**Age appropriate complementary feeding for babies 6 to 24 months**

* In this video we have discussed about the quantity and diversity of complementary food for babies 6 to 24 months. This is an important phase of the first 1000 days.
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* Laxmipriya Mohanta
* Bishnupriya Bej (AWW)
* Village – Mallipasi
* Laxmi, have you finished your household work?
* No. It is not finished. Some work is left. I am sitting with the baby.
* Anganwadi didi has asked us to come to discuss about the food for the babies.
* Didi, Namaskar.
* Yes, Namaskar.
* Is everyone fine?
* I have called you all today to explain about the complementary foods you should give to your babies.
* Laxmi, your baby has turned 7 and a half months, Jhumi your son has completed 9 months and Saraswati your baby has completed one year.
* Today I will tell you about the quantity and types of food you should feed the baby each day.
* Ok.
* Yes.
* The age of your babies is different from each other. According to the age of the baby, the quantity of food will vary.
* We should know how much a baby should eat at a certain age. In addition to complementary food, you should continue to breastfeed the baby until 2 years. Mother’s milk contains power to protect against disease, so even if you give complementary foods do not stop giving mother’s milk.
* Ok.
* Laxmi, whatever Didi has said is correct. I have seen in the TV about breastfeeding the baby until 2 years.
* Question: How long should babies continue to breastfeed after they start complementary feeding after 6 months?  
  Answer: Babies should continue to breastfeed until they are 2 years after starting complementary feeding after six months.
* When we will prepare complementary food for the baby, we will keep the utensil clean, keep hands clean, bowl and spoon should also be clean.
* It’s good to clean the hands of the baby with soap. Every day, clean the hands of your babies with soap.
* Whatever thing we use to prepare food for the baby it should be good. For an example, we should use fresh vegetables and fruits. We should not use stale fruits and vegetables, as babies will get sick.
* Always keep the food covered. We should be careful to keep the food away from flies and mosquitoes.
* We should use boiled water and boiled milk.
* The water we will give to babies should be boiled and kept in a clean and covered utensil. We can give the water whenever the baby wants.
* To increase the energy we get from food, we can add sugar or Jaggery to it. . Jaggery is better than sugar, babies will like it and it also contains iron. Add iodized salt to the food.
* Ok.
* Initially we introduced complementary feeding to the baby for 10 to 12 days.
* We gave various porridges of Sooji, Chhatua and chuda.
* Which porridge did the baby like to eat the most?
* The baby liked to eat chuda and Chhatua porridge.
* Now we will increase the quantity of food for the baby.
* In this bowl we will give the baby ½ a bowl per feed for 3 times a day. In addition to this, you should give the baby mother’s milk, whenever the baby wants. There will be no problem. Ok?
* Yes.
* Now we can give everything to the baby to eat.
* I have told you to make boiled pumpkin and carrot. Have you made that?
* Yes.
* Now that you have washed your hands properly, mash the vegetables well.
* I had told you to keep boiled water. Have you kept that?
* Yes.
* Add a little water, as it will help to mash the vegetables properly and it will also be easy for the baby to eat.
* Mash it properly. Take the fibrous matter out, as the baby cannot eat them. Don’t use the grinder for mashing, which is not good for babies.
* Add a little iodized salt to it, as it helps in the mental development of the baby.
* Ok, now you have finished mashing. Food for the baby is ready. Cover it and get the baby. We will feed him.
* Earlier we were giving chuda, rice, Chhatua porridges. Now we can give boiled vegetables papaya, brinjal, pumpkin, potato, carrot, green vegetables etc. We can mix and mash them to feed the baby.
* Laxmi, you can give rice with dal, banana, Pitha (Indian pancake) with milk. You can give ripe fruits to baby i.e. papaya, mango, banana, apple, grapes etc. can be fed to the baby.
* Cashew nuts and groundnuts etc. can be given to the baby. They are very hard, the baby can’t eat them, so give them grounded nuts.
* Milk, curd, cottage paneer.
* Potato, sweet potato etc. should be given to the child.
* All these foods should be mashed properly and given to the child. We can add ghee or oil to the food and iodized salt and then feed the baby.
* Question: After 6 months, what types of foods should babies eat in addition to breast milk?
* Answer: After 6 months, babies should be given a variety of foods in addition to breast milk that includes
* Cereals – Rice, rice flakes, Sooji, wheat etc.
