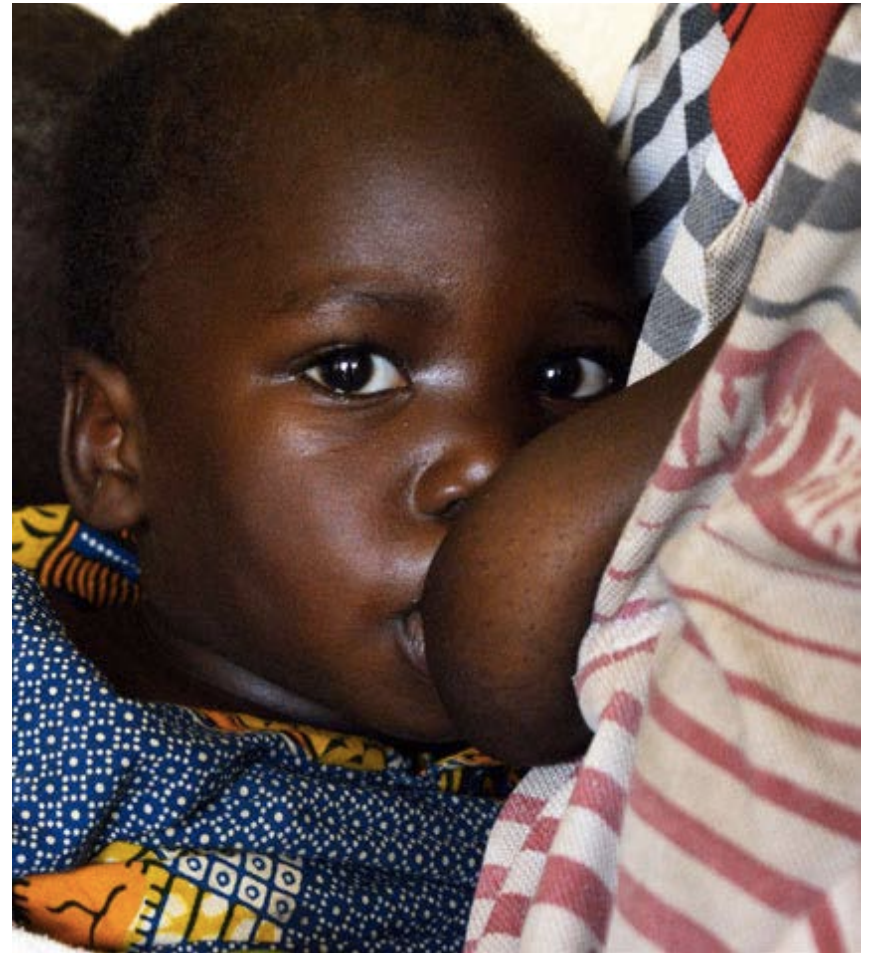


Feeding Children from Six Months to 2 years

Enhanced Well Child Care Project
Teen Parent Peer Counselor Training
Session Two

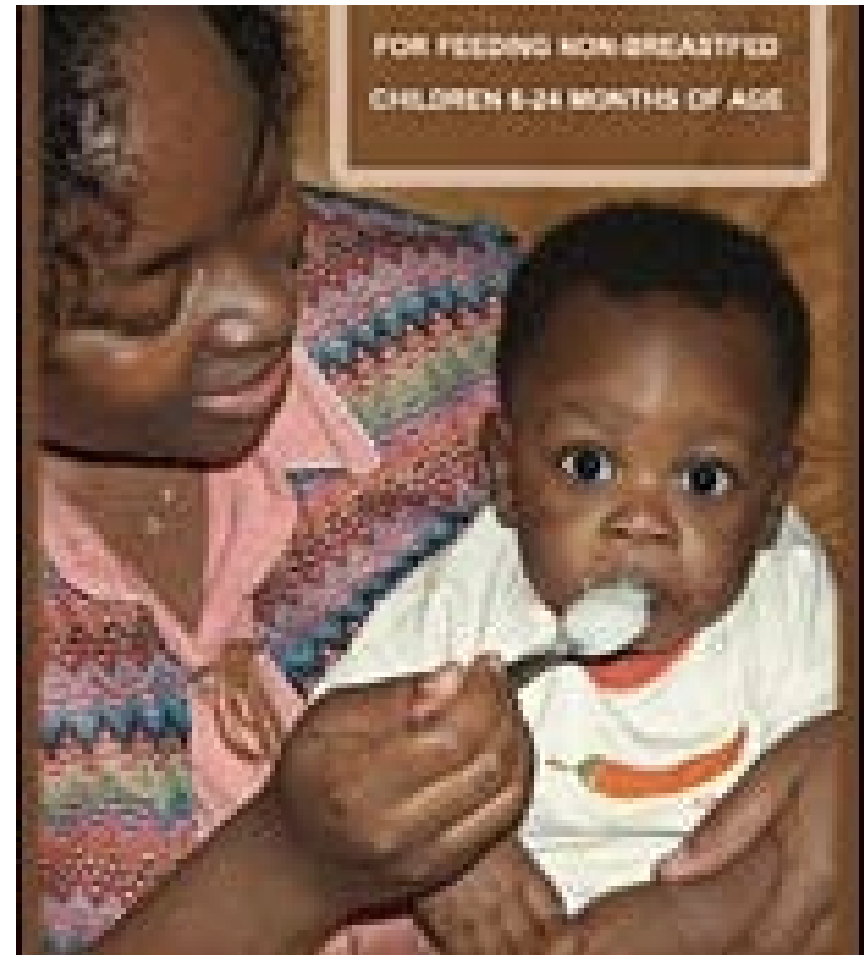
What foods do children need to make their bodies and brain grow?

