



RAMA
UNIVERSITY

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Weaning/Complementary feeding



INTRODUCTION -



Breast feeding alone is adequate to maintain growth and development up to 6 months. And complementary feeding should be given to maintain their growth and development according to age. So it is necessary to introduce more concentrated energy rich nutritional supplements by this age. Infant also need iron containing food supplements to prevent iron deficiency anaemia

DEFINITION



Complementary feeding or weaning is the process of giving an infant other foods and liquids along with breast milk after the age of 6 months as breast milk alone is no longer sufficient to meet the nutritional requirements of growing baby. It is the process by which the infant gradually becomes accustomed to adult diet.



GUIDELINES

Feed infant slowly and patiently and encourage them to eat but do not force them.

Practice good hygiene and proper food handling to reduce the risk of diarrhoea.

Start with small amounts of food and increase the quantity as

Gradually increase food consistency and variety as the child grows older.

Increase the number of times the child is fed complementary food, as the child gets older.

Feed a variety of nutrient rich foods to ensure that all Needs are met.





Give micronutrient rich complementary foods or vitamin and mineral supplements to the infant as needed.

It is advisable to start one or two teaspoons of new food at first which should be given when baby is hungry,

just before regular feeding, during the day time.



PREPARATION FOR WEANING FOOD -



Wash hands.

Keep food in clean utensils.

Separate raw and cooked food.

Cook food thoroughly.

Keep food at safe temperatures.

Use safe water and raw material.

Give freshly prepared food.

Keep the cooked food covered



QUALITIES OF COMPLEMENTARY FOODS



Weaning food should be liquid at first, then semi solid and solid food to be

introduced gradually.

Clean, fresh and hygienic, that no infection can occurs.



Easy to prepare at home with the available food items and not costly



Easily digestible, easily acceptable and palatable for infants.

High in energy density and low in bulk viscosity and contains all nutrients necessary for the baby.

Based on cultural practice and traditional beliefs.

Well - balanced, nourishing and suitable for the infant

FREQUENCY OF WEANING FOOD -



AGE	ENERGY NEEDED IN ADDITION TO MILK	CONSISTENCY	FREQUENCY	AMOUNT AT EACH MEAL
6 - 8 Month	200 Kcal/day	Start with liquid and proceed foods	2 - 3 times per day	Start with 2 - 3 table spoons per feed and increase to about 125 ml

AGE	ENERGY NEEDED IN ADDITION TO MILK	CONSISTENCY	FREQUENCY	AMOUNT AT EACH MEAL
9 - 11 months	300 Kcal/day	Finely chopped or mashed foods.	3 - 4 times a day	Half cup of 250 ml cup.
12 - 23 months	550 Kcal/day	Solid family foods, chopped or mashed.	3 - 4 times a day	1/4 th to full 250ml cup

COMPLEMENTARY FEEDING AT DIFFERENT AGE -



4 to 6 months -

Weaning to be initiated with fruit juice. Within one to two weeks new food to be introduced with suji, biscuit soaked with milk, vegetable soup, mashed banana, mashed vegetable. Each food should be given with one or two teaspoon at first for 3 to 6 times per day.

6 to 9 months -

- . Food item to be given at this period include soft mixture of rice and dal, khichri, pulses, mashed and boiled potato, bread or roti soaked with milk or dal, mashed fruits, egg yolk, curd.**

Amount of food should increase gradually.

9 to 12 months -

More variety of household food can be added. Fish, meat, chicken can be introduced. Food need not to be mashed but should be soft and well cooked.



12 to 18 months -

The child can take all kind of cooked food. The amount and frequency should increase gradually.

PROBLEM DURING WEANING -

If on starting weaning, breast feeding is stopped suddenly, it can have adverse psychological effect on the child.

Weaning food, if prepared unhygienically or not digested properly can cause diarrhoea.

If weaning food are not nutrient rich, the child can develop malnutrition.

Children may develop indigestion, abdominal pain, diarrhoea or rashes if they are allergic to certain foods.

ADVANTAGES:-

It prevents malnutrition.

**It prevents deficiency diseases,
e.g.anemia.**

Promotes growth.

DISADVANTAGES:-

**It may lead to diarrhea, if the food is
preparing an unhygienic way.**

**Negligence in choosing nutritious
weaning food can lead to either calorie,
protein, vitamin or mineral deficiencies**

THANK YOU