0 to 6 months

Feeding, playing and communicating with the children helps them grow and develop well

- Start breastfeeding immediately after birth
- Exclusive breastfeeding for 6 months - this means do not give any other foods, drinks, not even water
- Breastfeed as many times as the child wants
- Smile at your child, look into child's eyes and talk to your child.
- Provide ways for the child to see, hear, feel and move
- Have large colourful objects for your child to see and to reach for
- Talk to & respond to your child. Get a conversation going with sounds or gestures.
- Hold head steady when held upright
- Reach out for objects
- Turn to a voice
- Smile in response
- Begin to make sounds
- Track a ribbon bow

0 - 3 months

- Continue breastfeeding during illness
- The child needs extra food after illness
- Always use iodized salt for the family

3 - 6 months

- At 6 months, start with small amounts of soft mashed cereal, dal, vegetables and fruits
- Increase the quantity, frequency and thickness of the foods gradually
- Understand child's signals for hunger and respond accordingly
- Sit with the child and feed the child

What you can do
- Give your child clean safe items to handle and things to make sounds with.
- Play games like peek-a-boo.
- Tell the child names of things & people.

What children can do
- Around 3 months, most children can sit without support
- Around 6 months, most children can sit up from lying position
- Pick up with thumb and finger
- Around 9 months, most children can stand well without support
- Say papa/mama
- Wave

6 to 12 months

- At 6 months, most children can start with small amounts of soft mashed cereal, dal, vegetables and fruits
- Increase the quantity, frequency and thickness of the foods gradually
- Understand child's signals for hunger and respond accordingly
- Sit with the child and feed the child

What you can do
- ½ katori*
- Give your child clean safe items to handle and things to make sounds with.
- Play games like peek-a-boo.
- Tell the child names of things & people.

What children can do
- Around 9 months, most children can stand well without support
- Say papa/mama
- Wave
- Around 1 year, most children can:
  - Severe Anaemia with or without breathlessness
  - Convulsions or fits, blurring of vision, headaches, vomiting, sudden swelling of feet
  - Bursting of water bag with out labour pains.
  - Labour pain for more than 12 hours
  - Preparing for Home Delivery
  - Save money
  - Identify hospital in advance
  - Arrive at the hospital in time
  - Take two T.T. injections; First dose during the 2nd trimester, and the second dose one month later.
  - Take one tablet a day for at least 3 months, two at least 100 tablets

If you or anyone in your family sees any of these danger signs, take the pregnant woman to the hospital immediately

Emergency
- Clean hands
- Clean surface & surroundings
- Clean Mad
- Clean umbilical cord
- Clean thread to tie the cord
- Safe and secure place
- Arrive at the hospital in time
- Take two T.T. injections; First dose during the 2nd trimester, and the second dose one month later.
- Take one tablet a day for at least 3 months, two at least 100 tablets

Care During Pregnancy
- Consume a variety of foods
- Consume more food more often
- Use only iodised salt
- Take at least two hours of rest during the day
- Prevent exposure to lead

Mothers Care
- Consume a variety of foods
- Consume more food more often
- Use only iodised salt