







A numerical chart titled "NUMERICAL CHART 0 to 100" showing numbers from 1 to 100 in a grid format. The chart is used for teaching basic arithmetic and number recognition.

CHILD NUTRITION
MENT SCHEME

9-12 months

Give all tips:

- Wash your hands with soap and water before preparing food and before feeding the child.
- If feeding eggs, ensure they are thoroughly cooked.
- Thoroughly wash raw fruits and vegetables under running water before feeding.
- Cook thoroughly, use salt with care, and avoid leftovers on children's plates.
- Use only iodized salt for cooking.
- Use clean drinking water for drinking and for preparing food.

to 2 years:

breastfeeding until 2 years and introduce soft food

POSHAN Abhiyaan

PROJECT OFFICER BATWARA- SRINAGAR













GOVERNMENT OF JAMMU & KASHMIR

INTEGRATED CHILD DEVELOPMENT SCHEME (ICDS)

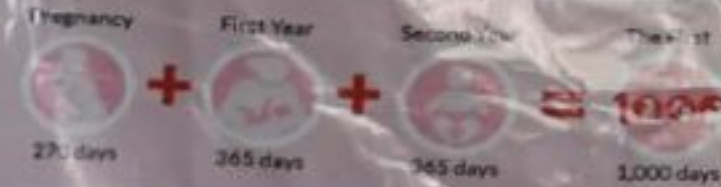


Poshan ke 5 SUTRA

1st Golden 1000 days

- The child's physical and mental development is rapid during the first 1000 days which includes the period of pregnancy and two years post-birth. During this period, good health, nutrition, affection, a loving and stress-free environment and responsive care will help the child realize their full development potential.
- Mother and child require optimal nutrition, care and support during this period.

1



Nutrient-rich Foods

- All age groups, including children from 6 months of age need to consume a variety of nutritious food in adequate quantities.
- These include various types of foods like:
 - Staple and yellow and black pulses, green leafy vegetables such as spinach, fenugreek, amaranth and mustard, legumes, lentils, yellow/orange fruits such as mango and ripe pears.
 - If non-vegetarian, consume eggs, meat and fish.
 - Include milk, milk products and nuts in the diet.
 - Consume Take Home Ration when distributed at Anganwadi centre.
 - When the child completes six months, introduce breast milk, pure the child mashed and solid complementary food prepared with pulses, curries, soups, carrots, spinach and pulses, and if non-vegetarian, add eggs, meat and fish.
 - Add one spoon of ghee/butter to the child's food.
 - Give the child food with less salt, sugar and oil/fat.
 - Introduce one food item at a time and gradually introduce the diversity of food. Include different flavours, textures and colours to make the child's food more enjoyable.
 - Do not give food such as biscuits, chips, savoury snacks and juices to the child, as these do not give adequate nutrients to them.



Anemia

- To prevent anemia, consume iron-rich foods such as pulses, green leafy vegetables like spinach, fenugreek, mustard etc., fruits, milk, curd, paneer and if non-vegetarian, then eggs, meat, and fish to build a solid body and smart mind.
- Add lemon, amla, guava and similar citric foods to the diet which help in absorption of iron.
- In addition, take prescribed iron supplements:
 - 1 ml of IFA syrup twice a week to children of age 6-59 months
 - One Pink IFA tablet every week to children 5-9 years of age
 - One Blue IFA tablet very week to adolescents (10-19 years)
 - One Red IFA tablet daily starting from the fourth month for 180 days to pregnant women
 - One Red tablet daily after delivery for 180 days to lactating mothers
- Take prescribed dosage of albendazole tablets for deworming.
- Perform Umbilical cord clamping after 3 min of birth to improve iron stores in newborn in the first months of life.
- Screening and testing of anemia is important in all age groups so that appropriate treatment may be initiated as per the hemoglobin level of the individual.

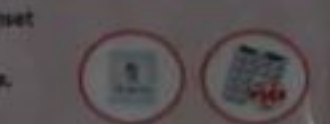
3



Diarrhoea

- Maintain personal hygiene, home hygiene, food hygiene and consume safe drinking water to prevent diarrhoea.
- Mothers should only give breast milk to children up to 6 months. Any other food, even water can cause diarrhoea in children of 0-6 months.
- In case of diarrhoea, mothers should not stop breastfeeding and continue more frequent breast-feeding.
- To renew the body nutrients, more food than regular should be given to children above 6 months along with breastfeeding for rapid recovery.
- ORS and extra fluids should be given to a child immediately at the onset of diarrhoea and continued till diarrhoea stops.
- Zinc should be given for 14 days to children suffering from diarrhoea, even if diarrhoea stops.

