

Infants and Young Child Feeding Practices

STATE	Newborn Deaths 2008-2009 (Number in Lakhs)	Child Marriage Percentage (NFHS-4)	Pregnant Women Age 15-49 Year who are Anaemic (%)	Percentage of four Antenatal Checkups (NFHS-4)	Percentage of Iron Folic Tablets Consumption for 100 Days in Pregnant Women (NFHS-4)	Breastfed within 1 hour of Birth (NFHS-4)	Exclusive Breastfeeding upto 6 Months (NFHS-4)	Children Age 6-8 Months Receiving Solid or Semi Solid Food and Breast Milk (NFHS-4)	Women Aged 15-19 years who were already Mothers or Pregnant at the time of the Survey (NFHS-4) (%)	Neonatal Mortality Rate (SRS-2016)	Infant Mortality Rate (SRS-2016)	Death rate below five years (SRS-2016)
Jharkhand	1.87	38.00	62.60	30.30	15.30	33.20	64.80	47.20	12.00	21.00	29.00	43.00
Madhya Pradesh	6.80	32.40	54.60	35.70	23.60	34.50	58.20	38.10	7.30	32.00	47.00	55.00
Bihar	7.28	42.50	58.30	14.40	9.70	34.90	53.50	30.80	12.20	27.00	38.00	43.00
Maharashtra	3.18	26.30	49.30	72.20	40.60	57.50	56.60	43.30	8.30	13.00	19.00	21.00
Rajasthan	5.62	35.40	46.60	38.50	17.30	28.40	58.20	30.10	6.30	28.00	41.00	45.00
Uttar Pradesh	18.53	21.20	51.00	26.40	12.90	25.20	41.60	32.60	3.80	30.00	43.00	47.00
Chhattisgarh	1.78	21.30	41.50	59.10	30.30	47.10	77.20	53.80	4.80	26.00	39.00	49.00
West Bengal	2.86	41.60	53.60	76.40	28.00	47.40	52.30	0.52	18.3	0.17	0.25	0.27
Karnataka	0.94	21.40	45.40	70.10	45.20	56.30	54.20	0.46	07.8	0.18	0.24	0.29
INDIA	68.70	26.80	50.30	51.20	30.30	41.60	54.90	42.70	7.90	24.00	34.00	39.00



“ If you want to save a newborn child, start breastfeeding it from within first hour of birth ”



Some Important Aspects for Breast Feeding

First few minutes, few days and a few months after birth of a child play an important role in his/her life. How good a child's life and health is going to be depends a lot on the behavior and care given by us.

Newborn must be fed with mother's first yellow milk (colostrum) immediately birth. The newborn must not be fed with honey, sugar syrup, any other milk or any other external product after delivery. A newborn is prone to infection and feeding any external thing can make him/her ill because we are unaware how contaminated the water, honey, sugar etc is. Most important thing, the kind of nutrition a newborn's body requires is present only in breast milk- energy, nutrients and protein everything. Breast milk also provides warmth to a newborn's body and develops immunity to fight against various infections. A woman must be informed about importance of breastfeeding since the day she conceives.

“ If a family and mother decide to feed the newborn only with breast milk, it means they have decided to give a healthy and safe life to their child ”



Correct Methods of Breast Feeding

- A child's body must be tilted towards mother, while breastfeeding. Child's neck should be straight and mother should give support to entire body of the child to keep it close to her body.
- Child's chin must touch the breast of mother while breastfeeding. Child's lower lip must cover maximum brownish part of nipple so that appropriate pressure can be given on nipple and right amount of milk comes out.
- Breastfeeding should be done in an isolated, peaceful place. Mother should also do conversation with the child, while feeding him apart from pampering. This helps in strengthening the bond with the child and also contributes in physical and mental development.
- Breastfeeding should continue even if mother or child is unwell.
- Mother of twins can properly feed both the child but she must take proper diet for it. Apart from regular diet, she must consume – ghee, oil, jaggery, fruits, pulses, groundnut, etc. Also quantity of liquid diet should be increased for example she must consume milk, soup, sugar-cane juice, tea, dal, butter milk etc.
- If you will breastfeed a child in stress it will have bad implications on a child.



