



BABY CARE STUDY FOR GROWTH & DEVELOPMENT

“THE EFFICACY OF AN INTEGRATED FEEDING & CARE INTERVENTION AMONG 3 TO 15 MONTHS

**OLD CHILDREN IN ANDHRA PRADESH, INDIA”
(INDO-US COLLABORATION ON MCHR)**

INVESTIGATORS

INDIAN

Dr. Shahnaz Vazir, PI
Dr. N. Balakrishna
Dr. K. Vijayaraghavan
Dr. Sylvia Fernandez Rao

US

Dr. Margaret Bentley, PI
Dr. Paula Griffiths
Dr. Susan Johnson
Dr. Patrice Engle (UNICEF, NY)

National Institute of Nutrition (ICMR), Hyderabad, India and University of North Carolina, Chapel Hill, USA.

**Only give
mother's milk
to your baby
until he/she is
6 months**

**This will keep
him/her
healthy and growing**



VISIT 1 - At 3 months:

Messages:

- **Mother's milk is the best milk as it has all the qualities that are essential for the baby's growth and development and it also protects the baby from illness. Breastfeed the baby frequently: several times a day and also during the night. As the baby grows and is put frequently to the breast, you will produce more milk, and this will be enough for his/her needs.**
- **Only give mother's milk to your baby; this way your baby will grow healthy and have less illness. Doctors say that up to six months only mother's milk will be enough for the child. Mother's milk contains quite a lot of water and hence a baby only fed mother's milk does not need to be given any water even during the summer. Even during summer and the baby appears thirsty, give breastmilk and this will satisfy his/her needs. It is better if you take the water and give only breastmilk to your baby. If water or gutthi is given to your baby, this can cause her/him to suffer diarrhoea.**
- **Other foods (such as banana, biscuits, juice) are also difficult for a baby to digest before 6 months and can make him/her ill; give only mother's milk.**

Checking questions and conversation:

- **What will you give to your baby to eat in the first 6 months?**
- **C How do you feel about giving only breastmilk?**
- **C Do you think you will be able to do this? If not, what would help you to do this?**
- **C What can you do to make more milk (stimulate more milk production)?**
- **C How can you prevent your child having diarrhoea or an upset stomach?**

**Only give
mother's milk
to your baby
until he/she is
6 months**

**This will keep
him/her
healthy and growing**



Summary of points

- Only give mother's milk to your baby until he/she is 6 months; this will keep him/her healthy and growing.
- g The more you breast feed the more milk you will have. Breastfeed your baby several times during the day and night. Feeding your child often it is good for you and the baby.
- n Do not give waters, ghutti or other liquids or foods; this will give him/her diarrhoea. If your baby is thirsty give him mother's milk.

Motivation

You will see how your baby will grow strong and healthy and have less illness if you give him/her only breastmilk until 6 months.

Breastfeeding strengthens the bond of love and affection. Remember there is nothing better than mother's milk. It is best for your baby; give only mother's milk.

For working mothers

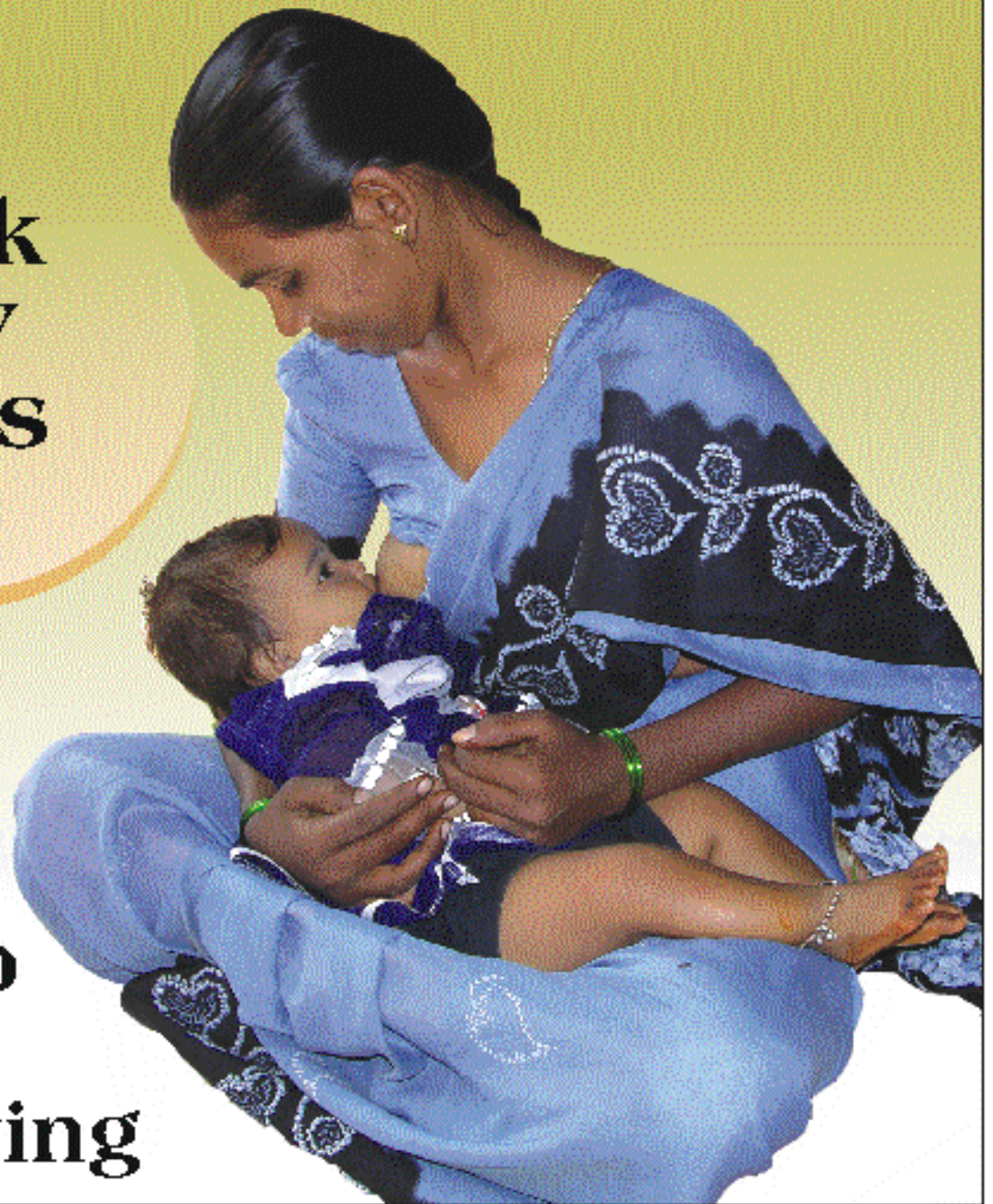
If you are working in the fields or out of the house for part of the day, breastfeed your baby as often as you can, whenever you are with her/him, during the day and especially during the night. Mother's milk is best so try to come to the house to feed him during your work hours. If you cannot do this can someone of your family take your baby to you when he/she needs feeding? If this is impossible for you and your baby gets hungry, give other milk to your child once during the morning that you are working. Make sure this is very clean. Do not give other food.

Checking questions

- What are your working hours? Is there any way you can feed your child whilst you are working? Can any family members help you with this?
- When will you breastfeed your baby (when during the day and night)?
- If you cannot breastfeed him whilst you are working, what will you leave for him/her?

**Only give
mother's milk
to your baby
until he/she is
6 months**

**This will keep
him/her
healthy and growing**



Main points

- **Only mother's milk is best for the child**
- **M Feed as frequently as you can when you are with your baby, during the day and during the night.**

Motivation

Even if you go out to work you can breastfeed your baby whenever you are together.

At VISIT 2 (2 days after the first visit)

[The content of visit 1 should be repeated for reinforcement and knowledge and practice checked in the checking questions].

- Do you remember what we talked about last time?
- What do you think of that now?
- Have you been able to do any of the things we talked about?
- What have you been able to do?
- How do you feel about that?

**Only give
mother's milk
to your baby
until he/she is
6 months**



**This will keep
him/her
healthy and growing**

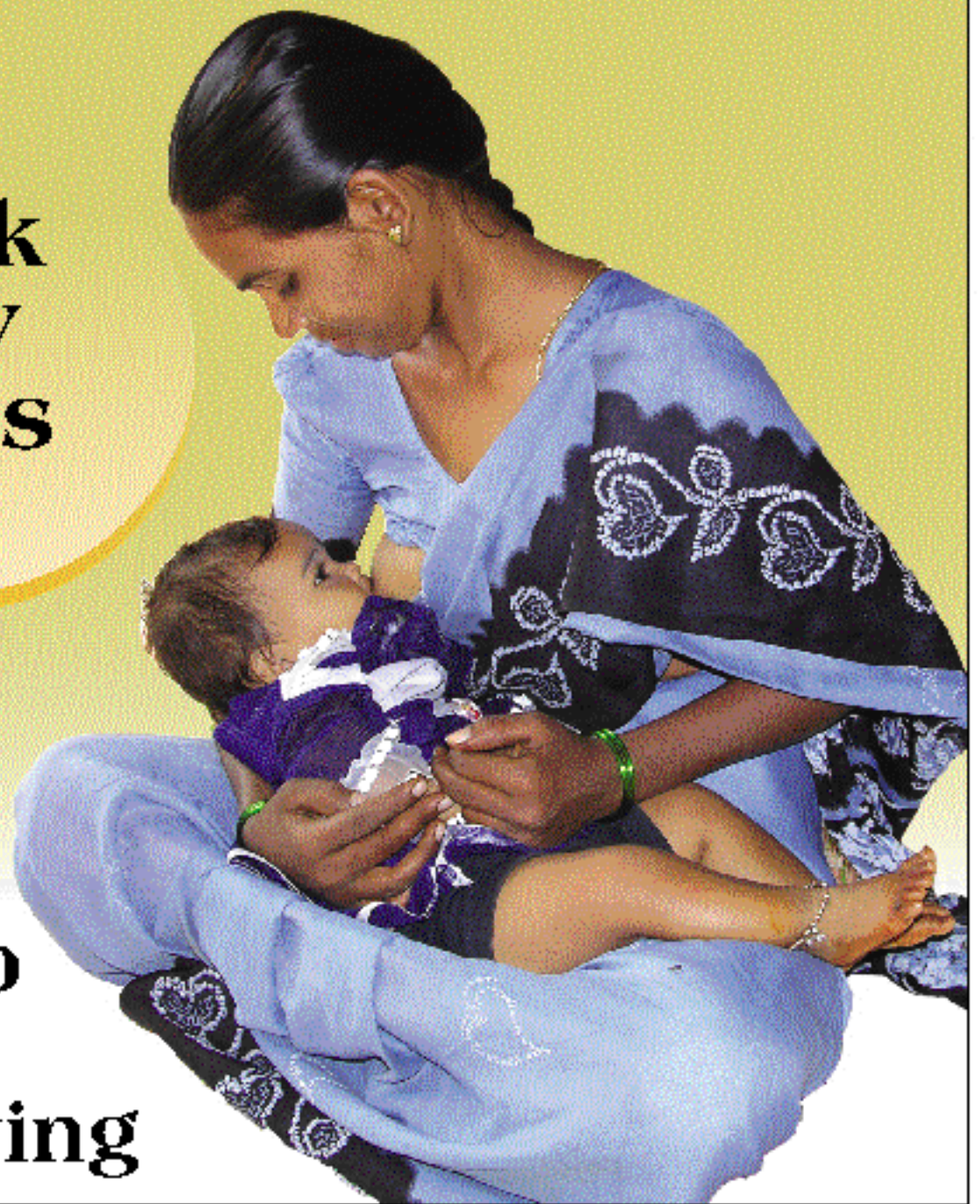
Messages

- Look at your baby when you are breastfeeding and smile into his/her eyes. You will see that your baby will develop more quickly, laugh more and be happier if you pay attention to him and smile at him/her. "When you are breastfeeding is a great time to sit down, relax, and pay attention to your baby. You and your baby deserve it.
- Make sounds to your baby whilst you are breastfeeding and respond to the sounds and gurgles that he/she makes. See how happy your baby is when he/she looks at you and responds to you when he/she is breastfeeding. Your baby will become smarter and happier, he/she will look at you and laugh more when you pay attention to him/her and respond to him/her.
- Talk to your baby and imitate the sounds your baby makes

Checking questions/conversation

- What will you do when you are breastfeeding your baby?
- How easy do you think this will be for you to do?
- How do you think you can make breastfeeding more fun for you and you baby?
- What will you do when your child coos and gurgles?
- What can you do to make your baby smile?
- Are you with your baby all day long? If not, how can you help the person who is with him or her to do this?

**Only give
mother's milk
to your baby
until he/she is
6 months**



**This will keep
him/her
healthy and growing**

Main points

- **Look at your baby when you are breastfeeding and smile into his/her eyes; this will make him/her happy and smarter.**
- **Make sounds to your baby whilst you are breastfeeding and respond to the sounds and gurgles that he/she makes**
- **Talk to your baby and imitate the sounds your baby makes; this will help him/her learn to talk sooner.**

Motivation

You will see how your baby will be smarter and happier and will talk sooner when you pay attention to him/her while breastfeeding and when you talk to and respond to your baby's sounds.

Remember: breastfeeding is healthy for your baby and strengthens the bond of love and affection.



**Look at your baby and smile into his/her eyes
this will make him/her happy and smarter**

VISIT 3 (2 days after visit 2)

(Again, an introduction about what was talked about in the previous visit etc.) Then the VLW could continue with something like:

Now we are going to talk about some other ways of helping your child grow and be smart. If the child has diarrhoea, give the child WHO ORS. This should be mixed with boiled and cooled water and given to the child with a clean spoon. Continue breast-feeding your baby.

1. Message: Smile & look in child's eyes

- It is good to look in your child's eye and smile often. You can do this at any time like when attending to the child's needs, as when feeding, when the child wakes up, while changing her nappies and so on.
- Carrying your baby, gently kissing, stroking the baby several times a day, and using endearments when you address the baby will make her/him feel happy and loved. This will keep your baby happy and healthy.

