



# CHILD GROWTH

PROPER NUTRITION HELPS PHYSICAL AND MENTAL DEVELOPMENT







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**M**alnutrition and repeated infections can retard or slow down the physical and mental development of children.





## REGULAR WEIGHT GAIN IS IMPORTANT FOR THE GROWTH AND DEVELOPMENT OF CHILDREN

Children below six years old should be weighed regularly to monitor their health and growth. It is the child's own weight gain which is important, not how the child compares in weight to other children.

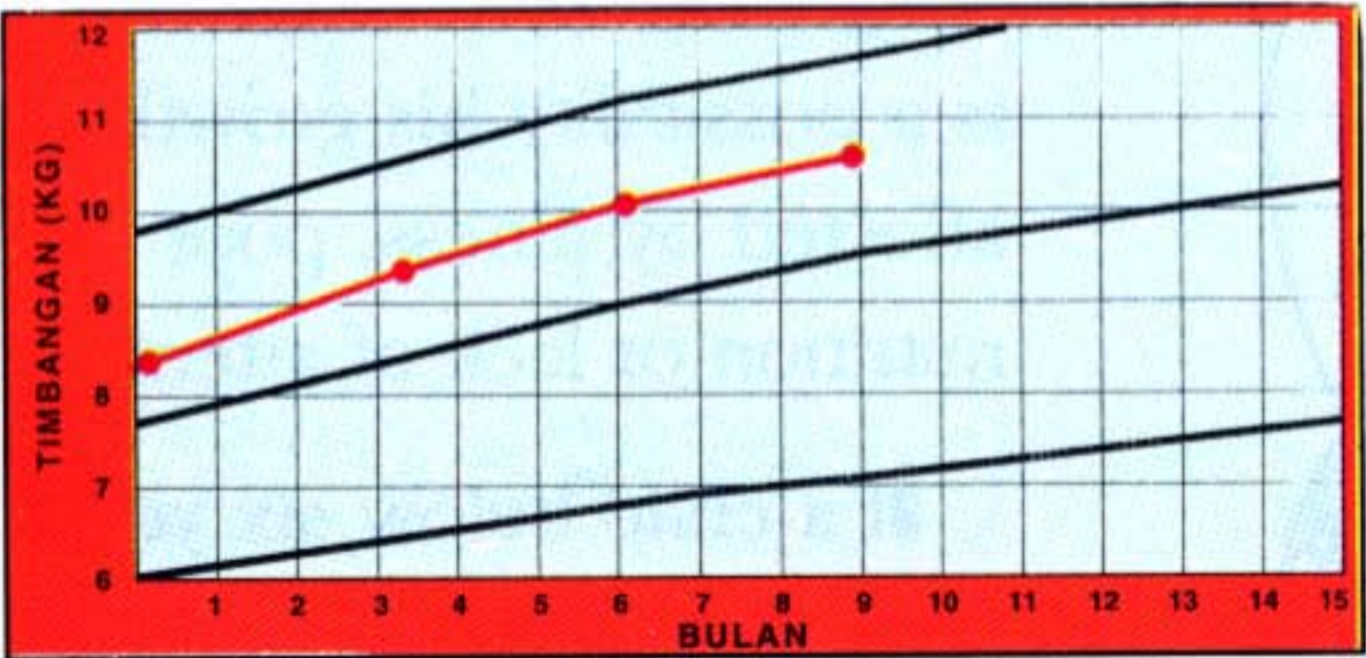



### HOW OFTEN SHOULD CHILDREN BE WEIGHED

- |                           |   |                    |
|---------------------------|---|--------------------|
| ■ Age 0 - below 6 months  | : | every month        |
| ■ Age 6 - below 12 months | : | every two months   |
| ■ Age 1 - below 2 years   | : | every three months |
| ■ Age 2 - below 4 years   | : | every six months   |
| ■ Age 4 - below 6 years   | : | once a year        |

