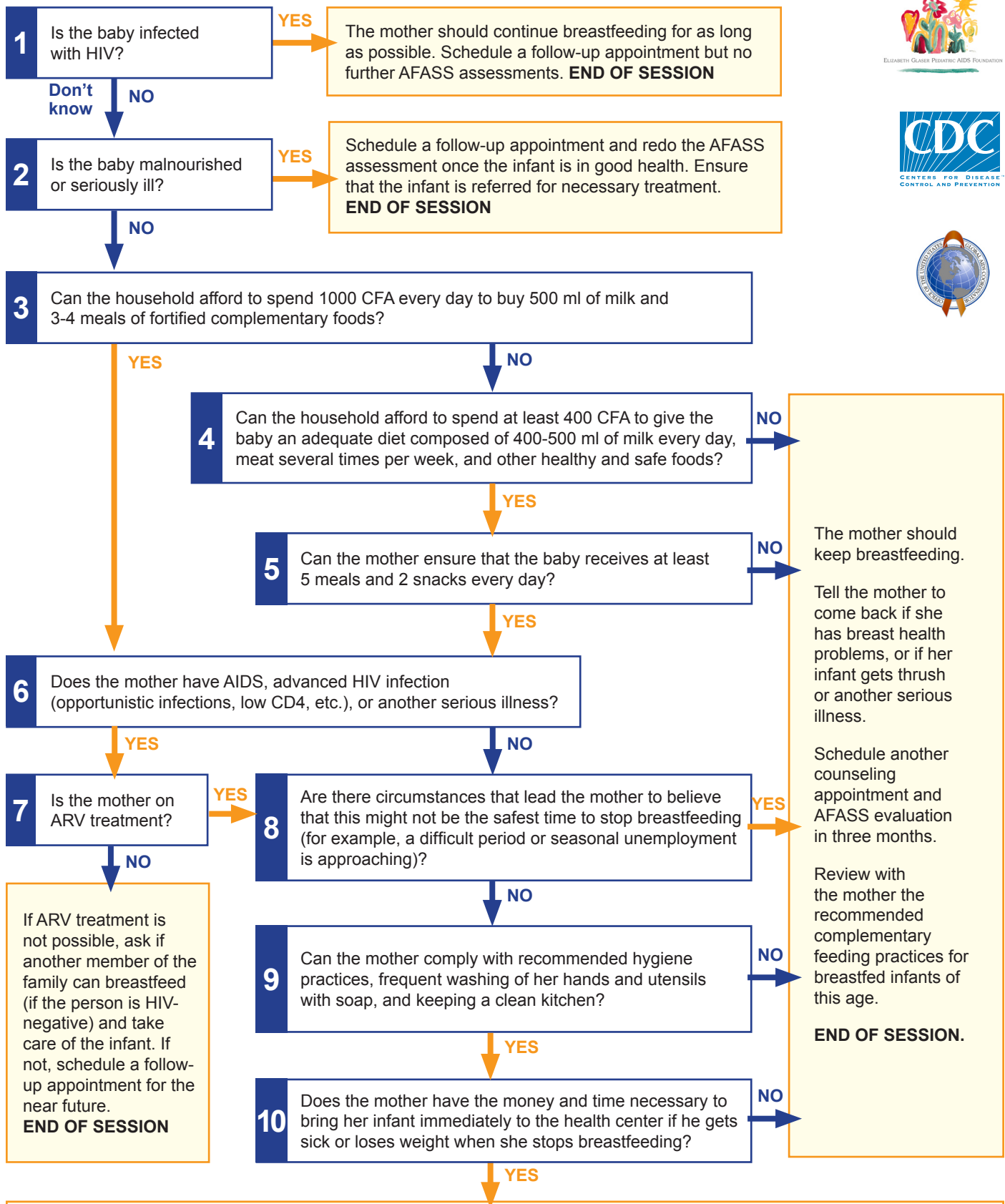


Helping HIV-positive mothers decide when to stop breastfeeding

Infant age: 12 months and older



Ensure that the mother understands that if she decides to stop breastfeeding, she needs to maintain her decision and stop. Restarting breastfeeding in the future poses risks for the health of the infant. If she thinks that now is the best time for her to stop breastfeeding, help her to do so over a period of time that is feasible for her and her baby. Provide intensive follow-up, at least once per week at the beginning, and counsel her on the best way to avoid breast health problems (recommending that she express her breast milk to avoid breast engorgement), explain how she should feed her baby (review daily feeding requirements, frequency of breastfeeds, active feeding, and hygiene), and emphasize the importance of coming back to the health center if she or her baby has problems, becomes ill, or loses weight. Treat health problems immediately.

END OF SESSION