



Infant and Young Child Feeding



At six months (180 days), start giving your child complementary foods. Continue to breastfeed



Sample recipe



2 teaspoons of rice flour + green bean flour and soy bean flour



3/4 bowl of water



2 teaspoons of ground meat/fish/shrimp



2 teaspoons of ground vegetables



1 teaspoon of oil

Snacks



Introduction of complementary foods and feeding a child 6 to 8 months old

Key message:

At six months (180 days), start giving your child complementary foods. Continue to breastfeed.

Messages:

- The time when your baby is 6 to 24 months old is very critical, especially for growth. At 6 months, it is important to start to provide the right semi-solid food to ensure that your child grows properly, puts on weight, and is the right height.
- When preparing and feeding your child semi-solid food, remember to ensure the following:
 - **Frequency:** Feed your baby semi-solid food two to three times a day. In between main meals, you can also give your baby snacks such as fruits (rich in vitamins) or egg yolk or some yogurt (rich in calcium and easy to digest). Boiled sweet potatoes or carrots can also be given as they are rich in vitamin A. Snacks can be given one to two times a day.
 - **Amount:** When your baby turns 6 months old (180 days), start with 2-3 spoons of food per meal. Increase the amount gradually to half (½) a bowl (250 ml size bowl) per meal (show the mother the amount in a bowl).
 - **Variety:** To grow well, your child needs to have different types of food, not only rice. Here is a recipe you can try:
 - Flour: 2 teaspoons (16 g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of beans (green bean or soy bean)

- Plain water: Three quarters of a small bowl (250 ml bowl)
- Pork, fish, shrimp, beef, or chicken: 2 teaspoons (16 g)
- Ground orange vegetables (carrots, pumpkin, etc.) or finely chopped green leafy vegetables: 2 teaspoons (16 g)
- Oil – one teaspoon (2 g)
- Flavor with fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame and ground peanuts.

- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night at age 6 to 8 months:
 - Breastmilk provides **more than half of the energy** that your child needs.
 - Breastmilk continues to provide antibodies that protect your child both in the short and long term.
 - Breastmilk is important for brain development and maturation of the baby's digestive system.
 - There is no need to provide any other type of milk if you are breastfeeding.

Note: This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich foods.



At nine months, increase the quantity of food and give more variety. Continue to breastfeed



Sample recipe



2 teaspoons of rice flour + green bean flour and soya bean flour



3/4 bowl of water



2 teaspoons of ground meat/fish/shrimp



2 teaspoons of ground vegetables



1 teaspoon of oil

Snacks



Complementary feeding a child 9 to 11 months old

Key message:

At nine months, increase the quantity of food and give more variety. Continue to breastfeed.

Messages:

- Once your baby is 9 months old, it is important to increase the amount and variety of food.
- When preparing and feeding your child semi-solid food, remember the following:

- **Frequency:** Feed your baby semi-solid food three to four times a day. You can also give snacks such as fruit or egg yolk or some yogurt (between main meals) one to two times a day.
- **Amount:** Increase the amount gradually, half ($\frac{1}{2}$) to three quarters of a bowl (250 ml size bowl) per meal (show the mother the amount in a bowl).
- **Variety:** To grow well your child needs to have different types of food, not only rice. Here is a recipe you can try:
 - Flour: 2 teaspoons (16 g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of beans (green bean or soy bean)
 - Plain water: Three quarters of a small bowl (250 ml bowl)
 - Pork, fish, shrimp, beef, or chicken: 2 teaspoons (16 g)

- Ground orange vegetables (carrots, pumpkin, etc.) or finely chopped green leafy vegetables: 2 teaspoons (16 g)
- Oil – one teaspoon (2 g)
- Flavor with fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame, and ground peanuts.

- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night. At this age (9 up to 11 months):
 - Breastmilk provides **about half of the energy** that your child needs.
 - Breastmilk also continues to provide antibodies that protect your child both in the short term and in the long term.
 - Breastmilk is important for brain development and maturation of the baby's digestive system.
 - There is no need to provide any other type of milk if you are breastfeeding.

Note: This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich food.



At one year, give more solid foods and diversify the baby's food

Continue to breastfeed



Sample recipe



3/4 bowl of solid porridge (33g).
Add water if needed



3-4 teaspoons of
ground meat/fish/shrimp



3-4 teaspoons of
ground vegetables



2 teaspoon of oil

Snacks



Complementary feeding a child 12 to 23 months old

Key message:

At one year, give more solid foods and diversify the baby's food. Continue to breastfeed.

Messages:

- Once your child turns one year old, the child can start to eat more solid foods including food from family pots.
- When preparing and feeding your child semi-solid food, remember the following:
 - **Frequency:** Feed your baby semi-solid food three to four times a day. You can also give your baby snacks such as fruit or egg yolk or some yogurt (between main meals) one to two times a day.
 - **Amount:** Fill the bowl at least three quarters (3/4), gradually increasing to one bowl (250 ml size bowl per meal) – show the mother the amount in a bowl.
 - **Variety:** To grow well, your child needs to eat different types of food, not only rice. Here is a recipe you can try:
 - Thick 'chao': 3/4 of a bowl of thick 'chao' is equivalent to 5 teaspoons of rice (33 g)
 - Pork, fish, shrimp, beef, or chicken: 3 - 4 teaspoons (32 g)
 - Orange vegetables (carrot, pumpkin, sweet potato) or finely chopped green leafy vegetables: 3 - 4 teaspoons
 - Plain water: 1/2 bowl (100 ml)
 - Oil: 2 teaspoons
 - Flavor with fish sauce: 1 teaspoon (try and use fish sauce fortified with iron; do not add too much fish sauce as it's not good for your baby). You can also add flavor with ground sesame, and ground peanuts.
- Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Remember to **continue to breastfeed** your child, especially during the night. At this age (12 up to 23 months):
 - Breastmilk provides **about one third of the energy** that your child needs.
 - Breastmilk also continues to provide antibodies that protect your child both in the short and in the long term.
 - Breastmilk is important for brain development and maturation of the baby's digestive system.
 - There is no need to provide any other type of milk if you are breastfeeding.

