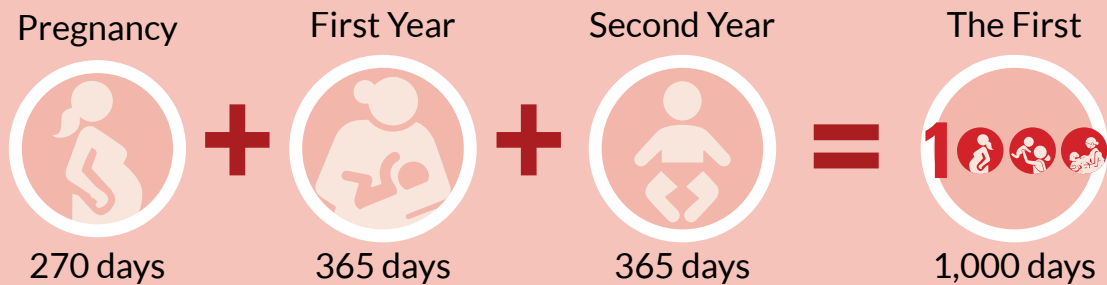




Poshan ke SUTRA

1. FIRST GOLDEN 1,000 DAYS



- The **child's physical and mental development is rapid** during the first 1,000 days which includes period of pregnancy and two years post child birth. During this period, good health, adequate nutrition, a loving and stress-free environment and responsive care will help children realize their full development potential.

- Mother and child require **optimal nutrition, care and support** during this period.

- Families must know and practice:

- » Minimum **four antenatal check-ups**
- » **Calcium and iron supplementation** during pregnancy and breastfeeding
- » Delivery in **health facility**
- » Initiate breastfeeding **within an hour of birth**
- » **Exclusive breastfeeding for 6 months**



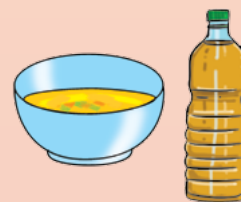
- » From 6 months of age, **initiate complementary feeding** along with breastfeeding
- » Ensure all the **immunization** for children as per schedule
- » Ensure **Vitamin A supplementation** for children from 9 months

2. NUTRIENT-RICH FOODS



- All age groups, including children from 6 months of age need to consume a variety of nutritious food in adequate quantities.

- These include various types of foods like **grains and pulses**, **green leafy vegetables** such as spinach, fenugreek, amaranthus and mustard, **beets, carrots**, yellow/orange fruits such as mango and ripe papaya.
- If non-vegetarian, consume **eggs, meat** and **fish**.
- Include **milk, milk products** and **nuts** in the diet.
- Consume **locally produced** nutritious food items in your diet
- Consume **Take Home Ration** which is distributed at **Anganwadi centres**.
- When the child completes six months, in addition to breastmilk, give the child **mashed and semi-solid complementary food** prepared at home such as **pumpkins, gourds, carrots, spinach** and thick **dal, dalia, khichdi** etc. If non-vegetarian, add **eggs, fish** and **meat**.
- Add **one spoon of ghee/oil/butter** to the child's food.
- Give the child food with **less salt, sugar** and **spices**.
- Introduce **one food item at a time** and gradually increase the **diversity of food**. Include **different flavours, textures** and **colours** to make the child's food more enjoyable.
- Do not give food such as **biscuits, chips, savoury snacks** and **juices** to the child, as these do not give adequate nutrients to them.

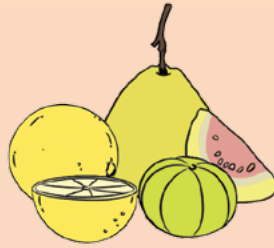


3. ANEMIA PREVENTION

- To prevent anemia, consume iron-rich foods such as pulses, green leafy vegetables like spinach, fenugreek etc., fruits, milk, curd, paneer and if non-vegetarian, then eggs, meat, and fish to build a solid body and smart mind.



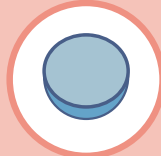
- Add lemon, amla, guava and similar citric foods to the diet which help in absorption of iron.



IFA syrup



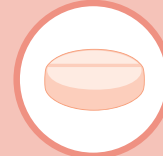
Pink IFA tablet



Blue IFA tablet



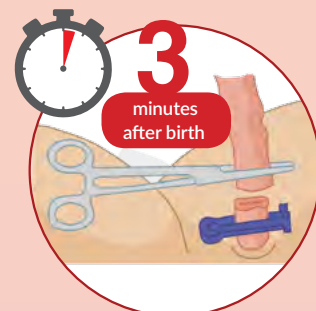
Red IFA tablet



Albendazole tablet

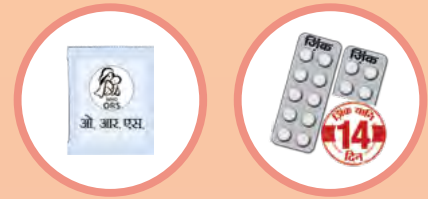
- In addition, take prescribed iron supplements:
 - » 1 ml of IFA syrup twice a week to children of age 6-59 months
 - » One Pink IFA tablet every week to children 5-9 years of age
 - » One Blue IFA tablet every week to adolescents (10-19 years)
 - » One Red IFA tablet daily starting from the fourth month for 180 days to pregnant women
 - » One Red IFA tablet daily after delivery for 180 days to breastfeeding mothers
- Take prescribed dosage of albendazole tablet for deworming.

- Health facilities to practice umbilical cord clamping after 3 minutes of birth to improve iron stores in newborn in the first months of life
- Screening and testing of anemia is important in all age groups so that appropriate treatment may be initiated as per the hemoglobin level of the individual.



4. DIARRHOEA MANAGEMENT

- Maintain personal hygiene, home hygiene, food hygiene and consume safe drinking water to prevent diarrhoea
- Mothers should **only give breastmilk** to children for **6 months**. Any other food, even water can cause diarrhoea in children of 0-6 months.
- In case of diarrhoea, mothers **should not stop breastfeeding** and continue **more frequent breastfeeding**.
- To renew the body nutrients, **more food than regular** should be given to children above 6 months **along with breastfeeding** for **rapid recovery**.
- **ORS** and **extra fluids** should be given to a child immediately at the onset of diarrhoea and continued till diarrhoea stops.
- **Zinc** should be given for **14 days** to children suffering from diarrhoea, even if diarrhoea stops.



5. HYGIENE AND SANITATION

- Always consume safe drinking water stored in a **covered container**, kept at an elevated place and taken with a ladle.
- Always ensure cleanliness. Wash hands with soap **before cooking food, before feeding a child, after defecation and after cleaning a child's stools**.
- Wash the **child's hands** before feeding the child.
- Always use a toilet.
- **Adolescent girls and women** should practice personal hygiene during menstruation.