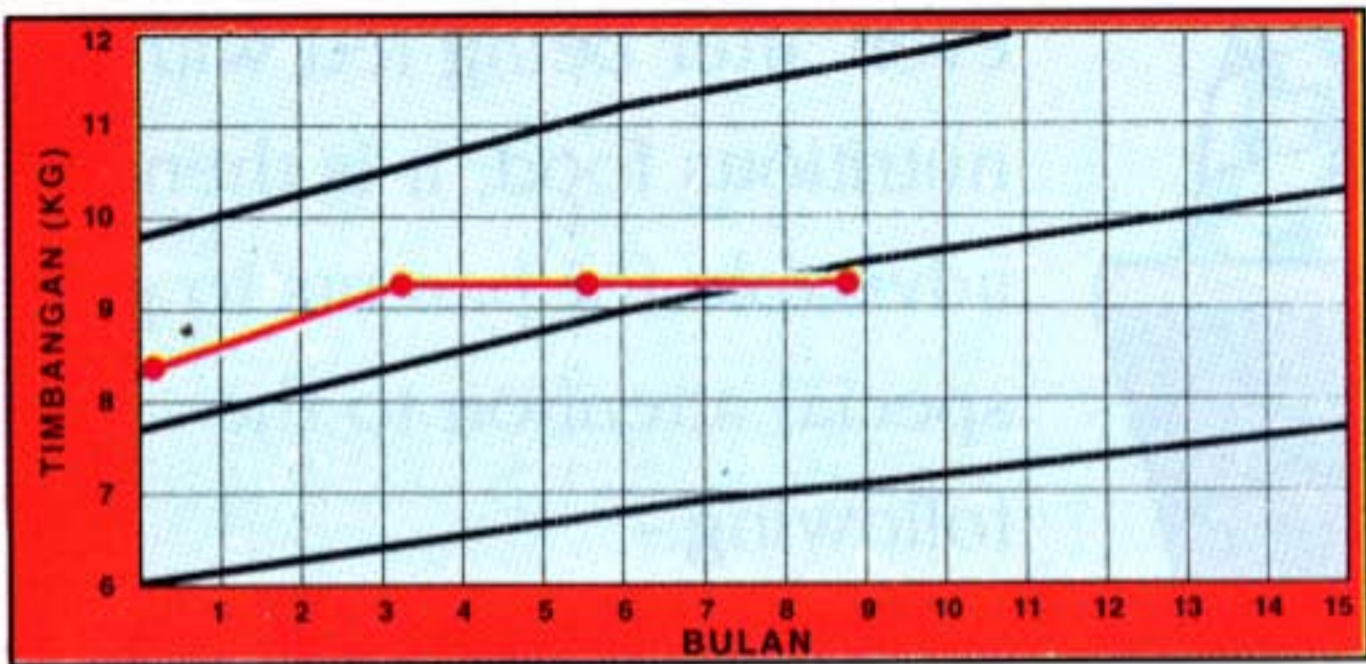



# GROWTH CHART FOR NORMAL CHILDREN:



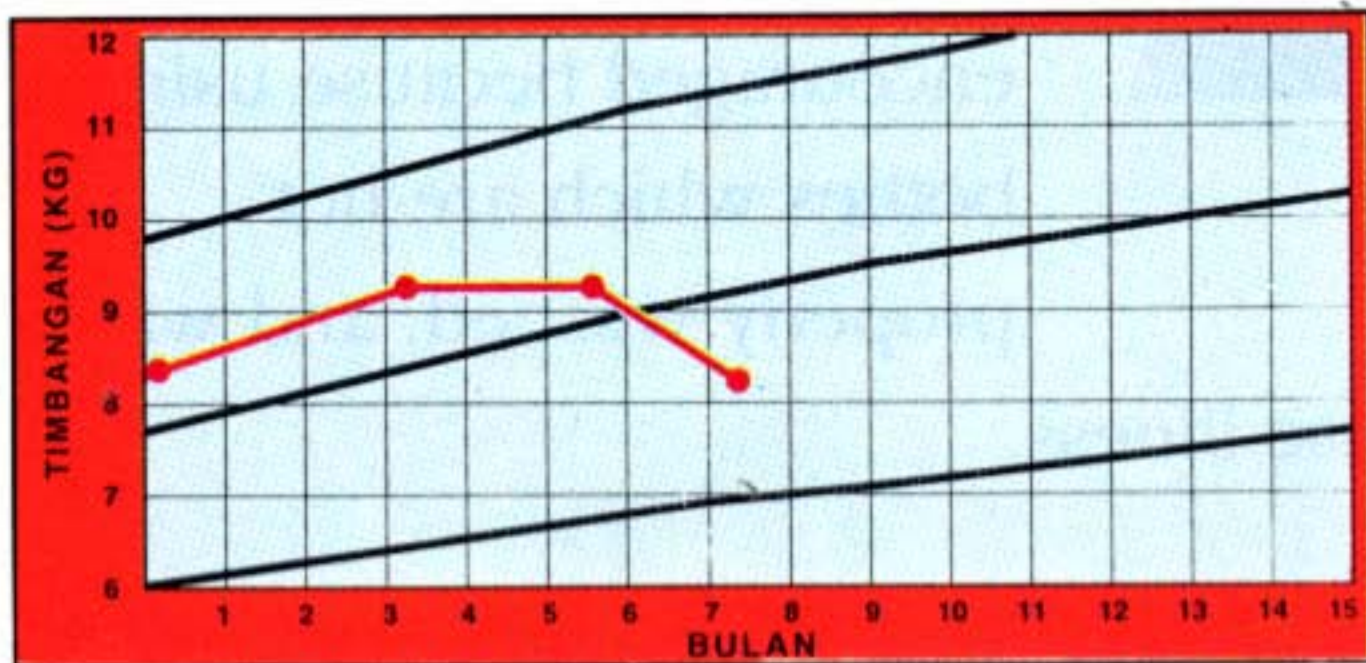
■ **A**n upward line  parallel to the standard lines means that the child is progressing well according to the expected growth trend.


