

## From 12 up to 24 months

Give family foods, chopped or mashed if necessary 3 to 4 times each day and 1 to 2 snacks in between meals.

Give three-quarters (3/4) up to 1 full cup at each meal. (A cup is 250 ml.)

### Things to remember

- ❖ Between the ages of 6 months and 2 years, a child needs to continue breastfeeding.
- ❖ If you are not breastfeeding, you should feed your baby two cups (500 ml) of anymilk every day.
- ❖ Avoid giving your baby tea, coffee, soda, and sugary or coloured drinks. Give fresh juices instead.
- ❖ Always feed your baby using a clean, open cup. Do not use bottles, teats, or cup with a mouthpiece as these are difficult to clean.
- ❖ Continue to take your child to the clinic for growth monitoring and promotion and immunizations.
- ❖ During illness, give your child small frequent meals and more fluids, including breastmilk or other liquids. Encourage your child to eat a variety of his or her favorite foods. After illness, feed more food and more often than usual for at least two weeks.

For more information, contact your nearest health centre.

Produced by The National Food and Nutrition Commission with financial support from the United States Agency for international Development's Infant and Young Child Nutrition Project.

The US Agency for International Development (USAID) funded this brochure under the terms of Cooperative Agreement No. GPO-A-00-06-00008-00. The information provided on this brochure is not official US Government information and does not represent the views or positions of USAID or the US Government.



# How to Feed Your Baby After Six Months



## HOW TO FEED YOUR BABY AFTER SIX MONTHS

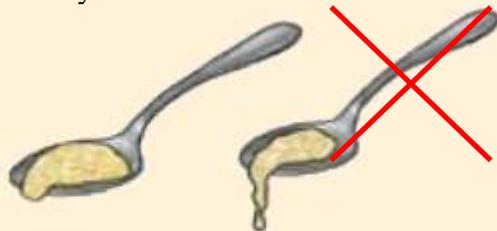
### After six months

#### What do you need to know?

- ❖ After the age of six months of life, breastmilk alone is not enough for your baby to grow well. Other nutritious foods need to be introduced.
- ❖ Breastmilk continues to be an important part of your baby's diet until at least 2 years of age and beyond.
- ❖ When feeding your baby between 6 and 12 months old, always give breastmilk first, before giving other foods.
- ❖ After 6 months of age, children should receive a vitamin A supplement twice a year. Visit your nearest health center for more information.

#### When your baby first starts to eat

- ❖ Give 1 or 2 tablespoons of soft porridge three times each day. Gradually increase the frequency, amount, thickness, and variety of food.



- ❖ Enrich your baby's porridge and mashed foods with breastmilk, mashed groundnuts, fruits, and vegetables; and start giving animal-source foods as early as possible and give as often as possible.
- ❖ Small amounts of fats and oils can be added to your baby's food to increase the energy content and improve the absorption of some vitamins.

#### Safe preparation and storage

- ❖ Wash your hands with clean safe water and soap before preparing food, and feeding your baby and after changing nappies or going to the toilet. Baby's hands should also be washed.
- ❖ Wash all bowls, cups and utensils with clean water and soap. Keep them covered when not in use.



- ❖ Prepare food in a clean area and keep it covered. Your baby should have his or her own cup and bowl.

- ❖ Serve food immediately after preparation. If you have to give your baby any food that has been kept for more than an hour, reheat it thoroughly.
- ❖ Babies gradually learn to feed themselves. An adult or an older child should encourage the baby to eat enough food and ensure that the food remains clean.



#### Feed more as your child grows

##### At 6 months

Give soft porridge, 1 to 2 tablespoons, well-mashed foods, 2 to 3 tablespoons at each meal, 2 to 3 times each day.

##### From 6 up to 9 months

Give mashed foods, 2 to 3 tablespoons up to one-half (1/2) cup at each meal. (A cup is 250 ml.)

##### From 9 up to 12 months

Give finely chopped, or mashed food and foods that baby can pick up with his or her fingers, 3 to 4 times each day and add 1 to 2 snacks in between meals.

Give at least one-half (1/2) cup at each meal. (A cup is 250 ml.)