

INFANT NUTRITION

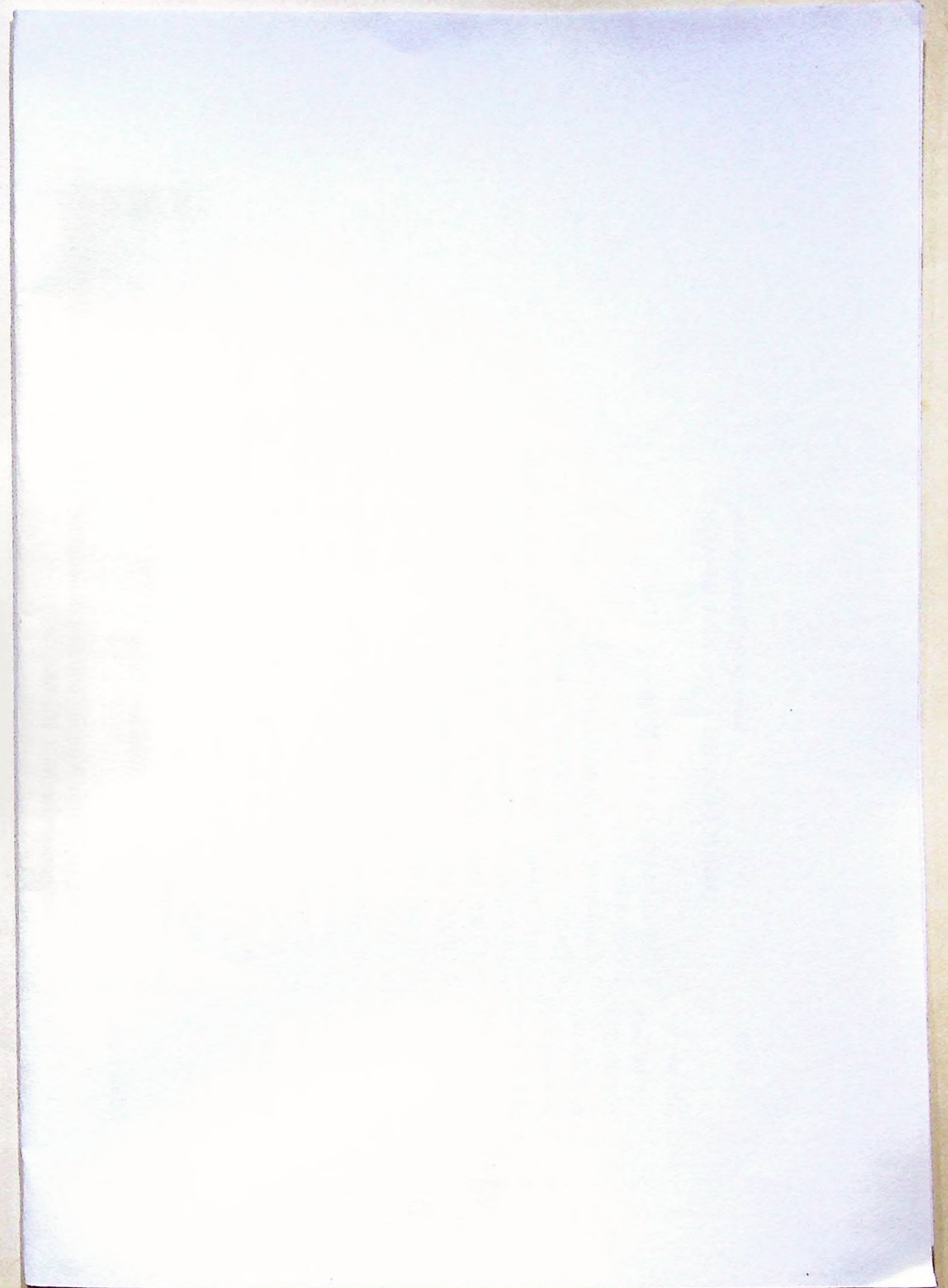
— Supplementary foods

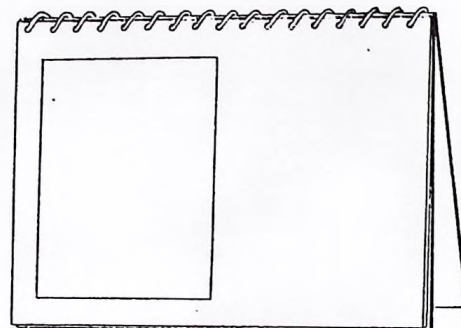


National Institute of Urban Affairs

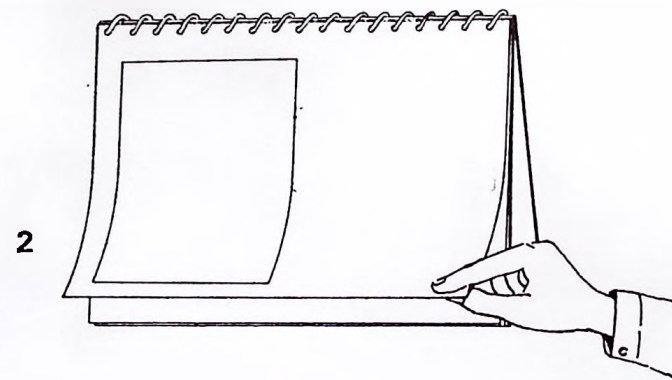


United Nations Children's Fund





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Describe the construction of the soakage pit.

