



Government of Assam



National Health Mission, Assam



BENEFITS OF BREASTFEEDING.

Information booklet



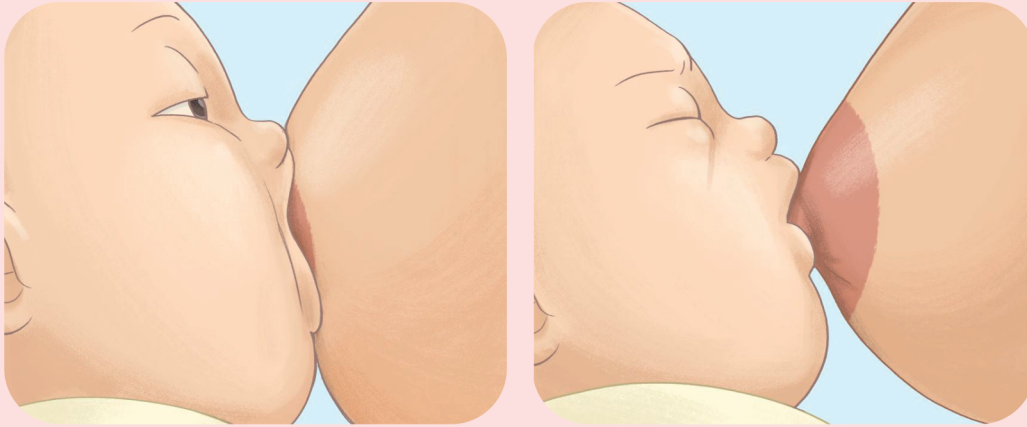
Exclusive Breastfeeding

- Put the infant to your breast within the first hour of birth. Be sure to feed the first yellowish milk known as colostrum, which protects your baby from many diseases.
- Exclusively breastfeed your baby up to 6 months. No other milks/foods/liquids/sips of water should be given to the infant, except medicines prescribed by the doctor or nurse.



- Breastmilk provides all the food and water that your baby needs for his/her first 6 months of life.
- Both breastmilk and other food or liquid (infant formulas, milk or water) before 6 months, reduces the intake of milk by the baby that you produce and can make your baby sick.
- Crying is a late sign of hunger. Early signs are:
 - a) Restlessness
 - b) Opening mouth and turning head from side to side
 - c) Putting tongue in and out
 - d) Sucking on fingers or fists
- Pay attention to observe signs of hunger and respond with a smile, talk and encourage him/her to communicate
- During your pregnancy, eat three meals a day plus one extra meal/snack
- While breastfeeding, make sure you eat three meals a day plus two extra small meals or snack.

Successful Breastfeeding



Good attachment

Poor attachment

For successful breastfeeding,
help the baby attach itself properly to the breast.

Advantages of good attachment

- Ensures that the baby suckles well, from the first hour of birth.
- Helps mothers produce more milk
- Helps prevent sore and cracked nipples

The 4 signs of good attachment

1
Baby's mouth
is wide open

2
Baby's chin is
touching
the mother's
breast

3
You can see
more of the darker
skin (areola)
above the baby's
mouth
than below

4
Baby's lower
lip is
turned
outwards



Things to remember_____

- Newborn babies should be given to the mother to hold immediately after delivery. They should have skin-to-skin contact with the mother who should begin breastfeeding within the first hour of birth.
- Breastmilk is the best food and drink in the first 6 months of life of an infant. No other food or drink, not even water, is needed during this period.
- Breastfeeding protects babies and young children against dangerous illnesses. It also creates a special bond between mother and child.
- Almost every mother can breastfeed successfully. All mothers, particularly those who might lack confidence to breastfeed, need encouragement and practical support from the baby's father and their families. Health workers, community workers, women's organisations and employers should promote and support breastfeeding.
- After 6 months, when the infant begins to eat food, it is important that breastfeeding should continue till the infant turns 2 years or more. Breastmilk is an important source of nutrition, energy and provides protection from illnesses.