

BREASTFEEDING

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

Mother's milk is a complete food.

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



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



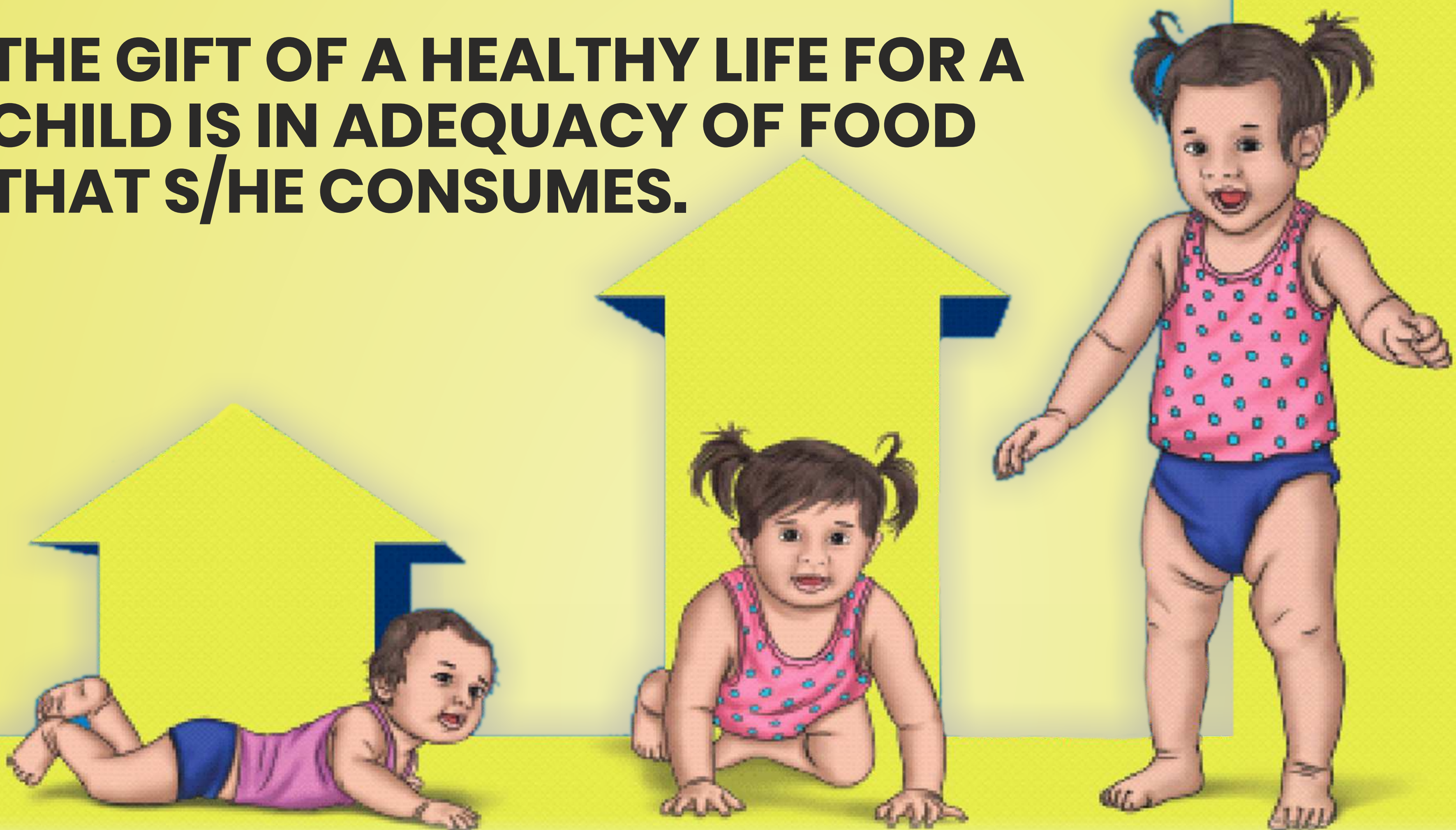
CONTINUE BREASTFEEDING DURING DAY AND NIGHT WHENEVER CHILD DEMANDS, CRIES OR IS HUNGRY.

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






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?

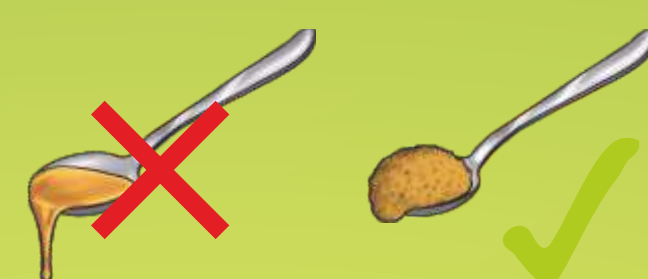
Quantity of complementary food should correspond to nutritional requirements of a growing child		
6-8 months	9-11 months	12-24 months
Twice a day  Half quantity of a full katori (250 ml)	Thrice a day  Half quantity of a full katori (250 ml)	Thrice a day  Full katori (250 ml)

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.

DIET DIVERSITY FOR THE CHILD

FEED DIVERSE COMPLEMENTARY FOOD TO THE CHILD TO MEET HIS/HER GROWING NUTRITIONAL REQUIREMENTS

**Every food group provides different nutritional benefits.
A child's complementary food must include at least
4 out of 7 food groups daily.**

Cereals, roots and tubers



Other fruits and vegetables



Pulses and legumes



Vitamin A rich fruits and vegetables



Meat and fish



Milk and milk products



Egg



Along with complementary feeding, continue breastfeeding upto 2 years and beyond.

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