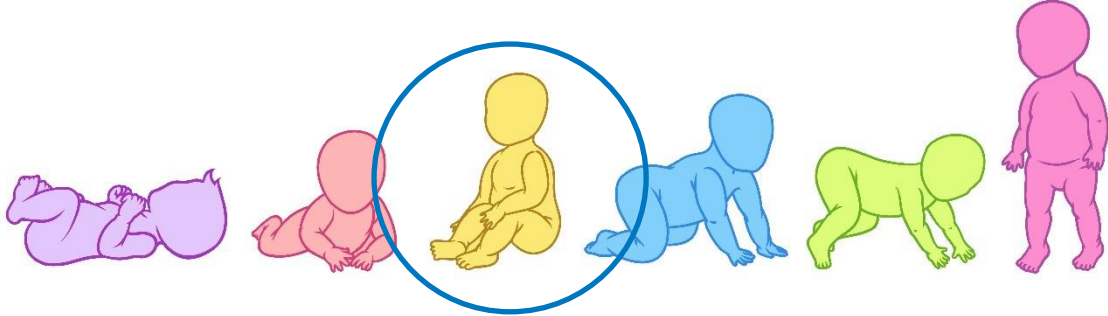




# Chakula cha kwanza cha mtoto



Wakati mtoto wako yuko tayari, **karibu umri wa miezi 6, lakini sio kabla ya miezi 4**, anza kumpa vyakula vizito vya aina mbalimbali, kwa kuanzia na vyakula vyenye madini ya chuma, huku ukiendelea kunyonyesha au kutumia maziwa ya kopo ya watoto wachanga.

## Ishara kwamba mtoto wako yuko tayari kwa vyakula vigumu



Huweka mikono na vinyago kinywani mwao



Wanaweza kukaa na kuinua vichwa vyao



Wanaonyesha kupendezwa na chakula

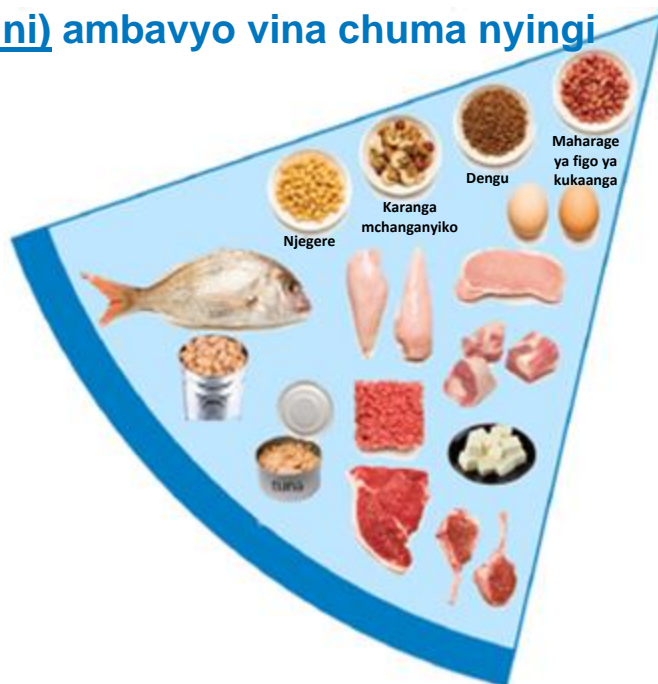


Acha kumpa maziwa ya chupa na maziwa ya kopo wakati mtoto wako ana umri wa miezi 12.

Endelea kunyonyesha kwa muda mrefu unavyotaka, lakini mtoto wako anapaswa pia kula chakula cha aina mbalimbali katika miezi 12.

Anza na vyakula vya puree (laini) ambavyo vina chuma nyingi

Chakula
Nyama ya ng'ombe
Nyama ya kondoo
Nyama ya nguruwe
Nyama ya kuku
Samaki
Samaki mbalimbali
Tofu, edamame



Ni vyakula gani vingine vina chuma?



