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

### Feeding

- **1 to 2 years**
  - **Feeding**: Continue to offer a wide variety of foods including family foods—such as rice/chappati, vegetables, yellow fruits, pulses and milk products.
  - **What you can do**: Continue to feed family foods 5 times a day; help the child feed herself/himself; supervise feeding.
  - **What children can do**: Help your child count and compare things; make simple toys for your child.

- **2 to 3 years**
  - **Feeding**: Continue to offer a wide variety of foods including family foods—such as rice/chappati, vegetables, yellow fruits, pulses and milk products.
  - **What you can do**: Encourage your child to talk and respond to your child’s questions. Teach your child stories, songs, and games.
  - **What children can do**: Help your child count and compare things; make simple toys for your child.

### Patient Care During Illness

- **What you can do**: Have your child weighed at the AW centre regularly.
  - Use cold/wet sponge on the forehead and limbs during high fever and take the child to the health center.
  - If the child has rapid and/or difficult breathing, take the child to the health center.
  - Breastfeed more often.
  - Give extra fluids.
  - Give ORS.
  - Continue to give normal diet.
  - If loose motions do not stop, take the child to the health center.

### Newborn Care

- **What children can do**: Express wants.
  - **What you can do**: Around 1 to 2 years most children can express wants.

- **What children can do**: Put 3 pebbles in a cup.
  - **What you can do**: Around 2 years most children can put 3 pebbles in a cup.

### What children can do

- **What children can do**: Walk well.
  - **What you can do**: Around 2 years most children can walk well.

### Growth Indicators

- **Grade IV**: Very severe
- **Grade III**: Severe
- **Grade II**: Moderate
- **Grade I**: Mild
- **Normal**: Normal

### What you can do

- **What you can do**: Have your child weighed at the AW centre regularly.
  - Use cold/wet sponge on the forehead and limbs during high fever and take the child to the health center.
  - If the child has rapid and/or difficult breathing, take the child to the health center.
  - Breastfeed more often.
  - Give extra fluids.
  - Give ORS.
  - Continue to give normal diet.
  - If loose motions do not stop, take the child to the health center.

### 1 to 2 years Feeding

- **Do not stop breastfeeding**

### 2 to 3 years Feeding

- **Continue breastfeeding**
- **Put 3 pebbles in a cup**

### 2 to 3 years Patient Care During Illness

- **What you can do**: Have your child weighed at the AW centre regularly.
  - Use cold/wet sponge on the forehead and limbs during high fever and take the child to the health center.
  - If the child has rapid and/or difficult breathing, take the child to the health center.
  - Breastfeed more often.
  - Give extra fluids.
  - Give ORS.
  - Continue to give normal diet.
  - If loose motions do not stop, take the child to the health center.

### What children can do

- **What children can do**: Walk well.
  - **What you can do**: Around 2 years most children can walk well.

### What you can do

- **What you can do**: Around 1 to 2 years most children can express wants.
  - **What you can do**: Around 2 years most children can put 3 pebbles in a cup.

### What children can do

- **What children can do**: Walk well.
  - **What you can do**: Around 2 years most children can walk well.

### 2 to 3 years Patient Care During Illness

- **What you can do**: Have your child weighed at the AW centre regularly.
  - Use cold/wet sponge on the forehead and limbs during high fever and take the child to the health center.
  - If the child has rapid and/or difficult breathing, take the child to the health center.
  - Breastfeed more often.
  - Give extra fluids.
  - Give ORS.
  - Continue to give normal diet.
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### What children can do

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