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Why should we breastfeed exclusively from the 1st hour through the first 6 months and continue breastfeeding until 24 months of age?



- ☀️ Breastmilk has all the nutrition that babies need in the first 6 months (180 days).
 - ☀️ From 6 to 11 months of age, breastmilk continues to supply more than half (1/2) of the energy that babies need.
 - ☀️ From 12 to 24 months of age, breastmilk continues to supply one third (1/3) of the energy that babies need.
- Breastfeeding until 2 years of age or longer also helps fully develop babies' immune system.



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How should I breastfeed?

- ☀️ Make sure you are relaxed and in a comfortable position (sitting or lying) with your back supported (by pillows or a blanket).
- ☀️ Cradle the baby close to your body.
- ☀️ Support the baby's whole body (not only neck and shoulders) with your hands and forearm.
- ☀️ The baby's head, back, and legs should all be in a straight line (straight, not bent or twisted, but with head slightly resting backward).
- ☀️ The baby's body should be facing the breast, not held flat to your chest or abdomen, and the baby should be able to see your face.

Steps for the baby to latch on:

- Have the baby's nose level with the nipple. Gently tap on the baby's lips with your finger or nipple to open the mouth.
- Wait until the mouth is wide open and insert nipple into the mouth.
- Make sure your entire nipple is inside the mouth. The baby's mouth could cover a large portion of the areola.
- The baby is properly attached if:
 1. Mouth is wide open.
 2. Mouth covers more of the bottom of the areola than the top.
 3. Lips face outward.
 4. Chin touches your breast.



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Empty one breast before switching to the other

- ☀️ When breastfeeding, empty one breast completely (until it feels light) before switching to the other. The next time you breastfeed, start with the other breast.
- ☀️ Breastmilk has two types – foremilk and hindmilk. Foremilk comes out first and is rich in vitamins, is watery and satisfies the baby's thirst. After you breastfeed for awhile, hindmilk comes out. Hindmilk is creamier in color and has more fat (calories) than foremilk

and satisfies your baby's hunger. It is important that your infant gets both foremilk and hindmilk to ensure complete nutrition. Your baby will also remain full for a longer time.

- ☀️ Remember to breastfeed your infant on demand – i.e., whenever and for as long as the baby wants.
- ☀️ Remember to breastfeed your baby both day and night.



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Pumping and storing breastmilk

If you have to go to work earlier than six months, you can try the following:

- ☀️ Nurse your baby as many times as possible. Breastfeed as many times at night as possible. Pump your breastmilk at home and at work. Store breastmilk in small clean containers with a lid (a container for each feeding). Do not fill the container to capacity. Do not mix freshly pumped breastmilk with breastmilk that was pumped earlier.
- ☀️ Breastmilk can be stored at room temperature safely for 3-5 hours (store in a cool, covered place).
- ☀️ If you have a refrigerator, store milk either in the back of the fridge (up to 3 days) or in the freezer compartment (for 6 months). When you take it out, do not heat the milk, but leave it for several minutes in a pan of hot water.
- ☀️ Use a cup and spoon or a sippy cup to feed the expressed breastmilk to your child.
- ☀️ Remember to wash your hands with soap before you express breastmilk. Ensure that containers and equipment are clean.

Some breastfeeding difficulties:

Sore and painful breastfeeding: Ensure that the baby is positioned correctly and latching on properly.

If your nipples are sore or cracked: apply some drops of milk onto the nipples. Do not wash nipples by soap. Do not apply cream/lotion on nipples unless instructed by a doctor.

If breast is engorged:

- ☀️ Breastfeed baby frequently.
- ☀️ Help the baby to latch on properly to avoid engorgement.
- ☀️ Pump breastmilk to lessen the engorgement.
- ☀️ Cover your breasts with a chilled handkerchief and gently massage them to help breastmilk flow well.

If your nipples are extremely sore, swollen, erect, hot and turning red, or if you have a fever, you need to consult a doctor immediately.



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Combine breastfeeding and complementary food for babies above 6 months old



☀️ When your baby is 6 months old (180 days), it is necessary to begin to feed the baby complementary food to ensure the baby's development, proper weight, and height gain.

☀️ Continue to breastfeed because breastmilk remains a critical source of nutrition for the baby, provides immunity, and aids the digestive system and cognitive development.

☀️ From 6 to 11 months of age, breastmilk continues to supply more than half (1/2) of the energy that babies need.

☀️ From 12 to 24 months of age, breastmilk continues to supply one-third (1/3) of the energy that babies need.

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Amount of complementary food for your baby

When the baby is 6 months old (180 days), you can start to feed the baby complementary food, giving 2-3 spoonfuls at each meal. Gradually increase the amount, the number of meals, and the density of the food. Feed the baby a variety of complementary foods.

From 6 to 8 months
Frequency: 2-3 times/day and 1-2 snacks
Amount: 1/2 bowl at each meal

From 9-11 months
Frequency: 3-4 times/day and 1-2 snacks/day
Amount: At least 1/2 bowl to 3/4 bowl at each meal

From 12-24 months
Frequency: 3-4 times/day and 1-2 snacks
Amount: 3/4 bowl to 1 full bowl at each meal

When your baby is sick, feed the baby a small serving of food more frequently. Breastfeed more often and feed the baby favorite foods. When the baby is recovered, encourage the baby to eat an extra meal each day for at least 2 weeks.



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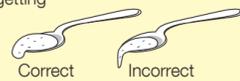
Preparing complementary food for your baby

- ☀️ Wash cooking equipment and food. Ensure that the water you use is clean and safe (boiled).
- ☀️ Mix the flour and the water in a pot and stir slowly until the flour begins to thicken.
- ☀️ Add the ground pork/beef/fish/shrimp into the flour/porridge and stir constantly.
- ☀️ Heat the pot while stirring until the porridge is boiled. Cover the pot and keep heating until the food is almost cooked.
- ☀️ Once the flour/porridge is almost cooked, add the minced vegetables. Stir constantly. Keep the fire low. It is important to add the vegetables last to ensure that the vitamins and minerals in the vegetables are not lost because of the heat.

- ☀️ Add oil and stir.
- ☀️ Season the flour/porridge with fish sauce, ground peanuts, or ground sesame to enhance the flavor.

Try different vegetables and rotate meat/shrimp/fish at each meal to vary the flavor and stimulate the baby to eat more.

Thickness: the infant's stomach is tiny so you need to provide thick, nutritious food. If you give watery food, your child's stomach will fill up quickly without getting enough of the required nutrition.



1
Add flour, clean water, and ground meat/fish/shrimp, then stir regularly



2
Put on fire and cook until the semi-solid soup is ready

3
Add ground vegetables when the soup is ready

4
Add oil and stir regularly

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Hygiene

☀️ Wash your hands with soap before preparing food and feeding children.

☀️ Wash hands with soap after using the toilet and after changing a diaper. Wash the baby after he goes to the toilet.

☀️ Use clean cooking equipment.

☀️ Use a clean bowl and spoon to feed your child. Feed food that is cooked within one hour.

☀️ Store your child's food in a safe, hygienic place. Always cover the food containers.

☀️ Do not use bottles, plastic nipples, or glasses with a straw. These items are difficult to wash and can make the baby sick.

☀️ When the baby starts to crawl, frequently wash his hands with soap. Remember to wash the baby's hands with soap before a meal and after the toilet.

Once your child is 12 months old, remember regular de-worming as instructed by a doctor. When the baby is 24 months old, de-worm at least every six months.

