

Breastfeeding and Complementary Feeding for Infant and Young Child

Key points to remember



Read the questions carefully and discuss them

- ⦿ Few children between 2–3 months are healthier and don't fall ill too often, why?
- ⦿ Physical growth of few children is comparatively better than other children of their age, why?
- ⦿ What meal must be fed for overall development of a growing child?

Post discussion, inform and encourage everyone to follow the above questions

- ⦿ Now, we will discuss and learn about healthy food habits for our infants and growing children that will facilitate their healthy, beautiful, happy and playful childhood.

Spot the difference



5 Golden Rules for Infant and Young Child Nutrition

Remind the mother about the golden rules for nutrition of infant and young child. Ask her to follow:

1



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

2



- Practice exclusive breastfeeding till the child is 6 months old. Don't even give a drop of water.

3



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

4



- For overall physical and cognitive development of a growing child, add at least 4 different kind of diverse and nutrient rich food items in the child's daily diet.

5



- Wash your hands with soap:
 - After using toilet
 - Before cooking
 - Before eating or feeding

Adoption of 5 **golden rules** can ensure a optimal **physical** and **cognitive development** of a growing child

5 Golden Rules for Infant and Young Child Nutrition

1



- Breastfeed the newborn within 1 hour after birth with mother's first, thick and yellow colour (colostrum) milk.

2



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

3



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

4



- Add at least 4 different kind of of diverse and nutrient rich food in child's daily diet.

5



- Maintain proper hygiene.

You can **ensures** a holistic **physical** and **cognitive development** of your growing child by **following** these 5 golden rules.

Within 1 hour after birth

Ask the mother about breastfeeding the infant within one hour after birth.
Remind her to:

- ⦿ **Breastfeed the child with mother's first milk/colostrum, within 1 hour after birth.**
- ⦿ **Do not give honey, janm-ghutti, cow or goat's milk.**
- ⦿ **Don't even give a drop of water.**

Benefits of breastfeeding within 1 hour after birth

- ⦿ **Infant gets colostrum (mother's first milk). This is considered as the "first immunization" for the child.**
- ⦿ **The physical touch helps infant get constant warmth from the mother.**
- ⦿ **Prevents excess blood loss post-delivery among mothers.**



