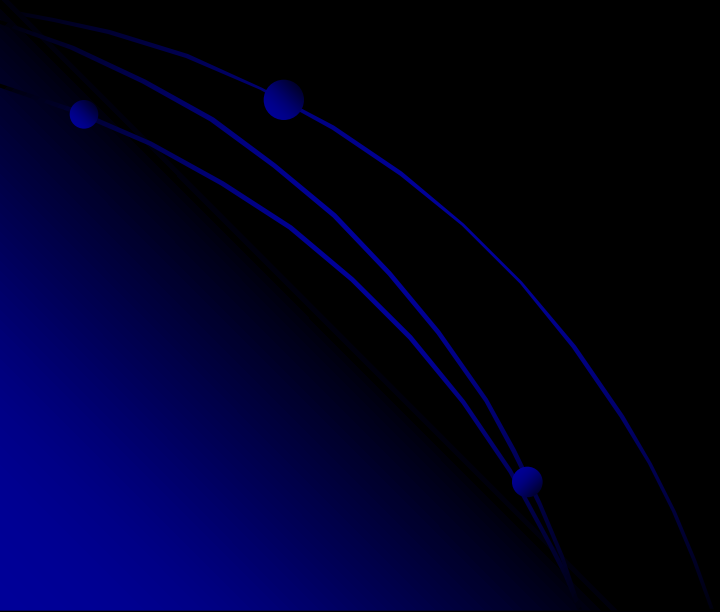


# CHILD NUTRITION



# Child Nutrition

Nutrition is required for a child to grow, develop, and remain active and to reach adulthood without illness. Nutrients such as carbohydrates, fats, proteins are required in large amounts (macro nutrients), while some nutrients e.g. Vitamins, Iron, Calcium, Iodine etc. are required in minimum amounts (micro nutrients). Growth of the child can be assessed by plotting height & weight for the age in Road to Health Chart. If the child is not growing properly, it means the child is malnourished i.e. under nourished.

# Breast Feeding

- Infants up to six months are to be exclusively breast-fed. Feed at least eight times a day.
- Mothers should be encouraged to breast-feed on demand.
- Bottle-feeding should be discouraged and anxious mothers should be reassured.
- Breast milk is the ideal food for young infants as it contains all nutrients.

# Breast Feeding

- Chances of malnutrition in breast-fed infants are less.
- It prevents infection, as it is clean and free from bacteria.
- Colostrum acts as the first immunization for infants.
- Breastfeeding enhances brain development
- Breastfeeding increases mother and child bonding and helps in better development of the child.



# Child Nutrition

- After 6 Months Along With The Breast Feeding, Supplementary Foods Should Be Given
- Semi-Solid Foods Should Be Started
- Foods Like Milk, Kheer, Boiled Cereals, Mashed Up Beans, Egg, Potato, Banana Cooked Vegetables Etc. Should Be Given
- Food Should Contain Concentrated Fats Such As Oil, Ghee, Butter





# Child Nutrition



- Gradually Child Should Be Given Solid Foods
- Foods Should Be Given 5-6 Times In A Day
- Child Should **'Peck Like A Hen'**
- At The Age Of One To One & Half Years, Child Eats Half The Food That Of Adult
- Foods Should Be Continued Even During Illness, Which Helps To Maintain Body Energy

# Malnutrition

## Terminology

- **Undernutrition** : Insufficient Intake of Food To Cover Energy & Nutrient Needs
- **Malnutrition** : Effects on The Body Of Not Eating Enough Food. These Effects Are Often Made Worse By The Infection
- **Protein-Energy Malnutrition** : Kind of Malnutrition Resulting From Insufficient Intake Of Energy, Protein and Other Nutrients

# Causes of Malnutrition

- Preterm Baby
- Low Birth Weight
- Frequent Infections
- Non Availability of Food
- Lack of Protein, Energy & Micronutrients In The Diet
- Wrong Feeding & Child Rearing Practices
- Poverty

# Causes of Low Birth Weight

- Young Age of The Mother (Below 20 Years)
- Undernutrition of Mother
- No Spacing Between Children
- Toxemia During Pregnancy
- Malaria During Pregnancy
- Congenital Abnormality

