



# Eat Love Play Talk

CAREGIVER PLAYBOOK

## SESSION 3



BUILDING ON A  
GOOD START



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## THIS BOOK BELONGS TO:

PARENT/CAREGIVER: \_\_\_\_\_

CHILD: \_\_\_\_\_

CHILD: \_\_\_\_\_

CHILD: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_



## A LETTER FROM THE FOUNDATION

At the DO MORE FOUNDATION, we believe that it takes a village to raise a child and the more that we work together and support one another, the more opportunities our children will have later in life.

We will be talking about opportunities to improve the wellbeing of young children, but we would like you to all know that **YOU ARE ENOUGH**. You are magnificent and we admire and acknowledge you as parents/caregivers.

This programme will give you you a few extra tools to make your life easier and help your children thrive.

We look forward to walking the EAT LOVE PLAY TALK journey with you and your child.

Warren Farrer  
Foundation Executive



## GROUP AGREEMENTS

AS A GROUP WE ALL AGREE TO...



Confidentiality



Phones  
on silent



Arrive  
on time



Free to share



One person  
talks at a time



Asking questions  
is good

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

EAT LOVE  
PLAY TALK  
SESSION 3!

# THE GROWTH GUIDE!

EAT LOVE PLAY TALK FROM  
**6 - 8 MONTHS**



Pregnancy



Birth 0 - 6 months



6 - 8 months



9 - 11 months



1 - 2 years



3 - 5 years

## Eat

- Breast milk is still your baby's main source of nutrition.
- Begin to introduce soft / mashed fruit and vegetables and iron-rich proteins like chopped chicken livers, mince meat, pilchards or beans.
- Offer clean drinking water in a cup.
- Babies take time to learn how to enjoy different tastes and textures.

## Love

- Tickle your baby under his arms or on his tummy.
- Play with your child's fingers - one at a time.
- Kiss, cuddle and hug your baby often.
- Mother and father should spend quality time with their baby.

## Play

- Have tummy time often on a mat or clean floor.
- Use a mirror to show your baby their face.
- Point out people and things around you in your home.
- When bathing, let your baby splash and play.
- Use a mirror to play by making funny faces together.

## Talk

- Copy your baby's noises and sounds.
- Tell stories and show pictures.
- Talk to your babies about everything you are doing with them.
- Sing songs together.

THE CLINIC IS  
HERE TO HELP OUR  
COMMUNITY!



From the picture, where is EAT LOVE  
PLAY TALK found in this clinic?

## DO YOU WANT TO KNOW MORE?

### Eat

- Breastfeed your baby first, then introduce solid foods one at a time in small amounts.
- The more you breastfeed, the more milk you have.
- You can breastfeed from 6 months - 2 years old and beyond.
- It is important to introduce foods that will build your baby's body and brain, and protect your baby from illnesses.
- You should check growth and be up to date with vaccinations.

### Love

- Some babies just need a cuddle. You can still enjoy close time with your baby through skin-to-skin contact.
- Children at this age need physical affection like hugs, kisses and smiles.
- Showing eye contact and interest means you care.
- Spending time with your baby shows them that you care.

### Play

- Feeding can be fun! Cut up soft food into small pieces and let your child learn to feed themselves.
- When you eat, talk and play together, this is your baby's favourite time.
- A fun game could be when we play "peek-a-boo", hiding our faces behind a blanket.
- Water and bath play is an enjoyable activity in which you can show your child a life skill in a fun way.

### Talk

- Babies cry for many reasons. Talk calmly to your baby about the world around them.
- Babies love it when you talk to them while they're eating, by encouraging their actions and putting into words what they are doing.
- Sing your child songs and rhymes.
- Story time from birth is a wonderful time to be together.

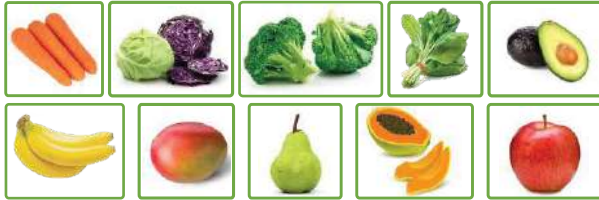




AGE: 6 - 8 MONTHS

### WHAT FOODS:

Here are a few suggestions of foods that help build, protect and energise:



### HOW MUCH:



As often as baby wants



Vegetables & Fruit  
2 x spoons



Starches  
2 x spoons



Proteins  
2 x spoons

### HOW OFTEN:



On baby's demand



At least 2 times a day.  
Gradually increase to  
3 - 4 times a day.