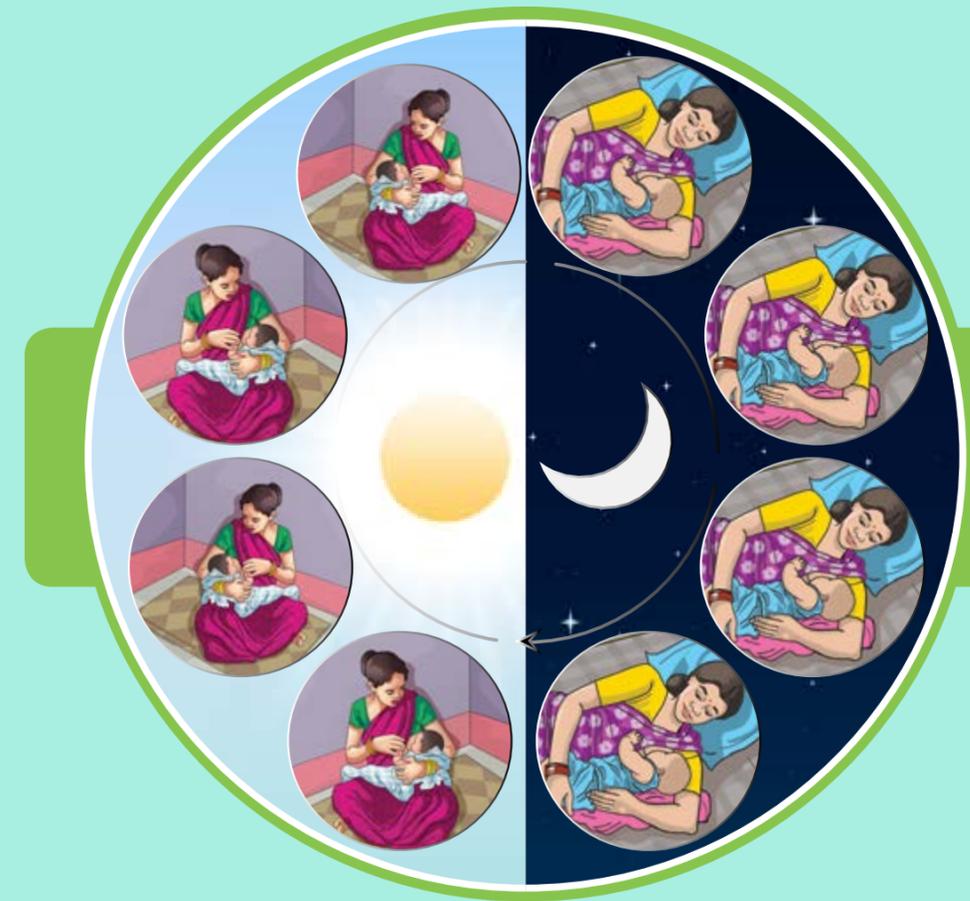
Within 1 hour after birth of child



Exclusive breastfeeding for first six months

Inform mothers that breastfeeding has best nutrition for the infant. Mothers' milk contains necessary nutrients required for the child. Therefore:

- ☉ **Breastfeed the child whenever he/she wants – day or night.**
- ☉ **Father and grandmother should encourage the mother to breastfeed the child.**
- ☉ **Don't even give a drop of water, not even in summer season.**



