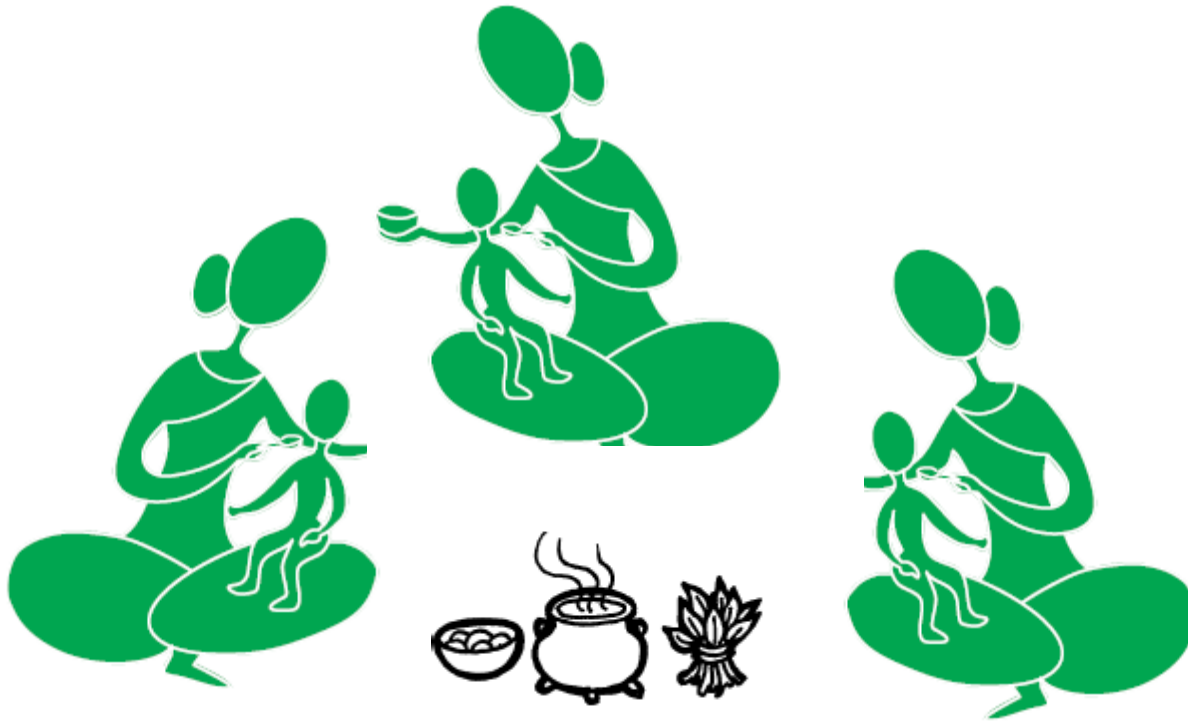


Monthly Celebration of Annaprashan Day in Anganwadi Centres

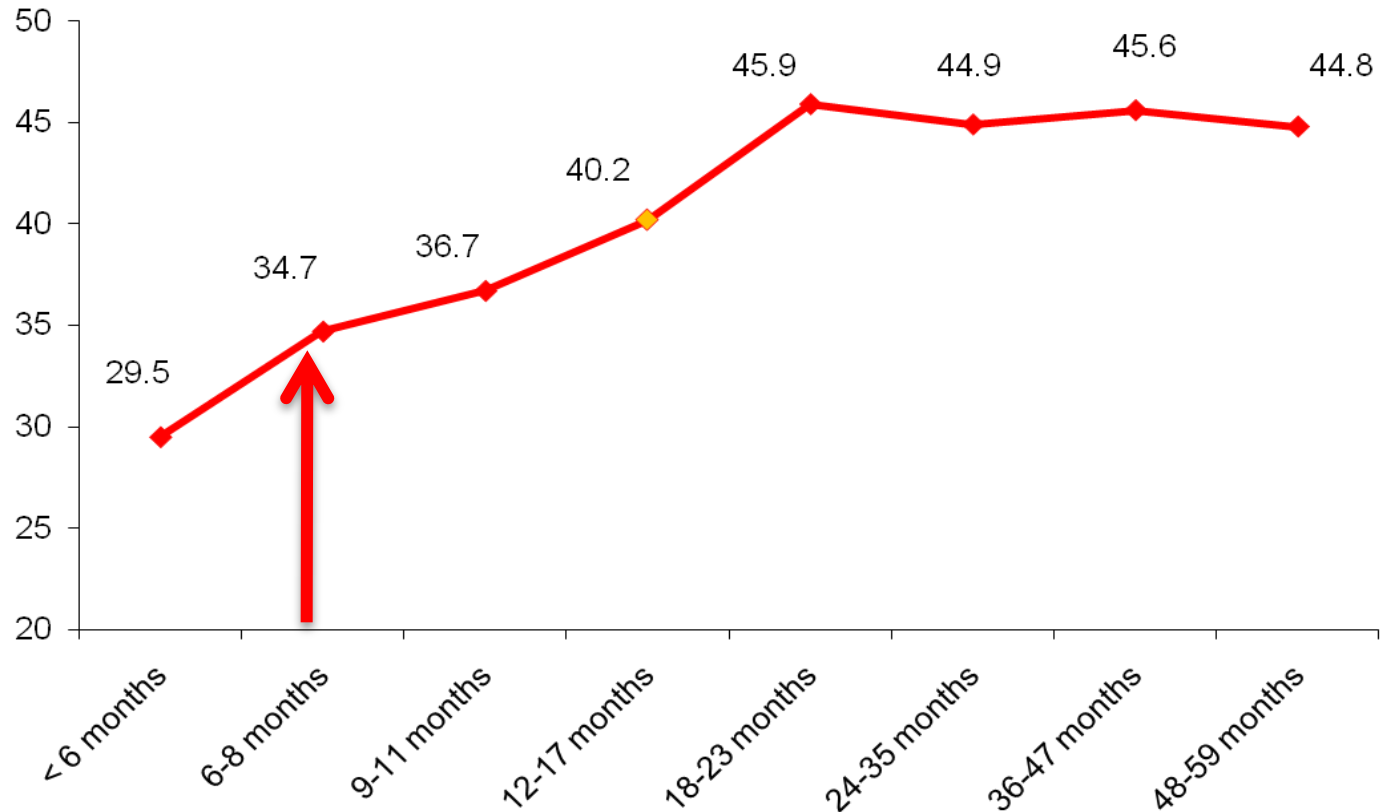


Fixed Day, Fixed Place, Fixed Time Strategy of ICDS to improve Complementary feeding practices in Gujarat

Why to Celebrate Annaprashan Day?

- After six months of age, breast milk alone is not enough to make an infant grow well, other foods are also needed.
- Since the baby's stomach volume and mastication is weak, food introduced should be concentrated in energy and soft and easy to chew.
- Since the food introduced complements and not replaces breast milk, it is called complementary food.

Undernutrition peaks at six mo



This is largely due to delayed complementary feeding initiation and poor quantity, quality and frequency of feeding complementary foods thereafter due to ignorance of mothers and caretakers.

Annaprashan means...

- Anna: Grain
- Prashan: Initiation
- It is ceremoniously celebrated
 - As it' earmarks a new milestone
 - First time when the infant is introduced a grain
- In order to improve complementary feeding practices, DWCD has launched celebration of Annaprashan.

When & Where to celebrate Annaprashan?

- **Fixed Day:**
 - Fourth Friday of every month.
- **Fixed Place:**
 - Anganwadi centre.
- **Fixed Time:**
 - 12:00 noon to 2:00 p.m.

Target Group for Annaprashan

Primary Target

- All mothers of infants 6-9 months
- Secondary caregivers of all infants 6-9 months, such as grandmother, husband and older sibling.

Secondary Target

- All mothers of underweight infants 9-36 months.
Underweight infants are those who are in the yellow or red zone of the growth chart