“ Mother should breastfeed a child from one breast at one time because every layer of the breast has different nutrients ”

Exclusive Breastfeeding till Six Months

- Newborn baby should be exclusively breastfed till six months of age. Mother's milk fulfills all needs of babies from water to nutrition.
- Baby should be breastfed at least 8-10 times during entire day. Feeding should continue in night too
 - If the baby urinates at least six times a day and seems happy, it means baby's stomach is full
 - Baby is to exclusively breastfed even during summers. The mother should consume lot of water
 - Every time before breastfeeding, breast and hands should be cleaned well

Supplementary Diet with Breastfeeding after Six Months

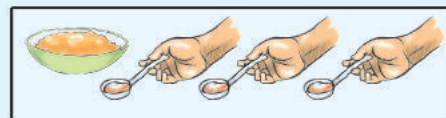
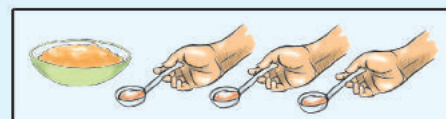
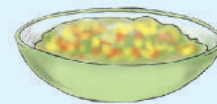
- After the baby is six months old, it should be given supplementary diet (semi-solid food) along with breastfeeding
- Along with supplementary diet, baby should be breastfed till two years of age
- Children of six to eight months should be given 100 gm cup full diet two to three times and children of nine months to two years should be given such diet three to four times
- Children up to two years of age should be breastfed intermittently along with the diet as mentioned above
- The supplementary diet mentioned should be thick enough just to spread a little on the plate, but not flow. It should include mashed vegetables and fruits, boiled rice and pulses and food of local grains. The diet should also include oil, ghee (clarified butter) and jaggery
- Mixing a spoonful of oil or ghee in child's diet is important to make it strengthening
- In case of illness, child should be given additional diet over and above the mentioned diet so that the child gets the strength to fight the disease. After recovery, child should be given one or two additional diet a day for a month, so that it can regain the lost energy and its growth can continue unabated.



“ Don't give
packaged food,
milk, sucker or
bottle to the child ”

Different kinds of Supplementary Diet

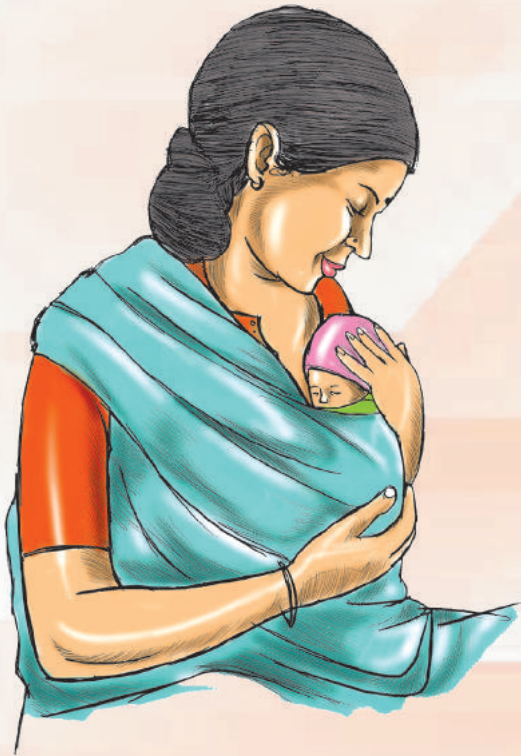
- Hot and soft food means mashed boiled pulses, rice, porridge, mashed boiled potato, mashed banana, papaya or mango, suji halwa or kheer could be given to children as supplementary diet according to their age. If the family is non-vegetarian, children could also be given meat, fish and eggs from the age of one year
- Child should also be given thick and mashed boiled pulses or vegetables
- One spoonful of oil or ghee should be mixed with the food of the child so that it becomes more strengthening
- Most of the mothers do not get the time to prepare fresh food every time for the child. In such situation some ready to eat homemade food like Sattu could be stored
- It is to be remembered that cleanliness is of prime importance. Hands, utensils, fruits and vegetables should be cleaned and washed properly



Benefits of Breastfeeding

Benefits to Mother

- When child is breastfed immediately after birth, the uterus shrinks fast and helps prevent excessive loss of blood
- When mother breastfeeds, the fat collected in her body during pregnancy dissolves fast
- Due to breastfeeding, menstruation cycle is not resumed for five to six months after childbirth reducing the chances of anaemia and next pregnancy



Benefits to Child

- Newborn baby remains close to body of the mother, which helps in maintaining temperature of the body and increase the flow of the milk
- Mother's milk is first vaccination for the child that saves the child from several diseases. Mother's milk has the constituents that can fight diseases
- Mother's milk improves the digestion of the child
- It leads to mental growth of the child and strengthens bond with the mother
- Mother's milk helps in strengthening eyesight of the child

Benefits to Family

- Child remains healthy and safe
- Saves money as mother's milk is free
- As mother's milk is always available, it saves time
- Not requiring to prepare milk, boil vessels etc saves money, time and fuel
- As the chances of child falling ill reduces, it saves the cost of treatment and also saves child from malnutrition