Maharage ya Kopo



Kunde/maharage, vilivyopikwa



Mboga za majani, za kijani



Mchicha



Almond au karanga iliyosagwa /kuweka/unga







Mayai, yaliyopikwa vizuri

Mtoto wako anahitaji madini ya chuma kuanzia umri wa miezi 6 ili kumsaidia kukua na maendeleo yake



## Chakula kingine muhimu cha kuanzia

<p>Mboga</p>	
<p>Matunda</p>	
<p>Nafaka na nafaka iliyosagwa</p>	
<p>Yogati na Jibini</p>	



## Okoa pesa kwa kutengeneza chakula cha puree (kusagwa) nyumbani



**Chakula kilichotengenezwa nyumbani ni bora kuliko cha viwandani**

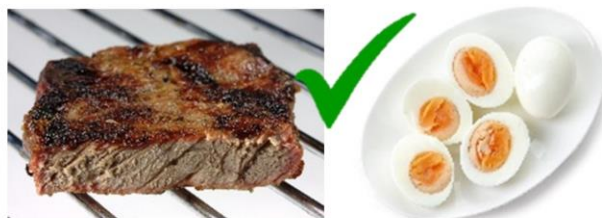


**Usiongeze asali, sukari au chumvi. Asali si salama kabla ya umri wa miezi 12.**

**Baadhi ya vyakula si salama hadi mtoto wako awe na umri zaidi ya miezi 12**



Yai mbichi au nyama mbichi



Yai au nyama iliyopikwa kwa njia yote



## Usilazimishe mtoto wako kula Karibia na umri wa miezi 6, anza kumfundisha mtoto wako kunywa maji yaliyochemshwa na



Ikiwa mtoto wako hataki kula, acha na ujaribu tena baada ya masaa 2-3



Acha mtoto wako aamue ni kiasi gani anataka kula

## kupozwa kutoka kwa kikombe



Kujifunza kunywa kutoka kwenye kikombe ni muhimu kwa maendeleo ya mtoto wako, meno yenye afya na kusema

## Karibu na miezi 8, anza kulisha vyakula vya kusagwa na vya mikono



Mchezo wa chakula na ulaji wa fujo ni mhimu kwa ukuaji wa mtoto wako  
Acha mtoto wako achukue chakula na kujilisha mwenyewe  
Ikiwa una wasiwasi kuhusu uwezo wa mtoto wako kutafuna au kumeza, tafadhali zungumza na daktari wako

## Utunzaji wa meno



- Safisha kinywa cha mtoto mara mbili kwa siku kwa kitambaa safi, na unyevunyevu
- Tumia mswaki mdogo laini meno yanapotokea
- Acha kulisha kwa chupa kwa umri wa miezi 12
- Anza dawa ya meno yenye floriidi kidogo baada ya umri wa miezi 12



Usiruhusu mtoto wako kulisha wakati amelala. Hii inaweza kusababisha mashimo ya meno na mtoto wako anaweza kuacha kula chakula cha afya wakati wa mchana.



Uchafu wa meno unaweza kuumiza mtoto wako na meno yake ya watu wazima yanayokua, na kuathiri ukuaji na usingizi wa mtoto wako