Soakage pit

A soakage pit is a pit filled with different sizes of stones or broken bricks. The stone fillings prevent the pit walls from collapsing. The waste-water flows into the pit and gradually seeps into the ground.

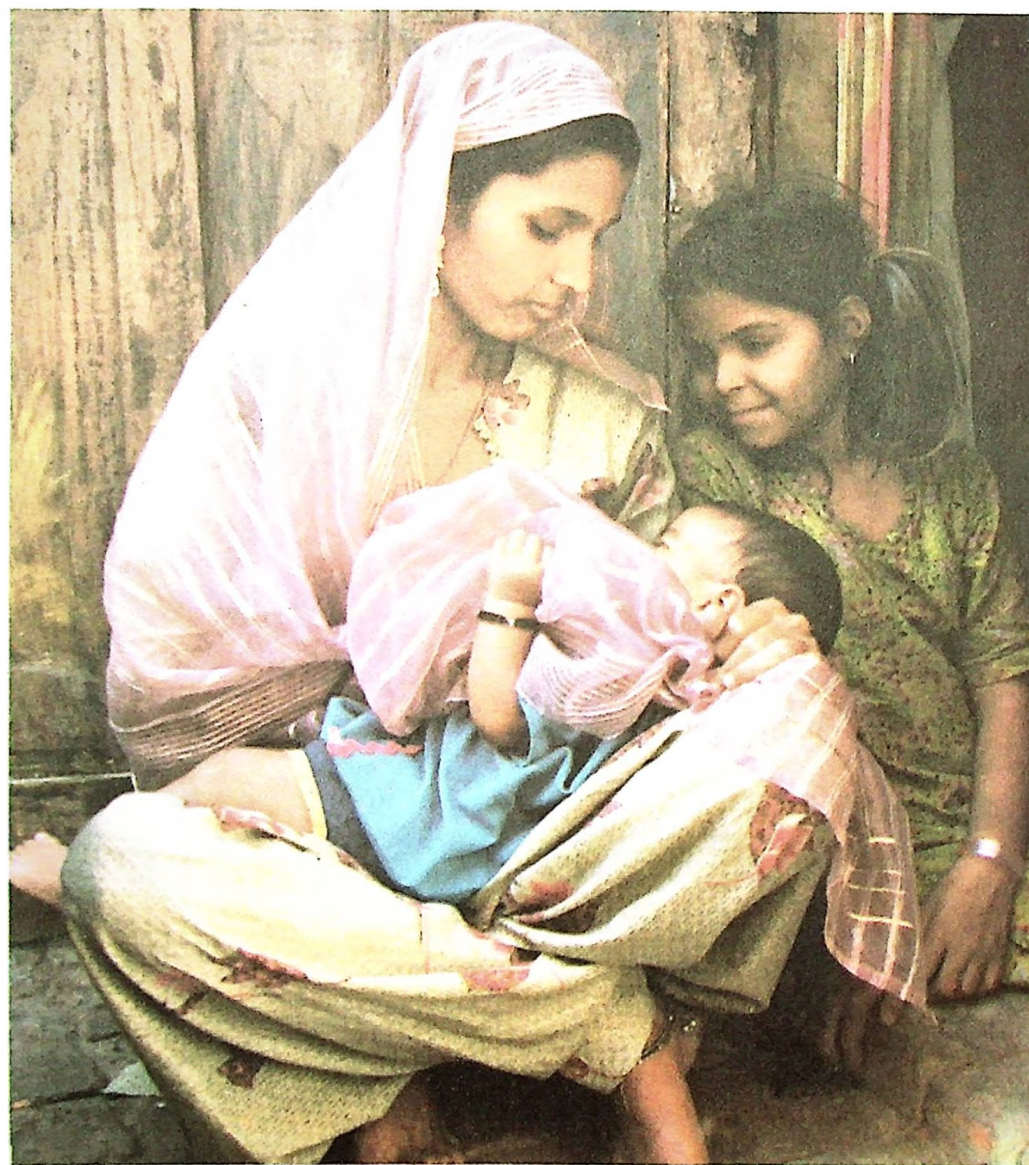
A soakage pit is very easy to build.

