

Feed your baby **ONLY** breast milk for the first 6 months!

Feed your baby **ONLY** breast milk for the first 6 months (no water or other food).

- It helps your child grow strong and healthy
- It helps protect your baby from many diseases
- It helps you space pregnancies as long as:
 - **You feed your baby ONLY breast milk** (no water, liquids or other foods) AND
 - **Your monthly period has not returned** AND
 - **Your baby is below 6 months of age**

Breast milk alone is enough for your baby for the first 6 months. It has all the nutrients and water your baby needs for the first 6 months.

Wait at least 2 years before another pregnancy.

Good things about family planning and pregnancy spacing include:

- It helps you and your children to be healthy.
 - It gives you more time to breastfeed and care for each child.
 - It gives you more time for your body to recover between pregnancies.
 - It gives you more time to earn money for the family.

Remember, you can become pregnant again even if your monthly period has not returned. Ask your health provider for a family planning method to prevent another pregnancy too soon. There are family planning methods that you can use while you continue to breastfeed.

Practice good nutrition for you and your baby.

Breastfeeding mothers should eat a variety of locally available foods. Women who are breastfeeding should:

- Eat 2 extra meals each day, take extra fluid, fruits and vegetables
- Take vitamin A and iron folate supplementation after delivery

Examples of foods rich in vitamin A and iron are: beans, meat, green leafy vegetables, eggs, pawpaw, fish, tomatoes, pumpkin.

Even when food is scarce, a mother's milk is complete for the baby for the first 6 months.

Remember the following:

Breastfeed:

- Within one hour after delivery
- On demand, both day and night
- Until you feel the breast is soft
- Position and attach the baby correctly to the breast
- Ask your health worker how to attach and position your baby correctly on your breast.

Even if you have HIV, it is good to breastfeed as long as you are on ARVs.

Good positioning and attachment will increase production of breast milk.

When the baby reaches 6 months, introduce other nutritious family foods and continue to breastfeed for two years and beyond. Use a family planning method to prevent another pregnancy too soon.

Encourage your partner to accompany you to the health facility.

Partners and Mothers-in-law:

You can help babies grow strong and healthy by supporting their mothers to breastfeed.





Ministry of Public Health and Sanitation

Mother, Child Nutrition and Child Spacing



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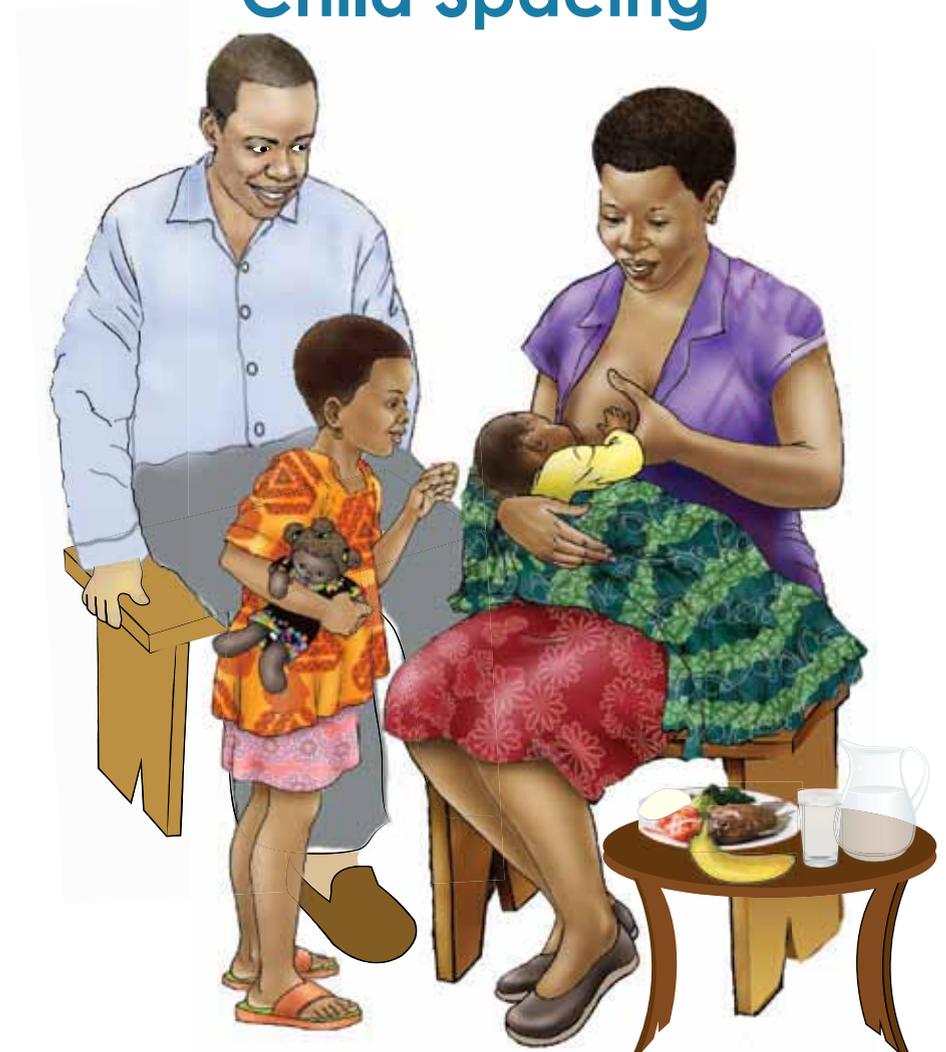


Maternal and Child Health
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For more information, visit the nearest health facility.

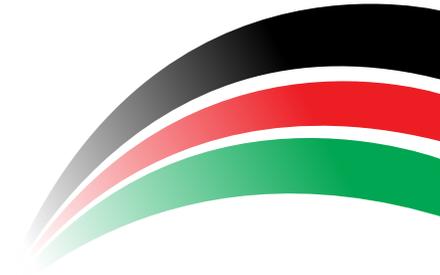
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