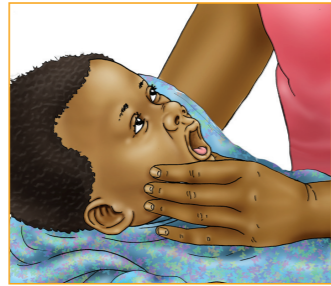


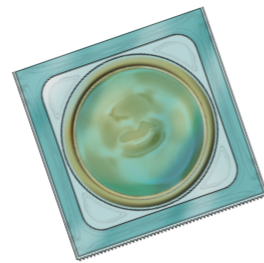
How to prevent common breastfeeding difficulties

- * Position and attach your baby correctly on the breast to prevent engorgement and cracked nipples. Breastfeeding should not hurt.
- * If you develop cracked nipples, put some breastmilk on them. Do not use creams or ointments except when prescribed by a health care provider.
- * Feed frequently to prevent your breasts from becoming swollen.
- * If the baby misses a feed or your breasts feel very full, you should express some milk to keep your breasts soft.
- * You can keep expressed breastmilk in a cool place, but not for longer than six to eight hours.
- * If one or both of your breasts become painful or hot to touch, see a health care provider.
- * Check for sores and thrush in your baby's mouth. If you find any, see a health care provider.
- * If you have trouble practicing exclusive breastfeeding, discuss your situation with a trained counsellor.

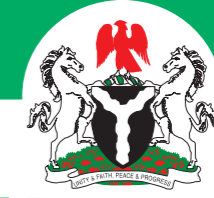


Things to remember

- * Breastfeeding is good for your health and your baby's health, and is also good for your family and the bright future of Nigeria.
- * Exclusive breastfeeding during the first 6 months protects you from getting pregnant as long as your periods have not returned. Consult a birth-spacing counsellor as soon as possible after giving birth.
- * When your baby is 6 months old, continue breastfeeding and begin giving other foods.
- * Watch for signs of diarrhoea, fever, difficulty in breathing, or refusal to feed because these need prompt attention.
- * If you are an HIV-infected woman, you should not feed your 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.
 - * Getting infected or re-infected with HIV while breastfeeding increases the risk of mother-to-child transmission. Practice safe sex by using condoms consistently and correctly.
 - * To protect your baby, know your HIV status.



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How to Breastfeed Your Baby



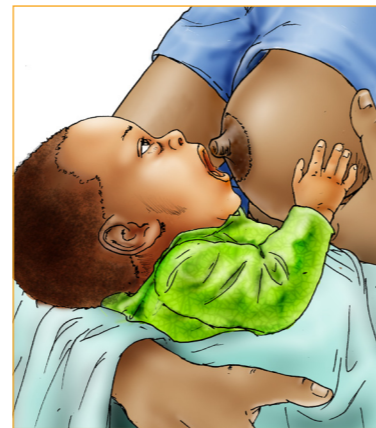
Breastfeeding

What you need to know



- * It is very important to put the baby to your breast within the first 30 minutes after birth to stimulate milk production.
- : Make sure you feed your baby the first yellowish milk known as colostrum. Colostrum protects your baby from many diseases.
- : Breastmilk provides all the food and water that your baby needs during the first 6 months of life.
- : Exclusive breastfeeding means giving breastmilk only, and nothing else (no other milks, foods, or liquids, not even sips of water), except for medicines prescribed by a doctor or nurse.
- : Mixing breastmilk with other milks, foods, and liquids before 6 months is not healthy for your baby. It reduces the amount of milk that you produce and can make your baby sick.
- : If you need to be away from your baby, you can express some breastmilk for him or her.

Help baby attach to your breast



- * Make sure you begin to breastfeed immediately after birth, within the first 30 minutes.
- * Good attachment helps to ensure that your baby suckles well.
- * Good attachment helps you to produce plenty of breastmilk.
- * Good attachment helps to 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 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 four 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 on demand, both day and night, at least 8 to 12 times each day.
- * Frequent feeding will help your body to produce breastmilk.
- * Continue to feed until your baby empties 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.
- * You will know if your baby is taking enough breastmilk if he or she passes light-coloured urine at least six times a day and is gaining weight.
- * Take time, sit or lay down to breastfeed, and pay attention to your baby. Keep your baby close to you, day and night.

