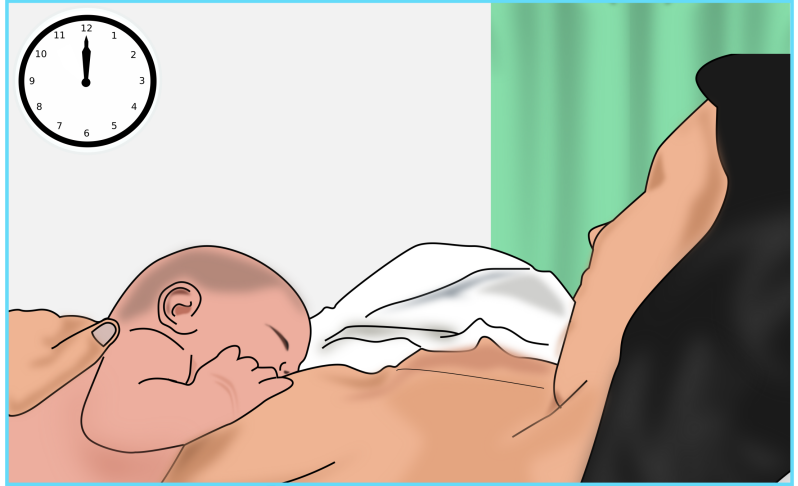


Breastfeeding is a commitment, not an option.



Start breastfeeding immediately within one hour of the delivery



Concoction for babies



Food



Milk

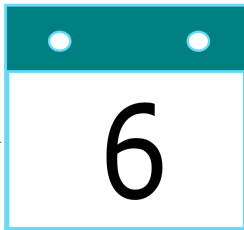


Water



Honey

Only breastfeeding from birth till the completion of the first six months



Concoction for babies



Food



Milk



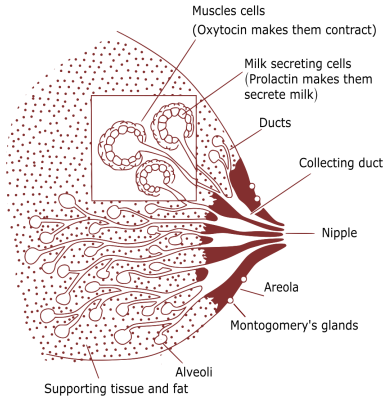
Water



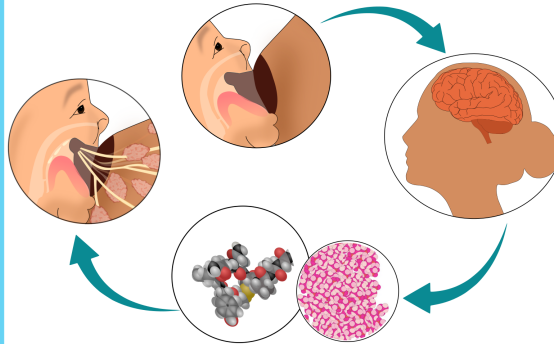
Honey

How is milk produced and what should be done to increase it?

Anatomy of the breast



While sucking two hormones are produced which controls the production and flow of milk



Feeding at Night:
Increases the breast milk



Different holds for breastfeeding



Cross cradle hold



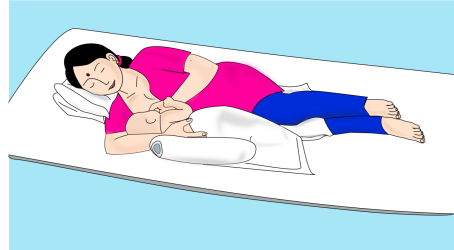
Football hold



Cradle hold

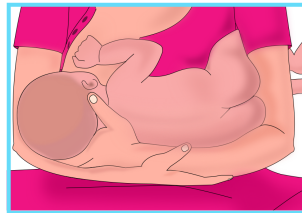
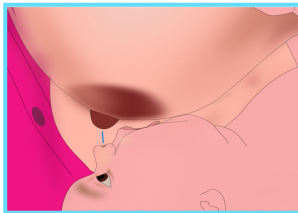
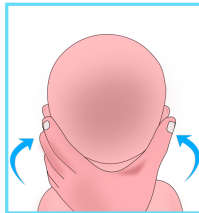


