

Problem/Reason #1
The child needs to eat eggs, fish, dagaa, or other meat as often as possible.
Recommended Practices
<p>1.a Give your child fish, dagaa, or other types of meat, which can be minced using a mortar (kinu) or chopped finely with a knife.</p> <p>1.b Give your child cooked eggs to eat.</p> <p>1.c Give your child fish, dagaa, or other types of meat as early and as often as possible.</p> <p>1.d Save some of the food you raise that you would normally sell (like eggs, milk, fish, chicken) and keep it for your baby.</p>
Motivating Messages
<ul style="list-style-type: none">• From 6 months of age, young children can eat well-cooked and finely-chopped eggs and mashed meat and fish, even if they don't have teeth.• Eggs, meat, fish and dagaa are very important to help children grow well, be healthy.• Your baby's stomach is ready to digest foods like eggs or meat. You can ensure that your baby can safely swallow those foods by mashing them, chopping them finely, or making powder of dried meat.

Problem/Reason #2
<p>The child needs to be fed a variety of foods.</p>
Recommended Practices
<p>2a. Offer family foods, including eggs, meat, fish, dagaa, vegetables, beans. These foods can be chopped and mashed so they are easy for the child to swallow.</p> <p>2b. When feeding family foods, do not only give the broth/sauce. Be sure to give the thick parts (meat, fish, dagaa, vegetables, beans, peas).</p> <p>2c. Give potatoes, yams, bananas, plantains, cassava and rice mixed with sauce and meat, fish, dagaa, beans, chicken, or peas.</p> <p>2d. Vegetables can be pounded or mashed after cooking and given to your child.</p> <p>2e. Fruits that are cut in small pieces or mashed/pounded can be a good snack.</p> <p>2f. Save some of the food you raise that you would normally sell (like eggs, milk, fish, chicken) and keep it for your baby.</p> <p>2g. Share food from your plate, including meat, fish, eggs, etc. with your child.</p>
Motivating Messages
<ul style="list-style-type: none">• After 6 months and as the child grows older, he/she can eat well-cooked and finely-chopped eggs, meat and fish even if s/he does not have teeth.• At this age, your baby is old enough to eat all family foods that are mashed and well-cooked.• When your baby eats a variety of foods, it is good for your baby to grow well and be healthy and smart.• Your baby will enjoy new tastes.• Your baby will feel satisfied longer, will cry less, and allow the mother and father to do their work.• In addition to breast milk and specially prepared foods (like porridge), family foods (like fish, meat, egg, and beans) help children to grow well and be healthy.

Problem/Reason #3
The child needs to eat more food at each meal or snack time.
Recommended Practices
3a. Feed more food at each meal. <ul style="list-style-type: none">• For children 6-8 months, give 1 or 2 tablespoons of soft food three times each day. Over time, give more food at each time.• For children 9-11 months, feed ½ cup of food for each meal• For children 12-18 months, feed ¾ to 1 cup of food for each meal
Motivating Messages
<ul style="list-style-type: none">• As your baby gets older, babies need to eat more food. Your baby will grow better if he/she is getting enough to eat.

Problem/Reason #4
<p>The child needs to eat porridge that is thick and has other foods added to it.</p> <p><i>Note: This is especially important for young children 6-12 months.</i></p>
Recommended Practices
<p>4a. Use less water when preparing porridge; add other ingredients to porridge, like eggs, dagaa, ground nuts, milk, meat, beans, oil or margarine and mashed fruits or vegetables.</p> <p>4b. Porridge should be thick, so that it needs to be eaten with a spoon.</p> <p>4c. After you prepare the thick porridge, if you want it to be thinner, add milk – do not add water.</p> <p>4d. Use germinated millet, maize, soy, sorghum.</p>
Motivating Messages
<ul style="list-style-type: none">• Starting at 6 months, a baby can swallow thick porridge.• Giving young children many different types of foods helps them to grow healthy, smart and strong.• Thin porridge can fill a child on water and keep them from eating enough food to grow well.• Making the porridge thick gets more real food and less water into baby's stomach.• Start with small amounts of thick porridge and build up to 3 full meals a day.• Thick porridge helps your baby will feel satisfied longer, cry less, and allows the mother and father to do their work.• Your baby will enjoy the tastes of the thicker porridge.

