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Things to remember

1 Initiate breastfeeding soon after birth, preferably within one hour of birth.

2 Do not discard the thick and yellow breast milk (colostrum) that flows for first 2-3 days after delivery. It contains important nutrients to keep infections at bay and acts as a first immunization for the baby.

3 Do not give honey, water, janam ghutti etc. during the first six months.

4 Exclusively breastfeed your baby for the first six months. It gives your baby complete nutrition for a healthy head start in life. Do not give cow or powder milk.

5 Breastfeed your baby frequently on demand.

Do you know?

If your child urinates minimum 6 times a day, it means the child is feeding well.

New born babies double their weight in 5 months and triple their weight in 1 year.

Early or fore milk contains water hence meets your child's water requirements for the first six months.



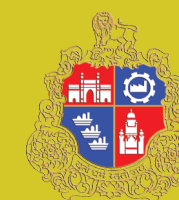
HELPING MOTHERS TO BREASTFEED



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NATIONAL URBAN HEALTH MISSION



 PATH

A healthy baby begins with you

Your milk is perfect and uniquely made to meet your baby's needs. Feeding milk to the baby makes a big difference to you and your baby's health. Breastfeeding also improves bonding between the mother and the baby. Every day counts: the longer you feed your baby, the more she/he benefits.

Benefits for you and your baby

BENEFITS FOR THE MOTHER



- Reduces postpartum bleeding
- Protects against ovarian and breast cancer
- Helps mother regain her normal weight
- Promotes mother-child bonding
- You can feed your baby anytime, anywhere

- Complete nutrition
- Higher IQ
- Protects against infections and allergies
- Easily digestible
- Available all the time

BENEFITS FOR THE BABY



Tips for successful breastfeeding

Every mother can breastfeed if she is relaxed and happy

Anxiety and stress affects milk flow

Family support is important to keep the mother healthy and happy

Ask for your baby immediately after birth. Early skin to skin contact helps in initiating breastfeeding

For good quantity and quality of breast milk, eat healthy and nutritious food

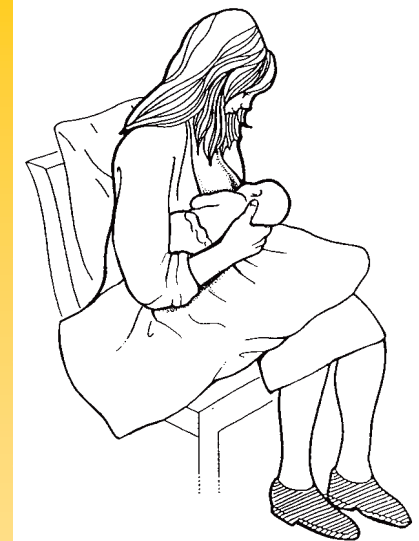
Feed the baby for 20-40 minutes from each breast. The initial milk provides water and the milk that flows later contains fat that satisfies the baby's hunger

Putting your baby to the breast

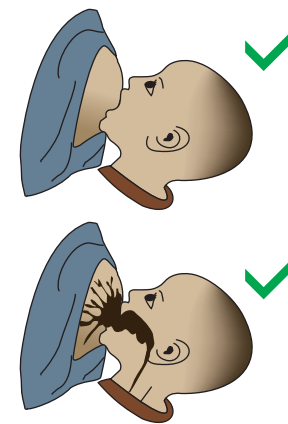
It is important for you to learn correct positioning for breastfeeding your baby for effective transfer of breast milk from your breast to the baby. This involves correct body position and effective suckling.

Correct body position

- Your baby's head and neck should be in a straight line and neck may be slightly bent backward
- Baby's body is turned towards you
- Baby's body is close to you, facing your breast
- Baby's whole body is supported
- There's an eye-contact between you and your baby



Signs of correct attachment



- Baby's mouth is wide open
- Nipple as well as major part of areola should be inside the baby's mouth
- Baby's chin should touch your breast
- There should be no pain in the nipple area during breastfeeding

For successful breastfeeding

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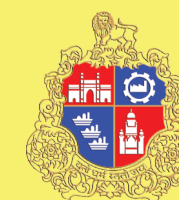
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PATH/Tom Furtwangler

HOW TO EXPRESS YOUR BREAST MILK



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Expressing your breast milk

Every mother should breastfeed her child and should also know how to express breast milk. It has the following advantages:

1. Frequent expression produces more milk for your baby.
2. Prevents breast engorgement due to which breast become swollen and hard. This happens when the mother makes more milk than her baby drinks.
3. It can be fed to the baby when you are not around.
4. It can be fed to babies who are not able to suckle effectively.
5. Can be donated to a Comprehensive Lactation Management Centre for sick babies who do not have access to their mother's milk.