Exclusive breastfeeding for first six months



Position of mother and child while breastfeeding

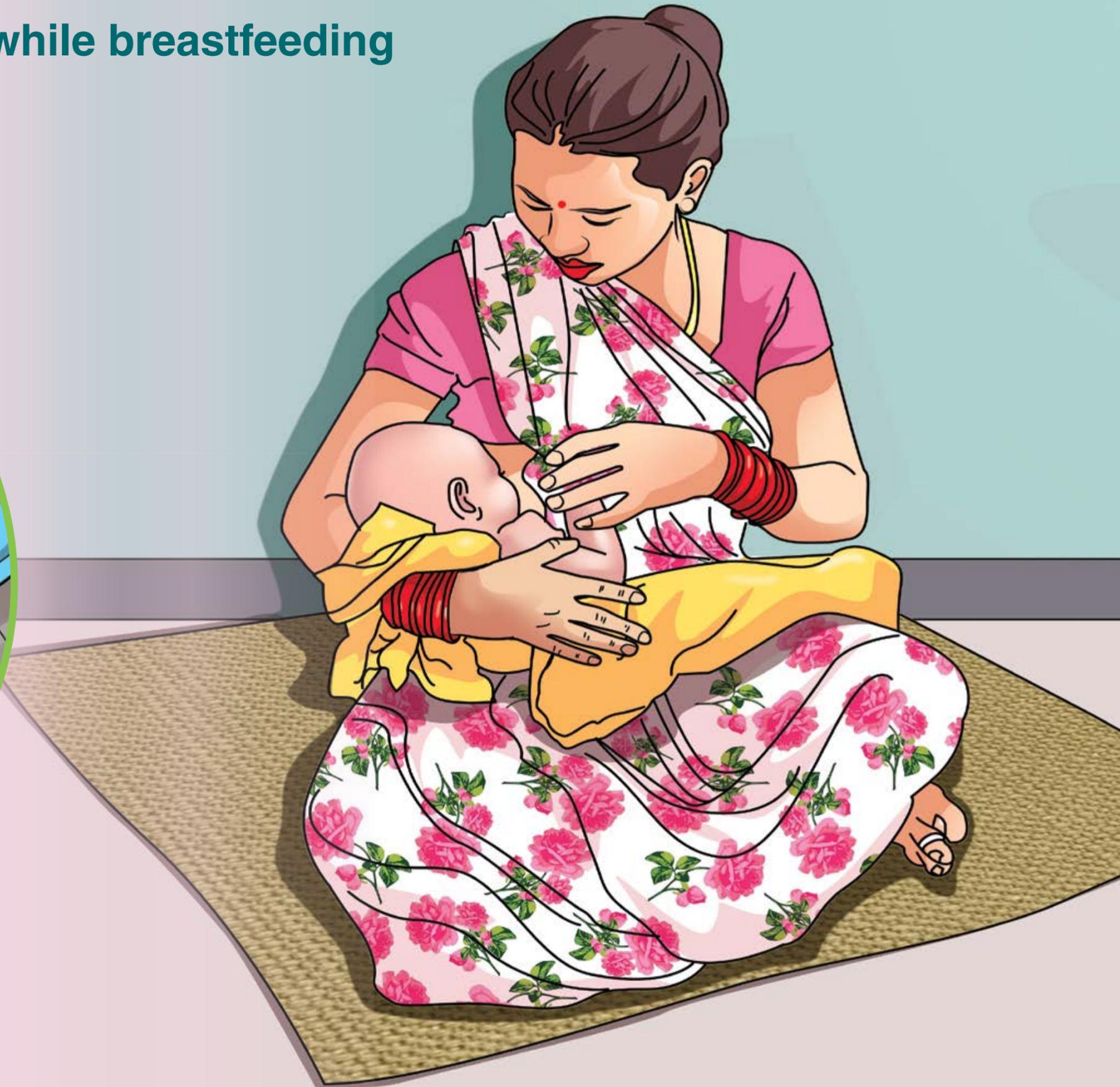
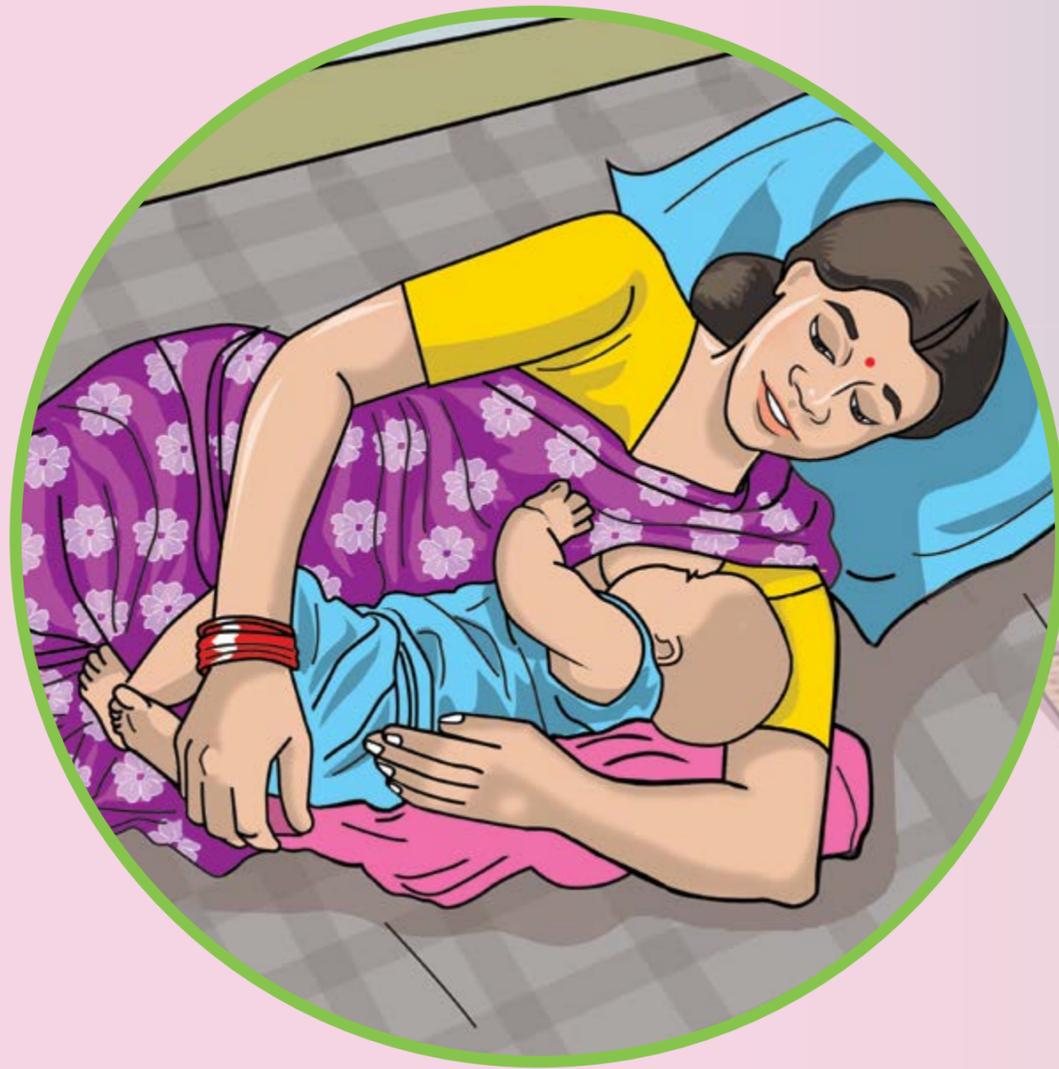
Inform the mother to be in a comfortable position while breastfeeding the child.

