

English	Ngakarimojong
Healthy Baby Toolkit	Ngiboro ngulu a ikoku angini engale
<p>Why use the healthy baby toolkit? Without sufficient food and care the first two years of life, children will struggle with mental and physical development. They may not grow in weight and height to their potential and they may struggle with intellectual achievement in school. In some cases, these deficiencies cannot be overcome in later years. Thus, the amount of food children eat, the number of times per day children eat, and the texture of food children eat will impact how they grow.</p>	<p>Nyo isitiyaere ngiboro a ikoku angini engale? Erai kemam akimuj ngina ajokan ka kemam akiricuno alotooma ngikaru ngiarei ngulu esyaunak anakiyar a ikoku, epoloete ngidwe pa esubakina ngatameta ka ekudyoko ngikup. Nyepedorete ngakiloi dang akiyatakin kaapei ka apol kidyaama ikwa ngina iitanitere ka ani alosukul ikes ca ngulu nyepedorito akisyom ejok. Anapakyo angace, nyedaun ngatyokisyo ngun alokaru angice. Inges atemar, ingarakinete nu ikoku anapol ikwa, akimuj anginapaaran, ekabila ka akimuj</p>
<p>What is the healthy baby toolkit? The healthy baby toolkit is designed for use with infants 6-23 months of age to ensure they receive the recommended amount of food at each meal for optimum growth and development. The toolkit includes:</p>	<p>Nyo erai ngiboro a ikoku angini engale? Esubunitae ngiboro ngul erai ngulu angidwe angulu angilapyo 6-23 ikotere torukauniata ngamuja nguna itemokino nginapak imujiata ikes ikotere akuwan topoloo. Erai ngiboro ngul:</p>
<p>1 A bowl with lines and symbols that cue age appropriate meal frequency and volume for children at different ages: 6-9 mos., 9-12 mos., 12-23 mos.</p>	<p>1 Asaani ngina angilaino ka ngipicae ngulu itoodiunito ngilapyo ngulu emaikina kisimujere ikoku ka ngakiloi angidwe angulu egelegela alolapyo 1: 6-9 , 9-12 , 12-23.</p>
<p>2 A slotted spoon to guide optimal thickness/texture of infant foods and complementary foods. If the food does not drip through the holes in the spoon, it is thick enough to ensure sufficient energy and nutrient density.</p>	<p>2 Akijiko ngina ipimuneneere/akimuj ngina angilapyo a ikoku ka ngamuja ngace nguna einakinio ikoku. Erai pa kebukor akimuj anakijiko, inges atemar idikit ejok ka itemokin ikoku akimuj ka einakini ngikup.</p>
<p>optimal dietary diversity, infant and young child feeding practices, and safe handwashing and food/water preparation.</p>	<p>Ngirotin ngulu gelegela ngulu isimujere ikoku ngini cici, ka ekilose ngakan ejok/asubanakin ngakipi nguna asegak.</p>
<p>A pictorial counseling card that uses locally adapted images to explain how to use the toolkit to achieve optimal</p>	<p>Akad ngina angipicae angulu kisirworet ngina eya ngipicae ngulu irokunitere etic ngol nginapak isitiyaere ngiboro ngulukimujet aryamunia akimuj ngina itemokino.</p>
<p>These portion sizes and meal frequencies are in accordance with UNICEF 2006 infant and young children counseling guidelines. The volumes indicated in the feeding bowl correspond to the approximate functional stomach capacity of most children at the appropriate ages: 6-8 months old - 125 ml (meal frequency: 2 meals/day), 9-12 months old – 150 ml (meal frequency: 3 meals/day) and, >12 months/ 12-23 months - 250 ml (meal frequency: 3 meals/ day).</p>	<p>Etyae ka akimuj logo ka epite ngolo einanakinere akimuj inges etupitae ikwa ngina elimunitor UNICEF ekaru 2006 anabuk angina iricitere ngidwe ngulu manang ka ngulu cicik. Etyae ka akimuj ipimunitae iriyan ka etyae ka akimuj angina enyamete ngidwe ngulu emam ngace ka itemokino lolapyo kec ikwana: ngilapyo 6-8 epolok - 125 ml (kimuj ngarwa: 2 apeipaaran), ngilapyo 9-12 epolok– 150 ml (kimuj ngarwa: 3 apeipaaran ka, ngulu angilapyo a 12-23 ngimilya- 250 ml (kimuj ngarwa 3 apeipaaran).</p>

Eat foods from at least 4 different groups every day	Kimuj ngamuja nguna edolito ngikabilae 4 anginakolongit
Wash hands with soap Use clean water to prepare food Clean bowl and spoon after each use	Kilota ngakan ke esabuni Kisitiya Ngakipi nguna asegak asubanakinia akimuj Kilota asaani ka akijiko nginapak edaun akisitiya
How do you use the healthy baby toolkit?	Isitiyao ngiboro ngulu a ikoku angini engale ikwaani?
