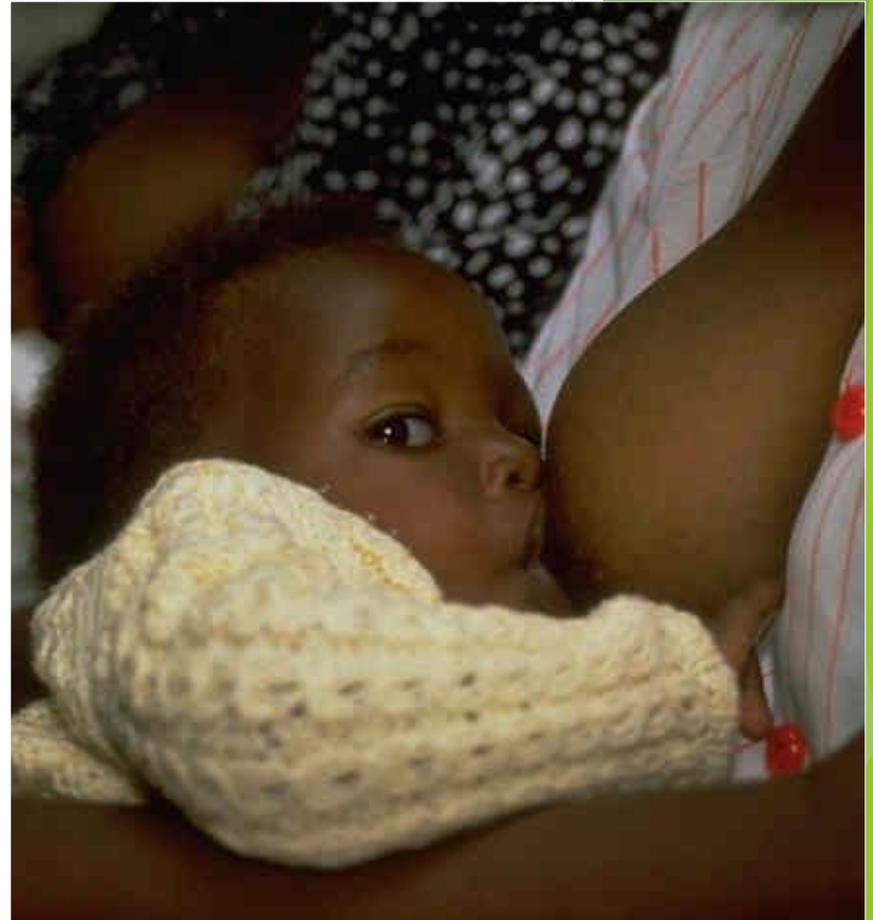


The issue in Ethiopia is that breastfeeding practices are sub-optimal...