Juisi ya matunda, kinywaji laini au Yakult

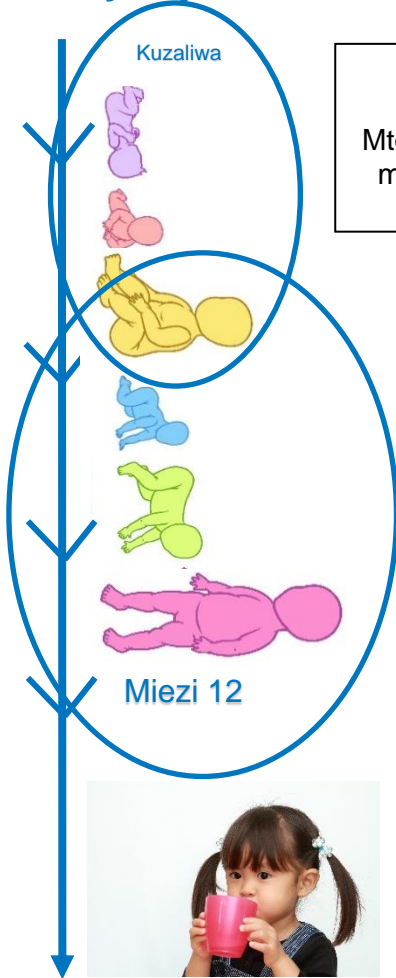


Chai na kahawa

Mtoto wako hahitaji chai, kahawa, maji ya matunda au vinywaji baridi. Chai na kahawa vitamzuia mtoto wako kupata chuma. Yakult, juisi na vinywaji baridi vina sukari nyingi na vinaweza kusababisha mashimo ya meno.



## Vinywaji



### Miezi 0-6

Mtoto wako anahitaji tu maziwa ya mama au maziwa ya kopo



### Umri wa Miezi 6-12

Toa maji ya bomba yaliyochemshwa na kupozwa. Endelea kumpa mtoto wako maziwa ya kopo au maziwa ya mama.



### Kuanzia miezi 12

Mtoto wako anaweza kupata maji kutoka kwenye bomba.

Mtoto wako anapaswa kujua jinsi ya kunywa kutoka kwenye kikombe au kikombe kidogo.

Unapaswa kuacha kutumia chupa.



## Maziwa



Maziwa ya ng'ombe au maziwa ya soya yaliyoimarishwa  
Huduma 1 = 250mL



Jibini  
1 Hutumikia = vipande 2

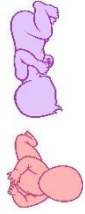


Maziwa mtindi  
Hutumikia 1 = 200g

Baada ya umri wa miezi 12, mtoto wako anahitaji kula au kunywa maziwa mara 1 hadi 2 kila siku.  
Usimpe mtoto wako zaidi ya 500mL ya maziwa kila siku.  
Mpe maziwa ya krimu kamili au mafuta mengi hadi mtoto wako afikishe umri wa miaka 2.

## Muhtasari au vyakula vya kuanzia

### Kuzaliwa



Kuanzia kuzaliwa hadi unapoanza yabisi, mtoto wako anahitaji tu maziwa ya mama au maziwa ya kopo.



**ENDELEA** kunyonyesha kwa muda unaotaka au umpe chupa za maziwa ya kopo hadi miezi 12

### Umri wa Miezi 4-6

**ANZA VYAKULA VILIVYO NA CHUMA:** unaweza kutumia maziwa ya mama, maziwa ya kopo au maji kusafisha chakula. Anza na kijiko kimoja cha chai mara moja kwa siku.

Mpe mtoto wako zaidi ikiwa anataka. **ANZA KUMFUNDISHA** mtoto wako jinsi ya kunywa maji yaliyochemshwa na kupozwa kutoka kwenye kikombe.



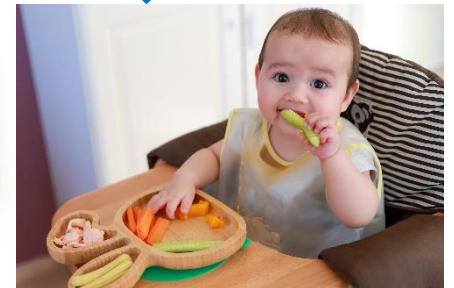
### Umri wa Miezi 8

**TOA** chakula kinene na kingi zaidi. Watoto wachanga wanapenda kujilisha wenyewe. Toa takriban milo 3 kwa siku.



### Umri wa Miezi 9 hadi 12

**MPE** vyakula vya mkononi. Toa vyakula vingi tofauti na muundo. Toa takriban milo 5 ndogo kwa siku. Kujifunza kula ni fujo!