### WAYS TO SERVE:



Soft mashed



Lumpy



AGE: 9 - 11 MONTHS

### WHAT FOODS:

Here are a few suggestions of foods that help build, protect and energise:



### HOW MUCH:



Breast milk first



$\frac{1}{4}$  cup per meal, increasing to  $\frac{1}{2}$   
cup per meal by 12 months

### HOW OFTEN:



On baby's demand



5 Small meals per day

### WAYS TO SERVE:



Small chunks



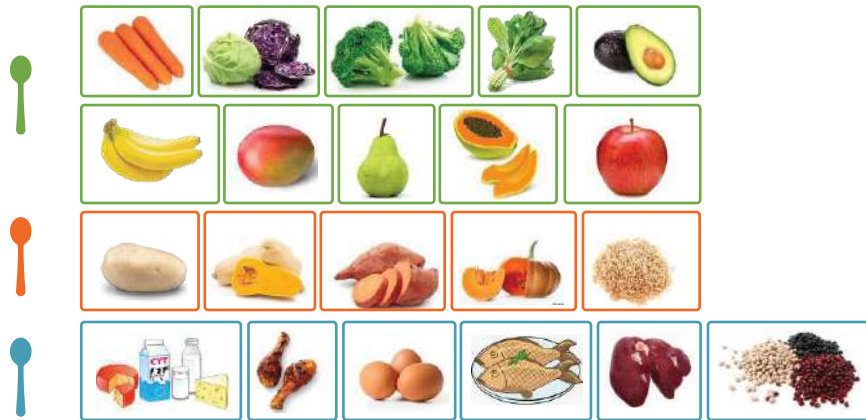
Soft finger foods

AGE: 12 MONTHS & ONWARDS



## WHAT FOODS:

Here are a few suggestions of foods that help build, protect and energise:



## HOW MUCH:

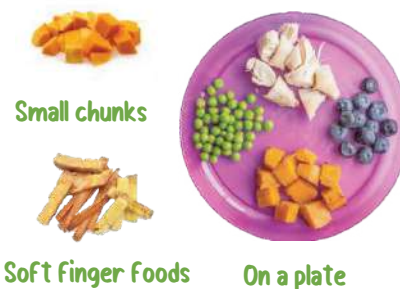


## HOW OFTEN:



Then, breast milk or cow's milk (Full cream), maas or yoghurt

## WAYS TO SERVE:



# THINGS TO AVOID

FOR MOTHER AND CHILD



Alcohol



Cigarettes



Drugs



Fizzy drinks



Fried fast food



Sausages / Russians / polony



Raw eggs



Raw meat



Raw Fish



Suckers



Sweets, chips, cakes



## EXTRA YUMMY RECIPES

### PURÉE / SOFT FOODS:



#### METHOD:



1. Wash fruit and vegetables well.



2. Cook vegetables, meat / chicken / fish / beans, and fruit.  
This also makes it soft. You can bake, boil or steam the food.



3. Peel the fruit and vegetables and take out any seeds.  
Remove any bones or skin from meat chicken / fish.



4. Mash the food with a fork.



5. If you want it very smooth, push food through a sieve.



6. Add some clean, safe water if it is too thick for your baby.  
NO salt or spices and NO sugar needed!!



7. Put leftovers in the fridge for two days. You can also freeze  
in ice cube trays and store it in the freezer, so you only need  
to defrost it and warm it when needed.

### PORRIDGE



#### SERVING SIZE:

2 - 6 YEARS:  1 cup

9 - 23 MONTHS:  ½ - 1 cup

6 - 8 MONTHS:   3tbsp - ¼ cup

#### INGREDIENTS:



Sorghum /  
Oats / maize



Clean water  
(500 ml - cups)

#### METHOD:

1. Mix maize meal with a little cold water to make a paste.
2. Bring rest of water to the boil in a pot.
3. Stir maize meal paste into boiling water.
4. Simmer until cooked for 45- 60 minutes.
5. Serve with a teaspoon of sugar-free (or no added sugar) peanut butter.



# DID YOU KNOW?

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- From 6 months old, your baby needs more than just breast milk. This is when you start introducing baby to a variety of healthy new foods while still breastfeeding.
- Use fresh, natural foods as much as possible.
- Give your baby eggs, chicken liver or other mashed proteins every day.
- Continue to breastfeed until your little one is 2 or older.
- Give your baby clean, safe water if he or she is thirsty.
- You can find information on infant and child feeding in The Road Health Booklet / How to Raise a Healthy and Happy Child.
- Handwashing is very important - before we breastfeed, prepare food, eat, after we play, after we use the toilet and after changing nappies.
- Once your little one is sitting properly and can hold things (about 9 months old), let them use their clean hands to feed themselves.
- Eat fats sparingly. Use salt sparingly. Limit sugar as much as possible.
- Our children need us to show love and enjoy playing and talking about the world around them.
- Play is having fun together. It can take place anywhere, any time, in many ways and with many different things. Play is the way children learn best!



