

Prevention of Undernourishment in Infants

Spoken Tutorial Project

<http://spoken-tutorial.org>

National Mission on Education through ICT

<http://www.sakshat.ac.in>

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Learning Objectives

In this tutorial we will learn about



Learning Objectives

In this tutorial we will learn about

- ▶ **Breastfeeding**



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- ▶ **Breastfeeding**
- ▶ **Complementary food**



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- ▶ **Breastfeeding**
- ▶ **Complementary food**
- ▶ **Lactating mother's nutrition**



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- ▶ **Complementary food**
- ▶ **Lactating mother's nutrition**
- ▶ **Feeding during illness**



Breastfeeding



Breastfeeding

- ▶ **Breastfeeding is recommended upto 2 years of life**



Breastfeeding

- ▶ **Breastfeeding is recommended upto 2 years of life**
- ▶ **Exclusive breastfeeding is mandatory for first 6 months of life**



Breastfeeding

- ▶ **Breastfeeding is recommended upto 2 years of life**
- ▶ **Exclusive breastfeeding is mandatory for first 6 months of life**
- ▶ **Mother's milk takes care of nutritional needs till first 6 months**



Complementary Foods



Complementary Foods

- ▶ **After 6 months, breastmilk is insufficient for a baby**



Complementary Foods

- ▶ **After 6 months, breastmilk is insufficient for a baby**
- ▶ **Other food should be given in addition**



Complementary Foods

- ▶ **After 6 months, breastmilk is insufficient for a baby**
- ▶ **Other food should be given in addition**
- ▶ **These foods are called complementary foods**



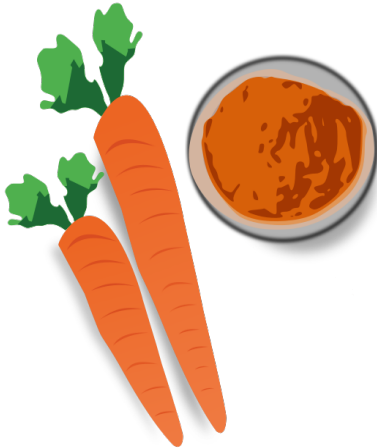
Complementary Foods



Complementary Foods



Complementary Foods



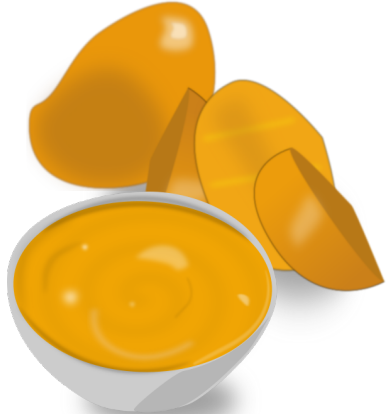
Complementary Foods



Complementary Foods



Complementary Foods



Complementary Foods



Complementary Foods



Amount of food



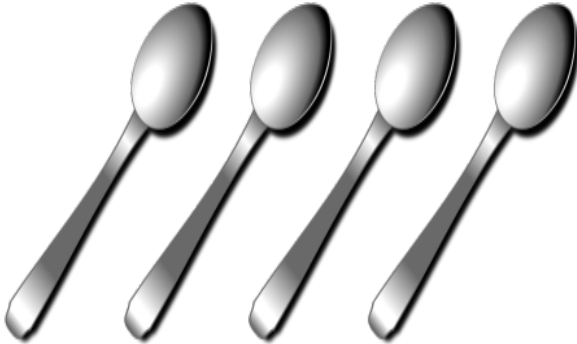
Amount of food



Start with 1 tablespoon



Amount of food



Go up to 4 tablespoons



Lactating Mother's Nutrition



Lactating Mother's Nutrition



**Mother's should take care of their own
nutrition too**



Lactating Mother's Nutrition



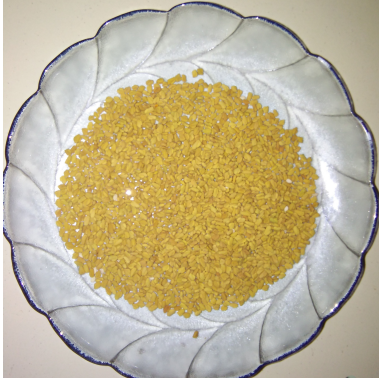
Mothers should eat balanced diet which includes variety of foods



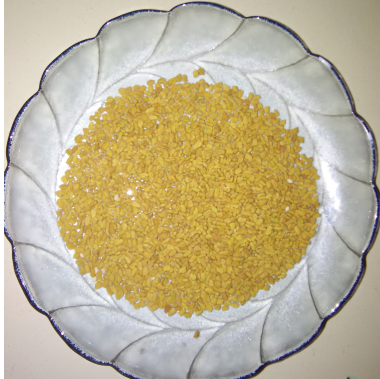
Breastmilk Enhancers



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Breastmilk Enhancers



Various Recipes of Methi seeds



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Various Recipes of Methi seeds



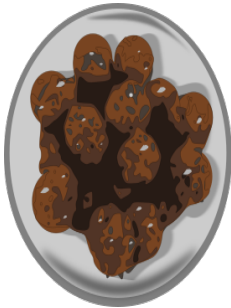
Various Recipes of Methi seeds



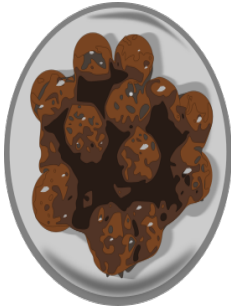
Various Recipes of Halim seeds



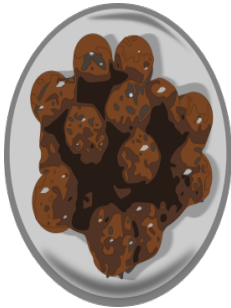
Various Recipes of Halim seeds



Various Recipes of Halim seeds



Various Recipes of Halim seeds



Feeding During Illness



Feeding During Illness



Increase Fluid Intake



Feeding During Illness



Encourage baby to eat



Feeding During Illness



Breastfeed frequently during illness



Summary

In this tutorial we learnt about,

- ▶ **Breastfeeding recommendations**
- ▶ **Complementary feeding**
- ▶ **Lactating mother's Nutrition**
- ▶ **Breastmilk enhancers**
- ▶ **Feeding during illness**



About the Spoken Tutorial Project

- ▶ Watch the video available at http://spoken-tutorial.org/What_is_a_Spoken_Tutorial
- ▶ It summarises the Spoken Tutorial project
- ▶ If you do not have good bandwidth, you can download and watch it



Spoken Tutorial Workshops

The Spoken Tutorial Project Team

- ▶ Conducts workshops using spoken tutorials
- ▶ Give certificates to those who pass an online test
- ▶ For more details, please write to contact@spoken-tutorial.org



Acknowledgements

- ▶ **Spoken Tutorial Project is a part of the Talk to a Teacher project**
- ▶ **It is supported by the National Mission on Education through ICT, MHRD, Government of India**
- ▶ **More information on this Mission is available at**

<http://spoken-tutorial.org/NMEICT-Intro>

