**Introduction of Complementary food for the baby after six months**

* In this video we have discussed about the introduction of complementary food during the first 10 to 12 days after six months. Which is an important phase of the first 1000 days.
* Sasmita Bej, Prithiviraj Bej Suryamani Bej, Bishnupriya Bej (Anganwadi Worker)
* Manama, come. It is now 8.30 am. Time to eat.
* Is the food for the children , rice and Dalma ready?
* Yes.
* Serve food to the children.
* Calm and quietly they should wash their hands and serve them food properly.
* Sasmita’s family is going to do annaprasanna today, so I am going there.
* Children are eating and after they finish you lock the door and then go home.
* Today is annaprasanna of Sasmita’s baby.
* I am going to their home.
* Ok didi go.
* Sasmita
* Yes didi.
* Namaskar
* Yes,Is everything good?
* Yes didi.
* How is your health Sasmita?
* It is good.
* How is your baby’s health ?
* It is good.
* What food are you giving the baby?
* As you have suggested, I am giving only mother's milk.
* Are you giving only mother's milk ?
* Yes didi.
* Are you giving any other things silently?
* Not even water only mother’s milk.
* Your baby has completed six months, now its 7 months. We will do annaprassana.
* Till six months the energy requirements of the baby are fulfilled by mother’s milk. After six months the baby will crawl, walk etc. The energy required for this cannot be fulfilled from mother’s milk.Therefore we should start giving him complementary food. Do not stop giving mother’s milk because of complementary food. Continue to breastfeed for a minimum of 2 years.
* Question : What food should be given to the baby after completing six months?
* Answer : The baby should be given complementary foods along with breast milk after completion of six months.
* Didi I think the baby is quite small, therefore to start giving complementary foods after 2 to 3 months.
* No, he has completed six months, so it’s the right time to introduce complementary food. If we give complementary feeding then the development like crawl, walk will occur. Mother’s milk does not have that much energy, complementary foods will provide the extra energy. Development like crawling, walking will take place early.
* Ok then I will give from today.
* Ok then today we will start his annaprassana.
* Didi, Jhumi’s baby was very healthy and strong at birth, since last 6 to 7 months has not grown well.
* Why ?
* At that time mother’s milk was sufficient for the baby, therefore the weight was increasing properly.
* At seven months we should start giving complementary foods. I tried to make them understand but they did not give, therefore the baby did not grow well. Your baby has turned 7 months and if we don’t give complementary foods, then the weight of the baby will not increase.
* After completing six months, the Government is providing Chatua through Anganwadi centers. Healthy babies are getting 4 kgs of Chatua per month, while malnourished babies are getting 6 kg’s per month.
* The Chatua provided by the Government through AWC contains grounded pulses, grounded wheat, grounded groundnuts and sugar mixed. We can give this food to the babies to eat. This food can be given 2 to 3 times per day and 2 to 3 spoons per feed.
* Till how many years the babies are entitled to get this Chatua?
* The government is providing this food from 7 months onwards to 3 years.
* What else other than Chatua can be given to my grandson to eat ?
* Yes Mausi, you can give your grandson Chatua . Grounded chuda (rice flakes), grounded rice , sooji. You can add milk, sugar, iodized salt to make porridges and give it to the child. This food can be given during the first 10 to 12 days. Home cooked food should be given to the child. Apart from these foods you can give boiled potato,papaya, carrots, rice, dal, green vegetables etc. can be mashed properly and given to the child.
* The annaprasanna what we are doing on seventh month is called food tasting.
* We will prepare one food item and give, like Chatua porridge we will give for 2 to 3 days, 2 to 3 times per day and 2 to 3 spoons per feed. We can see whether the baby is eating it properly or not, then again we will change it to Sooji porridge for 4 days, then again change to rice porridge for 3 to 4 days, we will see which food the baby likes to eat and eat’s more. The baby will be eating more of the foods he likes.
* If we continue food tasting for 10 to 15 days and make it a habit, then gradually we can introduce other foods.
* Question: After completing six months, how much the baby should be fed during the first 10 to 12 days?
* Answer: After six months during the first 10 to 12 days, the baby should be fed 2 to 3 times per day and 2 to 3 spoons per feed.
