

## FEEDING SMALL BABIES

1. Small babies need their mothers to keep them warm. Only her skin can do this. Blankets cannot make them warm. Never allow the baby to become cold.
2. Small babies need to be fed regularly. No more than 3 hours should pass between feeds, even if it means to wake baby.
3. Very small babies can drink from the breast, but they become tired quickly. Help them by expressing extra milk and feeding it with a cup (do not use a bottle), after baby stops feeding from the breast.

## INTRODUCTION OF SOLIDS

1. Breastfeed or give formula milk till baby is nearly 6 months old.



2. At 6 months introduce iron fortified cereal like Cerelac or cooked porridge like Maltabella – one teaspoon at a time



Maize-meal porridge

3. If baby tolerates porridge for 3 weeks – give soft pureed vegetables like carrots, pumpkin, sweet potato. Peel, boil and mash until soft and smooth. It can be frozen



Carrots



Sweet potato



Pumpkin



Potato

4. Once baby eats these vegetables, fruit can be given like paw-paw, banana & mango or apple & pear peeled, boiled and mashed.



Paw-paw



Banana



Pear



Apple

5. At 8-9 months, baby should get egg, peanut butter and beans. Soft meat & chicken can be given if baby has teeth. Mince it finely so baby does not choke.

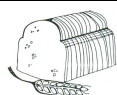


Beans

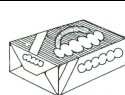
**DO NOT STOP GIVING MILK!**



6. By the time baby is 1 year old – he / she should have some teeth and foods do not have to be mashed all the time. Soft cooked cubes of fruit should be offered. Beware of skins and pips. Use gravy to make food easier to swallow



Brown bread



Margarine



Oil



Beetroot



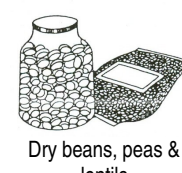
Cabbage



Red meat

Add new foods regularly so that baby gets a variety of foods

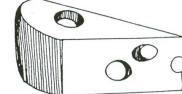
7. After 1 year – fresh milk or yoghurt can be added, but if mother is breast feeding – she should continue doing so



Dry beans, peas & lentils



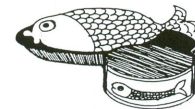
Spinach



Cheese



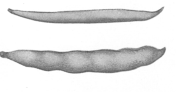
Oranges



Tomato



Cauliflower



Beans

## MY BABY HAS DIARRHOEA

Diarrhoea is caused by germs in dirty drinking water or food and the baby's stools become too watery. A baby with diarrhoea loses water very quickly and needs to drink a lot of liquid.

There is a special drink, which you can make at home, to replace the water the baby is losing. Boil one litre of **CLEAN** water and let it cool down before you add salt and sugar. See how to mix the drink in your Road to Health book on page

**1**

Take 1 litre boiled water cooled down



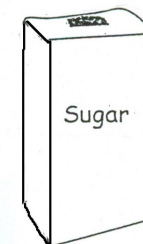
**2**

Add ½ teaspoon salt



**3**

Add 8 teaspoons sugar



Give the special drink to your baby as soon as the diarrhoea begins.

Give your baby little sips every 5 minutes with a spoon or cup, until you get to the clinic. **DO NOT STOP BREASTFEEDING YOUR BABY!**

Kalafong Hospital

Department of Human Nutrition  
Department of Paediatrics



## FEEDING ADVICE FOR YOUR BABY

1. Feeding small babies
2. Introduction of solids
3. My baby has diarrhoea



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