Checking questions:

- What can you do to make your child smile?
How will you show physical affection?
When do you think you can look into your baby's eyes and smile?
What are the different caregiving activities during which you can look into your baby's eyes and smile?

Motivation

Smiling often at your baby will keep her happy & healthy.

Carry your baby, caress & fondle, use endearments when you address her/him and she/he will know you love him and will bond well with you.

- You will not spoil your baby by carrying her/him

Remember you'll make your child happy with your smile and you will see how her/his development will enthuse you.

Remember too that the child's healthy development is your joy! Hug, kiss, and carry the child with love for that joy!



Respond to the sounds and gurgles that he/she makes

VISIT 4: (2 days after visit 3)

2. Message: Respond to child's sounds and gestures (4-9 months)

Caption:

- **Respond to your child's sounds and gestures. You will see how happy this will make him/her.**
- **When the child is lying awake, hold and cuddle the child. You can make soft cooing sounds to your baby, it will encourage her/him to make the sounds herself /himself. Your baby will love to coo and gurgle; by repeating and encouraging these sounds you are having the first conversations with your baby.**
- **Since the baby cannot use words like we do yet, it is important to notice her gestures and respond to them. Your child will know you understand her/him. Imitate your baby's actions and she will repeat them and smile with pleasure.**

Checking questions

- **What will you do when your baby coos and gurgles?**
- **What kind of gestures does your baby make?**
- **How will you initiate a conversation with your baby?**

Motivation

- **Imitate the sounds your baby makes she will like it and will talk sooner.**
- **Speak softly and gently to the child; you will see how she/ he will respond better**
- **Remember to respond to the child's sounds and gestures. She/ he will learn to talk sooner and make her/ him happy, smart and less fussy.**

**It is good
to look in your
child's eye and
smile often**



Visit at 4 months

Repeat the all the previous topics going through each one with reinforcement and ask the mother how she has got on and help her with difficulties she may have had and suggestions for helping her put the behaviours into practice.

Reinforce: Remember that only mother's milk is the best for your baby until he/she is 6 months.

If she is already giving something else, then encourage her to continue giving as much breastmilk as she can as frequently as she can. Motivate her to give nothing but breast milk

Starting food at 6 months helps a child grow well.

Visit at 5 months

Similar to visits at 4 months.

Remember that only mother's milk is the best for your baby until he/she is 6 months.

Starting food at 6 months helps a child grow well.

Breastfeeding for 2 years or longer helps a child to develop and grow strong and healthy.

Your baby will explore and observe every thing around him so give him/her the opportunities to do so. Young children explore with their mouths, so make sure that objects are clean before giving them to the child. Even when the child is given some thing like a toy or an article you must first allow him/her to explore and observe it on his/ her own to see what he does with it! By carrying the child upright you can help him/her have a better view of his surroundings; he/ she will observe and learn more.

Checking questions

- What will you do when you first give your child a toy/ object/ snack?
- How can you help your baby explore objects?
- What must you be sure of before giving your child the object?

Motivation

- Your child is learning while he/ she is exploring and observing.
- Let your child look at and do things on his/ her own at first, it will give him an opportunity to develop his intelligence
- This could then be reinforced a few days later.

Smile and respond to your baby during feeding



Respond to child's sounds and gestures and talk to you baby.

5 month Visit 1

Reinforce messages

Can you tell me how are you feeding your child now? Are you able to only give him breast milk? (If not, reinforce the messages again in more detail, explaining why only breast milk is good still at this age). PRAISE the mother if she has been continuing to only breastfeed

Motivation

You will see how your baby will grow strong and healthy and have less illness if you give him/her only breastmilk until 6 months.

Reinforce: Smile and respond to your baby during feeding. Respond to child's sounds and gestures and talk to you baby.

- Do you remember what we talked about last time? (If not, remind)
- Have you been able to do this? (PRAISE her if she has been able to do this.)
- What happened? How was it? How did your child react?
- How do you feel about this?

Remember

Remember you'll make your child happy with your smile and you will see how he/she will develop.

Remember to respond to your child (during feeding); she/he will learn to talk sooner and it will make him/her happy.

Smile and respond to your baby during feeding



Respond to child's sounds and gestures and talk to you baby.

New Message: Give your baby his/her first food only when he/she reaches 6 months.

- Give your baby his/her first food at 6 months
- Mother's milk is best for your baby until he/she is 6 months; other foods are not as good as breastmilk for a baby up to 6 months. If you give other foods before 6 months, such as biscuits, juice, banana, uggu, they can cause digestive problems and diarrhoea.
- But your baby does need other foods from 6 months; breastmilk continues to be necessary but is not enough for your rapidly growing baby at this age.
- Your baby will be ready to eat at 6 months; that is when he/she can readily digest other types of food.
- If you think that you do not have enough breastmilk, try giving the breast more frequently and you will find that you produce more milk.
- Remember, your baby will be healthier and grow well if the first foods are given at 6 months.
- Even if other neighbours or family members say that you need to give food to your baby before 6 months, your baby will be healthier if he/she does not start food until 6 months.

Checking questions

1. When will you give your baby his/her first food?
2. How hard do you think it will be to wait until 6 months to give your baby his/her first food?
3. What will you say if someone tells you to give a first food earlier than 6 months?

Motivation

- (Give other foods only after the anna prasa ceremony at 6 months.)
- You will see your baby will be healthy if you wait until 6 months to give the first food and give only breastmilk up to 6 months.

Give time to explore objects/persons/things.



New Message: Give time to explore objects/persons/things.

Your baby will explore and observe everything around him, so give him/her opportunities to do so. Young children explore with their mouths, so make sure the objects are clean before giving them to your child. Even when the child is given something like a toy or an article, you can first allow him/her to explore and observe her/his own to see what he/she does with it. By carrying the child up right, you can help him/her to have a better view of his/her surroundings, she/he will learn and observe more.

Checking questions

1. What will you do when you first give your child a toy or an object?
2. How can you help your child explore objects?
3. What must you be sure of before giving your child the object?

Motivation:

1. Your child is learning while he/she is exploring & observing
2. Let your child look at and do things on his own first. It will give him an opportunity to develop his intelligence

5 month Visit 2 Reinforce messages

Can you tell me how are you feeding your child now? Are you able to only give him breast milk? (If not, reinforce the messages again in more detail, explaining why only breast milk is good still at this age). PRAISE the mother if she has been continuing to only breastfeed

You will see how your baby will grow strong and healthy and have less illness if you give him/her only breastmilk until 6 months.

Reinforce Message: Give your baby his/her first food only when he/she reaches 6 months.

- Can you remember what we talked about last time about what age to first give foods to your baby?
- Remember to wait until 6 months to give him/her first food; you will see your baby will be healthy if you wait until 6 months to give the first food and give only breastmilk up to 6 months.

Smile and respond to your baby during feeding



Give time to explore objects/persons/things.

Reinforce: Smile and respond to your baby during feeding

- Do you remember we talked about how to smile and respond to your baby during feeding?
- Have you been able to do this? PRAISE if doing this
- How does your baby react?
- How do you feel about this?

Remember you'll make your child happy with your smile and you will see how he/she will develop.

Reinforce: Give time to explore objects/persons/things

- Have you been able to give time to let your child explore objects?
- How has your child reacted?
- How do you feel about this? PRAISE if doing it

Motivation

Your child is learning while he/ she is exploring & observing

Let your child look at and do things on his own first. It will give him an opportunity to develop his intelligence



**Give your child food of soft,
thick consistency from 6 months**

6 month Visit 1

New Message: Continue frequent breastfeeding during the day and night

Continue frequent breastfeeding during the day and during the night until the child is at least 2 years of age. Breastmilk will give your baby all the nourishment he/she needs. Giving him/her breastmilk will also protect him/her from illness. Praise, if already doing so: It is very good that you continue to breastfeed your baby; it is the best thing for him/her.

Remember

- Remember to continue to put your baby to the breast frequently during the day and during the night, and whenever he/she asks for it
- Your baby will be healthier and grow better if you continue to give breastmilk until your child is at least 2 years.

Checking questions

1. How long do you plan to continue breastfeeding your baby?
2. How confident (sure) are you that you will continue to breastfeed your baby for at least 2 years?
3. Do you think you will be able to do this?

Motivating

- You will see how your baby is healthier if you continue to breastfeed as well as give him/her other foods.
- It is good to see that a lot of mothers in your village continue to breastfeed their babies until they are 2 years old.

New Message: Give your child food of soft, thick consistency from 6 months

Mother's milk is best for baby until he/she is 6 months old. But when your baby is 6 months old only mother's milk is not enough because he/she baby is growing fast. From this age he/she is ready to eat other foods, and can digest thick, soft food. Give your baby soft, thick foods, foods that are mashed, soft but not watery. Thick food gives your baby more energy and nourishes him/her more than thin food. Thick foods are tastier and your baby is able and ready to swallow and digest these foods from 6 months.

**Give soft and nutritious rice
and milk to your baby**



**You can give banana
mashed with undiluted milk**



**Wash your hands with soap
before preparing food**

New Message: Give milk, introduce milk recipe

- Give rice and milk to your baby (show recipe paying attention to soft and thick consistency etc.).
- Try giving this good, soft and nutritious rice and milk to your baby. You will see that your baby can swallow and digest this food. Your baby will find this food tasty; he/she will find this thick food tastier than thin foods. Your child will learn to eat gradually as you introduce these new foods to him/her.
- Even though it may take some time and effort to prepare and give thick foods to your baby, he/she will be better nourished and more satisfied.
- Add undiluted milk to the child's food whenever you can.
- You can give mashed bread/ bun and milk.
- You can give banana mashed with undiluted milk

Checking questions

1. Tell me how will you prepare the food you give to your baby from 6 months?
2. How confident do you feel about your child eating thick food, and eating this recipe of milk and rice?

Motivating

You will see how your child likes this thick, soft food and how he/she will be more satisfied.

Give milk, introduce milk recipe



**Continue frequent breastfeeding
during the day and night**

6 month Visit 2

Reinforce Message: Give your child food of soft, thick consistency from 6 months.

Have you been able to give you baby some soft, thick food? (If yes, PRAISE, if not, explore why not and what difficulties and try to help mother).

Remember

Thick food gives your baby more energy and nourishes him/her more than thin food. Thick foods are tastier and your baby is able and ready to swallow and digest these foods from 6 months.

Reinforce Message: Give milk, introduce milk recipe

- What have you given your baby to eat?
- Have you tried giving him/her the rice and milk recipe? If yes, PRAISE, if not find difficulties and reasons
- How did you prepare it?
- Did your child like it? How much did she/he eat of it?
- How many days have you given it?

Your baby will find this food tasty and he/she will be better nourished and more satisfied.

Reinforce Message: Continue frequent breastfeeding during the day and night

- Are you able to continue to breastfeed your baby frequently during the day and during the night? PRAISE if doing so.
- How do you feel about this?

You will see how your baby is healthier if you continue to breastfeed as well as give him/her other foods.



Smile and talk to your child when you are feeding

New Message: Position and smiling. Face to face, eye contact. (Engagement)

When you feed your child have him/her sitting on your lap or hip or face to face and look at him/her. This is an easy way to feed your child and helps you have more control over your child's feeding without forcing him/her.

Smile and talk to your child when you are feeding him/her; he/she is more likely to eat more if you are smiling and talking to him/her when he/she is feeding.

Respond to the child's sounds and gestures when feeding him/her; she will eat more, be less fussy and learn to talk sooner.

If the child does not want to eat it is easier to encourage him/her to eat more if you are looking and talking with him/her.

Checking questions

1. What is the best position for you to help your child to eat?
2. How will you feed your child? How can you encourage your child to eat more?
3. What would help or prevent you from doing this?
4. What gestures does your child make when you are feeding him?
5. How do you think you can make feeding your child more fun?

Motivation

You will see how your child will eat more and eating will be more fun for both you and the child if you look at him/her and smile and talk to him/her whilst feeding.

Teach your child to eat with patience and love



New Message: Teach your child to eat with patience and love

Teach your child to eat with patience and love. Children need to learn to eat, they do not know how to automatically; they need to be shown how to eat.

Remember

- Remember these are new foods for your child, new tastes, consistencies, textures and your baby needs to learn to eat these different foods and we have to help him/her to learn. He/she will learn to eat gradually, he does not learn all at once.
- Take time to feed your child, a young child cannot eat fast; he/she needs to be fed slowly and with patience to eat all he/she needs for growth. A child who is fed patiently will eat more. This may take more time but you will find that your child likes you being patient with him/her and will eat more.
- Try to give more food gradually to your child; increase a little each day.
- Give him/her food that your child likes.

Checking questions

1. How will you teach him/her to eat?
2. What new things does your child have to learn to do?
3. How do you think you can encourage your child to eat more food at each meal?

Motivation

- Mothers who feed patiently and slowly have healthier and happier babies who grow well.
- You will see how feeding your baby becomes more fun if you eat slowly and patiently



Feed you infant 3 meals a day

6 mo Visit 3

Reinforce Message: Give your child food of soft, thick consistency from 6 months.

Are you giving your baby some soft, thick food? (If yes, PRAISE, if not, explore why not and what difficulties and try to help mother).

Remember:

Thick food gives your baby more energy and nourishes him/her more than thin food. Thick foods are tastier and your baby is able and ready to swallow and digest these foods from 6 months.

Reinforce Message 6: Give milk, introduce milk recipe

- Have you tried giving your baby the rice and milk recipe? (or continued if she already gave it in the last visit). If yes PRAISE, if not find difficulties and reasons
- How did you prepare it?
- How much is she eating of this? How many days have you given it?

Your baby will find this food tasty and he/she will be better nourished and more satisfied.

