

- Chances of malnutrition in breast-fed infants are less.
- It prevents infection, as it is clean and free from bacteria.
- Colostrum acts as the first immunization for infants.
- Breastfeeding enhances brain development
- Breastfeeding increases mother and child bonding and helps in better development of the child.

## 6-12 months complementary feeding

- Start home based complementary foods after six months four-five times a day.
- Continue breastfeeding as often as the child wants.
- If the child is not breastfed, it may be given undiluted milk by a cup and complementary food five times a day. Wash hands before feeding.
- Food should be mashed and it should be freshly prepared.



## 12 months-two years

- Continue breastfeeding for two years or beyond. Give home based food four-five times a day

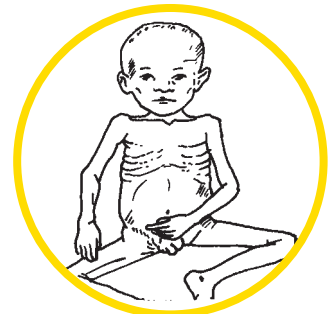


## Two years onwards

- Children should be given hence-cooked food five-six times a day as they eat in small quantities.
- Children should be weighed every three months to assess their growth in all age groups.

## Malnutrition in children

- A child with severe malnutrition is at risk of dying from various infectious diseases.
- All children less than two years of age should be assessed and the parents should be counselled.
- Additionally, children who appear weak or appear smaller for age need counselling to improve their nutrition.



Malnutrition in children