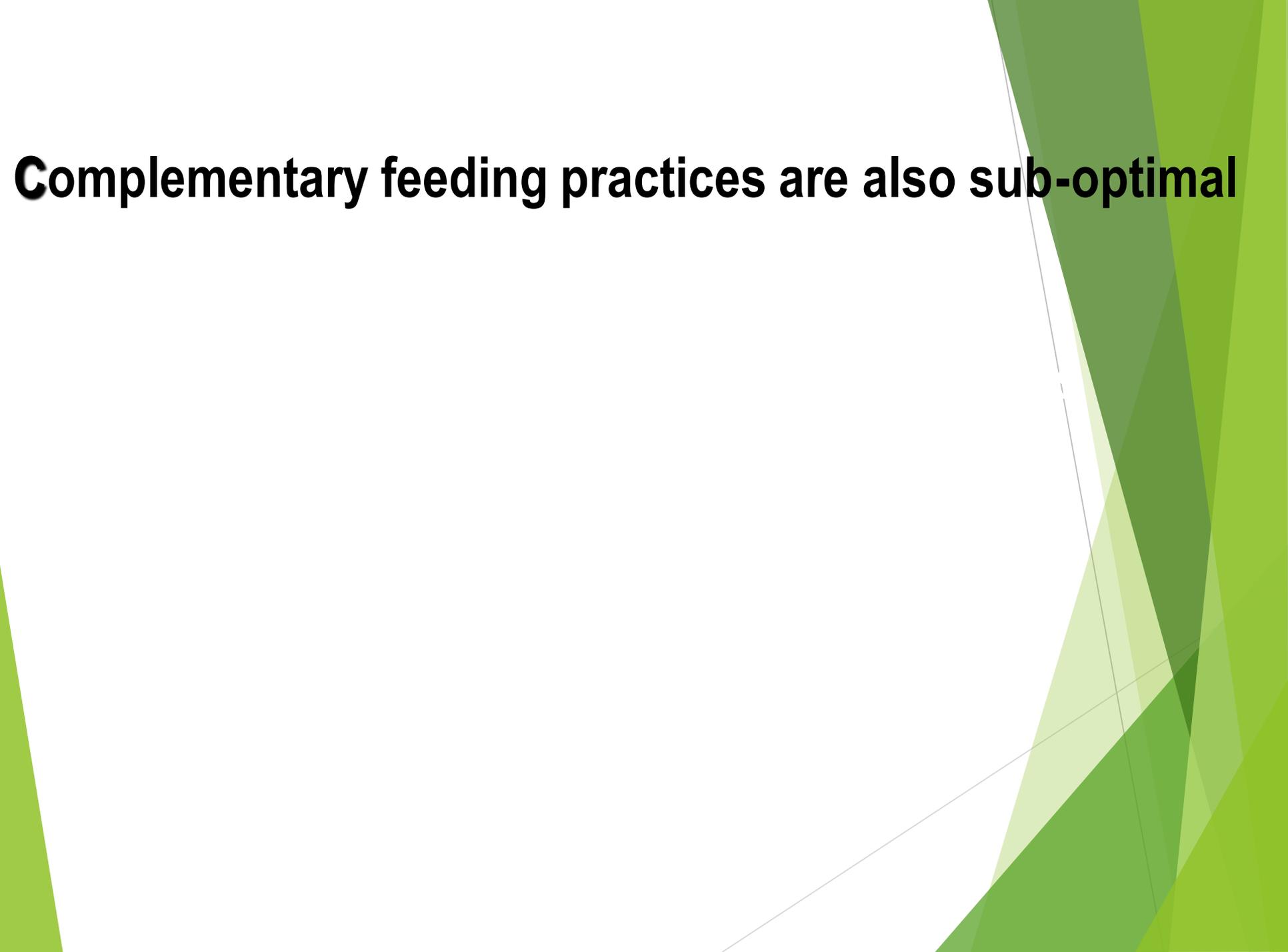
breastfed

Deaths of Ethiopian infants due to sub-optimal breastfeeding practices

50,000
infant deaths
each year



Complementary feeding practices are also sub-optimal

The background of the slide features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side and bottom of the frame, creating a modern, layered effect against the white background.

MOH recommends that infants are exclusively breastfed from 0 to 6 months

“Exclusively breastfeeding” means giving the infant nothing but breast milk (no water, no other liquids or foods) from 0 to 5.9 months

WHO 2001 Expert Consultation on the Optimal Duration of Exclusive Breastfeeding

Rationale for 6 months exclusive breastfeeding:

- ▶ protective against gastrointestinal infections
- ▶ prolongs duration of lactational amenorrhea
- ▶ may enhance infant motor development
- ▶ no adverse effects on infant growth

Benefits of breastfeeding

✓ Nutritional

- *meets all nutritional requirements*
- *composition changes over time to meet changing needs of baby*
- *after 6 months, breastmilk remains an important source of calories & nutrients*

Health (infant and mother)

✓ Child Spacing

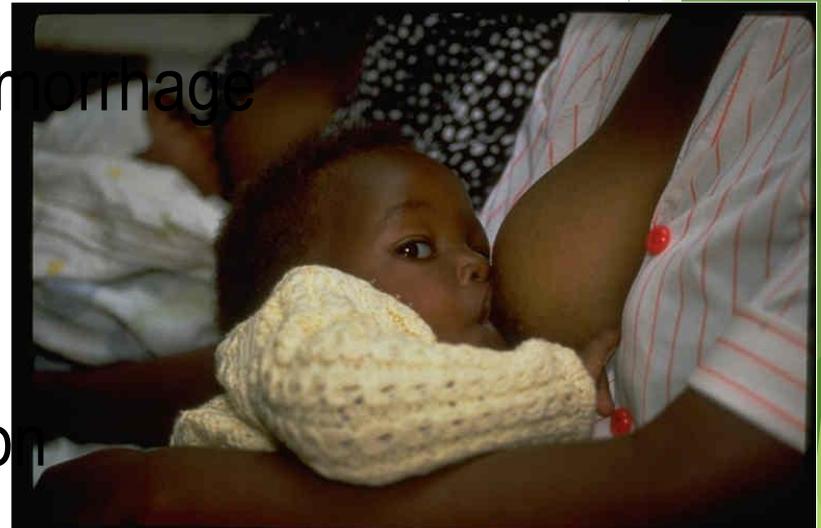
✓ Psychological and Developmental

✓ Economic

Facts for Feeding 0-6 months

1. Initiate breastfeeding within 1 hour of birth

- ✓ Serves as babies first immunization
- ✓ Reduces risk of postpartum hemorrhage
- ✓ Fosters mother-child bonding
- ✓ Stimulates breastmilk production
- ✓ Reduces the risk of breast problems