*Upward growth curve - A good sign.*



■ **A** horizontal line  shows that the child is experiencing problems and needs attention. Parents and health personnel must act quickly.

*Horizontal growth curve - A warning sign.*



■ **A** downward line  shows that the child is in bad health and requires urgent attention.

*Downward growth curve - A danger sign.*





If a child does not gain weight or loses weight, there is a possibility his growth is affected by illness, poor nutrition or lack of attention.

If a child below six years old is not gaining weight even after being fed with nutritious food, it is then advisable for parents to pay special attention to the following:-

■ Bottle feeding is not encouraged because using bottles which are not properly washed, and water

which are not properly boiled can cause illness.



- Children should eat five to six times a day. Small amounts of oil or fat should be added to their meals for energy.
- Serve vegetables and fruits everyday because these foods are rich in vitamins and minerals.
- Do not give them snacks or soft drinks before or after meals.
- Ensure they are fully immunised before reaching their first birthday.
- Deworm them if they have worms.
- Ensure food and drinks are prepared hygienically and stored in clean containers. Toilets should always be kept clean.





# 2

# 3

## BREAST MILK ALONE IS THE BEST BABY FOOD FOR THE FIRST FOUR TO SIX MONTHS OF A CHILD'S LIFE

**B**reast milk is the most complete food for newborns to six month old infants. Only breast milk should be given to infants until they are six months old. Breast milk contains sufficient nutrients for growth. Breast milk also protects the babies from diseases such as diarrhoea and other infections. Breast feeding should continue until they are 2 years old.





3

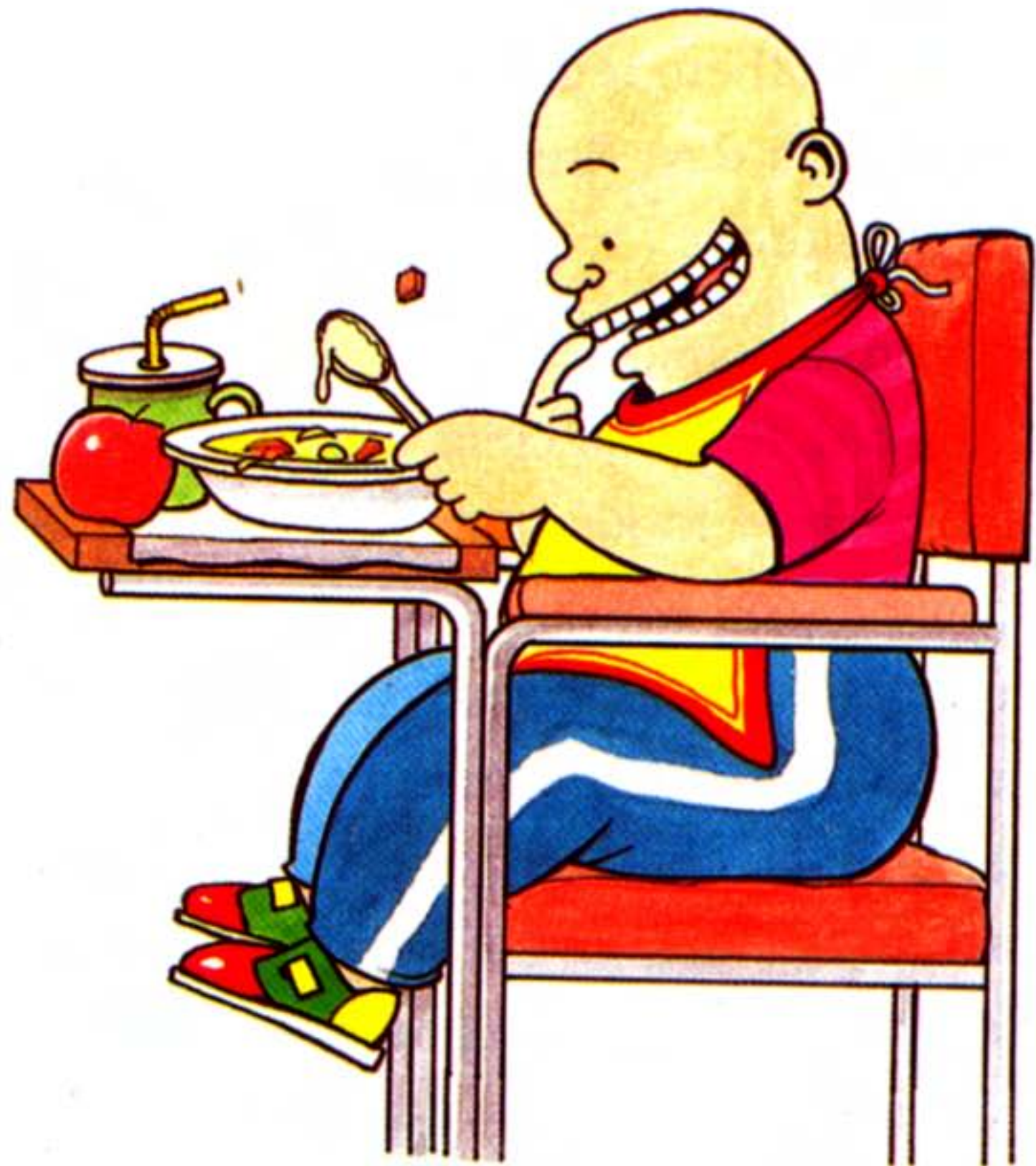
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BY THE AGE OF FOUR TO SIX MONTHS,  
THE CHILD NEEDS OTHER FOODS IN ADDITION TO  
BREAST MILK