New Message: Frequency of feeding: feed you infant 3 meals a day

A child at this age is growing fast and needs to eat enough to be able to meet all his growing needs. A young child cannot eat enough food for all he/she needs in only 2 meals; he/she needs to eat more times a day in order to eat all he/she needs to grow and be healthy and strong. Feed your child at least 3 times a day. Your child will be is more satisfied and happier when he/she eats 3 times or more a day. He/she is able to digest food well when he eats food several times a day. Your child can eat when the family eats, 3 times a day. Snacks are good for young children as well as meals. Your child will be less hungry and cry less, be happier and more active if she/he feeds at least 3 times a day. He/she will grow healthy and strong. It may take more time to give food 3 times a day but other members of the family can help. Make sure that alternate caregivers also give extra meals and snacks to your child if you are working or have to leave him/her with another person.

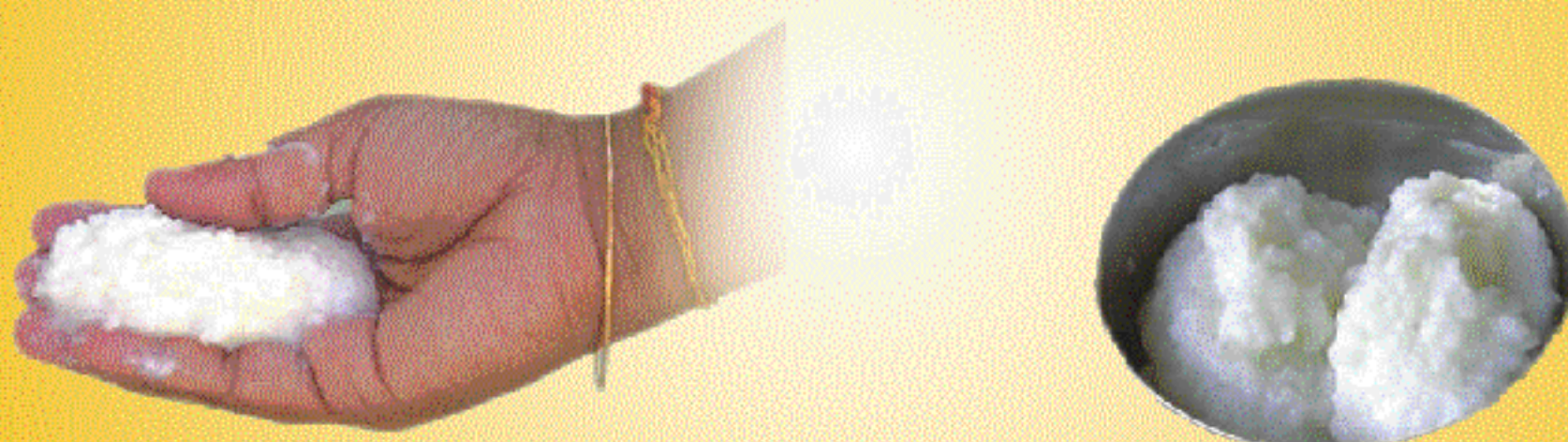
Checking questions

1. How many times will you feed your child in A day?
2. Do you think that you can do this?
3. What meals or times will you feed him/her?
4. What will prevent or help you to feed your child 3-5 times per day?
5. How often do you think you would be able to do this?
6. How difficult will it be to make this happen, do you think?

Motivation

- You will see that your child is happier and cries less if you feed him at least 3 times a day.
- He/she will be grow strong and healthy if you feed him at least 3 times a day.

Give adequate amount of food to your child at each meal



New Message: Amount: Give adequate amount of food to your child at each meal

A young child needs to eat enough to grow well and stay healthy. When a child reaches this age he/she needs to eat 2 muddas (2 fistfuls=50 grams each) at each meal. Mothers often think that a child of this age may not eat this amount at one mealtime but as the child grows, his/her stomach grows too, and you will see that your child will learn to eat this much. If your child eats this amount at each meal he/she will become more satisfied and less, and be less troublesome for you and other caregivers.

This amount will not give him/her diarrhoea because food gives strength and the child will be healthier. Children who eat too little do not grow well and become weak and ill. If a child cannot eat this much at one meal then he/she should be fed less quantity but several (more) times during the day.

Checking questions

How much will you give your child to eat at each meal? How much do you think he/her will eat?

Motivation

You will see how your child will be more satisfied be happier and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Reinforce Message: Continue frequent breastfeeding during the day and night

Remember to breastfeeding frequently during the day and night

You will see how your baby is healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce Message: Position and smiling. Face to face, eye contact.

- How do you hold your child when you are feeding him?
- Have you tried looking at him/her and smiling and talking to him /her whilst feeding?
- How have you felt about that? PRAISE if she has done this, explore and help if not Will you continue to do this?
- You will see how your child will eat more and eating will be more fun for both you and the child if you look at him/her and smile and talk to him/her whilst feeding.

Reinforce Message: Teach your child to eat with patience and love

- How are you teaching your baby to eat?
- Mothers who feed patiently and slowly have healthier and happier babies who grow well.
- You will see how feeding your baby becomes more fun if you eat slowly and patiently

Respond to your child's gestures, sounds and interests



Reinforce: Respond to your child's gestures, sounds and interests

When your child is awake, you can make soft cooing sounds to your baby. It will encourage him/her to make these sounds. Since your baby cannot use words like we do, it is important to notice her/ his gestures, likes and respond to them. Your child will know that you understand him/her. Imitate your child's sounds and gestures. This will make them happy.

If you respond to your child's sounds, interests and gestures, it will encourage and make your child enthusiastic and alert.

Checking Questions:

1. What will you do when your baby coos and gurgles?
2. What kind of gestures does your baby make?
3. What will you do to encourage your child to talk?
4. What are your child's likes? How do you respond to them?

Motivation:

Imitate the sounds your baby makes; she/he will like it and learn to talk sooner. Speak softly and gently to your child. You will see she/he will respond better.

Give dhal: rice + dhal in 2:1 portion



6 mo Visit 4

Reinforce message: Frequency of feeding: feed your infant 3 meals a day

Do you remember we talked last time about how many times to feed your child during the day? Remind if necessary: do you remember we talked that your child needs to be eating at least 3 times a day?

How many times are you able to feed him? PRAISE if doing it 3 times a day, Explore and help if not been able to.

You will see that your child is happier and cries less if you feed him at least 3 times a day. He/she will be grow strong and healthy if you feed him at least 3 times a day.

Reinforce Message: Give adequate amount of food to your child at each meal

- Do you remember we talked last time about how much your child should eat at each meal in order to be satisfied and healthy?
- How much have you been able to give him/her at each meal? How much does he eat now? PRAISE if doing it, help and advise if not doing it.
- You will see how your child will be more satisfied be happier and bother you less and will be more healthy and active when he/she eats this amount at each meal.

New message: Give dhal: rice + dhal in 2:1 portion

Now we can talk about a new food to give to your child as he/she is growing up and is ready for different foods. You can now give your child dhal, mix thick dhal with rice in the proportions of 2 portions of rice to one portion of dhal when you make Annam or khichidi. Red gram dhal and black gram dhal are good for your baby and give strength. Add a little ghee or oil to the child's portion; this will give him/her more energy and strength. Prepare the dhal without spices for the baby. Mash the food together so that it is soft but thick, not watery. Try giving this good, soft and nutritious food to your baby. You will see that your baby finds this tasty, adding dhal makes the rice tastier, and he/she is able to swallow and digest this food now. Give this food to her/him as often as possible.

Checking questions

1. Tell me how will you prepare dhal for your baby now?
2. How confident do you feel about your child eating this food?
3. How do you think she will react?
4. How frequently do you think you can give this food to your baby?

Motivating:

You will see how your child will like this mixture of rice and dahl and this will give him/her strength and help her to grow well.

Teach your child to eat with patience and love



Reinforce Message: Teach your child to eat with patience and love

- How are you teaching your baby to eat?
- Mothers who feed patiently and slowly have healthier and happier babies who grow well.
- You will see how feeding your baby becomes more fun if you eat slowly and patiently

New message: Actively help your child

- Actively help and coax your child to eat.
- If your child appears to have finished eating and rejects food, offer a little more, then wait a few moments then offer another bite or two. He/she may eat more and this checks that the child has really finished.

Checking questions

- How will you help your child to eat?
- What will you do when your child seems to have finished eating/his meal?

Motivation

- You will see how your child will eat more when you actively help and coax him to eat.
- Your child will be happier and grow better if you actively help your child to eat

Reinforce Message: Continue frequent breastfeeding during the day and night

Remember

- Remember to breastfeeding frequently during the day and night
- You will see how your baby is healthier if you continue to breastfeed as well as give him/her other foods.

**Continue frequent breastfeeding
during the day and night**



**Give eggs, milk
as frequently as possible**



Egg Recipe

7 month Visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- Are you able to continue to breastfeed your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation

- Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

New Message: Give eggs, milk as frequently as possible.

- Give eggs and milk to your baby as frequently as possible
- You can start giving eggs to your baby now as these are soft and your baby can eat and digest them.

Benefit

- Eggs have nourishment that is especially necessary for the growth of your child at this age, and they will give strength. Make sure your young child receives them.
- Eggs, both the yolk and the white are nutritious and give strength to your baby. ,
- Prepare them soft then your baby will be able to swallow without choking since he/she has no teeth

Recipe: In a small vessel put a teaspoon of oil or ghee and let it heat. When hot, remove from fire and break an egg into it stirring quickly. Put it back on the fire and when it begins to cook, add mashed rice to which some salt has been added and mix well. Feed the child when it is warm using a small spoon. This preparation is not "hot" for your child. You will see how your baby will like it and eat more food.

Checking questions

1. What do you think of giving egg to your child?
2. How will you prepare the egg?
3. When will you give egg to your child?
4. What will you give your child for his meal tomorrow?
5. How confident are you that you will be able to give egg to your child and how frequently?

Praising and Motivating

- You will see that your child is healthy, grows and develops more quickly if he/she eats eggs at this age.
- You will see how your child likes this thick, soft food be more satisfied.

Hygiene message

Before preparing food remember to wash your hands thoroughly with soap and water. Before feeding your child remember to wash your and your child's hands thoroughly with soap and water. This will help keep your child free from illness.

Finish the visit by asking the following

1. Can you tell me what we have talked about now regarding what to feed your child?
(Answers): a) to give egg, scrambled egg, mixed with annam as this will help my child grow and develop more quickly

Teach your child to eat with patience and love



Reinforce Message: Teach your child to eat with patience and love

- How are you teaching your baby to eat?

Motivation

- Mothers who feed patiently have healthier and happier babies who grow well.
- You will see that feeding slowly and patiently will be an enjoyable experience.

Reinforce Message 23: Actively help your child

- What do you do to help your child to eat?
- What do you do when your child appears to have finished eating his/her meal?
- What do you do when your child refuses to eat more?

Motivation

- You will see your child eat more when you actively help and coax him.
- Your child will be happier and grow better if you actively help your child to eat.

New message: Help the child; do not physically restrain the child.

- Help your child; do not physically restrain your child when you are feeding.

Benefit: If we force and stuff food into the child's mouth, or restrain the child this will cause him/her to vomit out the food and get irritable (there is no word for distress in Telugu). The child will learn to reject food and will not enjoy mealtimes. Also, the child will not develop well. A child who is not restrained or forced to eat will learn to enjoy mealtimes and develop well. An infant needs to feel free to move his/her arms and legs; this way he/she will eat more and be happier. Remember to teach your child to eat with patience and love.

Checking questions

- Tell me how you will help your child to eat?
- Do you think you will enjoy feeding your child like this?
- Will your child like eating this way?

Motivation : Mothers who feed patiently and slowly, and do not restrain their babies, will have healthier and happier babies

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?

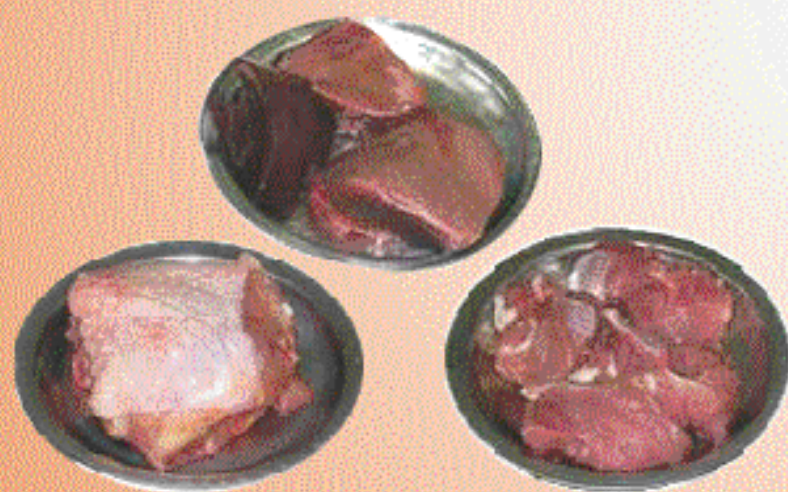
Answers: A) to give egg, scrambled egg, mixed with annam as this will help my child grow and develop more quickly
B) continue breastfeeding)

2. Can you tell me what we have talked regarding how to feed your child?

Answers: a) to teach my child to eat with patience and love
b) actively help and coax my child to eat and not to physically restrain or force him/her



Feed your infant 3 meals a day



Give meat, chicken goat's liver as frequently as possible

7 month Visit 2

Reinforce Message: Continue frequent breastfeeding during the day and night

- Are you breastfeeding your baby frequently during the day and during the night? PRAISE if doing so

Motivation

Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce message: Frequency of feeding: feed your infant 3 meals a day

- How many times do you feed your child during the day? Remind if necessary:
- PRAISE if doing it 3 times a day, Explore and help if not been able to.

Motivation

You will see that your child will grow well, be stronger, healthier and happier and cry less if you feed him at least 3 times a day.

Reinforce Message: Give adequate amount of food to your child at each meal

- How much do you think your child should eat at each meal in order to be satisfied and healthy?
- He/she is growing and needs a little more each month to meet his/her needs. How much does he eat at each meal now? Can you give him/her a little more at each meal?
- PRAISE if doing it, help and advise if not doing it.

