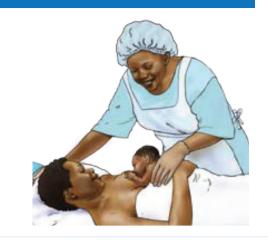
BEST BREASTFEEDING PRACTICES



Start breastfeeding within the first hour of birth.



- Breastfeed on demand every time the baby wants to breastfeed.
- Let infant finish one breast and come off by him/herself before switching to the other breast.



Breastfeed frequently, day and night (at least between 8-12 times per 24 hours)



Continue breastfeeding for 2 years of age or longer

Continue breastfeeding when infant or mother is ill.



Mother needs to eat and drink to satisfy her own needs.