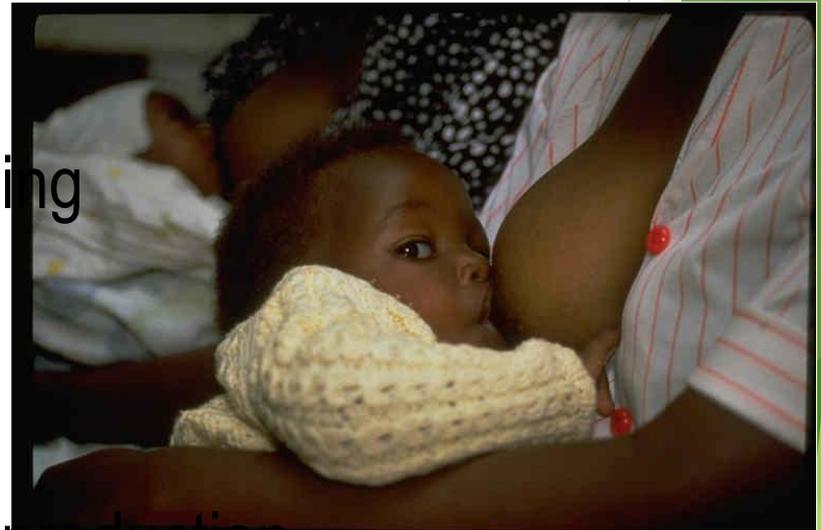
Neonatal issues: first 4 weeks...

- 24% of all under-five deaths occur in neonatal period in Africa
- Neonatal mortality 2.5 to 7 times greater for non-BF compared to BF babies
- Low birth weight (LBW) is an important underlying cause of neonatal death
 - 14% of births in SSA are Low Birth Weight

Facts for Feeding 0-6 months

Establish good breastfeeding practices

- ✓ Proper positioning
- ✓ Proper attachment
- ✓ Observe signs of effective feeding
- ✓ No bottles or pacifiers
- ✓ Suckling increases breast milk production



**WAIT until the
baby's mouth is
WIDE open**





Nose very close or touching breast

Lips flanged

Chin deeply into breast

Observe to make sure:

- Cheeks DO NOT suck in**
- Breast moves toward the mouth and not away**



**Mother's eye view
can make her think
the baby can't
breathe**



Observe for signs of milk transfer

- ▶ Sustained suck/swallow pattern with occasional pauses
- ▶ Audible swallowing
- ▶ Relaxed arms and hands
- ▶ Moist mouth
- ▶ Satisfied after feeding



Facts for Feeding 0-6 months

3. *Breastfeed exclusively for first six months*

✓ Do not give prelacteal feeds (e.g. liquids or foods)

✓ Do not give water (BM is 90% water)

✓ Offering foods before 6 months can reduce breast milk production



Facts for Feeding 0-6 months

4. Practice frequent, on-demand breastfeeding, including night feeds

✓ 10 times a day: every 2-3 hours or more if needed -- especially in early months

✓ Frequent feedings: maintain mother's milk supply, maximize contraceptive effects and provide immune factors at each feeding.

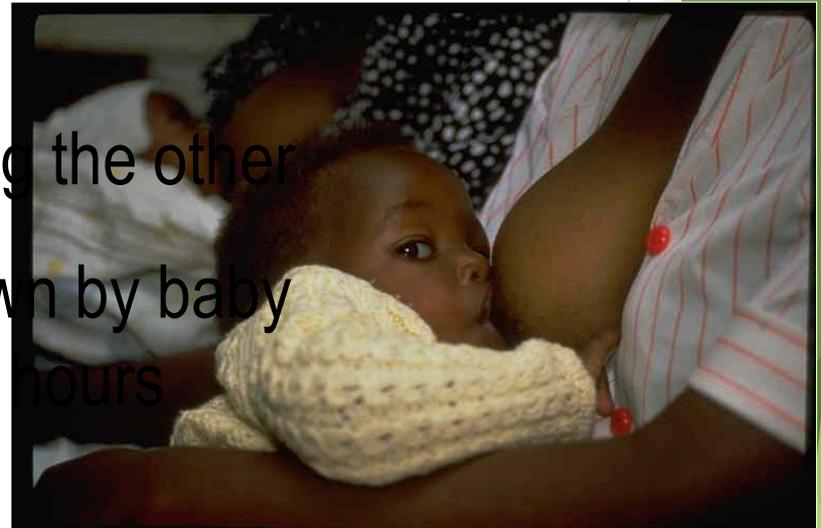


Facts for Feeding 0-6 months

4. ✓ Frequent feeding: avoids problems such as breast engorgement that can lead to mastitis

✓ Empty one breast before giving the other

✓ Adequacy of breastfeeds shown by baby urinating at least 6 times in 24 hours



Facts for Feeding 0-6 months

5. *Feeding during and after illness*



Facts for Feeding 0-6 months

6. *Feeding when mother is away or sick*