Motivation

Your child will be more satisfied, happy healthy and active and bother you less when he/she eats this amount at each meal.

New message : Give meat, chicken goat's liver as frequently as possible and Add a meat recipe

Give meat, chicken goat's liver as frequently as possible. We talked last time about giving egg to your child and how this will help your child grow faster and be more healthy and smart. Now we can talk about your giving some meat to your baby which will help your child grow more and become even smarter. You can start with chicken's liver or chicken meat as these are soft and your baby can now eat and digest them. When you have these foods in the house make sure your young child also receives them. Take the food from the family pot for the child, before it is made spicy.

Benefit

These foods have nourishment necessary for the growth of your child, and they will give strength. Liver and meats are good for the blood too. Be sure to prepare them soft (liver especially has a good texture) then your baby will be able to swallow them without choking and even before he/she has teeth (show recipe). You will see how your baby will like these foods and will eat more food. Even though these foods may cost a bit more, they will benefit the growth and development of your baby a lot.

Mix softly cooked meat with mashed annam



Liver Recipe

Scenario: Kamala was told by the AWW that as her baby Chinnu was 7 months it was time that he started eating meat because this would help him develop more rapidly and be smarter and do better in school when he was older. However, Kamala was worried because she felt that meat would be too hard for Chinnu as he doesn't have teeth yet he would choke. She also considered it a hot food, especially chicken, and she thought that meats would cause him digestive problems and diarrhoea. The AWW explained to Kamala that in fact meat is very important to a baby and that the sooner that she gives it to Teddoo the smarter he will become, as well as grow well and be healthier. She explained that it is very nutritious and is also good for the blood. If the meat is soft then Teddoo will be able to swallow and digest it even though he doesn't have teeth yet. Kamala thought that she could try giving chicken liver, bone marrow and minced meat to Chinnu as these were soft foods and she wanted Chinnu to be smart and grow well. She also knew she could buy small amounts of these foods for Chinnu. When the AWW visited Kamala next time she told her how Chinnu did not like the meat at first, she started giving only small amounts but now he likes it and she now gives it to him almost every day and whenever she has meat in the house, and she sees that he is developing very well; his father is very proud of the way he eats the meat. She said she told her neighbour who has a baby that she should start giving mashed chicken liver, bone-marrow and minced meat to her little girl when she was 7 months so that she too would be healthier and smarter.

Checking questions

1. What do you think about Kamala's decision?
2. Why did she decide to give chicken liver and minced meat, bonemarrow to Chinnu?
3. Which of these meats do you think you ngivehim/her?
4. How will you prepare it?
5. How confident are you that you will be able to give meats to your child and how frequently?
6. Where will you get the meat from? Now we can show you this recipe to try anotherwayto prepare for your baby so that it will be easy for him/her to eat andhe/she will like it.

Recipe 1: Cut the chicken / goat liver into small pieces and add some salt. Heat a teaspoon of oil or ghee in a vessel and add the pieces and immediately cover the vessel for a minute. Uncover and stir overturning the pieces. Remove from fire and mash them. Mix this paste with mashed annam and feed your child warm with a clean small teaspoon. Do not cook for long, as liver becomes hard to mash. Liver cooks easily in a very short time and cooking for longer time makes it hard.

Checking question: 1) Do you think you can prepare this recipe? 2) When will you prepare this?

Recipe 2: Next time you buy meat, ask for two marrowbones. Boil these with the meat. Before adding spices to the meat, remove the marrowbones and a small piece of softly cooked meat for you child. Remove the marrow from the bones and mix it with mashed annam. Your child will enjoy eating a variety of foods and develop a taste for them gradually. Softly cooked meat can also be mashed, mixed with mashed annam and fed. It can be swallowed by the baby easily and gets digested.

Recipe 3: Boil mincemeat well and before adding spices, remove a small quantity (a tablespoon? OK) for your baby. Mash it well and mix with softly mashed Annam to which some salt and a teaspoon of oil or ghee has been added.

Motivating: You will see that your child grows and develops more quickly if he/she eats these foods and he/she will be healthier. You will see how your child likes this thick, soft food and how he/she will be more satisfied.

Hygiene message: Before preparing food remember to wash your hands thoroughly with soap and water. Before feeding your child remember to wash your and your child's hands thoroughly with soap and water. This will help keep your child free from illness.



Respond to cues of hunger and rejection.

New message: Respond to cues of hunger and rejection.

Respond to your child (can you think of another way of saying this in telugu?) by giving food or drink when he/she shows that he/she is hungry/. Offer your food or drink when your child shows that he/she is hungry or thirsty, when he/she cries or reaches out or indicates wanting food. Watch your child when you are feeding him/her. Wait for him/her to finish his mouthful before offering more food. Offer a second helping when he/she finishes all that you have given him; he/she may need more food even though you may think he/she has had enough. If a child wants more then he/she can digest it well. Give your child a rest if he/she needs it during the meal and then give him/her more. If your child rejects a food at a meal, offer it again on other days to help him/her learn to like it; your child needs to learn to like different foods, tastes and textures.

Benefit: When you learn to respond to your child's cues of appetite and hunger this will help him/her develop more.

Checking questions:

- What does your child do to show you he/she is hungry before he starts to actually cry?
- Tell me some different ways of how you may respond to your child when you are feeding him?
- How will you know whether he/she needs more food but is not actually crying for it?

Motivation ● You will see how feeding becomes enjoyable when you look at your child and respond to him/her needs.
 ● You will see how your baby will be healthier and happier.

Reinforce: Respond to your child's gestures, sounds and interests

When your child is awake, you can make soft cooing sounds to your baby. It will encourage him/her to make these sounds. Since your baby cannot use words like we do, it is important to notice her/ his gestures, likes and respond to them. Your child will know that you understand him/her. Imitate your child's sounds and gestures. This will make them happy. If you respond to your child's sounds, interests and gestures, it will encourage and make your child enthusiastic and alert.

Checking Questions:

- What will you do when your baby coos and gurgles?
- What will you do to encourage your child to talk?
- What kind of gestures does your baby make?
- What are your child's likes? How do you respond to them?

Motivation: Imitate the sounds your baby makes; she/he will like it and learn to talk sooner. Speak softly and gently to your child. You will see she/he will respond better.

Finish the visit by asking the following:

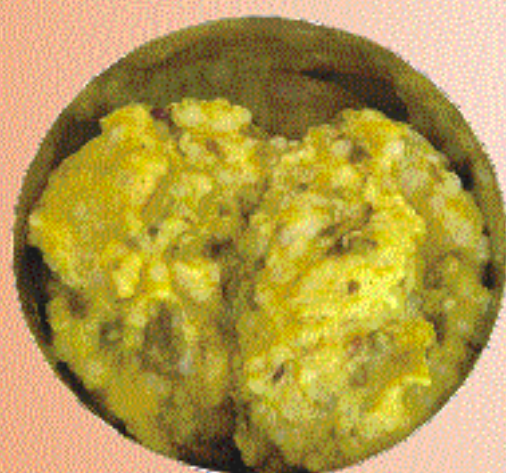
1. Can you tell me what we have talked now regarding what to feed your child?

Answers: a) to give meat; chicken's liver, minced meat etc. to my child because this will make him/her healthier develop more quickly and be smarter. B) reminded that my baby needs to eat 3 times a day and give x mudda at each meal as this will make him/her more satisfied and healthy

2. Can you tell me what we have talked now regarding how to feed your child?

a) to respond to my child's cues and gestures for food etc. as this will help him/her be healthier and happier

**Give dal: rice + dal
in 2:1 portion**



**Give meat, chicken goat's liver,
bone marrow, eggs, milk
as frequently as possible**

7 month Visit 3

Reinforce Message: Give meat, chicken goat's liver, bone marrow, eggs, milk as frequently as possible.

- Have you been able to give eggs to your child? How often?
- How did you prepare the eggs, what did you mix with them?
- How does your child like it?
- Have you been able to give any meat to him/her?
- Which meats? How often?
- Have you been able to give chicken's or goat's liver or bone marrow, liver? PRAISE if giving them.
- Have you had any difficulties in giving these foods to him/her? (Help with difficulties if had)
- How often have you been able to give meats to your child?

Motivation

- You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods.
- You will see how your child likes this thick, soft food and be more satisfied.

Reinforce message : Give dal: rice + dal in 2:1 portion

- Have you given thick dal with rice this to your child? In what proportions? How often?
- PRAISE if given.
- What recipes have you been able to make?
- Do you add a little extra oil or ghee to this for your baby?

Reinforce Message : Teach your child to eat with patience and love

- How are you teaching your baby to eat?

Motivation

- Mothers who feed patiently and slowly have healthier and happier babies who grow well.
- You will see how feeding your baby becomes more fun if you feed slowly and patiently

Reinforce Message : Actively help your child

- How are you helping your child to eat?
- What do you do when your child appears to have finished eating his/her meal?

Motivation

- You will see how your child will eat more when you actively help and coax him to eat.
- Your child will be happier and grow better if you actively help your child to eat.

**Give eggs, milk
as frequently as possible**



**Give milk,
introduce milk recipe**



**Praise child during eating
encourage child to eat**

New message :

Verbal interaction: Praise child during eating; encourage child to eat; positive comments.

- Talk to your child when he/she is eating and when you are giving him/her food
- Praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc.
- Encourage your child to eat with positive comments about the food, - 'this banana is so delicious'.
- Name the different foods and utensils to your child whilst he/she is eating.

Benefit: Children learn words and learn to talk sooner when they hear other people talk to them and they will be more intelligent and do well in school. When they are being spoken to whilst they are eating, children will eat better and enjoy eating, and you will enjoy their mealtime more too.

Checking questions

- What do you think you can say to your child when you are feeding him/her?
- How will you remember to do that?
- How will it benefit your child if you talk to him/her while feeding them?
- How difficult will it be to talk with your child when you are feeding him/her?

Motivation

- You will see how quickly your child learns sounds and words when you talk to him/her during meals.
- You will see he/she eats more and is more interested in eating when you talk to him/her.

New message . Continue feeding during illness and convalescence.

Keep feeding your child when he/she is ill or is recovering. Keep giving breast milk, as this will help the child to get better quickly. Give her/him soft foods, which are easier for your child to eat when he/she is not feeling well and are more easily digested. He/she may not have much appetite so may not finish his/her food, so feed her/him smaller portions more frequently during the day. Give him/her foods that she/he likes and make tasty snacks for him/her. When your child has increased appetite during convalescence give more foods and more frequently so he/she can catch up.

Benefit: The child needs more strength when ill to fight the illness and therefore needs more food. This will also help him/her to recover more quickly and not become weak. If your child keeps feeding/eating when he/she is ill she will not fall ill again and again, and you will not have to worry about taking her/him to the doctor and using medicines, so it will be worth the extra time this may take. If you (the mother) eat non-veg food, this will not harm the child.

Checking questions:

- What will you do when your child is ill?
- What will you give him?
- How frequently will you feed him/her?
- What will you do or say if someone tells you not to do this?
- How will doing this (giving food more frequently when he/she is ill) help your child?



**Give eggs, milk
as frequently as possible**



**Give milk,
introduce milk recipe**

Scenario: Feeding during illness

Jangamma son Ganesha had high fever. When the ANM visited her house, and asked her, Jangamma said that she was not feeding any complementary food to Ganesha because he had become very irritable and would not eat anything. The ANM told her that though during illness a child has poor appetite, his/ her need for food during the illness increases so that she/ he can fight the illness. Hence, a child should be fed foods that she/ he likes in small quantities several times during the day. As a result, the child will get well soon. The ANM also advised that Ganesha be taken to the health centre to be treated for fever. Although Jangamma had to make some extra effort to feed Ganesha again and again, Ganesha recovered from his illness soon.

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answers:

- A) To give meat; chicken's liver, minced meat etc. and reasons to my child because
- B) To give eggs to help her/him grow well
- C) To give dahl and rice as these will give him/her strength
- D) To feed my child when he/she is ill and especially when recovering as this will help her/him to recover faster and she/he will not become weak

2. Can you tell me what we have talked about now regarding how to feed your child?

Answer

- A) To talk to my child when feeding him/her as this will help him/her learn words and talk sooner and will be more interested in eating
- B) To teach my child to eat with patience and love and to actively help and encourage him/her.

Respond to cues of hunger and rejection



**Praise child during eating
encourage child to eat**

7 month Visit 4

Reinforce : Verbal interactions: Praise child during eating; encourage child to eat, positive comments.

- We talked last time about the importance of talking to your child when he/she is eating,? Have you been able to do this? Remind if necessary.
- What do you say to your child when you are feeding him/her? PRAISE IF DOING THIS. What does your child do when you talk to him/her?
- How will this help your child?

Motivation

- You will see how quickly your child learns sounds and words when you talk to him/her during meals.
- You will see he/she eats more and is more interested in eating when you talk to him/her.

Reinforce message: Respond to cues of hunger and rejection.

- Tell me some of the different ways that you respond to your child. PRAISE if doing well, give advice if needs to improve this, and remind her to:
- Look and watch her child when she is feeding him/her.
- Wait for him/her to finish his mouthful before offering more food.
- Offer him more food, like a second helping when he/she finishes all that you have given him.
- Try foods that are rejected on another day.

Motivation

- You will see how feeding becomes more enjoyable when you are looking at your child and responding to him/her needs.
- You will see how your baby will be healthier and happier.

Reinforce message: Help the child; do not physically restrain the child.

- We talked last time about helping your child and not physically restrain him/her when you are feeding him/her.
- How do you feed your child?
- Remember to teach your child to eat with patience and love.

Motivation

Mothers who feed patiently and slowly, and do not restrain their babies, will have healthier and happier babies,

**Wash your hands with soap
before preparing food**



**Add one teaspoon ghee,
oil or butter to your child's food**

New message : Give fortified foods if available.

Give fortified foods such as (PMGY) (Anganwadi powdered food) and other fortified foods (examples) that can be obtained here to your child, every day or as often as possible. It is important to make these foods as the Anganwadi worker tells you, but you can mix them with different foods such as milk to make them tastier for your child; they are more nutritious when made with milk. Do not keep these foods once they have been prepared if the child doesn't finish them as they can get spoiled/ rotten.