Child's age-0 – 6 months	Ngidwe ngulu angilapyo -0 – 6
Key nutrition message Infants ONLY need breastmilk for the first six months of life. It is their food, water, and medicine. Babies tummies aren't fully developed until 6 months. An infant under six months who is given other foods / drinks gets sick more often, and does not achieve optimal physical and mental development compared to those infants who are given only breastmilk.	Akirot ngina isimujere ejok litanito ngidwe ngulumanang ngakile bon alotooma ngilapyo 6 ngulu erai Akecekimuj, ngakipi, ka erai ekitoe. Eringa ngakookes angidwe nyiyatakina mati kedol ngilapyo 6. Ikoku nginicici ngini egeunio ainanakin Ngamuja/ ngimaten eringa edit inges ngini emina adyakanakin, ka nabo inges ngini iryamuni iyong epalag akuwan akilo ikoku ngini itanakitae alolapyo angulu 6.
Comments If a baby urinates several times a day and defecates every day, then s/he is likely getting enough breastmilk, even if the baby is crying a lot. Breastfeed frequently during the day and at night at least 6-8 times every 24 hours. Mothers should eat two extra meals per day while they are breastfeeding. This extra food gives mothers strength and energy. Infants can get the benefits of milk, porridge, water, and/or traditional medicine from their mother's breastmilk. Instead of giving these to the baby directly, give it to the mother and the baby will benefit.	Akitatamet Kiryamu iyong ikoku ngini ilwasi ka kiboboni dang anginapaaran, inges atemar eryamunit ikoku ngakile nguna iyatakina, tar kigworo ikoku nooi. Torubak itanaki naparan ka nakwaare Ngarwa 6-8 alotooma apeikuwar. Itemokino atatoto kimujete ngamuja nguna edolito 2 anginakolongit ikotere kitanakyata ngidwe. Einakini akimuj ngina iyatakina ngin atatoto agogong ka ngikup. Eryamunete ngidwe ngulucicik ajokis ngina angakile, ajokis a euji, ajokis angakipi, ka eryamunete ekitoe ngolo itemokino anakile atoto keng. Akilo ainakin ikoku ikongina, inak toto keng tonaku ikoku.
Child's age-6-9 months	Ngidwe ngulu angilapyo-6-9
Key nutrition message At approximately 6 months, babies need more than breastmilk to grow and develop well. Feed your baby a variety of foods from different food groups (see the counseling card) for strong and healthy growth and development. Infants are ready for food and liquids other than breastmilk when they are able to sit up and move their heads on their own.	Akirot ngina isimujere ejok Ani enangi ikoku ngilapyo 6, kiitana ngidwe ngamuja ngace nguna ingarakinete ngawat kec nginapak enakyata. kisimuj ikonikoku ngamuja nguna gelegela (toripik abuk ngina itatamere) ikotere topoloo ikoku ejok. Ani alorwa angulu ibooyoto ngidwe ka tongolengoleete ejok ecamito ngawat kec ngamuja ngace akigang ikes.
