



Breastfeeding

Language: _____

Translator's name: _____ +

Translator's email/phone number: _____ +

**Thare Machi Education,
PO Box 4040,
Leamington Spa,
CV32 5YJ,
UK.**

mail@tme.org.uk,
+441926 422711
www.tme.org.uk.

Reg Company No 3921677, Charity No 1080131

Breastfeeding

1. Breastfeeding is the natural way to feed your baby.

2. Breast milk provides everything a baby needs until he or she is six months old. You do not need to feed your baby anything else.

3. Breast milk has all the goodness your baby needs. It contains enough water so the baby won't be thirsty, and enough food so the baby won't be hungry.

4. Breast milk is better than powdered milk, because breast milk is cheaper and safer for your baby. Now you need to answer a question:

5. What is the best milk to give your baby?

6. Breast milk,

7. Or powdered milk?

8. Press a button now.

9. Yes. Breast milk is the best food for your baby.

Breastfeeding

10. Should you feed your baby anything other than breast milk in the first 6 months?

11. Yes, rice and water,

12. Or no, breast milk is enough?

13. Press a button now.

14. That's right. Breast milk has all the goodness your baby needs.

15. You should breastfeed your baby whenever he or she is hungry.

16. If you feed your baby whenever she is hungry, then your baby will not need any other food or drink until she is six months old.

17. Now here's a question for you:

18. How often should you breastfeed your baby?

Breastfeeding

19. Every three hours,
20. Or whenever she is hungry?
21. Press a button now.
22. Yes. You should breastfeed your baby whenever she is hungry.
23. If your baby needs more breast milk she will demand to be fed more often.
24. The more you feed your baby, the more milk your body produces. So, as your baby gets older, your body adjusts to your baby's growing needs.
25. Your body can even make enough milk to feed 2 babies. This can happen, for example if you need to continue feeding an older baby when a new one is born or if you have twins.
26. If your baby becomes hungry you should give her:
27. Powdered milk,

Breastfeeding

28. Or more breast milk?
29. Press a button now.
30. That's right. If your baby becomes hungry, you should breastfeed more often, and your body will produce more milk.
31. Is it possible to breastfeed more than one baby?
32. Yes,
33. Or no?
34. Press a button now.
35. Yes, that's right. Your body can produce enough milk to feed more than one baby.
36. Breastfeeding protects babies against illness such as diarrhoea, because breast milk makes your baby strong and healthy.

Breastfeeding

37. Because breastfeeding protects babies against illness it is especially important to breastfeed weak or sick babies.

38. Powdered milk does not give the same protection against illness, and can be dangerous if mixed with unclean water.

39. Which milk is best for your baby's health?

40. Powdered milk,

41. Or breast milk?

42. Good. Breast milk helps to make your baby strong and healthy.

43. Giving birth is hard work and you may feel very tired immediately after your baby is born.

44. Even though you may be very tired, try to put your baby to your breast as soon as she is born or as soon as possible afterwards.

45. The first milk your body produces after giving birth is particularly good for your baby.

Breastfeeding

46. Try to spend as much time as possible with your baby in the weeks after she is born.

47. When should you start to breastfeed?

48. Two days after the birth,

49. Or as soon as possible after the birth?

50. Yes. If you breastfeed your baby immediately after giving birth it helps the breastfeeding and your baby will benefit from the special first milk your body makes.

51. How much time should you spend with your baby when she is very young?

52. One hour a day,

53. Or as much time as possible?

54. Good. You should try to spend as much time as possible with your baby.

Breastfeeding

55. When your baby is hungry she will look for the nipple. When you put your baby to your breast start with the baby's nose level to your nipple.

56. Then aim your nipple for the roof of the baby's mouth.

57. When your baby's mouth is properly attached to your breast her lower lip is folded right back.

58. You can see your baby sucking and swallowing and you can't pull the baby away from your breast easily.

59. When putting your baby to your breast should you start with your nipple level to your baby's.....

60. Nose,

61. Or mouth?

62. That's right, "nose to nipple".

63. How can you tell if your baby is feeding properly?

Breastfeeding

64. Her lip is folded back and you can see her sucking and swallowing?
65. Or you can pull the baby off your breast easily?
66. That's right. You can tell when your baby is feeding properly when her lower lip is folded back and you can see her sucking and swallowing.
67. If you are breastfeeding do not give teats, bottles or dummies to your baby.
68. Teats, bottles or dummies can affect the way your baby uses her mouth when feeding.
69. Should you use teats, bottles or dummies when breastfeeding?
70. Yes,
71. Or no?
72. Correct. If you are breastfeeding you should not use teats, bottles or dummies, as they can affect the way your baby uses her mouth when breastfeeding.

