

HOW TO FEED YOUR BABY AFTER 6 COMPLETED MONTHS

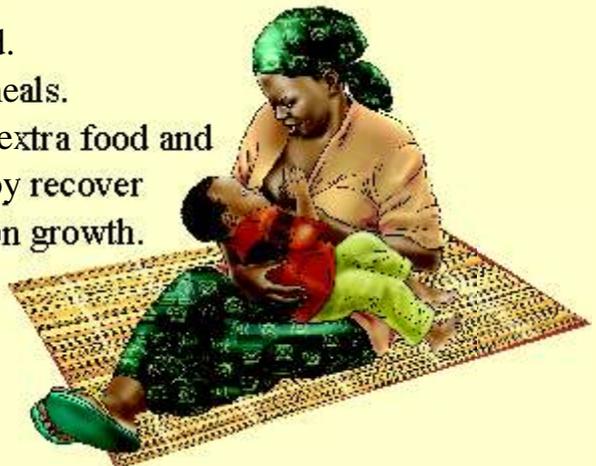


For your baby to grow strong and healthy

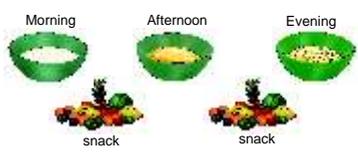
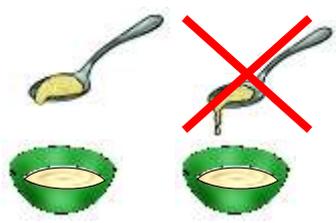
- Begin to give soft foods in addition to breast milk at 6 months of age.
- Always breastfeed your baby first before giving soft foods.
- Continue breastfeeding up to two years or beyond.

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

<p>Always wash your hands with soap and running water before handling food, after changing your baby's nappy and after using the toilet.</p>	
<p>Give the child 3 main meals and at least 2 snacks in between every day</p>	
<p>Feed your child porridge that is thick enough to stay on the spoon. This gives your baby more energy and nutrients.</p>	
<p>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.</p>	
<p>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.</p>	