1. Dig a pit 1 metre long, 1 metre wide and 1 metre deep.
2. Fill the pit to about half its depth with large stones about 10 to 18 cm. in diameter. (Stones the size of large cabbages).
3. Fill the pit with smaller stones of 5-10 cm. in diameter. (Fist-sized stones).
4. Fill the rest of the pit with small stones of about 1 cm. in diameter. (Marble-sized stones).

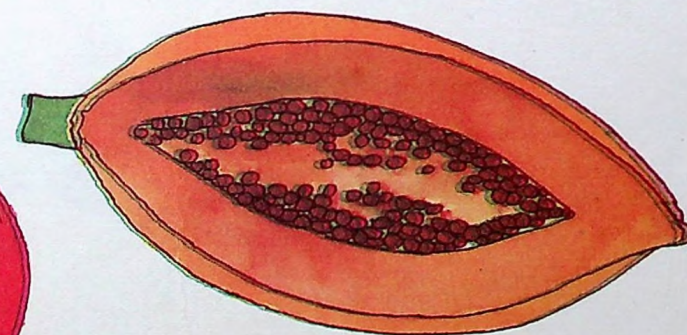
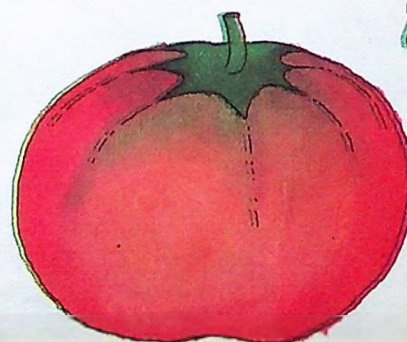
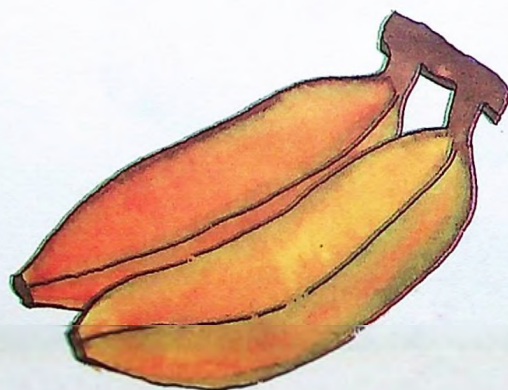
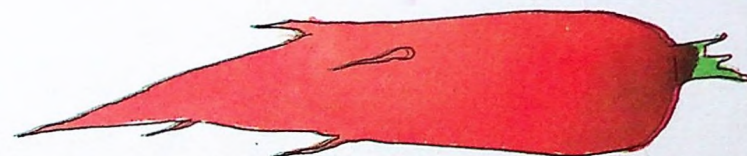
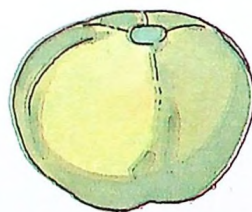
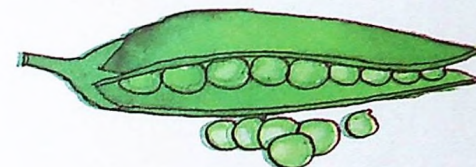
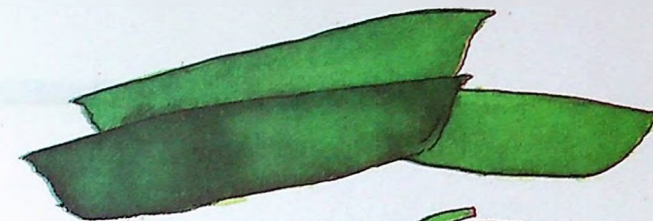
Note : Broken bricks of various sizes can be used in place of stones, if stones are not easily available in the area.