4



Hygiene and Sanitation

- Always consume safe drinking water stored in a covered container, kept at an elevated place and taken with a ladle.
- Always ensure cleanliness. Wash hands with soap before cooking, after defecation, before feeding a child and after cleaning a child's stools.
- Wash the child's hands before feeding the child.
- Always use the toilet.
- Adolescent girls and women should practice personal hygiene during menstruation.

5



Sahi Poshan Desh Roshan

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER BATWARA- SRINAGAR



जल शक्ति मंत्रालय
MINISTRY OF JAL SHAKTI

‘सुख की حفاظत’

State of Development
Srinagar

Poshan SUTRA

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2

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Office of the Child Development Project, District Panchayat, Srinagar

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communicating with children helps them to grow and develop physically and intellectually

your baby should be breastfed on demand both during the day and night. Frequent feeding is better than less. Don't let your baby cry for long.

your baby's first yellow milk provides immunity and protects the baby from diseases & infections

Even after 6 months, it is important to continue breastfeeding. After 6 months, your baby requires small frequent meals along with breast milk and other liquids.

Breastfeeding improves intelligence

Consult the ANM, ASHA and AWW of your area in case you have any problem in breastfeeding your baby

**Birth to 6 Months:
Early and exclusive Breastfeeding**

OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER BATWARA- SRINAGAR

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Abhiyaan**



Feeding, playing and communicating with children helps them to grow and develop physically and intellectually



Your baby takes a small and tender stomach and only needs mother's breast milk. Sometimes, your baby cries because he/she wants to be held closer. Keep your baby in close contact with your skin. While breastfeeding, smile, talk and look at your baby's eyes. But don't rock him/her while feeding.



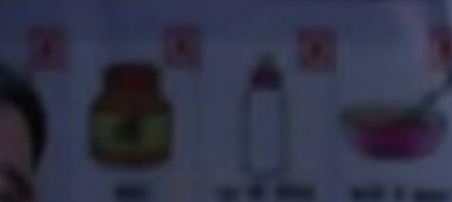
Put your baby to your breast immediately after birth, definitely within 1 hour. This helps in establishing lactation and bonding.



Mother's first yellow milk provides immunity and protects the baby from diseases & infections.



Your baby should be breastfed on demand both during the day and night. Frequent feeding increases breast milk flow. Don't forget to feed the baby at night.



Introduce all nutrients and fluids to your baby. Do not give your baby anything to eat or drink, not even water, until he/she is 6 months old. Your baby should be breastfed for 6 months.



Even if your baby is ill, continue breastfeeding. After 6 months, your baby requires small frequent meals along with breast milk and other foods during illness.



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GOVERNMENT OF JAMMU & KASHMIR

INTEGRATED CHILD DEVELOPMENT SCHEME (ICDS)



Poshan
ke **5** **SUTRA**

First Golden 1000 days

- The child's physical and mental development is rapid during the first 1,000 days which includes period of pregnancy and two years post child birth. During this period, good health, adequate nutrition, a loving and stress-free environment and responsive care will help children realise their full development potential.
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Nutrient-rich Foods

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Anemia

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CHILD DEVELOPMENT SCHEME (CDS)

Playing and communicating with children helps them to grow and develop physically and intellectually

Your baby has a small and tender stomach that only needs mother's breast milk. Sometimes, your baby cries because he/she wants to be held close. Keep your baby in close contact with your skin. While breastfeeding, smile, talk and look into your baby's eyes, but don't rock him/her while feeding.

Put your baby to your breast immediately after birth, definitely within 1 hour. This helps in establishing lactation and bonding.

Mother's first yellow milk provides immunity and protects the baby from diseases & infections.

Your baby should be breastfed on demand both during the day and night. Frequent feeding increases breast milk flow. Don't wait till the baby starts crying at night.

Even if your baby is ill, continue breastfeeding till 6 months.

After 6 months, your baby requires small frequent meals, along with breast milk and other liquid during illness.

Breastfeeding improves intelligence.

Consult the ANM, ASHA and AWW of your area in case you have any problem in breastfeeding your baby.

Birth to 6 Months: Early and exclusive Breastfeeding

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