7 Excellent Actions

CARRIED OUT BY SMART & STRONG FAMILIES

0-6 months



Mothers, begin breastfeeding within one hour of your baby's birth.

Mother

I have done

Mothers, exclusively breast-feed your baby for the first six months. Do not even give water.

Mother

I have done



Mothers continue breast-feeding until your child is 2 years.

6-24 months









Mothers, at six months, add a special food, like milk or eggs, to baby's porridge.

Mother

I am doing

Fathers, for your child to be healthy, smart and strong, it's your job to make sure that baby has special foods added to his porridge.

Father

I am doing







Mothers and fathers, at 6 months in addition to breast-feeding make sure that your baby finishes three meals every day.

Mother & Father

I am doing





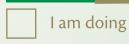






Mothers and fathers, when your baby is sick continue to breast-feed and give your baby extra food. After your baby is better give an extra meal every day for at least 7 days.

Mother & Father







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I will tell others about these 7 actions



