

BEST BREASTFEEDING PRACTICES

- Give your baby only breast milk (no water or food) from 0 up to 6 months.



- 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.

