

CHILD NUTRITION



INFANT FEEDING

- ◆ Principles for successful feeding:

- Sucklings (those who depends mainly on milk as their source of nutrition.



- Toddlers (those who eat mainly solid foods).



Breast Feeding

- ◆ Breast feeding on demand remains the ideal form of feeding for healthy babies who are born at term. (97% of women are capable of breast feeding)
- ◆ Suckling a baby at the breast can also have important emotional effects on the mother-child relationship.
- ◆ It seems likely that attachment of the mother to her baby is assisted both by the close physical contact and by the pleasure which successful breast-feeding evokes



Benefits of Breast feeding for babies

- ◆ Ideal nutritional composition
- ◆ Protective factors:
 - ◆ Active enzymes to help digestion
 - ◆ Immunoglobulins to prevent infection
 - ◆ Hormones and growth factors
- ◆ Fewer respiratory and gastrointestinal infections
- ◆ Reduced risk of ear infections
- ◆ Helps jaw and tooth development
- ◆ Reduced risk of some chronic diseases
- ◆ Protects against allergy
- ◆ Improved neurological, visual, and oral development.



Benefits of Breast feeding for mothers

- ◆ Inexpensive and convenient
- ◆ Promote good bonding between mother and infant
- ◆ Uterus contracts faster
- ◆ Conservation of iron stores; less anaemia
- ◆ Possible health benefits include reduced risk of breast cancer and osteoporosis.
- ◆ Mothers often feels better and has a higher self-esteem.



A few contraindications

- ◆ Although breast milk is ideal for most infants, there are a few absolute contraindications including:
 - ◆ galactosaemia,
 - ◆ alactasia (congenital absence of the gut enzyme lactase)
 - ◆ Certain drugs which the mother may have to take during the lactation period



- Lactating mothers should be encouraged to attend a clinic with their babies during the months after delivery.
- Medicinal iron in the same quantities as recommended during pregnancy should be given.
- The mother should be given advice on consuming a mixed diet. This is a good moment to provide information and help regarding family planning.
- Relatively wide spacing between births is usually to the nutritional advantage of the mother the infant and even the next foetus. Narrow spacing between births prevents the mother from restoring her nutrient reserves before the next pregnancy, may influence her to breastfeed for a shorter period than is desirable.

Bottle –feed formulas

- ◆ Most infant formulae are based on cows milk and fall into 2 categories, whey-based and casein-based.
- ◆ Casein-based formulas are essentially diluted cows milk to which nutrients are added but the ratio of casein to whey protein is similar to that of cows milk.
- ◆ Whey-based formulas are more highly modified and have whey protein and mineral content.
- ◆ Bottle fed infant should be demand fed in much the same way as breast-fed infants, enabling them to regulate their own volume of intake.
- ◆ An average intake of 150-200 ml/kg/day is a guide line but it is important to remember that babies differ greatly in their requirements.



Avarage number and volume of feeds at different ages

Aproximate Age	Feed Vol. (single feed)	Number of feeds
1-2 weeks	50-70ml	7-8
2-6 weeks	75-110ml	6-7
2 months	110-180ml	5-6
3 months	170-220ml	5
6 months	220-240ml	4

Be aware of:

- ◆ Overconcentration can cause →
- ◆ dehydration problems.



INFANT FEEDING 4-5 MONTHS

On waking: breast or bottle feed.

- ◆ Morning: 2-6 teaspoon baby rice mixed with baby milk. Breast or bottle feed.
- ◆ Early afternoon: Breast or bottle feed
- ◆ Tea-time: 2-6 teaspoons fruit or vegetable puree. Breast or bottle feed.



INFANT FEEDING 4-5 MONTHS (2)

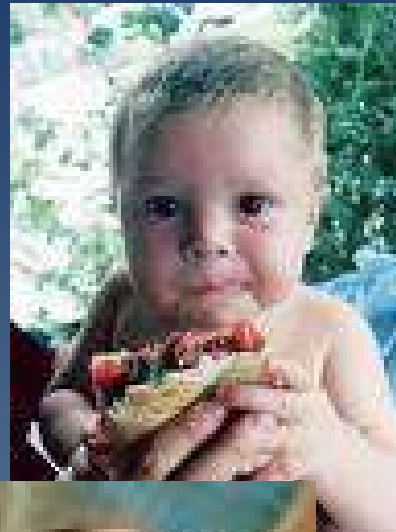
- ◆ *Starts with 1-2 teaspoons of food and gradually increase up to 6 teaspoons. Do not add solids to your baby's bottle.*
- ◆ *Always wash your hands before preparing your baby's meals, and keep dishes and spoon especially clean.*



INFANT FEEDING 5-6 MONTHS

- ◆ Give a variety of flavours savoury as well as sweet, but do not add extra salt or sugar.

