



Card One: Grannies and Good Infant Feeding

Breastfeeding & Infant Feeding: Pictures for Grandmothers and TBAs

Card One: Grannies and Good Infant Feeding

Grannies should know about exclusive breastfeeding and how to feed their grandchildren so that they grow up to be plumpy, strong and intelligent.

Exclusively breastfed babies are given only breastmilk from birth through six months of age. Exclusively breastfed infants tend to have less diarrhoea, respiratory illnesses and other infections.

At about six months of age the baby should be introduced to other nutritious foods that are locally available. Until the baby is about two years old, he/she still needs to take breastmilk to continue growing healthy and strong.

Help everyone you know to learn and practice good breastfeeding and infant feeding for a healthier and happier family and community.





Card Two: Colostrum

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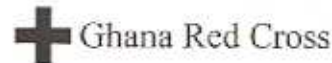
Card Two: Colostrum

Colostrum or the initial yellowish milk protects the baby from infection and is the infant's first immunization.

A new baby should be put to the mother's breast immediately after birth. This will help the mother expel the placenta or afterbirth and reduce the bleeding.

Colostrum also helps to clean the baby's stomach and eliminate the first black stools.

Frequent, unrestricted suckling soon after birth helps the breastmilk to "come in" sooner and can help prevent engorged breasts.





Card Three: Good Positioning

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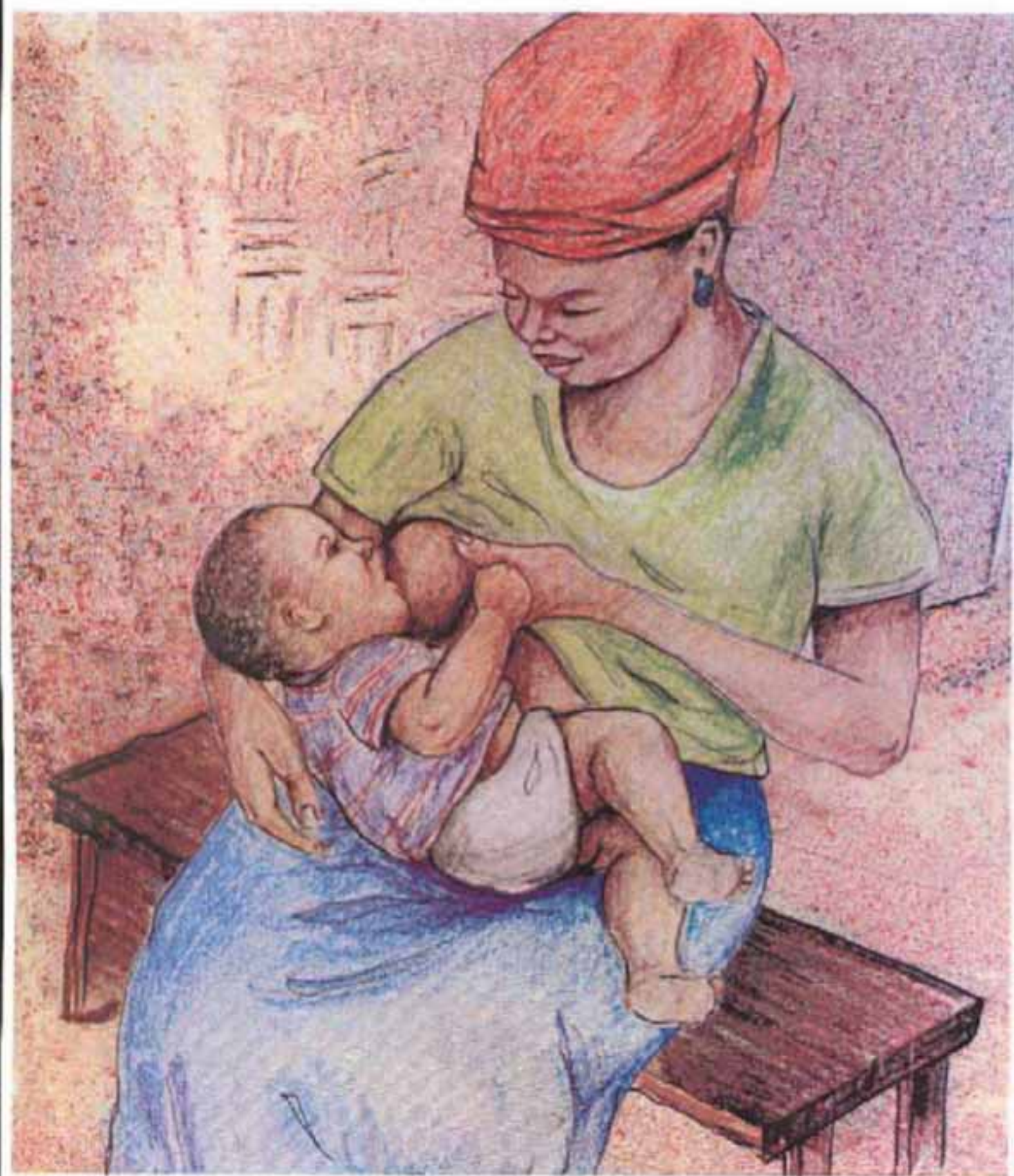
Card Three: Good Positioning

