

6. Avoid giving bottle feed while baby is asleep.

NO OF FEEDS

Age	No. of Feeds in 24 Hrs.
Birth 1 months	6-8
1-3 Month	5-6
3-6 Month	4-5
6-12	3-4

AMOUNT OF MILK

Age	Average Qty. Per Feed
1-2 Weeks	50-75 ml.
2 Weeks-2 Months	100-125 ml.
2-3 Months	125-150 ml.
3-4 Months	150-175 ml.
5-12 Months	175-225 ml.

Bottle can be a bond too. Let the mother hold the child while bottle feeding also

WEARING

Starting semi-solid foods



1. Four to six months onwards child needs other Food + Breast milk
2. Give fruit juices, fruits like mashed banana, mashed vegetables and semi-solid foods. Consult your doctor for specific needs.
3. A child under 3 years of age needs to be fed five to six times a day.
4. Enrich the food with vegetables, green leafy vegetables, oil, eggs, crushed nuts etc.
5. Sometimes they need a story.
6. Avoid moving around the child and carrying the child for feeding.
7. Do not over feed the child.
8. Usually likes and dislikes for food items result from remarks of older members. Good harmony between parents and child should help the child feed varied items.
9. Avoid bribing.

HERE ARE SOME TIPS

1. 2 to 5 years children develop Food Fads for which parents may be responsible.
2. Give the child a regular home made food.
3. Assess the appetite and introduce the foods slowly one by one giving 15 days gap. If the child refuses stop the food initially for a few days and restart some times later.
4. Encourage regular meal time.

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Early Intervention to IUGR
Children At risk for Developmental Delays

EARLY INTERVENTION SERIES



FEEDING



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BREAST FEEDING

1. Babies should be encouraged to be on breast feeds soon after birth.



2. Every mother should breast feed her child.



3. Many mothers lack confidence in breast feeding. They need encouragement, practical support of their husband, health workers, family members and medical persons.

4. Sucking stimulates breast feeding.

ADVANTAGES

1. Breast milk alone sufficient for 4-6 months.
2. It is the most suitable and natural milk for baby.

3. Breast milk is easily digestible.
4. It protects the child from infections especially colostrum which is produced in the first few days.
5. Mothers giving breast milk have their menstrual periods starting late. This helps in increasing the space between this child and the next.

6. Economic Factors:

- a. No additional supplements in first four months.
- b. No cost of tins: Feeding bottles, replacement of teats.

7. Emotional Factors:

Promotes close physical and

IF BABY GETS ADEQUATE BREAST MILK, THEN

- A. He will sleep for 2-3 hours after feeds.
- B. He passes golden coloured stools 7-8 times a day.
- C. His growth is adequate.
- D. He is active and playful.

Tips

He should be fed whenever he wants. This method is better than 3 hourly feeding schedule. Mother should adjust her watch according to baby not baby according to watch.

ARTIFICIAL FEEDS

Feeding the child with bottle or with cup and spoon.

Feeds include:

1. **Dairy Milk:** Cow, buffalo and goat milk.
2. **Tin Milk:** Commercially available.

It is definitely expensive both in terms of money and time.

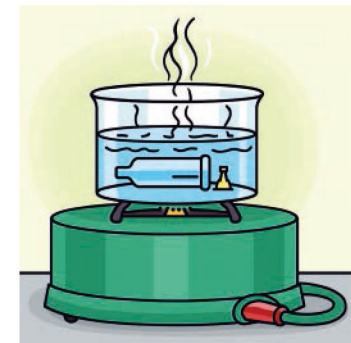
It is also more stressful to mother and care taker.

FEW WORDS ABOUT BOTTLE FEEDING

1. Clean both bottle and nipple with brush and soap water and then with clean water.



2. Boil rubber teat for two minutes and bottle for ten minutes.



3. Hold the bottle in the right way as shown below.

Wrong

Right



4. Burp the baby after feed.
5. Discard the left over milk in the bottle.

