

FEEDING ADVICE

0-6 months

- Breast feed exclusively as often as the child wants. Exclusive breastfeeding means that the child receives only breast milk and no other liquid or food.

6-12 months

- Breastfeed as often as the child wants.
- Give a variety of mashed/chopped family food after breastfeeding such as Staple Food: sweet potato, taro, potato, rice, coconut cream, breadfruit,
- Vegetables: Laulu, carrots, pumpkin, pele leaves
- Fish and meat: cooked and finely chopped meat and fish Fruit: banana, paw-paw, orange, pine-apple, coconut, apple
- Give 3 meals per day
- Give nutritious snacks such as fruit of the season between meals at least two times per day.

Date	Feeding	Milestone	Remarks

TUVALU UNDER FIVE HEALTH CHART

Clinic				No.			
Child's name:				Sex: M/F			
Date of Birth			Time of Birth		Birth Weight		
Mother's Name			Occupation				
Father's Name			Occupation				
Family Address:				Place of Birth:			
Born <i>Hospital/Home/Clinic</i>				Birth <i>Normal/Breech/Multiple/Other</i>			
Delivered by Dr: Nurse: Aide: MA: TBA: Other:							

Vaccine	Schedule	Date given	Sign	Vaccine	Schedule	Date given	Sign
BCG	At birth			PCV	6 weeks		
Hepatitis B	Within 24 hours				14 weeks		
IPV	6 weeks				12 months		
	10 weeks			MR	12 months		
	14 weeks				18 months		
	Pentavalent (DPT + HiB +Hep B)	6 weeks			RV1	6 weeks	
10 weeks				14 weeks			
14 weeks				DTP	5-6 years		

WEIGHT FOR AGE CHART

Exclusive breastfeeding until _____ weeks of age

Complementary feeding started at _____ months

Breastfeeding stopped at _____ months

