

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 you develop cracked or sore nipples, put some breast milk on them and let them air dry. This helps to heal the cracks or soreness. Do not use any other types of creams or ointments unless a doctor has diagnosed candidiasis on the nipples and has given you a special medicine for this.

Try not to miss a feed, or breasts may become swollen (engorged) with milk which makes breast feeding 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.

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. If both nipples are cracked, consult your nearest health provider immediately.



When your baby is 6 months old, it is time to begin giving other nutritious foods that are clean and prepared in a safe way.



"Mixed Feeding" (which means combining breast milk other milks, water, liquids such as cooking oil, gripe water, oral concoctions and any other foods), is not healthy for your baby before 6 months of age. It can reduce the amount of milk that you can produce and can make your baby sick. If you are having trouble practicing exclusive breast feeding, discuss this with a health worker.

To protect your baby from becoming exposed to HIV while you are breast feeding, you and your partner should practice safe sex. This means that both partners stay faithful to each other, use a condom or abstain from having sex.

For more information on infant feeding related issues such as HIV prevention and testing, and family planning consult your nearest health care facility.



This brochure was produced by the Ministry of Health and Child Welfare in collaboration with UNICEF, Elizabeth Glaser Pediatric AIDS Foundation, ISPED, COSV, Kapnek, ZAPP and ZVITAMBO.

How To Practice Exclusive Breastfeeding.

