

Roles and responsibilities of ASHA:

- Support women to breast feed exclusively up to six months
- Educate families about complementary feeding, demonstrate preparing complementary foods
- Counsel the mothers to take the children for weighing at AWC at least once in every three months and look for under nourished children
- Counsel mothers not to ignore nutritional needs of girl child
- You should advise mothers regarding the availability of supplementary food from AWC and ensure that all eligible children get their entitlement from the AWW
- Track the undernourished children and ensure that they get the supplementary food regularly. The weight gain in these children should be checked at regular intervals.

Feeding during illness

Food intake of infants and young children decreases during illness, however the energy requirement increases. Hence, it is important to know how and when the ill child should be fed.

As ASHA you should:

- Advise the mothers that feeding should be continued even during illness.
- Food should be given in small amounts but more frequently.
- Simple home-cooked food should be given, which is easily digestible.
- Advise mothers to continue breast-feeding more frequently for a few days after an episode of illness.
- Advise the mothers not to dilute the dal or other foods for the baby. Take out food for the child and then add spices in the food for rest of the family. Add a spoonful of butter/ghee/oil in the baby's food.