Breastfeeding

73. For your body to make the best milk you need to eat a good mixture of different foods and drink plenty of clean water.

74. Breastfeeding is most successful when you are relaxed.

75. What should you do for your body to make the best milk?

76. Eat a good mixture of different foods,

77. Or drink plenty of milk?

78. That's right. You don't need to drink milk for your body to make milk, but you do need good food and clean water.

79. Breastfeeding is good for your relationship with your baby. Breastfeeding helps you to bond with your baby.

80. Breastfeeding also helps your body to recover from pregnancy and childbirth.

81. It is good to get advice from someone with experience of breastfeeding. You could ask other mothers or older women in your village.

Breastfeeding

82. In some places there may be a person specially trained to help with breastfeeding at the local health centre.
83. Is breastfeeding.....
84. Good for your body,
85. Or bad for your body?
86. Yes. Breastfeeding is good for your body. It is best for you and your baby.
87. For advice on breastfeeding you should:
88. Ask a policeman,
89. Or ask local people with experience of breastfeeding?
90. Good. Always ask for help from your local community, especially if you are finding things difficult. Or you can go to your local health centre for advice.

Breastfeeding

91. If you find you have painful breasts, a fever or feel unwell you might have mastitis. Mastitis is an infection in your breast.

92. Go to your local health centre if you think you might have mastitis. Mastitis is easily treated with medicine.

93. What should you do if you have painful breasts and a fever?

94. Stop breastfeeding,

95. Or go to your health centre?

96. Yes, painful breasts and a fever are symptoms of mastitis, which is easy to cure with medicine. So you should go to your health centre.

97. If you have HIV you can still breastfeed your baby.

98. You should feed your baby only breast milk for the first 6 months of life and then wean your baby onto other foods as quickly as possible.

Breastfeeding

99. It is at this weaning or mixed feeding stage that you are most likely to pass HIV to your baby. This is why, when your baby is 6 months old, you should rapidly wean her onto other foods.
100. Your local health centre should be able to advise you on how to do this.
101. If you have HIV can you breastfeed your baby?
102. Yes,
103. Or no?
104. You are right! Mothers with HIV can continue to breastfeed.
105. If you are a mother with HIV why should you rapidly wean your baby?
106. Because your baby will be hungry,
107. Or because mixed feeding is when you are most likely to pass HIV to your baby?

Breastfeeding

108. Yes. Mixed feeding is when you are most likely to pass HIV to your baby, so you should wean your baby as quickly as possible.

109. If you have TB don't breastfeed your baby until you have checked with a health adviser, as TB can sometimes be passed to the baby.

110. If you feel you cannot breastfeed for any reason try to discuss this with your health adviser. Maybe another mother could feed your baby for you.

111. If you cannot give your baby breast milk then powdered milk can be a safe alternative. Follow advice from your health centre about mixing powdered milk.

112. Always use clean, safe water. If there is a possibility the water is not clean, you should make it safe by boiling it. The boiled water should then be cooled before using it.

113. What should you do if you have TB?

114. Breastfeed as normal,

115. Or check with your health centre?

116. Good. If you have TB check with your health centre before you breastfeed.

Breastfeeding

117. If you cannot breastfeed, and you cannot give breast milk from another mother, what should you feed your baby?
118. Rice and water,
119. Or powdered milk?
120. That's right, if you cannot breastfeed or give breast milk from another mother then powdered milk can be a safe alternative.
121. When mixing powdered milk it is important to use:
122. Safe water,
123. Or cow's milk?
124. That's right. When mixing powdered milk it is important to use clean, safe water.
125. After about 6 months your baby can begin to have other foods. Unless you have HIV, you can still continue to breastfeed as well as feeding your baby other foods.

Breastfeeding

126. Breastfeeding is the natural way to feed a baby, because breast milk comes at the right temperature and there is no waste. It is also a very cheap and safe way to feed your baby.

127. Remember: Breastfeeding is best for you and your baby.

128. That was the wrong answer. Let's go back and listen again.

129. Sorry! Wrong answer.

130. Hello. The title of this lesson is " Breastfeeding ". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

131. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

132. Correct!

133. Breastfeeding