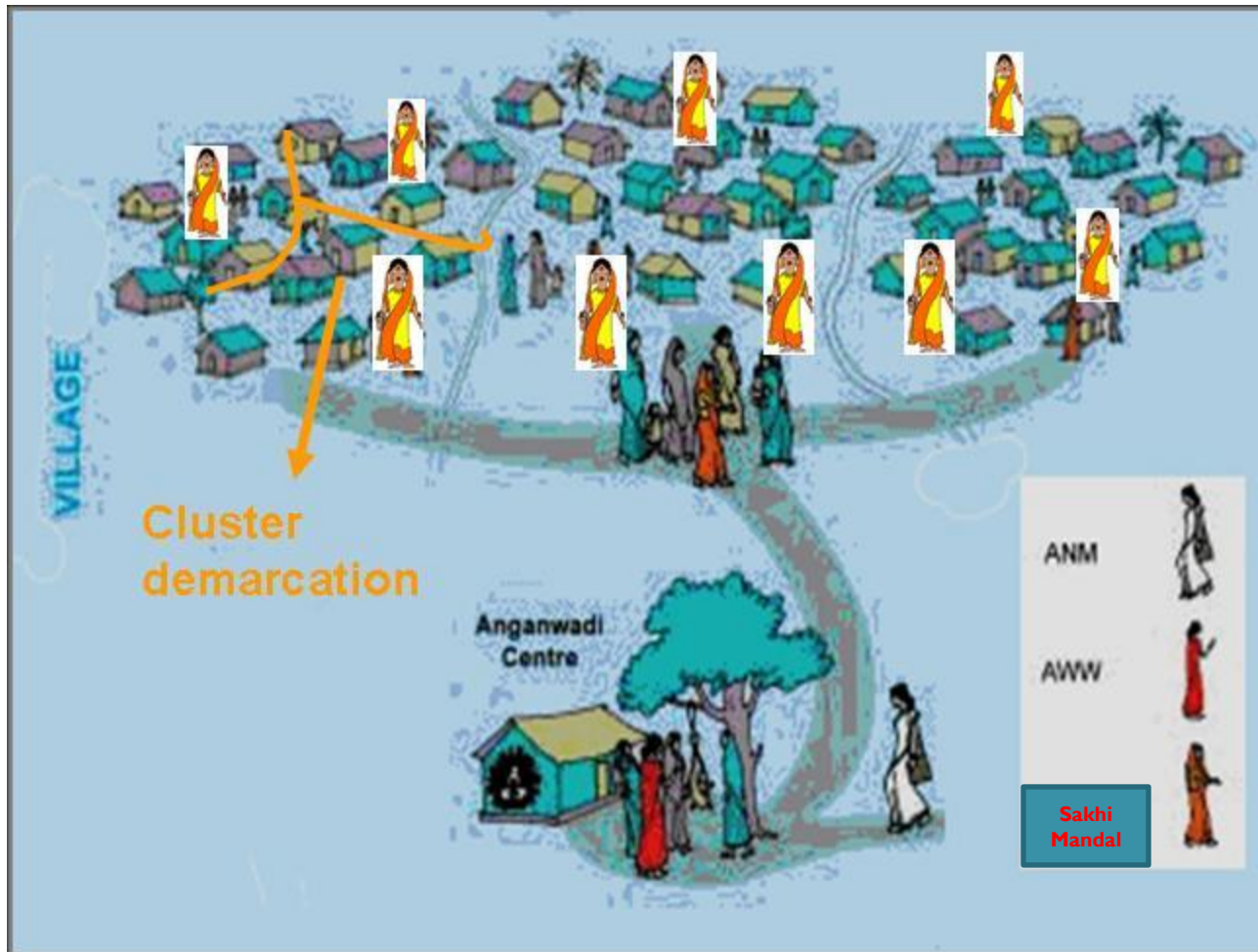
Service Provider team for Annaprashan

- Anganwadi worker
- Anganwadi helper
- Members of Sakhi Mandal

One-day Prior Preparation for Annaprashan Day

- List of infants in the age group of 6-9 months should be made by Anganwadi worker.
- Anganwadi helper should inform all enlisted mothers of infants 6-9 months the timings of the Annaprashan day and motivate them and family members, to attend the session.
- Mothers of underweight infants 9-36 months should also be encouraged to participate.
- Mothers should also be informed to get a Katori and spoon with them, when they come for the session.

Anganwadi helper should take help from Sakhi Mandal members to spread dissemination info. about Annaprashan day in their neighbourhood & escort the mothers for the session.



On Annaprashan Day

A. Preparation at the Anganwadi Centre

- Keep the Anganwadi Centre clean and tidy.
- Lay Asanpattis on the floor.
- Ensure cooking area and cooking utensils are clean.
- Outside the Anganwadi centre, make provisions for -
 - Safe drinking water (a pot and ladle)
 - Water and soap for washing hands.
- Display Annaprashan Day Banner outside the Centre
- Display community growth chart and Annaprashan Day poster inside the centre.

On Annaprashan Day

B. Ensuring Full Attendance

- Coordinate with *Sakhi Mandal* members to ensure all enlisted mothers come to the Anganwadi centre.
- Make sure that mothers of infants who had turned 7 months who had not attended the previous session, are motivated to attend this session.

