

LACTATIONAL SUPPORT

The baby is in the correct position when:

- ❖ While holding the baby, the mother also supports the baby's bottom, and not just the head or shoulders.
- ❖ Mother holds the baby close to her body.
- ❖ The baby's face is facing the breast, with nose opposite the nipple.
- ❖ The baby is put correctly to the mother's breast when:
 - The baby's chin touches the breast.
 - The baby's mouth is wide open.
 - The baby's lower lip is turned outside.
 - Most of the areola (dark part around the nipple) is in baby's mouth.



Remember

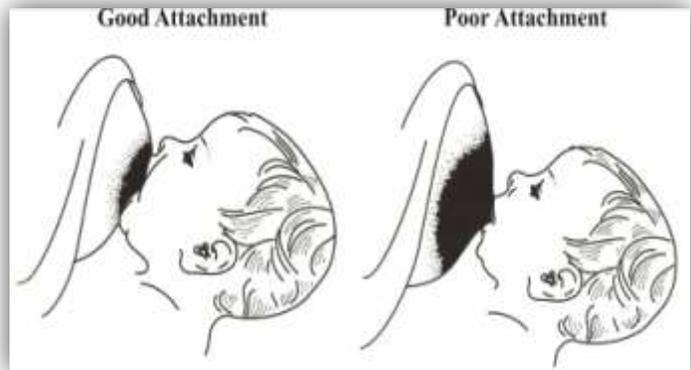


- ❖ To obtain maximum benefit of breastfeeding, the baby should be held in correct position and be put correctly on the breast.
- ❖ Breastfeed as often as the baby wants and for as long as the baby wants.
- ❖ Baby should be breastfed day and night at least 8-10 times in 24 hours.
- ❖ Feeding more often helps in production of more milk. More the baby sucks more milk is produced.
- ❖ The mother's body should be relaxed and comfortable, and she should maintain eye contact with the baby.



Making sure the baby gets enough breast milk:

- ❖ There are some signs that the baby is not getting enough milk.
 - Poor weight gain
 - ✓ Baby's weight does not increase by at least 500 gms in a month,
 - ✓ If weight after two weeks is less than birth weight.
 - Passing small amounts of concentrated urine
 - ✓ Less than six times a day and
 - ✓ The urine is yellow and strong smelling
 - Other signs are:
 - ✓ Baby has hard, dry or green stools
 - ✓ Baby is not satisfied after breastfeed and often cries; wants to breastfeed very frequently and for very long periods
 - ✓ Baby refuses to breastfeed
 - ✓ No milk comes out when mother tries to express



Role of AWW

- ❖ Give practical help to mother.
- ❖ Give little and relevant information.
- ❖ Give information in a positive way.
- ❖ Make one or two suggestions not commands.
- ❖ Encourage and praise her, every mother has the ability to breastfeed.
- ❖ If she says something that you do not agree with, do not say that is wrong. Do not make her feel bad or stupid.
- ❖ You should check the baby's weight gain after you assess the breastfeeding at every visit.