Benefit:

- These foods are very nutritious especially when they are made thick.
- These fortified foods complement the other foods that you should give your child; they will help your child to grow more quickly and be stronger and healthier.
- Remember, these are only a complement to the foods that you feed your child and not enough by themselves.

Checking questions:

- How will you prepare the PGMY? (Anganwadi) food now that your child is over 6 months and can eat it?
- What would help you to do this? Is there anything that would prevent you from doing this?
- What will you do or say if someone tells you not to give this food to your child?
- How will giving Anganwadi food to your child help him/her?

Motivation: You will see how your child will grow fast and be strong and healthy when she/he eats these extra foods.

New message : Add one teaspoon of fat/ghee to the baby's food

- Mix some ghee, oil or butter to your child's food,

Benefit: The ghee, oil or butter will give him/her more strength and he/ she will be more active. This will also make him/her more satisfied after eating and give 'aasra'.

Checking questions:

- What do you think about adding one of these fats to your baby's food?
- What would prevent you from doing this?
- What will you do or say if someone tells you not to add one of these fats to your child's food?
- How will doing this help your child?

Motivation: You will see how your child is more active, grows well and is satisfied after a meal when you mix one of these fats into his/her food.

Hygiene message: Before preparing food remember to wash your hands thoroughly with soap and water. Before feeding your child remember to wash your and your child's hands thoroughly with soap and water. This will help keep your child free from illness.

**Give eggs, milk
as frequently as possible**



**Continue frequent breastfeeding
during the day and night**



**Give milk,
introduce milk recipe**

Reinforce message : Continue feeding during illness and convalescence.

- We talked about continue to feed your child when he/she is ill.
- What is the best sort of food to give him/her when he/she is ill or convalescing?
- If your child doesn't have much appetite what can you do to help him/her eat more?
- How frequently should he/she eat?
- Has your child been ill recently? How did you feed him? What would you do now?
- PRAISE if remembers and give advice if needs it.

Motivation

- You will see how your child recovers more quickly and does not become weak if you feed him/her when he/she is ill and when he/she is convalescing.
- You will see how he/she stays more healthy.

Reinforce Message : Continue frequent breastfeeding during the day and night

- Are you able to continue to breastfeed your baby frequently during the day and night?
- PRAISE if doing so or stress on its importance as before

Motivation

- Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding how to feed your child?

Answers:

- A) To talk to my child when feeding him/her
- B) To respond to my child's cues when I am feeding him/her and to actively help and encourage/coax him/her to eat.

2. Can you tell me what we have talked about now regarding what to feed your child?

Answers:

- A) To give fortified foods as a complement to the family foods given to the child
- B) To add a teaspoon of fat or ghee to the child's food which will give him/her more energy
- C) To feed my child when he/she is ill and especially when recovering as this will help him/her recover more quickly and will not become weak

Give dark green or orange vegetables and fruits daily or as often as possible



Continue frequent breastfeeding during the day and night

Wash your hands with soap before preparing food

8 Month Visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- Are you able to continue to breastfeed your baby frequently during the day and night? **PRAISE** if doing so or **stress** on its importance as before

Motivation

- Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

New message: Give dark green or orange vegetables and fruits daily or as often as possible

- Give your child green vegetables such as spinach, (palakura), amaranth (totakura), or any other green vegetable that you might have), also orange vegetables such as carrot, tomato.
- Whenever possible mix vegetables into the child's food preparation.
- Also give fruits such as banana, orange, mango (other orange fruits?).
- Fruits such as banana can be given whole and they can be mashed with milk to give to your child.

Benefit Vegetables and fruits help keep your child healthy; your child will be more healthy if he/she eats vegetables or fruits every day. The food will be more interesting to your child, as it has a variety of tastes when you include vegetables and fruits.

Recipe Add some leaves of palakura/ totakura or tomatoes to the dhal while cooking it. Before adding chillies/ masala, keep aside a katori-full for your child. Add some salt and mix it well with mashed rice.

Checking question

1. What vegetables can you give to your child?
2. What fruits can you give to your child?
3. How will you give them, how will you prepare them?
4. What would help you to do this?
5. What might make it difficult for you to do this?
6. What will you do/say if someone tells you not to do give vegetables or fruits?
7. How will giving vegetables and fruits help your child?

Motivation: You will see how your child will like food with fruits and vegetables in and he/she will be stay more healthy.

Reinforce Hygiene message

Before preparing food remember to wash your hands thoroughly with soap and water. Before feeding your child remember to wash your and your child's hands thoroughly with soap and water. This will help keep your child free from illness.



Look at him/her and smile and talk to him/her whilst feeding.

Reinforce Message : Position and smiling. Face to face, eye contact.

- How do you hold/position your child when you are feeding him?
- Do you look at him/her and smiling and talking to him /her whilst feeding?
- PRAISE if she has done this, explore and help if not

Motivation ● You will see how your child will eat more and eating will be more enjoyable for both you and the child if you look at him/her and smile and talk to him/her whilst feeding.

Reinforce Message: Teach your child to eat with patience and love

- How are you teaching your baby to eat?

Motivation: ● Mothers who feed patiently have healthier and happier babies who grow well.
 ● You will see that feeding slowly and patiently will be an enjoyable experience

Reinforce Message: Give time to explore objects/persons/things

- Do you remember what we spoke the last time about giving your child time to explore? Have you been able to do this?
- What will you do when you first give your child a toy or an object?
- How can you help your child explore objects?
- What must you be sure of before giving your child the object?

Motivation: Your child is learning while he/ she is exploring & observing Let your child look at and do things on his own first. It will give him an opportunity to develop his intelligence

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answer: A) To give dark green vegetables and fruits, these will help my child be more healthy

2. Can you tell me what we have talked about now regarding how to feed your child?

Answers: A) To teach my child to eat with patience and love, she will be happier and learn to eat more

B) To look at my child when I am feeding her and how to hold or position her when feeding. She will enjoy feeding more....

3. Can you tell me what we have talked about how to play with your child?

Answer: A) To give time to explore objects/persons/things

**Give dal: rice + dal
in 2:1 portion**



**Praise child during eating
encourage child to eat**

8 Month Visit 2

Reinforce Message: Give adequate amount of food to your child at each meal

How much food have you been able to give your child at each meal? How much does he eat now? Now he/she is growing and is 8 months he/she needs to eat more than when she started to eat because her needs are more and her stomach is growing too and she will learn to eat more. Now she needs to eat 2 muddas of mixed food (2 fistfuls of 50 grams each)

Benefit: This amount will not give him/her diarrhoea because food gives strength and the child will be healthier. Children who eat too little do not grow well and become weak and ill. If a child cannot eat this much at one meal then he/she should be fed less quantity but several (more) times during the day.

Checking question

- Is your child eating this amount at each meal? Can you show me how much she eats at a meal? If yes **PRAISE**
- If not, explore the difficulties with the mother and encourage her to increase the amount little by little and ask her how much she will try to give tomorrow at her main meal.

Motivation: You will see how your child will be more satisfied be happier and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Reinforce Message: Actively help your child

- What do you do to help your child to eat? What do you do when your child appears to have finished eating his/her meal? What do you do when your child refuses to eat more?

Motivation: You will see your child eat more when you actively help and coax him. Your child will be happier and grow better if you actively help your child to eat.

Reinforce message : Verbal interaction: Praise child during eating encourage child to eat, positive comments.

Do you remember to talk to your child when you are feeding him? What do you say to your child when you are giving him his food? **PRAISE** if talking to child. (Remind different things that can be said to the child): Remember you can praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc. Encourage your child to eat with positive comments about the food, - 'this banana is so delicious' Name the different foods and utensils to your child whilst he/she is eating. Can you tell me why it is good to talk to your child when you are feeding him?

Motivation: You will see how quickly your child learns sounds and words when you talk to him/her during meals. You will see he/she eats more and is more interested in eating when you talk to him/her.

**Continue frequent breastfeeding
during the day and night**



Help your child find new things to do with familiar toys

Reinforce Message: Continue frequent breastfeeding during the day and night

- Are you able to continue to breastfeed your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

New message : Help your child find new things to do with familiar toys

- Children love to try out new things.
- Help your child by encouraging him/her by doing new things with familiar toys/ objects around the house, e.g., take a small katori and put some lemons and demonstrate to put the lemon into the katori and out of it. You can even teach the child to put things under or on the katori. You can even put the katori on your head pretending to sell vegetables.

Checking Questions

- How will you play with toys your child is already familiar with? Can you think of something you could do with household articles, which your child will enjoy?
- How will you provide variety in your child's play?

Motivation:

- Play a variety of games; it will make your child intelligent and alert
- Teach your child new things; it will help him/ her think better and be brighter

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answer: A) How much food to give to my child at each meal, I need to give this amount (show) and he/she will be more satisfied and grow better

2. Can you tell me what we have talked about now regarding how to feed your child?

Answers: A) To actively help my child to eat; he/she will eat more and be happier
B) To talk to my child when I am feeding her. She will learn more quickly.

3. Can you tell me what we have talked about how to play with your child?

Answer: A) Help and show my child do new things familiar objects

**Give eggs, milk
as frequently as possible**



**Give meat, chicken goat's liver,
bone marrow, eggs, milk
as frequently as possible**



**Wash your hands with soap
before preparing food**

8 Month Visit 3

Reinforce Message: Give meat, chicken goat's liver, bone marrow, eggs, milk as frequently as possible.

- Have you been able to give eggs to your child? How often?
 - How did you prepare the eggs, what did you mix with them?
 - How does your child like it?
 - Have you been able to give chicken's or goat's liver or bone marrow, liver or other meat? PRAISE if giving them.
 - Have you had any difficulties in giving these foods to him/her? (Help with difficulties if had)
- How often have you been able to give meats to your child?

Motivation

- You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods.

Recipe 3: Boil mincemeat well and before adding spices, remove a small quantity (a tablespoon) for your baby. Mash it well and mix with softly mashed Annam to which some salt and a teaspoon of oil or ghee has been added and feed your baby.

Reinforce Hygiene message

- Before preparing food remember to wash your hands thoroughly with soap and water.
- Before feeding your child remember to wash your and your child's hands thoroughly with soap and water
- This will help keep your child free from illness.

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?
 - A) To give meats and eggs to my child
 - B) To prepare this recipe to give to her
2. Can you tell me what we have talked about now regarding how to feed your child?

Answer: A) How to feed my child so that she will eat more, enjoy foods and be happier (the mother may say more specifically what she will do for a and b)



Feed your infant 3 meals a day

8 Month Visit 4

Reinforce message

- Check on the meat and egg recipes that she is giving to the child.
- Discuss, difficulties that she might be having:
- Is she able to prepare any of these recipes, which? PRAISE if yes, if not why not?
- Does the child eat these, PRAISE if yes, if not why not?
- Does the child like them? Which does he like best?
- What does the mother think about feeding these food preparations to her child?
- Explore other difficulties and benefits.

Motivation

- You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods.

Reinforce Message: Give adequate amount of food to your child at each meal

- How much food have you been able to give your child at each meal?
- How much does he eat now?
- Remember that now she needs to eat 2 muddas (= 50 grams / mudda)

Benefit This amount will not give him/her diarrhoea because food gives strength and the child will be healthier. Children who eat too little do not grow well and become weak and ill. If your child cannot eat this much at one meal then he/she should be fed less quantity but several (more) times during the day.

Checking question

- Is your child eating this amount at each meal? Can you show me how much she eats at a meal? If yes PRAISE
- If not, explore the difficulties with the mother and encourage her to increase the amount little by little and ask her how much she will try to give tomorrow at her main meal.

Motivation You will see how your child will be more satisfied be happier and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message 7: Frequency of feeding: feed your infant 3 meals a day

How many times do you feed your child now? PRAISE if doing it 3 or more times a day, Explore and help if not been able to.

Motivation: You will see that your child is happier and cries less if you feed him at least 3 times a day. He/she will be grow strong and healthy if you feed him at least 3 times a day

Feed your infant 3 meals a day



Help your child find new things to do with familiar toys

Reinforce RF messages

- Ask the mother how she feels about feeding her child, what are the problems.
- Is she able to look at the child whilst feeding him, actively help him, talk to the child etc? How does the child react and respond? Are there any particular things that she does where she notices that the child eats more, or enjoys the meal more? What does the child like the mother to do during the meal?
- What is she able to do, and what is she not able to do? What are the difficulties that she may have, and address these giving ideas.....ETC....

Reinforce message: Help your child find new things to do with familiar toys

- Do you remember what we spoke about playing familiar toys the last time?
- How did you play with toys your child is already familiar with?
- Could you think of something you could do with household articles, which your child enjoyed?
- How did you provide variety in your child's play?

Motivation:

- Play a variety of games; it will make your child intelligent and alert
- Teach your child new things; it will help him/ her think better and be brighter

Finish the visit by asking the following:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answer: A) To give meats and eggs to my child, these will make her grow more and be smarter
B) To prepare this recipe to give to her
C) That I need to give my child this much to eat at each meal
D) And feed her at least 3 times during the day

2. Can you tell me what we have talked about now regarding how to feed your child?

Answer: a) how to feed my child so that she will eat more, enjoy foods and be happier.(the mother may say more specifically what she will do for a and b)

3. Can you tell me what we have talked about how to play with your child?

Answer: a) help and show my child do new things familiar objects

**Continue frequent breastfeeding
during the day and night**



**Give adequate amount of
food to your child
at each meal, 3 fistfuls (muddas)**

9 Month Visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

Are you able to continue to breastfeed your baby frequently during the day and night? **PRAISE** if doing so or stress on its importance as before

Motivation: Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

New Message: Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- How much does your child eat now? Can you show me how much she eats at a meal? If yes **PRAISE**
- Now your child is 9 months he/she is growing very fast and needs to eat more to meet his/her growing needs. When a child reaches this age he/she needs to eat this amount (measure in household measures as we defined in our weighing sessions at NIN, please fill in, e.g. 125g 9 months = show in muddas) at each meal.
- Mothers often think that a child of this age may not eat this amount at one mealtime but as the child grows, his/her stomach grows too, and you will see that your child will learn to eat this much.

