

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

1 to 2 years

Feeding

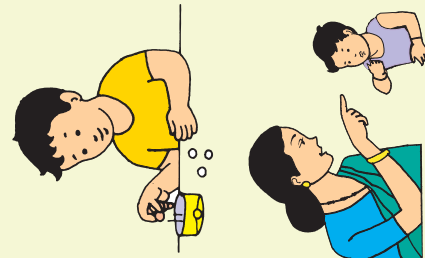


Do not stop breastfeeding your child

- Continue to offer a wide variety of foods including family foods- such as rice / chappati, vegetables, yellow fruits, pulses and milk products!
- Feed the child about 5 times a day!
- Feed from a separate bowl and monitor how much the child eats!

What you can do

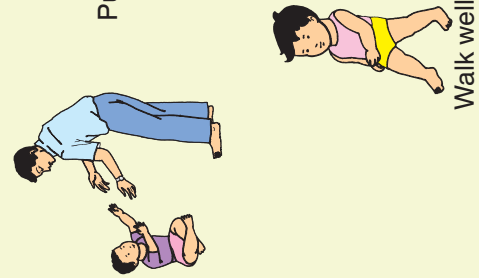
Give your child things to stack up & to put into containers and take out.



Ask your child simple questions. Respond to your child's attempts to talk.

Around 1 1/2 years most children can

Express wants



Put 3 pebbles in a cup



Walk well

What children can do

Around 2 years most children can

Stand on one foot with help



Say one other word



Imitate household work

Continue breastfeeding during illness

2 to 3 years

Feeding



- Continue to feed family foods 5 times a day!
- Help the child feed herself / himself!
- Supervise feeding!

What you can do

Help your child count and compare things; make simple toys for your child.



Encourage your child to talk & respond to your child's questions. Teach your child stories, songs, and games.

What children can do

Around 2 1/2 years most children can

Point to 4 body parts



Feed self spilling little



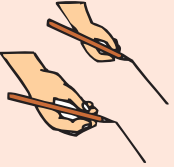
Name one colour correctly

The child needs extra food after illness

What children can do

Around 3 years most children can

Copy & draw straight line



Wash hands by herself



Name 3 out of 4 objects



If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

Details of Immunisation					
0 to 12 months					
1 1/2 months	1 1/2 months	2 1/2 months	3 1/2 months	9 months	9 months
B.C.G.	Polio -1	Polio -2	Polio -3	Measles	Measles
1 1/2 months	1 1/2 months	2 1/2 months	3 1/2 months	9 months	9 months
DPT-1	DPT-2	DPT-2	DPT-3	Vitamin A	Vitamin A
Hepatitis B-1	Hepatitis B-2	Hepatitis B-2	Hepatitis B-3		
12 to 24 months					
16-24 months	16-24 months				
DPT	Polio				
16 months	24 months				
Vitamin A	Vitamin A				
(24 to 36 months)					
30 months	36 months				
Vitamin A	Vitamin A				

NEWBORN CARE

- Keep the child warm!
- Start breastfeeding immediately after birth, give nothing else not even water!
- Do not bathe child for first 7 days!
- Keep the child away from people who are sick!
- Weigh your child at birth!
- Give special care if child is less than 2.5 kg!

DANGER SIGNS! SEE HEALTH WORKER

- Weak suck or refuses to breastfeed!
- Baby unable to cry/difficult breathing!
- Yellow palms and soles!
- Cold to touch!
- Convulsions

Have your child weighed at the AW centre regularly

