

from

8

months

GOOD NUTRITIONAL PRACTICES

- * Give a small amount of boiled egg yolk. Increase the amount gradually and then introduce boiled egg white.
- * Give eggs on alternate days at the beginning.
- * Introduce either meat or chicken liver into the soup with vegetables twice a week.
- * Give mashed potatoes for dinner 3 times a week.
- * Introduce hand food, to develops babies hand to mouth coordination.
- * Bring the baby for the next check-up to the clinic.

Infant Cereals, can be introduced as a part of the baby's diet.



IMPORTANT NOTICE : We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognize that breastfeeding is not always an option for parents, we recommend that you speak to your healthcare professional about how to feed your baby and seek advice on when to introduce complementary feeding. If you choose not to breastfeed, please remember that such a decision can be difficult to reverse and has social and financial implications. Introducing partial bottle-feeding will reduce the supply of breast milk.