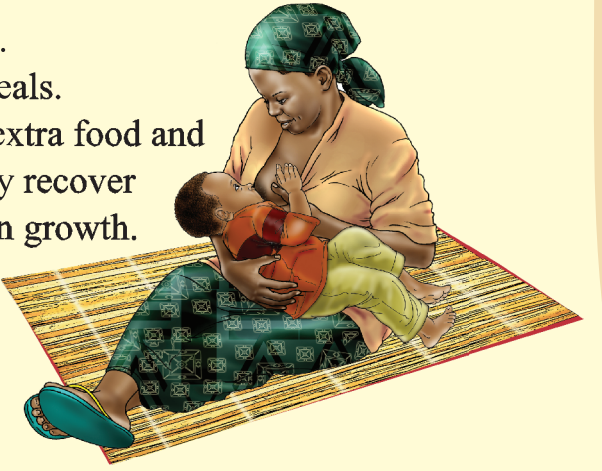
HOW TO FEED YOUR BABY AFTER 6 COMPLETED MONTHS

For your baby to grow strong and healthy

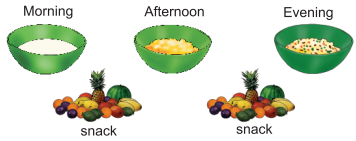
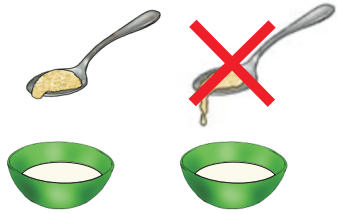
- Begin to give soft foods in addition to breast milk at 6 months of age.
- Always breastfeed your baby first before giving soft foods.
- Continue breastfeeding up to two years or beyond.

When your baby is sick or has diarrhoea

- Continue to breastfeed.
- Give small frequent meals.
- During recovery give extra food and fluids to help your baby recover quickly and catch up on growth.



FOR THE BEST RESULTS WHEN FEEDING YOUR BABY

Always wash your hands with soap and running water before handling food, after changing your baby's nappy and after using the toilet.	
Give the child 3 main meals and at least 2 snacks in between every day	
Feed your child porridge that is thick enough to stay on the spoon. This gives your baby more energy and nutrients.	
Give your baby a mixed diet which includes dark-green vegetables and orange-coloured fruits and vegetables. These help the child to have healthy eyes and protect your baby from infections.	
Also feed the baby foods like beans, cowpeas, fish, meat, eggs, and groundnuts. Mash or pound these foods before feeding your baby. These foods help the child to grow.	