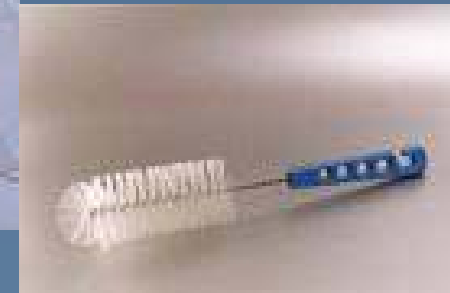
Your baby will gradually want less milk as more solids are taken.



INFANT FEEDING 5-6 MONTHS

(2)

- ◆ On waking: breast or bottle feed.
- ◆ Morning: 6-12 teaspoon baby rice mixed with baby milk. Breast or bottle feed
- ◆ Lunch: 6-12 teaspoon fruit or vegetables puree. Or 4-6 teaspoons dried baby food (mixed as on packet, use boiled water or diluted fruit juice)
- ◆ Tea-time: 2-6 teaspoons fruit or vegetable puree.
- ◆ Breast or bottle feed.



➔ INFANT FEEDING 5-6 MONTHS

- ◆ On waking: breast or bottle feed.
- ◆ Morning: 6-12 teaspoon baby rice mixed with baby milk. Breast or bottle feed
- ◆ Lunch: 6-12 teaspoon fruit or vegetables puree. Or 4-6 teaspoons dried baby food (mixed as on packet, use boiled water or diluted fruit juice)
- ◆ Tea-time: 6-12 teaspoons vegetable puree or mashed potatoes and gravy. Breast or bottle feed.
- ◆ Bed time: Breast or bottle feed.



INFANT FEEDING 6-9 MONTHS

Try giving some drinks from a cup.

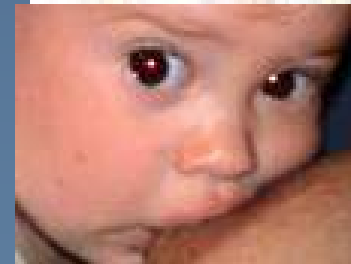
Encourage chewing by giving solid foods at meals time.

Baby will also enjoy finger foods (ex. Slices of peeled apple, fingers of toast or rusks, but do not leave the baby alone, in case of chocking.



➔ INFANT FEEDING 6-9 MONTHS

- ◆ On waking: breast or bottle feed.
- ◆ Breakfast: cereal or rusk with milk. Breast or bottle feed.
- ◆ Lunch: Pureed or minced meat. Chicken or fish with mashed vegetables and potato. Breast or bottle feed or try a drink of baby milk.
- ◆ Tea-time: Stewed fruit or yogurt. Diluted fruit juice.
- ◆ Bed time: Breast or bottle feed.



INFANT FEEDING 9-12 MONTHS

- ◆ Sugary snack, e.g. sweet biscuit, chocolate. Frequent drinks of fruit juice.
- ◆ Offer fresh fruit, crackers or bread between meals if your child is hungry.
- ◆ Let the baby feed him or herself, with your help. Promote self-autonomie. Meals should be a time for learning and should be fun.



➔ INFANT FEEDING 9-12 MONTHS

- ◆ On waking:
Drink of diluted juice. Breast or bottle feed.
- ◆ Breakfast:
Breakfast cereal or hard boiled eggs with wholemeal toast.
Drink of baby meal.



INFANT FEEDING 9-12 MONTHS

- ◆ Lunch: Pureed or minced meat. Chicken or fish with mashed vegetables and potato. Starts semisolid food such as makaroni. Baked beans, or homemade soup. Fresh fruit. Drink of baby milk or fruit juice.
- ◆ Tea-time: Stewed fruit or yogurt. Chopped meat. Sandwiches. fruit juice.
- ◆ Bed time: Potatoes, rices or spagueties. Baby milk or breast feeding.

