

Is Your Child Malnourished? What you can do about it?



This child is malnourished



This child looks
Healthy but she is also
malnourished



A Healthy child looks
like this.

Like this, lots of kids in our village – 5 out of every 10 – are malnourished.



What will happen if my child is malnourished?

Malnutrition is the main reason for your child falling sick so often.



It is very easy to transform a malnourished child,
into a well-nourished child!

Just follow these 7 pieces of advice – that's enough!



What 7 pieces of advice?

Oh! The seven pieces of advice given below...



One



Immediately after birth, **within 1 hour**, feed mother's milk.



Keep giving breast milk and **ONLY** breast milk

Don't even give **WATER**.

Breast milk has all the required nutrition for the child.

TWO








I am **SIX** months old. Give me food.
I am **Hungry...Hungry...Hungry...**

A Six-month baby needs more than just Mother's milk. Give Mother's milk, but also start supplementary weaning food.



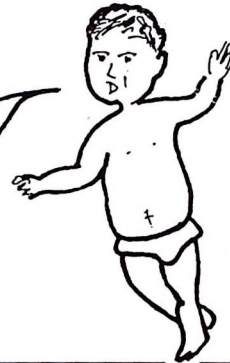
Supplementary feeding? What should I feed?

- ❖ Boiled and mashed vegetables 
- ❖ Ragi or Rice porridge 
- ❖ Idli 
- ❖ Dhal Rice 
- ❖ Yellow of boiled egg 

Give all these to your child.

Three

I am 2yrs old. I am growing fast.
I need lots of food!



Do you know?

Kids who are 2 years old need feeding 6 times a day.



6 times ? Do kids need to eat so much ?

Small children grow fast. At this stage they need a lot of food for growth. Three times is not enough, they need to be fed six times a day.











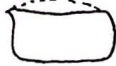



Amma! I am less than quarter of your weight. But I need to eat half as much as you do.

That's right, a child has a small stomach, but her need is a lot. Each meal she can only eat very little. That's why she needs to be fed 6 times a day.

Four

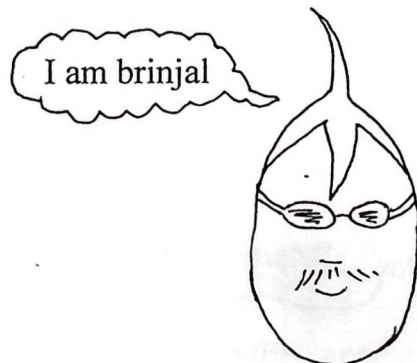
6 times ! My God ! What can we feed 6 times?

Morning	 Milk	 Sugar	 Idli
10 Am		 1 Banana	
12 Noon	 $\frac{1}{2}$ Cup rice	 $\frac{1}{2}$ Cup Dhal	 Green vegetables
3 Pm		 Ragi Porridge	
5 Pm	 Milk	 Sugar	 $\frac{1}{2}$ Cup rice
Night		 1 Cup rice	

Five

Definitely give your child oil mixed with food. If ghee or coconut oil or gingiley oil is there, this can be given. If not, cooking oil will also do.

Six



Give your child green and yellow fruits and vegetables and spinach. These have lots of vitamins, minerals and particularly iron - Very good for your child.

Seven

I am ill. My eating ability has come down. But my food need has gone up!
Don't reduce my food.



After the child becomes well, feed the child extra to make up for the lost weight.



Follow these 7 steps and your child will be chubby and healthy like us.



PREPARED FOR

Arogya Iyakkam and People Health Movement

BY

Tamilnadu Science Forum and AID-India

132, Avvai Shanmugam Road, Gopalapuram, Chennai – 600 086

Phone: (044) 28115058, 28113630, Email: aidindia@vsnl.net

This material can be freely copied, re-printed, translated or used for non-commercial and educational purposes with due acknowledgment.