

- ❖ Feed frequently to prevent your breasts from becoming swollen.
- ❖ If one or both of your breasts become painful or hot to the touch, see a health care provider.
- ❖ Check for sores and thrush in your baby's mouth. If you find any, see a health care provider.

### Things to remember

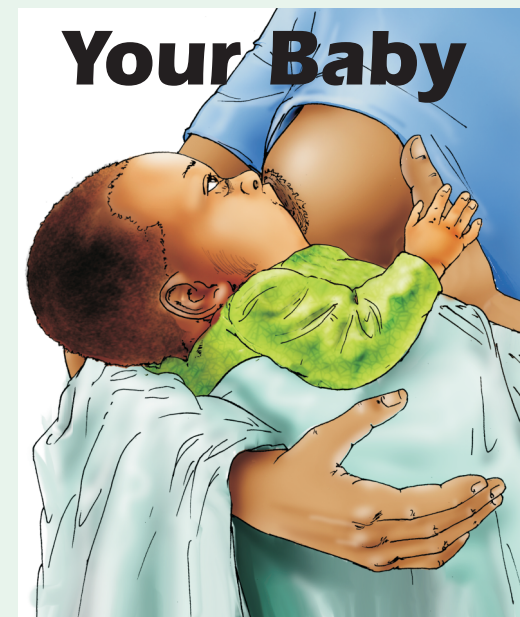
- ❖ Exclusive breastfeeding during the first six months can help to protect you from getting pregnant as long as your periods have not returned.
- ❖ When your baby is six months old, continue breastfeeding and begin giving other nutritious foods.
- ❖ Do not feed your baby from a nipple that is cracked or bleeding. Feed from the other breast and express and discard the milk from the breast that is affected.
- ❖ Watch for signs of diarrhoea, fever, difficulty breathing, or refusal to feed; these need prompt attention and may require treatment.
- ❖ Practice safe sex by using condoms consistently and correctly. Consult a family planning counsellor.



Ministry of Health



# How to Breastfeed Your Baby



giz

Food and Nutrition Security, Enhanced Resilience (FANSEP) Project

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## HOW TO BREASTFEED YOUR BABY

### Breastfeeding

#### What do you need to know?

- ❖ Breastmilk provides all the food and water that your baby needs during the first six months of life.
- ❖ The thick, yellowish milk known as colostrum, produced during the first few days after delivery, protects your baby from many diseases. Start breastfeeding within the first hour of birth.
- ❖ Exclusive breastfeeding means giving breastmilk only, and nothing else (no other milks, foods, or liquids, not even sips of water), except for medicines prescribed by a doctor or nurse.
- ❖ Exclusive breastfeeding reduces the chance of passing HIV to your baby – especially when you and your baby receive special medicine antiretrovirals (ARVs). To protect your baby, know your HIV status.
- ❖ Avoid mixed feeding of both breastmilk and other foods or liquids, including infant formula, animal milks, or water,



before six months of age.

- ❖ If you are HIV infected, mixed feeding greatly increases the chance of passing HIV to your baby.

#### How do I position my baby?

##### Your baby is well-positioned if:

- ❖ Baby's head and body are in a straight line.
- ❖ Baby's body is facing you.
- ❖ Baby is close to you.
- ❖ Baby's whole body is supported.

Good attachment helps to ensure that your baby suckles well.

#### The four signs of good attachment are:



1. Baby's mouth is wide open.
2. You can see more of the darker skin

(areola) above the baby's mouth than below.

3. Baby's lower lip is turned outward.
4. Baby's chin is touching your breast. Good attachment helps to prevent sore and cracked nipples. Your baby should take slow, deep sucks while breastfeeding, sometimes pausing.

#### How often do I breastfeed?

- ❖ Feed your baby often, at least 8 to 12 times, day and night .
- ❖ Frequent breastfeeding will help your body to produce enough breastmilk.
- ❖ Continue to feed until your baby empties the breast and comes off on his own. This will ensure that your baby gets the most nutritious and satisfying milk. Offer the other breast and let your baby decide if he or she wants more or not.
- ❖ You will know your baby is taking enough breastmilk when he or she passes urine at least six times a day and is gaining weight.

#### How to prevent common breastfeeding difficulties

- ❖ Position and attach your baby correctly on the breast.
- ❖ Breastfeeding should not hurt. If you develop cracked nipples, put some breastmilk on them. Do not use any types of creams or ointments.