* Dial – Bengal gram, Moong dal etc.
* Groundnuts and cashew nuts
* Milk and milk products – milk, curd, cottage paneer
* Non vegetarian – egg, fish, meat, liver (after 9 months)
* Green vegetables – spinach, drumstick leaves etc.
* Orange and yellow fruits and vegetables – ripe mango, papaya, banana, carrot, tomato, pumpkin etc.
* Other vegetables- Potato, sweet potato, raw banana etc
* Your baby has completed nine months, now it is 10th month. I had told you to increase the quantity of the food. Have you done that? I had also told you to give meat, fish, and eggs. Are you giving those things?
* Yes, didi. I am feeding the baby the way you had suggested to me. Three quarters of a bowl per feed for 4 times a day. Yes you have told us to give meat, fish, and eggs but now the baby is quite small, therefore I have not given. The baby can’t eat this, therefore my father-in-law and mother-in-law have asked me not to give those things.
* Jhumi, you have done a wrong thing. Your baby has completed nine months. I had told you to give meat, fish, egg and liver. They contain many nutrients and help the baby to grow.
* If we don’t give different varieties and adequate amounts of food at the right time then the baby will not grow properly. This is an important phase of the first 1000 days.
* Some babies have healthy weight during birth, but according to age when the babies are not given adequate amounts and different varieties food they suffer from malnutrition.
* Jhumi, give your baby meat, egg, fish, and liver.
* What have you prepared for your baby?
* I have prepared rice, dal, boiled papaya and carrot for my baby.
* Have you added little iodized salt and oil to it?
* I have added them.
* Ok. You are feeding these things, but not eggs. Therefore I have got a boiled egg and today we will feed egg to the baby.
* Generally in rural areas people advise not to give pumpkin to the baby, they believe that it will cause Epilepsy. This is a wrong belief. All yellow, orange coloured fruits and vegetables contain Vitamin A. Vitamin A helps us to fight against disease. Therefore we should give these vegetables and fruits to the baby.
* Did you notice today, your baby was happily eating boiled pumpkin and carrot?
* Now your baby has completed 1 year, so she can eat all varieties of food. You were explaining to Jhumi about giving meat, fish, egg, and liver to her baby. As you are giving them to your baby, therefore you could explain it to her so nicely. Thank you.
* Apart from feeding these foods, you should also make your baby learn to eat by herself.
* Your baby has completed one year, in this bowl you should give her one bowl or more per feed for five times a day. Make her practice eating by herself.
* Jhumi, your baby is 10 months old, you should also encourage your baby to eat by himself.
* Question: How does the quantity and frequency of complementary feeding change as the baby grows?
* Answer:
* ***6-9 months***
* Quantity - ½ a bowl per feed
* Frequency – 3 times a day
* ***9-12 months***
* Quantity – ½ a bowl per feed
* Frequency - 4 times a day.
* ***12-24 months***
* Quantity - 1 bowl or more per feed
* Frequency - 5 times a day
* (Remember that the bowl should be 250 ml)
* Didi I have got mango, banana, rice, dal, vegetables and egg for my baby.
* She is eating family foods. The food for her has less spice and oil, and is soft.
* Didi, today I understood that babies should be fed with different varieties of food.
* Babies should be fed with all varieties of food.
* If you give your baby only one type of food then the baby will not get different nutrients.
* When the babies get sick, they don’t agree to eat. At that time give small amounts of homemade food and continue breastfeeding. Don’t stop giving mother’s milk.
* During recovery, the child needs an extra meal per day for 15 days. This helps to regain the weight lost during an illness. The mother should be patient while feeding her baby. The babies are small, they don’t understand. So you need to sing songs, tell stories, show them trees to feed them. Ok. You should not get angry.
* Feed your babies the way I have explained today. Ok. If you face any problem then speak to me. I am going, ok? Namaskar, didi. Namaskar.
* Today in this video we have discussed about the complementary feeding for babies from 6 to 24 months of age. In addition to complementary feeding, breastfeeding should be continued for a minimum of 2 years. While preparing complementary food and before feeding, cleanliness and hygiene should be maintained. Remember that the quantity of food should increase according to the age of the baby. Feed the baby with different varieties of food, so that the baby can get many nutrients. Don’t forget to give the child egg, fish, and meat after completing nine months.
* Thanks.