# Types of Protein-Energy Malnutrition

- Marasmus
- Kwashiorkor



# Signs of Marasmus

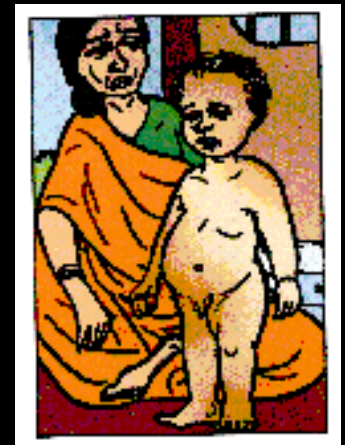


- 'Old person's face'
- Irritability & fretfulness
- Hunger
- Extremely low weight
- Extreme wasting
- Pot belly



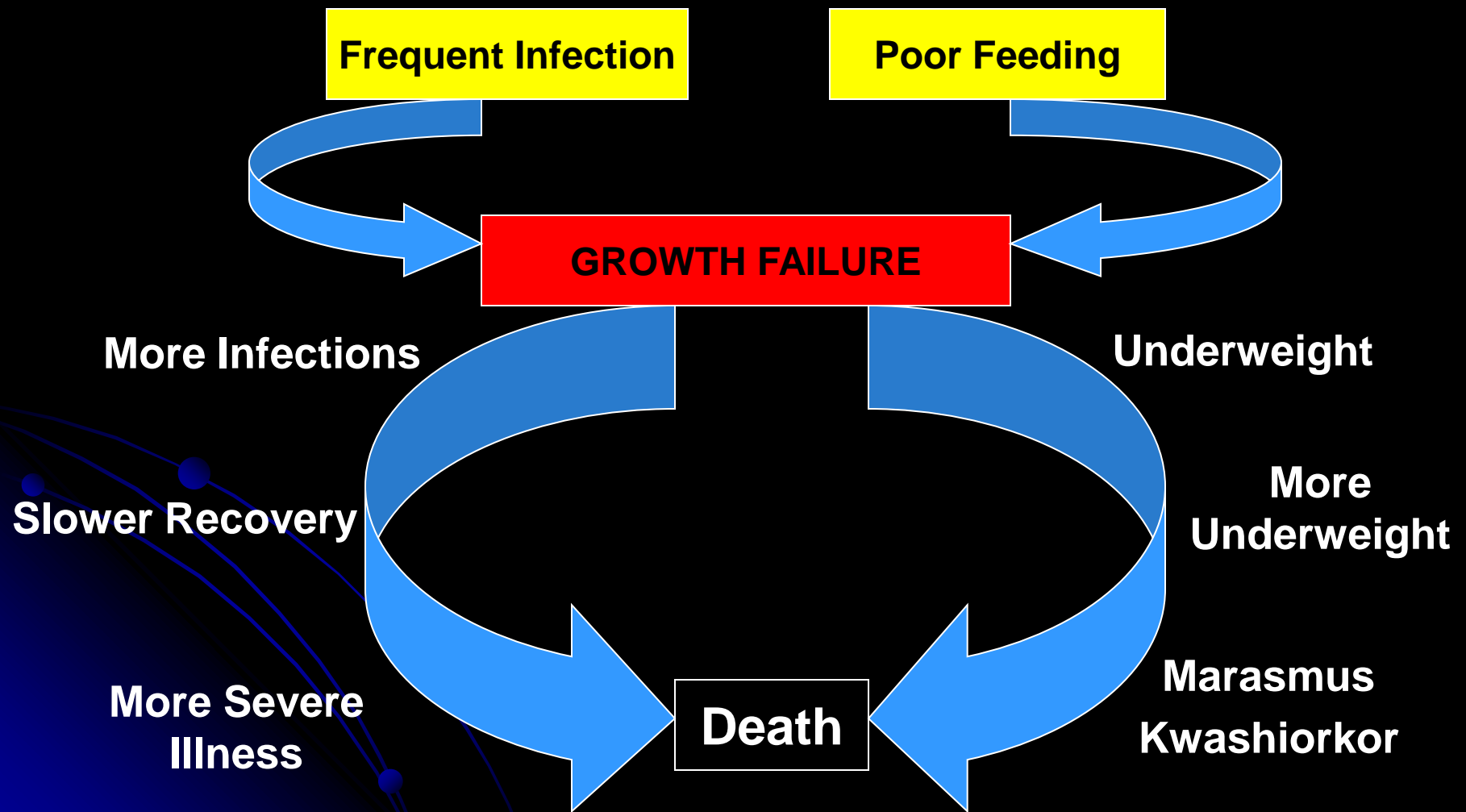
# Signs of Kwashiorkor

- Oedema of the legs, arms and face
- Moon face
- Poor Appetite
- Pale, sparse Hair with weak roots
- Pale, thin and peeling skin
- Moderately low weight
- Wasted and Weak muscles
- Misery and apathy





# MALNUTRITION & INFECTION



# Relationship Between Infection & Nutrition

- **How Infections Interfere With a Child's Nutrition**
  - Infections reduce the child's appetite
  - Some infections make eating difficult
  - Some infections reduce the absorption of nutrients from the gut
  - Infection increases the need for nutrients
  - Infections causes breakdown of muscle & fat

# Causes of Malnutrition

## Age Group 0 – 6 Months



### Reasons :

- (a) Lack of Breast milk / Baby does not get enough breast milk
- (b) Wrong feeding practices –
  - Formula or powdered milk – highly diluted
  - Thin / thick porridge
- (c) Child does not get enough energy & nutrients
- (d) Infections due to bottle feeding

### Solution :

- (i) Exclusive breastfeeding upto 6 months
- (ii) Extracted breast milk for the baby
- (iii) No bottle feeding, Use of Katori & spoon for feeding.





# Causes of Malnutrition

## Age Group 6 – 12 Months



### Reasons :

- (a) Lack of supplementary weaning foods. Baby does not get enough foods along with the breast milk
- (b) Babies are also exposed to more infections

### Solution :

- (i) Starting Semi solid Weaning foods after 6 months
- (ii) Continuation of breastfeeding
- (iii) Avoiding infection, and if occurred prompt treatment





# Causes of Malnutrition

## Age Group 1 – 3 Years



### Reasons :

- (a) They are more active and need more energy
- (b) They do not eat enough foods.
- (c) The food that they eat is not rich in energy and nutrients
- (d) Children are exposed to more infections, which reduce their appetites

