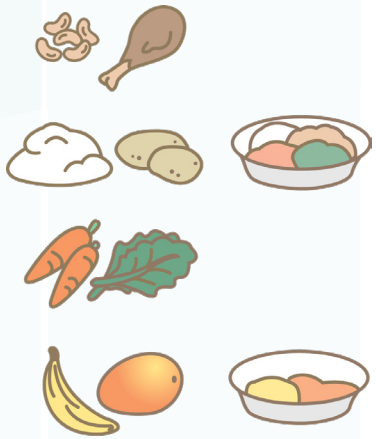
FEEDING RECOMMENDATIONS FROM 6 MONTHS

Your child's age	What foods to give	How much?
6 – 8 months	**Continue breastfeeding on demand. Breastfeed first, then give other foods.** Your baby needs iron-rich foods (dried beans, egg, minced meat, boneless fish, chicken or chicken livers, ground mopane worms). These foods must be cooked and mashed to make them soft and easy for your baby to swallow. Also, give your baby: • Starches (such as fortified maize meal porridge, mashed sweet potatoes or mashed potatoes) • Mashed, cooked vegetables (such as pumpkin, butternut, carrots) • Soft fruit without pips (such as avocado, bananas, paw-paw, cooked apples) Give your baby clean and safe water to drink from a cup, regularly	Start with 1 – 2 teaspoons, twice a day. Gradually increase the amount and frequency of feeds. 
9 – 11 months	**Continue breastfeeding on demand. Breastfeed first, then give other foods.** • Iron rich foods are very important for your baby's growth • Increase the amount and variety (different kinds) of foods. • Food doesn't need to be smooth as in the past months. • Give your child small pieces of foods they can hold (bananas, bread, cooked carrots) • Avoid small hard foods that may cause choking like peanuts. • Give your baby safe water to drink from a cup, regularly	• About a ¼ cup, then increase to half a cup by 12 months • 5 small meals a day 
12 months up to 5 years	**Continue breastfeeding as often as your child wants up to 2 years and beyond. Give food before breastmilk.** • Give a variety (different kinds) of foods (iron rich foods, starches, vegetables, fruits) • Give foods rich in vitamin A (liver, spinach, pumpkin, yellow sweet potatoes, mango, paw-paw, full cream milk, maas) • Give Vitamin C rich foods (oranges, naartjies, guavas, tomatoes) • Cut up foods in small pieces so that your child can eat on their own • Stay next to your child and encourage them to eat • If not breastfeeding, you can start giving pasteurized full cream cow's milk/maas or yoghurt. Follow up formula is not necessary • Give your child clean, safe water to drink from a cup, during the day	• About 1 full cup • 5 small meals a day (A child has a small stomach, so they will not eat enough to last many hours) 

Remember:

- From the age of 6 months, give your baby clean, safe-to-drink water from a cup during the day. Boil the water and cool before you give it to your child.
- Always stay next to your child when they are eating.
- Keep food and cooking utensils very clean to prevent diarrhoea.
- Always wash your hands and your child's hands with soap and water before preparing food, before eating, and after using the toilet and changing nappies.
- It's not necessary to buy baby food or baby cereals. Homemade foods are good.
- Don't give your child Rooibos tea or any other tea, coffee, creamers, condensed milk, flour water, sugar water, and cold drinks. These foods and drinks do not contain any nutrients and will not help your child to grow.
- Avoid giving your child unhealthy foods like chips, sweets, sugar and fizzy drinks.
- Infant formula increases risk of your baby getting diarrhoea, allergies, and breathing problems.