



- Avoid market packed feeds (formula feeds) as they are costly and give false confidence to the parents.
- Feed child gently, never use force.

Some other tips

While feeding with spoon place it on the middle of tongue to avoid spitting by the baby.

Cleanliness has to be maintained while preparing the food of baby. Maternal hygiene needs to be promoted.

Think about this

- Many parents give top feed only after the baby is 1 year old.
- Girl babies get less attention and feeds from male children.
- Who feeds children when parents go to work?

Some home recipes for child feeding children

Rice and dal Khichdi with ghee or oil–

Porridge – semolina (suji / rawa), singhada, Ragi flour, Hyderabad mix (preparation of Hyderabad mix – one katori rice, half katori chana dal, one-fourth katori ground nut to be roasted and powdered.)

Cooked vegetables – spinach, pumpkin, carrots, potato, beans, tomato

Fruit pulp of banana, papaya, apple, chikku, and mango