Problem/Reason #5
<p>The child needs to be fed more times throughout the day.</p> <p><i>For 6-8 months, feed 2 to 3 meals and 1 to 2 snacks each day.</i> <i>For 9-18 months, feed 3 to 4 meals and 1 to 2 snacks each day.</i></p>
Recommended Practices
<p>5a. Feed nutritious foods between meals (snacks), such as pieces of ripe mango, papaya, banana, avocado, other fruits and vegetables, boiled irish potato, sweet potato.</p>
Motivating Messages
<ul style="list-style-type: none">• Babies 6 months and older need to start eating more and different foods than only breast milk, but they have small stomachs and can't eat a lot at one time. They get hungry often and need to be fed frequently.• Snacks are foods eaten between meals. Snacks help your baby feel full and satisfied. Snacks will help your baby feel satisfied longer, cry less, and allow the mother and father to do their work.

Problem/Reason #6
<p>The child does not eat all of the food that is offered.</p> <p><i>NOTE: If a child eats very little over a period of time and is not well, s/he should be taken to the health clinic.</i></p>
Recommended Practices
<p>6a. Be patient and encourage your child to eat by sitting with your child and smiling, laughing & talking to them</p> <p>6b. Don't force your child to eat. Feed slowly, and talk to the child during feeding, with eye to eye contact.</p> <p>6c. Praise the child for trying new foods or eating all that is offered.</p> <p>6d. If the child refuses a food, keep trying. It can take time to get used to new foods (7-8 times of trying a new food).</p> <p>6e. If the child is distracted, feed in a calm place, and try to limit distractions during meals.</p> <p>6f. Offer foods that your child can pick up with her/his fingers and feed himself/herself (sweet potato, bananas, slices of fruits, beans, and other foods cut into small pieces)</p> <p>6g. Make feeding time a fun time with games, songs, and stories that encourage your child to eat.</p>
Motivating Messages
<ul style="list-style-type: none">• Feeding time are a chance for the child to learn. Talk with the child about the names of foods and utensils, how things are bigger or smaller, how the food tastes, and colors or numbers.• The child may need time to get used to eating foods other than breast milk.• Infants and young children may need help to ensure that they eat enough. Feeding the child new foods may require active care and encouragement.• Pay attention to the child's signs for hunger and to encourage the child to eat new foods.• Allowing children to touch and pick up their food and feed themselves helps develop coordination and improve movement.

Problem/Reason #7
<p>The child needs to continue to be breastfed until 2 years of age.</p> <p><i>NOTE: This is especially important for children less than 12 months in families where there are barriers to giving other foods.</i></p>
Recommended Practices
<p>7a. Continue to breastfeed often day and night, whenever your baby wants, in addition to giving other foods.</p> <p>7b. Baby needs to breastfeed more frequently and on demand.</p>
Motivating Messages
<ul style="list-style-type: none">• Until 2 years of age, breastmilk continues to be the most important part of your baby's diet and helps to keep her/him healthy.

Problem/Reason #8
The child needs to eat healthy snacks instead of unhealthy snacks.
Recommended Practices
8a. Avoid giving a baby tea, coffee, soda and sugary or colored drinks. Offer milk or breastfeed instead. 8b. Avoid giving sugary biscuits and other snacks; give fruits (such as pieces of ripe mango, papaya, banana) avocado, vegetables, boiled sweet potato.
Motivating Messages
<ul style="list-style-type: none">• Sweet snacks, and sugary drinks do not give your child important nutrients. Fruits and other snacks will help the child feel satisfied longer, cry less, and allow the mother and father to do other work.• <i>If the child eats too many sweet</i> snacks, he/she may not feel hungry at meal time.

