

12 REASONS WHY: NIGERIAN WOMEN DON'T EXCLUSIVELY BREASTFEED

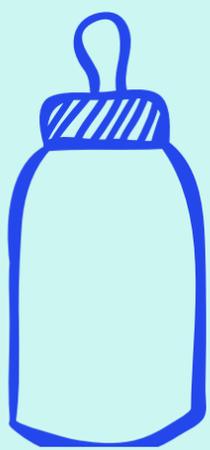


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BABY HAD DIFFICULTY
NURSING

2

EMBARRESED TO NURSE
IN PUBLIC



3

BOTTLE FEEDING IS
EASIER

4

DOESN'T WORK WITH
SCHEDULE



5

NOT ENOUGH SUPPORT
FROM HEALTH CARE
PROFESSIONALS

6

IT HURTS



7

LACK OF SUPPORT AT
HOME

8

TIME COMMITMENT



9

WORRIED BABY ISN'T
GETTING ENOUGH

10

PRICE OF PUMPS

11

HEALTH CONCERNS

12

NO KNOWLEDGE OF
PUMPING

COMMON MYTHS ABOUT BREASTFEEDING

#1. BREASTFEEDING ONLY BENEFITS BABY'S HEALTH



FACT: NURSING REDUCES THE MOTHER'S RISK OF BEING OVERWEIGHT, TYPE 1 AND 2 DIABETES, HIGH CHOLESTEROL, LEUKEMIA, AND MANY OTHER MEDICAL CONDITIONS.

#2. YOU SHOULDN'T NURSE IF YOU ARE SICK

FACT: CONTINUING TO BREASTFEED WHILE YOU ARE SICK ACTUALLY HELPS PROTECT YOUR BABY FROM ILLNESS. THE GERM-FIGHTING ANTIBODIES THAT YOUR BODY IS BUSY MAKING ARE TRANSFERRED TO YOUR BABY THROUGH THE MILK.



#3. BREASTFEEDING CAUSES YOUR BREASTS TO SAG

FACT: BREASTS WILL GET LARGER DURING PREGNANCY, WHETHER OR NOT YOU BREASTFEED. THIS PUTS EXTRA STRESS ON THE LIGAMENTS THAT SUPPORT THE BREASTS. MORE STRESS EQUALS EXTRA SAGGING.



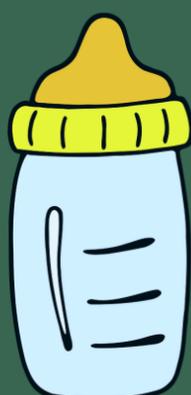
#4. IF YOU HAVE SMALL BREASTS, YOU WON'T PRODUCE ENOUGH MILK

FACT: SIZE DOES NOT MATTER! DURING PREGNANCY, BREAST TISSUE GROWS IN ORDER TO FEED YOUR BABY.



#5. MUST GIVE BABY WATER AFTER BREASTFEEDING

FACT: EXCLUSIVELY BREASTFED BABIES DO NOT NEED ADDITIONAL WATER-- BREASTMILK CONTAINS 88% WATER AND SUPPLIES ALL THE FLUIDS THE BABY NEEDS.



#6. BABY NEEDS TO LATCH ONTO NIPPLE

FACT: THE BABY SHOULD HAVE A MOUTHFUL OF BREAST WITH THEIR LOWER LIP COVERING THE BASE OF THE AREOLA AND A LITTLE BIT OF THE AREOLA TISSUE SHOWING ABOVE THEIR UPPER LIP.



5 REASONS WHY: MOTHER'S BREASTMILK IS BENEFICIAL TO THE MOTHER AND BABY



HEALTHIER BABY

Gives baby a healthy start

Provides natural antibodies that help the baby resist illnesses. It also lowers risk of sudden infant death syndrome (SIDS) in the first year of baby's life.



HEALTHIER MOM

Improves maternal health

Reduces the risk of being overweight, and developing asthma, type 1 and 2 diabetes, high cholesterol, Hodgkin's disease, leukemia, and lymphoma.



SAVES MONEY & TIME

More bonding time

No need to buy formula. No need for preparation.



COMPLETE FOOD

Rich in nutrients and minerals

It has everything the baby needs to grow and develop for the first six months of the child's life.

EVER-CHANGING

Has immune-boosting components

The mother's milk changes to whatever the baby needs at that moment. For example, antibodies are more prevalent in the mother's breastmilk when the baby is sick.

World Breastfeeding Week 2018

INSTITUTE OF CHILD HEALTH
UNIVERSITY OF BENIN, NIGERIA

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Exclusively Breastfeeding Timeline Game

<p>Begin your breastfeeding journey!</p> 	<p>At Birth: The first feed helps to stabilize baby's blood sugars and protect baby's gut.</p>	<p>Day 1: Expect one or two wet diapers because the colostrum you produce is highly digestible.</p>	<p>Go again Since you made it through the first day</p>	<p>Day 2: Expect at least two wet diapers. Baby should be producing at least two teaspoon-sized poos.</p>	<p>Day 3: 3 days after giving birth, 92 percent of new mothers say they were having problems breastfeeding.</p>	<p>Go back to start since you decided to give your baby formula</p>
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Instructions:

1. Roll the die
2. The number shown determines how many spaces to move



Move back 2 spaces
Since you skipped a nighttime feeding

<p>Week 3: This the perfect time to practice the lying down breastfeeding position.</p>	<p>Skip ahead 3 spaces Since you encouraged others to breastfeed</p>	<p>Week 2: Your transitional milk will have turned into mature milk, which is thinner and contains more water.</p>	<p>Week 1: Your breasts may feel full but soft. You may frequently leak breast milk and begin wearing breast pads.</p>	<p>Lose a turn Since you ignored your own health</p>	<p>Day 5: Your baby has now received five million cancer-busting stem cells from your milk.</p>	<p>Day 4: You may find your breasts swelling and becoming engorged and warm. Your milk turns from yellow to white.</p>
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1 Month: You have given your baby significant protection against food allergy at 3 years of age



<p>6 Weeks: It's common to notice that one breast is producing more milk than the other or is easier for your baby to latch onto.</p>	<p>2 Months: Your baby may now spend less time at each nursing session because the baby has become more efficient at the breast.</p>	<p>Lose a turn Since you forgot to stay hydrated</p>	<p>3 Months: Your milk is currently providing 535 calories, 6.8g of protein and 37g fat for your baby per day.</p>	<p>4 Months: You have given your baby strong protection against ear infections and respiratory tract diseases for a whole year.</p>	<p>Move back 2 spaces Since you almost gave up breastfeeding</p>	<p>5-6 Months: You have protected your baby's intestinal tract so that it can now begin to produce antibodies.</p>
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Congrats! You have exclusively breastfed your baby for 6 months!