### Solution :

- 1. Feeding the child frequently with nutritive foods (5-6 times in a day)
- 2. Continuation of breastfeeding
- 3. Avoiding infection, and if occurred prompt treatment



# Feeding During Illness

- Food intake of infants and young children decreases during illness, however the energy requirement increases. Hence, it is important to know how and when the ill child should be fed.



# Feeding During Illness

- Advise the mothers that feeding should be continued even during illness.
- Food should be given in small amounts but more frequently.
- Simple home-cooked food should be given, which is easily digestible.
- Advise mothers to continue breast-feeding more frequently for a few day after an episode of illness.
- Advise the mothers not to dilute the dal or other foods for the baby. Take out food for the child and then add spices in the food for rest of the family. Add a spoonful of butter/ghee/oil in the baby's food.

# Prevention of Malnutrition

- Growth Should Be Monitored. If Growth Faltering Occurs, Immediate Action Should Be Taken
- Food Should Be Given Periodically In Sufficient Quantity. Child Should Be Given Food At least 5-6 Times In A Day
- Prevention From Diseases Like Pneumonia, Diarrhoea, Fever & Other Communicable Diseases etc.
- If Disease Occurs, Should Be Treated Promptly By Making Timely Referral To Health Care Services



# What you Should do ?

- Support women to breast feed exclusively up to six months
- Educate families about complementary feeding, demonstrate preparing complementary foods
- Counsel the mothers to take the children for weighing at AWC at least once in every three months and look for under nourished children
- Counsel mothers not to ignore nutritional needs of girl child You should advise mothers regarding the availability of supplementary food from AWC and ensure that all eligible children get their entitlement from the AWW
- Track the undernourished children and ensure that they get the supplementary food regularly. The weight gain in these children should be checked at regular intervals.

# Thank You

