

## Things to Remember

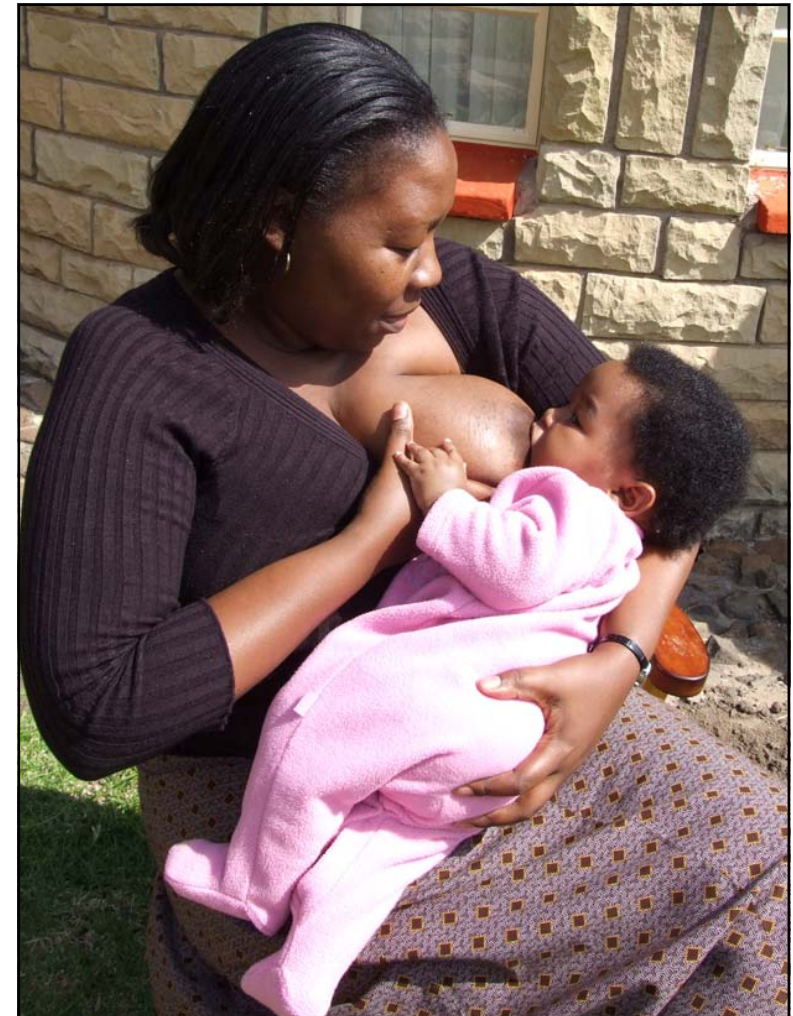
- Giving breast milk with other milks, water, liquids or any kind of foods is not healthy for your baby before 6 months of age. It can reduce the amount of milk that you produce and can make your baby sick. If you are having problem practicing exclusive breastfeeding, discuss your situation with a trained counselor.
- Remember exclusive breastfeeding means giving only breast milk for the first 6 months and nothing else, no other milks, liquids, foods or even water, except for medicine prescribed by a doctor or nurse.
- Breast milk is the perfect food for babies. It has all the nutrients and water a baby needs to grow during the first six months of life.
- Feeding your baby often, day and night, will help your body to produce enough milk and keep your breasts from becoming engorged and painful. Let the baby sleep close to you to make it easier to feed.

### For women who are HIV positive

If you have decided to breastfeed remember it must be exclusive for the first 6 months. Breastfeeding and giving other foods, liquids, or water increases the risk of HIV for your baby.

If a woman is HIV-positive, she should not feed her baby from a nipple that is cracked or bleeding. It is best to express and discard the milk from that breast until it has completely healed.

# Positioning and Attachment for Breastfeeding



## How should I breastfeed?



Start breastfeeding within the first hour of birth. When you first begin to breastfeed, you may need to help the baby attach well to the breast to avoid hurting your nipples.

The first yellow, watery milk that comes in is very important for your baby and helps protect him or her from disease.

Check that your baby is feeding well by seeing that the baby's:

- Tummy is facing your tummy
- Entire body is well supported
- Mouth is wide open
- Mouth covers most of the dark skin (areola)
- Tongue should be over the bottom gums
- Lower lip is turned outward
- Chin is touching the breast
- Cheeks are rounded

Your baby should take slow deep sucks while breastfeeding, sometimes pausing. You may also hear the baby swallowing.



## Positioning

There are different ways to position your baby during breastfeeding.



Cradle position



Lying down position

## How to prevent problems

- Check for sores and thrush in your baby's mouth often. If you find any, see a health care provider as soon as possible.
- If your nipples become cracked or painful, your baby may not be positioned or attached correctly to your breast. You may need help to position and attach the baby better. Breastfeeding should not hurt.
- If your nipples become cracked or sensitive or if one or both of your breasts become too full, painful, hot to the touch or develop a red streak, this is a sign that something is wrong. Talk with a trained counsellor or other health care worker immediately for advice or treatment.
- Try not to miss a feed, or your breast may become engorged with milk, which makes breastfeeding difficult. If you miss a feed, you should express some breast milk to keep your breasts soft. This expressed breast milk can be stored in a cool place and can then be fed to the baby within 8 hours.
- If you develop cracked nipples, put some breast milk on them and let them air dry. This helps to heal the cracks. Do not use any types of creams or ointments except when prescribed by a health care provider.