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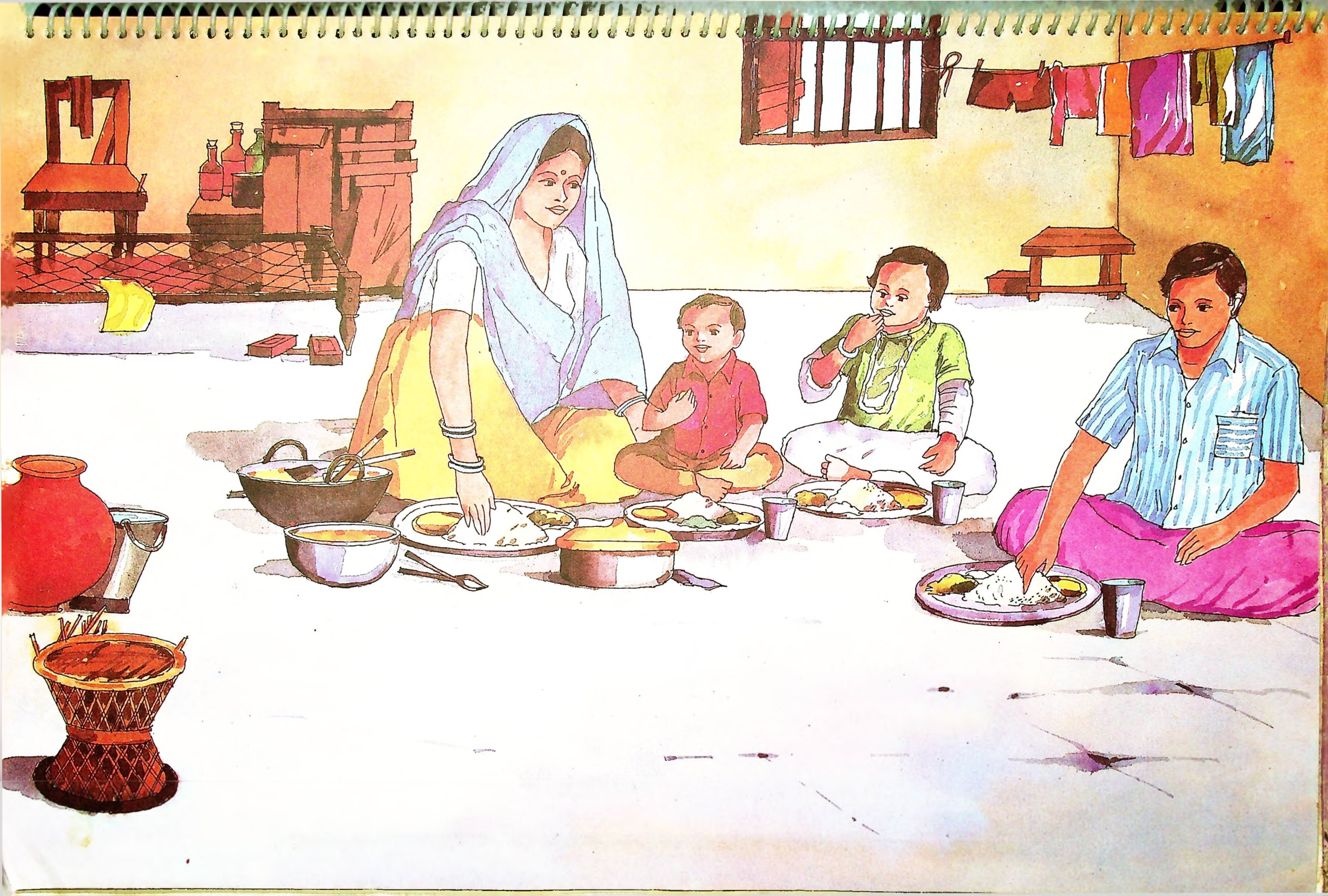






