

## 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

A cup or bowl that holds 200 ml when full.

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.

Obtain examples of commonly available micronutrient supplements, such as vitamin mineral mixes for children, with their prices, and calculate how much they would cost to give everyday, and if they contain iron and zinc.

Compare the quantities with the composition of the *Micronutrient Supplement for Replacement Feeding* in the Appendix on page 223.

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