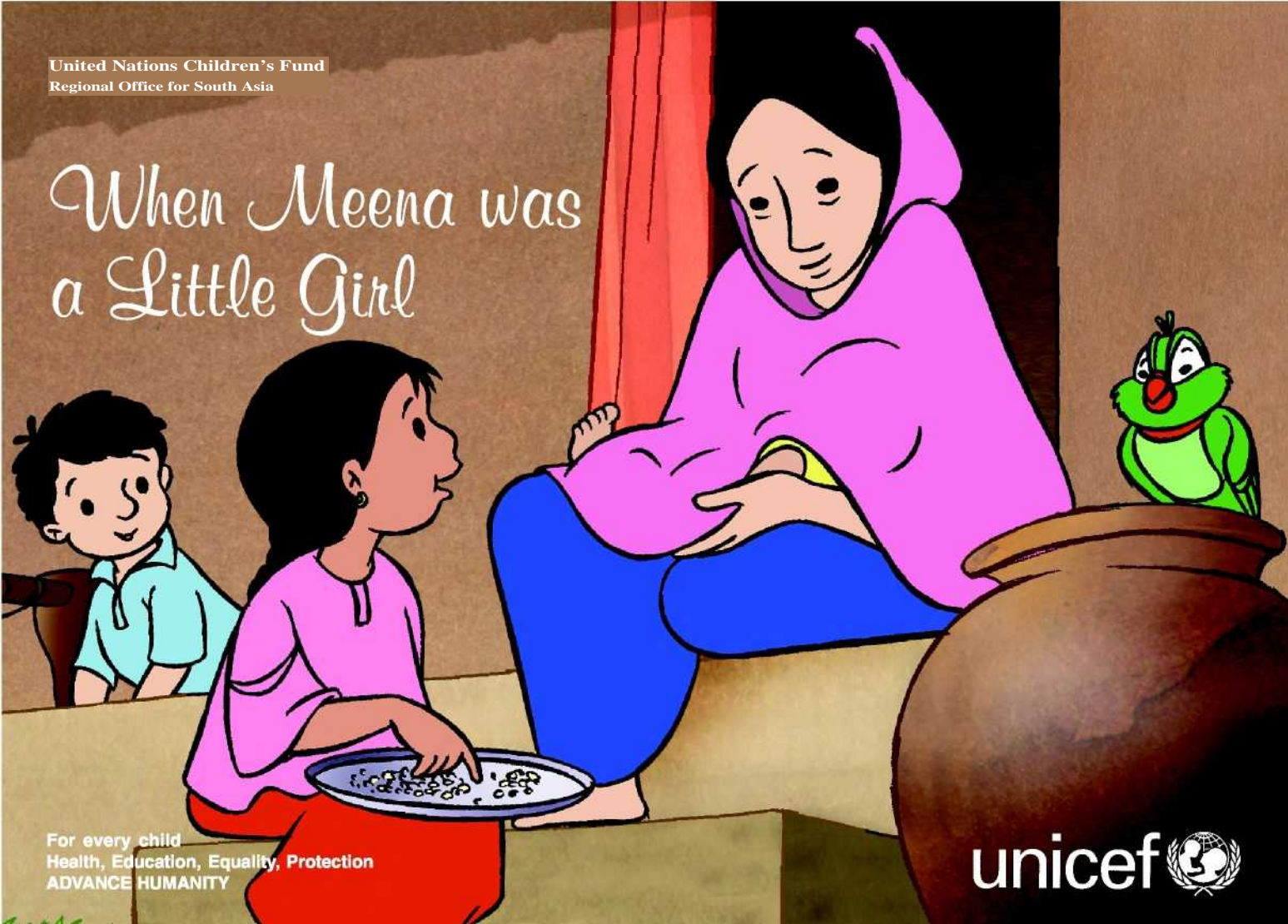


United Nations Children's Fund
Regional Office for South Asia

When Meena was a Little Girl



For every child
Health, Education, Equality, Protection
ADVANCE HUMANITY

unicef 

Meena is a little girl who lives in a village with her parents, her grandmother, her brother Raju and her baby sister, Rani. Mithu, the parrot, is her best friend.

In many ways, Meena is like any other little girl you know. She is friendly but is not afraid to ask questions.

Share in Meena's adventures as she laughs, climbs trees, asks questions and solves problems, and shows you all the things that a little girl can do.

