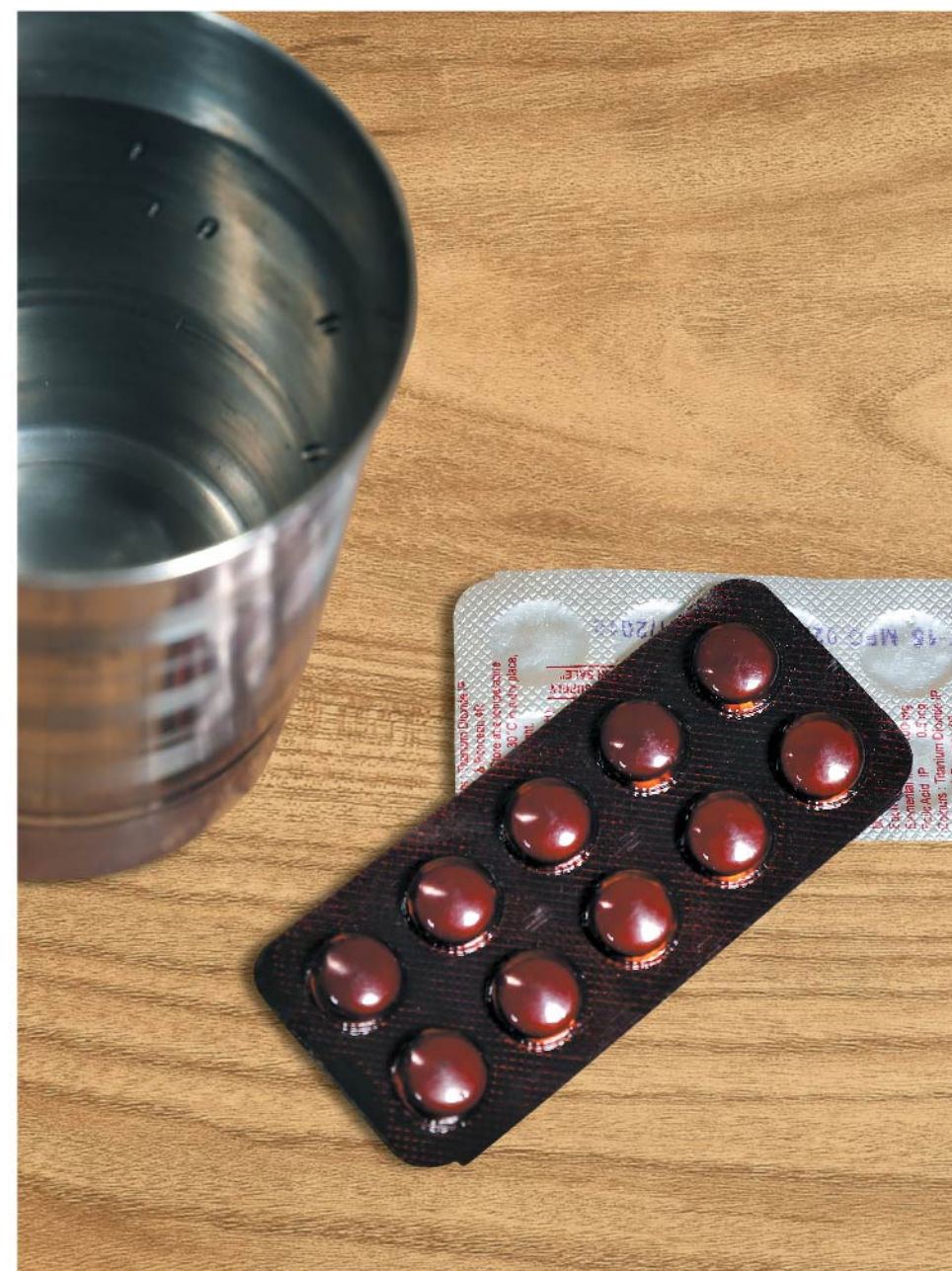




Flipbook for Anganwadi Workers.
Information and guidance related to maternal, infant and child nutrition.



Information on IFA (Iron tablet) for pregnant women.



Information on IFA (Iron tablet) for pregnant women.

During pregnancy, it is essential to take one IFA tablet at night after dinner. Pregnant mothers should take IFA tablets daily for at least 100 days.

Why is it essential for pregnant women to take IFA tablets?

