



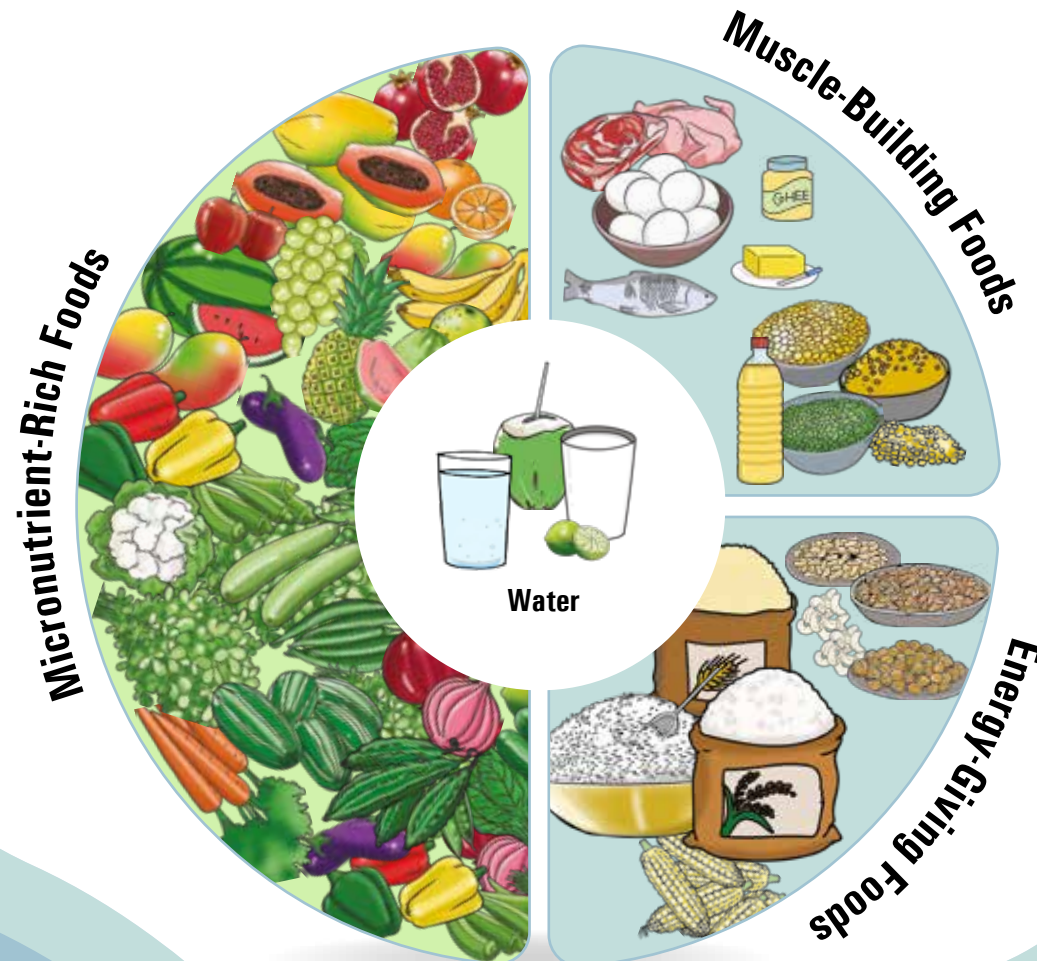
# SBC Resource Package on Healthy Diets



**Target Group: Breastfeeding Women**  
**Materials: Dialogue Cards and Game**

# Building a Strong Nutrition Foundation for Motherhood

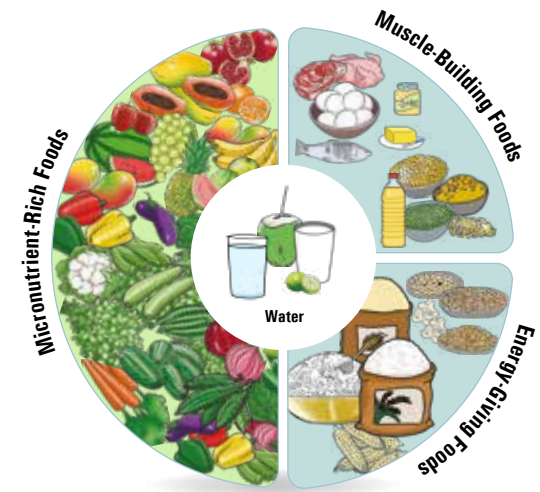
**EAT A VARIETY OF DIVERSE FOODS TO MAKE A BALANCED DIET**



Breastfeeding Women Dialogue Card  
**Key Message No. 1**

# Let's discuss the significance of a diverse diet for breastfeeding mothers and their baby

Include diverse foods in your diet from all three food groups. A healthy diet contains adequate energy, protein, vitamins and minerals, obtained through the consumption of a variety of foods, including green, orange and other coloured vegetables, meat, fish, beans, nuts, pasteurized dairy products and fruit.



