

# NUTRITION

CHILDREN 0 - 2 YEARS

## 1 “First vaccine”

**What has been your experience with breastfeeding?  
What was easy? What was difficult?**

Breast milk is full of vitamins and nutrients. Breast milk is healthier than formula. Breast milk helps develop the immune system and protects babies from infections. The first milk a mother releases is so valuable that it is called “the first vaccine”.

Breastfeeding also helps mothers to be healthy.

First-time mothers may need help with good positioning and attaching the baby to the breast. Breastfeeding frequently (at least every 3 hours or on demand) and emptying the breast will satisfy the baby and will result in more milk.

**The more milk is used, the more is produced!**



# NUTRITION

## If you are breastfeeding...



- Open page 16 of the Mother Child Health Handbook and check together if you are positioning and attaching the baby correctly.
- Open page 41 and read together a part on breastfeeding. What did you learn?
- Check the part below (on the same page). How long should you try to breastfeed?
- If your baby is under 6 months:
  - Are you breastfeeding on demand, at least every 3 hours?
  - Are you emptying the breast, to get the baby the more nutritious milk with more fat?



Try some of these practices at home! 



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# NUTRITION

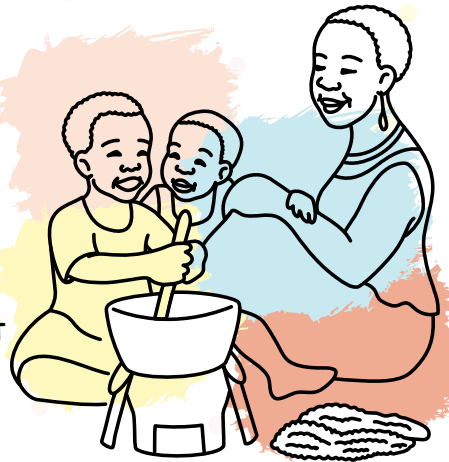
CHILDREN 6 MONTHS TO 5 YEARS



## FOODS WITH SUPERPOWERS

**Did you know that foods have special powers?  
What do you think these are?**

Some foods **fight diseases**. These are vegetables, fruits, and dark green leaves. Other foods **help our children grow and make them smart**. These are beans, groundnuts and other nuts, eggs, omena and other fish, milk, yoghurt and cheese, chicken and meat, matumbo, and insects.



Finally, there are foods that **give us energy** to work and to do all our tasks. These are cassava, maize, sorghum, millet, rice, and bread. We need to eat each type of food, every day, to be healthy.

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Try this in the group!

1. Make a circle, with several people inside it. Tell the name of one food group (e.g., foods that fight diseases). The people inside the circle are foods that belong to that group and they should tell their names and show it with gestures. Do the same with the other 2 food groups.
2. Open **page 41** of the Mother Child Health Handbook. Look at the box in lower right corner.
3. To which of the 3 groups do each of these foods belong?
4. Are there some foods you have not yet tried to give to your child?



Try this at home

1. During the next week, try to eat **3 types of superfoods** every day.
2. Try to give your child **some new food** you have not yet tried before.



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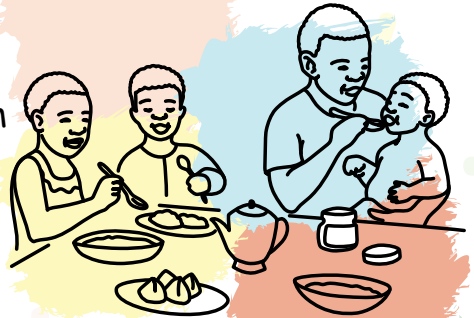
# NUTRITION

CHILDREN 6 MONTHS TO 5 YEARS

## 3. Starting Solids

**What has been your experience starting your baby on foods? How did you do it?**

By 6 months babies have good head and neck control to start on foods. Offer them foods from 3 food groups every day to help them grow. Brightly coloured fruits, vegetables, and grains make meals more appealing.



