

Preventing HIV Transmission to your baby during breastfeeding

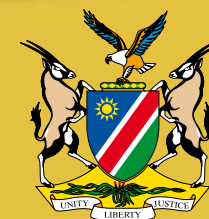
Regardless of whether a mother is HIV + or NOT or of unknown status, all mothers should exclusively breastfeed their babies for the first 6 months with the addition of preventative medicines for either herself or the baby if the mother is HIV +

- All babies born to HIV positive mothers will receive a daily dose of Nevirapine for the 6 weeks of life to help protect them from getting HIV .
- All HIV positive mothers should take their babies for HIV testing at 6 weeks
- If an HIV positive mother is herself on Anti-Retroviral Therapy (ART) then her baby will be protected after 6 weeks and for the rest of the breastfeeding period. However if the mother is not on ART then the baby will continue on a daily dose of Nevirapine from 6 weeks until after the breastfeeding period

**VISIT YOUR
NEAREST HEALTH
FACILITY FOR MORE
INFORMATION ON
BREASTFEEDING**

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Talk To Me About
Breastfeeding!!!



Every Mother CAN Breastfeed

Feeding your baby breast milk

- Colostrum is the first milk your baby should be fed. This is the yellow coloured thick milk produced in the first hours to days of birth, this milk is RICH in nutrients and boost the baby's immunity.
- Exclusive breastfeeding means giving breast milk only and nothing else (no other milks, foods or liquids, not even sips of water) except for medicine prescribed by a doctor or nurse.
- It is important to breastfeed within an hour after birth, in order to stimulate the production of breast milk.
- Mixed feeding (combining breast milk with anything else) is not healthy for your baby before 6 months of age. Mixed feeding reduces the amount of milk that you produce and can make your baby sick.
- Breast milk is the perfect form of nourishment, sterile and at the right temperature.
- Breastfed babies suffer less from diarrhoea, middle ear infections and upper respiratory infections.
- When your baby is 6 months old, continue breastfeeding and begin giving other foods.

TALK!! You and I should Support; Promote and Protect Breastfeeding

In the home with our Partner

I heard that our baby should ONLY be fed with breast milk from within the first hour of birth until the baby is six months old. I can come with you for health education at the health facility They teach about breastfeeding, and how to feed our baby.

With our Grandmothers / Mothers-in-Law

I learned that feeding my grandchild with water/thin porridge, puts him/her at risk of diarrhoeal diseases and the baby could die. A crying baby is not always a hungry baby, baby needs only breast milk for the first 6 six months of life.

In the Workplace

Our best interest for you and your baby, is that you are healthy, that you do not miss many work days because of sick leave. Babies that are exclusively breastfed for 6 months of life and then continue to breastfeed for 2 years of age less likely to fall sick. Maybe we can find solutions that do not compromise breastfeeding or your work.

Feeding your baby breast milk

- A women employed away from home can continue to breastfed her child. She should breastfeed as often as possible when she is with the baby and express her breast milk when they are apart so that another caregiver can feed the baby using a clean cup.
- Breastfeed your baby on whenever he/she wants both day and night at least 8 to 12 times each day to produce more breast milk
- Continue to feed until your baby finishes the breast and comes off on his/her own. Offer the other breast and let the baby decide if he or she wants more or not.
- You will know if your baby is taking enough breast milk if he/she passes light coloured urine at least 6 times a day and is gaining weight.
- Continue breastfeeding when baby or mother is ill. Visit the health facility when baby or mother is ill.
- Continue breastfeeding after 6 months in addition to other foods being given to the baby.