**B**reast feed the baby first  
before giving him other foods.  
This will enable mothers to  
produce more milk for a longer  
period.

**B**oiled, mashed and sieved  
vegetables, fish or meat should  
be added into porridge or other  
baby foods and be given at least  
once a day.

**G**ive them variety in their  
food.





**4****e**

## HILDREN BETWEEN SIX MONTHS AND SIX YEARS OLD SHOULD EAT FIVE TO SIX TIMES A DAY

**B**ecause children cannot eat as much as adults, mothers should feed them regularly; five to six times a day. Breast feeding should continue.

**W**hen the child is four to six months old, feed the child supplementary foods such as rice porridge mixed with fish, vegetables and soft fruits. Gradually increase the amount. Make sure the child enjoys a well-balanced diet given in the correct amount according to their age group.

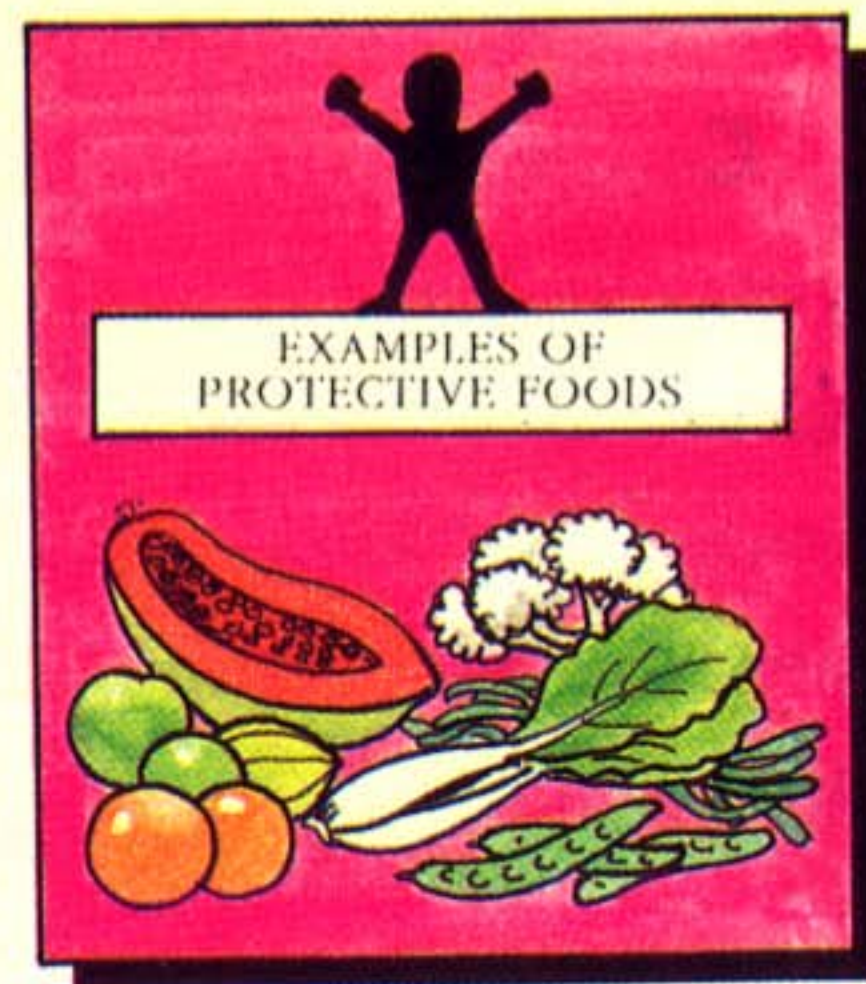
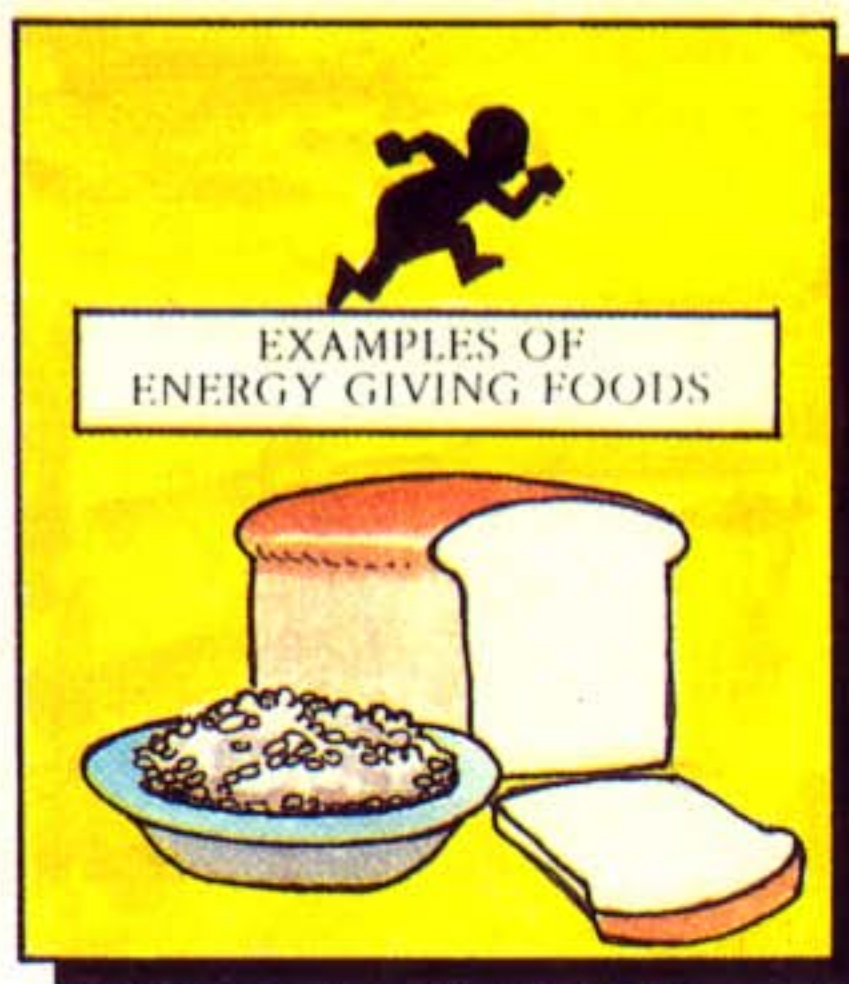
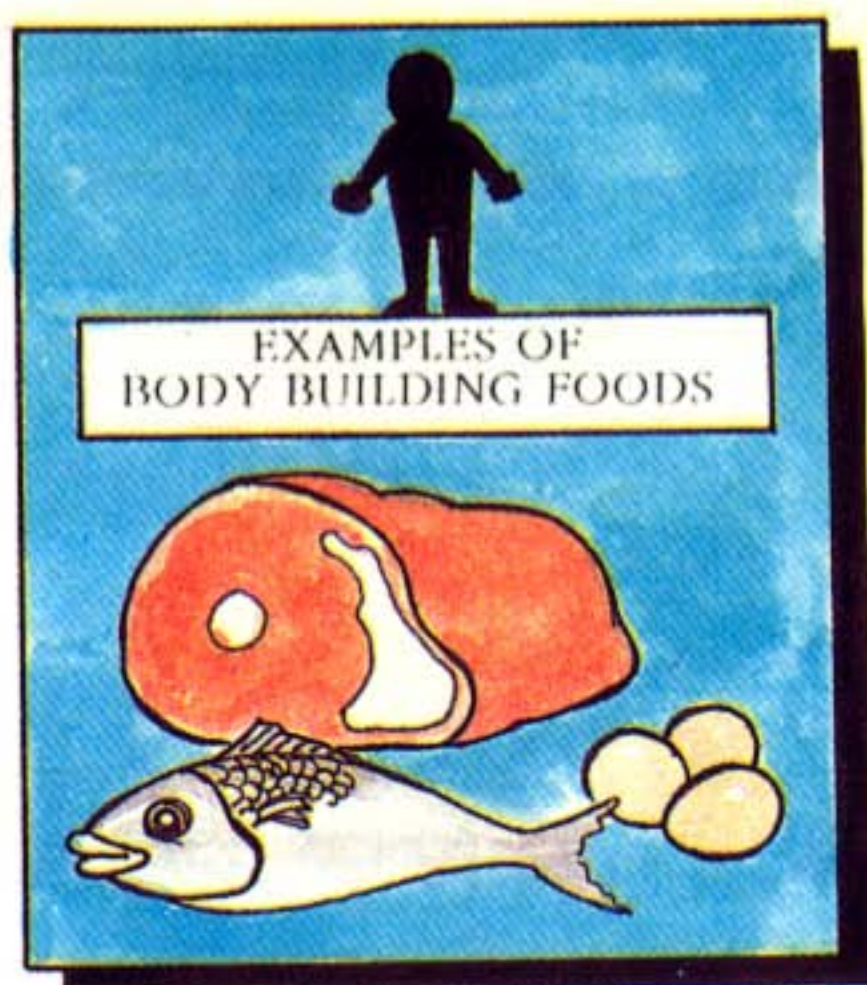