Initiate the discussion by asking the mothers what are the different types of food they include in their daily diet.



It's important to include a variety of foods from the three essential food groups.



## Why it Matters?

Ensuring a diverse diet is vital for breastfeeding mothers and their baby.

It provides the required nutrients for breastmilk production and maintaining the overall health of the mother and the baby.



**Energy-Providing Foods**, include cereals and nutriceals such as wheat, paddy, barley, maize, jowar, pearl millet (bajra), finger millet (ragi/mandua) etc. They also include nuts, oils, and oilseeds like groundnut, rapeseed (toria) & mustard (sarson), soybean, sunflower, sesame (white til), niger seeds (ramtil) and linseed (flaxseed), and sugar and jaggery (limit free sugars intake to less than 10% of total energy intake).



**Muscle-Building Foods** such as pulses legumes Bengal gram (chana dal), pigeon peas (toor dal), green beans (moong), chickpeas (kabuli chana), red kidney beans (rajma), black-eyed peas (lobiya), lentils (masoor dal), white peas (safed matar), egg and meat products, and dairy products (dahi, shrikhand, lassi and buttermilk).



## Micronutrient-Rich Foods:

**FRUITS** - Indian gooseberry (amla), jackfruit, banana, guava, pomegranate, mango, watermelon, apple, peaches, pears, and papaya.

**VEGETABLES** - Methi leaves, drumstick leaves, spinach and other dark greens, carrots, sweet potatoes, cauliflower, drumsticks, etc.



## REMEMBER

Eat regular, wholesome, home-cooked meals that are protein, calcium and iron-rich with ample vegetables in every meal.

Ensure a balanced intake from all three groups for optimal nutrition.

Include traditional Galactagogues foods like edible gum, cumin, aniseeds, carom seeds, garlic, ginger, fennel seeds, fenugreek, moringa powder, and nuts for improving breastmilk production.



# Let's talk about the mother and the baby's nutrition requirement

## How can you ensure that both you and your baby are getting the essential nutrients required for good health?



During breastfeeding, it is crucial for the mother to meet the increased energy and nutrient demands necessary for producing sufficient breastmilk for the baby. It is essential to meet the recommended daily allowance for micronutrients and energy dense foods by increasing the diversity and amount of foods consumed including micronutrient supplementation.

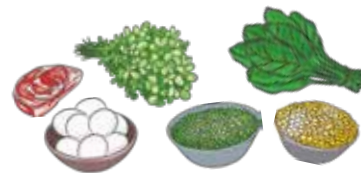
### Nutritional Recommendations



**Calcium-Rich Foods:** Include dairy, seasonal vegetables, ragi, and til (sesame) seeds in your diet.



**Hydration:** Stay hydrated by consuming plenty of fluids like water, coconut water, buttermilk, and fruits high in water content.



**Iron-Rich Foods:** Consume green leafy vegetables, lentils, pulses, grains and dals, dry fruits, eggs, fish and meat to maintain iron levels in the body to prevent anemia, and to help carry oxygen to blood cells and help in the baby's brain development.



**Protein-Rich Foods:** Eat protein-rich foods like paneer, sprouts, soybeans, eggs and nuts.

**Through your breastmilk, your baby eats everything you eat.**

**This means that the best way to give your baby a healthy diet, is to eat a healthy diet yourself.**



### REMEMBER

Along with the intake of nutritious diet it is crucial to consume essential multivitamin supplements including Iron Folic Acid (IFA) and other nutrients, such as iodine and choline, requirement of these nutrients increases while breastfeeding.

Every breastfeeding mother continues to take one iron and folic acid supplement and consumes 2 calcium tablets daily till the baby is six months.

# Practice Eating Diverse Healthy Foods and Mindful Eating

**RESTRICT INTAKE OF FOODS HIGH IN FATS, SUGARS,  
SALT AND SUGAR-SWEETENED BEVERAGES**



# Let's talk about the importance of eating healthy, variety of foods, and making mindful food choices

Ask breastfeeding mothers about their habits related to consumption of packaged foods.



Eating healthy is crucial for you and your baby's health. It is important to make mindful choices when it comes to selecting your food. Avoid unhealthy options like namkeens, sweetened drinks, chips, etc.



Regular consumption of fat-loaded snacks and foods high in sugar, salt, i.e. ultra-processed packaged foods, can lead to obesity, diabetes, and hypertension.



Unhealthy eating practices can interfere and affect the baby's brain and cognitive development.



## Set Goals

- Recognise the importance of healthy eating not just for yourself, but also for those around you, including your children.
- Set specific and realistic goals, such as reducing sugar intake or opting for whole foods.
- Commit to these habits by writing them down and keeping them visible.

## Plan Ahead

- Plan meals in advance.
- Avoid impulsive buying of unhealthy snacks.
- Avoid shopping when hungry as it can increase the likelihood of poor choices.
- Prepare meals ahead of time, reducing dependence on fast food or takeout options.

