

What to feed a child (0-5 years)?

Age	Amount (for breastfed child)	Frequency	Texture of food	Examples
6-8 months	Start with 2-3 table spoons per feed and gradually increase to ½ cup of a 250 ml cup or bowl along with breastfeeding	2-3 meals per day plus breastfeeding	Soft mashed food items	Properly mashed fruits and vegetables; soft dalia
9-11 months	½ of 250 ml cup or bowl and gradually increase to ¾ cups or bowl along with breastfeeding	3-4 meals per day plus breastfeeding	Finger foods which child can pick herself and eat	Long cut pieces of fruits and pieces of chapatti
12-24 months	¾ th one 250 ml cup or bowl and gradually increase to 1 cup or bowl along with breastfeeding	3-4 meals plus breastfeeding and depending upon child's appetite 1-2 snacks to be offered	Finger foods which child can pick herself and eat	Long cut pieces of fruits and pieces of chapatti
2-5 years	Family meals	3 with 1-2 snacks depending on appetite	Child can enjoy all different textures of food	Rice/chapatti, pulses, vegetables, seasonal fruits, milk & milk products and animal foods (egg, fish, and meat).

Balamrutham + Recipe

1. Wash your hands before preparing balamrutham +. Make sure bowl and cups used in preparation are thoroughly cleansed
2. Store balamrutham+ in a clean air tight container.
3. Take clean drinking water for mixing
4. Add recommended quantity of balamrutham + in a bowl and mix it while adding equal quantity of water.
5. Stir until the smooth paste is prepared and feed immediately using a clean spoon.
6. It is recommended that a fresh feed is prepared for child at every meal time.



Remember- Mother should always wash her own and child's hand before feeding.

Cleanliness should be ensured in and around child and while preparing and storing food.

How to enhance nutritive value of meal for children?

- Young children have small stomach size. They can eat limited quantity at a time. It is important to make it energy dense.
- Cook cereals in milk for eg porridge in milk
- Add butter/ghee/oil or jaggery from top to increase energy and enhance the taste
- Add peanut powder to meals
- Try to include variety of seasonal vegetable and fruits in your child's diet
- Include fermented food items in the meal eg- idli, dosa
- Grains can be sprouted, roasted and then dried. A powder can be made out of these dried grains which can be added into food items.



Follow up after discharge

Follow up Schedule	One month	Second month	Third month	Fourth month	Fifth month	Sixth month
Anthropometry and clinical sign						
Edema (y/n)						
Weight (kg)						
Height (cm)						
WHZ						
MUAC (cm)						
History and Examination						
Any complaint (Loose motion/vomiting/ cough/ anyother)						
Remarks (absence due to migration, referred to NRC)						
Referral required either to NRC or SSFP (Yes/NO)						



Supervised Supplementary Feeding Program (SSFP)



SAM Card

Basic Information

Name of Child _____ Mother's Name _____

Name of the AWC/Code _____ Mother's Adhaar No. _____

District _____ DOB _____ Sex Male/Female

Date of admission in SSFP _____ Age (months) at time of admission _____

Anganwadi Teacher Name _____ ANM Name _____

Anganwadi Teacher Contact No. _____ ANM contact No. _____

SSFP visits schedule (to be filled by AWT)

Date	1st month			2nd month		3rd month		4th month		
	Registration visits (W1)	W2 weekly	W3 weekly	W4 weekly	W6 fortnightly	W8 fortnightly	W10 fortnightly	W12 fortnightly	W14 fortnightly	W16 fortnightly
Anthropometric Assessment										
Weight (kg)										
Height (cm)										
WHZ (put a tick mark in appropriate color box)										
MUAC (cm)										
Any Complications										
Edema (Y/N)										
Loose motion (Y/N)										
Vomiting (Y/N)										
Cough (Y/N)										
Fever (Y/N)										
Any other (please specify)										
Appetite observation at AWC on follow up visits										
Appetite present (Y/N)										
Micronutrient Supplementation & Deworming										
Bi- weekly IFA supplementation (put tick mark for dose received)										
Vitamin A supplementation given(Y/N)										
Deworming done (Y/N)										
Antibiotic given (Y/N)										
Remarks (absence due to migration, referred to NRC)										
Date of discharge from program										

SSFP feed schedule for SAM child (Please indicate no. of scoops child had in a day)

Month	Week	Child Weight (Kg)	Packets given	Scoops recommended per feed	*Feeds given per day (Recommended feed four times in a day)							
					Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
1 st month	Week 1											
	Week 2											
	Week 3											
	Week 4											
2 nd month	Week 5											
	Week 6											
	Week 7											
	Week 8											
3 rd month	Week 9											
	Week 10											
	Week 11											
	Week 12											
4 th month	Week 13											
	Week 14											
	Week 15											
	Week 16											

* To be filled by care giver everyday

Note: week in which mother is required to visit AWC for follow up visit are highlighted in blue

Things to ponder

What can be done to prevent malnutrition to set in child?

- Good nutrition during pregnancy and lactation will help mother to nurture the baby better
- Good hygiene and sanitation protects from infection
- Practice exclusive breastfeeding for first 6 months as it provides optimal nutrition and protects from infection
- Age appropriate immunization protects children from common illness
- After 6 months, age appropriate complementary feeds along with continued breastfeeding, two years or beyond.
- Ensure regular growth monitoring at AWC for child
- Prompt treatment and continued feeding during illness helps baby to recover sooner.



How can family support in management of malnourished child?



- Family members can support mother during exclusive breastfeeding and child care by sharing in household responsibilities with mothers
- Can support mothers in ensuring provisions of healthy diet and timely visits to health facility, as required
- Care and support provided by husband and mother in law gives emotional support and confidence in child bearing

How to feed a child?

- Young baby should be fed directly and older children should be assisted while eating. Both boy and girl can equal quantity of food.
- Feed slowly and patiently and encourage the child to eat, but do not force feed them
- While feeding, talk and engage with child by telling them stories. Maintain an eye contact with them. Make feeding time for them something which they look forward to.



What things should be kept in mind for management of malnourished child?

- Should take the child to AWC for regular follow up visits.
- Ensure that child is weighed regularly at AWC. Weight gain is the most important sign indicating child is growing well.
- Child should have normal appetite.
- Feed the balamrutham+ regularly to child as suggested by AWT. It should not be shared with others in home.
- Try to feed the child more frequently and more nutrient-dense meal
- Ensure all timely vaccination and supplementation (vitamin A and Iron) is provided for them
- In case of any severe health problems or lack of appetite, take the child immediately to AWT/ANM
- Hygiene is maintained in child's surrounding
- Clean drinking water is available