Benefit

- If your child eats this amount at each meal he/she will become more satisfied and cry less, and be less troublesome for you and other caregivers.
- This amount will not give him/her a bloated stomach (?) because food gives strength and the child will be healthier. Children who eat too little do not grow well and become weak and ill.
- If your child cannot eat this much at one meal then he/she should be fed less quantity but several (more) times during the day.

Checking questions

1. How much will you give your child to eat at each meal now that she is 9 months?
2. How much do you think he/her will eat?

Motivation

- You will see how your child will be more satisfied be happier (and bother you less?) and will be more healthy and active when he/she eats this amount at each meal.



Feed your child 3 meals plus 2 snacks a day

New message: Frequency of feeding: feed your child 3 meals plus 2 snacks a day

- Do you remember when your child was 6 to 8 months he/she needed to eat at least 3 meals a day?
- How many times do you feed him/her now? PRAISE if doing it 3 times a day
- Now your child is 9 months and is growing fast and needs to learn to eat more times a day as well as more at each meal to be able to meet all his growing needs. Now as well as feeding your child 3 meals a day give him/her 2 snacks (between meals). Your child can eat when the family eats, 3 times a day and 2 extra snacks are good for young children as well as meals
- It may take more time to give food 5 times a day but other members of the family can help.
- Make sure that alternate caregivers also give extra meals and snacks to your child if you are working or have to

Benefit ● Your child will be more satisfied, less hungry and cry less, be happier and more active if she/he feeds at least 5 times a day. He/she will grow healthy and strong.

Checking question

- | | |
|---|---|
| ● How many times will you feed your child in a day? | ● What will prevent or help you to feed your child 5 times per day? |
| ● Do you think that you can do this? | ● How often do you think you would be able to do this? |
| ● What meals or times will you feed him/her? | |

Motivation ● You will see that your child is happier and cries less if you feed him at 5 times a day.
 ● He/she will be grow strong and healthy if you feed him at 5 times a day.

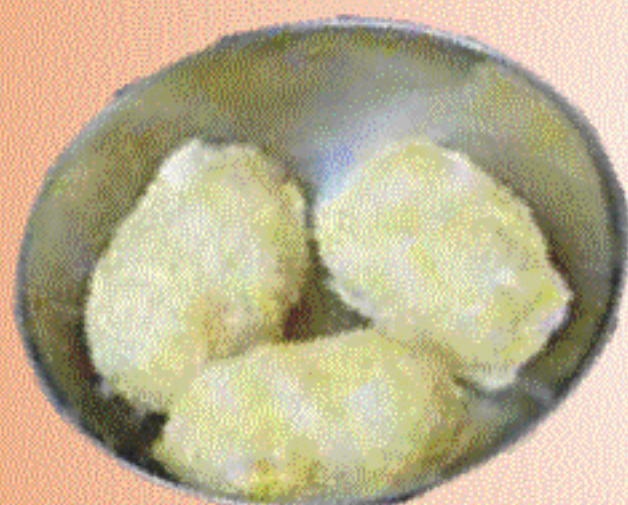
Reinforce message

- Check on the meat and egg recipes that she is giving to the child.
- Discuss, difficulties that she might be having:
- Is she able to prepare any of these recipes, which? PRAISE if yes, if not why not?
- Does the child eat these, PRAISE if yes, if not why not?
- Does the child like them? Which does he like best?
- What does the mother think about feeding these food preparations to her child?
- Explore other difficulties and benefits.

Motivation

- You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these

Give dal: rice + dal in 2:1 portion



Respond to cues of hunger and rejection

Reinforce message: Give dal: rice + dal in 2:1 portion

- Have you given thick dal with rice this to your child? In what proportions?
- How often? PRAISE if given.
- What recipes have you been able to make?
- Do you add a little extra oil or ghee to this for your baby?

Motivation

You will see how your child will like rice and dal and this will give him/her strength and help her to grow well.

Reinforce Hygiene message

Before preparing food remember to wash your hands thoroughly with soap and water. Before feeding your child remember to wash your and your child's hands thoroughly with soap and water. This will help keep your child free from illness.

New message: Response to child refusal

- When your child rejects food or seems to have finished eating wait a few minutes then offer another bite or two; this checks whether the child has really finished.
- Offer him/her a drink if your child shows that he/she is thirsty.
- If your child rejects food, offer him/her food that she/he likes.
- Feed a mixture of foods, e.g. with milk or different recipes so that he/she may be tempted to eat more.
- Change textures, tastes, consistencies by offering a different food or a drink during feeding, e.g. other food that is available such as bread, water.
- Let your child eat some foods by himself e.g. roti, bread, snack foods.
- If your child rejects a food at a meal, offer it on other days to help him/her learn to like it.

Checking questions: Tell me some different ways of how you may respond to your child if he/she rejects food.

Motivation: You will see how your child will eat more if you use these different strategies to encourage him/her eat more if he/she rejects the food.

At end of visit:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answers: A) To give 3 muddas to my child now that he/she is 9 months she needs more..

B) Feed her 3 meals and 2 snacks, i.e 5 times in the day C) To give her meats and eggas. D) To give dhal....

2. Can you tell me what we have talked about now regarding how to feed your child?

Answers: A) What to do if any child rejects food, to do this and this and this

Continue frequent breastfeeding during the day and night



Give dal: rice + dal
in 2:1 portion



Respond to cues of
hunger and rejection

9 month visit 2

Reinforce Message: Continue frequent breastfeeding during the day and night

Are you able to continue to breastfeed your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation : Your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce message: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- How much does your child eat now?
- Can you show me how much she eats at a meal?
- If eating 3 muddas, PRAISE. If not discuss her difficulties and help her.

Motivation

You will see how your child will be more satisfied be happier (and bother you less?) and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message: Frequency of feeding: feed your child 3 meals plus 2 snacks a day

How many times in the day do you feed your child now? PRAISE if doing it 5 times a day. If not discuss her difficulties and help her.

- Motivation**
- You will see that your child is happier and cries less if you feed him at 5 times a day.
 - He/she will be grow strong and healthy if you feed him at 5 times a day.

At end of visit:

1. Can you tell me what we have talked about now regarding what to feed your child?

ANSWERS: A) To give 3 muddas to my child now that he/she is 9 months she needs more..
B) Feed her 3 meals and 2 snacks, i.e 5 times in the day

Reinforce message: Response to child refusal

- Do you remember that we talked about some different ways of how you may respond to your child if he/she rejects food? How has your child been eating?
- What have you been able to do to help your child eat more when he rejects?

Motivation

- You will see how your child will eat more if you coax him with different strategies to encourage him/her eat more if he/she rejects the food.



**Praise child during
eating
encourage child to eat**



Play simple games e.g. Peek-a-boo

Reinforce message: Verbal interaction: Praise child during eating encourage child to eat, positive comments.

- Do you remember to talk to your child when you are feeding him?
- What do you say to your child when you are giving him his food? PRAISE if talking to child.
- Remember you can praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc.
- Encourage your child to eat with positive comments about the food, - 'this banana is so delicious'.
- Name the different foods and utensils to your child whilst he/she is eating.
- Can you tell me why it is good to talk to your child when you are feeding him?

Motivation ● You will see how quickly your child learns sounds and words when you talk to him/her during meals.
 ● You will see he/she eats more and is more interested in eating when you talk to him/her.

New Message: Play simple games e.g. Peek-a-boo

- Your baby will love to play games with you. Remember your baby is always learning. Things that seem simple to you will be amusing as well as rewarding to the child. Play games like peek-a-boo and clapping your hands with your child. He/ she will enjoy it immensely and will learn to play with others as well. All the members of the family can wave and say ta-ta; bye, bye, when they leave the house and say 'Salaam' 'Namaste' when they come in. Praise the child when she/ he does something on her/his own.

Checking Questions: ● What kind of games can you play with your baby?
 ● When will you or your family play with your baby?

Motivations: Play interactive games with your baby; you will see that it will make your baby active and smart. Play with your baby because it is important for her/ his physical and mental development

At end of visit:

1. Can you tell me what we have talked about now regarding what to feed your child?

Answers: A) To give 3 muddas to my child now that he/she is 9 months she needs more..

B) Feed her 3 meals and 2 snacks, i.e 5 times in the day

2. Can you tell me what we have talked about now regarding how to feed your child?

Answers: A) What to do if my child rejects food,

B) To actively talk to my child during eating and to say thisShe will learn more quickly

3. Can you tell me what we have talked about how to play with your child?

Answer: A) To play games with my child such as....

Give egg and milk



Continue frequent breastfeeding during the day and night



Whenever the child is ill

Continue feeding during illness and convalescence.

- * What is the best sort of food to give him/her when he/she is ill or convalescing? Do you remember we said it is important to keep giving breast milk and to give soft foods, which are easier for him/her to eat?
- * When your child has diarrhoea, give him/ her ORS mixed in boiled and cooled water *.
- * If your child doesn't have much appetite what can you do to help him/her eat more? [Give him/her smaller portions].
- * Feed more frequently during the day, how many times can you feed him? 6 times? PRAISE if remembers and give advice if needs it.

Motivation

- * You will see how your child recovers more quickly and does not become weak if you feed him/her when he/she is ill and when he/she is convalescing.
- * You will see how he/she becomes ill less often.

Recipe for making ORS at home in emergency

- * Take a glass of clean boiled water and add a teaspoon of sugar and a pinch of salt to prepare ORS liquid at home and feed frequently to child during illness.

Continue frequent breastfeeding during the day and night



Give a mixture of foods to your child



Encourage experience with self-feeding



10 month Visit 1

Continue frequent breastfeeding during the day and night

- * Are you able to continue to breastfeed your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

New message: Give a mixture of foods to your child

Behaviour :

- * Mix different foods together to give to your child at mealtime You can mix different foods into your child's meal such as: milk, annam, curd, egg, green leafy vegetables, dhal.

Benefit:

- * A mixture of foods is more nutritious for your child. Combining a variety of foods gives the child more vitamins and he/she will grow and develop faster. Mixing a variety of foods together will make the food softer and will be easier for your child to eat. The food will be tastier and your child will like it and will eat more.

Checking questions

1. How will you prepare the food for your child: what foods will you give him/her?
2. Which foods can you mix together for your child?
3. Do you think you can do this?
4. What different foods do you have in the home?
5. How often do you think you can do this?
6. What might prevent/help you to do this?

Continue frequent breastfeeding during the day and night



Give meat, chicken, goat's liver, eggs as frequently as possible and add ghee/oil



Encourage experience with self-feeding



Motivation : You will see how your child will like the food you prepare for him when you mix different foods together. He/she will eat it easily as it is soft. You will see how your child grows and develops faster and becomes smarter if he eats a mixture of foods.

New Message: Encourage experience with self-feeding

Behaviour: Let your child touch and pick up food with his/her fingers during meals and try feeding him/herself. Let him/her touch food and try to eat him/herself when he/she shows interest in this. Watch him/her and help him/her when necessary; and make sure that your child eats enough at the mealtime.

Benefit: At this age a child will spill some food and make some mess but touching food and learning to eat some by him/herself will help him/her develop more quickly. Your child will take more interest in food and will like eating and enjoy meals more if he/she can touch the food and try eating him/herself.

Checking questions:

1. Do you think you can let him/her touch food and try to feed him/herself?
2. How will this help your child?
3. What would prevent you from doing this?
4. What would you say if someone tells you not to do this?

Motivation:

You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself.

Reinforce message: Give meat, chicken, goat's liver, eggs as frequently as possible and add ghee/oil

- * Check on the meat and egg recipes that she is giving to the child, especially the meat/liver recipe given at the last visit.
- * Discuss difficulties that she might be having:
- * Which of these recipes is she able to prepare? PRAISE if yes, if not why not?
- * Does the child eat these, PRAISE if yes, if not why not?
- * Which does the child like best?
- * What does the mother think about feeding these food preparations to her child?
- * Explore other difficulties and benefits.
- * Do you add a little extra oil, butter or ghee to these foods that you give to your baby?

Motivation:

- * You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods.



Give meat, chicken, goat's liver, eggs as frequently as possible and add ghee/oil



Give dark green or orange vegetables and fruits daily or as often as possible



Encourage experience with self feeding and be attentive

Reinforce message: Give dhal: rice + dhal in 2:1 portion and add ghee/oil

- * Have you given thick dhal with rice this to your child? In what proportions? How often? PRAISE if given. What recipes have you been able to make? Do you add a little extra oil or ghee to this for your baby?

Motivation: You will see how your child will like rice and dal and this will give him/her strength and help her to grow well.

New Message: Attention to cues and modelling of food

Behaviour: Respond to your child and notice and help your child when he/she needs help to eat and to finish a meal. Ait for him/her to finish his mouthful before offering more food. Offer a second helping when he/she finishes all that you have given him; he/she may need more food even though you may think he/she has had enough. If a child wants more then he/she can digest it well. Encourage your child to eat by showing him/her how you eat, or his brother or sister or a doll and let him/her imitate you (Demonstrate).

Benefit: When you learn to respond to your child's cues of letting him explore food and try and eat on his/her own and helping him/her when he needs help will help him/her develop more and to have more interest in eating.

Checking questions: Tell me some different ways of how you may respond to your child when you are feeding him?

Motivation: You will see how feeding becomes enjoyable when you let your child explore the food and try to eat when he wants to and help him to finish his/her food when she needs it.

Motivation: You will see how feeding becomes enjoyable when you let your child explore the food and try to eat when he wants to and help him to finish his/her food when she needs it.

Reinforce message: Give dark green or orange vegetables and fruits daily or as often as possible

What vegetables have you been giving to your child? How have you been preparing them for him/her? Remember that green vegetables such as spinach, (palakura), amaranth (totakura), or any other green vegetable that you might have), also orange vegetables such as carrot, tomato (other?) help keep your child healthy. Whenever possible mix vegetables into the child's food preparation. Also give fruits such as banana, orange, mango (other orange fruits?). What fruits have you been giving to your child? How have you been preparing them for him/her?