## Choose Wisely

- Opt for whole foods like fruits, vegetables, whole grains, and lean proteins over ultra-processed packaged foods like candy, chips, and soda.
- Read food labels and be mindful of ingredients and nutritional information.

## Practise Mindful Eating

- Mindful eating involves savouring flavours, chewing slowly, and paying attention to how food makes us feel.
- Eliminate distractions like screens during meals as it can prevent overeating and promote food and taste satisfaction.

## Fostering Wellness beyond Nutrition

**STAY PHYSICALLY ACTIVE AND EXERCISE TO MAINTAIN IDEAL BODY WEIGHT; DRINK PLENTY OF FLUIDS TO STAY HYDRATED**



Breastfeeding Women Dialogue Card  
**Key Message No. 4**



## Let's talk about staying healthy

Breastfeeding mothers must prioritise their health with regular exercise, by staying hydrated, and avoiding harmful practices like taking drugs, smoking and drinking alcohol.



Physical activity can help in managing weight, regulate blood sugar, enhance heart health, and reduce stress. It is important for breastfeeding mothers to consult their doctors before starting any new exercise routine.

Exercises like brisk walking are important for a breastfeeding mother's physical and mental health. It can help you lose weight, control blood sugar levels, improve heart health, and reduce stress.



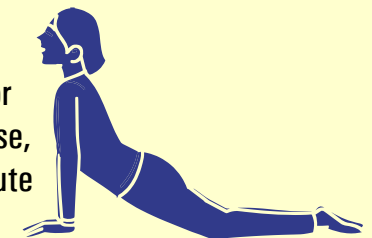
Staying hydrated is important for milk production, and breastfeeding mothers should have plenty of fluids like water, fresh juices, coconut water, and nimbu pani.



Smoking and alcohol consumption while breastfeeding are both harmful for the mother and child's health. Smoking (even passive smoking) can cause cancer, heart disease, and stroke while alcohol can diminish milk supply and affect cognitive development of the child.

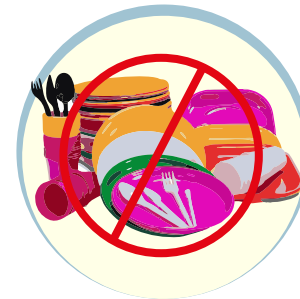
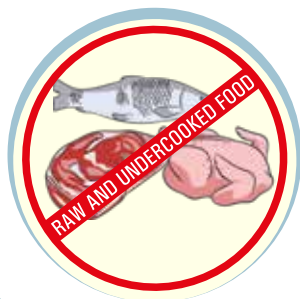
## Why it Matters?

Maintaining good health is essential for breastfeeding mothers. Regular exercise, hydration, and a balanced diet contribute to both physical and mental health.



# Food Safety and Hygiene

**PRACTISE GOOD HYGIENE AND FOOD SAFETY MEASURES  
DURING INFANT AND YOUNG CHILD FEEDING**



Breastfeeding Women Dialogue Card  
**Key Message No. 5**

## Let's discuss some food safety measures and good hygiene practices to prevent infections



Ask the mother about her personal hygiene while breastfeeding and her food handling and safety practices while feeding.

Good hygiene during breastfeeding, appropriate food handling, safe food preparation, and storage of complementary foods prevent foodborne illnesses during feeding.

### Follow these simple steps to ensure food safety



Wash your hands frequently with soap and water, before and after handling food; before breastfeeding and especially after nappy changes.



Keep your breasts clean, especially the nipples before and after breastfeeding. Sanitize the utensils used for feeding by boiling them in hot water, especially in the early months. This eliminates any potential bacteria, protecting your baby's developing immune system.



For Babies: Avoid plastic tableware when possible. Opt for glass, stainless steel, or silicone alternatives, as plastic can harbour bacteria and leach harmful chemicals, especially when heated.



Refrigerate leftovers within two hours of cooking. This prevents the growth of bacteria that can multiply at room temperature and cause food spoilage or illness.

**Practicing proper food handling measures and personal hygiene practices will keep you and your baby healthy and safe from infections.**

# Enhancing Nutrient Absorption from Food

**ADOPT RIGHT PRE-COOKING AND COOKING METHODS**



Breastfeeding Women Dialogue Card  
**Key Message No. 6**

# Let's understand how food combinations and mindful habits impact nutrient absorption



## Did you know

Consuming Vitamin C-rich foods with iron supplement is beneficial and enhances iron absorption