### Miezi 12

Miezi 12 hadi 24



**Kuanzia umri wa miezi 12**, mtoto wako anaweza kula chakula cha familia kilichokatwa na hahitaji tena chupa. Mtoto wako anaweza kunywa maziwa ya ng'ombe lakini si zaidi ya vikombe 2 kwa siku.

Ikiwa unanyonyesha, unaweza kuendelea kwa muda mrefu kama unavyotaka, lakini hakikisha mtoto wako anakula aina mbalimbali za lishe bora.





**Kuzuia chakula kukwama shingoni**  
Daima uangalie kwa makini mtoto wako anapokula:

- Usiruhusu mtoto wako asogee, kutambaa au kutembea na chakula mdomoni.
- Watoto na watoto wadogo wanaweza kusongwa na chakula ambacho ni kidogo, kigumu, cha mviringo au cha kunata kama vile karanga, karoti na tufaha.
- Kata vyakula vya mviringo kama zabibu na nyanya za cherry.
- Pika, kisha saga au ponda matunda na mboga zote ngumu kama tufaha, karoti na maharagwe.
- Ondoa ngozi, mifupa madogo na gristle kutoka kwa nyama, kuku na samaki.

**- Usimpe karanga nzima kabla ya miaka 5.**

**Mzio**

Tazama kwa:

- Kuvimba kwa uso, macho au midomo, mizinga au mikunjo (vimbe nyekundu kwenye ngozi).
- Kutapika na kuharisha.
- Upele au uwekundu wa ngozi.

**Ikiwa mtoto wako ana mmenyuko wa mzio, acha kumpa chakula hicho na ongea na daktari wako.**

**Piga simu 000 mara moja ikiwa mtoto wako ana athari hizi kali kwa chakula chochote:**

- kupumua ngumu au kelele
- kukohoa au kikohozi kinachoendelea
- uvimbe wa ulimi
- ngozi ya rangi na laini sana (floppy).

Taarifa kwa allergener hapa

<https://preventallergies.org.au/>

(video zinapatikana katika Burmese, Chin Haka, Hazaragi, Karen)

<https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of **Western Australia**  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Simu: (08) 6456 2222  
Imeandaliwa na: Refugee Health Service  
Ref: 1565.9 © CAHS 2023



Multicultural Women's  
Health Services



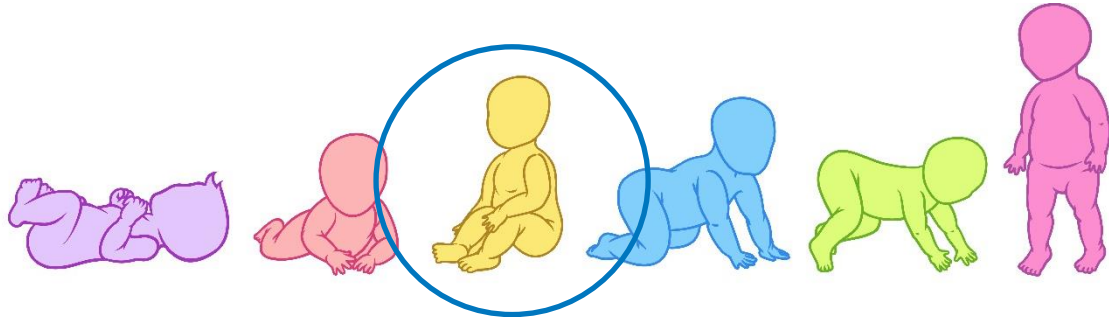
Hati hii inaweza kupatikana katika miundo mbadala kwa ombi la mtu mwenye ulemavu.

**Disclaimer:** Chapisho hili ni kwa madhumuni ya elimu ya jumla na habari. Wasiliana na mtaalamu wa afya aliyehitimu kwa ushauri wowote wa matibabu unaohitajika.  
© State of Western Australia, Child and Adolescent Health Service.

