

## *Complementary Feeding*



## Introducing Solids (Complementary Feeding)

- When your baby is 6 months old, it is the time that solids should be gradually introduced in addition to breastfeeding. The food given should be nutritious, adequate and not contaminated. After the age of six months breast milk alone cannot meet the needs of growing child.
- Taste, consistency, texture and types of complementary food are important in order to ensure that child accepts solid food.
- A child's first food should be based on cereal like suji or fruit like banana, thicker than breast milk, and should be bland in taste and mashed or strained to homogenize. Consistency of food gradually needs to be changed from liquid to semisolid and then to solid with advancing age of the child

### Tips You Can Use for Introducing Solid Foods

- Relax while feeding your baby. Only one food should be introduced at a time. Offer homemade local family food. Avoid spices and chillies.
- Babies who are given family food are more likely to adapt to these later. Variety should be introduced in your child's diet to make it more appealing.
- Your child needs active feeding i.e., you or caregivers should encourage the child to eat, by talking, playing, love and affection

### Commercially available Complementary Foods

Commercially available complementary foods are usually six to ten times more expensive than family foods. They do not have the variety of taste and textures more important is the fact that your baby needs fresh foods








## Type of Complementary Foods

**Cereals:** Rice, Wheat, Jawar and Millets. They form an important source of energy, iron and protein and also supply a certain amount of fat. A thick creamy porridge made from cereals in water/milk/milk water mixture can be used to feed your child. The porridge should be thick and concentrated but soft. Some oil or fat (or sugar) is added to help swallow and digest. Care should be taken to ensure that the porridge is not watered down or made unduly thin which will further reduce the energy content.





**Legumes:** Lentils, Bengal gram, red gram, horse gram, moong dal, arhar rajma, lobia, etc. They are also a good source of vitamins and minerals in addition to proteins. When eaten with cereal staples, they are just as nutritious as animal foods (meat, fish, milk) but are much cheaper.









### Up to 6 months of age

-  Breastfeed as often as the child wants, day and night, atleast 8 times in 24 hours.
-  Do not give any other foods or fluids not even water
-  Don't forget to continue breast feeding if the child is sick.

### 6 months up to 1 year

-  Continue breast feed as often as the child wants.
-  Give at least one cup serving (3 times per day if breastfed; 5 times per day if not breastfeed) at a time of : Mashed roti / rice / bread /biscuit mixed in sweetened undiluted milk or Mashed roti / rice / bread mixed in thick dhal with added ghee/oil or khichdi with added oil/ghee.
-  Add cooked vegetables also in the servings or Sevian / dalia / halwa / kheer prepared in milk or any cereal porridge cooked in milk or - Mashed boiled/fried potatoes - Offer banana / biscuit / chickoo / mango / papaya
-  Keep the child in your lap and feed with your own hands.

### 12 months and older

-  Breastfeed as often as the child wants.
-  Offer food from the family pot.
-  Give at least 1½ cup serving at a time of Mashed roti / rice / bread mixed in thick dhal with added ghee/oil or khichdi with added oil/ghee.
-  Add cooked vegetables also in the servings or - Mashed roti / rice / bread / biscuit mixed in sweetened undiluted milk or Sevian / dalia / halwa / kheer prepared in milk or any cereal porridge cooked in milk or Mashed boiled/fried potatoes - Offer banana / biscuit / chickoo / mango / papaya.
-  Sit by the side of child and help him to finish the serving.
-  Wash your child's hands with soap and water every time before feeding.





## Instant Food Mixes

Instant Infant Food from staple cereals and pulses are prepared by roasting and powdering. The proportion of cereal and pulse can range from 2:1 to 3:1. Roasted groundnuts or gingerly seeds could also be added in the proportion 4:1 or 5:1. These mixes can be kept for more than one month in air tight containers and used whenever required..

## Preparing Infant Food Mixes For Feeding

Take about 4 table spoons (50 gms.) of mix. Add 100 ml of boiled hot water to get a thick consistency. Add a teaspoon of oil/ghee and sugar/jaggery to increase the energy content. Feed the infant with the spoon. The instant infant foods could also be fed after reconstituting with dal, gravy, milk etc Mashed fruit (banana, chiku, papaya, etc. could also be added to the food).