Remind her:

- ⦿ She should sit with proper back support and hold the infant's back and support the child.
- ⦿ Infants upper and lower body should face the mother.
- ⦿ While breastfeeding, the infant's lower lip must bend downwards, mouth should be wide open, nose and chin should touch the mother's breast.
- ⦿ Infant's mouth should be inside the areola of the mother's breast. This will help the mother hear the sound of child drinking milk.



Position of the mother and child while breastfeeding



Complementary Feeding

Ask mother about the child's age and inform her about the importance and need of increasing the intake of different food items, both in quantity and frequency. Complementary food for growing children is as follows:

- **6–8 Months**

Half a bowl, twice a day

- **9–11 Months**

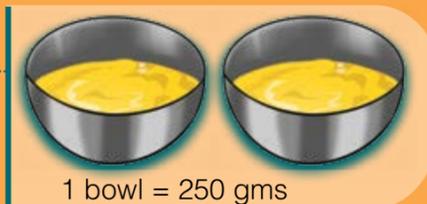
Half a bowl, thrice a day

Give 1–2 times nutritious snacks too

- **12–23 Months**

Full bowl, thrice a day

Give 1–2 times nutritious snacks too



Remind the mother:

- ⦿ **Feed the child in a separate bowl with spoon.**
- ⦿ **Add a spoon of ghee/oil in child's food daily.**
- ⦿ **While feeding, pay full concentration towards the child.**
- ⦿ **Talk to the child while feeding and encourage him/her to chew every bite properly.**
- ⦿ **Feed nutritious snacks such as ripe papaya, mango, curd, boiled egg and fortified food supplied from anganwadi to the child.**
- ⦿ **Mother should continue breastfeeding till the child completes 2 years.**