**Tunaishukuru Healthway kwa msaada wao wa ufadhili wa mradi huu, ambao umefanywa kwa ushirikiano na Ishar.**



# Baby's first foods



When your infant is ready, **at around 6 months, but not before 4 months**, start to introduce a variety of solid foods, starting with iron rich foods, while continuing breastfeeding or using infant formula

## Signs that your baby is ready for solids



Puts hands and toys in their mouth



Can sit and hold their head up



Shows interest in food

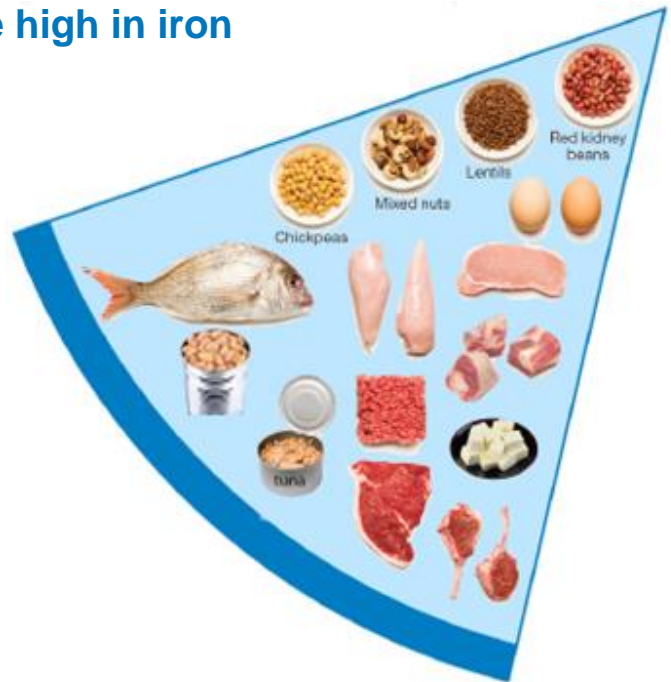


Stop bottles and formula when your baby is 12 months. Continue breastfeeding for as long as you wish, but your baby should also be eating a variety of food at 12 months.



Start with puree foods that are high in iron

Food
Beef
Lamb
Pork
Chicken
Fish
Seafood
Tofu, edamame



What other foods have iron?



Baked Beans



Legumes/pulses/  
beans, cooked



Leafy, green  
vegetables



Spinach



Almond or peanut  
puree/paste/powder







Eggs, well cooked

Your baby needs iron from 6 months to help their growth and development



Other important food to introduce

<p>Vegetables</p>	
<p>Fruit</p>	
<p>Grains and cereals</p>	
<p>Yoghurt and Cheese</p>	



## Save money by making home-made puree food

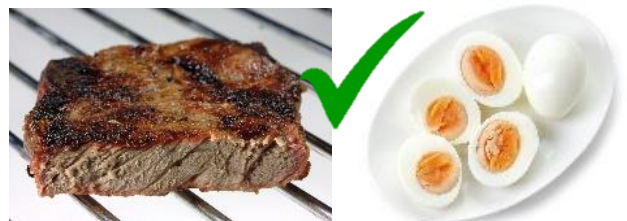


**Home-made food is healthier than pouches**



**Do not add honey, sugar or salt. Honey is not safe before 12 months.**

**Some foods are not safe until your baby is older than 12 months**



Raw egg or raw meat

Egg or meat cooked all the way through

## Do not force your baby to eat



If your baby does not want to eat, stop and try again in 2-3 hours



Let your baby decide how much they want to eat

## At around 6 months, start teaching your baby to drink boiled and cooled water from a cup



Learning to drink from a cup is important for your baby's development, healthy teeth and speech

## At around 8 months, start chopped and finger foods



Food play and messy eating is important for your baby's development.

Let your baby pick up food and feed themselves.

If you are worried about your baby's ability to chew or swallow, please speak to your doctor.



## Teeth care



- Clean baby's mouth twice a day with a clean, damp cloth
- Use a small soft toothbrush as teeth appear
- Stop bottle feeding at 12 months of age
- Start low fluoride toothpaste after 12 months



Do not let your baby feed while they are sleeping. This can cause dental carries and your baby might stop eating healthy food during the day.