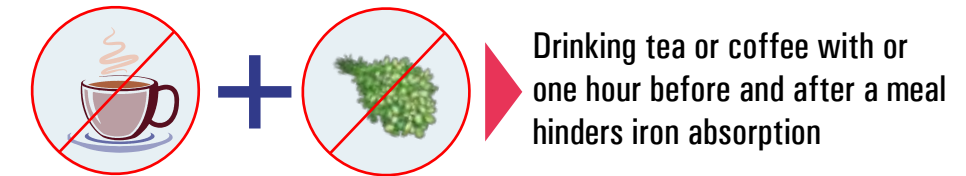
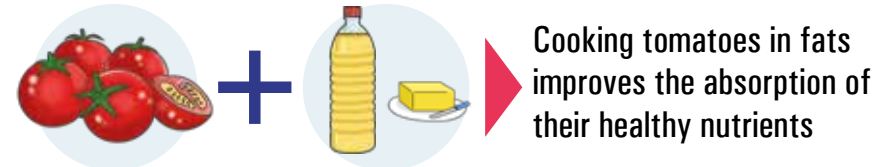
Having Vitamin D with calcium supplements is beneficial and enhances calcium absorption

All calcium supplements inhibit absorption of iron supplements when taken together with food

IFA tablets are best taken one hour before or one hour after food, preferably after dinner



Consuming Vitamin C rich foods with iron enhances iron absorption



To preserve Vitamins C, minimise chopping and slicing fruits



Adding a squeeze of citrus like lemon or orange juice enhances the absorption of iron from plant-based sources



Cooking techniques like steaming, boiling or baking are advisable instead of frying to minimise nutrient loss

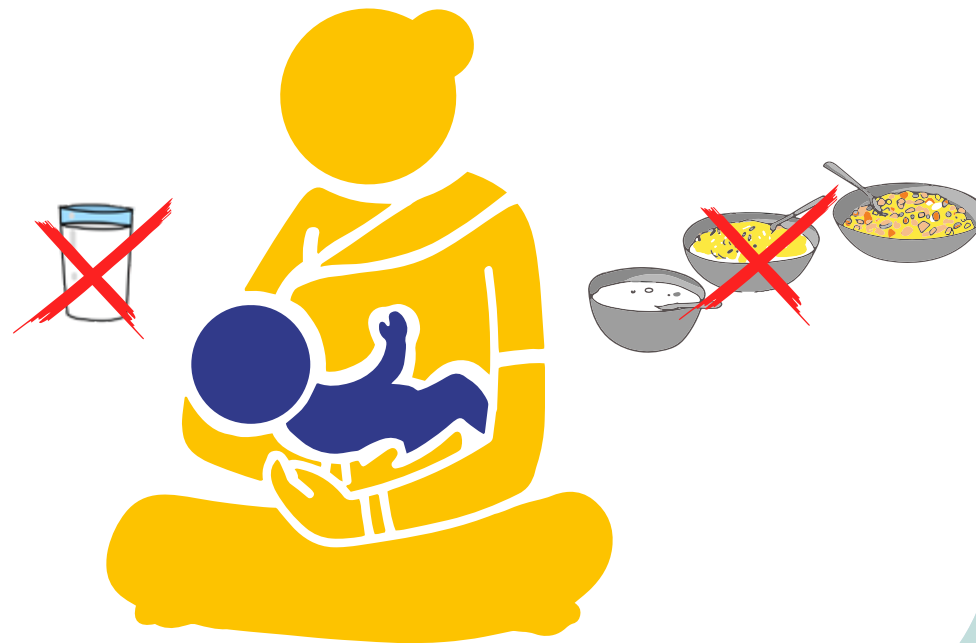
## REMEMBER



Continue to take IFA tablets, micronutrient supplements and eating healthy and diverse foods for enhanced nutrition

## Breastfeeding for your Infant

**PRACTISE EXCLUSIVE BREASTFEEDING FOR FIRST SIX MONTHS  
AND CONTINUE UNTIL TWO YEARS OR AS LONG AS POSSIBLE**



Breastfeeding Women Dialogue Card  
**Key Message No. 7**



## Let's talk about some benefits of breastfeeding



Ask the mothers and their families about their thoughts on exclusive breastfeeding.

Ask if they are giving any other food/liquid to their child younger than six months?

## Why it Matters

It is crucial to initiate breastfeeding soon after your baby is born, ideally within the first hour.

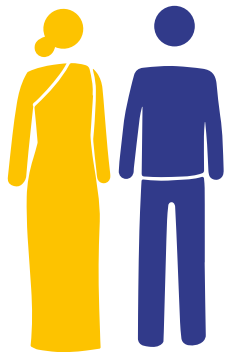
This early start helps your baby latch on better, stimulates milk production, and establishes good milk supply.



### What's Colostrum?

Colostrum is the first breastmilk your baby receives. It is thick and yellow milk packed with vital nutrients that aid digestion and provide immunity to the baby.

Even after a C-section, colostrum is essential and can be fed to your baby.



### Exclusive Breastfeeding

Exclusive breastfeeding means feeding your baby only breastmilk for the first six months, without any other liquids or solids.

This practice significantly reduces the risk of infections and promotes healthy physical and mental development.



**REMEMBER**

It is recommended to breastfeed your baby 8-12 times a day. Frequent feeding helps establish good milk supply and ensures your baby gets enough nourishment to grow and develop.

