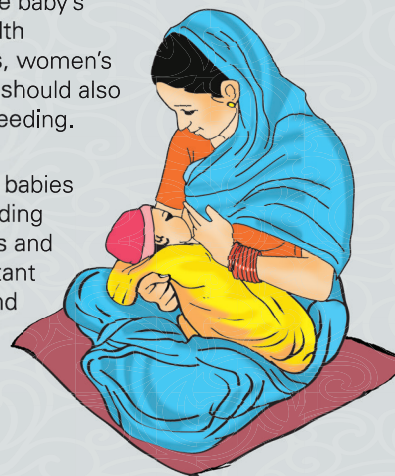


## THINGS TO REMEMBER

- 01 Newborn babies should be given to the mother to hold immediately after delivery. They should have skin-to-skin contact with the mother who should begin breastfeeding within 1 hour of birth.
- 02 Breastmilk is the best food and drink in the first 6 months of life of an infant. No other food or drink, not even water, is needed during this period.
- 03 Breastfeeding protects babies and young children against dangerous illnesses. It also creates a special bond between mother and child.
- 04 Almost every mother can breastfeed successfully. All mothers, particularly those who might lack confidence to breastfeed, need encouragement and practical support from the baby's father and their families. Health workers, community workers, women's organizations and employers should also promote and support breastfeeding.
- 05 After 6 months of age, when babies begin to eat foods, breastfeeding should continue for two years and more, because it is an important source of nutrition, energy and protection from illness.



## EXCLUSIVE BREASTFEEDING

- Put the infant to your breast within 1 hour of birth. Be sure to feed the first yellowish milk known as colostrum.
- Colostrum protects your baby from many diseases.
- Exclusive breastfeeding should be practiced upto 6 months. Exclusive breastfeeding means giving breastmilk **only**, nothing else (no other milks/foods/liquids/sips of water), except medicines prescribed by a doctor or nurse.



- Breastmilk provides all the food and water that your baby needs during the first 6 months of life.
- Both breastmilk and other foods or liquids (infant formulas, milks or water) before 6 months reduces milk that you produce and can even make your baby sick.
- Crying is a late sign of hunger. Early signs are:
  - Restlessness
  - Opening mouth and turning head from side to side
  - Putting tongue in and out
  - Sucking on fingers or fists
- Pay attention to/observe signs of hunger and respond: smile, talk and encourage her/him to communicate.
- During your pregnancy, eat 3 meals each day plus one extra small meal or "snack".
- While breastfeeding eat 3 meals each day plus two extra small meals or "snacks".

## SUCCESSFUL BREASTFEEDING

For successful breastfeeding help the baby attach itself properly to the breast



Good Attachment

Poor Attachment



- Put the baby to your breast within the first hour of birth.
- Good attachment helps to ensure that the baby suckles well.
- Good attachment helps mothers to produce a good supply of breastmilk.
- Good attachment helps to prevent sore and cracked nipples.

## HOW OFTEN SHOULD A CHILD BE BREASTFED



**01**  
Frequent feeding will help mothers to produce more breastmilk.



**02**  
Babies should be breastfed on demand, both day and night, at least 8 to 12 times each day.



**ALL ABOUT COMPLEMENTARY FEEDING**  
An Information Tool



## THINGS TO REMEMBER



**01** On completion of 6 months, breastfeeding should be continued on demand along with complementary feeding.



**02** When feeding a baby between 6 and 12 months, breastmilk should be given first – **BEFORE GIVING OTHER FOODS.**

**03** Breastmilk continues to be an important part of the diet until the baby is at least 2 years.

**04** Avoid giving a baby tea, coffee, soda and sugary or coloured drinks.

**05** Always feed the baby using a clean open cup. Do not use bottles, teats or a cup with a mouth piece.

**06** Children should be taken to the Anganwadi Centre or a health centre for regular weighing, checkups, immunization and vitamin A supplementation.

**07** During illness, children need small frequent meals and more fluids, including breastmilk or other liquids. Offer a variety of their favourite foods and encourage them to eat.

**08** After illness children should be fed more food and more often than usual for at least 2 weeks.

## WHEN YOUR BABY FIRST STARTS TO EAT



Start giving home foods to the child at 6 months.

On completion of 6 months give your baby 1 or 2 tablespoons of soft food three times each day. Gradually increase the frequency, amount, thickness and variety of food.



### Baby needs a variety of foods:

Enrich the baby's porridge and mashed foods with mashed groundnuts, fruits and vegetables and start animal sourced foods as early and as often as possible.

**Continue breastfeeding for at least two years**



## SAFE PREPARATION AND STORAGE

**1** Wash hands with soap before preparing food, and before feeding the baby.

**2** The baby's hands should be washed also.

**3** Caregivers should wash hands with soap after cleaning babies and after using the toilet.

**4** Offer food to a child in clean bowls and cups.

**5** Babies gradually learn to feed themselves. An adult or an older child should encourage the baby to eat enough food and ensure that the food remains clean.



## FEED MORE AS THE BABY GROWS

	Begin to feed at 6 months	From 7 – 8 months	From 9 – 12 months	From 13 – 24 months
<b>Type of food</b>	Soft porridge, well mashed food	Mashed food	Finely chopped or mashed food and foods that the baby can pick up with his or her fingers	Family foods, chopped or mashed
<b>How often</b>	2 to 3 times each day	2 to 3 times each day and 1 to 2 snacks	3 to 4 times each day and 1 to 2 snacks	3 to 4 times each day and 1 to 2 snacks
<b>How much</b>	2 to 3 tablespoons at each meal	2 to 3 tablespoons up to half (1/2) cup at each meal	At least half (1/2) cup at each meal	Three-quarters (3/4) cup to 1 full cup at each meal

1 Cup = 250 ml

## KNOW BREASTFEEDING

An Information Tool

