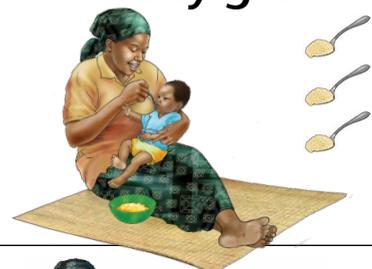




Dey add food join to pikin food as im dey grow



Start to dey give pikin oda food dem wen im don reach 6 months

Di kain food:

Food wey soft and wey dem don grind well well

How many times e go chop:

2 to 3 times everyday

How di food go plenti reach:

2 to 3 big spoon (tablespoon) everytime wey pikin dey chop

From 6month reach 9 month

Di kain food:

Food wey dem don grind

How many times e go chop:

2 to 3 times inside one day plus 1 to 2 small chop chop

How di food go plenti reach:

2 to 3 big spoon (tablespoon) reach up to half cup everytime wey pikin dey chop

From 9 reach 12 months

Di kain food:

Food wey dey don cut or wey dem don grind wey pikin fit chop wit im hand

How many times e go chop:

3 to 4 times inside one day plus 1 or 2 small chop chop

How e go plenti reach:

Make e no small pass half cup everytime pikin dey chop

From 12 months go reach 24 months

Di kain food:

Food wey everybody for house dey chop, weda dem cut am small small or dem grind am as dem fit

How many times e go chop:

3 to 4 times everyday plus 1 to 2 small chop chop

How di food go plenti reach:

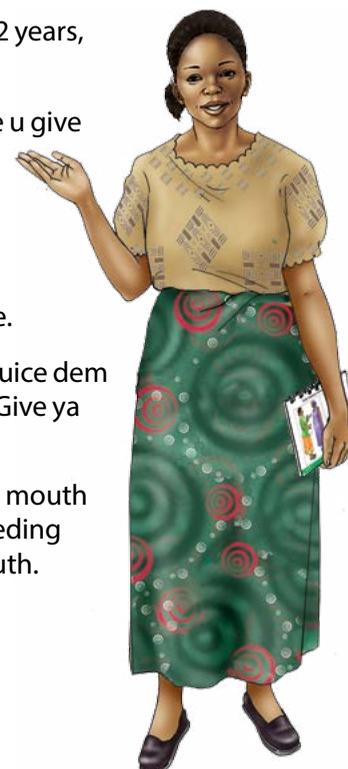
E go reach $\frac{3}{4}$ cup or one full cup sef everytime wey pikin dey chop

* Small chop chop na extra food like fruit or akara wey dem dey chop before time for korrek food reach.

** One cup na 250ml

Things wey u no suppose forget

- * Wen pikin dey 6 months come dey go 2 years, im still need to dey suck breast.
- * If u no dey give pikin breast suck, make u give am two cups of milik (dat na 500ml) everyday, wey u go divide for am for di whole day.
- * No give ya pikin tea, kofi, soft drink or minerals wey get sugar or colour inside.
- * Make u no full ya pikin belle with fruit juice dem so im go fit get space chop beta food. Give ya pikin water wey dey kiln to drink.
- * Make u dey always use klin cup wey im mouth open to dey give pikin food. No use feeding bottle, sucker or cup wey get long mouth.



- * Make u still dey kari ya pikin go hospitu to dey check as im dey grow and for make dem give am di injection dem wey dey make small pikin dem no catch sickness (immunization) and make dokita dey check am.
- * Wen ya pikin dey sick, try to dey give am small small food plenti time, plus breast milik and oda drink dem join am. Make u de helep di pikin chop di different different kain food wey soft and wey im de like to dey chop. Afta di pikin don well, make u dey give am food even pass as im dey chop before for like 2 weeks.

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How to dey feed pikin wey don reach 6 months



From 6 months

Wetin u suppose know?

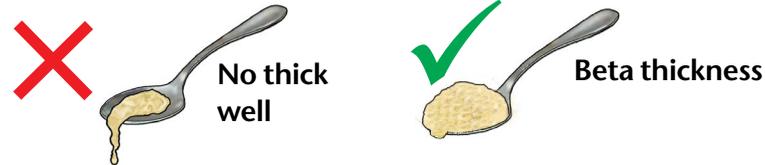


- * From di time wey mama born pikin go reach 6 months, na only breast milik di mama go dey give im pikin (no give pikin any oda milik dem, food or drink even sef small water).