Amount of food per meal To help children > 6 months learn how to eat, feed them food before switching to breastfeeding. That way they will be most hungry	Etyae ka akimuj anginakimujet Kisimujete ngidwe ngulu edeparito ngilapyo 6, mono eringa nyenaka. Ikotere topatana ikes akimuj

<p>when food is given to them and will be more likely to practice eating, chewing and swallowing. Begin with 2 tablespoons and gradually increase to the level of 6-9 months as indicated on the toolkit bowl.</p>	<p>ngolosaa einakinere akimuj. Ikotere toyenikis anyaka ka akilikonor akimuj. Togeu mono angakijikoi 2 kadyo kiyatak akisimuj ngakijikoi 6-9 angololap ikwa ngina igiritere loboro ngulu kisimujet.</p>
<p>Frequency of meals To help children > 6 months learn how to eat, feed them food before switching to breastfeeding. That way they will be most hungry when food is given to them and will be more likely to practice eating, chewing and swallowing. Begin with 2 tablespoons and gradually increase to the level of 6-9 months as indicated on the toolkit bowl.</p>	<p>Ngarwa nguna ka akimuj Kisimujete ngidwe ngulu edeparito ngilapyo 6, mono eringa nyenaka. Ikotere topatana ikes akimuj ngolosaa einakinere akimuj. Ikotere toyenikis anyaka ka akilikonor akimuj. Togeu mono angakijikoi 2 kadyo kiyatak akisimuj ngakijikoi 6-9 angololap ikwa ngina igiritere loboro ngulu kisimujet.</p>
<p>Texture of food As a child ages and their stomach grows, they should be fed more often and more food at each meal. Feed the child 3 meals a day and add 1-2 nutritious snacks. Boiled orange-fleshed sweetpotatoes are a safe, tasty and healthy snack for babies. Illustration</p>	<p>Epite ngolo idikitor akimuj Ani epoloe ikoku kaapei ka akeekook dang, itemokino kisimujetei anginapak akimuj ngina iyatakina. Kisimuji anginakolongit ngamuja 3 ngunagelegela apeiparaan ka kisimuji ngamuja ngunace dang 1-2. Ejok nabo erai keinakin ngidwe arunget ngina nyangarengan titir, ka dang erai keinakin ngamuja ngace nguna abobok. Epikica</p>
<p>A child's stomach is small and fills up quickly. Therefore, they need to be fed thick and enriched porridge several times a day. Foods that can stay on the toolkit spoon are thick enough for children. Begin with mashed family foods and thick, enriched porridges.</p>	<p>Edit akook a ikoku ka ilelebun atipei. Angun, iitana kisimujetei ngamuja ngua idikito ka inanakinetei dang euji ngolo ataronon ngisaae ngulu alalak alotooma apaaran. Akimuj ngina idongit nakijiko erai akimuj ngina idikit itemokino ikoku. Togeu anamuja anguna isidikitoi alokal, ka euji dang ngolo ataronon.</p>
<p>Child's age 9-12 months</p>	<p>Ngidwe ngulu angilapyo-6-12</p>
<p>Key nutrition message Food provides the fuel for children to grow, learn and play. Without it, they will not be as active, healthy or smart as they could be. Different types/groups of food help children's bodies in different ways. For example, foods from animals – like meat, milk and eggs – build up muscles and help their bodies grow strong and fight illness. Fruits and vegetables provide essential vitamins and help build immunity to protect against illness. It is important for children to eat foods from these different groups as often as possible to gain all the possible benefits.</p>	<p>Akirot ngina isimujere ejok Einanagini akimuj ngidwe ngikup ngulu epolooto, tosyometa ka tobolyaata. Ani kemam nyetirokunete, idongete epalag, emam ngikup ngulu itemokino. Ingaranakinete ngamuja ngunagelegela ngidwe alorotin angulu gelegela. Ikwa, ngamuja nguna angibaren–akiring, ngakile ka ngabei – itogogongete ngamori ka akuwan ka itojiyete ngidekesyo . Aso nabo ngidyas ka ngaraito einakinete akuwan ebitamin ngolo iitana ka isingaragini akuwan akitoji ngidekesyo. Ejok robo erai kenyamete ngidwe ngamuja ngun ikotere toryamuniata ngajokisya ngun daadang.</p>

