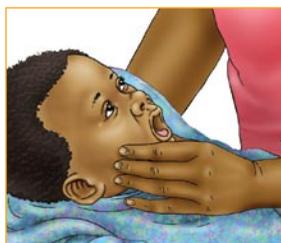


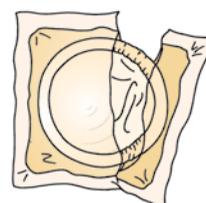
## How to prevent problems

- \* Check for sores and thrush in your baby's mouth often. If you find any, see a health care provider as soon as possible.
- \* If your nipples become cracked or sensitive or if one or both of your breasts become too full, painful, hot to the touch or develop a red streak, this is a sign that something is wrong. Consult a trained counselor or other health care worker immediately for advice or treatment.
- \* Try not to miss a feed, or your breasts may become engorged with milk. If you need to, express some milk to keep your breasts soft. Breast milk can be covered and stored to feed your baby. Do not keep expressed breast milk for longer than 8 hours.
- \* Mixed feeding (which means combining breast milk with other milks, water, liquids or any kind of foods) is not healthy for your baby before 6 months of age. It can reduce the amount of milk that you produce and can make your baby sick. If you are having trouble practicing exclusive breastfeeding, discuss your situation with a trained counselor.
- \* When your baby is 6 months old, it is time to begin giving other foods that are clean, nutritious, and prepared in a safe way. Your health care provider can give you information on how to introduce new foods to your baby.



## Things to remember

- \* Breastfeeding should not hurt. If you develop cracked nipples, put some breast milk on them and let them air dry. This helps to heal the cracks. Do not use any types of creams or ointments except when prescribed by a health care provider.
- \* If a woman is HIV-positive, she should not feed her baby from a nipple that is cracked or bleeding. It is best to feed from the other breast and express and discard the milk from the breast that is affected.
- \* If you have any questions about feeding your baby, ask a trained counselor for help. Watch for signs of diarrhea, fever, difficulty breathing, or refusal to feed because these need prompt attention and may require treatment.
- \* 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. Consult a family planning counselor as soon as possible after giving birth.



This brochure was adapted from materials developed originally by WHO for use in Tanzania. Both technical and financial support for the development of this brochure was provided by the Quality Assurance Project (QAP), managed by University Research Co., LLC (URC), under USAID Contract Number GPH-C-00-02-00004-00. May 2007.  
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# Breastfeed Your Baby



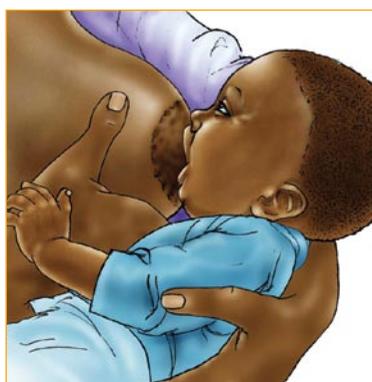
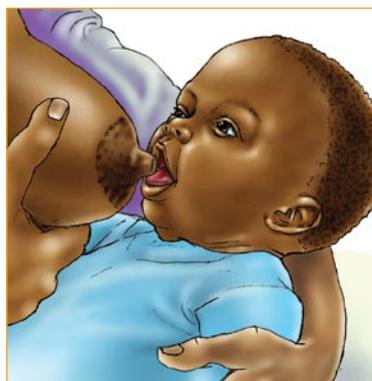
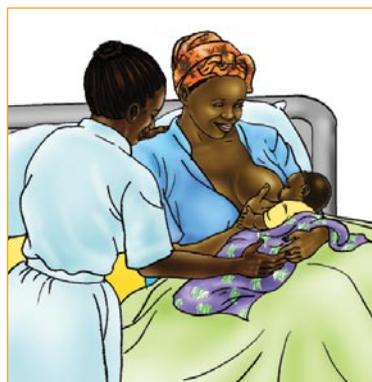
# Breastfeeding

## What do I need to know?



- \* Breast milk is the perfect food for babies. It provides all of the nutrients and water that your baby needs to grow during the first 6 months of life.
- \* The thick yellowish milk known as colostrum that is produced during the first few days after delivery is very important because it 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.
- \* To protect your baby, it is important to be tested and to know your HIV status. An HIV-positive mother may pass HIV to her baby through breast milk but not all babies become infected. Exclusive breastfeeding can reduce the chances that the baby will become infected.

## How should I breastfeed?



- \* Start breastfeeding within the first half to one hour of birth. You may need to help the baby attach well to the breast to avoid hurting your nipples.
- \* Your baby's tummy should be facing your tummy.
- \* Touch the baby's lips with your nipple. When the baby's mouth opens wide, move the baby quickly onto the breast.
- \* The baby should take most of the dark skin (areola) into his or her mouth.
- \* If the baby is in a bad position, or if you feel any pain, then gently take the baby off the breast and start again.
- \* 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
- \* Your baby should take slow deep sucks while breastfeeding, sometimes pausing.

## Continuing to breastfeed



- \* Let your baby finish one breast first and come off the breast on his or her own. This is a sign that the baby has gotten most of the milk out of that breast. Then give your baby the other breast. This will ensure that your baby gets the most nutritious and satisfying milk.
- \* Feed your baby often, day and night, at least 10 times a day. If your baby wants to feed more, this can be a normal sign that the baby is growing.
- \* Frequent feeding will help your body to produce enough milk and keep your breasts from becoming engorged and painful. Let the baby sleep close to you to make it easier to feed.
- \* You will know if your baby is taking enough milk if the baby is passing urine at least 6 times a day and is gaining weight. The baby's urine should be light in color and not strong smelling.