Complementary Feeding

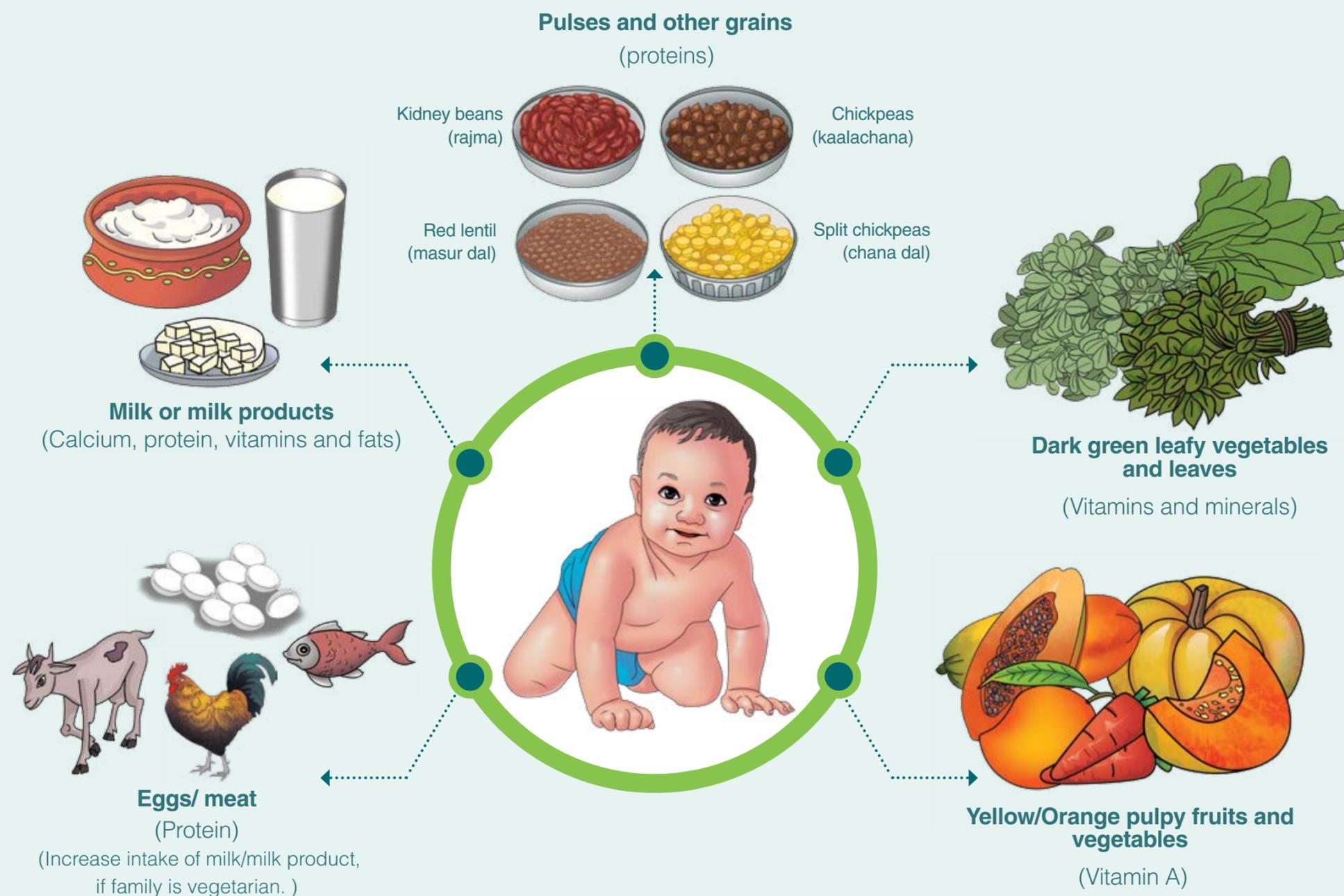


Diet for growing children

Feed at least 4 different types of diverse and nutrient rich food items daily.

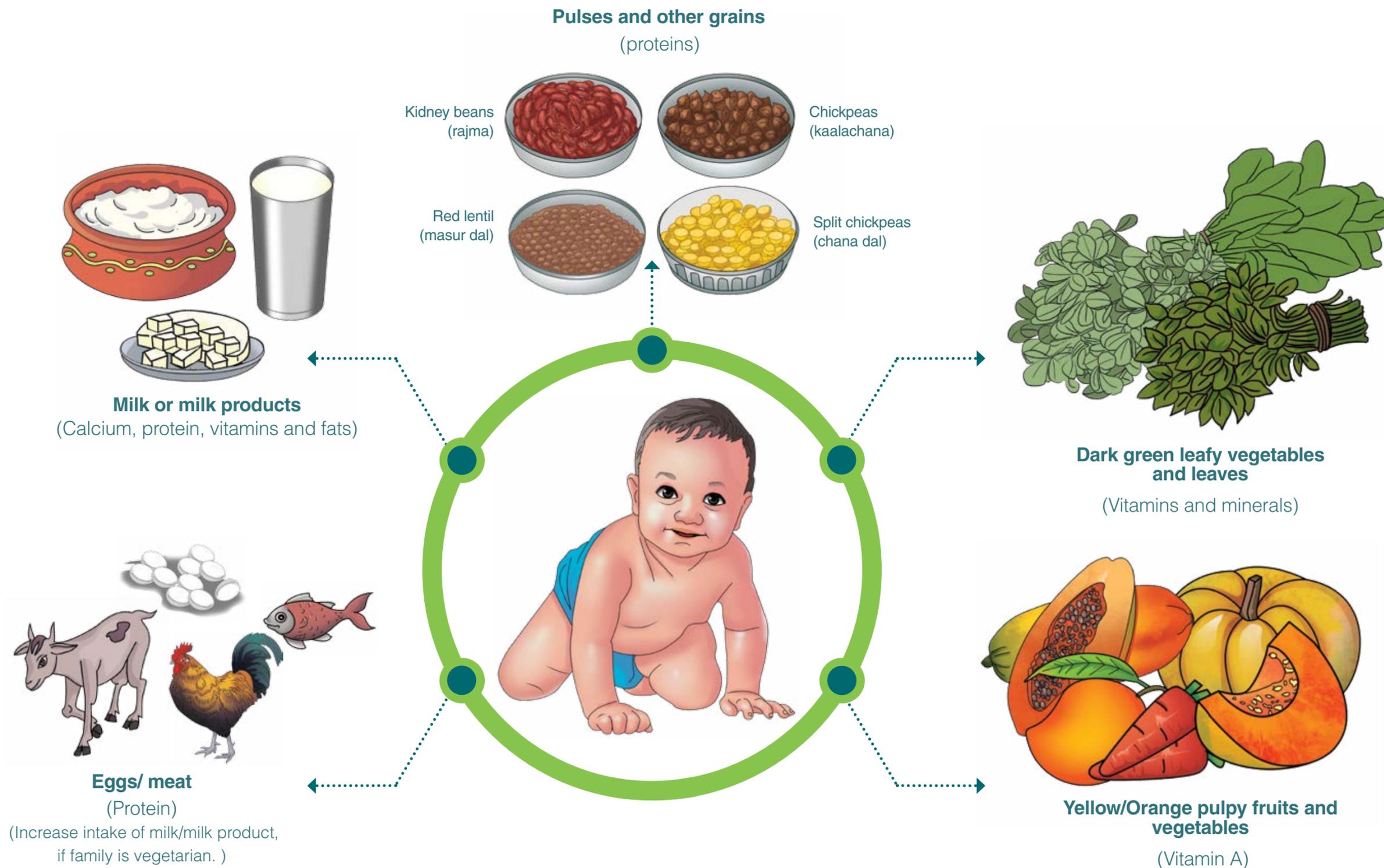
Benefits of including diverse and nutrient rich food items in the daily diet of children:

- Builds physical strength
- Development of brain
- Prevention from illness
- A family is happy when the child is healthy



Diet for growing children

Feed at least 4 different diverse and nutrient rich food items daily.



Complementary Feeding

Ask the mother about complementary food items she is feeding her child. Remind her to:

- ⦿ Start the complementary feeding once the child complete 6 months (180 days).
- ⦿ Include thick pulses, yellow/orange pulpy fruits and vegetables, dark green leafy vegetables, milk or milk products in the child's daily diet. Add eggs/meat/fish in their meals, if the family is non-vegetarian.
- ⦿ Continue breastfeeding till the child is 2 years old.
- ⦿ Ensure frequency and consistency of complementary feeding according to the growing child's need.
- ⦿ Don't give juice, chocolates, chips, biscuits etc. to the child.
- ⦿ Feed the child with properly mashed homemade and fresh food items.
- ⦿ Add a spoon of ghee/oil in child's meal.
- ⦿ Based on child's age, give micronutrient supplement of iron.



Complementary Feeding



Diet for sick child

Ask the mother about her child's health. Also, tell her that if child falls sick:

- ⦿ Continue breastfeeding at frequent times.
- ⦿ Feed the child according to his/her wish.
- ⦿ Feed the child several times in small quantity.
- ⦿ When the child starts recovering from illness, increase their food intake so the child regains his/her weight.
- ⦿ Wash hands with soap before cooking/feeding and after cleaning the feces of the child.



Diet for sick child



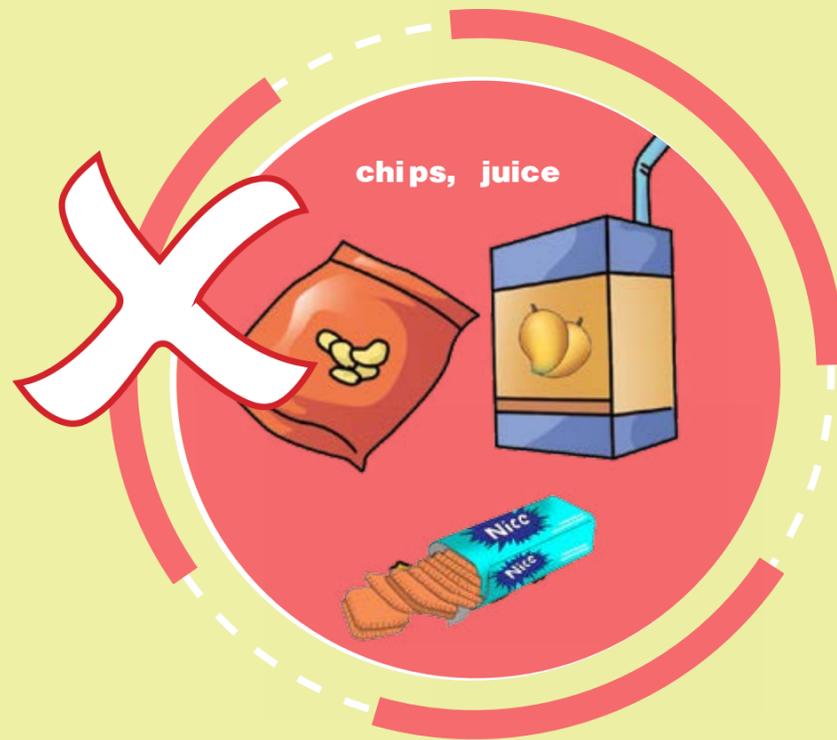
Feeding the child who eats less

Remind the mother when the child eats less

- ⦿ Feed the child only when he/she is hungry.
- ⦿ Change the food items frequently. Don't repeat the same food items in feeding.
- ⦿ Don't give juice, chocolates, chips, biscuits etc. to the child.
- ⦿ Encourage the child to chew each bite.
- ⦿ Feed the child patiently. Don't force to eat.
- ⦿ Prepare meal as per child's wish.



