

Introducing Mukhe Bhaat Event for Rohingya Community

Mukhe bhaat

Literally Mukhe bhaat is a similar term of Onnoprashon which means “feeding rice” in Sanskrit. It symbolizes the beginning of the weaning period in the baby’s life. The baby is gradually introduced to solid foods or family foods following this ceremony. It is followed in most parts of the country, and while some rituals may differ slightly due to religion and social customs.

Purpose

Mukhe bhaat is conducted when the baby is ready to make the transition from a liquid diet to solids. It is performed after the baby has completed six months and before the first birthday. The purpose of mukhe bhaat in ENICAPLW project is to introduce solid food/complementary food in a timely manner that will help the baby achieving a good nutrition status and prevent malnutrition.



Where it will be conducted?

Mukhe bhaat will be conducted at the Mother Baby Area of different camps. The beneficiaries who will be the resident of respective camps will participate in the ceremony.

How it will be conducted?

The mukhe bhaat will be conducted thrice in a month. The date will be 10th, 20th and 30th of the month. If those days are not available due to holiday or other reason, the mukhe bhaat will be organized on the next official working day. The children along with, who will complete their 6 months from 1st to 10th of the month, will be the participants of the Mukhe bhaat ceremony on 10th. Those who will complete their 6 months from 11th to 20th of the month will be the participants of the Mukhe bhaat ceremony on 20th. And those who will complete their 6 months from 21st to 31st of the month will be the participants of the Mukhe bhaat ceremony on 30th.

During mukhe bhaat, mothers will bring their babies to the BFSC/MBA on mentioned time. At first, there will be a cooking demonstration which will be facilitated by the counselor. She will demonstrate the process of cooking nutrient rich food such as khichuri in a proper manner for the children. The mothers will learn the process and will follow the techniques to prepare foods in their respective homes for their baby. After preparing the food, the children will be fed the food.

What kind of foods can be offered to the baby?

Food for the baby’s first bite may be rice, pulse, mixed khichuri, kheer, payash (if to offer baby something sweet). Or it is plain mashed rice with a pinch of well-cooked dal although a variety of food will be better to be served in the baby’s bowl.

Some attentive measures should be taken during mukhe bhaat:

- It is best to limit the gathering to just the selected participants to conduct the program properly and to avoid feeling baby overwhelmed
- Hands and all the utensils should be washed well before feeding the baby
- Baby’s food must be prepared fresh and maintaining all kind of hygienic measures
- A small towel/soft tissue should be kept handy to wipe the excess food around baby’s mouth
- The mother will feed their baby first. It will help to increase the bonding between mother and baby and the baby will feel comfortable.