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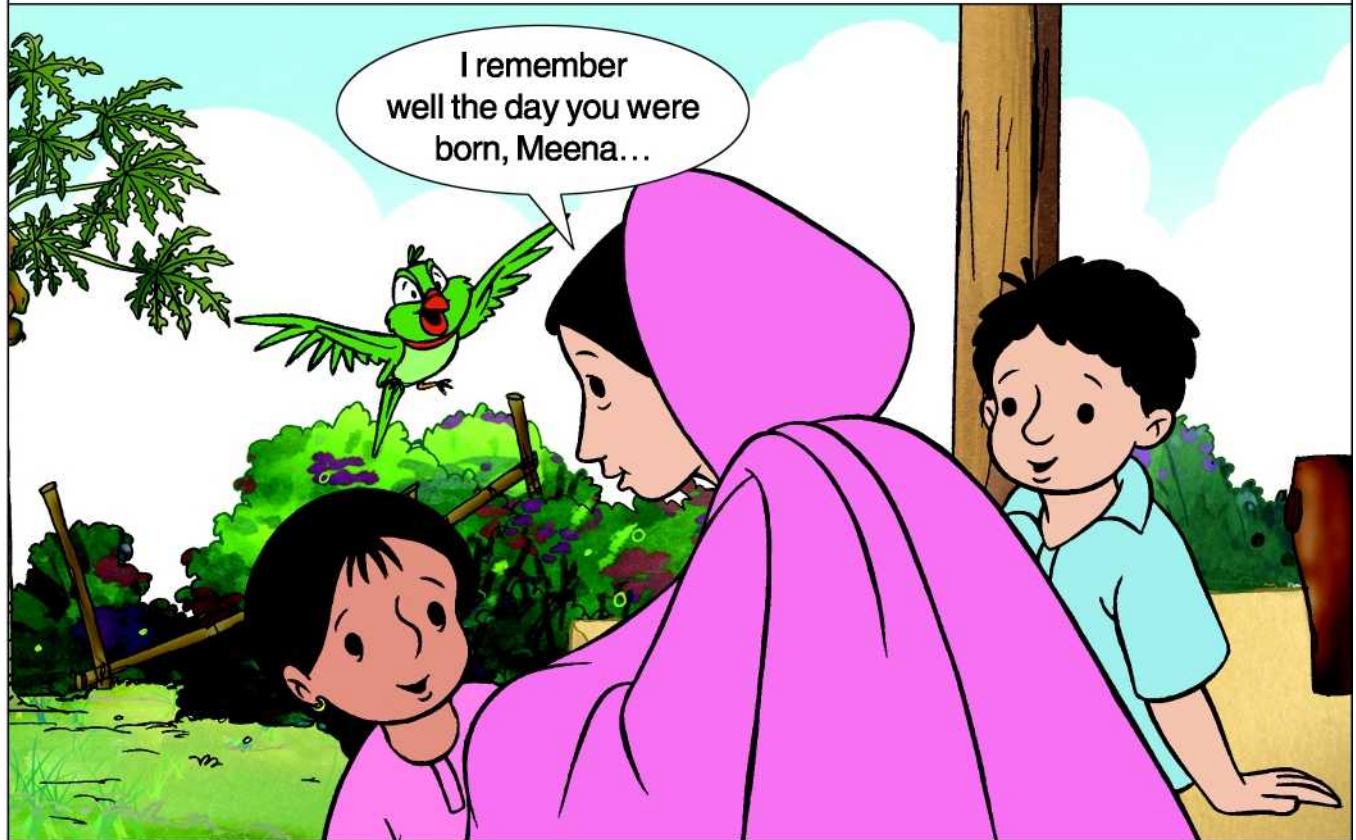
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It was a hot afternoon. Meena was cleaning rice while Mother breastfed baby Rani. Her brother Raju was playing nearby.



The children loved Mamma's stories.



Mamma said that right after Meena was born, she was breastfed. The health worker had said that Mamma's first milk would keep Meena healthy and protect her from illnesses, like diarrhoea, ear or chest infections...



When Grandma tried to put some honey into Meena's mouth, the health worker stopped her. She said that it was wrong to put honey or oil in a baby's mouth. For the first six months, babies need only mother's milk and nothing else.



Mother's milk is a complete food. For the first six months babies do not even need water.



When Meena was a few months old, her uncle from the city came for a visit. He brought a tin of powdered milk for Meena as a special gift.



Uncle was surprised when Mother refused the powdered milk. Grandma told him that nothing is better for a baby than mother's milk.



As Meena grew older, Mother continued breastfeeding her. The more she breastfed Meena, the more milk her body produced.



After six months, along with breast milk, Meena was given mashed rice, dal and vegetables cooked in a little oil. She had mashed bananas too. Father was thrilled, because now he could also help feed his daughter!





Mamma,
is Rani now eating
the same kind of food
I ate as a baby?

Yes, Meena.

As Meena took happy, healthy, baby Rani in her arms, Raju noticed that the two sisters looked so alike.

I think that
Rani will grow up
just like Meena!

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Remember, mother's milk alone for the first six months.
After six months, breast milk and soft foods.



Other titles in this series

1. Count Your Chickens
2. Dividing the Mango
3. Will Meena Leave School?
4. Who's Afraid of the Bully?
5. Saving a Life
6. Meena's Three Wishes
7. Say No to Dowry
8. Too Young to Marry
9. Take Care of Girls
10. I Love School
11. It's Got to Be a Boy!
12. Meena in the City
13. A Girl's Story
14. Learning to Love
15. Strangers in the Village
16. Reaching Out
17. Meena And Her Friend
18. It Could Happen to Anyone
19. The Girls Came Back
20. When Meena was Born
21. Seeing in the Dark
22. Health in your Hands
23. Safe from Worms
24. Baby Rani's Four Visits
25. We Love Books!
26. Learning can be Fun!
27. Learning with Meena
28. School First, Marriage Later
29. Teacher Helps to Learn
30. Let's Go to School Together

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*** Meena Educational Package**

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