



Breast feeding and foods after six months

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Objective

The purpose of these videos is to create awareness about the importance of breastfeeding and the foods that can be given to a child after six months. It is intended for the community at large.

Importance of exclusive breastfeed

For the first six months after birth, a child should only be fed mother's milk and nothing else, not even water. Exclusive breastfeeding for 6 months reduces infant mortality due to protection from common childhood illnesses such as diarrhoea or pneumonia, and helps for a quicker recovery during illness.

YouTube Video: https://www.youtube.com/watch?v=V4qEEU_-xm4

Within an hour of birth, the mother's thick, first milk (Colostrum) should be given to the child. It's very essential. Mother's first milk is the best, don't throw it away and make sure the child gets it. Colostrum is essential because it prepares the baby's digestive system for the mature milk that the baby will receive in the next few days. Colostrum is rich in nutrients such as zinc, calcium and vitamins.

YouTube Video: <https://www.youtube.com/watch?v=-4fdNHOWQEA>

From the seventh month, breast milk is no longer enough to meet the nutritional needs of the infant. Balance mother's milk with a nutritious diversified diet. Timely, adequate, frequent and appropriate complementary feeding should be started. After the sixth month, you should feed the child at least 3-4 times a day. And don't forget to continue to breastfeed as well.

YouTube Video: https://www.youtube.com/watch?v=RIS5_RbNB2A?pp=0gcjCbAJAYcqIYzv

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