**A** balanced diet consists of the following three groups of foods, i.e.; **food for body building** such as fish, meat and eggs; **food for energy** such as rice and bread; and **food for protection** such as fruits and vegetables.

## Supplementary Food Preparation For Babies

4-6 months	:	food must be sieved
7-9 months	:	food must be mashed
10-12 months	:	food must be cut up into bite-size pieces





**C**hildren's foods should be covered and not left standing for a long time as germs can grow in it.

**F**or mothers' convenience, dried foods or snacks such as fruits, bread and biscuits can be given between meals, but not too close to meal times nor should they replace regular food.

**C**hildren above the age of one year old, however, should be given three main regular meals every day. Breast milk, which is always clean, is the best snack for infants.

BREAKFAST



SNACK



LUNCH



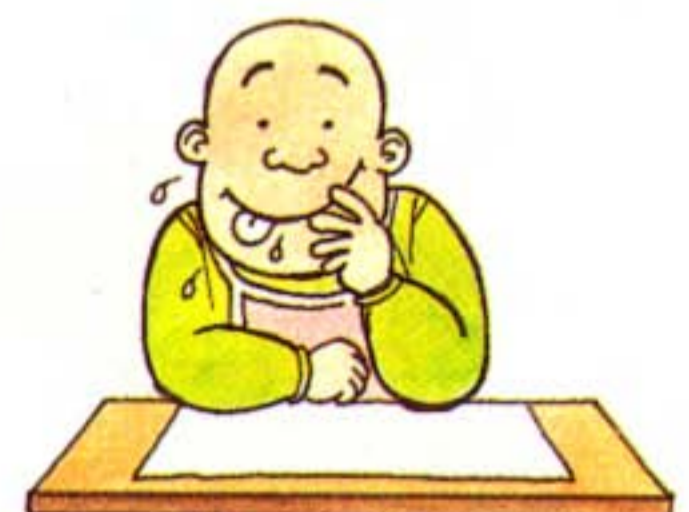
SNACK



DINNER



SNACK





5

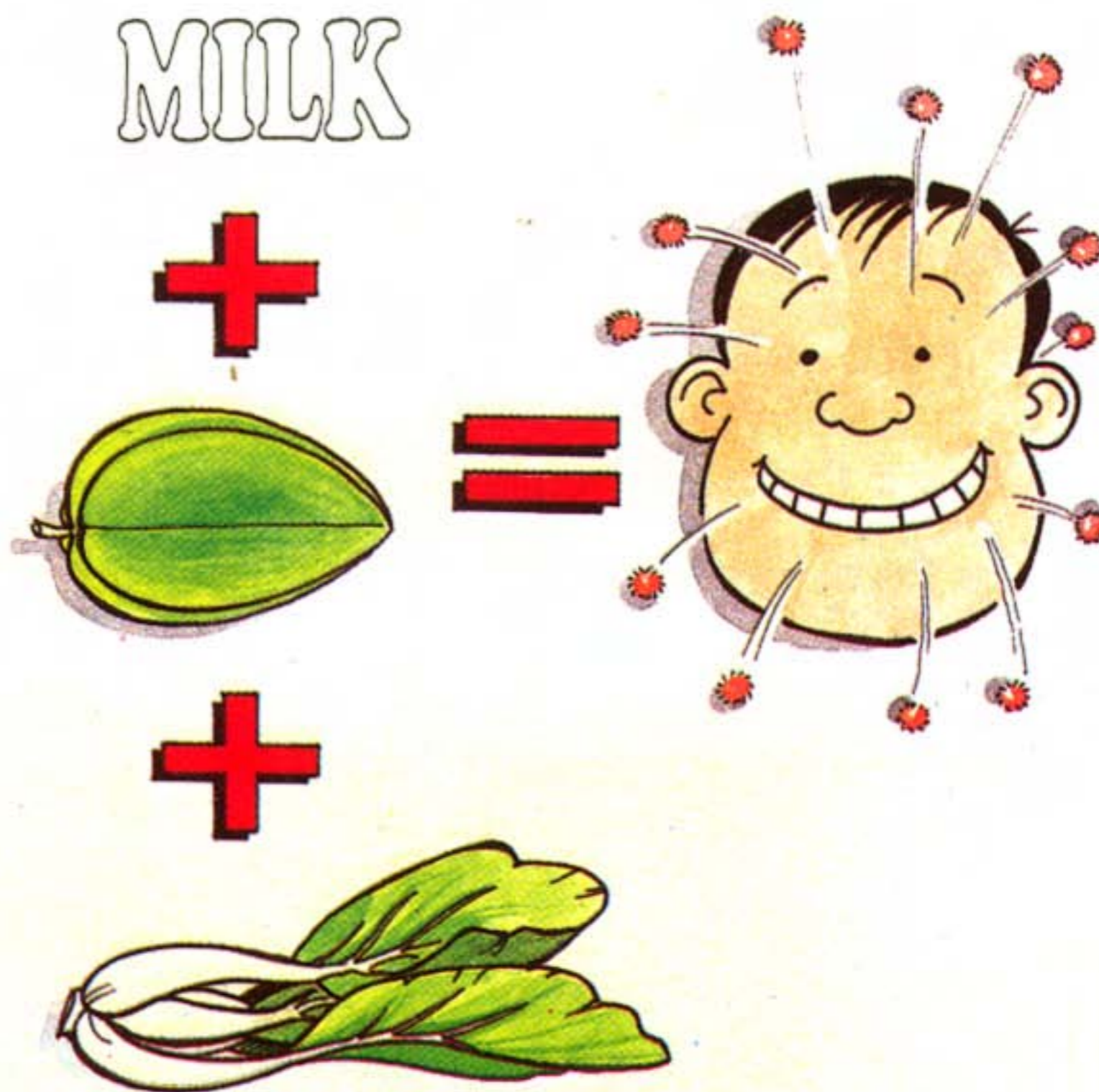
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## CHILDREN NEED FOODS RICH IN VITAMINS AND MINERALS

**F**eed them with foods rich in vitamins and minerals because they are protective foods. Lack of vitamins and minerals could result in night blindness and anaemia.

