

Things we can do for improving Anganwadi

- Register all children below 6 years of age to Anganwadi. Encourage the parents to send their children to Anganwadi regularly once they are registered.
- Help the Anganwadi-behen in her activities. Learn the tasks like weighing babies, detecting illnesses mark growth charts and understand if there is weight loss.
- Counsel the mother (and father also) at home, with help of Anganwadi-behen. Talk to her about right feeding of care of the child.
- Motivate the mothers to get check up done during pregnancy and motivate parents to get their children immunised.

What do we think about?

- Some people say Anganwadi is only a feeding center.
- People complain about quality and quantity of food given to children at centres!
- Do children wash their hands before eating at centers?
- Some children take food back home. This food is hared at home with others. Is this good?
- Many times nursedidi does not come on scheduled health day?