On Annaprashan Day

C. *Activities to conduct with mothers:*

- Ask mothers to wash their hands and their infants' hands with soap and water.
- Note the attendance on a separate page in the attendance register.
- Weigh the infant, plot weight on community growth chart and inform the mother whether the infant is normal or underweight.
- Make the mothers sit in a circle. Inform them that today you would be doing a food demonstration and discuss about how better to take care of nutrition of themselves and their infant.
- Take the mothers to the cooking area and demonstrate the method of preparation of Bal Bhog. Encourage 1-2 mothers to support preparation.

On Annaprashan Day

C. Activities to conduct with mothers:

- Discuss different recipes in which the mother can prepare.
- Distribute the Bal Bhog prepared and ask the mothers to patiently feed the Bal Bhog to the infant using Katori and spoon.
- Encourage the mothers to feed at least $\frac{1}{2}$ katori (50 grams) and preferably 1 katori (100 grams), during one sitting.
- Encourage each mother to bring one raw material for a recipe which you have decided to prepare and like this with 2-3 mothers getting the raw ingredients the recipe can be prepared. This will increase mother's involvement in the sessions.
- Counsel mothers on key complementary feeding practices using Annaprashan poster.

On Annaprashan Day

D. Recipes to prepare and discuss:

- With Bal Bhog - Raab, Seera, Ladoo, Sukdi.
- Chapatti in milk
- Kheer made of Rice/Suji/Ragi
- Poshtik Khichri
- Salted mashed potato/Egg
- Banana Groundnut Food
- Murmura Phirni
- Upma
- Papaya Halwa
- Channa Murmura Raab

On Annaprashan Day - Counselling

બાળક માટે આહાર



અન્યવર્તી પ્રવાહી દવા ખોરાક

જન્મથી ૬ મહિના સુધી

ફક્ત સ્તનપાન

એટલે કે બાળકને ધાવણ સિવાય અન્ય ખોરાક કે પ્રવાહી ન આપો.
પાણી પણ નહીં.

૨ વર્ષ અને ત્યારબાદ

ઘરમાં બનતા ખોરાકમાંથી બાળકને એક વખતે ઓછામાં ઓછી બે વાટકી જેટલું દિવસમાં પાંચ વખત ખવડાવો.
(૩ વખત ભોજન + ૨ વખત નાસ્તો).



૭ થી ૧૨ મહિના સુધી

ઉપરી આહારની શરૂઆત બાળકને એક વખતે ઓછામાં ઓછી અડધી વાટકી જેટલું દિવસમાં ચાર થી પાંચ વખત ખવડાવો.



૧ થી ૨ વર્ષ સુધી

ઘરમાં બનતા ખોરાકમાંથી બાળકને એક વખતે ઓછામાં ઓછી દોઢ વાટકી જેટલું દિવસમાં પાંચ વખત ખવડાવો.
(૩ વખત ભોજન + ૨ વખત નાસ્તો).



ઘટ રાખો :

બાળકને ખવડાવતાં પહેલાં તમારા અને બાળકના હાથ સાધુ વડે પુલો.

How to Report Annaprashan Day

Reporting of Annaprashan Day by Anganwadi workers

- No. of infants 6-9 months in the village: _____
- No. of infants 6-9 months who have attended session this month: _____
- No. of infants 6-9 months who were initiated complementary foods for first time this month during session this month: _____
- No. of mothers of underweight children 9-36 months who have attended session this month: _____

How to Report Annaprashan Day

Reporting of Annaprashan Day per Seja, Block and District-level:

- No. of Anganwadi Centres:
- Total Planned Sessions:
- Total Sessions held:
- Total Sessions Supervised:
- Total Sessions Reported:
- Out of reported sessions:
 - Total No. of infants 6-9 months:
 - Total No. of infants 6-9 months who attended the sessions:
 - Total No. of infants 6-9 months who were initiated complementary foods for first time this month during session:
 - No. of mothers of underweight children 9-36 months who have attended session this month:

How to Monitor Annaprashan Day: Supervisor's Checklist

Name of Supervisor..... Date of visit..... Time of visit:
District.....Block.....Ghatak.....Village.....Anganwadi.....