* After 10 to 12 days of food tasting, the quantity of complementary food for the baby will increase. I will let you know about that later.
* Didi then what will we do today?
* Today we will do annaprasanna. I have got Chatua. I will demonstrate how to prepare Chatua for feeding the baby?
* Ok lets go.
* Today I will explain you the importance of hygiene.
* Before preparing food the baby and before feeding, hygiene should be maintained. If we do not maintain hygiene then the baby will suffer from diarrhea, vomiting, fever. If these things happen then the baby will become weak, even if we feed nutritious food the health of the baby will not be good.
* Therefore along with giving nutritious food, we should maintain hygiene.
* Didi, you explained about hygiene. What things we should keep clean?
* We should take clean water, before preparing food we should wash our hands with soap. Take a clean vessel to prepare food. The utensils used to feed the baby also needs to be clean. As the baby has completed six months, we now can give boiled water to the baby.
* Question :What things should be taken care of before preparing food for the baby?
* Answer :Wash hands with clean water and soap, use clean utensil, bowl and spoon. Use boiled milk or water.
* When we are going to prepare food for the baby, firstly we should clean our hands properly with soap. After washing hands, we will boil the milk in a clean utensil. We will roast the Chatua, as it contains fewer raw materials the baby may have stomach problems. Add boiled milk to it, in case you don’t have boiled milk, you can add boiled water. Then add iodized salt which helps in the mental development of the baby. We will not add sugar to Chatua porridge, as it already contains sugar in it. But while preparing chuda porridge, rice porridge we will add sugar and then feed the baby.
* We will serve the prepared Chatua in a clean bowl.
* Today we will do annaprasanna of the baby. In this annaprasanna we will serve the baby with the prepared porridge in a new utensil. Therefore we have got a banana leaf. We will serve the Chatua in the banana leaf.
* Smear a little vermillion.
* Sprinkle a little betel nut and rice grains.
* See my grandson being so happy after eating.
* Didi I have one more question. Can we not make the Chatua a little more watery.
* No need to make the food watery. If we make it watery then the proportion of food will be less while the proportion of water will be more. Then he will eat more of water and less of the food. Therefore we gave thick food, where the proportion of water will be less and food will be more. This will help in weight gain. Therefore we should give the babies thick complementary food.
* Watery
* Thick
* Question: The complementary food for the baby should be watery or thick?
* Answer: The complementary food for the baby should be thick.
* Sasmita, I forgot to tell you one thing. Today we did annaprasanna, we started feeding the baby Chatua other than breast milk. Earlier he was only having milk from you so the stool was of one type. Now we have changed his food, so his stool will be different from now onwards. It will be smelly and thick. So don’t get scared seeing this. As we changed the food , the stool will also be different.
* Thanks didi for this information or else I would have got scared.
* Feeding the baby is not so easy. While feeding the baby you should tell stories, sing songs, roam around and feed the baby. If you force feed the baby they won't eat. You should make them understand and then feed them. If the mother can't feed, then you can feed. If you can't feed then the mother can feed. Try to roam around and feed the baby. If the baby does not eat then don’t get angry and stop feeding. Ok
* One more thing, your daughter-in-law has become weak. Take care of her diet. She should eat green leafy vegetables, meat, fish , egg at least 2 to 3 times per week. If milk is available then give her because she is breastfeeding and saving the life of a baby, therefore she needs more energy. You should increase the amount of food, you are her mother-in-law so need to make her understand to eat food. After eating ask her to take a rest, she has become very weak. Help her in taking rest and share her workload.
* Didi I didn’t know about the foods to be given to my son. Thank you for sharing the information.
* You did a good thing. Namaskar
* Ok I am going , I will come after 10 to 15 days.
* Ok.
* Today we discussed about the introduction of complementary foods after six months. Till six months mother’s milk is sufficient for the baby, after six months the baby needs more energy therefore we need to start introducing complementary foods. If we don’t start complementary feeding after six months then the baby will suffer from malnutrition. Weight and height according to age doesn’t increase. The complementary food should be thick and while preparing and feeding the baby cleanliness should be maintained. After six months, we will feed the baby 2 to 3 times 2 to 3 spoons per feed for the first 10 to 12 days. I request the family members to extend their help to a mother while feeding.
* Thanks