**G**ive them yellow fruits and green vegetables if they have diarrhoea or measles.

BREAST  
MILK



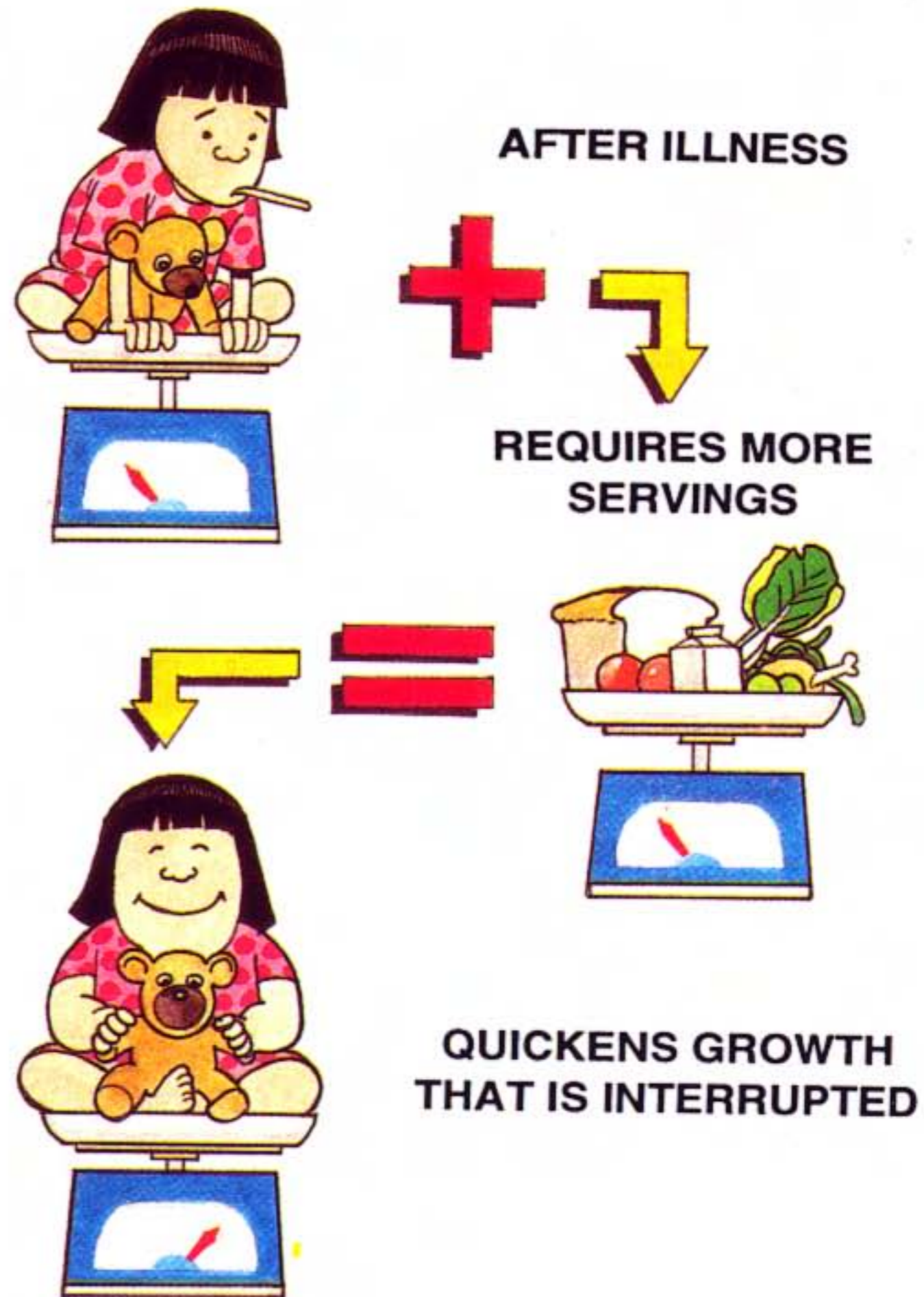


# 6

## A CHILD NEEDS EXTRA MEALS AFTER RECOVERY FROM AN ILLNESS TO CATCH UP ON THE GROWTH LOST DURING AN ILLNESS

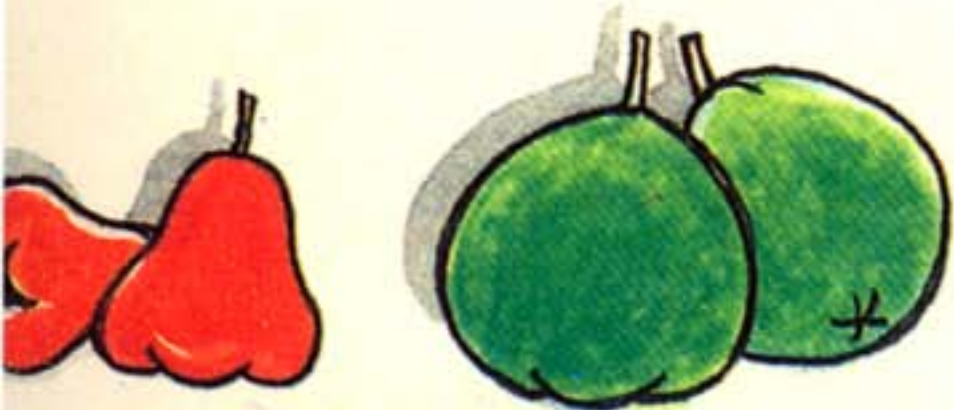
Children's growth can be affected if they are constantly ill, vomit or suffer from diarrhoea often.

Coax them into eating their favourite foods. Breast feeding should be continued even when they are ill.





BREAST  
MILK



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