Dental carries might hurt your baby and their developing adult teeth, plus impact your child's growth and sleep



Fruit juice, soft drink or Yakult

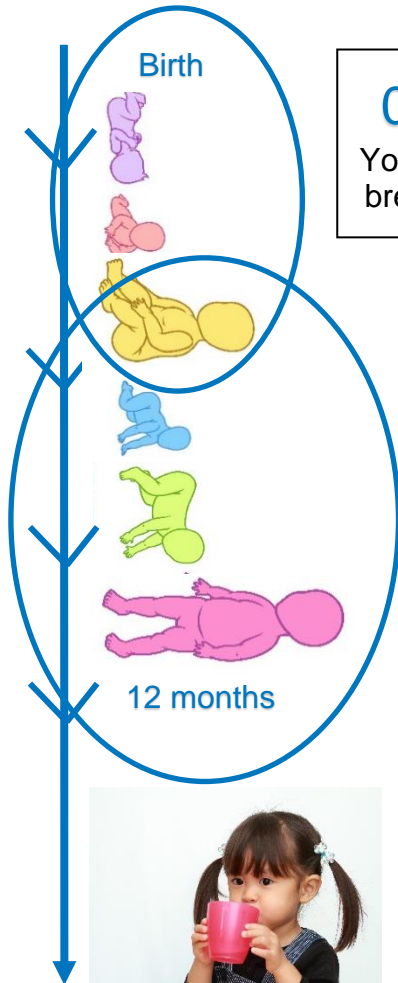


Tea and coffee

Your baby does not need tea, coffee, fruit juice or soft drink. Tea and coffee will stop your baby from getting iron. Yakult, juice and soft drink are high in sugar and may cause dental carries.



## Fluids



### 0-6 months

Your baby only needs breastmilk or formula



### 6-12 months

Offer boiled and cooled tap water. Continue offering your baby formula or breastmilk.



### From 12 months

Your baby can have water straight from the tap.

Your baby should know how to drink from a cup or a sippy cup.

You should stop using bottles.