Problem/Reason #1
The child needs to eat eggs, fish, dagaa, or other meat as often as possible.
Recommended Practices to Try
<p>1a. Give your wife money to buy eggs, fish, dagaa, or other meat for your baby.</p> <p>1b. Buy eggs, fish, dagaa, or other meat to give to your baby.</p> <p>1c. Save some of the food you raise that you would normally sell (like eggs, milk, fish, chicken) and keep it for your baby.</p> <p>1d. Reassure your wife (and other family members) that the child can eat meat, fish, and other family foods that are mashed well.</p> <p>1e. Share food from your plate, including meat, fish, eggs, etc. with your child.</p>
Motivating messages
<ul style="list-style-type: none">• From 6 months of age, young children can eat well-cooked and finely-chopped eggs and mashed meat and fish, even if they don't have teeth.• Eggs, meat, fish and dagaa are very important to help children grow well, be healthy.• Your baby's stomach is ready to digest foods like eggs or meat. You can ensure that your baby can safely swallow those foods by mashing them, chopping them finely, or making powder of dried meat.

Problem/Reason #2
The child needs to be fed a variety of foods.
Recommended Practices to Try
<p>2a. Give your wife money to buy different kinds of foods for your baby (such as eggs, fish, dagaa, vegetables, nuts, beans, milk, meat).</p> <p>2b. Buy different kinds of foods for your baby (such as eggs, fish, dagaa, vegetables, nuts, beans, milk, meat).</p> <p>2c. Save some of the food you grow or raise that you would normally sell (eggs, milk, fish, chicken, vegetables) and keep it for your baby.</p> <p>2d. Reassure your wife (and other family members) that the child can eat meat, fish, vegetables, beans, nuts, and other family foods that are mashed well.</p> <p>2e. Help your wife with her other chores so that she has time to prepare meals with a variety of foods for your child.</p> <p>2f. Share food from your plate, including meat, fish, eggs, etc. with your child.</p>
Motivating messages
<ul style="list-style-type: none">• After 6 months and as the child grows older, he/she can eat well-cooked and finely-chopped eggs, meat and fish even if s/he does not have teeth.• At this age, your baby is old enough to eat all family foods that are mashed and well-cooked.• When your baby eats a variety of foods, it is good for your baby to grow well and be healthy and smart.• Your baby will enjoy new tastes.• Your baby will feel satisfied longer, will cry less, and allow the mother and father to do their work.• In addition to breast milk and specially prepared foods (like porridge), family foods (like fish, meat, egg, and beans) help children to grow well and be healthy.

Problem/Reason #3
The child needs to eat more food at each meal or snack time.
Recommended Practices to Try
<p>3a. Together with your wife, make sure there is enough food for your child to eat.</p> <p>3b. Help your wife with her other chores or caring for other children so that she has time to ensure your child has eaten enough at each meal.</p> <p>3c. Sit with the child and encourage them to eat enough</p>
Motivating messages
<ul style="list-style-type: none">• As your baby gets older, babies need to eat more food. Your baby will grow better if he/she is getting enough to eat.

Problem/Reason #4

The child needs to eat porridge that is thick and has other foods added to it.

Note: This is especially important for young children 6-12 months.

Recommended Practices to Try

- 4a. Provide different kinds of foods (or the money for foods) that can be added to your child's porridge, like eggs, fish, dagaa, nuts, beans, milk.
- 4b. Help your wife with her other chores so that she has time to prepare special porridge for your child.
- 4c. Take the grains, beans, and dagaa to the posho mill to be ground so your wife can prepare a health porridge for your baby.
- 4d. Encourage your wife to use less water when preparing porridge for your baby and to add other ingredients.
- 4e. Explain to other family members that the porridge should be thick enough to be eaten with a spoon.
- 4f. Use germinated millet, maize, soy, sorghum.