# Young Child Complementary Feeding

**INTRODUCE HOME-BASED SEMI-SOLID FOODS AFTER SIX MONTHS**

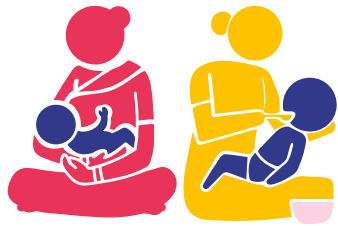
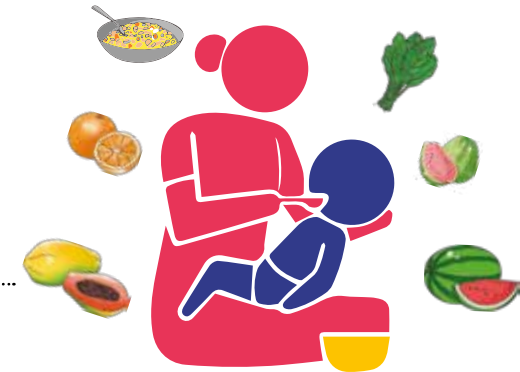


Breastfeeding Women Dialogue Card  
**Key Message No. 8**



## Let's talk about why complementary feeding matters

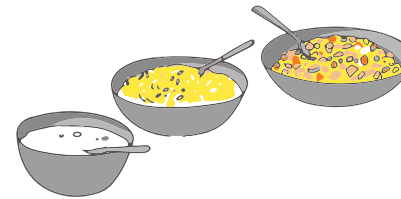
Complementary feeding is vital for the baby's growth and brain development and it ensures a diverse nutritional intake that fulfills the developing infant's need for all nutrients



**Timing:** Complementary feeding should begin only after the completion of six months, alongside continued breastfeeding until two years of age.



**Frequency:** Initially, it is recommended to give complementary foods to the child 2-3 times a day from 6-8 months, gradually increasing to 3-4 times a day between 9-11 months and 12-24 months.



**Adaptation:** Adjust the texture and range of foods according to the changing needs and capabilities of the child as they grow.



**Nutrient-Rich Foods:** Include Vitamin A-rich fruits and vegetables such as carrots, sweet potatoes, spinach, pumpkin, mangoes, and papayas for children aged between six months and two years.



**Introduction of Non-Veg Foods:** Non-veg food items like egg, meat, chicken, and fish can also be introduced gradually in pureed or mashed forms (ensure it is well-cooked).



**Choking Hazards:** Avoid foods that may cause choking, such as whole grapes or raw carrots.

### REMEMBER

- Practise responsive feeding by feeding infants directly and assisting young children.
- Feed slowly and patiently.
- Encourage them to eat and do not force them.
- Talk to the child, and maintain eye contact while feeding. This also improves bonding between the mother and the child.



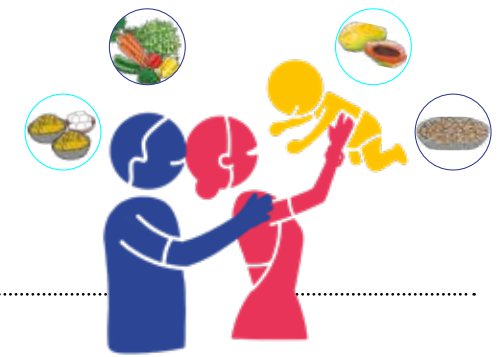
# Benefits of Breastfeeding for you, your Baby and your Family

## EXCLUSIVE BREASTFEEDING, MOTHER AND CHILD BONDING, FAMILY AND COMMUNITY PARTICIPATION



# Let's discuss some benefits of breastfeeding

Welcoming a new baby into your life can be overwhelming, but embracing breastfeeding is one of the best decisions to give your baby the healthiest start in life



## HERE'S WHAT YOU NEED TO KNOW

1



**Initiate breastfeeding** soon after birth, preferably within the first hour of life. Colostrum, the first breastmilk, is rich in essential nutrients and antibodies crucial for your baby's health, aiding digestion and providing immunity. Breastmilk provides a unique and specific formula of vitamins, minerals and antioxidants; everything your baby needs to grow and develop.

2



**Exclusive Breastfeeding:** For the first six months, exclusive breastfeeding is recommended, meaning your baby receives only breastmilk and no other liquids or solids. This practice significantly reduces the risk of infections and promotes optimal physical and mental development.

3



**Feeding Frequency:** Babies should be fed 8-12 times a day to ensure they receive adequate nutrition and hydration.

4



**Bond between Mother and Baby:** Skin-to-skin contact between mother and baby immediately after birth and exclusive breastfeeding is the strongest bond between mother and her baby, while longer durations of breastfeeding also contribute to the health and well-being of mothers.

5



**Establishing Family Support:** Husbands, fathers and in-laws should be caring and understanding about the mother's need during breastfeeding. They can play a supportive role by providing emotional support and taking on more and reducing the load of household chores. Breastfeeding mothers and the family also learn to read their infant's cues, and the baby learns to trust their caregivers therefore shaping early childhood behaviours.