Feeding the child who eats less



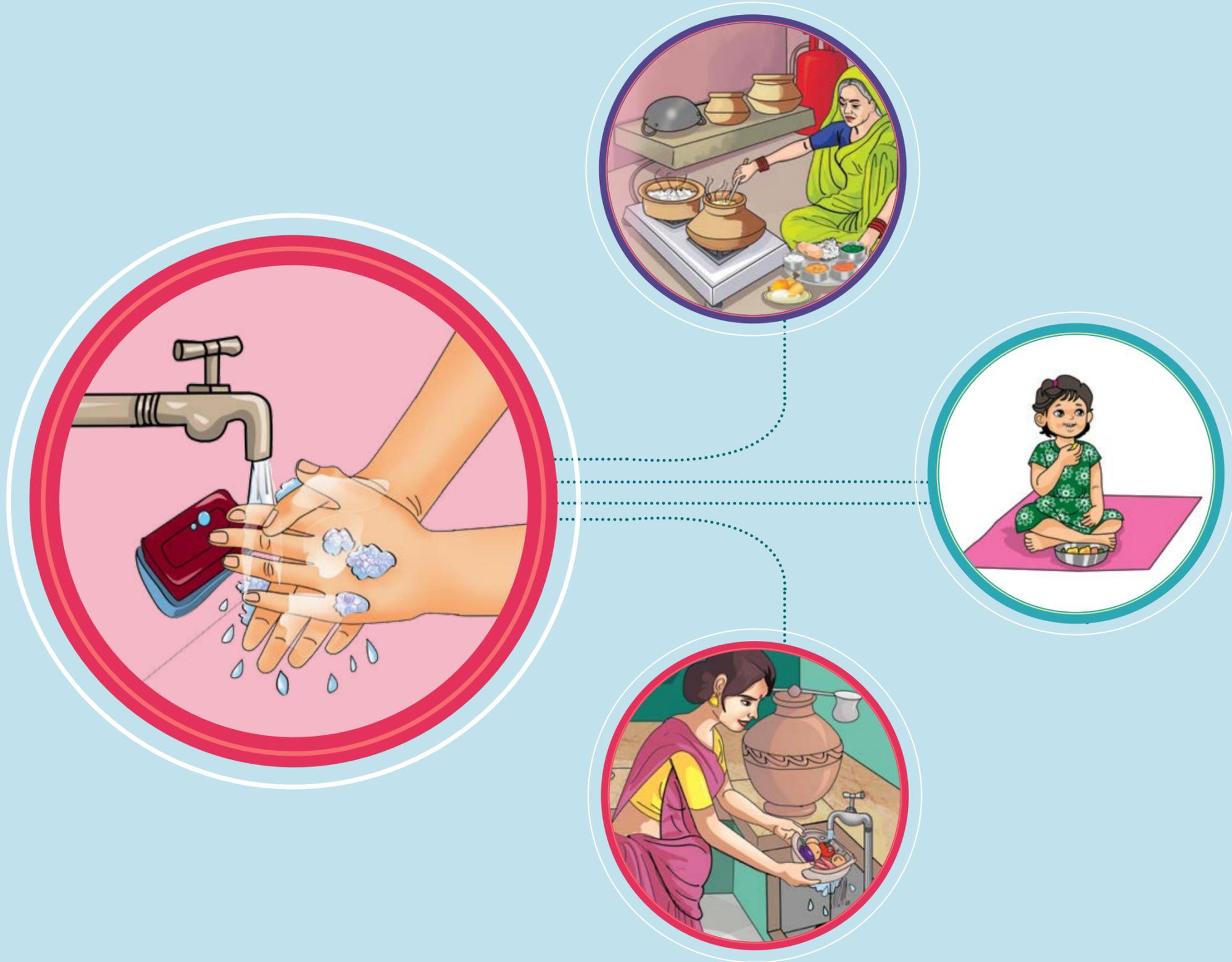
Necessary hygiene practices while feeding a child

Necessary hygiene practices while feeding a child

- ① **Wash hands with soap**
 - Before preparing meals
 - Before feeding
- ② **Ensure cleanliness of food items**
 - Wash fruits and vegetables before consuming.
 - Feed the child in washed and cleaned bowl.
- ③ **Wash your and your child's hands with soap after cleaning feces and using toilet**