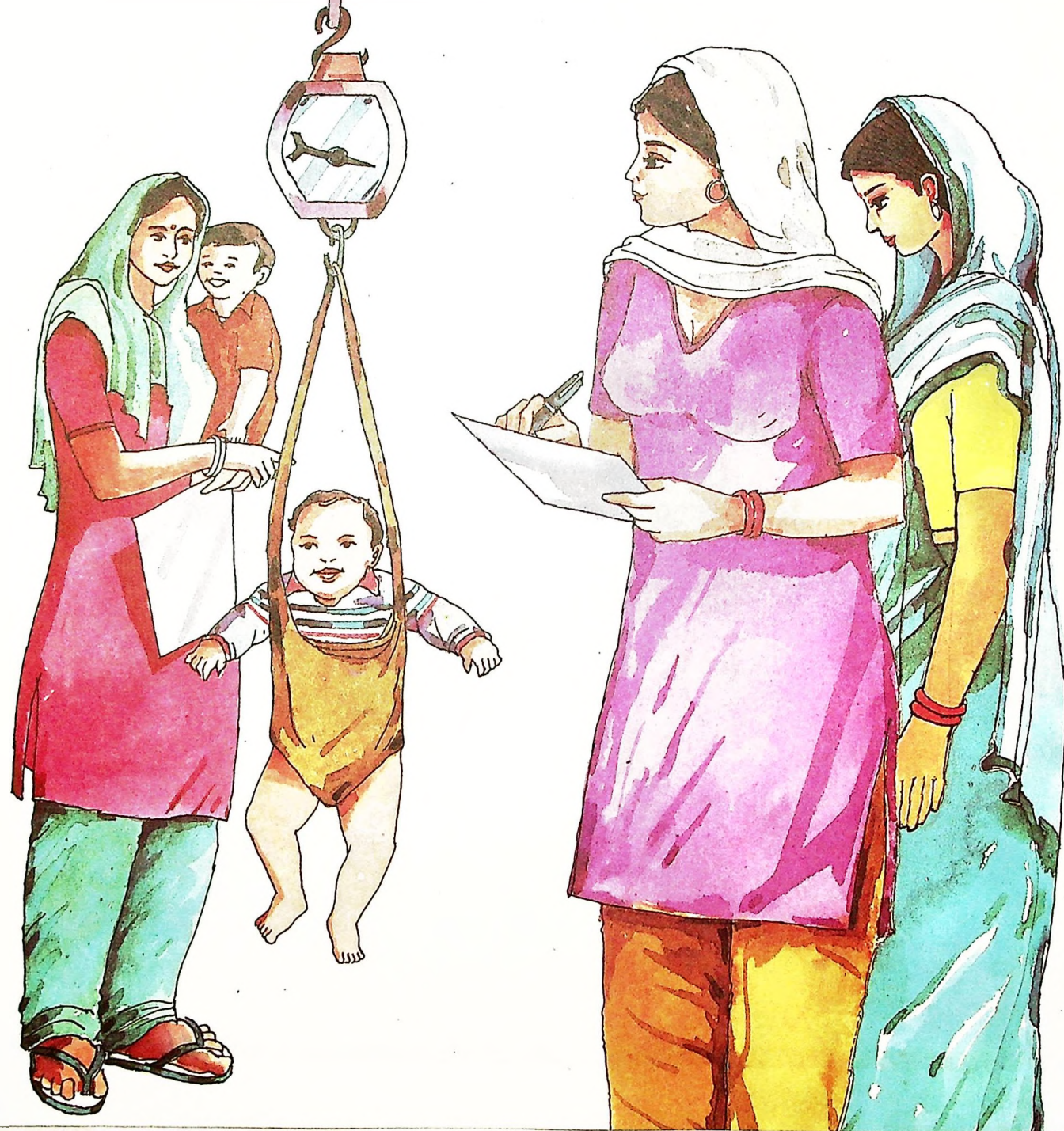












Q. What is the mother looking at ?

She is looking at a growth chart which indicates that her child is gaining weight every month.
The mother is happy because the child is growing well.

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Q. Why is it important to weigh children each month ?

Proper feeding is needed to build the body and make the child strong. If a child is eating properly she would be cheerful and healthy and her weight will increase each month.

Regular gain in weight is the best sign that a child is growing well and staying healthy.

Note: At the end of the session there can be a cookery demonstration of supplementary foods with the help of the community volunteers.

