

Session 9**Replacement Feeding from 6 to 24 months****Objectives:**

At the end of this session, participants should be able to:

- Discuss an appropriate time to start complementary feeding;
- Describe feeding a child from 6 to 24 months of age;
- Discuss active feeding of a young child.

Outline:**Total time - 60 minutes**

I. Introduce the session	5 minutes
II. Describe suitable foods for a child from 6 to 24 months	20 minutes
III. Discuss active feeding	5 minutes
IV. Demonstrate active feeding	15 minutes
V. Discuss use of commercial 'baby foods'	5 minutes
VI. Outline feeding concerns related to HIV	5 minutes
VII. Summarize the session	5 minutes

Before the session

You will need:

Overheads 9/1, 9/2, 9/3, 9/4, 9/5, 9/6

Decide on names for the children in the examples.

Find out the commonly available foods for feeding children. If locally made, nutritious, low priced, complementary foods are available, tell participants about them. If possible show some of the food.

Discuss any national or local nutrition programmes and policies with a local nutritionist.

☺ Ask participants to assist with the demonstrations. They should read the instructions in their manuals on page 53 and 54, and practise with one another.

Ask 2 participants to help with Demonstration 9/1 and

Ask 2 participants to help with Demonstration 9/2.

For the demonstrations, you will need a large and a small spoon, a feeding bowl, a biscuit or piece of bread and a cloth to use as a bib.