

How can you care for yourself while you are breastfeeding?

What should you eat and drink? Why?

Can you continue to breastfeed even when you are sick?



BREASTFEEDING



How long should you breastfeed?

What are some risks of bottle feeding?

How can you care for yourself while you are breastfeeding?

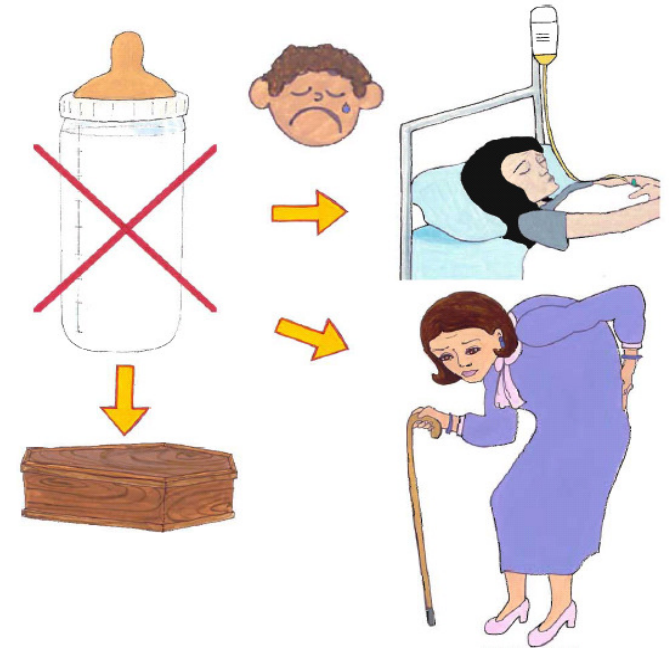
BREAST-FEEDING



How long should you breastfeed?

Do you need to give a bottle or water as well?

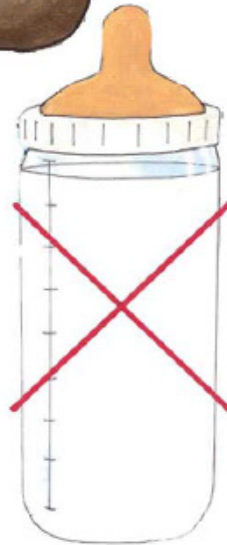
When does your baby need solid food?



What are some risks of bottle feeding?

Breastfeeding Guidelines:

- Exclusive breastfeeding (no other foods or liquids) for 6 months.
- (You may need extra water or ORS if your baby has diarrhea or a fever.)
- Gradually add solid foods after six months of age.
- Continue breast feeding for 2-3 years.



Babies may get sick:

- Loss of protection from breast milk.
- Bottles may not be sterilized
- Water may not be safe.

For the parents:

- High cost of formula
- Breastfeeding keeps mothers healthy.