6



**Fostering Supportive Community Environment:** The elderly women in the community and ASHAs, AWWs, ANMs and doctors can address common concerns and questions like breastfeeding in public, expressing and storing breastmilk, proper positioning for breastfeeding, latching, and how to stimulate milk production. Sharing experiences and concerns foster a supportive environment and this helps new parents feel more comfortable and confident.



## REMEMBER

Trust your instincts, enjoy the bonding experience, and remember that you are not alone and you're providing the best start for your child's journey through breastfeeding, one of the most effective ways to ensure child health and survival.

# Nutrient Match

## Note for the Facilitator

### Objective of the Game

To help breastfeeding women understand the importance of a balanced diet by matching foods with questions about their nutritional benefits.

### Materials Needed

- Cards with images of various food items
- Cards with questions about the nutritional benefits of those foods

### Setup

#### 1. Prepare the Space:

- Find a large table or a clear area on the floor where all participants can gather comfortably.
- Place all item cards and question cards face down on the table or floor.

### Detailed Rules

#### 1. Form Teams:

- Divide the participants into small teams of 2-4 members each. This will promote teamwork and make the game more engaging.

#### 2. Explain the Objective:

- Tell the participants that the goal of the game is to learn about the nutritional benefits of different foods by matching the correct item card with the corresponding question card.

#### 3. How to Play:

- Each team will take turns.
- When it's a team's turn, they will flip over one item card and one question card.
- They will read aloud the question and show the item card to everyone.

#### 4. Making a Match:

- If the item card and question card match (i.e., the item answers the question), the team keeps the pair and earns a point. They also get another turn.
- If the cards do not match, leave them face up on the table or floor. This allows the next teams to see the cards and potentially make a match more easily.

#### 5. Encouraging Discussion:

- When a match is made, ask the team or the whole group to discuss briefly why the food item is beneficial or harmful for breastfeeding mothers and their babies. This enhances understanding and keeps everyone engaged.

#### 6. Game Continuation:

- Continue the game until all matches are made.
- The team with the most pairs at the end of the game is the winner.

### Post-Game Discussion

#### 1. Facilitate Discussion:

- After all matches are made, gather everyone for a discussion.
- Talk about the importance of a balanced diet for breastfeeding women.
- Review the nutritional benefits of each food item matched during the game.

#### 2. Emphasize Key Points:

- Highlight the importance of eating a variety of nutrient-rich foods.
- Explain how these foods help meet the increased demands of lactation and promote overall well-being for both mother and baby.

### Remember

- Keep the atmosphere light and fun. Encourage participation and discussion.
- Be supportive and positive, making sure everyone feels comfortable sharing their thoughts.
- Adapt the game to the group's needs, ensuring it is interactive and engaging.
- Use this activity to reinforce key nutritional messages and provide practical tips for breastfeeding women.



# Answer Key for Facilitator Reference

Key Message	Question Card	Item Card
<b>Key Message 1:</b> Eat a variety of diverse foods to make a balanced diet	Which staple food provides essential proteins for muscle growth and repair?	Pulses  (arhar, toor, moong, masoor, Bengal gram, pigeon peas, green beans, chickpeas, red kidneybeans, black-eyed peas, white peas)
	Which natural sweetener is a good source of iron and energy, suitable for breastfeeding women?	Jaggery
	A commonly consumed millet in India that is a good source of energy and nutrients?	Bajra/Jowar and Ragi
<b>Key Message 2:</b> Breastfeeding mothers require extra nutrition and care in their motherhood journey	Which dry fruit is beneficial for breastfeeding women due to its high calcium content?	Almond
	What should you drink in plenty while you are breastfeeding?	Water
	Which dairy product is a rich source of calcium, vital for bone health during lactation?	Milk/Curd
	Which protein-rich food is beneficial for muscle repair and growth?	Eggs/Meat/Chicken/Fish
<b>Key Message 3:</b> Restrict intake of foods high in fats, sugars, salt and sugar-sweetened beverages	What drinks contain a lot of sugar and should be avoided?	Packaged fruit juices
	Which fast food option should you avoid for a healthier diet?	Chowmien/Samosa/Pizza/ Fries/ Burger
<b>Key Message 4:</b> Stay physically active and exercise to maintain ideal body weight; drink plenty of fluids to stay hydrated	What harmful habit should you avoid for yourself and your baby's health?	Smoking
	Which beverage should you completely avoid during lactation?	Alcohol
<b>Key Message 5:</b> Practise good hygiene and food safety measures during infant and young child feeding	How should you safeguard cooked food to prevent bacterial growth and food spoilage?	Refrigerate within 2 hours of cooking
<b>Key Message 6:</b> Adopt right pre-cooking and cooking methods	Which citrus fruit is a good source of vitamin C, aiding in immunity?	Orange juice/ Lemon
	Which food is rich in iron, an essential nutrient for breastfeeding women to prevent anemia?	Spinach
	What beverages can hinder iron absorption when consumed with or around meal times?	Tea/Coffee
<b>Key Message 7:</b> Practise exclusive breastfeeding for first six months and continue until two years or as long as possible	What is the first breast milk your baby gets, that is packed with vital nutrients and immunity-boosting properties?	Colostrum
	What should you feed your baby for the first 6 months?	Only Breastmilk No liquids or solids
<b>Key Message 8:</b> Introduce home-based semi-solid foods after six months	When should you initiate complementary feeding as you continue to breastfeed?	6 months onwards
<b>Key Message 9:</b> Exclusive breastfeeding, mother and child bonding, family and community participation	What is the best way to nourish your baby?	Breastfeeding
	How often should you feed babies for adequate nutrition and hydration?	8-12 times
	When should you initiate breastfeeding for your baby?	Soon after birth or within the first hour of life