Necessary hygiene practices before feeding a child



Father and grandmother's responsibilities

Father

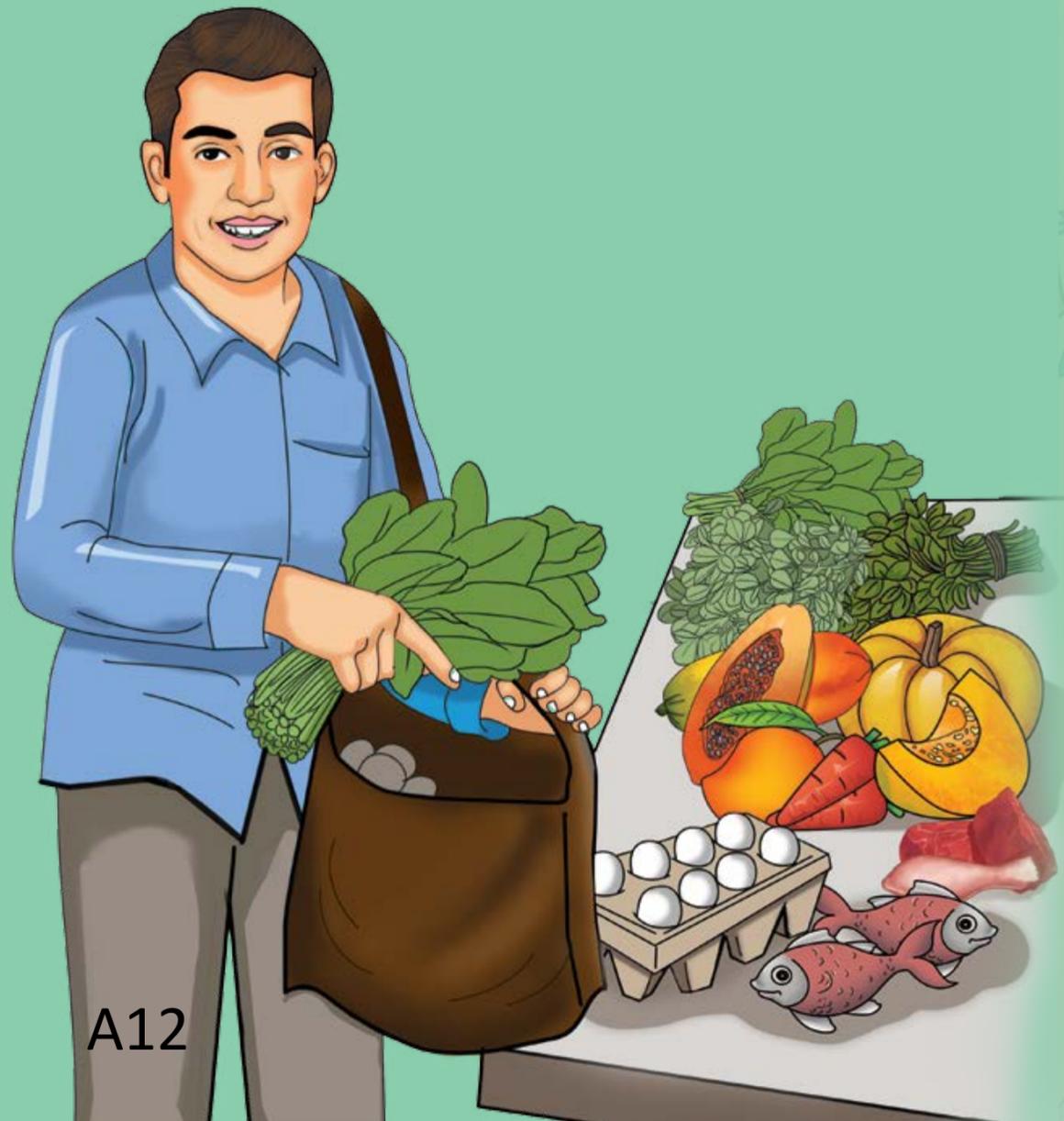
- ⦿ Help and encourage the mother to breastfeed the child.
- ⦿ Help the mother with household chores and take part in child rearing activities such as playing or taking care of the child.
- ⦿ Accompany your wife while she visits a doctor or a community program.
- ⦿ Ensure availability of thick pulses,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

Grandmother

- ⦿ Encourage and help the mother breastfeed the child.
- ⦿ Help the mother with household chores such as preparing tea or cooking, playing and taking care of the child, buying specific nutrient rich food items, 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.



Father and grandmother's responsibilities





Alive & Thrive is funded by the
Bill & Melinda Gates Foundation and
the governments of Canada and
Ireland and managed by FHI 360.