Laid back hold



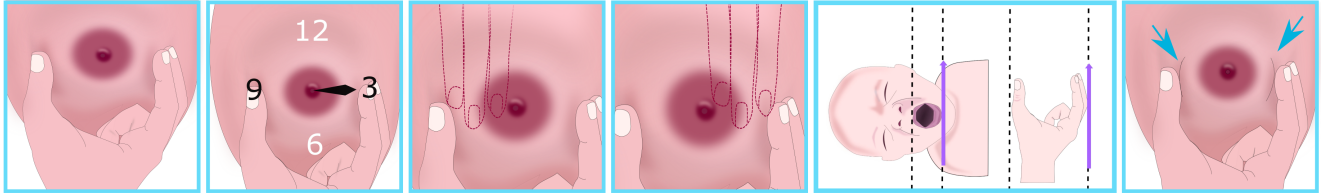
Side lying hold

Appropriate method to hold the baby to breastfeed



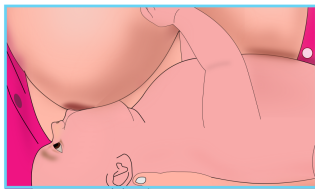
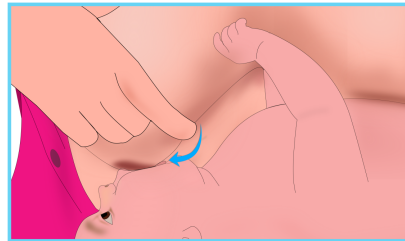
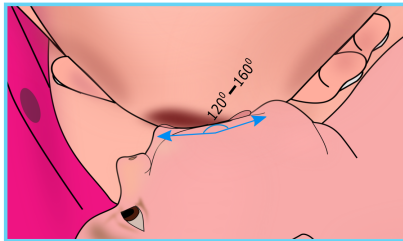
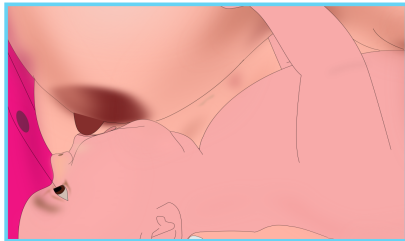
- If she wants to feed from the right breast, she should hold the baby's head and body with her left hand
- She should support the baby's body completely. Baby should be turned completely towards the mother
- Baby should be very close to the mother, their chest should touch each other
- Baby's head, shoulder joint and hip joint should be in one line. Baby's neck should be pulled backward
- The baby's nostrils should be in line with the mother's nipple and the baby's face should be facing the breast & not the mother's face

Appropriate method for holding the breast to breastfeed the baby



- The mother should hold the breast in a U-shape hold from the bottom with her hand
- If the baby will be breastfeeding from the right breast, then the tip of the thumb of the mother's right hand should be at the 9 O'clock position. The tips of the other fingers of the mother's right hand should be at the 3 O'clock position on the clock
- There should be a distance of 3 fingers between the mother's nipple and her thumb and between her nipple and her other fingers
- Mother's fingers on the breast should be placed parallel to the baby's lips
- It is important that the breast is evenly compressed by the mother's tip of the thumb and the finger tips only

Appropriate method to attach the baby to the breast/ Appropriate method for latching



The mother should lightly brush her nipple against the baby's upper lip so that the baby opens its mouth widely.

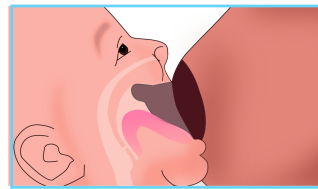
Baby should open its mouth between 120 and 160 degrees wide.