Motivation: You will see how your child likes food with fruits and vegetables in and he/she will be stay more healthy.
At end of visit:

1. Can you tell me what we have talked about now regarding what to feed your child?
 - a) to give a mixture of foods
 - b) to give thick dhal and rice
 - c) to give her meats and eggs. infant
 - d) to give her green and orange vegetables
 - e) to add ghee or oil to the food of the infant
2. Can you tell me what we have talked about now regarding how to feed your child?
 - a) to encourage self feeding but help my child when he/she needs help to finish her food
 - b) be attentive to my child to let him/her explore food and to help when he/she needs it
 - c) to show my child how to eat by showing how I eat, or his sibling or a doll and have him/her imitate

Talk to child and give names for things and people



Continue frequent breastfeeding during the day and night



Frequency of feeding: feed your child 3 meals plus 2 snacks a day

10 month Visit 2

New message: Talk to child and give names for things and people

Behaviour: As your child is growing so are her abilities to talk and understand. Children can understand things long before they can talk. They learn simple commands like 'no'. By 9 months they begin to learn words. Tell the child the names of people and things around the house, objects you use every day like water, milk, animal names, etc. Most children are interested in learning the names of things and people they like. Point to an object and tell its name to your child. E.g., 'water', 'milk', 'dog'. This way your baby will learn new words and things. While feeding your baby, tell her/him the names of foods. Encourage him when he responds. Praise your child when he learns new things

Benefit: Children learn about things and names of things from adults.

Checking questions:

1. What can you do to help your child learn new words.
2. What words will you teach your child
3. How will you teach your child new words

Motivation:

- * When you talk to your baby, she will learn to talk back
- * Talk to your baby, he will listen and understand and become smarter
- * Tell your baby names of people, things, foods, etc., he/she will learn new words and later will do well in school,
- * Remember to repeat words to your child. You will see that he will recognize and imitate them.

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you able to continue to breastfeed your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce message: Give a mixture of foods to your child

- * Do you remember we talked last time about giving a mixture of foods to your child?
- * Have you been able to do this?
- * Which foods do you mix together for your child?
- * How do you prepare them?
- * How often do you give a mixture of foods to you child?

Motivation:

You will see how your child likes the food when you give him a mixture and how he grows and develops faster and becomes smarter.

Offer different combinations of foods, tastes and textures



Frequency of feeding: feed your child 3 meals plus 2 snacks a day

New Message: Offer different combinations of foods, tastes and textures; change order of foods during the meal if child stops eating.

Behaviour: When your child doesn't want any more offer him another food, with a different taste or texture; this will stimulate his interest in food. Alternate different types of foods during a meal. Offer him/her a drink and then offer him/her more food again.

Benefit: A child often eats more when you change the type of food you give him during a meal. A child has more interest in food when different types of tastes and textures are offered during a meal.

Reinforce message: Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- * How much does your child eat now?
- * Can you show me how much she eats at a meal?
- * If eating 3 muddas, PRAISE. If not discuss her difficulties and help her.

Motivation:

- * You will see how your child will be more satisfied and happier (and bother you less?) and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message: Frequency of feeding: feed your child 3 meals plus 2 snacks a day

- * How many times in the day do you feed your child now?
- PRAISE if doing it 5 times a day. If not discuss her difficulties and help her.

Motivation:

- * You will see that your child is happier and cries less if you feed him at 5 times a day.
- * He/she will grow strong and healthy if you feed him at 5 times a day.

At end of visit:

1. Can you remember what have talked about now regarding how to talk to your child?
 - a) to talk to my child and give names for things and people
2. Can you tell me what we have talked about now regarding what to feed your child?
 - a) to give a mixture of foods
 - b) to give at least 3 muddas of food at each meal
 - c) To give my child 3 meals a day and 2 snacks
3. Can you tell me what have talked about now regarding how to feed your child?
 - a) to change the types of food tastes and textures during a meal so my child will have more interest in the food and eat more.

Continue frequent breastfeeding during the day and night



Introduce family foods to the child



Give a mixture of a variety of foods to your child

11 month Visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you give him/her other foods as well as continue to breastfeed.

Reinforce message: Give a mixture of a variety of foods to your child

Do you remember we talked last time about giving a mixture of a variety of foods to your child? [Annam mixed with scrambled egg; annam mixed with thick pappu; annam mixed with bone marrow, etc] Have you been able to do this? Which are the foods that you mix together for your child?

Motivation: You will see how your child likes the food when you give him a mixture and how he grows and develops faster and becomes smarter.

Behaviour: Give the foods that you prepare for the family to your child, the vegetables, fruits and thick dhal, curries which are not spicy; the child can now digest these foods. These foods can be mashed so the child can eat them more easily; do not give the soup (liquid) form to the child, give the thick foods themselves.

Benefit: Giving family foods will give more variety to your child. This will give him/her more vitamins and will make him more healthy and strong and grow more.

Checking questions:

- * What family foods will you give your child?
- * How will you prepare these?
- * How frequently will you give them?
- * How will doing this help your child?
- * What will you say if someone tells you not to give these?

Motivation: You will see how your child likes these family foods and will be more healthy and grow more

Reinforce Messages: Encourage experience with self feeding and be attentive

Is your child now trying to eat some food by him/herself? How does he/she eat it? What does she/he like to eat by herself/himself? Does he/she finish his meal? Remember to watch and help your child when he/she needs help to eat and to finish a meal. How do you help him finish his meal? Show him how you eat or how his brothers and sisters eat and let him imitate you.

Motivation: You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself/ himself.

Give dhal: rice + dhal in 2:1 portion and ghee/oil



Liver Recipe



Reinforce message: Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- * How much does your child eat now? Can you show me how much she eats at a meal? [If eating 3 muddas or more, PRAISE. If not discuss her difficulties and help her].

Motivation: You will see how your child will be more satisfied and happier and grow better and bother you less? [yes] and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message: Give dhal: rice + dhal in 2:1 portion and ghee/oil

- * Have you given thick dhal with rice to your child? How often? [PRAISE if given]. Do you add a little extra oil or ghee to this for your baby?

Motivation:

- * You will see how your child will like rice and dhal and this will give him/her strength and help her to grow well.

Reinforce message: Give meat, chicken, goat's liver, eggs as frequently as possible and ghee/oil

Which of these recipes do you make? PRAISE if making recipe? Does the child eat these foods? [PRAISE if yes, if not why not? Help with difficulties]. Which does the child like best? Do you add a little extra oil, butter or ghee to these foods that you give to your baby?

Motivation:

- * You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods and with some ghee or oil added to them.

Reinforce message: Play simple games

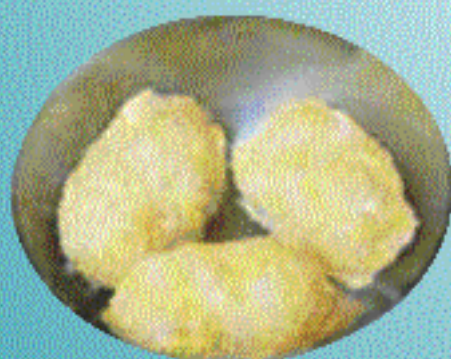
At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give a mixture of foods
 - b) to give family foods to my child, mashed
 - c) to give at least 3 muddas of food at each meal
 - d) to feed 3 meals a day plus 2 snacks
 - e) to give thick dhal and rice
 - f) to give meals with meat and/or eggs
 - f) to add some ghee/oil to the meal of my child
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to let my child self feed as well as to help him/her feed and show him how to eat
 - b) watch my child as she/he feed self and be attentive and help if required
3. Can you remember what have talked about now regarding how to play with your child?
 - a) to play simple games like.....

**Continue frequent breastfeeding
during the day and night**



**Give dhal: rice + dhal in 2:1 portion
and ghee/oil**



**Offer different combinations of foods,
tastes and textures; change order of foods
during the meal if child stops eating.**

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation:

- * Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods. Same as above?

Reinforce Message: Give family foods to the child

- * What family foods are you giving to your child now? How do you prepare them for your child? Remember you can mash them so that it is easier for your child to eat.

Reinforce message: Offer different combinations of foods, tastes and textures; change order of foods during the meal if child stops eating.

Have you tried giving different foods to your child during a meal, giving foods of different tastes or textures and alternating different types of foods to stimulate his interest in food? What have you tried doing? How did your child react? PRAISE if tried, encourage and remind if had difficulties.

Motivation:

- * Remember, your child will eat more and he will be more interested in food if you give him different types of foods and alternate them during a meal.

Reinforce message: Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- * How much does your child eat now?
- * Can you show me how much she eats at a meal? (If eating 3 muddas or more, PRAISE. If not discuss her difficulties and help her).

Motivation:

- * You will see how your child will be more satisfied and happier and grow better and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Frequency of feeding: feed your child 3 meals plus 2 snacks a day



**Praise child during eating
encourage child to eat,
positive comments.**



Ask your child simple questions

Reinforce message: Frequency of feeding: feed your child 3 meals plus 2 snacks a day

How many times in the day do you feed your child now? **PRAISE** if doing it 5 times a day. If not discuss her difficulties and help her.

Motivation: * You will see that your child is happier and cries less if you feed him at 5 times a day.
* He/she will grow strong and healthy if you feed him 5 times a day.

Reinforce message:

Do you remember to talk to your child when you are feeding him? What do you say to your child when you are giving him his food? (**PRAISE** if talking to child). Remember you can praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc. (Remind different things that can be said to the child): Encourage your child to eat with positive comments about the food, - 'this banana is so delicious'. Name the different foods and utensils to your child whilst he/she is eating. Can you tell me why it is good to talk to your child when you are feeding him?

Motivation: * You will see how quickly your child learns sounds and words when you talk to him/her during meals.
* You will see he/she eats more and is more interested in eating when you talk to him/her.

New Message: Ask your child simple questions

Behaviour: When you ask your child questions, you will set him/her thinking! Your child will try and learn to respond. Ask your child simple questions like 'where is your toy?' Wait to see what your child does. If she/he does not respond take her/him to the toy and say 'here is your toy'. When offering food or toy to the child say, 'do you want ---?' Wait for the child to indicate what she/he wants by reaching for the item. Praise your child when you give the object. You can also ask your child to show body parts like, 'where is your nose?'

Checking questions: 1. How will you know your child understands? 2. What questions can you ask the child?

Motivation: Ask your child simple questions. You will know whether she/he understands Children understand much before they talk Ask them questions, it will encourage them to talk and make them smart

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give family foods to my child, mashed and thick
 - b) to give at least 3 muddas of food at each meal
 - c) to feed 3 meals a day plus 2 snacks
2. Can you remember what we have talked about now regarding how to feed your child?
 - a) to talk to my child when feeding
 - b) to offer foods of different tastes and textures and to alternate them during the meal to stimulate my child's interest in food
3. Can you remember what we have talked about now regarding how to play with your child?
 - a) to ask simple questions to my child like.....



Frequency of feeding: feed your child 3 meals plus 2 snacks a day



Continue frequent breastfeeding during the day and night



Give a mixture of foods and give family foods to the child



Actively help your child and response to child refusal

12 month visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce Message: Give a mixture of foods and give family foods to the child

- * Are you giving a mixture of foods to your child?
- * What foods are you mixing together to give to him/her?
- * What family foods are you giving to your child now?
- * How do you prepare them for your child?
- * Remember you can mash them so that it is easier for your child to eat.

Motivation: You will see how your child likes the food when you give him a mixture and give him family foods and how he grows and develops faster and becomes smarter.

Reinforce message : Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- * How much does your child eat now? Can you show me how much she eats at a meal? [If eating 3 muddas or more, PRAISE. If not discuss her difficulties and help her].

Motivation: You will see how your child will be more satisfied and happier and grow better and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message: Frequency of feeding: feed your child 3 meals plus 3 snacks a day

- * How many times in the day do you feed your child now? [PRAISE if doing it 5 times a day. If not discuss her difficulties and help her].

Motivation: * You will see that your child is happier and cries less if you feed him at 5 times a day.
***** He/she will grow strong and be ill less if you feed him at 5 times a day.

Reinforce Message: Actively help your child and response to child refusal

What do you do to help your child to eat? What do you do when your child appears to have finished eating his/her meal? What do you do when your child refuses to eat more? When your child stops eating remember to wait a little while and then offer him/her more food. Show him how you eat or how his brothers and sisters eat and let him imitate you.

Motivation:

- * You will see your child eat more when you actively help and coax him and encourage him/her to eat more.
- * Your child will be happier and grow better if you actively help your child to eat.



Encourage experience with self feeding and be attentive



Talk to child and give names for things and people

Reinforce Messages: Encourage experience with self feeding and be attentive

- * Is your child now trying to eat some food by him/herself?
- * How does he/she eat it?
- * What does she/he like to eat by herself?
- * Does he/she finish his meal?
- * Remember to watch and help your child when he/she needs help to eat and to finish a meal. How do you help him finish his meal?

Motivation:

- * You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself/himself.

Reinforce message: Talk to child and give names for things and people

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give a mixture of foods and to give family foods
 - b) to give at least 3 muddas of food at each meal
 - c) to feed 3 meals a day plus 2 snacks
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to actively help my child to eat even when he/she refuses food.
 - b) to let my child self feed as well as to help him/her feed and be attentive to him/her
3. Can you remember what have talked about now regarding how to talk with your child?
 - a) to talk and give names for things and people



Give dhal: rice + dhal in 2:1 portion and ghee/oil

Continue frequent breastfeeding during the day and night



Give meat, chicken, goat's liver, eggs as frequently as possible and oil/ghee



Give fortified foods if available

12 month visit 2

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce message : Give dhal: rice + dhal in 2:1 portion and ghee/oil

- * Have you given thick dhal with rice this to your child?
- * How often? PRAISE if given.
- * Do you add a little extra oil or ghee to this for your baby?

