

Feeding Infants in the First 6 months

EWCC, Teen Parent Peer Counselor
Training – Session 1



Benefits of Breast Feeding

- Baby healthier: If give formula, babies get sick with lung infection and runny stomach
- Smarter child
- Mother's body returns to slim shape
- Mother stronger, doesn't lose blood each month
- Mother less likely to get pregnant
- Breast milk is free and pure, Water may not be pure and not free.
- Myths about breast feeding

Start Breast Feeding at Birth

- Quick to start breast feeding, quick to have milk in titty
- Give the “yellow” milk, it keeps baby safe from infection and is rich
- Feed many times...at least 8 times in 24 hours

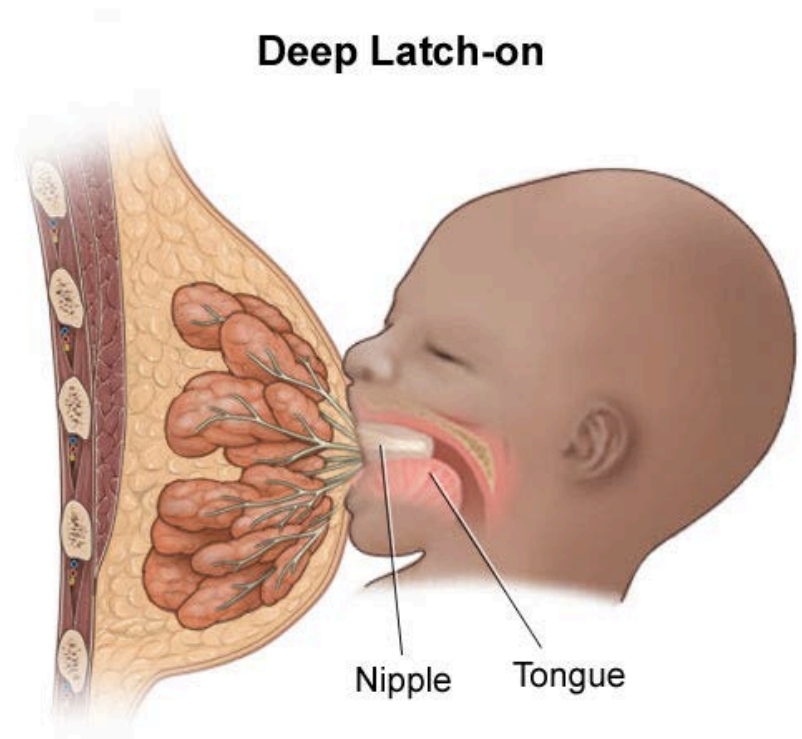


How to Hold & Position Baby

Baby close & facing breast



Titty deep in baby's mouth



How to Hold & Position Baby

Cradle hold: arm under baby's back



Side hold: good if C-section



How to Hold & Position Baby

Fingers around nipple can pull breast away from baby



Put hand under the breast



Breast feeding problems

Sore Nipples

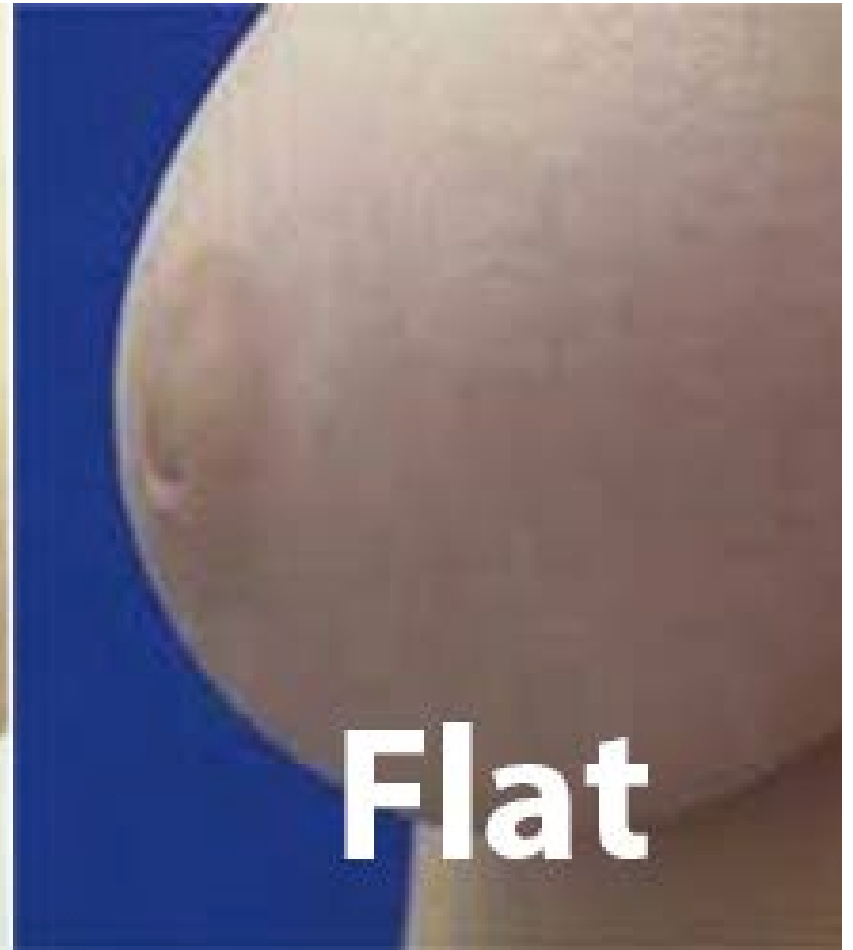
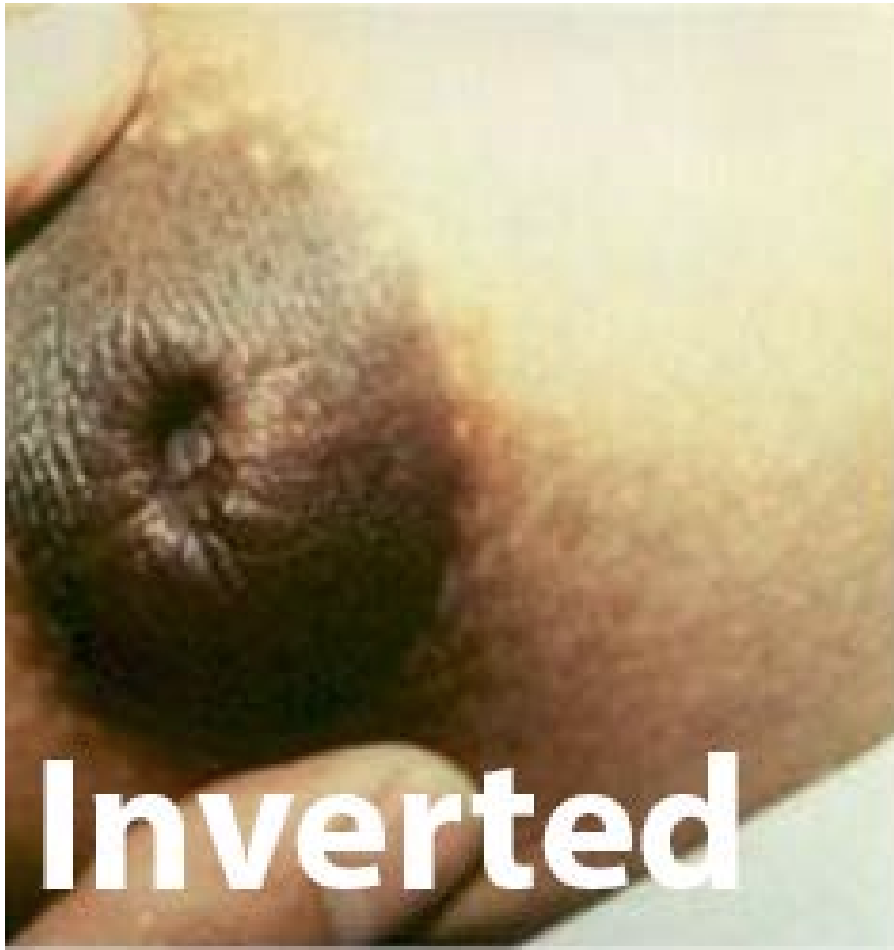