The baby's upper lip should be a little above the mother's nipple.
The baby's lower lip should be at the border of the areola.

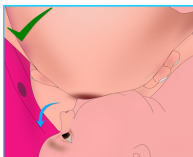
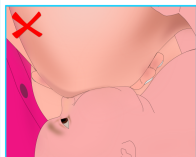
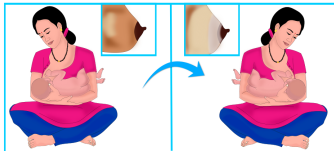
Lower lip of the baby should be bent outwards.

Lips and chin of the baby should be completely embedded into the mother's breast. The lower part of areola should be in the baby's mouth.

To check if the baby is deeply attached to the mother's breast, the mother should lightly press her breast near the baby's lower lip.



Other important points for breastfeeding



- The mother should breastfeed from one breast completely before offering the other breast to the baby
- To check whether she has fed the baby from one breast completely, the mother should express milk from that breast with her hand. If thin watery milk comes out of the breast or if there is a good flow of thick milk on expression, it means the baby has not completely emptied that breast. The mother should continue breastfeeding from the same breast
- The mother must make the baby burp before offering the second breast. To do so, the mother should make the baby sit on her lap comfortably. Then, the mother should cup the baby's jaw with her hand, keep her other hand on the baby's back and slightly bend the baby's torso forward. The baby will burp within 2 to 3 minutes. The baby will also open his eyes
- If the baby falls asleep while breastfeeding, the mother should caress his back or tickle his feet. The mother can also make the baby sit in the position of burping
- If the baby's nose is pressed tightly into the mother's breast, then the mother can gently extend the baby's neck in the outward direction so that the baby's chin is pressed further into the mother's breast and the baby's forehead is pulled away from the mother's breast

Washing hands with soap



Before Cooking



**Before feeding
the baby**



After cleaning the baby



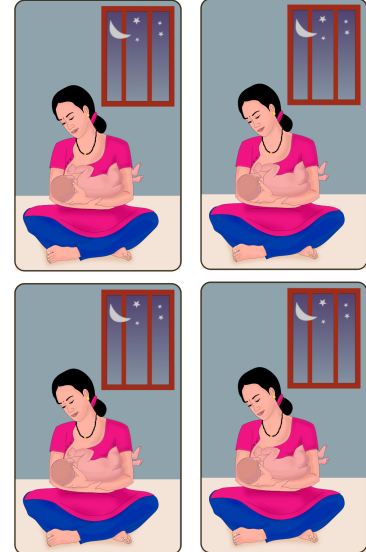
After using the toilet

Breastfeed the newborn baby 10 to 12 times in 24 hours

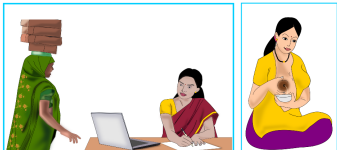
Day



Night



Hand expression of the breast milk



Benefits of expressing breast milk

- Relieve breast engorgement
- To treat nipple soreness and dry skin on the dark area around the nipple
- To feed the baby if mother's nipple is painful while latching
- To increase or maintain mother's breast milk supply
- To keep breast milk available for a baby when mother goes out or work
- To help in feeding milk to premature babies, sick babies, babies with poor muscle tone, babies with cleft lip and/or palate and babies who have difficulty in latching deeply to the breast

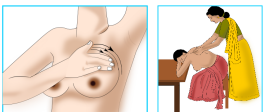
To help her milk flow

- The mother should feel relaxed and emotionally connected to her baby
- She can take warm soothing drink. She should not drink strong tea, coffee, alcohol and any stimulant
- She can also warm her breast to help her milk flow
e.g. she can apply a cloth soaked in hot water to her breasts or have a warm water bath
- She can stimulate her nipples and the dark area around them by gently pulling or rolling them with her fingers
- She can massage her breasts lightly using circular movements
- Mother can ask her helper to rub her back

Method to express breast milk

She should press the breast slightly inwards towards the chest wall by applying steady pressure. Then without moving the hand, gently compress the breast between the thumb and fingers and release the pressure on the breast. The mother should repeat the three steps given below.

