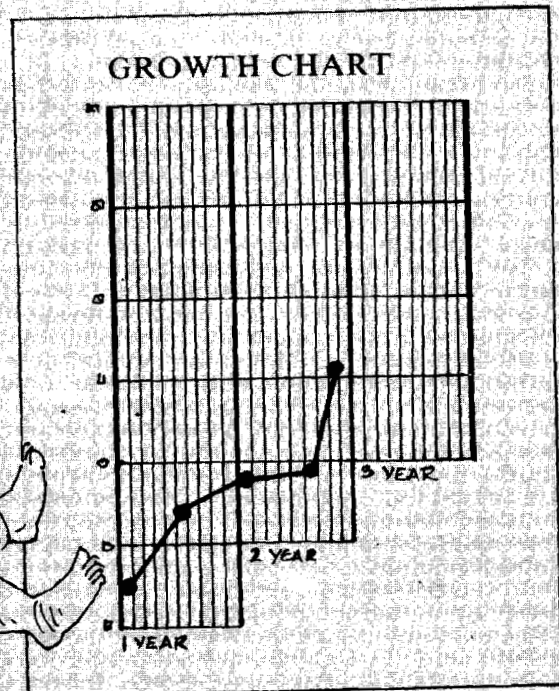


# 5

## Giving advice on growth monitoring and diets for children



Nandu's parents have recently come to village Sebtia. His father *Mangat Ram* is a trained carpenter. His mother *Somvati* met the anganwadi worker of the area *Vimla* on a marriage party. Somvati complained to her that Nandu is almost an year old now, but looks very thin and is quite irritable. He looks quite young as compared to her sister's son Raju (who is almost about the same age). Vimla asked her to bring Nandu to anganwadi.

Somvati took Nandu to anganwadi on 5th November, 1990. Vimla was very happy to see Somvati there. She greeted her and asked her to answer all her questions as accurately as she can.

**Vimla** : What is Nandu's age

**Somvati** : I Don't know his exact age. He was born last year just two days before Diwali. Will it help you?

**Vimla** : .....

?

One

**How did Vimla calculate Nandu's age? State the importance of knowing the right age in growth monitoring?**

(5 marks)

**Vimla** - O.K. let me now take Nandu's weight. Tell me, has he been weighed earlier also?

**Somvati** - Yes, he was weighed in the hospital when born. He was a healthy child according to doctors and nurses. I got him weighed twice after that also. Doctor said he was keeping well. But, after that I stopped going to hospital. I have lost the card too.

**Vimla** - Somvati, remember that it is important to get your child weighed every month in first year of life and it is equally important to maintain those records. Now take off his clothes and place him on the balance.

**Vimla** - He weighs 7.8 kg. I will record his weight on this card. Keep this card carefully and bring it with you next month. Your child weighs less for his age. Don't worry. We will do some thing about it. What foods do you give him in a day?

**Somvati** - I am giving him my milk. I think it is sufficient for him. You know, he does not like to take other things. In between, I do try to give him a piece of chapati or a spoonful of dal or a biscuit or piece of fruit once or twice in a day.

**Vimla** - Is that all?

**Somvati** - No, I also give him half a glass or three fourth glass of cow's milk. I dilute milk with equal amount of water for Nandu. As you know milk is very expensive. I just buy 250 ml cow's milk daily. I have to make tea also from it.

**Vimla** .....

?

Two

**What dietary advice do you think Vimla would have given to Somvati for feeding Nandu?**

(7 marks)

**Vimla** O.K. somvati, you make modifications in Nandu's diet and bring him to me next month.

Somvati took Nandu to anganwadi on subsequent months also. His weight for subsequent months is given below.

Month	Weight (kg)
December	7.92
January	7.99
February	8.2
March	8.32

<div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p style="margin: 0;">?</p> <p style="margin: 0;">Three</p> </div>	<p>A growth chart is given on page 30, plot Nandu's weight in it from Nov. 1991 to March 1992. Comment on the type of curve you get (8 marks)</p>
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**GUIDELINES FOR ANSWERING**

Have you read the case study given in this activity carefully? If not, go through it once again. Now concentrate on each question one by one.

Answer each question according to the following steps:

**Step 1.** Identify the relevant block(s) and unit(s) from theory which will help you in answering these questions

?

One

.....

?

Two

.....

?

Three

.....

**Step 2.** Jot down the relevant points from theory in the blank space provided here.

<div style="border: 1px solid black; padding: 2px; display: inline-block;"> <p style="margin: 0;">?</p> <p style="margin: 0;">One</p> </div>	<p>Local event calendar and its applicability in determining the right age of children</p>
--	--

2  
Two

Breastfeeding (advantages/how long should one continue),  
types of food to be given to one to two year old child (how and  
what to give).

A large empty rectangular box for writing the answer to the question.

