

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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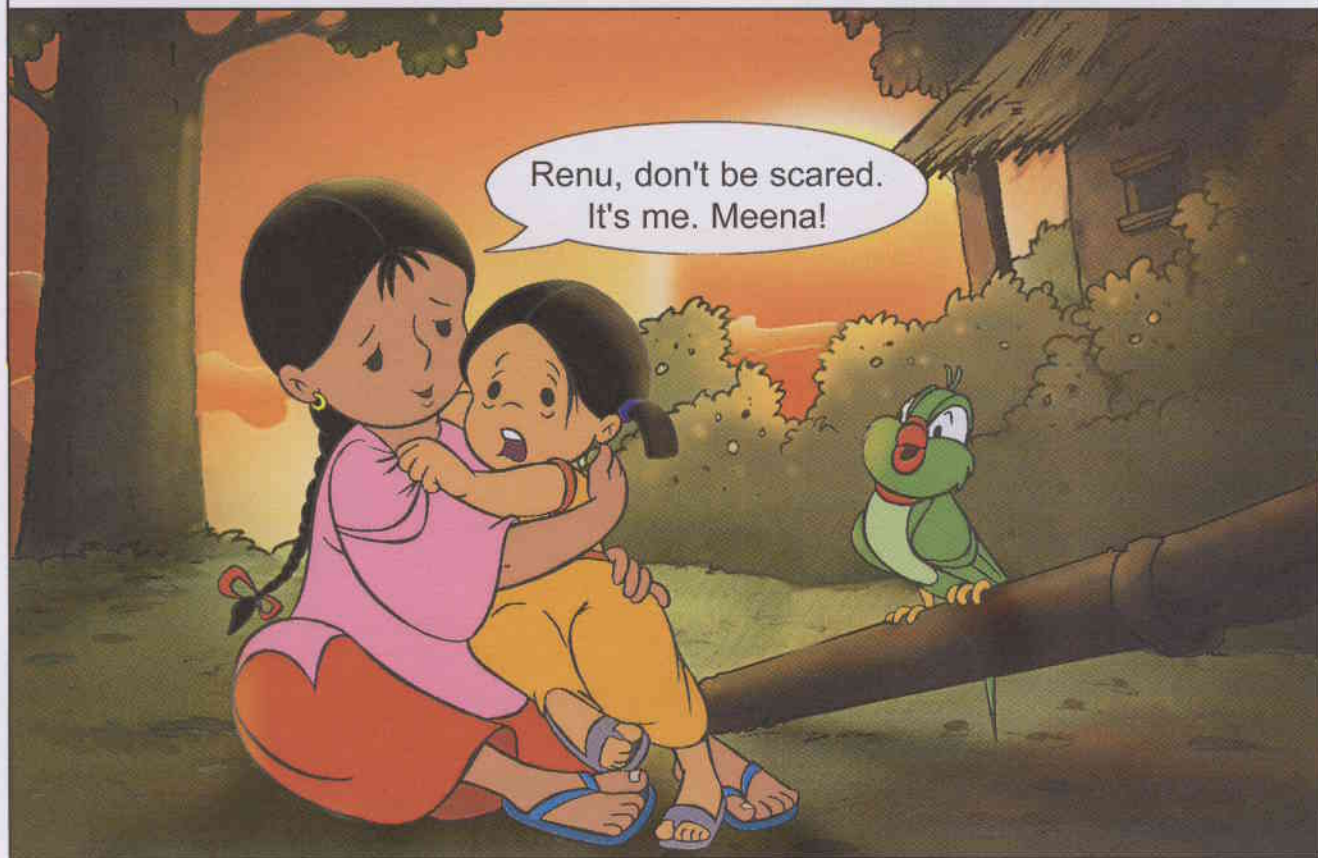
It was late evening and the sun had begun to set. Meena, Raju and their pet parrot Mithu, were playing with friends from next door.



Suddenly, Meena noticed that something was wrong with little Renu. She looked scared. She ran, this way and that, tripping and falling.



Meena rushed to comfort her. She could not understand what was wrong.



The next day, Renu's mother took her to the health centre. Meena was worried, so she decided to go with them.



