

DETECT HEALTH PROBLEMS BY **MONITORING YOUR CHILD'S GROWTH** REGULARLY. LET'S LOOK AFTER OUR **CHILDREN'S HEALTH BETTER TOGETHER.**

- Vitamin A helps your child to fight illness. Take your child to the clinic for Vitamin A drops every six months from 6 months to 5 years of age.
- Exclusive Breastfeeding: Babies need only breast milk, for the first 6 months of life.
- Breastfeed your baby as often and as long as the baby wants to feed.
- Learn to know when your baby is hungry. The signs are:
 - looking for the breast (Rooting)
 - putting the hands in the mouth
 - making sucking noises
- Introduce solid food only after six months. Start with soft mashed foods and progress to family foods.

By applying these measures you can quickly detect health problems in your child's growth.



Western Cape
Government

Health

BETTER TOGETHER.