APPENDIX I

NHE MESSAGES OUTLINED IN THE ICDS GUIDELINES

1 Breast feed as long as possible
2 Introduce semi-solid food from five to six months
3 Feed young children three to six times a day
4 Don't reduce food in illness
5 Use the health services available
6 Get children immunized
7 Keep yourself and your surroundings clean; drink clean water
8 Have no more than two or three children three years apart