Q. What do you feed your child when she is sick ?

(Discuss for 5 minutes)

Many times a sick child is fed little or no food.

Actually it is very important to give food during illness so that the child gets strength. It is equally important to give extra food after the sickness so that the child recovers and becomes healthy.

During the illness the child's appetite gets smaller. So it is very important to keep on breastfeeding and encouraging the child to eat.

Remember that, when you start weaning the child, she must be given only one kind of food. Only when she gets used to it, introduce her to another kind of food.

No two babies are the same in their liking for a particular food. Don't force the child to eat something she is refusing to eat. If a particular food is refused, do not offer it again for a few days. Try something different.

Use a clean cup and spoon to feed the child. Do not add water to the food. Nutrition is in the food, not in the water.

It is better if the child is fed freshly cooked food. If the food is kept for too long then harmful germs can grow in it which can make the child fall sick. If you use stale food, it should be reheated and cooled before giving it to the child. The vessels used for cooking should be clean and the food should be prepared with care and cleanliness.

By the time the child is one year old, she should be able to eat the food which the rest of the family eats. But make sure that it is soft and does not contain chillies or spices. While cooking, take out a portion of food for your child before adding spices.

At this age the child needs to eat about half the daily amount of food her mother eats.

Q. How do you feed your child ?

When you start weaning your child, give only half a spoonful of well-mashed milk-rice-sugar or milk-*roti*-sugar in addition to regular breastfeeds. Slowly increase the number of meals and the amount of food given. The food should be well-mashed, so that the child can swallow and digest it easily.

In the beginning the child often spits out the food. This is not because he is not hungry but because he doesn't know how to swallow. But he'll soon learn.

When to feed

Feed the child about 1 or 1½ hours after breastfeeding.

If you try to feed him immediately after breastfeeding, he may not eat because he is not hungry. If you try to feed him before breastfeeding, he might not take mother's milk properly as he won't be hungry.

Frequency of feeding

The child's stomach is small so he cannot eat much at a time. Also since the child is growing fast, he needs more food.

Feeding only two times a day is not enough for the growing child — give him food 4 to 5 times a day in order to meet his nutritional requirements.

Q. What type of food is good for your child after 6 months of age ?

Family foods i.e. foods that the rest of the family normally eats can give babies all the nourishment they need without any additional cost. There is no need to buy expensive, commercially manufactured weaning foods. These can sometimes cause problems such as constipation, allergy, skin problem.

Select from the things which are normally cooked for the whole family e.g. rice semolina, wheat porridge or ground barley cooked in milk and sugar.

Along with these you can also give *dal-rice*, *dal-roti*, vegetables, fruits, egg, kheer etc. If you add half or 1 spoon of ghee or oil in the dal-rice or dal-roti, it is even better. It not only makes the food tastier but also gives more energy to the child. Feed the child more frequently than the rest of your family. Whenever you eat, give your child some food out of your plate.

Q. What food do you give your child from 4-6 months to 1 year ?

(Discuss for 5 minutes.)

After 4-6 months of age, having only breastmilk is not enough. The child needs supplementary food.

At this age the child is growing very fast and so needs food in larger quantities than before. The child should now be given semi-solid foods besides mother's milk. But the mother should continue to breastfeed. In fact breastfeeding should be continued well into the second year of life, supplemented with soft foods from the age of 4-6 months.

Q. What do you feed your child from birth to 4-6 months ?

From birth to at least 4-6 months of age, breastmilk alone is the only food for good growth of the baby. It is a wholesome food. And it also protects the baby against diseases like Diarrhoea. No supplement to breastmilk is required by the baby till 4-6 months of age.

Never bottlefeed the child.

While the mother breastfeeds, she should eat enough of right kind of food.

Q. What do you see here ?

(Point out that (a) is Raju and (b) is Shyamu.)

Q. Do you know why they look different ?

Raju is malnourished and sick while Shyamu is well-fed and healthy.

Malnutrition is caused by insufficient amount of nutritious food, repeated infection and lack of motherly care. A malnourished child gets sick more often and more seriously.

(Discuss the importance of proper nutrition.)

1. For proper growth and development.

Especially important for children upto 5 years of age as this is the time when they are growing fastest.

If they do not get enough of the right kind of food, they will not grow and develop properly and may not reach their optimum growth.

2. For resistance to diseases.