Motivation: You will see how your child will like rice and dal and this will give him/her strength and help her To grow well.

Reinforce message: Give meat, chicken, goat's liver, eggs as frequently as possible and oil/ghee

- * Which meat or egg recipes do you make? PRAISE if making recipe. [Check on the meat/liver and egg recipes that she is giving to the child. Discuss, difficulties that she might be having:.....]
- * Does your child eat these foods [PRAISE if yes, if not why not? Help with difficulties].
- * Which does the child like best?
- * Do you add a little extra oil, butter or ghee to these foods that you give to your baby?

Motivation: You will see that your child grows and develops more quickly, be smarter and healthier if he/she eats these foods.

Reinforce message: Give fortified foods if available (e.g. Anganwadi food- if available).

Behaviour: Do you give AWW food and/or other fortified foods to your child? It is important to make these foods as the Anganwadi worker tells you, but you can mix them with different foods such as milk to make them tastier for your child; they are more nutritious when made with milk. How do you prepare this food? Do not keep these foods once they have been prepared if the child doesn't finish them as they can get spoiled/ rotten. These foods are very nutritious especially when they are made thick. These fortified foods complement the other foods that you should give your child; they will help your child to grow more quickly and be stronger and healthier.

Motivation: You will see how these extra foods will help your child will grow fast and be strong and healthy.

Offer different combinations of foods, tastes and textures; change order of foods during the meal if child stops eating.



Liver Recipe



Egg Recipe

Explain things and show children how to do things: Stacking toy



Praise child during eating encourage child to eat, positive comments.



Reinforce message: Verbal interaction: Praise child during eating encourage child to eat, positive comments.

Do you remember to talk to your child when you are feeding him? What do you say to your child when you are giving him his food? [PRAISE if talking to child]. Remember you can praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc. (Remind different things that can be said to the child): Encourage your child to eat with positive comments about the food, - 'this banana is so delicious'. Name the different foods and utensils to your child whilst he/she is eating.

Motivation: You will see how quickly your child learns sounds and words when you talk to him/her during meals. You will see he/she eats more and is more interested in eating when you talk to him/her.

Reinforce message: Offer different combinations of foods, tastes and textures; change order of foods during the meal if child stops eating.

Have you tried giving different foods to your child during a meal, giving foods of different tastes or textures and alternating different types of foods to stimulate his interest in food? What have you tried doing? How did your child react? [PRAISE if tried, encourage and remind if had difficulties].

Motivation: Remember, your child will eat more and he will be more interested in food if you give him different types of foods and alternate them during a meal.

New message: Explain things and show children how to do things: Stacking toy

Behaviour: Children learn while they play and their intelligence grows rapidly during this age. Show and tell your child how to do things, like, put the blocks on top of each other. You can also ask him to stack small utensils. However, always first give your baby time to explore things. Encourage her/ him to do this and laugh with him/her to show your enjoyment.

Checking questions: How will help your child to play with a new toy? Can you tell me what you will do when you give your child a toy or an article? What will you give your child to stack? What will you tell him/her to do?

Motivation: Showing and explaining to your child how to do things will improve his intelligence. Explain things to your child. He/ she will understand and you will see he/she will understand and learn better and be brighter.

At end of visit: 1. Can you tell me what we have talked about now regarding what to feed your child?

- a) to give dhal and rice and add ghee/oil b) To give her meats and eggs and add ghee/oil
- c) to give fortified foods like AWW food to my child

2. Can you tell me what we have talked about now regarding how to feed your child?

- a) to talk to my child when feeding her B) to offer foods of different tastes and textures and to alternate them during the meal to stimulate my child's interest in food

3. Can you tell me what we have talked about how to play with your child?

- a) to explain things and show my child how to play with a stacking toy so that she/ he can learn and also enjoy doing new things.

Continue frequent breastfeeding during the day and night



Give dark green or orange vegetables and fruits daily or as often as possible



Give a mixture of foods and give family foods to the child and add ghee/oil

Actively help your child and response to child refusal

13 month visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce Message: Give a mixture of foods and give family foods to the child and add ghee/oil

Are you giving a mixture of foods to your child? What foods are you mixing together to give to him/her? What family foods are you giving to your child now? How do you prepare them for your child? Remember you can mash them so that it is easier for your child to eat. Remember to add a little ghee/oil to the child's meal

Motivation: You will see how your child likes the food when you give him a mixture and give him family foods and how he grows and develops faster and becomes smarter.

Reinforce message: Give dark green or orange vegetables and fruits daily or as often as possible

- * What vegetables have you been giving to your child?
- * How have you been preparing them for him/her?
- * Remember that green vegetables such as spinach, (palakura), amaranth (totakura), or any other green vegetable that you might have), also orange vegetables such as carrot, tomato (other?) help to keep your child healthy.
- * Whenever possible mix vegetables into the child's food preparation.
- * Also give fruits such as banana, orange, mango (other orange fruits?).
- * What fruits have you been giving to your child?
- * How have you been preparing them for him/her?

Motivation: You will see how your child likes food with fruits and vegetables in and he/she will be stay more healthy.



Encourage experience with self feeding and be attentive

Ask your child simple questions



Reinforce Messages: Encourage experience with self feeding and be attentive

- * Is your child now trying to eat some food by him/herself?
- * How does he/she eat it?
- * What does she/he like to eat by herself?
- * Does he/she finish his meal?
- * Remember to watch and help your child when he/she needs help to eat and to finish a meal. How do you help him finish his meal?

Motivation:

- * You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself/himself.

Reinforce message: Ask your child simple questions

Checking questions:

- * Do you remember we spoke the last time about asking simple questions to your child?
- * What questions can you ask the child? Praise if asked.
- * How will you know your child understands?

Motivation:

- * Ask your child simple questions. You will know whether she/he understands
- * Children understand much before they talk
- * Ask them questions, it will encourage them to talk and make them smart

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give a mixture of foods and to give family foods and to add ghee/oil
 - b) to give green leafy and orange vegetables and fruits to my child
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to actively help my child to eat even when he/she refuses food
 - b) to let my child self feed as well as to help him/her feed and be attentive
3. Can you remember what have talked about now regarding how to talk with your child?
 - a) to ask my child simple questions

13 month visit 2

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce recipes: Dhal and rice and egg and meats and liver recipes.

- | | |
|---|---|
| * What recipe preparations are you giving your child? | * What preparations with meats, liver or egg are you giving your child? |
| * What recipe preparations with dhal are you giving? | * How are you preparing them? |
| * How are you preparing them? | * Does your child eat them? [PRAISE if preparing well and giving to child. Help and advise where there are difficulties]. |
| * Does your child eat them? [PRAISE if preparing well and giving to child. Help and advise where there are difficulties]. | |

Reinforce message: Continue feeding during illness and convalescence.

What is the best sort of food to give him/her when he/she is ill or convalescing? Do you remember we said it is important to keep giving breast milk and to give soft foods, which are easier for him/her to eat? If your child doesn't have much appetite what can you do to help him/her eat more? Give him/her smaller portions. How frequently should he/she eat? Feed more frequently during the day. How many times can you feed him? 6 times? [PRAISE if remembers and give advice if needs it].

Motivation: You will see how your child recovers more quickly and does not become weak if you feed him/her when he/she is ill and when he/she is convalescing. You will see how he/she becomes ill less often.

Reinforce Message: Actively help your child and response to child refusal

What do you do to help your child to eat? What do you do when your child appears to have finished eating his/her meal? What do you do when your child refuses to eat more? When your child stops eating remember to wait a little while and then offer him/her more food. Show him how you eat or how his brothers and sisters eat and let him imitate you.

Motivation:

You will see your child eat more when you actively help and coax him and encourage him/her to eat more. Your child will be happier and grow better if you actively help your child to eat.

Encourage experience with self feeding and be attentive



Explain things to your child



Reinforce Messages: Encourage experience with self feeding and be attentive

- * Is your child now trying to eat some food by him/herself?
- * How does he/she eat it?
- * What does she/he like to eat by herself?
- * Does he/she finish his meal?
- * Remember to watch and help your child when he/she needs help to eat and to finish a meal. How do you help him finish his meal?

Motivation:

- * You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself/himself.

Reinforce message: Explain things and show children how to do things (Stacking toy).

- * Can you tell me what you will do when you give your child a toy or an article?
- * What will you give your child to stack?
- * Praise if mother says she explained and showed the child what to do with the toy.

Motivation:

Showing and explaining to your child how to do things will improve his intelligence.
Explain things to your child. You will see that he/ she will understand learn better and be brighter.

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give dhal and rice recipes
 - b) to give preparations with meats and eggs
 - c) to feed my child soft food when he/she is ill and to give food more frequently in the day and give more food when convalescing
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to actively help my child to eat even when he/she refuses food
 - b) to let my child self feed as well as to help him/her feed and be attentive to him/her
3. Can you remember what have talked about now regarding how to talk with your child?
 - a) to explain things to my child and to show him/her how to play with a stacking toy

Continue frequent breastfeeding during the day and night



Give a mixture of foods and give family foods to the child



Frequency of feeding: feed your child 3 meals plus 2 snacks a day

14 month visit 1

Reinforce Message: Continue frequent breastfeeding during the day and night

- * Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation:

Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce Message: Give a mixture of foods and give family foods to the child

- * Are you giving a mixture of foods to your child?
- * What foods are you mixing together to give to him/her?
- * What family foods are you giving to your child now?
- * How do you prepare them for your child? Remember you can mash them so that it is easier for your child to eat.

Motivation:

You will see how your child likes the food when you give him a mixture and give him family foods and how he grows and develops faster and becomes smarter.

Reinforce message: Amount: Give adequate amount of food to your child at each meal, 3 fistfuls (muddas)

- * How much does your child eat now?
- * Can you show me how much she eats at a meal?
- * If eating at least 3 muddas or more, PRAISE. If not discuss her difficulties and help her to offer more.

Motivation:

You will see how your child will be more satisfied and happier and grow better and bother you less and will be more healthy and active when he/she eats this amount at each meal.

Reinforce message: Frequency of feeding: feed your child 3 meals plus 3 snacks a day

- * How many times in the day do you feed your child now?
- * PRAISE if doing it 6 times a day. If not discuss her difficulties and help her.

Motivation:

- * You will see that your child is happier and cries less if you feed him at 6 times a day.
- * He/she will grow strong and be ill less if you feed him at 6 times a day.

Praise child during eating encourage child to eat, positive comments.



**Offer different combinations of foods, tastes and textures;
change order of foods during the meal if child stops eating.**

Reinforce message: Verbal interaction: Praise child during eating encourage child to eat, positive comments.

- * Do you remember to talk to your child when you are feeding him?
- * What do you say to your child when you are giving him his food? [PRAISE if talking to child].
- * Remember you can praise your child for eating her food: say mmm, good, good girl/boy, yum yum, etc. (Remind different things that can be said to the child):
- * Encourage your child to eat with positive comments about the food, - 'this banana is so delicious'.
- * Name the different foods and utensils to your child whilst he/she is eating.

Reinforce message: Offer different combinations of foods, tastes and textures; change order of foods during the meal if child stops eating.

- * Have you tried giving different foods to your child during a meal, giving foods of different tastes or textures and alternating different types of foods to stimulate his interest in food?
- * What have you tried doing?
- * How did your child react? [PRAISE if tried, encourage and remind if had difficulties].

Motivation:

- * Remember, your child will eat more and he will be more interested in food if you give him different types of foods and alternate them during a meal.

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give a mixture of foods and to give family foods
 - b) to give at least 3 muddas of food at each meal
 - c) to feed 3 meals a day plus 2 snacks
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to talk to my child when feeding her
 - b) to offer foods of different tastes and textures and to alternate them during the meal to stimulate my child's interest in food

Dhal and rice and egg and meats and liver recipes



Explain things and show children how to do things



Encourage experience with self feeding and be attentive



14 month visit 2

Reinforce Message: Continue frequent breastfeeding during the day and night

Are you still breastfeeding your baby frequently during the day and night? PRAISE if doing so or stress on its importance as before

Motivation: Remember your baby will be healthier if you continue to breastfeed as well as give him/her other foods.

Reinforce recipes: Dhal and rice and egg and meats and liver recipes.

What recipe preparations are you giving your child? hat recipe preparations with dhal are you giving? How are you preparing them? Does your child eat them? [PRAISE if preparing well and giving to child. Help and advise where there are difficulties, and give (remind) recipe suggestions]. What preparations with meats, liver or egg are you giving your child? How are you preparing them? Does your child eat them? [PRAISE if preparing well and giving to child. Help and advise where there are difficulties and give (remind) recipe suggestions].

Reinforce Messages: Encourage experience with self feeding and be attentive

Is your child now trying to eat some food by him/herself? How does he/she eat it? What does she/he like to eat by herself? Does he/she finish his meal? Remember to watch and help your child when he/she needs help to eat and to finish a meal. How do you help him finish his meal?

Motivation: You will see how your child will enjoy meal times more and develop his/her skills for holding things when she/he tries eating food by herself.

New message: Explain things and show children how to do things: Slate and chalk

Behaviour: Children learn while they play and their intelligence grows rapidly during this age. Show and tell your child how to do things, like, scribbling with chalk on the slate. However, always first give your child time to explore it. Encourage her/ him to do this and laugh with him/her to show your enjoyment.

Checking questions:

1. How will help your child to scribble on the slate with chalk?
2. Can you tell me what you will do when you give these to your child?
3. What will you tell/ show him/her to do?

Motivation: Showing and explaining to your child how to do things will improve his intelligence. Explain things to your child. He/ she will understand and you will see he/she will understand and learn better and be brighter.

At end of visit:

1. Can you tell me what we have talked about what to feed your child?
 - a) to give dhal and rice recipes
 - b) to give preparations with meats and eggs
2. Can you remember what have talked about now regarding how to feed your child?
 - a) to let my child self feed as well as to help him/her feed and be attentive
3. Can you remember what have talked about now regarding how to talk with your child?
 - a) to explain things to my child and to show him/her how use slate and chalk