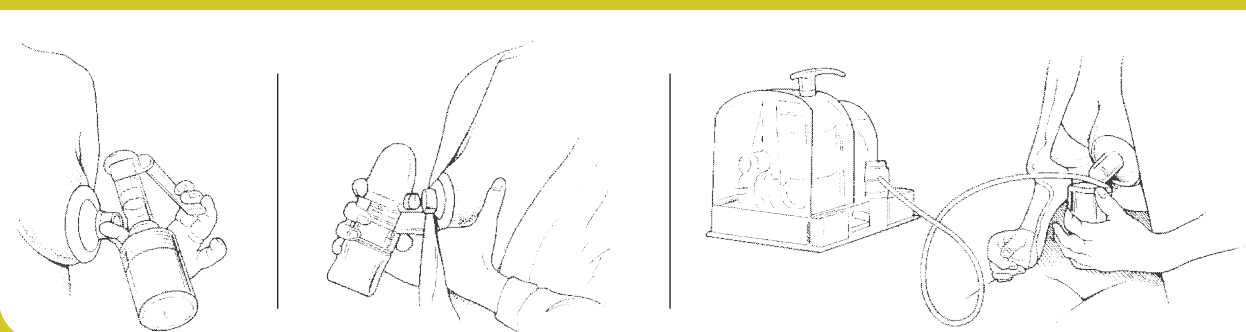
Storage and use of expressed breast milk

1. Fresh breast milk can be stored at room temperature for 3-4 hours, in a refrigerator for 24 hours or in a freezer (-20°C) for three months.
2. Refrigerated milk should be brought to room temperature by placing it outside for sometime or inside a container with warm water (not exceeding 37°C) and ensuring that the milk container does not immerse in the water.
3. Don't heat or microwave refrigerated breast milk.
4. If frozen, milk should be thawed in the refrigerator first and then follow step 2.
5. Wipe the milk container dry with a paper towel and shake it well before feeding the baby using bowl & spoon.

You can express milk by hand or using a pump

Expression of breast milk using breast pump

- Carefully read the users guide for instructions
- Always clean the breast pumps well to avoid contamination of expressed milk
- Attach the funnel well over the nipple and areola for efficient extraction of breast milk



Hand expression of breast milk



What should be the duration of Kangaroo Mother Care?

KMC can start right after birth, once the baby is stable. While a duration of 6 to 8 hours daily is necessary, KMC up to 8 to 12 hours is ideal. You can initiate KMC in the hospital and continue at home.

Guide for successful kangaroo mother care

Baby between
mother's
breasts

Head turned
to one side

Support
baby's bottom

Frog-leg
position



Consult your doctor for more information.