Grannies and TBAs need to help new mothers position their babies correctly so that they can suck well and get all the nourishment they need to grow strong and healthy.

Remember that the baby's whole body needs to be held close to the mother and with their stomachs touching. The baby should not have to turn or bend his head to suckle. Make sure that the baby's mouth covers the mother's nipple and as much of the dark part of the breast as possible.

This will make breastfeeding easier for both the mother and the baby.





Card Four : Exclusive Breastfeeding

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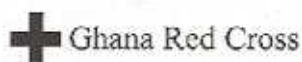
Card Four: Exclusive Breastfeeding

Exclusive breastfeeding means that no water, no liquids and no other foods should be given to the baby for the first six months of his/her life.

GIVE BREASTMILK ONLY.

Babies who are only offered breastmilk through the first six months of life grow to be healthy and strong.

Breastmilk has everything that the baby needs - both food and water - to satisfy and quench the baby's hunger and thirst.





Card Five: Do Not Give Water

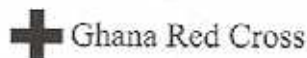
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Card Five: Do Not Give Water

It is very important that no water or any other liquids be given to the baby before six months of age. Give only breastmilk.

Even a small handful of water swallowed while bathing can result in diarrhoea and illness.

Give only breastmilk through the first six months of life for plumpy, strong and healthy babies.





