

## COMPLEMENTARY FOOD

- Your baby needs other foods and liquids in addition to breast milk at around 6 months of age to grow well



- Introduction of complementary food doesn't mean stopping breastfeeding.

- Introduce one food at a time to check for any sign of allergy



## SIGNS OF YOUR BABY'S READINESS FOR COMPLEMENTARY FOOD

- **Baby** can support his head and neck and able to sit



- **Baby** does not push food out of his mouth

- **Baby** can look at the food pick it up and put it in his mouth all by himself



## HOW TO FEED?

- **Talk** to your baby lovingly and look into the eyes



- **Feed** your baby with the family

- **Encourage** your baby to eat by letting him/her touch the food and try feeding himself/herself



- **It is ok** to make a mess it is how your baby learns about his food