

milk at work for the baby to be fed for optimal feeding for
 Where possible employers should create a room at the
 t mothers can use as a nursery for breastfeeding their babies.

Legislation

a breastfeeding nation. The government of Zimbabwe has
Instrument 46 of 1998 and the *International Code of*
Fast Milk Substitutes to support and protect breastfeeding
 e statutory instruments discourage the marketing of breast
 s. If you are breastfeeding you should not accept any form of
 substitute for example, formulas from companies that
 r sell these breast milk substitutes.

Crisis or Emergency

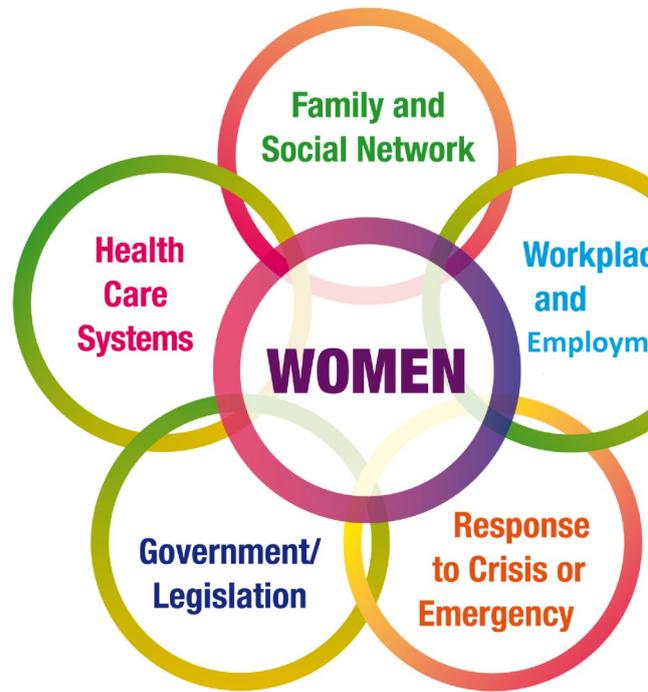
eeding mother you may find yourself in an unexpected
 a natural disaster, divorce proceedings, facing a critical
 o support. It is important that you make arrangements that
 s breast milk by either breastfeeding the baby yourself, or
 k and making sure the baby gets it through different support
 re surrounding you. Your family and friends should also
 nd ensure that you breast feed your baby for the first two
 nd beyond.



Ministry of Health and Child Welfare Health Promotion Unit and Nutrition Unit with
 from USAID/MCHIP



Circles of SUPPORT for breastfeeding



WORLD BREASTFEEDING WEEK

g Women

itive breastfeeding experience as a breastfeeding mother you
from:



- Family and friends
- Community
- Employers and colleagues that you work with
- Local health workers at the clinic or hospital;
- and the government.

ople can support you to adopt the best breastfeeding practices
ively breastfeeding your baby for the first six months of life
breastfeeding for two years and beyond.

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or partner

- Sisters and brothers
- Mother and father
- Mother-in-law and father-in-law;
- and friends.

Community members such as village heads, village health workers, village health leaders and teachers have a role to play to support a breastfeeding mother by talking about the importance of breastfeeding at village meetings, the market place or during church service.

Health Care

During your pregnancy, labour and delivery and after, child health workers support you by providing the necessary information and advice on breastfeeding practices. Health workers will support you to breastfeed your baby within the first hour after the delivery; as well as counsel you on how to position and attach the baby to the breast when breastfeeding. As a breastfeeding mother you get support from the health care workers when you need it.

Workplace and Employment

As an employee in the formal sector your employer should give you the time to breastfeed your baby until the baby is at least six months old. If you are a breastfeeding mother working in the informal trade, you can go with your baby to work and breastfeed on demand. Employers should facilitate breastfeeding women to express and

