

WHAT DO I NEED TO KNOW?

Breast milk is perfect for the babies. It provides **ALL** the nutrients and **WATER** that your baby needs to grow during the first 6 months.

Colostrum, or the first milk is very important, because it protects your baby from many diseases.

It is very important to practice exclusive breast feeding from the moment your baby is born, until your baby is 6 months old. Breast feeding protects your baby from diseases, especially diarrhoea and pneumonia.

Exclusive breast feeding means giving **BREAST MILK ONLY**, and nothing else, not even sips of water, except for medicines prescribed by a doctor or nurse. Even in hot weather, exclusively breast feed children below the age of 6 months.

Breast milk can contain HIV if the mother is infected. The virus can pass through breast milk. Exclusive breast feeding, however, reduces the chances that a baby will become infected.

If you know your HIV status, especially during pregnancy you can make better decisions on how to protect your baby.



When should i begin to breastfeed?



Start breast feeding within the first hour of birth. When you first begin to breast feed, you may need to help the baby attach well to the breast to avoid hurting nipples.

The baby's tummy should be facing your tummy. Touch the baby's lips with your nipple. When the baby's mouth is open wide, aim 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 around the nipple (areola) into its mouth. The baby's tongue should be over the bottom gums. If the baby is in a bad position, gently take the baby off the breast and start again.

Your baby should take slow, deep sucks while breast feeding, sometimes pausing. You may also hear the baby swallowing.

Is your baby getting enough milk?



Let your baby finish one breast and come off the breast on his or her own. This is a sign that the baby has taken most of the milk out of that breast. This will ensure that your baby gets the most nutritious and filling 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 breasts begin to produce enough milk and prevent them from getting engorged (swollen). Let the baby sleep close to you at night to make it easier to feed.



You know that your baby is getting enough milk if the baby passes urine at least six times per day. The baby's urine should be light in colour and not strong smelling. Do not worry if your baby cries and wants to feed more at certain times (especially at 2 weeks and 3 months of age). This is normal and a sign that your baby is growing.