

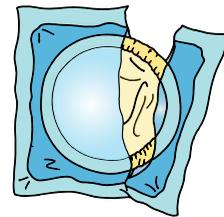
How to prevent common breastfeeding difficulties

- * Position and attach your baby correctly on the breast. Breastfeeding should not hurt.
- * If you develop cracked nipples, put some breast milk on them. Do not use any types of creams or ointments except when prescribed by a health care provider.
- * Feed frequently to prevent your breasts from becoming swollen.
- * If the baby misses a feed you should express some milk to keep your breasts soft.
- * Keep expressed breast milk in a cool place, but not for longer than 6 to 8 hours.
- * 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.
- * Mixed feeding (combining breast milk with anything else) is not healthy for your baby before 6 months of age. Mixed feeding reduces the amount of milk that you produce and can make your baby sick.
- * If you have trouble practicing exclusive breastfeeding, discuss your situation with a trained counsellor.



Things to remember

- * Exclusive breastfeeding during the first six months protects you from getting pregnant as long as your periods have not returned. Consult a family planning counsellor as soon as possible after giving birth.
- * When your baby is 6 months old, continue breastfeeding and begin giving other foods.
- * Watch for signs of diarrhoea, fever, difficulty breathing, or refusal to feed because these need prompt attention.
- * If a woman is HIV-infected, she should not feed her baby from a nipple that is cracked or bleeding. Instead, feed from the other breast and express and discard the milk from the breast that is affected.
- * Getting infected or re-infected with HIV while breastfeeding increases the risk of mother to child transmission. Practice safe sex by using condoms consistently and correctly.
- * To protect your baby, know your HIV status.



How to Breastfeed Your Baby



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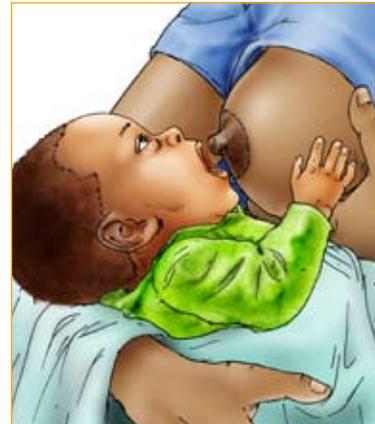
Breastfeeding

What do I need to know?



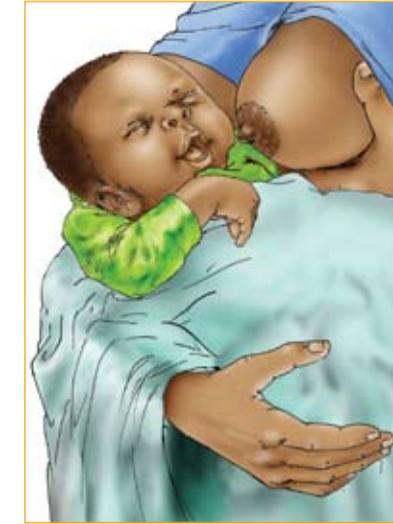
- * Breast milk provides all the food and water that your baby needs during the first 6 months of life.
- * Make sure you feed your baby the first yellowish milk known as colostrum.
- * Colostrum protects your baby from many diseases.
- * Exclusive breastfeeding means giving breast milk only, and nothing else (no other milks, foods or liquids, not even sips of water), except for medicines prescribed by a doctor or nurse.
- * Feeding your baby both breast milk and other foods or liquids, including infant formula, animal milks, or water (called 'mixed feeding') before 6 months reduces the amount of milk that you produce and can make your baby sick.

Help baby attach to your breast



- * Put the baby to your breast within the first hour of birth.
- * Good attachment helps to ensure that your baby suckles well.
- * Good attachment helps you to produce a good supply of breast milk.
- * Good attachment helps to prevent sore and cracked nipples.
- * To make sure your baby is attached well:
 - Touch baby's lips with your nipple
 - Wait until your baby's mouth opens wide
 - Quickly bring onto your breast from below, aiming your nipple up towards the roof of the baby's mouth
 - Baby should take a big mouthful of breast
- * The 4 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 outwards
 4. Baby's chin is touching your breast
- * Your baby should take slow deep sucks while breastfeeding, sometimes pausing.

How often should I breastfeed?



- * Breastfeed your baby on demand, both day and night, at least 8 to 12 times each day.
- * Frequent feeding will help your body to produce breast milk.
- * Continue to feed until your baby finishes the breast and comes off on his or her own. Offer the other breast and let your baby decide if he or she wants more or not.
- * You will know if your baby is taking enough breast milk if he or she passes light-coloured urine at least 6 times a day and is gaining weight.

