

Important tips about breast feeding.

- ❑ Always give birth at the health center. The health worker there will help you start breast feeding your baby immediately.
- ❑ New born babies should be given to the mother to hold and breast feed immediately after birth. Skin-to-skin contact keeps the baby warm and bonds the two.
- ❑ The first milk is very nutritious and contains ALL the nutrients the baby needs. It is the baby's first immunization.
- ❑ No other food or drink, NOT even water is needed during the first six months of life.

Where can I get more information on breast feeding?

- ❑ The nearest health center.
- ❑ Community mother support groups.

Give your baby the best start, breast feed within one hour after birth!

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BREAST FEEDING
immediately after birth
saves lives

WHAT YOU NEED TO KNOW.

Why is breast feeding important?

It is important because it greatly contributes to the survival of the child especially if practiced as follows:

- ❑ Start to breast feed the baby within one hour of birth. The first milk, called colostrum, is nutritious and is considered the baby's first immunization.
- ❑ Breast feed exclusively for the first six months of life. This means feeding the baby on breast milk only. No water, glucose, gripe water, other liquids, semi solid or solids.
- ❑ Start giving other foods to the baby at six months and continue to breast feed up to two years or beyond.

Breast feeding provides the best food for babies.

- ❑ Breast milk provides all the nutrients and fluids that a baby needs for the first 6 months of life.

- ❑ Breast feeding in the first six months of life helps protect babies from common illnesses such as diarrhea and pneumonia.

Why it is important to start breast feeding soon after the baby is born?

Breast feeding soon after birth is beneficial for both the baby and the mother because:

- ❑ It provides the skin-to skin contact and warmth that babies need most, particularly premature and low birth weight babies.
- ❑ The baby will be calmer.
- ❑ Milk will start flowing sooner from the breast.
- ❑ The baby will suckle the first milk (colostrum) which is nutritious and is also the first immunization.
- ❑ It helps the production of enough milk for the next feed.
- ❑ The baby will enjoy better

emotional and social development.

- ❑ The mother is likely to bleed less after delivery.

In the first hour of birth, breast feeding is established better compared to hours later. This is critical in the success of breast feeding.

What if the mother is HIV positive?

All babies regardless of their mothers' HIV status should be breastfed.

It is important for all pregnant women and their partners to have an HIV test.

The parents should discuss the feeding of the baby with the health worker.

This will enable them get information that will help them and their baby.