## Wheat Based Recipes



	Ingredients	Method of preparation
<b>Wheat mix</b>	Wheat flour (Whole) 100 g. Bengal gram (Roasted & de-husked) 30 g. Groundnut (Roasted) 20 g.	<ul style="list-style-type: none"><li>♥ Roast wheat flour.</li><li>♥ Remove the skin of groundnut.</li><li>♥ Make powder of roasted Bengal grams and groundnut.</li><li>♥ Mix with Wheat flour thoroughly.</li></ul>
<b>Wheat Food mix</b>	Wheat 100 g. Roasted Bengal gram Dal 30g Groundnut 20 g. Sugar 50 g.	<ul style="list-style-type: none"><li>♥ Clean and roast wheat and groundnut separately (Remove the outer skin of groundnut).</li><li>♥ Grind roasted bengal gram dal and roasted.</li><li>♥ Mix all the ingredients thoroughly and add powdered sugar.</li></ul>

## Rice Based Recipies

	Ingredients	Method of preparation
<b>Rice mix</b>	Raw Rice powder 150 g. Roasted Bengal gram Dal 50 g.	<ul style="list-style-type: none"> <li>♥ Wash &amp; soak raw rice in water.</li> <li>♥ Remove water, dry under sun, grind it. Grind roasted Bengal gram dal.</li> <li>♥ Mix the two powdered ingredients.</li> </ul>
<b>Puffed Rice Bengal Gran mix</b>	Puffed rice (murmura) 100 g. Roasted Bengal gram 50 g. Powdered Sugar 50 g.	<ul style="list-style-type: none"> <li>♥ Grind Bengal Gram &amp; Roasted puffed rice separately.</li> <li>♥ Mix both and add powdered sugar.</li> </ul>
<b>Puffed Rice Bengal Gran mix</b>	Puffed rice 100 g. Roasted chana 30 g. Roasted groundnuts 20 g. Sugar 50 g.	<ul style="list-style-type: none"> <li>♥ Powder puffed rice after slightly roasting it.</li> <li>♥ Powder roasted chana and groundnut separately. Mix all the ingredients and add powdered sugar.</li> </ul>

## Ragi Based Recipies

	Ingredients	Method of preparation
<b>Ragi mix</b>	Roasted Ragi Powder 100 g. Roasted Bengal gram Powder 50 g.	<ul style="list-style-type: none"> <li>♥ Mix the powdered ingredients thoroughly.</li> </ul>
<b>Malted Ragi mix</b>	Malted Ragi Flour 100 g. Roasted Bengal gram Dal 40 g. Groundnut 25 g.	<ul style="list-style-type: none"> <li>♥ Roast groundnut and remove the outer skin.</li> <li>♥ Grind to make a fine powder.</li> <li>♥ Grind separately Bengal gram dal.</li> <li>♥ Mix together all the ingredients.</li> </ul>



All the above preparations to be stored in dry air tight containers.



## Safety First

- Keep all medicines out of your baby's reach, in a closed cupboard.
- Check all electrical wires to see that they are not frayed or damaged.
- Lock away all pins, needles, scissors, matches, lighters, knives and other sharp objects.
- Never leave your baby unattended in a high place, kitchen and bathroom.
- Keep aerosol cans and sprays out of your baby's reach as she may press the nozzle which could harm her eyes.
- Don't leave plastic bags lying around. If placed over a baby's head, they can cause suffocation
- Keep updating your safety measures as your baby grows.

## Your baby Loves

- Being fed to sleep and then moved gently into bed.
- Being rocked (research shows that the effective rate is about once a second).
- Being patted on the back or head when put to bed.
- Being sung to.
- Blowing softly on the ear.
- Walking around with you, nursed in your arms or in a sling Make sure the baby's room is dark so that she doesn't think it is daytime.
- Leave lights off when feeding.
- Change nappies, burp the baby and put her back to bed quickly without play and talk, as you would do during the day.
- Make sure she is comfortable and securely wrapped.
- Put your baby to sleep in the same bed and the same room, each night.





## Baby's Favourite Things

Favourite toys :

Animals :

Clothes :

Friends :

Stories :

Games :

Songs :

Foods :





## Moments

Memorable  
moments



When you reflect on the first twelve months of your baby's life, there will be many situations that stir the emotions.

Think of the time when you first went on a picnic and your baby saw the ducks on the pond - or you brought home a new kitten - or there was a special family celebration.

All are memories that are a joy to capture.

# Family Tree





## Your Baby's Firsts

Date



First Smile

Head held up Unsupported

Grasped an object

Turned over

First semi-solid food



First tooth

Sat-up alone

Started Crawling

Uttered her first word

Stood Unsupported

Started walking unsupported

Started speaking fluently



First self feed



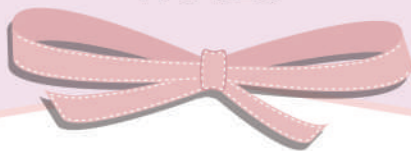
## NOTES



# NOTES



## NOTES





# NOTES





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