- Breast Milk...best to feed until age 2
- Feed for 15 minutes
- older the children are, less long they feed.
- But, breast milk not enough...need foods that make them strong and have iron



Best ways to feed for 6 -8 months

- Keep Breast Feeding
- First Big Food: Give pap made from rice dust, plantain dust, eddo dust, cassava, or cornmeal.
- Feed baby with a clean cup or bowl and spoon
- Give the Big Food twice a day



Best Foods: 6 to 8 months

- When baby eating plain pap well, mash or pound foods and add to the pap or soft rice
- Add 1 -2 spoons red palm oil to pap and a pinch of iodized salt
- If baby sick, breastfeed more , give 1 extra feeding for 2 weeks after an illness to build their bodies strong again

Foods to add to pap:

- Groundpea
- Benniseed, Keffiseed
- Dried Fish dust
- Cooked Fish with bones removed
- Greens, okra
- Pumpkin
- Bitter balls with seeds removed
- Mashed banana
- Paw-Paw and Plum
- Orange and Pineapple Juice

Best ways to feed for 9 to 12 months

- Keep Breast Feeding
- Give the Big Food THREE TIMES a day
- Give small family food but give their own food until they can eat the family food well.
- Give small-small things: banana, orange with seeds removed, butter pear, paw-paw, breadnut and ground pea paste 2 or 3 times a day in addition to their own food or family food.



Best ways to feed for 1-5 years

- Breast Feed until Two
- **Be sure they eat at least 4 times a day.** Stomachs are small and they are growing fast
- Put food in clean bowls and clean spoons. Wash your hands and the child's hands with soap and water before eating.
- Give them family food but be sure they have foods that build their bodies strong



Which Foods make children's bodies Strong? (iron)



Which Food Make Bodies Healthy? (Vitamins)



Which foods give bodies energy?



What Kinds of Foods Do You See? Strong, Healthy, Energy?

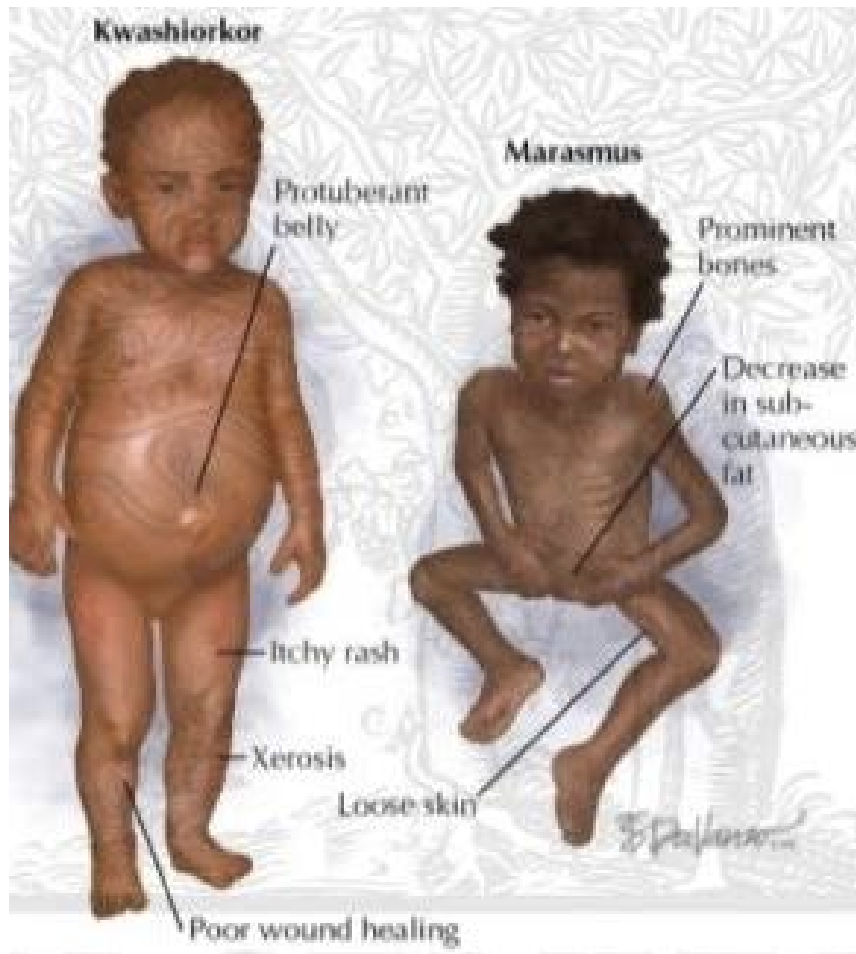


What Does A Malnourished Child Look Like?

- Thin
- Ribs stick out
- Belly big
- Hair thin, pale
- Hands/legs swollen
- Mid Upper Arm Circumference less than 11.5cm



Malnutrition: Two kinds- not enough food and lack of protein



How Does Malnutrition Hurt a Child?

- Children can't fight infection
- They have anemia or low blood
- More likely to die
- It injures their brain and they aren't quick to learn



How Can You Help If You See a Malnourished Child?

- Talk to Parents
- Find out why they aren't giving enough food
 - Are they poor?
 - Do they lack education?
- Tell them how they can give food with plenty of protein
- Urge them to treat their child for parasites
- Tell them where there is a malnutrition feeding center

How can father's support good feeding?

- They can support baby's mother to breast feed until child 2 years
- They can buy healthy foods for their child
- They can help to see that there is good water and clean latrines in their baby's home