Card Six: Empty One Breast Before Offering the Second

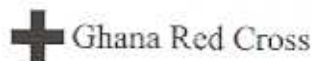
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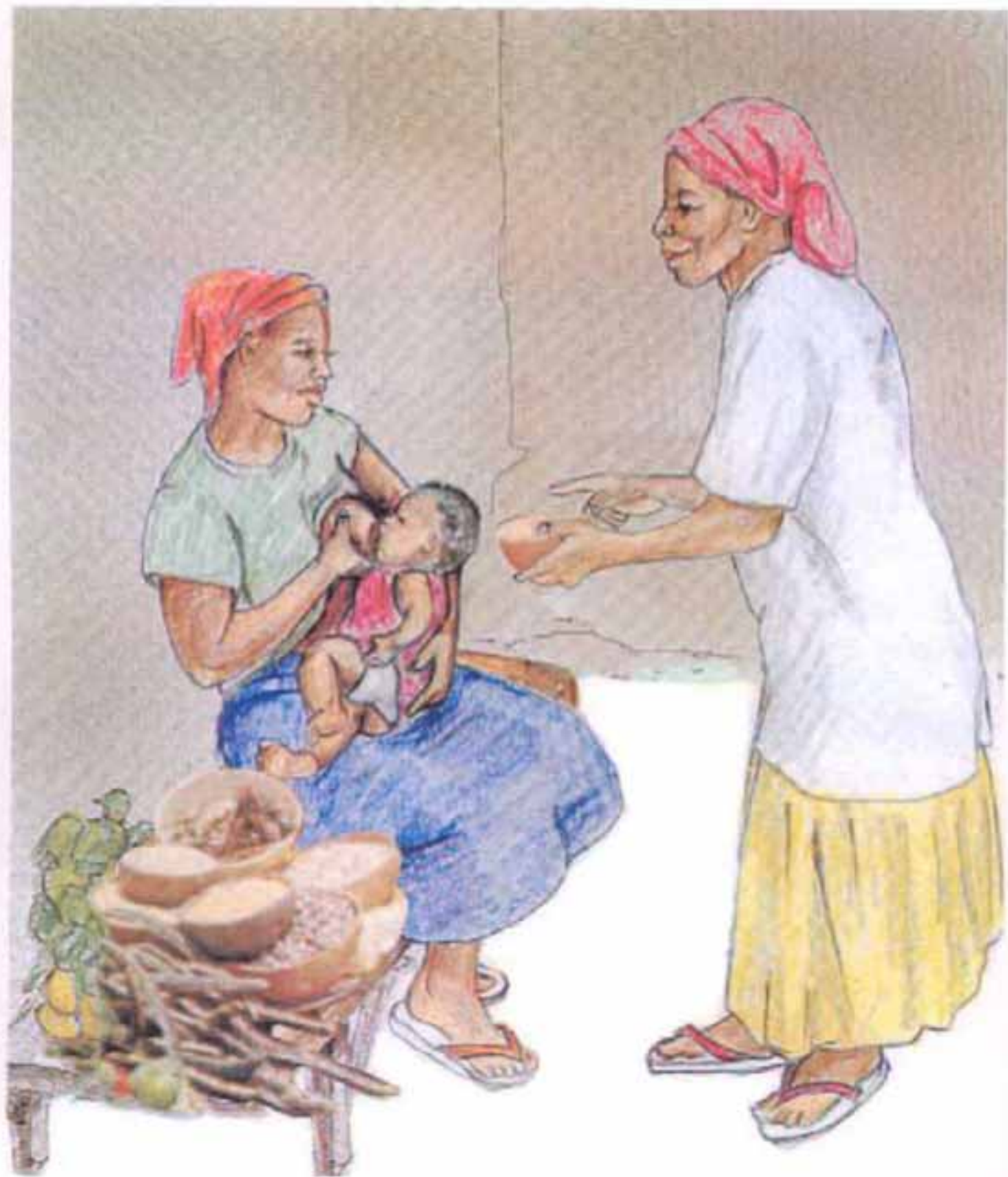
Card Six: Empty One Breast Before Offering the Second

Encourage mothers to take their time and to allow babies to finish feeding on one breast before offering the second. When a baby has had all the milk that he/she wants, it will stop suckling and release the breast by him/herself.

At the beginning of a feed the breast will feel heavy. As the baby suckles and the breast is emptied it will begin to feel lighter and softer to the touch.

The milk at the beginning of a feed helps to quench the baby's thirst. Toward the end of a feed the milk becomes richer and heavier. It satisfies the baby's hunger. The milk in both breasts contains both water and food for the baby.





Card Seven: Begin Complementary Feeding at Six months

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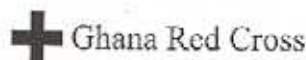
Card Seven: Begin Complementary Feeding at Six Months

Grannies and TBAs: Encourage mothers to start offering small amounts of mashed or ground local foods to children beginning at six months of age.

That way they will continue to grow strong and plumpy.

Koko should be about the consistency of TZ porridge, and not watery. Koko can be made more nutritious if any of the following food items are added during cooking: soya bean flour, groundnut paste, fish powder, vegetable oil or shea butter.

Remember that the child still needs to continue breastfeeding until he/she is at least two years of age.





Card Eight: Good Foods for Children

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All the foods your grandchild needs to continue growing big and plumpy can be found at your farm or local market.

Bright orange, green or yellow vegetables and fruits such as mangoes, oranges, sweet potatoes and green leafy vegetables are especially good for growing children.

So are soya or bambara beans, groundnuts or ground fish made into a powder and added to the child's food. Guinea fowl eggs are also very good for children.



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Card Nine: Feeding your Child

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Card Nine: Feeding your Child

Make sure your grandchild gets foods that are well cooked, mashed or ground so that they are smooth and easy to swallow.

At six months of age children should be offered food three times a day and more often as the child grows older. By the time the child is twelve months old, he is ready to take food five times a day in addition to breastmilk.

It is important to help the child eat his portion until he is at least two years of age to ensure he is getting enough.