“If you love your child,
say no to
packaged snacks like
chips and kurkure”

Special Situations

Identifying weak/malnourished children

- If child is born before eight months of pregnancy
- The birth weight of child is less than 2.5 kg
- If the child is not able to breastfeed or has symptoms of any kind of illness

Breastfeeding for weak children too

- Even if the child is weak, it has only to be breastfed
- Child should get warmth, meaning it should remain close to body of mother
- Take special care of cleanliness of the around the child. The clothes and bed linen should be clean and washed regularly
- Weak children cannot drink enough milk at one go as they are unable to suck for long time. Hence they should be fed repeatedly
- If there is any problem in breastfeeding the child or the child is not able to suck the milk of mother, then mother's milk should be taken in a clean bowl and fed to the child every two hours. Bottled milk is not to be used in any situation
- If the child has problem in gulping the milk or does not have the strength to gulp it, the child should be immediately taken to hospital.

Different Schemes and Campaigns

Women and child development department

Suposhan Abhiyan : This campaign is run on the community based nutrition management module for the severely underweight children. Under this, 12-day 'Sneh Shibir' (camps) are held at villages with four or more than four severely underweight children. As part of this camp, mothers are counseled on different topics on each of the day, severely underweight children are kept under constant vigil, breastfeeding and supplementary feeding ensured and also recipes of nutritious food using local food resources are demonstrated to the mothers.

Special Weighing campaign : All children in zero to five years age group under all anganwadis are weighed and checked up and those with very low weight are sent out to nutrition rehabilitation centres for treatment with an aim to ensure that no child is malnourished.

Public health and family welfare department

SNCU : Special newborn care units (SNCUs) has been set up at district hospital level for care of weak and malnourished newborn babies with aim to reduce infant mortality rates in India.

Janani Shishu Suraksha Yojana : Under this scheme, free health services are available for infants up to one year of age. These include – free medicines and material, free tests of all kinds, free blood availability, free transport facilities from residence to health centre and exemption from all kinds of consumer fees including patient welfare committee fees.

Mission Indradhanush : This is a scheme to provide kids with seven kinds of vaccination against preventable diseases. The vaccines are – diphtheria, whooping cough, tetanus, polio, tuberculosis, measles and Hepatitis B.

Dastak Abhiyan : With aim to reduce under five child deaths, the Dastak Abhiyan is carried out to actively identify severely malnourished children below age of 5 years, testing severe anaemia and its management in children in six month to five years age group, supplementation of vitamin A in all children from nine months to five years, immediate diagnosis of malaria, management and referral, counseling for use of ORS and zinc tablets to control diarrhea

Rashtriya Bal Swasthya Karyakram (RBSK)

RBSK is an important initiative of the health ministry and National Health Mission to promote child health checkup and initial treatment. The aim of the programme is to ensure early diagnosis and treatment of 38 identified health conditions in children.

Points to Keep in Mind for Proper Care of Children

- Child should be vaccinated with all government stipulated vaccines right from the day of birth at the government health centres. These vaccines save our child from diseases like diphtheria, whooping cough, tetanus, polio, tuberculosis, measles and Hepatitis B.
- Child should be weighed every month at anganwadis
- If the child falls sick it should be taken to health centre as required along with normal care at home
- Total vaccination of child should be done compulsorily
- Child should get first dose of Vitamin A with measles vaccine at nine months and after that doses of Vitamin A at every six months coming to total nine doses
- All children over one year of age should be administered anti-worm diseases to kill stomach worms like albendazole/mebendazole
- If the height and weight of a child does not grow in accordance with age, the child is considered malnourished. Malnutrition could be controlled with proper food. If a child is severely malnourished, they require special care. For such children, health centres/Nutrition Rehabilitation Centres should be referred to.

Salt for children – Children up to one year of age should be given less than a gramme of salt every day. Higher amount might be detrimental for child's health.

- Mother's milk has right amount of nutrients and minerals related to salt
- It is better not to mix sugar or salt to the food of child up to one year of age. This can be detrimental and also reduce immunity of the child. They can also develop heart related diseases
- The best is to include sweet fruits, honey or jaggery in child's food

Use of packaged food – like puffs, snacks, kurkure, biscuits is not good because of their quality (quality of salt, oil and preservatives used)

- Gas-laced drinks – Drinks like cold drinks have very high amounts of sugar, caffeine and acidic contents that can damage the growing teeth of the child
- Fruit juice: It is better not to give packaged fruit juices to children as they have high amounts of sugar and acidic content. This can also harm the teeth of the children.



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