



### **Breast feeding –It is important to share this advice with mothers**

Immediate breast feeding within half an hour after birth is vital for the baby. It gives baby nutrition and immunity against illnesses. It shrinks the mother's womb and reduce bleeding. Milk flow is better with frequent suckling.

Breast milk is the best food for the baby till 6 months. No other feeds including water are necessary. Consult a Nursedidi if a mother has any breastfeeding problem even after your help.

Mother's breasts get prepared for producing milk during pregnancy. On delivery the breasts are ready to secrete thick milk called colostrum. The baby should be fed with colostrum as it protects the baby from germ-attacks. This should not be thrown away.

#### **In this lesson we will learn about**

The importance of breastfeeding a baby.

Basics of breastfeeding

Breast milk provides for all the needs of the baby. It also contains sufficient water for the baby's needs. No need for feeding water separately. More the baby suckles, the more milk is produced.