

Feed more as the baby grows



Begin to feed at 6 months

Type of food:
Soft porridge, well mashed food
How often:
2 to 3 times each day
How much:
2 to 3 tablespoons at each meal



From 6 up to 9 months

Type of food:
Mashed food
How often:
2 to 3 times each day and 1 to 2 snacks
How much:
2 to 3 tablespoons up to one-half (1/2) cup at each meal



From 9 up to 12 months

Type of food:
Finely chopped or mashed food and foods that baby can pick up with his or her fingers
How often:
3 to 4 times each day and 1 to 2 snacks
How much:
At least one half (1/2) cup at each meal



From 12 up to 24 months

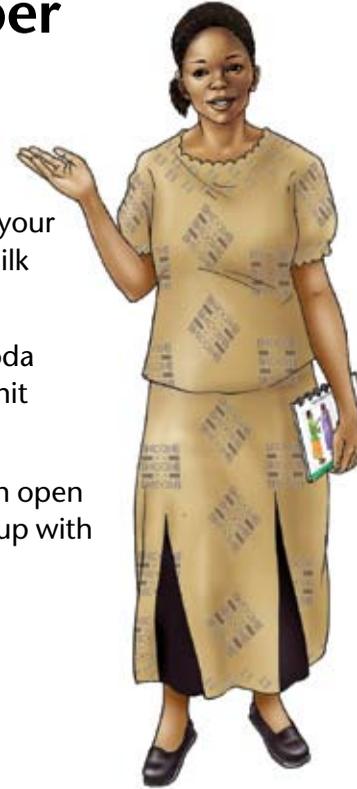
Type of food:
Family foods, chopped or mashed if necessary
How often:
3 to 4 times each day and 1 to 2 snacks
How much:
Three-quarters (3/4) up to 1 full cup at each meal

* A snack is extra food between meals

** A cup is 250 ml

Things to remember

- * Between the age of 6 months and 2 years a child needs to continue breastfeeding.
- * If you are not breastfeeding, feed your baby two cups (500 ml total) of milk every day.
- * Avoid giving a baby tea, coffee, soda and sugary or coloured drinks. Limit amount of fresh juices.
- * Always feed the baby using a clean open cup. Do not use bottles, teats or cup with a mouth piece.



- * Continue to take your child to the clinic for regular check-ups and immunizations.
- * During illness give the baby small frequent meals and more fluids, including breast milk or other liquids. Encourage the baby to eat a variety of (his or her) favourite soft foods. After illness feed more food and more often than usual for at least 2 weeks.

This brochure was adapted and updated for UNICEF New York from material developed by University Research Co., LLC in Tanzania, Kenya, Malawi, and recently in Uganda under the NuLife Program: USAID Cooperative Agreement 717-A-00-08-00006-00. February 2010.

How to Feed a Baby After 6 Months



After 6 Months

What do you need to know?

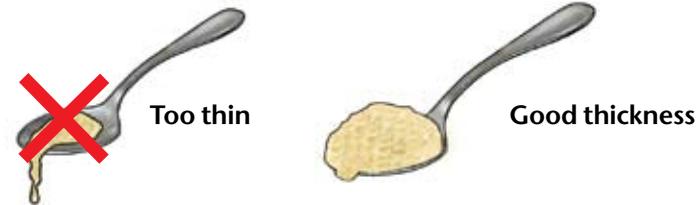


- * For the first 6 months, exclusively breastfeed your baby (no other milks, foods or liquids, not even sips of water).

- * When your baby reaches 6 months, continue breastfeeding on demand both day and night.
- * 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 breast milk first before giving other foods.
- * After 6 months of age, children should receive vitamin A supplements twice a year. Consult your health care provider.

When your baby first starts to eat

- * Give your baby 1 or 2 tablespoons of soft food three times each day. Gradually increase the frequency, amount, thickness and variety of food.



- * Enrich the baby's porridge and mashed foods with breast milk, mashed groundnuts, fruits and vegetables, and start animal source foods as early and as often as possible.
- * Your baby needs a variety of foods:

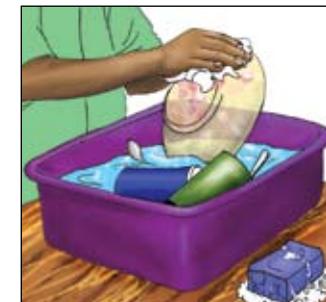


- * Infants only need a very small amount of oil (no more than one half (1/2) teaspoon per day).

Safe preparation and storage



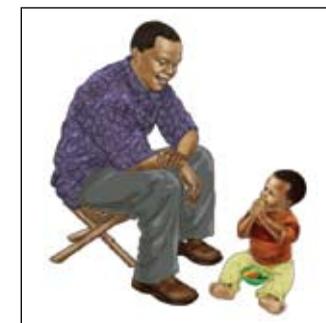
- * Wash your hands with running water and soap before preparing food, and before feeding your baby. Baby's hands should be washed also. Wash your hands after changing nappies or going to the toilet.



- * Wash all bowls, cups and utensils with clean water and soap. Keep covered before using.



- * Prepare food in a clean area and keep it covered. A baby should have his or her own cup and bowl.
- * Serve food immediately after preparation.
- * Thoroughly reheat any food that has been kept for more than an hour.



- * Babies 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.