KANGAROO MOTHER CARE

the best care for your baby



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HEALTH MISSION



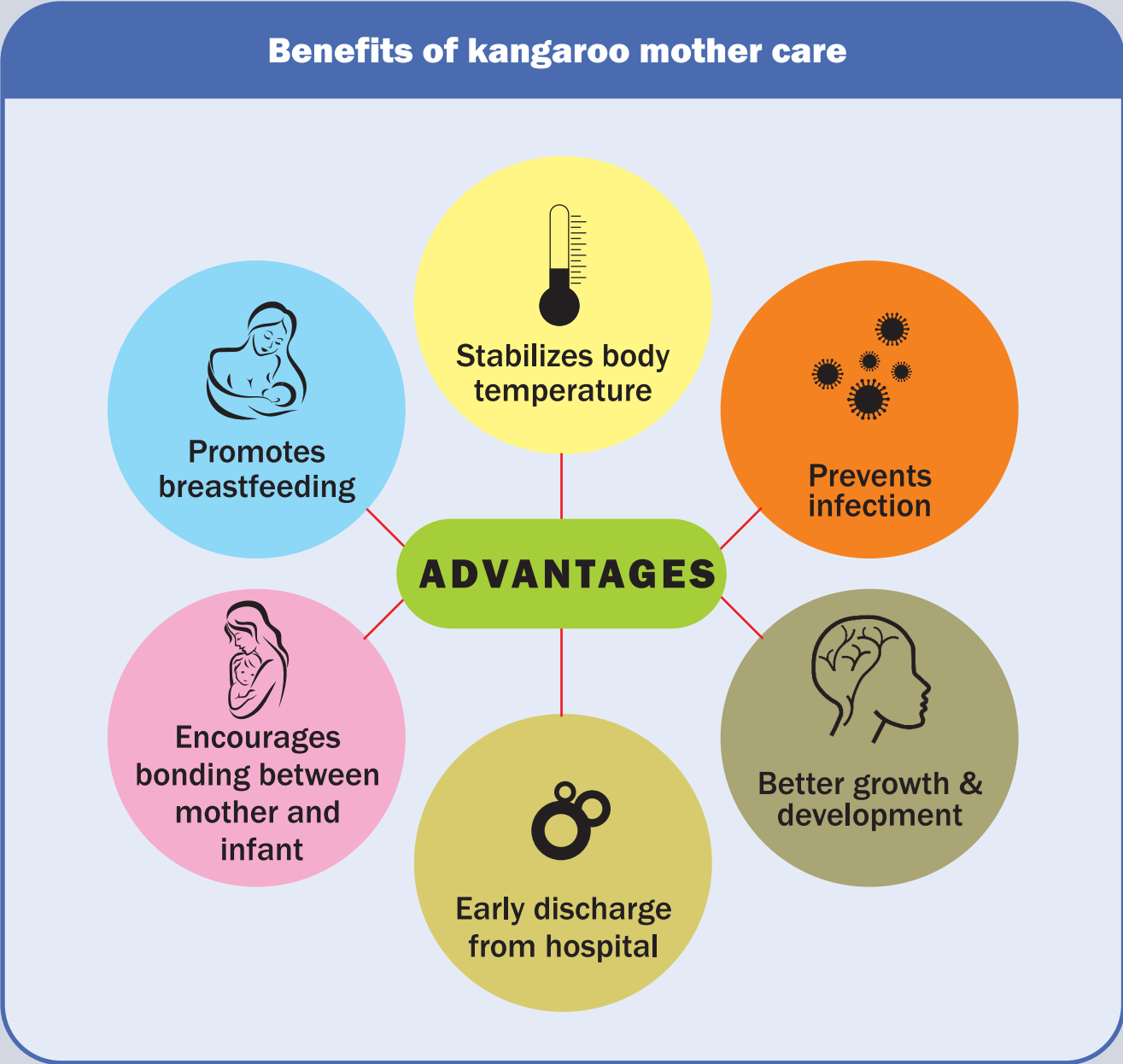
 PATH

Cuddles are calming: The importance of a loved one's touch

Skin-to-skin contact is a powerful and easy method to improve the health and well being of infants born premature or with low birth weight. Kangaroo Mother Care (KMC) has long lasting effects and benefits.

What is kangaroo mother care?

It is a simple method of care, done by exclusively breastfeeding along with prolonged skin-to-skin contact between mother and the baby – just like kangaroos carrying their babies in the pouch.



Who can provide kangaroo mother care?



How to provide kangaroo mother care?

- Ensure that your hands are clean and your nails are trimmed. Remove bangles or watch to avoid hurting the baby.
- The mother or provider can wear clean garment open from the front (maxi, blouse or shirt).
- Infant can be dressed in front open shirt or jhabala made out of cotton or soft fabric with cap, socks, and diaper.
- Cover the baby with cloth/shawl. You can also gently tie the baby around with a cloth or you can use kangaroo mother care bag (as shown in the picture). If required, mother/provider carrying the baby in kangaroo mother care bag can walk around, stand, sit, or indulge in non-strenuous or light activities.