Note: This card should be used along with the cards on the process of cooking, hygiene, active feeding, and iron rich foods.



Use different types of complementary food when preparing a meal for your child



1

Add flour, clean water, and ground meat/fish/shrimp, then stir regularly



2

Put on fire and cook until the semi-solid soup is ready



3

Add ground vegetables when the soup is ready



4

Add oil and stir regularly

Process of preparing complementary food

Key message:

Use different types of complementary food when preparing a meal for your child.

Messages:

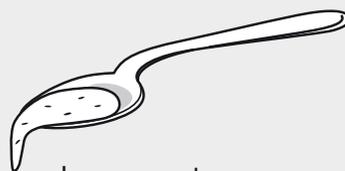
- **Process** – When preparing the child's bot or chao, remember to follow this process:
 - Ensure that the water you use is clean and safe (boiled).
 - Mix the flour and the water in a pot and stir slowly until the flour begins to thicken. Close the lid and turn down the gas (smaller fire).
 - Add the ground pork, beef, shrimp, or fish and stir.
 - Once the bot/chao is almost ready, add the mashed or chopped vegetables. It is important not to add the vegetables earlier to ensure that the vitamins and minerals in the vegetables are retained and not lost while cooking.
 - Add the oil and stir.
 - Flavor the bot/chao with fish sauce, ground sesame, or ground peanuts.

Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.

- **Thickness:** Because your infant's stomach is very small, you need to provide your child with thick nutritious food. If you provide watery food, your child's stomach will become full quickly without getting the required nutrition (show the mother the right thickness of the bot).



Correct



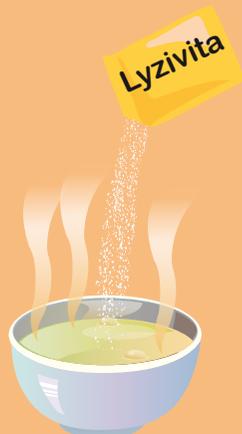
Incorrect



Add pork/beef/chicken liver when preparing complementary food for your child



Or add micronutrient powder immediately before feeding



Foods rich in iron are important for your child's health and growth and help prevent anemia



Iron rich food, deworming, and vitamin A supplementation

Key message:

Foods rich in iron are important for your child's health and growth. These foods help prevent anemia.

Messages:

To grow well, your infant needs a variety of vitamins and minerals. Iron is very important and is mostly found in animal organs:

- Liver is particularly rich in iron, which is a substance needed for blood formation. This is very important for your child's growth and health.
- It is difficult for your child to get the required amount of iron per day from natural food. Lyzivita contains sufficient iron (and other vitamins and minerals) to meet your child's daily needs. It costs only VND 1,500 per sachet. It can be easily added to your child's food to ensure that the child gets all the iron needed in one day.
- When using the Lyzivita follow these instructions:
 - For child 6-11 months old
 - Cook bot/chao, then just before you feed your child, add half a packet of Lyzivita to the bot/chao.
 - Use no more than ½ packet per day. Store the remaining half packet properly and use it the next day.
 - For child 12-24 months old
 - Cook the bot/chao, then just before you feed your child, add one packet of Lyzivita to the bot/chao.
 - Use no more than packet per day.
- Ensure that your child receives a vitamin A dose after reaching 6 months old. Ensure that the child receives a dose every six months (in June and December). Vitamin A is very important for the eyes.
- Once your child is 12 months old, remember to deworm your child regularly (at least every six months) to ensure that the child benefits from all the nutrients in the food.



Wash your hands with soap before preparing food and feeding your child



Good Hygiene Practices

Key message:

Wash your hands with soap before preparing food and feeding your child.

Messages:

- Dirty (unclean) hands can cause your child to get diarrhea and/or worms. Hands carry many contaminants, so it is important to wash hands with soap. Washing hands with soap is simple and takes only a few minutes. These few minutes will ensure that your child remains healthy and well.
- Wash your hands with soap before preparing food and feeding your child. Otherwise, the food will be contaminated with germs and the child will fall sick.
- Washing hands with soap before feeding protects against germs so the child remains well and healthy and absorbs all the nutrition in the food.
- Wash your hands with soap after using the toilet and cleaning your baby's bottom.
- Remember to use a clean bowl and spoon to feed your child and to store the food in a safe, hygienic place.
- Do not use bottles, teats, or spouted cups since they are difficult to clean and can cause your baby to become sick.
- Once your child starts to crawl, wash the child's hands with soap regularly. Remember to wash the child's hands with soap especially before the child eats a meal or snack and after using the toilet.
- Once your child is 12 months old, remember to deworm your child regularly (at least every six months).



Feeding times are periods
of learning and love



Responsive feeding

Key message:

Feeding times are periods of learning and love.

Messages:

- Patiently feed your baby and encourage the baby to eat.
- You can try holding the child in your lap during feeding, or face the child while he or she is sitting on someone else's lap.
- If your baby refuses to eat or is a “lazy” eater:
 - Encourage the child repeatedly.
 - Try to offer new food several times, even if the child does not like or accept it the first few tries.
 - Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.
- Feeding times are periods of learning and love. Interact with the child – make eye contact, talk or sing to the child. Minimize distractions such as TV during feeding.

