

4 STARS CHILDREN

Tips & Tricks to feed your child!



Tip #1

Give the child a separate bowl to be sure your child eats enough of the greens and fish or eggs!



Tip #2

Separate and save vegetables and food for the child before adding spices for the family.

Tip #3

Mash beans and other solid foods to make it easy for babies to swallow and be more digestible.



Tip #4

Offer the vegetables first before the staple.



Tip #5

For children from 9 months:
Smash an orange-fleshed sweet potato and
add groundnuts for the child.



Tip #6

For children from 6 months:
Dry, grind into powder and save fish, cray
fish, grasshopper or fruit to be able to add
to baby's PAP easily.



Tip #7

Prepare a mix of grains (miaze, sorghum) with soya and groundnuts make into powder readily available to be prepared as pap for the baby in a short time, other members of the family can take as well.



Tip #8

Wash hands with soap and flowing water before and after preparing food and feeding the baby

**Tip
#9**

Add yogurt to PAP (from 6 months).
Prepare thick PAP for babies.



**Tip
#10**

Air dry vegetables such as moringa,
crush into powder and save to be
added to baby food easily.

**Tip
#11**

Make peanut butter(groundnut
paste) and save to be added to
baby's PAP.



**Tip
#12**

Keep leftover food carefully
covered.



**Tip
#13**

Start complementary foods at 6 months.

**Tip
#14**

Start with 2 to 3 tablespoons to allow them get used to the new food then gradually increase the amount/quantity.

**Tip
#15**

Start with 2-3 meals plus frequent breastfeeds, gradually increase as the baby grows.

**Tip
#16**

Give soft local snacks (such as seasonal fruits, boiled eggs etc) to babies in-between meals.

