

7 Excellent Actions

CARRIED OUT BY SMART & STRONG FAMILIES

0-6 months

1



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

Mother

I have done ☐



2

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

3



Mothers, at six months start feeding your baby thick porridge.

Mother

I am doing ☐



4



5

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 ☐



6



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

☐ I am doing

7



Give your child a head start for success in school.

Carry out these 7 excellent actions for your baby and earn a Smart and Strong Family Certificate.

☐ I will tell others about these 7 actions

