

Feed more as the baby grows



Type of food



How often



How much

At 6 months



Soft porridge, well mashed food



2 to 3 times each day



2 to 3 tablespoons at each meal

6 - 9 months



Mashed food



2 to 3 times each day and 1 to 2 snacks*



2 to 3 tablespoons up to one-half (1/2) cup at each meal**

9 - 12 months



Finely chopped or mashed food and foods that baby can pick up with his or her fingers



3 to 4 times each day and 1 to 2 snacks



At least one half (1/2) cup at each meal

12 - 24 months



Family foods, chopped or mashed if necessary



3 to 4 times each day and 1 to 2 snacks



Three-quarters (3/4) up to 1 full cup at each meal

* A snack is extra food between meals

** A cup is 250 ml



Things to remember

- ✓ Keep breastfeeding to 2 years and beyond.
- ✓ When baby is 6 months old, give other foods.
- ✓ At each meal, breastfeed first and then give other foods.
- ✓ Make porridge thick enough to not drip off a spoon.
- ✓ Start animal-source foods, like eggs, as early and as often as possible.
- ✓ Make a 4-star meal by using all food groups, including beans, fruits and vegetables.
- ✓ Sit with your baby, be patient, and encourage to eat the right amount.



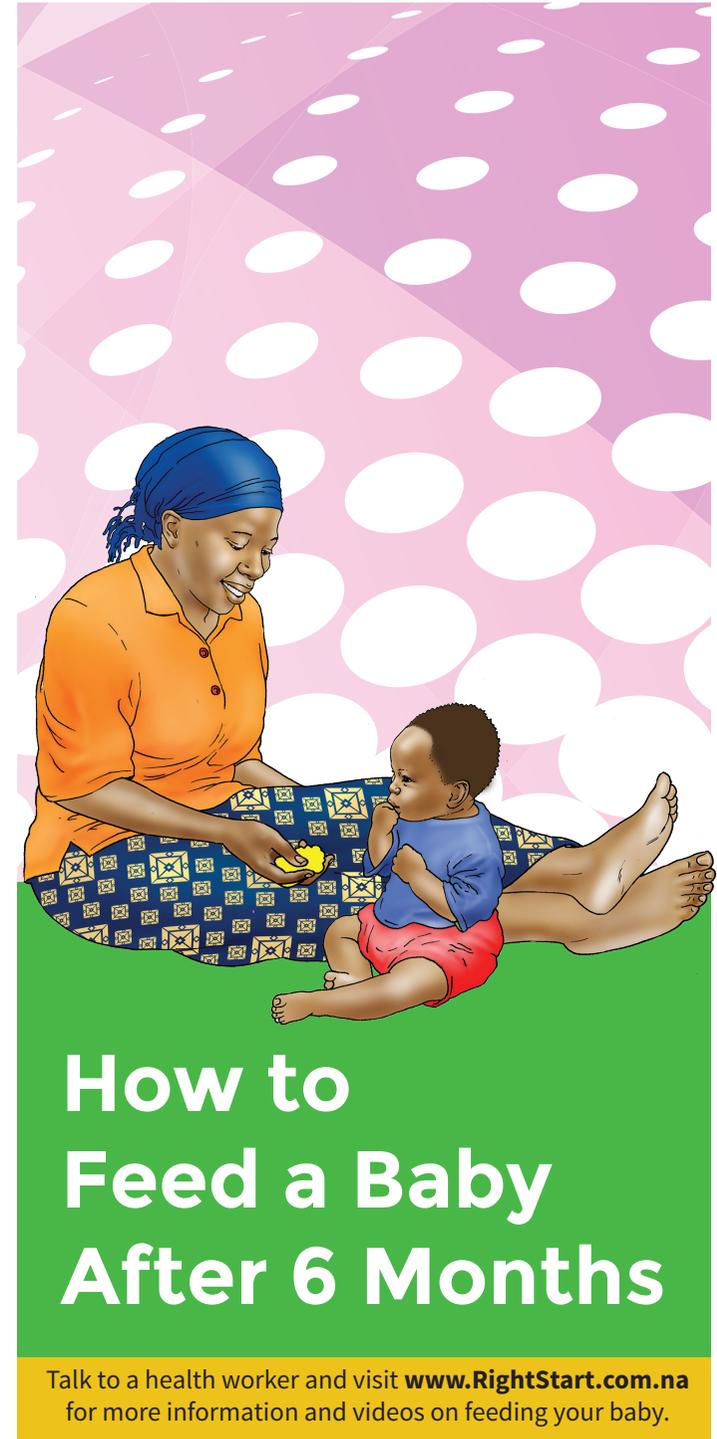
Good thickness

- ✓ Do not use bottles, teats or cup with a mouth piece.
- ✓ Avoid sugary drinks and junk food, such as soda and foods with added sugar or too much salt.
- ✓ During illness, your baby needs more fluids and food. Breastfeed more frequently and encourage your baby to eat small frequent meals.
- ✓ After illness, give one extra meal each day to help your baby regain weight.

Republic of Namibia



Ministry of Health and Social Services



How to Feed a Baby After 6 Months

Talk to a health worker and visit www.RightStart.com.na for more information and videos on feeding your baby.

What do you need to know?

- ✓ For the first 6 months, exclusively breastfeed your baby (no other milks, foods or liquids, not even sips of water).

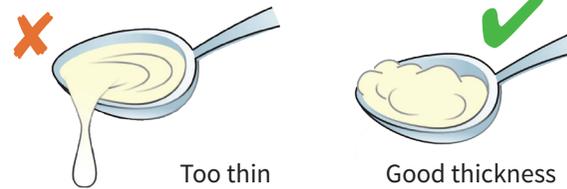


- ✓ When your baby reaches 6 months, continue breastfeeding on demand both day and night.
- ✓ Breast milk continues to be an important part of the diet until the baby is at least 2 years.
