



## Breastfeeding and Complementary Feeding for Infant and Child

Key points to remember

## 5 Golden Rule for Infant and Young Child Nutrition

1



Breastfeed the new-born with mother's first thick-yellow milk (within 1 hour after birth)

2



Practice exclusive breastfeeding till the child complete 6 months. Do not even give a drop of water.

3



Initiate complementary feeding once the child completes 6 months (180 days). Continue breastfeeding

4



For an optimal physical and cognitive development of the growing child, ensure to add at least 4 different kinds of diverse and nutrient rich food items in their daily diet.

5



Wash your hands with soap:

- ⦿ After using toilet
- ⦿ Before cooking
- ⦿ Before eating or feeding the child

**By following these 5 golden rules, you can ensure a steady physical and cognitive development of your child**

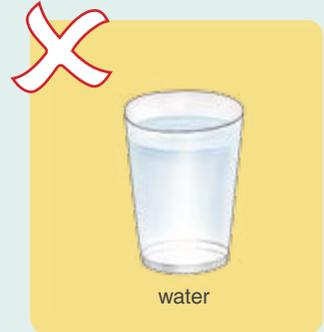
## Within 1 hour after birth



Breastfeed the child with mother's first thick-yellow milk within 1 hour after birth



Do not give honey, jam-ghutti, cow or goat's milk



Do not even give a drop of water

## Benefits of breastfeeding infant within 1 hour after birth

**1** Infant gets colostrum (mother's first milk). This is considered as the 'first immunization' for the child.

**2** Constant physical touch helps infant get constant warmth from the mother.

**3** Prevent excess blood loss post-delivery among mothers.



It is proven that breastfeeding within 1 hour after birth, can decrease the possibility of infant mortality rate by 22%

## Exclusive breastfeeding for the first six months

Breastmilk is the best nutritional feeding for infants. Mothers' milk contains necessary nutrients required for the growing child.



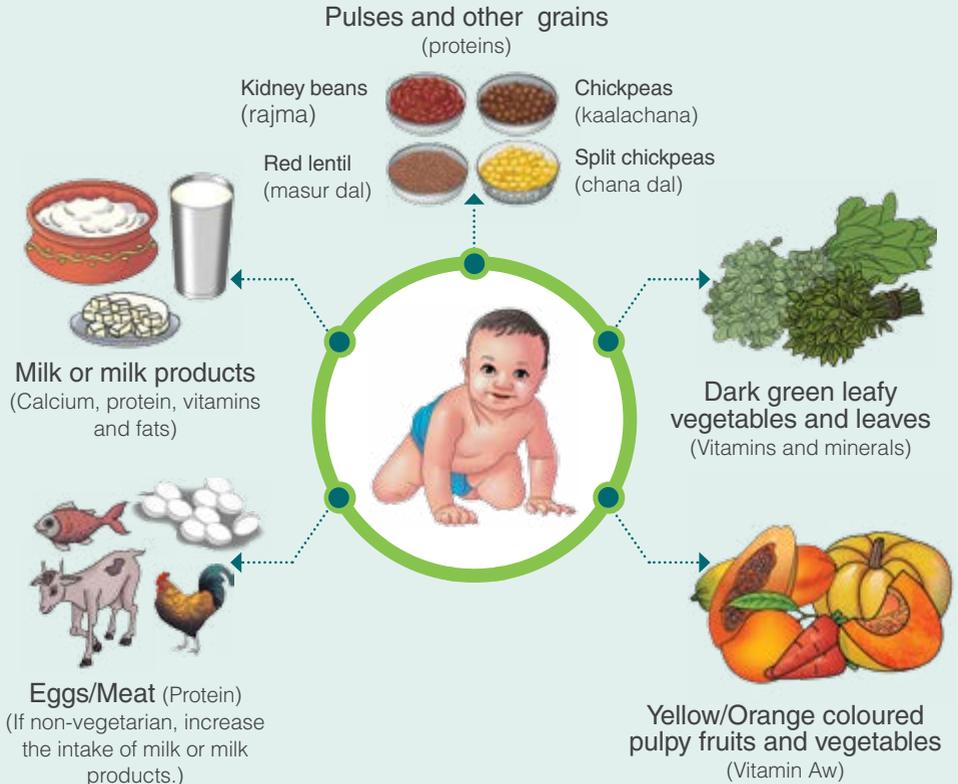
**Mother should breastfeed the child frequently, and whenever he/she wants-day or night.**



**Father and grandmother should encourage and support mother to breastfeed the child.**

# Breastfeeding and Complementary feeding for children between 6–23 months

**Feed at least 4 type of diverse and nutrient rich food items daily.**



**Add a spoon of Ghee/ oil in child's food.**



## Minimum diet quantity and frequency for growing child



6–8 Months



Half a bowl, twice a day  
(1 Bowl= 250 gms)



9–11 Months



Half a bowl, thrice a day  
Give 1–2 times nutritious  
snacks too  
(1 Bowl= 250 gms)



12–23 Months



Full bowl, thrice a day  
Give 1-2 times nutritious  
snacks too  
(1 Bowl= 250 gms)



**Remember:**



- Once the child is 6 months (180 days) old, give homemade, mashed and fresh food items to the child. Don't give liquid food items.
- Pay full concentration while feeding the child.
- Feed the growing child in a separate bowl with a spoon.
- Do not give juice, chocolates, chips, biscuits etc. to the child.
- Continue breastfeeding along with complementary feeding.

## Father and grandmother's responsibilities

### Father

- Help and encourage the mother to breastfeed the child.
- Help the mother with household chores and take part in child rearing activities such as playing or taking care of the child.
- Accompany your wife while she visits a doctor or a community program.
- Ensure availability of pulses, pulpy yellow or orange coloured fruits and vegetables, dark green leafy vegetables, milk and its products daily, for the consumption of the child. Buy egg/meat/fish for child diet, if the family is non-vegetarian.



### Grandmother

- Help and encourage the mother to breastfeed the child.
- Help the mother with household chores like preparing tea or cooking food, playing with child or taking care of the child, buying recommended diverse and nutrient rich food, etc.
- Accompany your daughter-in-law while she visits a doctor or a community program.
- Ensure that mother feeds, properly mashed, homemade and fresh meals to the child.





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