<p>Amount of food per meal Serve the baby food up to the level of 9-12 months indicated in the toolkit bowl. When children are just starting to learn to eat (at 6 months) they may not be able to eat a lot of food. Parents should encourage children to eat more food and gradually increase the amount fed to them at each meal until they are able to eat up to their mark on the toolkit bowl.</p>	<p>Etyae ka akimuj anginakimujet Kisimuj ikoku akitodol ngilapyo 9-12 ikwa ngina idodiunitere aloboro angulu a ikoku angini engale . Ani eringa ngidwe egeunete akimuj (alolapyo a 6) nyimujete mono akimuj ngina alalan. Itemokino ngikauruunak kisimujete ngidwe ejok ka inanakinete akimuj ngina itemokino ikes paka todolyo apak ngina egeuniata ikes dang bon akimuj ejok.</p>
<p>Frequency of meals 3-4 meals with breastfeeding and 1-2 nutritious snacks per day. Boiled orange-fleshed sweetpotatoes are a safe, tasty and healthy snack for children. Ensure that children eat from at least 4 of the 6 food groups</p>	<p>Ngarwa nguna ka akimuj Kisimuji anginakolongit ngamuja 2-3 nguna gelegela apeipaaran ka kisimuji ngarwa 3-4 apeipaaran. Ejok nabo erai keinakin ngidwe arunget ngina nyangarengan titir, ka dang erai keinakin ngamuja ngace nguna abobok. Totamunite ebe kimujete ngidwe ngamuja nguna edolito 4 alotooma ngamuja 6</p>
<p>Texture of food Mashed or finely chopped food that can be picked up by the child. Foods that can stay on the toolkit spoon are thick enough for children.</p>	<p>Epite ngolo idikitor akimuj Akimuj ngina iguritoi ejok ngina epedori ikoku akinyam ejok Akimuj ngina idongit nakijiko erai akimuj ngina idikit itemokino ikoku.</p>
<p>9-12 months</p>	<p>Ngini angilapyo 9-12</p>
<p>Key nutrition message Food provides the fuel for children to grow, learn and play. Without it, they will not be as active, healthy or smart as they could be. Different types/groups of food help children’s bodies in different ways. For example, foods from animals – like meat, milk and eggs – build up muscles and help their bodies grow strong and fight illness. Fruits and vegetables provide essential vitamins and help build immunity to protect against illness. It is important for children to eat foods from these different groups as often as possible to gain all the possible benefits.</p>	<p>Akirot ngina isimujere ejok Einanakini akimuj ngidwe ngikup ngulu epolooto, tosyometa ka tobolyaata. Ani kemam nyetirokunete, idongete epalag, emam ngikup ngulu itemokino. Ingaranakinete ngamuja ngunagelegela ngidwe alorotin angulu gelegela. Ikwa, ngamuja nguna angibaren–akiring, ngakile ka ngabei – itogogongete ngamori ka akuwan ka itojiyete ngidekesyo . Aso nabo ngidyas ka ngaraito einakinete akuwan ebitamin ngolo iitana ka isingarakini akuwan akitoji ngidekesyo. Ejok robo erai kenyamete ngidwe ngamuja ngun daadang ikotere toryamuniata ngajokisya ngun daadang.</p>
