

How Can Working Parents Feed Their Young Children Frequently?

SUBTITLES

00:01-00:06 - How can working parents ensure that their young child eats frequently?

00:07-00:09 - Today we are at the village of Kongare in Gidan Roudji, Maradi region.

00:10-00:18 - We will observe the importance and assurance that babies ages from 6 to 12 months eat regularly/frequently.

00:20-00:24 - Even if parents are working, babies should be provided with a meal and snacks.

00:27-00:32 - Breakfast is very vital for babies at this age.

00:44-00:52 - Are you going to the farm Sir? Good morning Rakiya. Good morning. How are your children? They are all good.

00:53-01:01 - What are you carrying?

00:53-01:03 - It is a local food (galebu) for my baby to eat later in the day. I have added peanuts, spinach, bouillon cube and salt.

01:04-01:15 - But did he not have breakfast because you are carrying this food for him?

01:07-01:15 - A baby of 6 to 24 months should be fed regularly with varied diet because it has little stomach.

01:18-01:18 - I am not aware of this new information.

01:20-02:26 - I will direct you to the community health worker to enlighten you more on this new message.

01:26-01:30 - Thank you Rakiya, I will go meet the community health worker.

01:58-02:01 - *Why should children eat frequently/regularly?*

02:04-02:11 - *Babies have small stomachs, therefore, they should eat food regularly/frequently to ensure their proper growth and intelligence.*

02:16-02: 21 - Peace be with you! Peace be with you too! Welcome! Have a seat!

02:24-02:32 - Community health worker, I have left my baby that is less than 2 years with his grandmother, I would like to be enlightened on how to feed him properly.

02:33-02:36 - Listen to me attentively to understand the information I will share with you.

02:37-02:42 - From 6 months of age, a baby should be given small amounts of food twice a day.

02:43-02:47 - From 7 to 9 months of life, a baby should be given a meal twice a day.

02:48-02:58 - From 9 to 12 months, a baby should be given a meal three times a day, with 1 healthy snack.

02:59-03:10 - A baby of age 12 to 24 months should be given food three times a day with two healthy snacks.

03:11-03:14 - *How many times should a baby eat in a day?*

03:16-03:26 - *Babies start learning to eat food from 6 months of life, small amounts of food (2-3 teaspoons) a day is sufficient.*

03:27-03:32 - *Babies age 7 to 9 months should eat twice a day.*

03:34-03:41 - *Between 7 to 9 months, a baby should eat twice a day.*

03:34-03:42 - *From 9 to 12 months, a baby should be given food three times a day with 1 healthy snack.*

03:42-03:50 - *A baby of age 12 to 24 months should be given food three times a day with two healthy snacks.*

03:51-03:53 - *What is meant by “snack,” community health worker?*

03:54-04:02 - *This is a local juice I made from sorrel, which is also good as a snack.*

04:03-04:07 - *Let me invite my neighbors to show you the kind of snacks they provide to their children.*

004:011- 04:15 - *My neighbors, come show Chima the different kinds of snacks you provide your children.*

04:17-04: 23 - *Peace be with you ! Peace be with you too. Have you come to show her the different kinds of snacks you prepared? Yes!*

04:24-04:28 - *This lady prepared Moringa.*

04:30- 04:35 - *This lady also prepared a bean cake for her baby.*

04:35-04:37 - *This person also prepared a soya bean cake (tofu) for her baby.*

04:38-04:341 - *All these are important snacks for children.*

04:42-04:45 - *Take this to your mother-in-law so that she can feed your baby with it.*

04:46-04:48 - *But you should breastfeed your baby first before giving the watermelon to him.*

04:49- 04:52 - *Thank you very much Shamsiyya, thank you, community health worker.*

04:54-05:04 - *When taking into account the workload of women, how does one ensure a baby eats sufficient food?*

05:06-05:13 - *Snacks and food can be prepared before going to the field for the children left at home.*

05:14-5:19 - *or take it to the field for babies under 12 months of age.*

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05:20-05:32 - Parents make certain that the caregivers of their children ensure that the children eat sufficient food and snacks during the day.

05:44-05:51 - Are you back Chima? Yes, I am back. This is a snack for Mahammadi, for when he wakes up.

05:52:-06:02 - But keep it away from flies and children. Alright? I will give it when he wakes up later. I will keep it away from flies and children.

06:03-06:06 - I will first breastfeed Mahammadi before going to the field. Okay.

06:12-06:16 - *Until what age is breastmilk important for children?*

06:20-06:26 - *Breast milk remains a very important food for young children up to at least 24 months.*

06:29-06:39 - Babies between 6 to 24 months of age have small stomachs, for this reason, it is recommended that they eat food frequently.

06:40-06:45 - Mother's milk is very vital to a baby and should be given frequently.

0:46- 06:49 -THANKS

- ✓ Ai Issa
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06:53-06:55- LOCATION

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