

from

1

Year  
Onwards

## GOOD NUTRITIONAL PRACTICES

At this stage it is natural to observe resistance from your child towards food. However make sure your baby gets his/her optimum nourishment.

### Highlights

- \* Start adult foods - Slightly hot & spicy may be given.
- \* Don't forget to give the child a daily dairy meal

*Junior Cereals, can be introduced as a part of the toddler diet.*

*\*Bring the child for the next check-up after the child has completed 18 months.*



**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.