

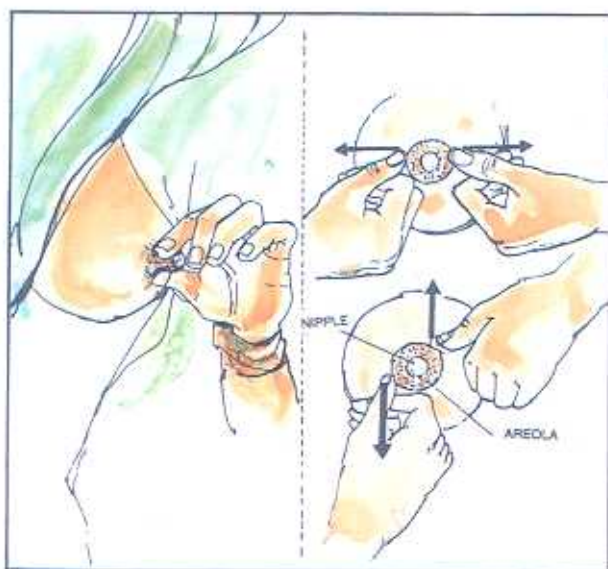
MOTHER'S MILK IS NATURE'S GIFT TO INFANTS



**BREAST FEEDING IS BEST
FOR BABY AND MOTHER**

- Provides best and complete nourishment to baby
- Easily digested and assimilated
- Protects the baby from diseases
- Makes the child more intelligent & beautiful
- Protects mother from cancer
- Establishes emotional bond between mother and baby
- Helps in psycho-social development of child

BREAST MILK IS THE BEST NATURAL FO



During last trimester of pregnancy, prepare breasts and nipples for breast feeding through gentle massage exercise.



Start breast feeding within one hour of delivery. **Early initiation of breast feeding provides "COLOSTRUM"** (mother's first milk-yellowish and sticky) to the baby which builds up immunity and vitamin 'A' stores. It also establishes good lactation.

GOOD FOR BABIES. NO OTHER MILK CAN BE BETTER THAN



For the first 5 months, breast milk is baby's best and complete nourishment. Do not give anything else like water, ghutti, any other milk or liquid. These and bottle feeding suppress lactation and increase the risk of diarrhoea.



Make baby take both the nipple and areola (black portion) into its mouth. Ensure that the baby's nose is not covered while breast feeding. Feed the baby from both sides.

HAN BREAST MILK FOR YOUNG INFANTS.



Emotions like fear, tension, anxiety or fatigue can affect the flow of milk in mother's breasts. The mother should, therefore, relax and sit comfortably when she feeds her baby.



Family should provide happy atmosphere and sufficient time to the mother to enable her to breast feed the baby successfully.



It is very important to continue breast feeding when the baby is ill. It will give best nourishment and strength to the baby to recover from illness.



Take bath daily and wear washed clothes to keep the breasts clean.



Breast feeding is nature's way of restoring mother's figure. Breast feeding helps the mother lose weight she gains during pregnancy.



After 5 months, start complementary feeding alongwith breastfeeding. As the child grows, increase the quantity as well as variety of food given.

Breast Feeding must continue upto 2 years

Department of Women & Child Development (Food & Nutrition Board),
Ministry of Human Resource Development, Government of India