

Time	Narration
00:00	Welcome to the spoken tutorial on essential nutrition actions for children.
00:07	In this tutorial we will learn about the best ways to prevent malnutrition.
00:15	Essential nutrition actions are preventive approach to tackle malnutrition.
00:21	They are required during the first 1,000 days.
00:26	First 1,000 days start from conception to the second birthday of the baby.
00:34	Essential nutrition actions are also known as ENA .
00:39	For a newborn, the first ENA to be done is delaying the clamping of the cord.
00:47	The umbilical cord should not be cut immediately after delivery.
00:53	The nurse should first feel the pulsation of the cord.
00:58	The cord should be cut when it stops pulsating.
01:02	Delayed cord clamping allows blood flow between placenta and the baby.
01:09	This may improve the iron store in the baby for first 6 months.
01:16	Doing so prevents anemia in babies during these months.
01:21	After clamping the cord, the baby should be breastfed.
01:26	To do so, the baby should be placed on the mother's bare abdomen.
01:32	A baby is born with an instinctive feeding behavior.
01:38	With this behavior it can find the mother's breast
01:41	and initiate breastfeeding.
01:45	This entire process is called breast crawl.
01:50	More about breast crawl has been explained in an another tutorial.
01:55	Please visit our website for this tutorial.
01:59	It is important to start breastfeeding within one hour of birth.
02:06	The first milk is called colostrum .
02:09	It is the primary source of nutrients for a newborn.
02:14	Colostrum has infection-fighting elements and good fats .
02:20	Breast milk is also the first source of vitamin A for the baby.
02:26	Vitamin A is vital for healthy eyes and immunity.
02:33	Breastmilk is enough to meet the vitamin A requirements for the first 6 months.
02:40	After 6 months, vitamin A rich complementary food should be given.
02:47	For effective breastfeeding, correct latching is most important.
02:52	Poor attachment of the baby's mouth to the breast will result in nipple feeding.
03:00	This will give very little milk to the baby.
03:04	Baby's mouth should attach to the lower part of the areola.
03:09	This way the baby will get sufficient milk.
03:13	Areola is the dark area around the nipple.
03:18	Breastfeeding techniques are discussed in other tutorials.
03:22	On completion of 6 months, the baby's nutrient requirement increases rapidly.
03:29	At this stage exclusive breastfeeding is not enough.
03:34	Thus, complementary food should be introduced, along with breastfeeding.
03:40	It should start as soon as the baby completes 6 months of age.

03:46	6 months of age does not mean the start of the 6th month of a baby's life.
03:53	It means she has completed 6 months and has started the 7th month of her life.
04:02	Also, the quantity and consistency of the food should be changed as per the age.
04:10	A baby's diet must include different food groups.
04:15	The first food group is breastfeeding.
04:19	Grains, roots, and tubers are the second group.
04:24	Legumes, seeds, and nuts are the third group.
04:30	Fourth group is milk products.
04:34	Meat, fish, and chicken are the fifth group.
04:38	Egg is the sixth group.
04:41	Vitamin A rich fruits and vegetables are the seventh group.
04:47	Lastly, eighth group is other fruits and vegetables.
04:53	Ideally, a baby's diet must include all 8 food groups.
04:59	All these foods provide nutrients that help in the growth of the baby.
05:05	The details of complementary feeding have been discussed in another tutorial.
05:11	Let us now look at the supplements that should be given to the babies.
05:16	From 6 months to 5 years, iron-folic acid supplements should be given.
05:23	It has to be given to babies twice a week by healthcare workers.
05:29	Vitamin A supplement should be given twice a year.
05:34	This supplement is given from 9 months to 5 years of age.
05:40	The supplements should be given under the guidance of a health care provider.
05:46	We will now see ENA to treat a baby having diarrhea.
05:52	Diarrhea is a major cause of malnutrition.
05:56	It causes water loss and imbalance of sodium and potassium in the body.
06:03	In severe cases, infant deaths may also happen.
06:08	Hence, it is very important to treat diarrhea.
06:13	ORS and zinc supplements help in treating diarrhea.
06:18	ORS is Oral rehydration salts .
06:22	It replenishes the water and Sodium and potassium in the body.
06:29	It is easily available in the market as powder form in packets.
06:35	To use it, mix one packet of ORS in 1 litre of boiled and cooled water.
06:43	Along with ORS , Zinc supplement is necessary too.
06:48	Zinc reduces the duration,
06:51	frequency, and
06:53	severity of diarrhea in children.
06:57	It improves the immunity of the baby.
07:00	It should be given once a day for 14 days.
07:06	10 milligrams of zinc per day should be given to the babies below 6 months.
07:13	20 milligrams of zinc per day should be given to 6 months old and above.
07:21	In a small spoon, dissolve Zinc tablets in breast milk or ORS .
07:27	You may also use boiled and cooled water.
07:31	ORS and zinc tablets should be given after consulting a healthcare provider.
07:38	Along with ORS and zinc , less than 6 month old babies should be breastfed.

07:45	6 to 24 month old babies should be breastfed and given complementary food.
07:53	Remember a baby during sickness should be breastfed often.
07:59	It helps in faster recovery and weight gain.
08:04	It also comforts the sick baby.
08:07	With breastfeeding, kangaroo mother care should be provided to every baby.
08:14	Kangaroo mother care is also recommended for low birth weight babies.
08:20	More about kangaroo mother care has been discussed in another tutorial.
08:26	If the baby is older than 6 months, increase the food to one and a half times.
08:34	Do this when the baby's appetite comes back during the recovery period.
08:40	Encourage the baby to eat by offering a variety of foods.
08:46	Give her type 1 and type 2 nutrient-rich food as per her hunger cues.
08:53	More about type 1 and type 2 nutrients has been discussed in another tutorial.
09:01	In severe conditions, the mother should consult a health worker immediately.
09:07	Health workers should refer the severely malnourished babies to the NRC .
09:14	NRC is a nutrition rehabilitation center .
09:20	It is a unit for restoring the health of severely malnourished children.
09:27	This center provides specialized nutrition therapy to babies.
09:33	It makes them ready for home-cooked food if they have completed 6 months of age.
09:40	It also educates mothers about breastfeeding,
09:44	child nutrition and
09:46	child care.
09:48	Follow the Essential Nutrition actions to keep the baby healthy.
09:54	They also help in preventing malnutrition in babies.
09:59	This brings us to the end of this tutorial. Thanks for joining.