

GROWTH MONITORING & COUNSELLING



Steps of Counselling the Growth of the Child

Step 1

- Give specific advice to mothers on topics mentioned at the backside of the pamphlet and as per his/her age observe the growth curve of the child and determine the growth trend.
- See if the child has gained adequate weight, not gained weight or lost weight, as compared to the previous month's weight.

Step 2

- The growth chart should be shown to the mother and growth trend discussed with her: whether the child is growing normally or not.
- If the child's growth curve is flat or downwards, explain the growth curve to the mother and point out to mother that the child's GROWTH is a source of concern.
- Ask the mother what has been happening to the child during the last month.

Step 3

- LISTEN carefully to what the mother has to tell you about what the child has been eating and how much, if the child has been sick, if there has been any other problem.
- Based on your discussion with the mother, discuss specific action(s) she can promote for her child's growth.
- Appreciate the efforts of mother if the child's growth curve is rising towards green zone.

GROWTH MONITORING & COUNSELLING

POINTS FOR DISCUSSION WITH MOTHERS

Mother of 2 months old child



- Exclusive breastfeeding for 6 months; do not give any other food or drinks and not even water
- Feed the breast milk whenever the child wants it (8-10 times), during day and night
- Breastfeed till the child is satisfied and the child stops sucking
- Continue breast feeding even if the child is sick
- Get the child BCG, DPT, Polio immunisations
- Get the child weighed every month
- Keep the baby & surroundings clean
- Relax while breastfeeding

Mother of 3-6 month old child



- Drink plenty of fluids and eat more to produce enough milk
- Do not bottle feed the baby
- Give the child remaining doses of DPT and polio immunization
- Repeat the above points
- Briefly discuss about the introduction of complementary foods after 6 months of age

Mother of 7-11 months old child



- Give complementary foods followed by breast feeding
- Modify the food cooked at home by cooking a little more, mashing, etc.
- Start with a semi-solid foods, small quantity of food and gradually increase the size
- Introduce one food a day especially when the child is hungry
- Give well cooked mashed foods like potato, banana, porridge made of any cereal , milk/water, sugar/jaggery etc.
- Give plenty of fluids if child passes loose watery stools
- Use katori and spoon to feed the baby (it will reduce the chances of infection)
- Get Vitamin A and Measles vaccination done

Mothers of 1-2 years old child



- Child at one year should start eating the family food
- Continue to offer wide variety of foods including family foods like rice, chapati, dark green leafy vegetables, oranges and yellow fruits, pulses & milk products
- Child should eat half as much as an adult in the family
- Feed the child about 5 times a day
- Feed from separate bowl & monitor how much the child eats
- Sit with the child and help her finish the serving
- Continue breastfeeding up to 2 years or beyond
- Give vitamin A solution at six months interval up to the age of 5 years

REMEMBER:

While counselling ask the mother important questions and listen to her responses