| S.No. | Detail | Yes/No |
|-------|--|--------|
| 1. | Are both the Anganwadi worker and helper present during the session? | |
| 2. | Has work been distributed among the worker and helper? | |
| 3. | Are members of the Sakhi Mandal present? | |
| 4. | Did members of the Sakhi Mandal give their support in bringing the mothers to the session? | |
| 5. | Is Anganwadi Centre is clean, neat and tidy? | |
| 6. | Are mothers and infants sitting on Asanpattis laid on the floor? | |
| 7. | Are cooking area and cooking utensils are clean? | |
| 8. | Is safe drinking water (a pot and ladle) kept outside the Anganwadi centre? | |
| 9. | Is there provision for washing hands with soap and water? | |
| 10. | Is Annaprashan Day Banner displayed outside the Centre | |
| 11. | Is the community growth chart displayed inside the centre? | |
| 12. | Is Annaprashan Day poster displayed inside the centre? | |
| 13. | Was there a demonstration of Bal Bhog? | |
| 14. | Was any local recipe prepared and demonstrated? | |
| 15. | Was there community contribution in preparation of the recipes? | |
| 16. | Were all infantren 6-9 months present? | |
| 17. | Was Annaprashan done for all infants present? | |
| 18. | Was attendance of the mothers written in the register? | |
| 19. | Was a counselling session going on? | |
| 20. | Was a counselling aid being used for counselling? | |
| 21. | Were dropouts in the last session present in this session? | |

Signature of supervisor who visited
the Annaprashan day

10 Guiding Principles of Complementary Feeding

I. AGE OF INTRODUCTION OF COMPLEMENTARY FOODS

- Introduce complementary foods when the infant completes 6 months of age.
- After the age of six months breast milk alone cannot meet the needs of growing infant.

2. MAINTENANCE OF BREASTFEEDING

- Breastfeed as often as the infant demands.
- Continue breastfeeding for at least 2 years or longer.

3. PRACTICE RESPONSIVE FEEDING

- Feed using a katori and spoon. This will help you know how much food the infant has eaten.
- Make mealtimes happy times - talk to infant, maintain eye to eye contact, cuddle, kiss and pat the infant's back if the infant has eaten fully.
- Feed slowly and patiently. Do not feed when infant is sleepy. Do not force-feed. This would increase stress and decrease his/her interest in eating meals.
- The infant may eat a bit, play a bit and then eat again; be patient. Once the infant has stopped eating, wait a little and then feed more.
- Watch out for hunger cues and feed as soon as the infant demonstrates them. If you wait too long and he/she would get upset and may lose their appetite.
- If a infant's appetite decreases, it is a sign that something is wrong. Perhaps the infant is ill or unhappy with diet or demanding extra attention. Watch what the infant likes and try new recipes with the infant's favourite foods.
- If the infant refuses to eat a particular food, try again next week and re-introduce the food when hungry; mixing it with his favourite food

4. SAFE PREPARATION AND STORAGE OF COMPLEMENTARY FOODS

- Hands should be washed with soap and water before handling the food as germs that cannot be seen in dirty hands can be passed on to the food.
- Utensils used should be scrubbed, washed well, dried and kept covered.
- Cooking kills most germs. The foods prepared for infants should be cooked properly so as to destroy harmful bacteria present, if any.
- After cooking, handle the food as little as possible and keep it in a covered container protected from dust and flies.
- Cooked foods should not be kept for more than one to two hours in hot climate unless there is a facility to store them at refrigeration temperature.
- Store ingredients in closed containers so that they cannot get contaminated.

Other hygiene practices to follow:

- Keep the house and outside areas clean. A clean home reduces the risk of illness.
- If the infant has urinated or defecated never leave the infant dirty and wet. Clean the infant immediately and wash dirty nappies straightaway or put them in a tightly sealed plastic bag or bucket to keep flies off them.
- Wash hands with soap after using the toilet and after cleaning the baby
- Avoiding the use of feeding bottles. Feeding from unclean bottles can lead to diarrhoea.
- Keep drinking water in a pot with closed lid and use a ladle for drawing the water. If water is unclean it can lead to diarrhoea .

5. AMOUNT OF COMPLEMENTARY FOODS TO BE FED

- At 6 months of age, start with small amounts of food and gradually increase the quantity as the infant gets older, while maintaining frequent breastfeeding.
- The grams of complementary food a breastfed infant needs to be fed per day are approx.
 - 130-187 grams per day at 6-8 months of age
 - 206-281 grams per day at 9-11 months of age,
 - 378-515 grams per day at 12-23 months of age.
- Each time try to feed preferably 100 grams (1 katori) and atleast 50 grams (i.e., half a katori).