<p>Amount of food per meal Serve the baby food up to the level of 9-12 months indicated in the toolkit bowl. When children are just starting to learn to eat (at 6 months) they may not be able to eat a lot of food. Parents should encourage children to eat more food and gradually increase the amount fed to them at each meal until they are able to eat up to their mark on the toolkit bowl.</p>	<p>Etyae ka akimuj anginakimujet Kisimuj ikoku akitodol ngilapyo 9-12 ikwa ngina idodiunitere aloboro angulu a ikoku angini engale . Ani eringa ngidwe egeunete akimuj (alolapyo a 6) nyimujete mono akimuj ngina alalan. Itemokino ngikauruunak kisimujete ngidwe ejok ka inanakinete akimuj ngina itemokino ikes paka todolyo apak ngina egeuniata ikes dang bon akimuj ejok.</p>

<p>Frequency of meals 3-4 meals with breastfeeding and 1-2 nutritious snacks per day. Boiled orange-fleshed sweetpotatoes are a safe, tasty and healthy snack for children. Ensure that children eat from at least 4 of the 6 food groups.</p>	<p>Ngarwa nguna ka akimuj Kisimuj anginakolongit ngamuja 2-3 nguna gelegela apeipaaran ka kisimuj ngarwa 3-4 apeipaaran. Ejok nabo erai keinakin ngidwe arunget ngina nyangarengan titir, ka dang erai keinakin ngamuja ngace nguna abobok. Totamunite ebe kimujete ngidwe ngamuja nguna edolito 4 alotooma ngamuja 6</p>
<p>Texture of food Mashed or finely chopped food that can be picked up by the child. Foods that can stay on the toolkit spoon are thick enough for children.</p>	<p>Epite ngolo idikitor akimuj Akimuj ngina iguritoi ejok ngina epedori ikoku akinyam ejok Akimuj ngina idongit nakijiko erai akimuj ngina idikit itemokino nikoku..</p>
<p>12- 23 months (or >12 months)</p>	<p>Ngidwe ngulu angilapyo 12- 23</p>
<p>Key nutrition message Older infants may try to feed themselves – encourage them to do so! Children may be messy and take a long time to eat. That is normal and a part of learning to feed themselves.</p>	<p>Akirot ngina isimujere ejok Epedorete ngidwe ngulu apolounok akimuj bon – tolimokinite ikes kimujete bon! Acepak irukauni iyong atemar erataka ngidwe ka eyayete apak ngina aoyan eringa imujete. Emam nyerononait etete ikes dang aanyun ekimuje ngolo ajokon.</p>
<p>Amount of food per meal Serve the baby food up to the level of >12 months indicated in the toolkit bowl. Never force children to eat. If the child does not finish the food, families should cover the food and store it for up to one hour in case the child gets hungry later. It should be eaten or discarded after one hour.</p>	<p>Etyae ka akimuj anginakimujet Kisimuj ikoku akitodol ngilapyo >12 ikwa ngina idodiunitere aloboro angulu a ikoku angini engale. Nyireanakini ngidwe akimuj. Erai pa kemunya ikoku akimuj, itemokino ngitunga a ekal torapa akimuj ka kiwaarae ngidisaae paka tomunya ilope esaa ngolo enyamyam nabo akoro. Ani keya akimuj ngisaae ngulu Ngulu alalak akitodol 1 saa nyenyama nabo ikoku tobuko.</p>
<p>Frequency of meals Feed the child a variety of locally available family foods from 4 or more of the 6 food groups. Children in this age group should eat 5 times a day (3 meals and 2 snacks). Continue to breastfeed.</p>	<p>Ngarwa nguna ka akimuj Kisimuj ikoku ngamuja nguna gelegela alore nguna edolito 4-6. Itemokino ngidwe ngulu angilapyo angul kimujete Ngarwa 5 anginakolongit (ngarwa 3 ka ngamuja ngace 2) Torubak itanaki.</p>
<p>Texture of food Finely chopped small, soft pieces of food which can be picked, chewed and swallowed comfortably by the child. Mashed foods and porridges can also be given. Foods that can stay on the toolkit spoon are thick enough for children.</p>	<p>Epite ngolo idikitor akimuj Akimuj ngina iguritoi ejok ngina epedori ikoku akinyam ejok. Einakinio tar akimuj ngina iguritoi ejok ka euji. Akimuj ngina idongit nakijiko erai akimuj ngina idikit itemokino nikoku.</p>
<p>TRANSLATED BY LODIO GABRIEL HALLENDU, edited by Mercy & Raphael September 2020</p>	