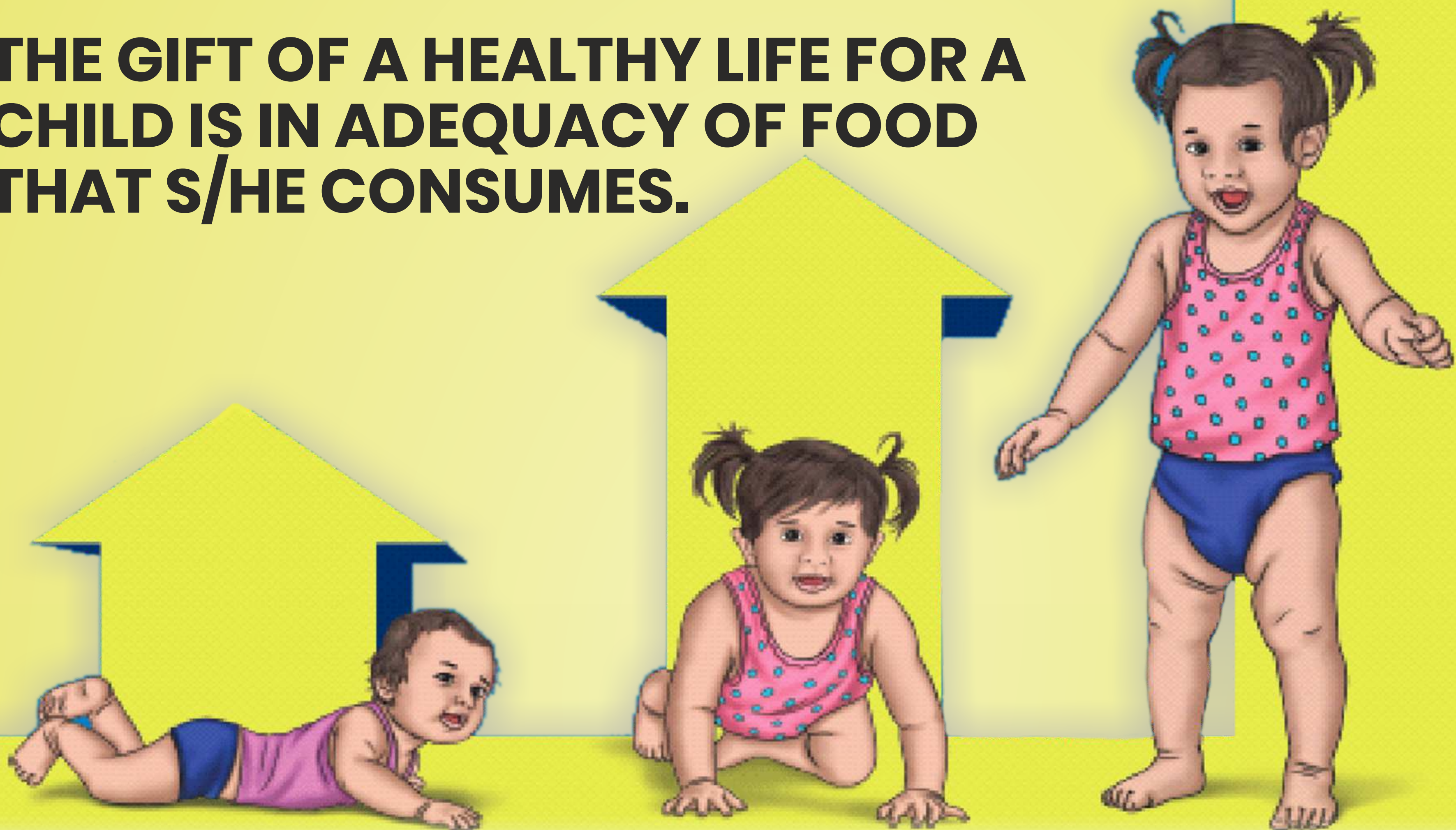





COMPLEMENTARY FEEDING

THE GIFT OF A HEALTHY LIFE FOR A CHILD IS IN ADEQUACY OF FOOD THAT S/HE CONSUMES.



Initiate complementary feeding immediately after six months of age. Continue breastfeeding for two years and beyond.

HOW MUCH COMPLEMENTARY FOOD TO GIVE?

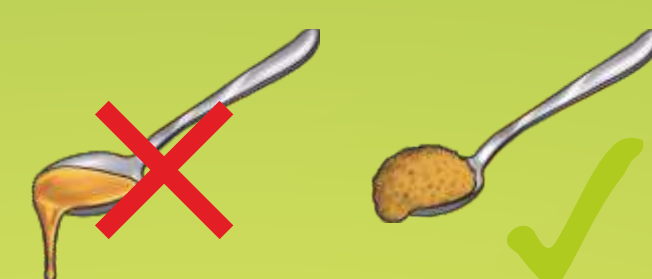
Quantity of complementary food should correspond to nutritional requirements of a growing child		
6-8 months	9-11 months	12-24 months
Twice a day  Half quantity of a full katori (250 ml)	Thrice a day  Half quantity of a full katori (250 ml)	Thrice a day  Full katori (250 ml)

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 the child to understand the correct quantity. **Always put one spoon full of ghee/oil in the complementary food.**

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