What is SuperKid?
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• *Superkid* (vitamin and mineral powder) combined with a balanced diet provides the daily nutrition (vitamin and mineral) needs of a young child.

• *SuperKid* can be added directly to soft or mashed food prepared at home for children 6-59 months of age.

• It is packed in single serving sachets (show sachets) containing important vitamins & minerals.

• *Superkid* can be added directly to soft or mashed food prepared at home for children 6-23 months of age.
Who is SuperKid for?
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- **SuperKid** is for young children from 6 months to 5 years of age.

- **SuperKid** is for children who do not receive enough or adequate nutrition.

- **SuperKid** is for children who do not receive enough vitamins and minerals.
Why use SuperKid?
Why use *SuperKid*?

- Vitamins and minerals are very important for young children’s growth and development.
- In Lao PDR many children are not able to get all vitamins and minerals they need from the food they eat.
- Children who do not eat enough vitamins and minerals may not grow and develop well and get sick with illnesses such as diarrhoea, fever, and cough.
- Children who do not get enough nutrient are often tired and do not like to play, they cry a lot, and do not want to eat well.

*Superkid* can help to:

- Improve a child’s appetite
- Increase a child’s physical activities and playfulness
- Reduce the frequency of illness
- Improve a child’s ability to learn and develop
- Prevent deficiencies of vitamins and minerals in children
Recommended foods for using with **SuperKid**:  

- **Mango**  
- **Boiled egg**  
- **Boiled pumpkin**  
- **Banana**  
- **Papaya**  

Mash well and mix with **SuperKid**.
Recommended foods for using with *SuperKid*:

1. Mashed pumpkin or carrot, potato or sweet potato
2. Boiled or scrambled eggs mashed
3. Enriched rice porridge ‘Khao piak’ made with steamed rice
4. Mashed ripe papaya, mango, or banana

- **Be creative and try out different mixtures of foods available in your household.**

The most important thing is the right consistency/texture of food. It has to be soft or mashed so that it can be mixed well with *SuperKid*. 
How to use SuperKid?

1. Mix rice with water and cook.
2. Warm the SuperKid mixture to a comfortable temperature.
3. Use a spoon to give the mixture to the child.
4. Stir the rice and SuperKid mixture together.
5. Give the mixture to the child.
How to use SuperKid?

1. Wash your and your child’s hands with soap and clean water.

2. Prepare soft or mashed food.
   - Superkid should NOT be mixed with liquids (e.g. water, tea) because the powder will not dissolve properly and may stick to the sides of the cup, float on the surface, and change the colour and taste of the liquid.

3. Put a small amount of food into the child’s bowl and wait until the food has cooled before eating.

4. Shake the unopened sachet to ensure that the powder is not clumped, then pour the entire contents of one Superkid sachet over the small portion of food and mix the powder and food well.
   - The content of the sachet should NOT be split into portions given over several meals.

5. Feed the food mixed with Superkid to your child with a spoon.
   - The food should be eaten within 30 minutes of the Superkid being added otherwise the food may change in colour and/or taste.
Who should NOT use SuperKid?

*SuperKid* is not appropriate for children under 6 months of age, who should ONLY be exclusively breastfed.

Children who have a fever
Who should NOT use *SuperKid*?

- *SuperKid* is not appropriate for children under 6 months of age, who should ONLY be exclusively breastfed. Breastmilk contains all the nutrients required from birth to the age of 6 months.

- Children who are older than 5 years should not use *SuperKid*.

- Children who are receiving Plumpy Nut, Eezepaste Nut, Plumpy Doz, RSB++ and other food products enriched with vitamins and minerals either for the treatment or prevention of malnutrition.

Stop giving *SuperKid* when:

- Children have a fever as it is often a sign of malaria in absence of malaria testing.

- Children are suffering from dengue fever.