Breast infection: Mastitis

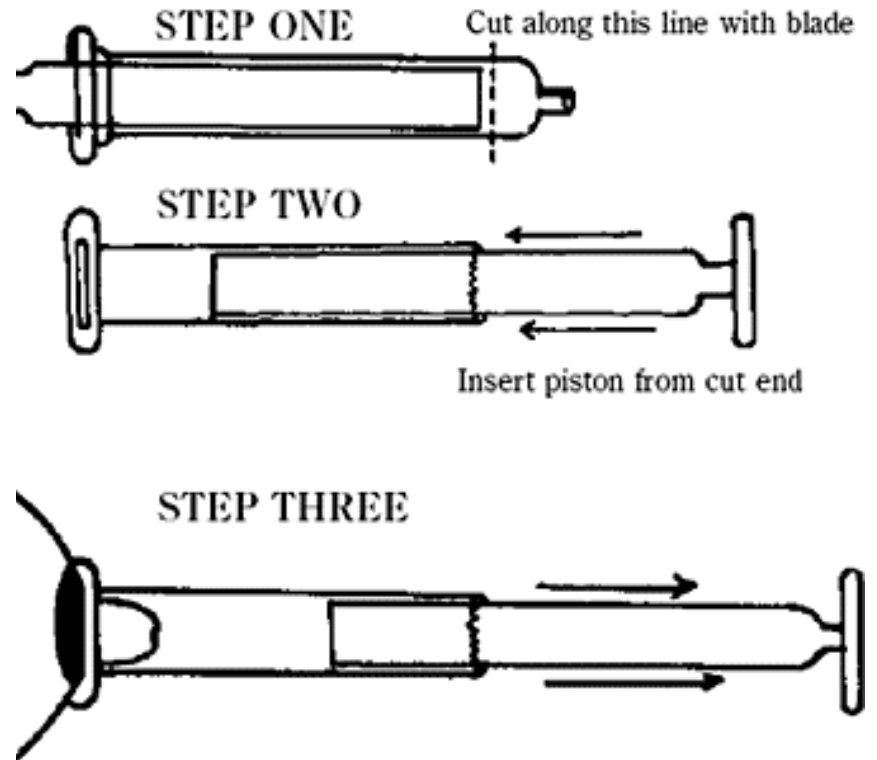


Mastitis

Nipple problems



Helping Inverted and Flat Nipples



Mother applies the smooth end to her breast and gently pulls the pi

Fig. 5

Make the baby fat, Give it the “Fat Milk”

- Feed from one breast until breast empty...about 20-30 minutes
- First milk makes strong bones; Later milk makes fat babies
- Next feeding is from other breast
- More baby sucks, more milk in breast



Clean breasts & baby with sun water

- Put water in plastic bottle
- Place in sun for 5-6 hours
- Sunlight kills any germs
- Use this water to bath baby and clean breasts, titty after feeding



Feed the Mother to Make Rich Breast Milk

- Mother needs to drink lots of water, juice, coconut milk: 2 liters daily
- Eat two extra bowls of food
- Keep taking prenatal vitamins



Foods that make bodies HEALTHY

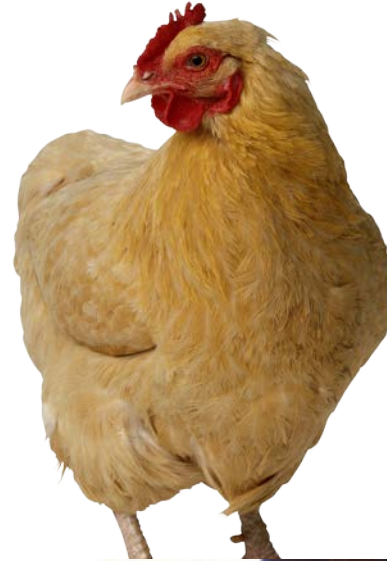
Foods with lot's of color
have vitamins

- plum, paw-paw
- greens, okra
- pumpkin, yam
- oranges, grapefruit,
- guava, soursop,
- coconut and pineapple



Foods that make Bodies STRONG

- FOODS WITH IRON
- fish, meat, chicken, eggs,
- groundpea, beans, benniseed, keffiseed, breadnuts,
- bug-a-bugs and bamboo worms



Foods that give body ENERGY

- Eat 2-3 times a day:
- rice
- soups
- eddoes
- cassava
- Plantain
- cold bowl and add banana, palm oil



Keep your breast milk safe!

- HIV and other viruses like Ebola can be passed in breast milk to baby
- Use your “raincoat” condoms
- Don’t have sex without “raincoat” on the man’s penis when you are still feeding a baby at the titty