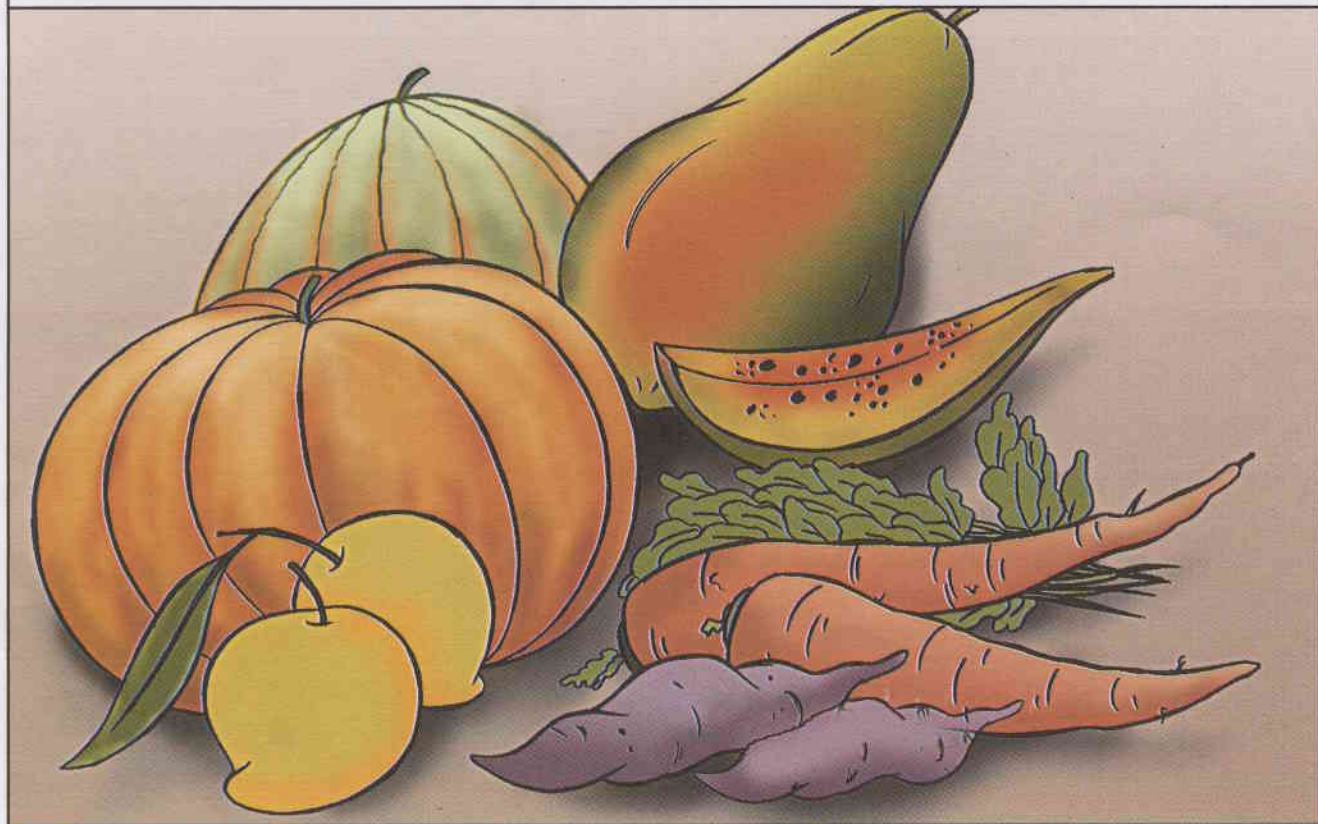
The health worker looked at Renu. She said that Renu was suffering from night blindness. That means difficulty in seeing in the dark or when the light is not bright enough. Night blindness happens when children do not get enough Vitamin A.



The health worker gave Renu half a teaspoon of Vitamin A syrup and said that she would give another dose within a week. She said Renu should get the regular prevention dosage like all children under 3 years get.



Vitamin A is very important for good eyesight and for health. It is found in yellow and orange foods like carrots, pumpkins papayas and mangoes.



The health worker told Renu's mother to give Renu lots of orange and yellow fruits and vegetables to eat. She said to give Renu milk, cottage cheese, eggs and leafy vegetables, too. They would help her become strong.



Renu's mother made sure that she got foods with Vitamin A and six months later, Renu got her second dose of syrup.



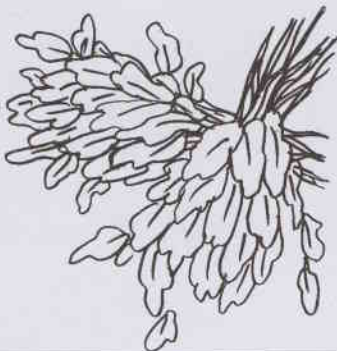
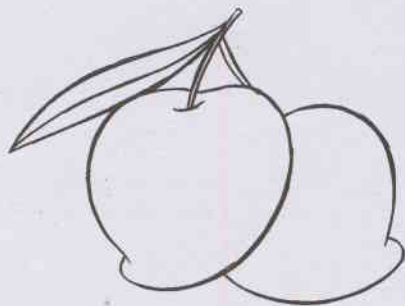
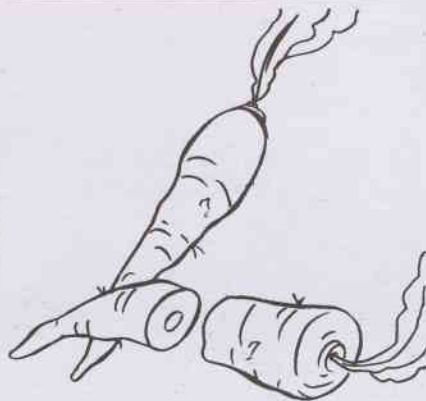
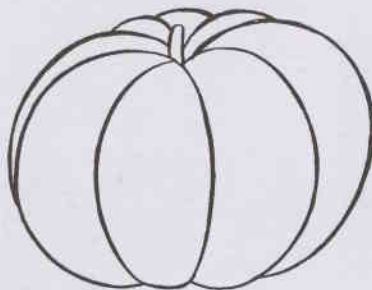
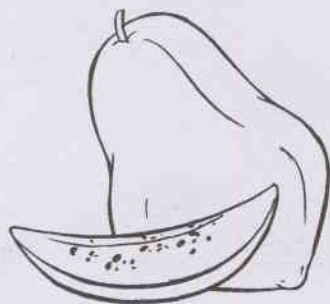
Look at Renu now! She can see much better in the dark, and she is healthier too.



Remember, to prevent problems like night blindness, Vitamin A should be given once every six months to all children between nine months and thirty six months of age.



To be healthy, eat fruits and vegetables that are rich in Vitamin A.
(This is a picture for you to colour)





Children between 9 - 12 months get half spoonful of Vitamin A syrup after every six months. Children between 12 - 36 months old get 1 spoonful of Vitamin A syrup after every six months. It is very important to get 5 doses. It starts from 9 months and ends on 36 months.

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 Girls' 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. When Meena was a Little Girl
22. Health in your Hands
23. Safe from Worms

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