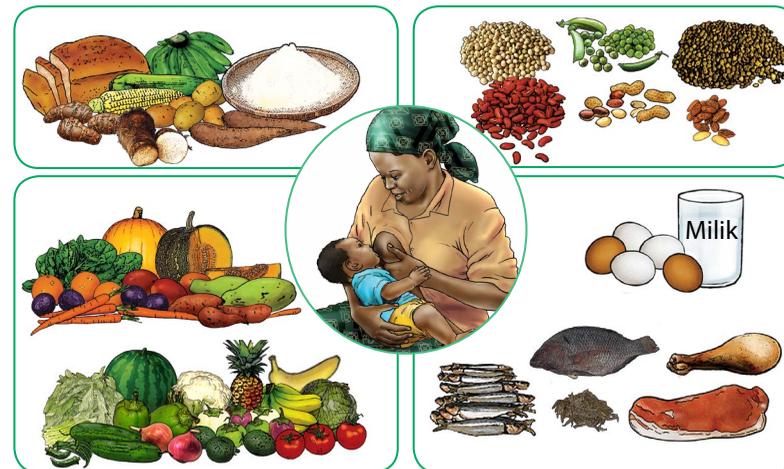
- * Wen pikin don reach 6 months, make u start to dey give am oda food dem and make u still dey give am breast suck anytime im want am for daytime and nighttime sef.
- * Breast milik still dey very important for di food wey small pikin dey chop from 6 months go reach or even pass 2 years.
- * Wen u dey give food to pikin wey dey 6 months come dey reach 12 months, make u first give am breast before u give di oda food dem.
- * Wen pikin dem don pass 6 months u suppose give dem vitamin A melecine wey dey helep for pikin dem bodi 2 times inside one year. Wen pikin dem don reach 12 months, dem suppose take worm melecine 2 times inside one year to komot di worm wey dey dia belle. E go good for make u get extra advice from person wey dey give u ogbonge and d propa advice for di clinic wey u dey kari pikin go.

When ya pikin just start to dey chop

- * Give ya pikin food wey soft wey full one or two tablespoon three times everyday. Make u small small dey add put ontop di food, how e thick reach and di kain food dem wey u dey give am.

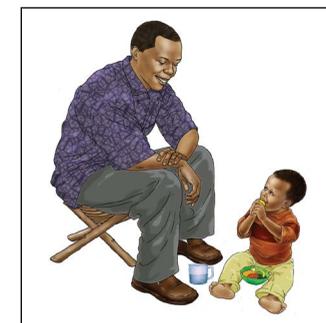


- * E good make u dey add breast milik, animal milik dem, groundnut wey dem don grind or soya bean flour for ya pikin pap wey u don make from corn, millet or wheat. E go beta if u dey mix 2 or 3 of dis kain flour dem. Make u dey sure say u don prepare di groundnut and soya beans well well.
- * Wetin ya pikin go need for im bodi pass pap na breast milik. Make u dey give am different, different kain food dem like fruit, vegetable, yam, sweet potato plus animal food dem like egg, fish and liver wey u don grind.
- * Make u start early to dey give ya pikin dis animal food dem (meat, fish, chicken, egg) plenti time as u fit.



- * U fit add small vegetable oil inside pikin pap or food wey u don grind. Small pikin dem no too need plenti oil for bodi. Only small oil wey no pass half of di small spoon (teaspoon) go do for inside one day.

Klin and beta way to dey make and keep food for pikin



- * Make u wash ya hand with soap and klin water wey dey komot for inside pump before u start to dey make or even to give pikin food. Wash pikin hand & still wash ya own hand afta u don change pikin nappy or u just komot for inside toilet.
- * Make u wash all di plate, cup and everything dem wey u dey use make pikin food with kiln water and soap. Make u put dem for di place wey dem go quick and make u kofa dem reach wen u wan use dem again.
- * Make u dey cook food and keep food wey u don cook inside plate wey get kofa for wia dey kiln well well. Small pikin suppose get im own plate and cup.
- * Make u give di food as u just make am finish.
- * Make u warm food wey don dey for ground pass one hour well well before u give am.
- * Small pikin dem dey try small small to dey chop food by demsef. E good make big person (adult or big pikin) dey helep di small pikin dem as dem dey chop to make sure say dem chop belleful and say dirty no enta inside di food at all.
- * Papa and mama dem suppose to make sure say pikin don chop all di food wey im bodi need every day by day.