Motivating messages

- Starting at 6 months, a baby can swallow thick porridge.
- Giving young children many different types of foods helps them to grow healthy, smart and strong.
- Thin porridge can fill a child on water and keep them from eating enough food to grow well.
- Making the porridge thick gets more real food and less water into baby's stomach.
- Start with small amounts of thick porridge and build up to 3 full meals a day.
- Thick porridge helps your baby will feel satisfied longer, cry less, and allows the mother and father to do their work.
- Your baby will enjoy the tastes of the thicker porridge.

Problem/Reason #5

The child needs to be fed more times throughout the day.

Note:

For 6-8 months, feed 2 to 3 meals and 1 to 2 snacks each day.

For 9-18 months, feed 3 to 4 meals and 1 to 2 snacks each day.

Recommended Practices to Try

5a. Help your wife with her other chores or tasks so that she has time to feed your child more often.

5b. Help your wife with feeding your baby so that your child can eat as often as recommended.

Motivating messages

- Babies 6 months and older need to start eating more and different foods than only breast milk, but they have small stomachs and can't eat a lot at one time. So they get hungry often and need to be fed frequently.
- Snacks are foods eaten between meals. Snacks help your baby feel full and satisfied. Snacks will help your baby feel satisfied longer, cry less, and allow the mother and father to do their work.

Problem/Reason #6

The child does not eat all of the food that is offered.

NOTE: If a child eats very little over a period of time and is not well, s/he should be taken to the health clinic.

ANGALIZO: Kama mtoto anakula kiasi kidogo cha chakula kwa muda mrefu na hali yake inaonekana kuwa si nzuri, mpeleke kwenye kituo cha huduma za afya.

Recommended Practices to Try

- 6a. Encourage your child to eat more. Offer soft/mashed foods off your own plate.
- 6b. Talk with your child about their food and praise them for eating well.
- 6c. Help your wife with her other chores so that she has time to encourage your child to eat more at each meal.
- 6d. Help your wife with feeding your baby when she has too many tasks to do.
- 6e. Encourage your child to eat more by making it into a game. You can pretend the food is a truck or other vehicle that has to make a delivery into the child's mouth.
- 6f. Help your wife by feeding your baby. You can make feeding fun by playing games and telling stories that encourage your baby to eat.

Motivating messages

- Feeding time are a chance for the child to learn. Talk with the child about the names of foods and utensils, how things are bigger or smaller, how the food tastes, and colors or numbers.
- The child may need time to get used to eating foods other than breast milk.
- Infants and young children may need help to ensure that they eat enough. Feeding the child new foods may require active care and encouragement.
- Pay attention to the child's signs for hunger and to encourage the child to eat new foods.
- Allowing children to touch and pick up their food and feed themselves helps develop coordination and improve movement.

Problem/Reason #7
<p>The child needs to continue to be breastfed until 2 years of age.</p> <p><i>NOTE: This is especially important for children less than 12 months in families where there are barriers to giving other foods.</i></p>
Recommended Practices to Try
<p>7a. Help your wife with her other chores so that she has time to continue to breastfeed your child several times during the day and night.</p>
Motivating messages
<ul style="list-style-type: none">• Until 2 years of age, breastmilk continues to be the most important part of your baby's diet and helps to keep her/him healthy.

Problem/Reason #8
The child needs to eat healthy snacks instead of unhealthy snacks.
Recommended Practices to Try
8a. Only buy nutritious foods for your baby, do not buy sugary snacks, biscuits, or sweetened drinks and ask others not to feed these foods to your child.
Motivating messages
<ul style="list-style-type: none">• Sweet snacks, and sugary drinks do not give your child important nutrients. Fruits and other snacks will help the child feel satisfied longer, cry less, and allow the mother and father to do other work.• <i>If the child eats too many sweet</i> snacks, he/she may not feel hungry at meal time.