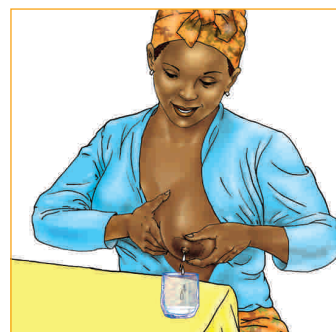
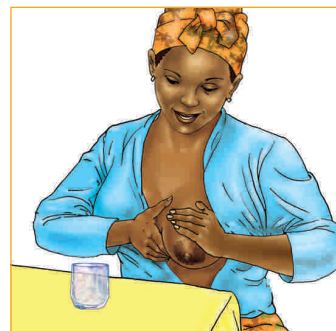


# Breastfeed Your Baby

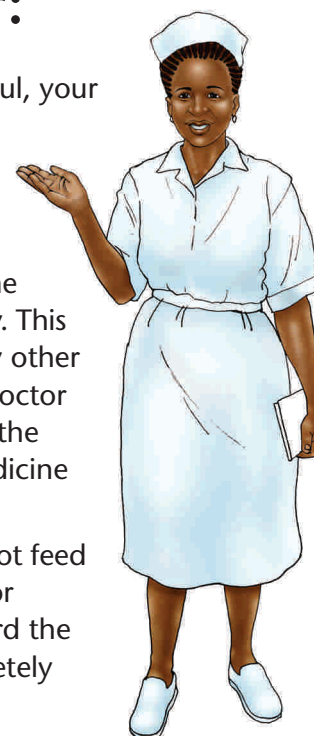
## How to prevent problems:

- \* Check for sores in your baby's mouth often. If you find any, get them treated as soon as possible.
- \* If your nipples become cracked or sensitive or if one or both of your breasts become too full, painful, hot to the touch or develop a red streak, this is a sign that something is wrong. Consult a trained counselor or other health care worker immediately for advice or treatment.
- \* Try not to miss a feed, or your breasts may become swollen (engorged) with milk which makes it difficult for both you and the baby. If you must miss a feed, you should express some milk to keep your breasts soft. You can also express some milk and store it in a cool place so that someone else can feed your baby while you are away.
- \* "Mixed feeding" (which means combining breast milk with other milks, water, liquids or any kind of foods), is not healthy for your baby before six months of age. It can reduce the amount of milk that you produce and can make your baby sick. If you are having trouble practicing exclusive breastfeeding, discuss your situation with a trained counselor.
- \* When your baby is six months old, it is time to begin giving other foods that are clean and prepared in a safe way. Talk to a trained counselor about how and when to introduce new foods to your baby.



## Things to remember:

- \* If your nipples become cracked or painful, your baby may not be attached correctly to your breast. You may need help to position the baby better. Breastfeeding should not hurt.
- \* If you develop cracked nipples, put some breast milk on them, and let them air dry. This helps to heal the cracks. Do not use any other types of creams or ointments unless a doctor has diagnosed thrush or candidiasis on the nipples and has given you a special medicine for this.
- \* If a woman is HIV-positive, she should not feed her baby from a nipple that is cracked or bleeding. It is best to express and discard the milk from that breast until it has completely healed.
- \* To protect your baby from becoming exposed to HIV while you are breastfeeding, you and your partner should practice safe sex. This means that both partners stay faithful to each other, abstain from having sex, or use a condom. Consult a trained counselor about family planning options.



This brochure was adapted from materials developed originally by WHO/AED. Both technical and financial support for the development of this brochure was provided by the Quality Assurance Project (QAP), managed by University Research Co., LLC (URC), under USAID Contract Number GPH-C-00-02-00004-00. March 2005

## What do I need to know?

- \* It is very important to practice exclusive breastfeeding from the moment your baby is born, until your baby is six months old.
- \* Colostrum, or the first milk, is very important, because it protects your baby from many diseases. Exclusive breastfeeding continues to protect your baby, especially from diarrhea and pneumonia.
- \* Breast milk is the perfect food for babies. It provides all of the nutrients and water that your baby needs to grow during the first six months of life.
- \* Exclusive breastfeeding means giving breast milk only, and nothing else, not even sips of water, except for medicines prescribed by a doctor or nurse.
- \* Breast milk can contain HIV if the mother is infected. This virus can pass to a baby through breast milk. Exclusive breastfeeding, however, reduces the chances that a baby will become infected.

## How should I breastfeed?



- \* Start breastfeeding within the first one hour of birth. When you first begin to breastfeed, you may need to help the baby attach well to the breast to avoid hurting your nipples.
- \* Your baby's tummy should be facing your tummy. Touch the baby's lips to your nipple. When the baby's mouth is opening wide, move the baby quickly onto the breast, aiming the lower lip below the nipple.
- \* Check that your baby is feeding well by seeing that the baby's
  - mouth is wide open
  - lower lip is turned outward
  - chin is touching the breast
  - cheeks are rounded
- \* The baby should take most of the dark skin (areola) into its mouth. The baby's tongue should be over the bottom gums. If the baby is in a bad position, or if you feel any pain, then gently take the baby off the breast and start again.
- \* Your baby should take slow, deep sucks while breastfeeding, sometimes pausing. You may also hear the baby swallowing.

## Continuing to breastfeed



- \* Let your baby finish one breast first and come off the breast on his or her own. This is a sign that the baby has gotten most of the milk out of that breast. Then give your baby the other breast. This will ensure that your baby gets the most nutritious and satisfying milk.
- \* Feed your baby frequently, day and night, as often and for as long as the baby wants, at least 10 times in 24 hours.
- \* Frequent feeding will help your body begin to produce enough milk and keep your breasts from getting engorged (swollen). Let the baby sleep close to you at night to make it easier to feed.
- \* You will know that your baby is getting enough milk if the baby urinates at least six times per day. The baby's urine should be light in color and not strong smelling.