**Which staple food provides essential proteins for muscle growth and repair?**



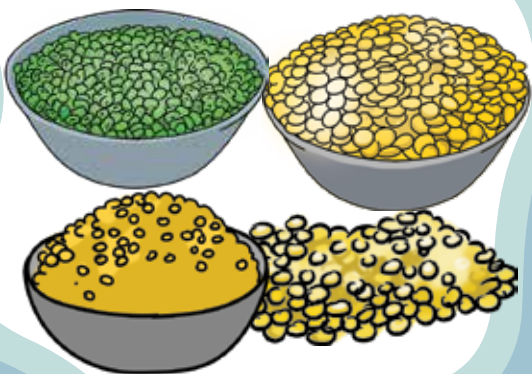
## Question Card

# Breastfeeding Woman

### Key Message 1

**Eat a variety of diverse foods to make a balanced diet**

# Pulses





**Answer Card**

**Breastfeeding Woman**

**Which natural sweetener  
is a good source of iron  
and energy, suitable for  
breastfeeding women?**



## Question Card

# Breastfeeding Woman

### Key Message 1

**Eat a variety of diverse foods to make a balanced diet**

# Jaggery



**Answer Card**

**Breastfeeding Woman**

**A commonly consumed  
millet in India that is a  
good source of energy  
and nutrients?**



## Question Card

# Breastfeeding Woman

### Key Message 1

**Eat a variety of diverse foods to make a balanced diet**

# Bajra





**Answer Card**

**Breastfeeding Woman**

# Jowar and Ragi



**Answer Card**

**Breastfeeding Woman**

**Which dry fruit is beneficial for breastfeeding women due to its high calcium content?**



## Breastfeeding Woman

### Key Message 2

**Breastfeeding mothers require extra nutrition and care in their motherhood journey**

**Almond**



**Answer Card**

**Breastfeeding Woman**

**What should you drink  
in plenty while you are  
breastfeeding?**





## Breastfeeding Woman

Key Message 2

**Breastfeeding mothers require extra nutrition and care in their motherhood journey**

**Water**



**Answer Card**

**Breastfeeding Woman**

**Which dairy product is a  
rich source of calcium,  
vital for bone health  
during lactation?**

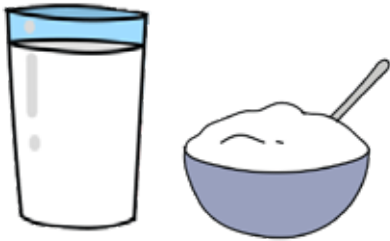


## Breastfeeding Woman

Key Message 2

**Breastfeeding mothers require extra nutrition and care in their motherhood journey**

# Milk/Curd



**Answer Card**

**Breastfeeding Woman**

**Which protein-rich food  
is beneficial for muscle  
repair and growth?**





## Breastfeeding Woman

### Key Message 2

**Breastfeeding mothers require extra nutrition and care in their motherhood journey**

**Eggs**



**Answer Card**

**Breastfeeding Woman**

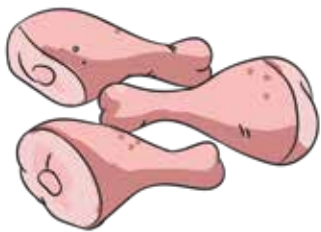
# Meat



**Answer Card**

**Breastfeeding Woman**

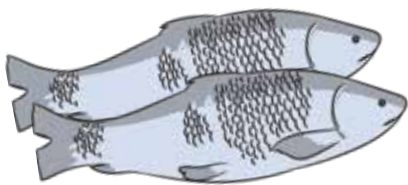
# Chicken



**Answer Card**

**Breastfeeding Woman**

Fish





**Answer Card**

**Breastfeeding Woman**

**What drinks contain a lot of sugar and should be avoided?**



## Question Card

# Breastfeeding Woman

### Key Message 3

**Restrict intake of foods high in fats, sugars, salt and sugar-sweetened beverages**

# Packaged fruit juices



**Answer Card**

**Breastfeeding Woman**

**Which fast food option  
should you avoid for a  
healthier diet?**



## Question Card

# Breastfeeding Woman

### Key Message 3

**Restrict intake of foods  
high in fats, sugars, salt and  
sugar-sweetened beverages**

# Chowmien





**Answer Card**

**Breastfeeding Woman**

# Samosa



**Answer Card**

**Breastfeeding Woman**

# Pizza



**Answer Card**

**Breastfeeding Woman**

# Fries



**Answer Card**

**Breastfeeding Woman**

**Burger**





**Answer Card**

**Breastfeeding Woman**

**What harmful habit should  
you avoid for yourself and  
your baby's health?**

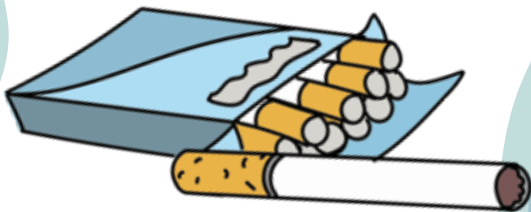


## Breastfeeding Woman

### Key Message 4

**Stay physically active and exercise to maintain ideal body weight; drink plenty of fluids to stay hydrated**

# Smoking



**Answer Card**

**Breastfeeding Woman**

**Which beverage should  
you completely avoid  
