

Child needs extra food after illness

Always use adequately iodized salt for the family

Continue breastfeeding during illness

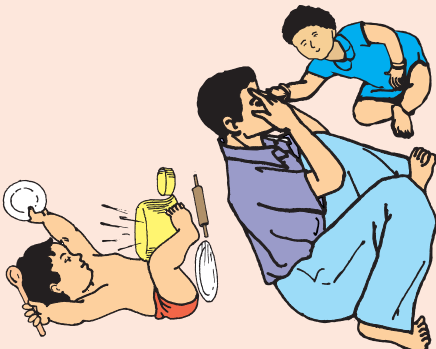
6 to 12 months

Feeding

- On completion of 6 months, start with small amounts of soft mashed cereal, dal, vegetables and fruits
- Increase the quantity, frequency and thickness of the food gradually
- Understand child's signals for hunger and respond accordingly
- Feed the child 4-5 times a day and continue breastfeeding

What you can do

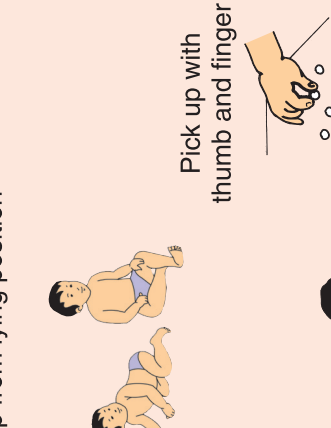
Give your child clean safe items to handle and things to make sounds with.



Play games like peek-a-boo. Tell the child names of things & people.

What children can do

Around 9 months most children can Sit up from lying position

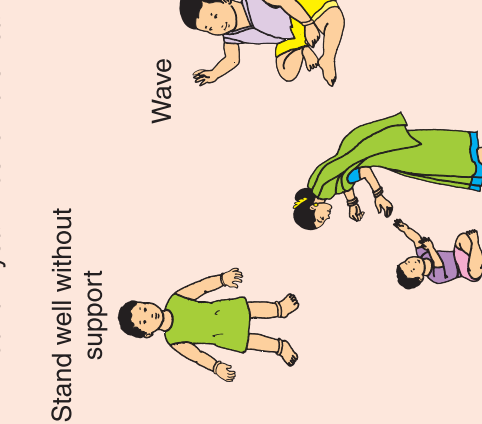


Pick up with thumb and finger



Sit without support

Around 1 year most children can Stand well without support



Wave



Say papa/mama

If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

Feeding, playing and communicating with children helps them grow and develop well

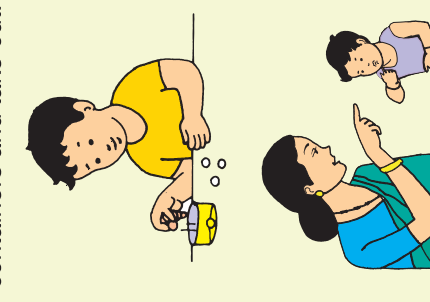
1 to 2 years

Feeding

- Continue to offer a wide variety of foods including family foods, such as rice/chappati, dark green leafy vegetables, orange & yellow fruits, pulses and milk products
- Feed the child about 5 times a day
- Feed from a separate bowl and monitor how much the child eats
- Sit with the child and help her finish the serving
- Continue breastfeeding upto 2 years or beyond

What you can do

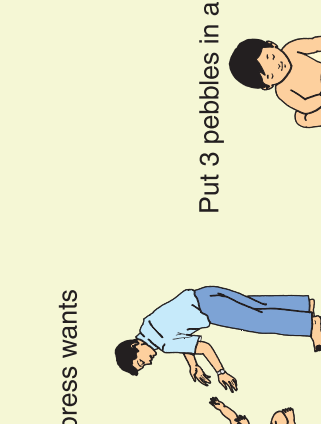
Give your child things to stack up & to put into containers and take out.



Ask your child simple questions. Respond to your child's attempts to talk.

What children can do

Around 1½ years most children can Express wants



Put 3 pebbles in a cup



Walk well



Around 2 years most children can Stand on one foot with help



Say one other word



Imitate household work



Continue breastfeeding during illness

2 to 3 years

Feeding

- Continue to feed family foods 5 times a day
- Help the child feed herself / himself
- Supervise feeding
- Ensure hand washing with soap before feeding

What you can do

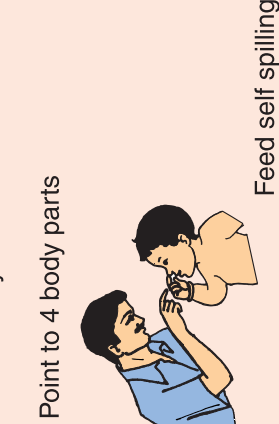
Help your child count and compare things; make simple toys for your child.