- Press back
- Compress
- And release



Method to feed the breast milk with the cup

- In case of premature delivery
- In case of babies weighing between 1.5 kg to 1.8 kg
- In case of babies >1.8 kg who may not have a good suck or get tired with direct latching
- Sometimes a C-section or normal delivery baby needs cup feeding if the mother finds it difficult to latch the baby or its sucking is poor

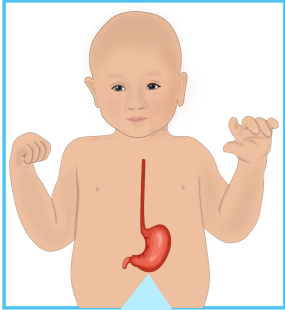


Benefits:

1. Cup feeding will ensure enough breast milk intake in case of poor sucking or difficulty in latching.
2. It will prevent excessive weight loss in the baby.
3. Cup feeding will prevent nipple confusion caused by bottle feeding.
4. Baby takes as much as it wants and hence its appetite is satisfied.
5. There is no fear of the milk passing in the windpipe and the baby catching pneumonia.

This method should not be used for a normal weight baby.

New born baby's stomach capacity



**First and second day
5 to 7 ml**



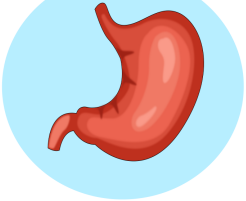
**Third and fourth day
22 to 27 ml**



**Fifth and sixth day
45 to 60 ml**



**Seventh to thirty days
80 to 150 ml**



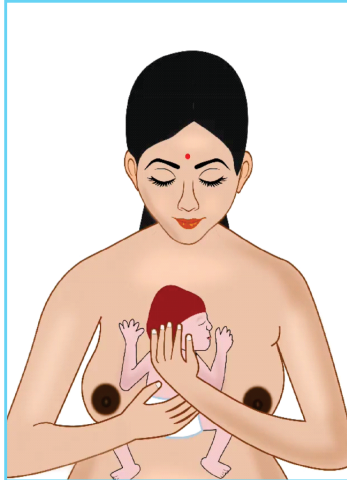
SST (Suckling Supplementary Technique)



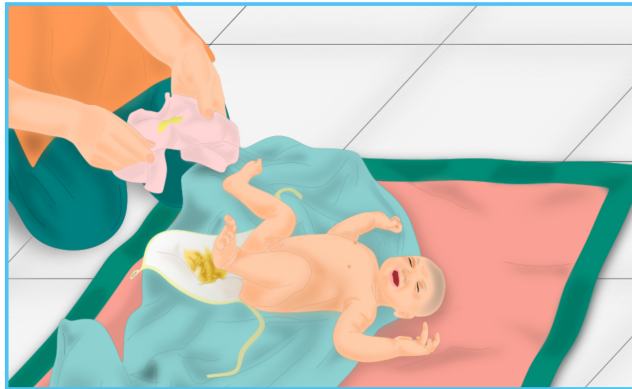
- Complementary method to start/increase breast milk supply.
- Pediatric expert or nurse needs to be present for this method. This experiment should not be done at home.
- If SST is required then advise the mother to visit the **Nutrition Rehabilitation Center (NRC)** or **Child Malnutrition Treatment Center (CMTC)** along with the baby.

Kangaroo Care

The body warmth of mother/father prevents the baby from becoming cold. The baby gets warm by doing this. Baby's bond with the parents increases as well. This method should be used for the baby weighing less than 2.5 kg at the birth. This will be helpful to increase the weight of the baby too.



Breastfeeding should be continued even if the mother is ill.
Breastfeeding should be continued even if the baby is ill or she has diarrhea.



Along with breastfeeding, complementary food should be given only after the baby completes six months of age