during lactation?**



## Breastfeeding Woman

Key Message 4

**Stay physically active and exercise to maintain ideal body weight; drink plenty of fluids to stay hydrated**

# Alcohol





**Answer Card**

**Breastfeeding Woman**

**How should you safeguard  
cooked food to prevent  
bacterial growth and food  
spoilage?**



## Breastfeeding Woman

Key Message **5**

**Practise good hygiene and food safety measures during infant and young child feeding**

**Refrigerate within  
2 hours of cooking**



**Answer Card**

**Breastfeeding Woman**

**Which citrus fruit is a  
good source of vitamin C,  
aiding in immunity?**



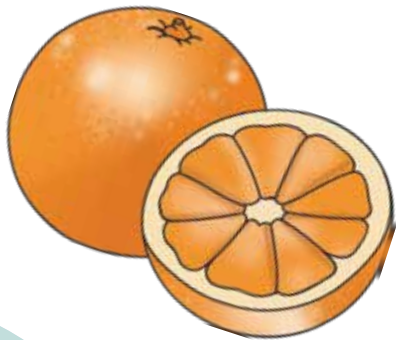
## Question Card

# Breastfeeding Woman

### Key Message 6

**Adopt right pre-cooking and cooking methods**

**Orange**





**Answer Card**

**Breastfeeding Woman**

# Lemon



**Answer Card**

**Breastfeeding Woman**

**Which food is rich in iron,  
an essential nutrient for  
breastfeeding women to  
prevent anemia?**



## Question Card

# Breastfeeding Woman

### Key Message 6

**Adopt right pre-cooking and cooking methods**

# Spinach



**Answer Card**

**Breastfeeding Woman**

**What beverages can  
hinder iron absorption  
when consumed with or  
around meal times?**





## Question Card

# Breastfeeding Woman

### Key Message 6

**Adopt right pre-cooking and cooking methods**

Tea



**Answer Card**

**Breastfeeding Woman**

**Coffee**



**Answer Card**

**Breastfeeding Woman**

**What is the first breast milk  
your baby gets, that is packed  
with vital nutrients and  
immunity-boosting properties?**



## Breastfeeding Woman

Key Message **7**

**Practise exclusive breastfeeding for first six months and continue until two years or as long as possible**

# Colostrum





**Answer Card**

**Breastfeeding Woman**

**What should you feed your  
baby for the first 6 months?**



## Breastfeeding Woman

Key Message **7**

**Practise exclusive breastfeeding for first six months and continue until two years or as long as possible**

**Only Breastmilk**  
**No liquids or solids**



**Answer Card**

**Breastfeeding Woman**

**When should you initiate  
complementary feeding as  
you continue to breastfeed?**



## Question Card

# Breastfeeding Woman

### Key Message 8

**Introduce home-based semi-solid foods after six months**

6 months onwards





**Answer Card**

**Breastfeeding Woman**

**What is the best way to  
nourish your baby?**



## Breastfeeding Woman

Key Message 9

**Exclusive breastfeeding, mother and child bonding, family and community participation**

# Breastfeeding



**Answer Card**

**Breastfeeding Woman**

**How often should you  
feed babies for adequate  
nutrition and hydration?**



## Breastfeeding Woman

Key Message 9

**Exclusive breastfeeding, mother and child bonding, family and community participation**

8-12 times





**Answer Card**

**Breastfeeding Woman**

**When should you initiate  
breastfeeding for your  
baby?**



## Breastfeeding Woman

Key Message 9

**Exclusive breastfeeding, mother and child bonding, family and community participation**

Soon after birth or within  
the first hour of life



**Answer Card**

**Breastfeeding Woman**