- ✓ When feeding a baby between 6 and 12 months old, always give breast milk first before giving other foods.
- ✓ After 6 months of age, children should receive vitamin A supplements twice a year. After 1 year of age, children should receive deworming every 6 months. Ask your health worker.

When your baby first starts to eat

- ✓ At 6 months, give your baby 1 or 2 tablespoons of soft food, three times each day. Gradually increase the frequency, amount, thickness, and variety of food.

- ✓ The food should not be too thin that it can run off a spoon:



- ✓ Starting at 6 months, each week you can add one new food to your child's diet.
- ✓ Start with simple porridge. Then, add mashed banana or potato. Continue to add different foods each week.
- ✓ Start animal-source foods, such as eggs and meat, as soon and as often as possible.
- ✓ Make each meal a 4-star meal by adding animal-source foods, groundnuts or beans, fruits and vegetables.
- ✓ Oil and fats, such as butter, provide extra energy. Infants only need a very small amount of oil (no more than one half (1/2) teaspoon per day).
- ✓ Do not force your baby to eat. Sit face-to-face, be patient and encourage to eat.
- ✓ Mix new foods with foods you know your child likes, such as breast milk. Breast milk can also be used to make food smooth and easy to swallow.
- ✓ You may have to try new foods many times before your infant likes it.

- ✓ Safe preparation, storage and use of complementary foods which should be hygienically prepared, stored and fed with clean hands, dishes and utensils. Caregivers should wash their hands with soap and practice good hygiene (including safe disposal of child's faeces) and proper food handling (including separating raw and cooked food).



- ✓ Wash your hands with soap and water before preparing food and before feeding.
- ✓ A baby should have his or her own cup and bowl.
- ✓ Serve food immediately after preparation.
- ✓ Thoroughly reheat any food that has been kept for more than an hour.
- ✓ At 8 months a baby can start eating finger foods. Continue to sit with your baby to encourage them to eat and make sure your baby's hands and food are clean.