

Key messages to be conveyed on Annaprasan Diwas

1

Once the baby reaches six months of age, breastmilk is not enough to meet her nutritional needs. Introduce semi-solid foods in her diet for normal growth.



2

Start with soft, well-cooked and mashed foods (but never liquid or watery foods like *daal ka paani/ chawal ka paani*) and make the consistency more solid as the baby gets used to eating.



3

Foods that are most nutritious for the baby include milk (with cream), *dahi*, *dal*, oil, ghee, green and yellow/orange vegetables, fruits and nuts. There is no need to avoid giving any of these foods at this age – the baby requires as much of these as possible to grow well.



8

Monitor the weight and height/length of the child, especially in the first two years of life. This will tell you if the child is growing well and to his/her full potential.



4

It is important to continue breastfeeding the baby while giving adequate complementary food.



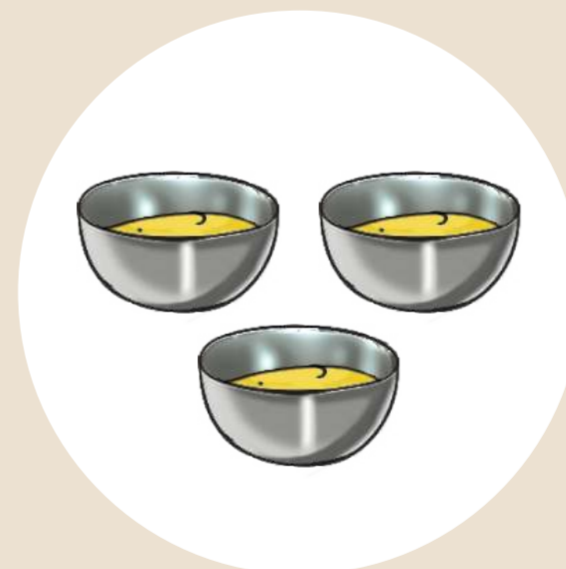
7

Ensure cleanliness in cooking, serving and storing complementary food. Wash your hands before cooking and feeding the baby; also wash baby's hands before feeding her.



6

Look for signs of hunger and encourage the baby to eat through active engagement and stimulation. Do not force-feed.



5

Give complementary food according to age:

- At 6-8 months, give 2-3 meals a day (total of at least 2 *katoris* per day).
- At 9-11 months, give 3-4 meals a day (total of at least 3 *katoris* per day)
- At 12-23 months, increase this diet at least 4-6 *katoris* per day.

Guidelines for organizing Annaprasan Divas

Prior preparations (at least 2-3 days in advance)

1. **List** all women with babies from 4 to 9 months of age, especially those mothers with babies who have completed 6 months of age.
2. Invite all listed mothers in the village, their husbands and mothers-in-law. Take extra care to include mothers who belong to the backward castes or tribes, or from very poor families.
3. **Also, invite the following:**
 - (a) ASHA, ANM
 - (b) PRI members, VHSNC members
 - (c) Members of SHGs and local committees/ other women
 - (d) Adolescent girls
4. Thoroughly study the key information to be given during the event.

Preparation on the day of the event

1. **Clean the AWC/or place of event** and ensure adequate space for participants.
2. **Arrange and keep the following ready:**
 - (a) Functional weighing scale
 - (b) Relevant items for demonstration of complementary food. Keep the ingredient (pulse, rice, green vegetable, *ghee*) required for papering *Khichadi*, ready
 - (c) Supplementary food (THR) and lukewarm water/milk to make it suitable for the baby to eat
 - (d) Diverse food samples (green leafy vegetables, yellow, orange and red colour vegetables and fruits, pulses, cereal, millets etc.), if available for demonstration
 - (e) 100 ml *katoris* (1 per baby)
 - (f) Mat for sitting
 - (g) Water and soap for handwashing
 - (h) Refreshments for the participants
3. Read through the key messages for the event to refresh memory.

Key activities during the event

1. **Welcome all participants.**
2. Explain the **purpose** of organising this event. **Communicate key messages** and ask mothers and family members to remember and bring into practice the points mentioned in the programme. Ensure that participants receive all the key messages.
3. **Bless the child** with good health (perform relevant traditional ritual).
4. Provide different food samples and *katoris* to each family.
5. Demonstrate complementary feeding to explain the following:
 - (a) Simple and low cost nutritional food items to be given to the baby as complementary food
 - (b) Nature/texture and consistency of the complementary food
 - (c) Demonstration of supplementary food (THR) available at Anganwadi Center
 - (d) Give complementary feeding whenever the baby is hungry
 - (e) Hand washing techniques
6. Weigh and record the weight of all babies.

Engaging participants

1. **Ask** - mother, lactating mothers, mother in laws and husband's about the traditional and cultural practices related to complementary food, that may act as a barrier in adopting healthy behavior.
 - (a) What food items can or can not be given to child?
 - (b) Practices related to initiating breast feeding
 - (c) Traditional practices associated with complementary food
2. Based on the practices and behaviors being followed at home, advise for ;
 - (a) Providing different types of food items.
 - (b) Providing complementary food as per demand and increasing quantity as per the age of the child.
 - (c) Continuing breastfeeding along with complementary food.
3. **Ask** - do the mothers, husbands and mothers-in-law remember the messages given in the programme?
4. **Ask** - how will husbands and mothers-in-law help to ensure complementary feeding to the baby?
5. **Advise husbands and mothers-in-law on their special role:**
 - (a) Assisting in preparing and feeding age appropriate complementary food to the baby
 - (b) Purchasing diverse food items (such as pulses, seasonal leafy green, yellow and orange colour vegetables and fruits, milk and milk products, eggs), which are easily available at a low cost
 - (c) Ensuring hand washing before feeding the baby and feeding from a clean *katori*

Wrap up

1. **Seek commitment** from participants to follow the advice.
2. **Inform** participants about the next celebratory event.
3. **Take attendance and record** in relevant register/format.
4. **Close the event** with traditional song.
5. **Offer refreshment** to participants.

Remember to follow up next week

Visit mothers with children 5-6 months of age at their homes the following week to ascertain if the messages given in the event are being followed.