- Iron is needed for the mental and physical development of the newborn.
- The iron needs of an unborn baby are met by the mother.
- An anemic mother is not able to meet the iron requirements of the unborn baby which results in low birth weight and anemia in the newborn.
- Compared to healthy women, anemic pregnant women get weak due to loss of blood during labour and can also die.

Ask the mother and her family members, if they have any questions related to these messages.



Information on IFA (Iron tablet) for pregnant women.

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Information on IFA (Iron tablet) for pregnant women.

- It is possible that you might suffer from side effects after consuming IFA tablets which include:
 - Black stools
 - Constipation
 - Indigestion/ diarrhoea
 - Nausea
- These side effects are not serious in nature and will subside in a few days.
- In case of black stools and constipation, drink 3-4 bottles of water daily.
- Take the IFA tablet at night after dinner.
- Consume food items like, lemon or *imli* to lessen nausea.

Pay attention to the following:

- Tell your husband or mother-in-law to remind you to take an IFA tablet at night daily or you remember taking IFA tablet daily yourself.
- Take IFA tablets from ANM or me.
- Do not take tea, coffee one hour before and after taking the IFA tablet. This hinders the absorption of iron in the body.
- Take fruits like lemon, orange or *amla* with the meal. These help in iron absorption.



Which foods are important to be consumed during pregnancy?



Which foods are important to be consumed during pregnancy?

Ensure that pregnant women consume green and yellow/orange coloured fruits and vegetables and drink milk daily.

Why should pregnant women consume different types of food?

- Green and yellow/orange coloured fruits and vegetables and milk contain nutrients that help in mental and physical development of the unborn baby.
- Non-vegetarian foods also contain these nutrients.
- These are necessary for good health of the mother and the unborn baby.
- These help in quick recovery of the mother after labour.

Ask the mother and her family members, if they have any questions related to these messages.



Which foods are important to be consumed during pregnancy?

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Which foods are important to be consumed during pregnancy?

Pay attention to the following:

- There is no food that you cannot consume during pregnancy.
- You must increase the quantity of food.
- If you are unable to eat a full meal in one go, take frequent meals during the day.
 - In a day, instead of 3 meals, take 5 to 6 small meals.
- In case, there are no fruits, vegetables, milk in the house ask the family members to buy them from the market.
- Rest for at least 1 to 2 hours in a day; this will conserve your energy levels for development of the unborn baby.



Which foods are important to be consumed during pregnancy?

End

It is important to breastfeed within one hour of birth.



It is important to breastfeed within one hour of birth.

Ensure that mother breastfeeds her baby within one hour of birth.

Why is it necessary to breastfeed within one hour of birth?

- Mother's first thick yellow milk is like the first vaccination for the baby.
- Immediately after birth, the antibodies in mother's first milk provide immunity to the baby.
- Taking advantage of the newborn's alert stage soon after birth, and immediately attaching the baby to the breast can help mother establish breastfeeding.
- It helps in increasing production of breastmilk.
- It strengthens the bond between the mother and baby.
- It reduces uterine bleeding by inducing uterine contractions.
- For proper attachment, the nipple and surrounding black area should be inside the mouth of the baby.
- During breastfeeding, body and mouth of the baby should face the mother.

Ask the mother and her family members, if they have any questions related to these messages.



It is important to breastfeed within one hour of birth.

It is important to breastfeed within one hour of birth.



Do not feed cow/goat's milk



Do not feed powder milk



Do not give water



Do not feed honey

Why is it necessary to breastfeed within one hour of birth?

Pay attention to the following:

- Before labour sets in, tell your husband, mother-in-law, sister-in-law or nurse to bring the baby to you immediately after birth to breastfeed.
- This is an incorrect belief that the mother will not produce enough milk.
- The baby should be fed only breastmilk within one hour of birth and should not be given any other items till 6 months, like water, honey, *ghutti*, cow or goat's milk, powder milk, cerelac or nestum etc. Giving these may harm the baby.
- Even if you have had cesarean section delivery, you can breastfeed within one hour of birth.
- If a baby is weak or low birth weight (2.5 kg or less) then the baby should be breastfed every one to two hours.
- The baby should be breastfed during the day and night every 2 to 3 hours or on demand.
- If baby does not breastfeed, then the baby should be taken to a health centre immediately.
- If the mother is unable to produce breastmilk, she should visit a gynecologist immediately.



It is important to breastfeed within one hour of birth.

End

It is important to exclusively breastfeed for 6 months.



It is important to exclusively breastfeed for 6 months.

Ensure that the baby is given only breastmilk from birth till six months of age.

Why is it essential to exclusively breastfeed the baby for six months?

