

## MEDIA INTERNATIONAL DEVELOPMENT SPRING Project, Burkina Faso: P5 Complementary Feeding

### BEHAVIOR: ADDITIONAL POWER AFTER 6 MONTHS

#### promote behavior

After 6 months, a young child needs food to supplement breast milk. The mothers continue to breastfeed the child up to two years, but must begin introducing nutritious and varied foods at 6 months, and increase the amount and frequency as and as the child grows.

At first, Mothers can give a cereal porridge (corn, wheat, rice, millet, potatoes, sorghum), but enriched with nutritious foods that mothers should vary with each meal, such as meat, fish, eggs, milk, yogurt, legumes and seeds, green vegetables, various types of beans, and local fruit. The simple porridge (grain without supplements) does not offer enough nutrients.

When the child is 9 months old, it may already eat what the family eats, but always ensuring to give him the best pieces to enrich his meal. To ensure this, give him his own plate. It will also need snacks between meals. Gradually, as the child approaches her 2 years, encourage them to eat more and more independently.

Food supplements, supplemented with snacks, strengthen health, strength and intelligence of your child .

#### Reasons

From the age of 6 months, breast milk alone is no longer enough for the child and the child needs nutritious complementary foods. Begin by giving them soft or mashed foods (such as porridge) gradually increasing the consistency of the food.

When the child grows, it increasingly need other foods in addition to breast milk. At 6 months, the mother feed her child supplements two times a day, and gradually increase the frequency and quantity of small meals 3 times a day from 6 to 9 months, 4 times daily for 9 months, and 5 times day from 1 year. Some of these meals (1-2) will be snacks / snacks (extra food between meals) such as pieces of fruit, sweet potatoes, bread. The mother will ensure that the food we offer have the correct consistency (crushed small pieces) to the age of the child.

#### Barriers to behavior change

##### *Ideas*

Most children under 2 years receive a diet that n ' is varied and very low in nutrition. A portion of women do not know when they introduce complementary feeding or think that nutritious foods should be introduced at a higher age. Few women know the nutritional value of local foods. It is also possible that the traditional food is not considered nutritious. We must therefore promote these foods.

Few women prepare enriched porridge, because 1) they do not have the means to buy all the ingredients (or believe that these ingredients are expensive), or 2) because they believe in do not have time to prepare this mixture, or 3) they do not have time to prepare additional meals. Few mothers give a varied diet (including vegetables, legumes, nuts, fruits, meat / fish / poultry).

The beautiful mothers and spouses influence food. The beautiful mother is involved in food choice. The spouse plays an economic role. It must provide the necessary products á his family

In most regions, egg consumption is prohibited for children. In some areas (eg Ouahigouya, Djibo, Bogandé and East), affected by the food crisis, households with children between 0-5 years receive emergency food assistance (enriched flour mixture). This information specific to regions can be incorporated into interactive modules.

#### Elements favoring behavior change

Most women continue to breastfeed up to two years. From 6 months, almost all children are porridge (BUT often simply boiled, sweet). During weighing, health workers show how to prepare enriched porridge. Most

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## **BURKINA MALARIA RESEARCH BRIEF MESSAGE**

women trust the health workers to learn about the child's diet. Each resort offers nutritious foods, even if women do not always know theFASO:.