Food Varieties and Types

রেপুসহ: ভূঁহাঁতো রেপুসহ

IOM
UN Migration

Rtm International
Complementary Feeding for Children by Age

6-8 month old Child
6-8 মাস বয়সী শিশু

9-11 month old Child
9-11 মাস বয়সী শিশু

12-23 month old Child
12-23 মাস বয়সী শিশু
Complementary Feeding for Children Age 6-8 Months
Complementary Feeding for Children Age 12-23 Months
Breastfeed frequently

Feed the child expressed breast milk

Take special care during illness

Get treatment during illness
Growth Monitoring (Regular Tracking of Height and Weight) and Promotion

Weight Measurement (Monthly)

Height/Length Measurement (Trimonthly)

Plot weight and height of the child on a graph, and advise accordingly.

IOM UN Migration
Wash with safe water

Cut vegetables properly

Use lids during cooking

Cover cooked foods