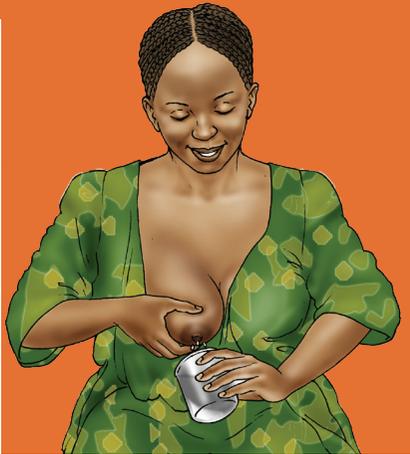


How to prevent common breastfeeding difficulties

- ✓ Position and attach your baby correctly on the breast. Breastfeeding should not hurt. Ask a health worker to show you how.
- ✓ If you develop cracked nipples, put some breast milk on them. Do not use any types of creams or ointments except when prescribed by a health care provider.
- ✓ Feed frequently to prevent your breasts from becoming swollen and sore.
- ✓ If the baby misses a feed you should express some milk to keep your breasts soft.
- ✓ Keep expressed breast milk in a cool place, but not for longer than 6 to 8 hours.
- ✓ If one or both of your breasts become painful or hot to the touch, see a health care worker.
- ✓ Check for sores and thrush in your baby's mouth. If you find any, see a health care worker.
- ✓ If a woman is HIV-infected, she should not feed her baby from a nipple that is cracked or bleeding. Instead, feed from the other breast and express and discard the milk from the breast that is affected.



Things to remember

- ✓ Breastfeed for as long as possible: 2 years and beyond is recommended.
- ✓ Breastfeeding improves your health and makes your baby healthy, smart and strong.
- ✓ The longer you breastfeed, the more benefits you and your baby get.
- ✓ Ask a health worker to show you how to breastfeed. If you have trouble breastfeeding, discuss your situation with a healthworker.
- ✓ Exclusive breastfeeding for the first 6 months protects you from getting pregnant as long as your periods have not returned.
- ✓ When your baby is 6 months old, continue breastfeeding and begin giving other foods.
- ✓ Breast milk can be stored 6-8 hours in a cool place and up to 72 hours in the refrigerator.
- ✓ Watch for signs of diarrhoea, fever, difficulty breathing, or refusal to feed because these need prompt attention.
- ✓ All family members should wash their hands with soap and water regularly to avoid illness
- ✓ A mother can pass HIV to a baby while breastfeeding especially when untreated. To protect your baby, get tested often to know your HIV status.

Republic of Namibia



Ministry of Health and Social Services



How to Breastfeed Your Baby

Talk to a health worker and visit www.RightStart.com.na for more information and videos on feeding your baby.

What do you need to know?

- ✓ Breastfeed for 2 years and beyond.
- ✓ Breastfeeding provides all the food and water that your baby needs during the first 6 months of life. Start breastfeeding within 1 hour of giving birth. Make sure you feed your baby the first yellowish milk known as colostrum.



- ✓ Colostrum 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, for the first 6 months.
- ✓ Feeding your baby both breast milk and other foods or liquids, including infant formula, animal milks, or water (called 'mixed feeding') before 6 months reduces the amount of milk that you produce and can make your baby sick.
- ✓ **Remember:** the more breast milk you give, the more breast milk you will produce. Express breast milk if separated from your baby

Help baby attach to your breast

- ✓ Place the naked baby directly on your naked chest immediately after birth.
- ✓ Breastfeed within the first hour of birth.
- ✓ Good attachment ensures that your baby suckles well.
- ✓ Good attachment helps you to produce a good supply of breast milk and prevent sore and cracked nipples.

To make sure your baby is attached well:

- Touch baby's lips with your nipple. Wait until your baby's mouth opens wide.
- Quickly bring baby onto your breast from below, aiming your nipple up towards the roof of the baby's mouth.
- Baby should take a big mouthful of breast.

The 4 signs of good attachment are:

1. Baby's mouth is wide open
2. You can see more of the darker skin (areola) above the baby's mouth than below.
3. Baby's lower lip is turned outwards
4. Baby's chin is touching your breast.



Your baby should take slow deep sucks while breastfeeding, sometimes pausing.

How often should I breastfeed?



- ✓ Breastfeed your baby as often as the baby wants, both day and night, at least 8 to 12 times (every 2-3 hours).
- ✓ Frequent breastfeeding will help your body to produce breast milk.
- ✓ Continue to feed until your baby finishes the breast and comes off on his or her own. Offer the other breast and let your baby decide if he or she wants more or not.
- ✓ The first milk that comes from the breast is more watery to lessen the baby's thirst. The milk that follows is more nutritious and will still the baby's hunger.
- ✓ You will know if your baby is taking enough breastmilk if he or she passes light-coloured urine at least 6 times a day and is gaining weight.