

COMMON FEEDING PROBLEMS IN INFANTS & CHILDREN

Feeding Problems & Solutions

❖ Complementary feeding started too early (less than 6 Months of age)

- Build mother's confidence that she can produce sufficient breast milk to take care child's needs
- Suggest giving more frequent, longer breastfeeds day or night, and gradually reducing other milk or foods



❖ Complementary feeding is delayed

- Encourage and motivate mothers to start complementary feeding
- Offer small amounts of soft mashed cereals, pulses, vegetables and fruits
- Try one new food at a time for 2-3 days

- If a child refuses a particular food, try again after a week

❖ Child eating inadequate amounts of foods

- Feed frequently as the child gets older
- Feed 6-9 months old babies at least ½ a katori/sitting 4 times a day (total at least 2 katori a day)
- Feed 10-12 months old babies at least ½ a katori/sitting 5 times a day (total at least 2½ katori a day)
- Breastfeed before offering food to the baby



❖ Child eats from a common plate with older siblings

- Feed the child from a separate bowl
- Sit with the child and feed the child attentively without distraction
- Monitor the amount of food the child eats
- Supervise the child while feeding
- Use active feeding instead of force feeding



❖ Child does not show interest in eating

- Introduce only one food at a time
- If the child dislikes a particular food, remove that food for some time and re-introduce at later stage
- As the child grows older colour, flavor, texture, and shape should be given special consideration
- Be patient and affectionate while feeding the child
- Do not threaten, force or show anger at the child who refuses to eat
- Parents should not show personal dislikes towards any food



❖ If the child is not eating well during illness

- Continue to breast feed more frequently and for longer time, if possible
- Use soft, varied, appetizing, favourite foods to encourage the child to eat as much as possible
- Offer frequent small feedings
- Clear a blocked nose if it interferes with feeding
- Expect that appetite will improve as child gets better



❖ Tooth decay

- It is very common among infants and children who are given sugar-sweetened beverages or fruit juice in a bottle at bed time
- Infants should be fed, burped and put to bed without milk or fruit juice. Milk may be given in the evening

❖ Constipation

- It is caused by insufficient amount of food or fluid. Diets too high in fat or protein or deficient in bulk also results in constipation
- Simply increasing the amount of fluid or sugar may be corrective in the first few months of life
- Add increase amounts of whole-grain cereals, vegetables and fruits

