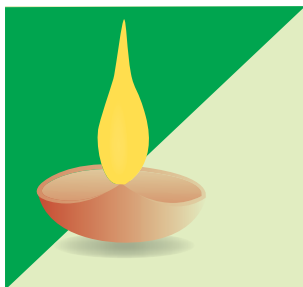


4. Breastfeeding



Objectives of the session

By the end of this session, the ASHA will learn about:

- Counsel mother for breastfeeding.
- Provide breastfeeding support.
- Emphasise importance of early and exclusive breastfeeding.
- Help mother to express milk and feed babies who cannot suckle at birth.
- Manage breastfeeding problems (engorgement, cracked nipple, mother feels she does not have enough milk).

a. Benefits for the baby

- Early skin-to-skin contact keeps the baby warm.
- It helps in early secretion of breast milk.
- Feeding first milk (colostrum) protects the baby from diseases.
- Helps mother and baby to develop a close and loving relationship.

b. Benefits for the mother

- Helps womb to contract and the placenta is expelled easily.
- Reduce the risk of excessive bleeding after delivery.

c. Important facts about breastfeeding

- Start breastfeeding immediately or at least within one hour after birth. Give nothing else, not even water.
- Baby should be put to the mother's breast even before placenta is delivered. It is useful for both the baby as well as the mother.
- Breastfeed as often as the baby wants and for as long as the baby wants. Baby should be breastfed day and night at least 8-10 times in 24 hours.
- Feeding more often helps in production of more milk. The more the baby sucks, more milk is produced.
- Baby should not be given any other liquid or foods such as sugar water, honey, ghutti, goat's/cow's milk and not even water.