Growth charts (its role in growth monitoring, how to plot it, various kinds of growth curves)

?  
One

- Use the information provided in the activity and the local event calendar given in appendix for calculating Nandu's age
- Write in about 4-5 lines the importance of knowing the right age in growth monitoring.

?  
Two

- Give dietary advice in separate points and not in a paragraph form
- Try to use a language which you would use for explaining it to an illiterate mother. Avoid use of technical/difficult terms
- You can write with regard to
  - importance of breastfeeding
  - ill consequences of giving diluted milk
  - type of foods to be given to one to two year old child

?  
Three

- Fill in all the other information boxes before plotting weight on chart.
- Plot Nandu's weight for each month with a pointed pencil.
- Join all the dots and draw a curve.
- Comment on the type of curve in four to five sentences.

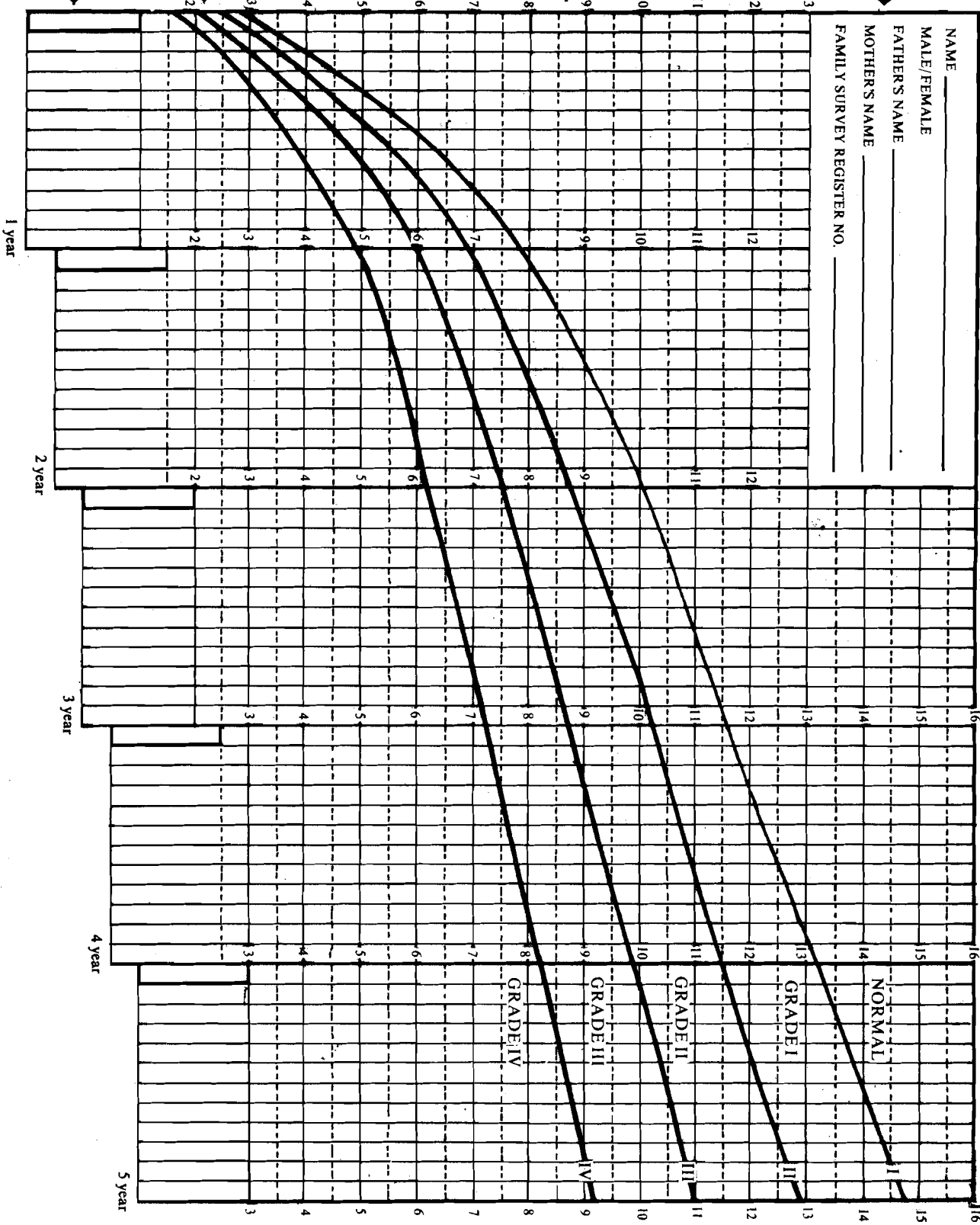
BIRTH MONTH AND YEAR BOX

AND YEAR BOX

FOUR CURVED LINES

INFORMATION BOX

WEIGHT IN Kilogram (k.g.)



GROWTH CHART FROM BIRTH TO 5 YEARS OF AGE

GROWTH CHART USED IN ICDS PROGRAMME