

# WEANING



# INTRODUCTION -



**Breast feeding alone is adequate to maintain growth and development up to 6 months. And complementary feeding should be given to maintain their growth and development according to age. So it is necessary to introduce more concentrated energy riched nutritional supplements by this age. Infant also need iron containing food supplements to prevent iron deficiency anaemia.**

# DEFINITION



**Complementary feeding or weaning is the process of giving an infant other foods and liquids along with breast milk after the age of 6 months as breast milk alone is no longer sufficient to meet the nutritional requirements of growing baby. It is the process by which the infant gradually becomes accustomed to adult diet.**

# WHY START AT SIX MONTHS -



- **Infant's intestinal tract develops immunologically with defense mechanisms to protect the infant from foreign proteins.**
- **The infant's ability to digest and absorb proteins, fats, and carbohydrates, other than those in breast milk increases rapidly.**



- **The infant's kidneys develop the ability to excrete the waste products.**
- **The infant develops the neuromuscular mechanisms needed for recognizing and accepting variation in the taste and color of foods.**





# Qualities of complementary foods-

1. Liquid at starting then semisolid and solid

2. Clean and Fresh

3. Easily digestible & Palatable

4. Hygienic



Cont...

5. Easy to prepare

6. High in energy

7. Based on cultural practice and traditional beliefs

8. Well balanced and nourishing

# Principles of introduction of weaning food-

➤ During introduction of weaning foods following principles to be remembered:-

1. Weaning foods should provide extra requirement as per need of the baby
2. Initially small amount should be given then increase gradually in course of a week





## Cont....

3. New food to be placed over the tongue of the baby to get the taste of food and to feel the consistency.
4. A single weaning food is added at a time.
5. Weaning should be started between 5 to 6 months of age but breastfeeding to be continued up to 2 yrs of age.



## Cont....

6. Additional food can be given in the day time. Initially it can be given once, then twice or thrice.
7. New foods should be given when the infant is hungry, but never force the child to take the feeds.
8. Delayed weaning result in malnutrition and growth failure.



## Cont...

9. Observe the problems related to weaning process. The infant may have:-
  - indigestion
  - pain in abdomen
  - weaning diarrhea
  - skin rashes
  - psychological upset



## Preparing and storing the weaning foods-

- ◆ Carefull preparation and storage of the weaning food is essential to prevent contamination.
- ◆ **The following aspects need consideration in this context:-**





1. Hands-carefully washed with soap and water before preparing food

2. Utensils – washed and scrubbed thoroughly

3. Clean cooking place and chopping board



## 4. Foods should be-

-Fresh for weaning

-prepared immediately

-cooked and boiled well

-mashed with clean pestle,  
fork or spoon

-use clean water for washing  
and making weaning food

-not store for more than 2  
hours

# QUANTITY AND FREQUENCY OF WEANING FOOD -



AGE	ENERGY NEEDED IN ADDITION TO MILK	CONSISTENCY	FREQUENCY	AMOUNT AT EACH MEAL
6 – 8 Month	200 Kcal/day	Start with liquid and proceed foods	2 – 3 times per day	Start with 2 - 3 table spoons per feed and increase to about 125 ml



AGE	ENERGY NEEDED IN ADDITION TO MILK	CONSISTENCY	FREQUENCY	AMOUNT AT EACH MEAL
9 – 11 months	300 Kcal/day	Finely chopped or mashed foods.	3 – 4 times a day	Half cup of 250 ml cup.
12 – 23 months	550 Kcal/day	Solid family foods, chopped or mashed.	3 – 4 times a day	1/4 th to full 250ml cup



# COMPLEMENTARY FEEDING AT DIFFERENT AGE –



## 4 to 6 months –

- Weaning to be initiated with fruit juice. Within one to two weeks new food to be introduced with suji, biscuit soaked with milk, vegetable soup, mashed banana, mashed vegetable. Each food should be given with one or two teaspoon at first for 3 to 6 times per day.



## **6 to 9 months –**

- Food item to be given at this period include soft mixture of rice and dal, khichri, pulses, mashed and boiled potato, bread or roti soaked with milk or dal, mashed fruits, egg yolk, curd. Amount of food should increase gradually.**



## 9 to 12 months –

- More variety of household food can be added. Fish, meat, chicken can be introduced. Food need not to be mashed but should be soft and well cooked.





**12 to 18 months –**

- **The child can take all kind of cooked food. The amount and frequency should increase gradually.**

# PROBLEM DURING WEANING -



- If on starting weaning, breast feeding is stopped suddenly, it can have adverse psychological effect on the child.
- Weaning food, if prepared unhygienically or not digested properly can cause diarrhoea.



- **If weaning food are not nutrient rich, the child can develop malnutrition.**
- **Children may develop indigestion, abdominal pain, diarrhoea or rashes if they are allergic to certain foods.**



## **ADVANTAGES:-**

- It prevents malnutrition.
- It prevents deficiency diseases, e.g. anemia.
- Promotes growth.

## **DISADVANTAGES:-**

- It may lead to diarrhea, if the food is preparing an unhygienic way.
- Negligence in choosing nutritious weaning food can lead to either calorie, protein, vitamin or mineral deficiencies.

# THANK YOU



BeingHappyMom

