

EXERCISE –6

A baby boy Tunia was born on 9th August 2009 at local Sub Centre in the district of Nawada in Bihar. His birth weight was 2.5 kg. AWW plotted his weight and it was found that the child is on the border line between Green and Yellow and he was a child with normal weight as per the growth chart. Smt Subeni mother of the child attended all NHE sessions organised at local AWC and followed all nutritional guidelines in respect of breastfeeding and complementary feeding. Messages given by AWW regarding complementary feeding were:

At 6 months, Tunia should be given small amounts of soft mashed cereal, dal, vegetables and seasonal fruits, as breast milk alone is not enough to meet the nutritional needs of the child for growth and development. Start at 6 months of age (180 days) with small amounts of food and increase the quantity as he gets older, while maintaining frequent breastfeeding. At 6 months, the infants should start receiving a variety of complementary foods in addition to breast milk, initially 2-3 times a day between the ages of 6-8 months, increasing the frequency to 3-4 times daily between 9-24 months with additional nutritious snacks offered 1-2 times per day as desired. In this period, start the infant with 2-3 tablespoon of food at one time, gradually increasing it to ½ katori (125 ml) at a time by 9-11 months and to 1 katori (250 ml) by the end of 24 months.

Feed the child a variety of foods after 6 months of age, like gruels made from roasted whole wheat flour, or flour of other cereals, or suji and milk, mashed potatoes, soft fruits like banana, mango and papaya, soft cooked and mashed rice and dal.

Introduce one type of food at a time to allow the baby to develop taste for it. If the child develops an allergic reaction to a specific type of food, it can be stopped. Good complementary foods are rich in nutrients, not too spicy or salty, easy for child to eat, liked by the child and locally available and affordable.

Tunia was also immunised as per the schedule. AWW weighed the child every month and his growth curve was in the upward direction proportionate to his age. The weights of Tunia from August, 2009 to July, 2011 are as stated below:

09 August, 2009	2.5 kg
10 Sept., 2009	3.4 kg
10 Oct. ,2009	4.3 kg
12 Nov. ,2009	5.0 kg
10 Dec. ,2009	5.6 kg
12 Jan. 2010	6.1 kg
11 Feb. 2010	6.4 kg
08 Mar. 2010	6.7 kg
10 Apr. 2010	6.9 kg

08 May,2010	7.1 kg
09 June,2010	7.3 kg
10 July, 2010	7.5 kg
08 Aug,2010	7.8 kg
11Sept.2010	7.9 kg
12 Oct.,2010	8.1 kg
14 Nov., 2010	8.3 kg
10 Dec.,2010	8.4 kg
09 Jan.,2011	8.6 kg
10 Feb.,2011	8.8 kg
11 Mar.,2011	9.0 kg.
09 Apr. 2011	9.1 kg
10 May,2011	9.2 kg
10 June,2011	9.4 kg
11 July, 2011	9.6 kg

2. Prepare the growth chart of Tunia and comment on the growth curve and suggest if any nutrition intervention is required for the child.

Exercise 6

A-Growth Chart of Tunia is at Annexure- VI

B-comment on the growth curve and suggest if any nutrition intervention is required for the child

Tunia was born as a normal child as his weight was plotted on the border line between Green and Yellow Zone. Smt Subeni mother of the child followed all nutritional guidelines in respect of breastfeeding and complementary feeding. Tunia was also immunised as per the schedule. Growth curve of Tunia was in the upward direction proportionate to his age and always was on the border line between Green and Yellow Zone. The parents were worried why Tunia is not a chubby boy.

Growth of Tunia was good and was in the upward direction proportionate to his age but always was on the border line between Green and Yellow Zone. In spite of providing all nutritional care as per his requirements including exclusive breast feeding and timely immunisation, weight of Tunia did not go further upward and maintained the trajectory. This may be associated with innate growth potentialities linked to his birth weight. Since optimal nutrition care is provided and growth curve followed the same trajectory, advice of health expert was not required.

The mother of Tunia should be given all nutrition & health specific advice as given to Madhi's mother for proper growth and development of a child. Counselling advice for not overfeeding was required for parents to reduce their tension and concern.