6. FOOD CONSISTENCY

- Infants can eat mashed pureed foods beginning at six months. Feed thick but smooth gruels. Thin gruels do not provide sufficient energy.
- By 8 months most infants can also eat "finger foods".
- By 12 months, most infants can eat the same types of foods as consumed by the rest of the family, cut into small pieces or softened as needed.
- Avoid feeding foods that may cause choking (i.e., items that have a shape and/or consistency that may cause choking , such as nuts, grapes, raw carrots).

7. NUMBER OF TIMES TO FEED COMPLEMENTARY FOODS:

- For the average healthy breastfed infant, meals of complementary foods should be provided 3 times per day at 6-7 months of age increasing to 5 times a day (3 meals and 2 snacks) by 12 months.
- If you have to work away from home and leave the infant at home; feed one serving before you go as well as breastfeed and request the secondary caretaker to feed one serving of Bal Bhog and/or mashed fruit in your absence.

8. TYPES OF FOODS TO FEED:

Food given to infant should be of 3 types:

- **For strength:** cereals such as rice, chappati from whole wheat/makka, jowar, bajra, potato/sweet potato, sugar, gur, ghee and oil
- **For growth:** Pulses (Moong, arhar, channa, masoor, urad), Milk and milk products, animal products such as Egg and meats
- **For protection from illnesses:** dark green leafy vegetables and deep yellow orange vegetables and fruits e.g., carrots, pumpkin. Papaya, Mango, orange, Amla
- Use only iodized salt it prevents permanent brain damage.
- In between meals feeding mashed boiled potato, mashed seasonal fruits such as papaya, banana, Chikoo, Mango or you can also make Halva or Kheer.
- Try not to give the staple foods (rice, ragi) alone but try to add a nutrient rich food such as pulse and nut paste.

8. TYPES OF FOODS TO FEED:

- Just Like India's flag cannot be complete without three colours, each time you feed the infant even his feeding cannot be completely nutritious without three colours. Each time you feed the baby, the Katori should have three coloured foods from the family pot. E.g. Rice (2 parts)+ Pulse (1 Part) + $\frac{1}{2}$ part Green Leafy vegetable.
- If you want the infant to gain weight just increase the energy density of food by adding $\frac{1}{2}$ -1 tsp of oil/ghee, sugar/jaggery/3-4 tsp of roasted ground nut powder, as appropriate

9. FEEDING DURING AND AFTER ILLNESS:

- increase the number of breastfeeds.
- offer small frequent meals (perhaps every 2 hours).
- Small quantities of oil/ghee should be added to the food to provide extra energy.
- gently coax and encourage the infant to eat even if not hungry,
- keep the infant in close contact with you and warm and away from the draught.
- give soft foods, especially if the mouth or throat is sore.
- give extra fluids if the infant has diarrhoea or fever like rice kanji (mand), Buttermilk (lassi), lemon water with sugar and salt (shikanji), dal soup, vegetable soup, fresh fruit juice (unsweetened), or other locally available fluids and ORS during diarrhoea.
- give foods that the infant likes, frequently in small quantities.
- feed when the infant is alert, not sleepy

9. FEEDING DURING AND AFTER ILLNESS:

- Danger signs to seek referral: Take the infant to a doctor immediately if:
 - Not able to drink or suck on breast
 - Has difficulty in breathing or breathing faster than normal.
 - Loose motions donot stop
 - Develops blood in stools
 - Develops fever
- **Feeding during recovery**
- For at least two weeks after illness, continue frequent feeding and give at least one extra meal to the infant.
- **Checking progress:** Signs that an infant is healthy are that the infant:
 - is growing at a healthy rate
 - is eating well
 - is active, happy and playful
 - is not sick often
 - recovers quickly from common illnesses

10. GROWTH MONITORING:

- Get your infant weighed every month at the Anganwadi centre..This will tell you whether your infant is growing properly.
- Each time the infant is weighed, the weight must be recorded by marking a point on the growth chart. These points are joined by a line. This line is called growth curve.
- Direction of the growth curve indicates whether the child is growing or not
 - An upward growth curve, showing adequate weight gain for the age of the child, indicates that the child is growing well.
 - A flat growth curve, indicates child has not gained weight and requires attention
 - A downward growth curve, indicates loss of weight and requires immediate attention
- If the infant's weight is not appropriate for his/her age increase feeding amount and frequency and add ½-1 tsp of oil in the food to help in the weight gain.