## Dairy



Cow's milk or fortified soy milk  
1 serve = 250mL



Cheese  
1 serve = 2 slices



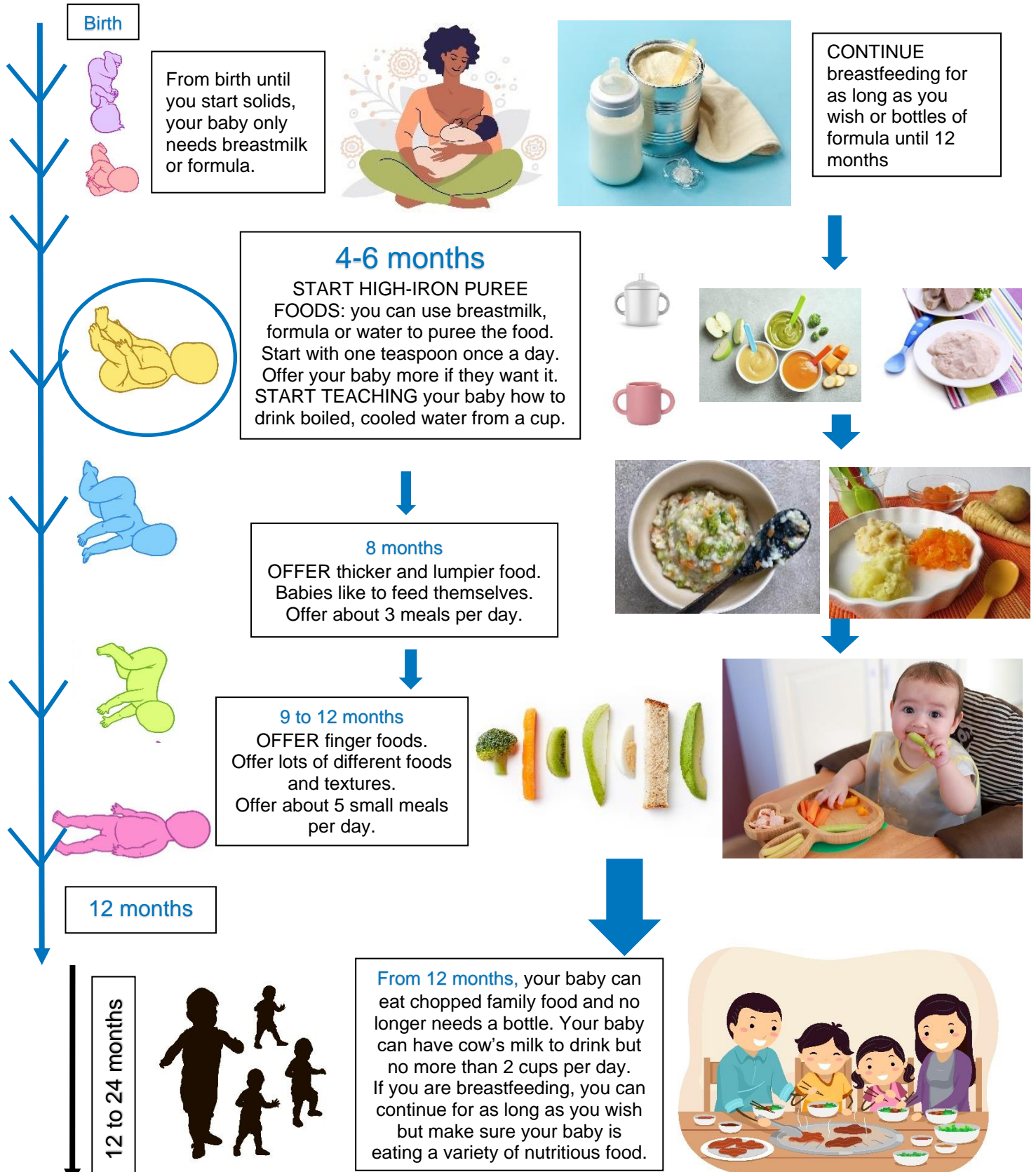
Yoghurt  
1 serve = 200g

After 12 months, your baby needs to eat or drink dairy 1-2 times every day. Do not offer your baby any more than 500mL of milk each day. Offer full-cream or full-fat dairy until your baby is 2 years old.





## Summary of first foods



## Prevent choking

Always watch carefully when your baby is eating:

- Do not let your baby move, crawl or walk with food in their mouth.
- Babies and young children can choke on food that is small, hard, round or sticky such as nuts, carrots and apple.
- Cut up round foods like grapes and cherry tomatoes.
- Cook, then grate or mash all hard fruit and vegetables like apple, carrots and beans.
- Remove skin, small bones and gristle from meat, chicken and fish.
- **Do not give whole nuts before 5 years of age.**

## Allergies

Watch for:

- Swelling of face, eyes or lips, hives or welts (red lumps on skin).
- Vomiting and diarrhoea.
- Rashes or redness of the skin.

**If your baby has an allergic reaction, stop giving that food and speak to your doctor.**

**Call 000 immediately if your baby has these severe reactions to any food:**

- difficult or noisy breathing
- wheeze or ongoing cough
- swelling of the tongue
- pale skin and floppy.

Information for allergens here

<https://preventallergies.org.au/>

(videos available in Burmese, Chin Haka, Hazaragi, Karen) <https://preventallergies.org.au/translated-infant-feeding-resources/>



Government of **Western Australia**  
Child and Adolescent Health Service



Multicultural Women's  
Health Services



### Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Refugee Health Service

Ref: 1565.9 © CAHS 2023

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.

**We acknowledge Healthway for their funding support of this project, which has been undertaken in collaboration with Ishar**

This document can be made available in alternative formats on request for a person with a disability.

