

# Feed a Baby After 6 Months

## Feed more as the baby grows



### Begin to feed at 6 months

**Type of food:**

Soft porridge, well mashed food

**How often:**

2 times each day

**How much:**

Feed 2 to 3 tablespoons at each meal.



### Age 7–8 months

**Type of food:**

Mashed food

**How often:**

3 times each day

**How much:**

Feed at least one-half (1/2) cup at each meal. (A cup is 250 ml)



### Age 9–11 months

**Type of food:**

Finely chopped or mashed food and foods that baby can pick up

**How often:**

3 times each day plus 1 snack

**How much:**

Feed at least three-quarters (3/4) cup at each meal. (A cup is 250 ml)



### Age 12–24 months

**Type of food:**

Family foods, chopped or mashed if necessary

**How often:**

3 times each day plus 2 snacks

**How much:**

Feed at least 1 full cup at each meal. (A cup is 250 ml)

## Things to remember

- \* Consult with your health care provider about the types of food that will help your child grow and develop.
- \* Between the age of 6 months and 2 years a child needs to continue breastfeeding or have 2 cups of milk each day in addition to other.
- \* Avoid giving a baby drinks with no nutritional value, such as tea, coffee, soda and other sugary or colored drinks. Give fresh juices in moderation.
- \* Babies who are 6 months and older should be given treated or boiled water each day to satisfy their thirst.
- \* Always feed the baby using a clean open cup. Avoid using bottles and teats. They are difficult to clean and can cause your baby to become sick.
- \* Weight gain is a sign of good health and nutrition. Continue to take your child to the health care clinic for regular check-ups, immunizations and to monitor growth and development.
- \* During illness give the baby small frequent meals and more fluids, including breast milk or other milk. Encourage the baby to eat a variety of his or her favorite soft foods. After illness feed more food and more often than usual.



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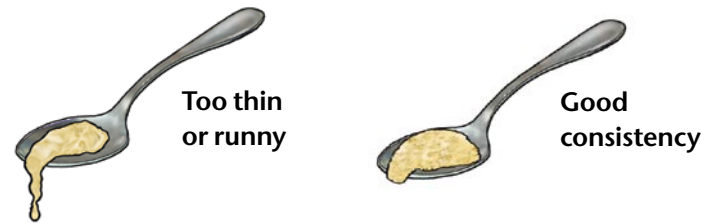
## What do I need to know?



- \* It is important for mothers to practice exclusive breast-feeding until their babies are 6 months old. This means that mothers and other caregivers should not give babies any other milks, foods or liquids, not even sips of water.
- \* After 6 months breast milk alone is not enough. Babies need to gradually start eating a variety of foods to continue growing well.
- \* Breast milk continues to be an important part of the diet until the baby is at least 2 years.
- \* When feeding a baby between 6 and 12 months old always give milk first before giving other foods.
- \* If a mother is HIV-positive, it is important for her to consult a health care provider for counseling on her infant feeding options, such as safer breastfeeding or the use of other suitable milks.
- \* After 6 months of age, children should receive vitamin A supplements twice a year or take multiple micronutrients on a daily basis. Please consult your health care provider for the proper advice.

## When your baby first starts to eat

- \* Give a baby 1 or 2 tablespoons of a new soft food twice each day. Gradually increase the consistency, amount and variety of food in the baby's diet.

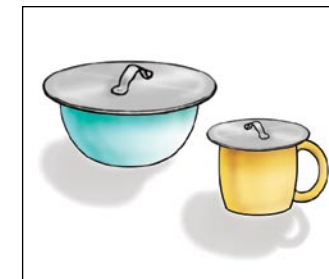
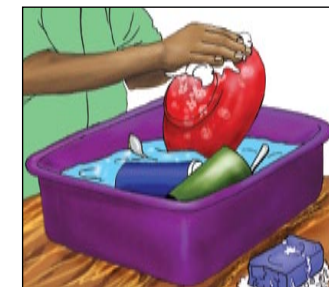


- \* Infants should gradually start to eat mashed and semi-solid foods as they become used to eating and chewing different foods.
- \* Enrich the baby's porridge and mashed foods with milk, roasted and mashed groundnuts, and other nuts and seeds. Use of germinated cereals and fermentation improves food quality and digestion.



- \* Besides the staple foods like porridge, rice, mashed bananas and potatoes, babies need to eat some legumes, meat, poultry, fish or eggs every day. Dark green vegetables and fruits provide important nutrients for a baby.
- \* Fats, oils and sugar can be added to baby's food in moderation. They improve the energy content of the diet. Fats also improve the absorption of some vitamins and the taste of foods.

## Safe preparation and storage of food for babies



- \* Mothers and other caregivers should wash their hands with clean running water and soap before preparing food, and before and after feeding a baby. Hand washing is important after changing nappies or going to the toilet. Baby's hands should be washed also.
- \* All bowls, cups and utensils should be washed well with clean water and soap and should be kept covered before using. They are difficult to clean and can cause your baby to become sick.
- \* Prepare food in a clean area and keep it covered to protect it. Babies should have their own cup and bowl. Serve food immediately after preparation. Left-over food should not be given to the baby later.
- \* Babies should gradually learn to feed themselves. An adult or an older child should encourage the baby to eat enough food and ensure that the food remains clean.