Encourage your child to talk & respond to your child's questions. Teach your child stories, songs, and games.

What children can do

Around 2½ years most children can Point to 4 body parts



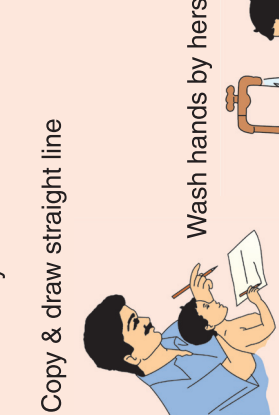
Feed self spilling little



Name one colour correctly



Around 3 years most children can Copy & draw straight line



Wash hands by herself

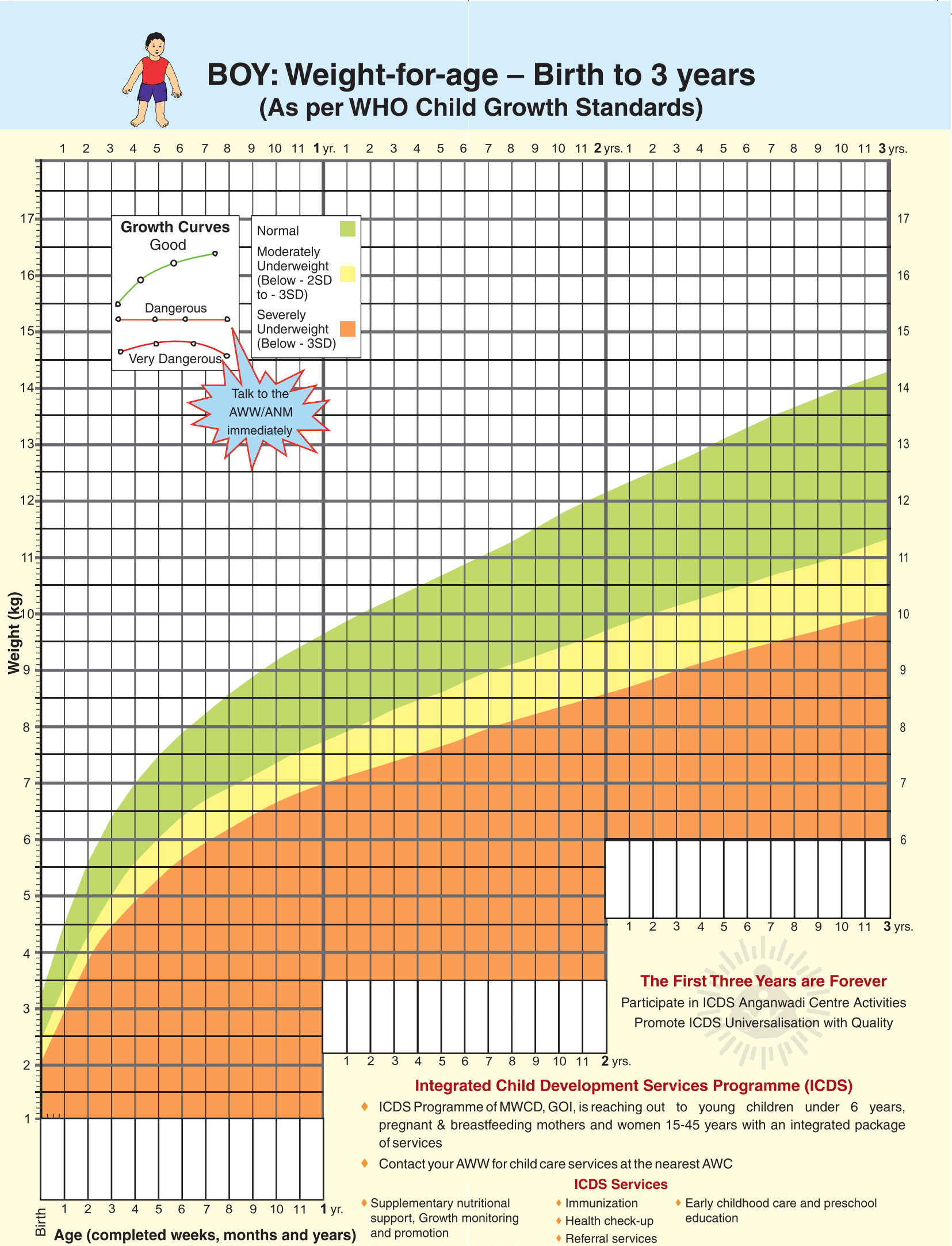
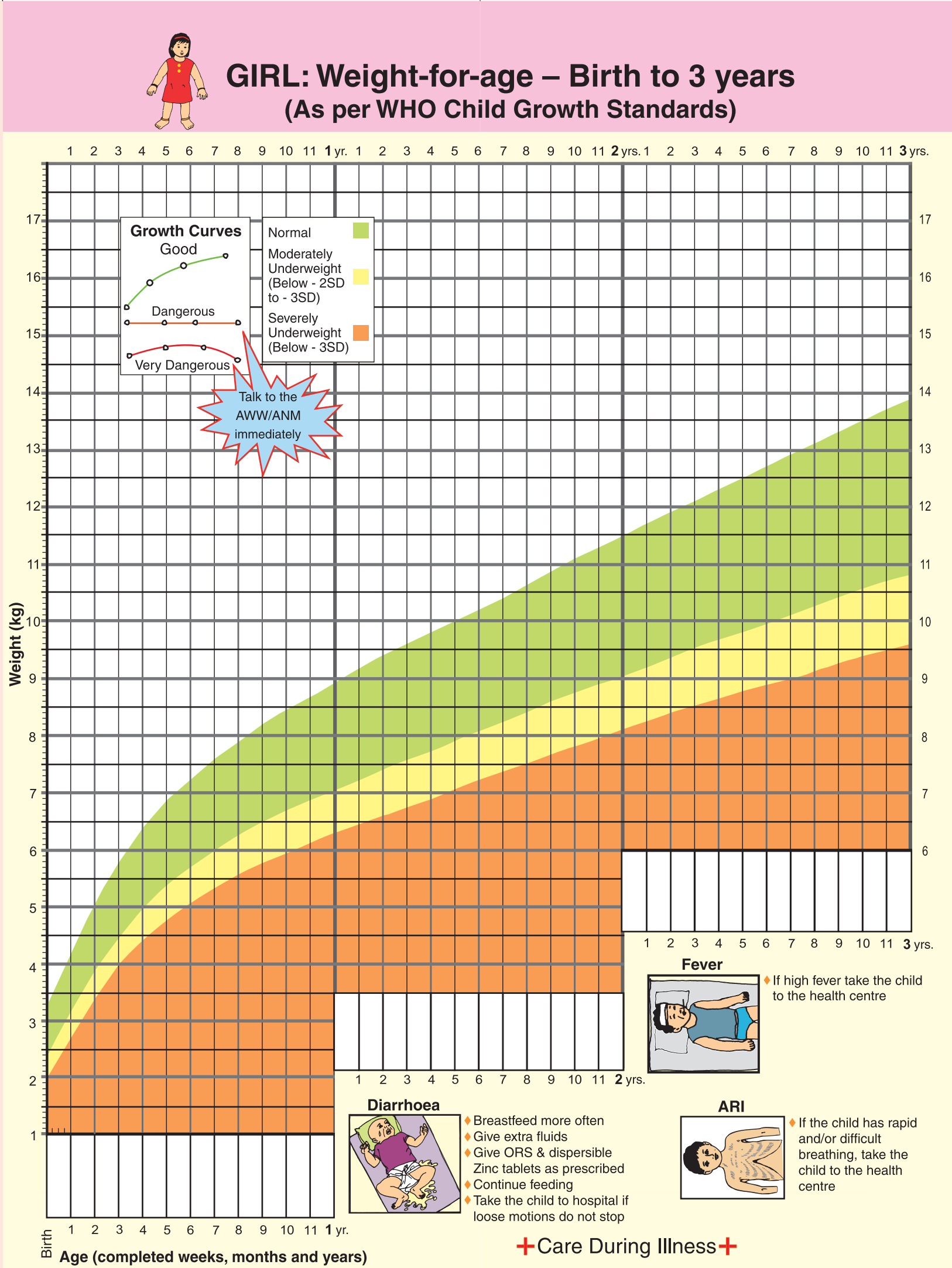


Name 3 out of 4 objects



If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

Ensure equal care for the girl child



Have your child weighed at the AWC every month