

It protects the baby from getting diarrhea and pneumonia.

Breastfed babies normally feed every two hours. Well fed babies sleep quietly for 2-3 hours, and gain weight normally.

Breastfeeding postpones mother's menstrual cycle. Hence many of them do not get pregnant soon. You will learn about contraceptive effects of breast feeding in the programme.

Help for problems like cracked and sore nipples, painful breasts due to milk hold up. If the nipples are sunken the baby can not suckle well.

Mothers need to be reassured about their breastfeeding abilities and that baby gets adequate nutrition. Breastfeeding can prevent more than 10 lacs child deaths each year. Breastfeeding should be continued whenever possible for at least two years.

Breastfeeding basics-help the mother to breastfeed

- Clean the nipple of the breast with warm water before feed.
- Hold the baby horizontal on the lap or besides if the mother is lying on side.
- Hold the breast at the root of the nipple. Put the baby's mouth to the breast. The baby gets a full hold of the nipple now. This is evident from the baby's upturned lips.
- Make sure the baby's head and body is held facing the breast without turn and twist.
- Support the baby's head with one hand.
- Clean the nipple after the baby leaves the breast.
- Change the side for the next feed.
- For a cracked nipple help the mother to massage her breasts gently, applying turmeric with edible

