



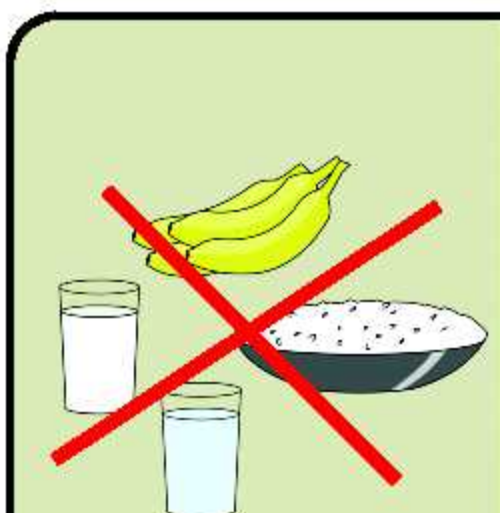
Breastfeeding: Good Practices



Early and exclusive breastfeeding plays a key role in ensuring newborn health.



Breastfeeding should begin immediately after the baby is born, at least within an hour after birth.



Till a baby is six months old, she should be exclusively breastfed. The baby should not be given anything else, not even water.



A newborn should be breastfed at least eight-ten times every day. Feeding more often helps in production of more milk.



If a baby is unable to suckle or a mother unable to breastfeed directly, she can express her breastmilk into a clean bowl. This can then be given to the baby with a spoon.



A mother should continue breastfeeding even if she is unwell and taking antibiotics.



Continuing to breastfeed is important even if the mother has problems like sore or inverted nipples or engorged breasts.



Breastfeeding should continue for a year or two, even after the baby begins to have other foods.