

## INFANT CARE: WEANING

**7.a.**

<b>ACTIVITY:</b>	Three Group sorting
<b>CARD SET:</b>	7.a
<b>TIME:</b>	1 - 2 hours
<b>OBJECTIVE:</b>	To learn how to ensure infant survival
<b>KEY MESSAGE:</b>	Children are the future, look after them well.
<b>HOMEWORK:</b>	Practice some weaning recipes

### METHOD:

1. Explain how infants are vulnerable and must be cared for to prevent many diseases.
2. Give out all the pictures.
3. Ask each person to come up and explain their card and if it is good or bad.
4. Discuss how often breastfeeding should be done and the method.
5. Discuss how important it is for children to be breastfed for 6 months exclusively.
6. Discuss about how to provide supplementary feeding at 6 months.
7. Discuss all the different weaning food and demonstrate some recipes.
8. Divide into small groups and discuss how the issues relate to their own experience.
9. What are some of the challenges to child care and how can the CHC help to overcome them.
10. Come together and each group report back on their discussion and resolutions.

### RECOMMENDED PRACTICES

1. All births should be facilitated by medical staff at a health centre, not by Traditional Birth attendants at home
2. Babies should always be kept warm
3. Wash the baby every day with soap and change nappies when soiled
4. Start breast feeding straight after birth
5. Feed baby exclusively by breast for first six months
6. At six months give baby soft weaning food
7. Weaning food should be nutritious (banana, pumpkin, cereal, chicken stock, egg)
8. Always use clean utensils to feed the baby
9. Monitor the babies growth properly each month
10. If the baby is sick come immediately to the health centre
11. Give the child lots of love and attention
12. Make sure the baby has all the correct immunization

**N.B. Ask everyone to bring their babies and their immunization cards at the next session.**