- Till 6 months of age, the mother's breastmilk contains all essential nutrients that are required for optimal mental and physical development of the baby and it is a complete food for the baby.
- Except breastmilk, feeding the baby with water, gripe water, complementary food, cow or goat's milk, powder milk etc. may result in illness like diarrhea.
- If the baby is given foods other than breastmilk, the breastmilk production is decreased.
- The mother who exclusively breastfeeds her baby, has less chances of becoming pregnant.

Ask the mother and her family members, if they have any questions related to these messages.



It is important to exclusively breastfeed for 6 months.

It is important to exclusively breastfeed for 6 months.



Do not give water



Do not give cow/goat 's milk



Do not give other milk in a feeding bottle



It is important to exclusively breastfeed for 6 months.

In case of less breastmilk production:

- Use right method of breastfeeding to ensure adequate availability of breastmilk:
 - First feed the baby from one breast.
 - In the beginning the milk will be watery, later the milk will be thicker filled with nutrients.
 - The breast will feel lighter after feeding the baby both these types of milk.
 - Once the breast is light, feed from the other breast.
- For proper attachment, the nipple and surrounding black area should be inside the mouth of the baby.
- During breastfeeding, body and mouth of the baby should face the mother.
- Frequent breastfeeding ensures adequate breastmilk production.
- Baby should be breastfed day and night every 2 to 3 hours or on demand.



It is important to exclusively breastfeed for 6 months.

It is important to exclusively breastfeed for 6 months.



Do not give water

It is important to exclusively breastfeed for 6 months.

Pay attention to the following:

- Mother's milk has adequate quantity of water. If the baby is thirsty, give only breastmilk as it is safer than water.
- After three months of age, the baby grows very quickly and therefore may cry and demand milk frequently:
 - This is a normal state.
 - This does not mean that baby is dissatisfied with breastfeeding.
 - Feeding the baby frequently results in adequate breastmilk production.
 - It is an incorrect belief that when the baby is three months old, mother's milk is insufficient for the baby.
- After breastfeeding the baby from one breast, rest the baby on shoulder and rub the back gently. Practicing this will prevent vomiting.
- Breastfeed the baby more frequently during and after any illness.
- In case the baby is having trouble in breastfeeding or the baby is weak and is unable to breastfeed, take the baby to the health centre immediately.



It is important to exclusively breastfeed for 6 months.

End

On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.



✓ Khichdi

On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

After six months, the baby should be fed daily with 2 to 3 bowls of complementary food like thick mashed *dal* and rice, *khichdi*, green leafy vegetables, dark yellow / orange fruits and vegetables, milk products, oil and ghee.

Why it is essential to feed the baby complementary food?

- For the baby's health and development, thick mashed *dal* and rice, *khichdi*, green leafy vegetables, dark yellow / orange fruits and vegetables, milk products should be fed to the baby.
- After completion of six months, only breastfeeding is not enough for the baby's nutrient needs.
- During this time, if the baby is not fed complementary food in the right amount, the baby's growth and development will be limited and the baby may also suffer from malnutrition or illness.
- The baby should be fed with all available foods at home to fulfill the various nutrient requirements.
- Non-vegetarian food also contains the required nutrients.

Ask the mother and her family members, if there are any questions related to these messages.



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

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✓ Khichdi

On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

Modify complementary foods according to age:

For 7-8 months old baby:

- To begin with, feed the baby soft and mashed complementary foods, which are easy to eat and digest.
- Feed *dal* and other food items which are well cooked and without spices.
- For the first few days, feed 3 to 4 spoons of food daily. Increase the quantity to one bowl (100 gms) at one time, twice a day.
- Ensure that in a day, the baby eats two bowls of complementary foods like thick mashed *dal* and rice, *khichdi*, green leafy vegetables, dark yellow / orange fruits and vegetables, milk products, oil and ghee.



