



Did you know that babies between 0 - 6 months need to be fed on **ONLY BREAST MILK**?

Breast milk is the best food for babies who are 0 - 6 months old. It has all the food values a baby needs to grow well and healthy. Water, glucose, gripe water, herbs or tinned milk can make the baby get diseases like diarrhea which can lead death.

Benefits of giving only breast milk:

1. Breast milk has all food values for the baby.
2. It is free.
3. It is clean.
4. It is always there for the baby.
5. It has food and water to satisfy the baby for the first six months.
6. It takes away thirst.
7. It protects baby from diseases.
8. It makes mother and baby bond and strengthens their relationship.

Note: Mothers need to breastfeed the babies even when they think their breast milk is little breast milk or it is not there at all. The more a mother breastfeeds, the more breast milk is made.

When to start breastfeeding?

Mothers need to start breastfeeding the baby within the first hour after birth. Continue to breastfeed until the baby is six months old. Baby should be breast-fed day and night for as many times as the baby needs.



How to breast feed

Both mother and baby need to be relaxed to breastfeed well.

1. The mother should sit in a comfortable upright position and place the baby on her laps.
2. She should hold the baby close to her and using her hand and thumb, direct the breast towards the baby's mouth.
3. Press the dark part of the breast to prevent the breast from blocking baby's nose.



Signs that baby is well attached to breast:

1. Mouth is wide open.
2. Chin is touching the breast.
3. More of the dark part of the breast is showing above than below the nipple.
4. Baby's lower lip is turned out.

Signs that baby is getting enough milk:

1. Baby urinates many times during the day and at night.
2. Urine has water-like colour.
3. Urine does not have strong smell.
4. Baby is growing bigger and looking healthy.

NOTE: Breast-feeding mothers should eat more meals and snacks in order to produce enough breast milk.



USAID
FROM THE AMERICAN PEOPLE

Community Connector
The Integrated Nutrition and Agriculture Project



REPUBLIC OF UGANDA

unicef 