

7 EXCELLENT FEEDING ACTIONS



1

Begin breastfeeding within 1 hour of your baby's birth.

Exclusively breastfeed your baby for the first 6 months. No water.



2



At 6 months, start feeding your baby thick, enriched porridge.

3

Enrich your baby's porridge with milk and eggs.



4



Add minced kale, carrot or other vegetables to your baby's porridge.

5

Father, support your wife by providing eggs, milk and vegetables to enrich your baby's porridge.



6



After 6 months, in addition to breastmilk, make sure your baby finishes 3 meals every day.



Morning



Afternoon



Night

In between meals feed your baby a snack like banana, papaya or other fruit.



7



Complete these actions successfully and earn the Smart and Strong Family Certificate.