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

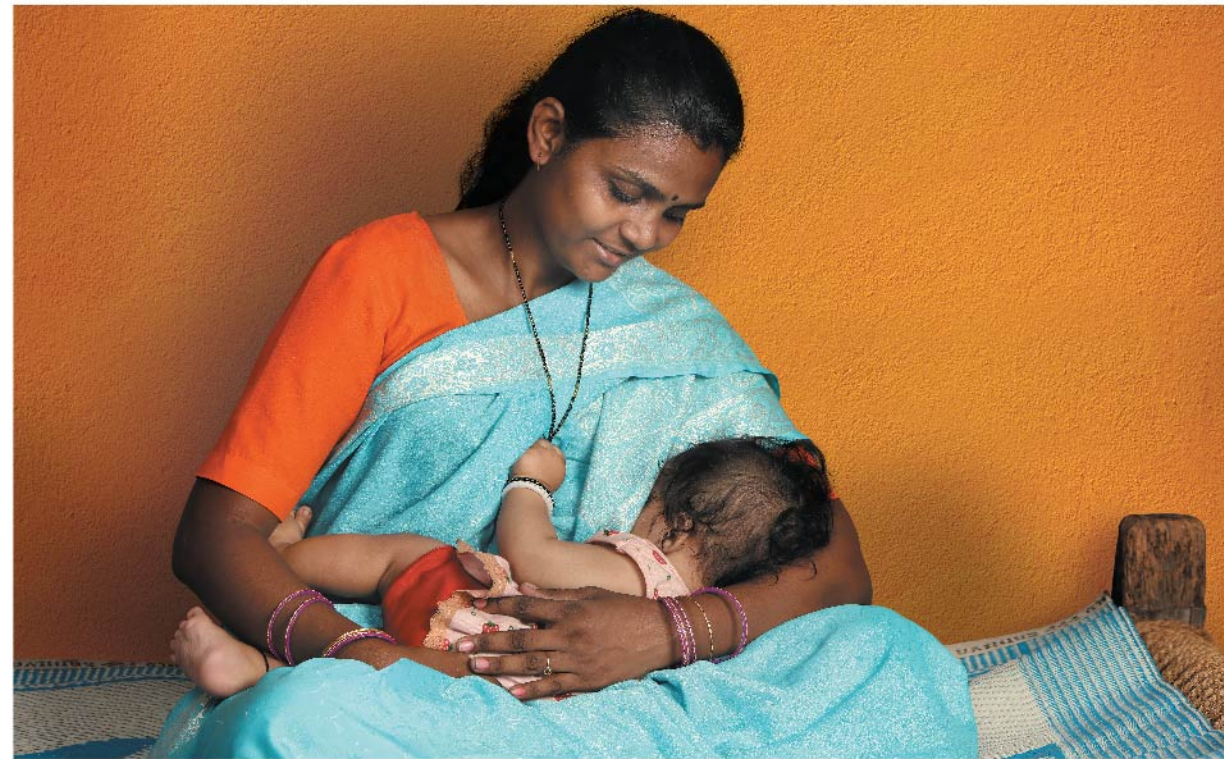
On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.



✓ Khichdi

✓ Dal

✓ Khichdi



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

Modify complementary foods according to age:

For 9 -11 months old baby:

- Ensure that in a day, the baby eats 3 bowls of complementary foods like thick mashed *dal* and rice, *khichdi*, green leafy vegetables, dark yellow / orange fruits and vegetables, milk products, oil and ghee.



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.



✓ Papaya

✓ Khichdi

✓ Dal

✓ Banana

✓ Spinach Vegetable



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

Modify complementary foods according to age:

For 12 - 24 months old baby:

- Ensure that in a day, the baby eats 4 to 5 bowls of complementary foods like thick mashed dal and rice or roti, *khichdi*, green leafy vegetables, dark yellow / orange fruits and vegetables, milk products, oil and ghee.



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

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On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

Pay attention to the following:

- In the beginning, feeding complementary food may consume time. Be patient.
- Always feed the baby from a separate bowl. Feeding in a separate bowl will help you know how much food the baby has eaten.
- Play with the child while feeding and motivate the baby to eat.
- A mother has to run around to feed the baby, which is quite tiresome. But feeding the baby is very important.
- Take help of family members to feed the baby as you may be busy with household work. It will be difficult for you to feed the baby at times.
- After illness, increase the quantity of food for the baby to regain weight and restore energy.
- Wash your hands before preparing food and feeding the baby. Wash hands of the baby too.
- Along with complementary feeding, continue breastfeeding. The baby gets essential nutrients from breastmilk and the bond between the mother and baby will be maintained. Continued breastfeeding is essential for the baby's overall development.
- Before feeding complementary food, breastfeed the baby. This will maintain the breastmilk production.
- Breastfeed the baby for at least two years. After two years also, breastfeeding will be helpful to the baby.



On completion of six months, it is essential for the baby to be fed complementary foods along with breastfeeding.

End



समयमव जयते
Ministry of Women and Child Development
Government of India

**POSHAN
Abhiyaan**
PM's Overarching
Scheme for Holistic
Nourishment
सही पोषण = देश रोशन

