

- ❑ New born babies should be given to the mother to hold and breast-feed immediately after birth. Skin-to-skin contact keeps the baby warm and bonds the two.
- ❑ The first milk is very nutritious and contains ALL the nutrients the baby needs. It is the baby's first immunization.
- ❑ No other food or drink, NOT even water is needed during the first 6 months of life.

Where can I get more information on breastfeeding?

- ❑ Any health center.
- ❑ Community mother support groups.

Give your baby the best start, breastfeed within one hour after birth!

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**BREASTFEEDING
IMMEDIATELY AFTER BIRTH
SAVES LIFE**

WHAT YOU NEED TO KNOW.

Why is breastfeeding important?

Breastfeeding is important because it greatly contributes to children's survival especially if practiced as follows:

- ❑ Start to breastfeed the baby within one hour of birth. The first milk, called colostrum, is nutritious and is considered the baby's first immunization.
- ❑ Breastfeed exclusively for the first 6 months of the baby's life. This means feeding the baby breast milk only. No water, glucose, gripe water, other liquids, semi solid or solids unless prescribed by a doctor.
- ❑ Start giving other foods to the baby at 6 months and continue to breastfeed up to 2 years or beyond.

Breastfeeding Provides the Best Food for Babies.

- ❑ Breast milk provides all the nutrients and fluids that a baby needs for the first 6 months.

- ❑ Breastfeeding for the first 6 months of life protect babies from common illnesses such as diarrhea and pneumonia.

Why is it important to start breastfeeding soon after the baby is born?

Breastfeeding soon after birth is beneficial for both the baby and the mother because:

- ❑ It provides the skin-to-skin contact and warmth that babies need, particularly premature and low birth weight babies.
- ❑ The baby will be calmer.
- ❑ Milk will start flowing sooner from the breast.
- ❑ The baby will suckle the first milk (colostrum) which is nutritious and is also the first immunization.
- ❑ It helps begin production of milk for the next feed.
- ❑ The baby will enjoy better emotional and social development.

- ❑ Mothers are less likely to bleed after delivery.
- ❑ In the first hour of birth, breastfeeding is established better compared to hours later. This is critical to the success of breastfeeding.

What if the mother is HIV positive?

- ❑ It is important for all pregnant women and their partners to have an HIV test, and know their results.
- ❑ The parents should discuss baby's feeding with the health worker. This will enable parents to get information that will help them and their baby.

Important tips about breastfeeding.

- ❑ Always give birth at the health center. The health worker there will help you start breastfeeding your baby immediately.