By 9 months, start giving babies chopped foods to help them learn to chew. This will also help them with learning to speak. Try to feed your baby during family meals so they see you eat too. Do not force-feed your baby. Wait until they show signs of hunger and stop when they show signs of being full.

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If your baby is between 6 and 24 months...

Open **page 41** of the Mother Child Health Handbook and find a part that talks about your baby's age.



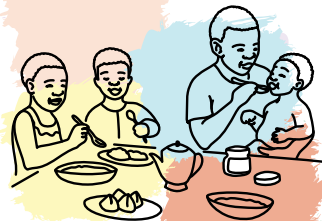
Also, read the green and yellow box on the lower right corner and the note section.

After reading, discuss if some advice or words are unclear (for example, legumes, pulses).

Now, compare what you have read with what you do at home. Find one new thing you want to try.

Finally, think how your baby shows you they are hungry. And that they are full?

At home, watch for these signals. 



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# NUTRITION

CHILDREN 1 - 5 YEARS

## 4. Healthy Snacks

**Snacks are small foodstuffs your children eat between the meals. What are some snacks you give your child?**

Children's stomachs are small, so they need to eat a little but often. That's why the Mother Child Handbook says we should give children snacks between the meals. Best snacks for children are a piece of fruit or vegetable, an egg, a glass of milk, or natural yogurt.

Do not give soft drinks, juice drinks, sweetened milk or yogurt, or creamy biscuits, as these have too much **sugar**. Also, foods that are fried in too much **oil** or have too much **salt**, such as fries, chips, sausages, and even mandazi, are not healthy for adults or children to have every day. Finally, **black tea** prevents children from absorbing iron and should not be given to them.



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Try this in the group!

1. Draw a line and write "H" (healthy) on the right side and a "U" (unhealthy) on the left.
2. Invite everyone to stand on the line.
3. Name different snacks and ask everyone to jump to the right or to the left.
4. Example: Banana (H), guava (H), tea (U), boiled egg (H), cream cookies (U), sweet yogurt (U), fermented milk (H), fresh milk (H), cooked or raw carrot (H), fizzy drink (U), powder fruit juice (U), fresh fruit juice (H), chips (U).



Try this at home

1. Offer children **healthy snacks** like fruit, pieces of carrot or cucumber, or cooked sweet potato, and dairy products (e.g., natural yoghurt) or egg.
2. Reduce or avoid snacks with **added sugars, too much fat or salt**, such as creamy biscuits, candy, fruit juice, soft drinks, fries, and chips.



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CHILDREN 6 MONTHS TO 2 YEARS

## 5. MESSY EATING

**Do you let your baby feed themselves or do you feed them? Why?**

Children need time and practice to learn how to smoothly control their fingers, hands and arms to use objects like spoons and forks, and later pencils and pens.

Letting a child feed themselves from about 6-8 months helps a child's brain learn how to reach, grasp, and hold objects. We should be patient and accept that they will be messy as they learn!



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## Try this at home

- Have some foods ready at mealtime that the child can grasp, such as pieces of banana or orange, rice, or mash.
- Let your child feed themselves using their hands. Don't worry if they make a mess. Praise and encourage them.
- Eat next to them and show how much you enjoy eating together.



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CHILDREN 6 MONTHS TO 5 YEARS



## Homegrown Goodness

**What do you grow in your kitchen garden?  
How does your child help you in the kitchen garden?**

Eating fresh, nutritious food is important for children's physical growth and brain development.

Caregivers should also eat nutritious food to take care of themselves and their children.

Talking about the fruits and vegetables you grow is a good way to teach your child about good nutrition.

Gardening together also increases your bonds with the child.



# NUTRITION



Try this at home

1. Take your child to your shamba or garden and show them all the healthy foods.
2. With babies, point and name the foods.
3. With older children, ask which plants they know, how tall they will grow, and how the child likes to eat them.

**Bonus: Plant and care for a plant together!**



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