

A Good Start to Exclusive Breastfeeding

SUBTITLES

00:02-00:05 - A Good Start to EXCLUSIVE BREASTFEEDING-1

00:08-00:13 - Today we are visiting the village of Halbawa Salifou in Gidan Roudmji, Maradi region.

00:14-00:18 - We come with a message on exclusive breastfeeding.

00:34-00:40 - Peace be with you! Peace be with you too! How are you and your children? All good.

00:45-00:52 - Is Zainabou home? No, she has gone to the maternity for delivery. Okay. Good! I will meet her there. Okay. Good! Thank you.

01:04 -01: 09 - Congratulations for the safe delivery. You have a baby girl.

01:10-01:16 - Since you have safely delivered, you must immediately give your newborn baby colostrum, it is the first vaccine for your child.

01:26 -01:30 - Position her head correctly. Okay, is she sucking? Yes, she is.

01:33 -01:37 - *What should be given to a child immediately after birth?*

01:41- 01:48 - *Newborn babies should be given only colostrum.*

01:52 -01:59 - Peace be with you! Peace be with you too! Good afternoon. Afternoon. Congratulations grandma! Thank you!

02:02- 02:11 - Are you breastfeeding the baby? This is the right position to breastfeed a child, maintain it even at home. You should exclusively breastfeed your child.

02:12-02: 19 - Give it only breast milk. Do not give goat's milk, decoctions, not even water as this will be harmful to the baby. Remember, breast milk contains water.

02:20 -02:28 - Listen to me please! Don't give the baby water (smile). I repeat, no water, no decoctions and no goat's milk.

02:29- 02:36 - Breast milk contains water that is sufficient for a child, no matter how hot it is. Don't give water to the child until it reaches 6 months of age.

02:41- 02:47 - *What should a baby be fed in the first six months of life?*

02:48- 02:55 - *A baby should be given only breast milk and nothing else.*

02:58- 03:04 - When you return home, you should breastfeed your baby 8- 12 times a day.

03:06- 03:11 - Don't wait for her to start crying before you breastfeed her. Breastfeed 8-12 times once you realize the baby needs breast milk.

03:13- 03:20 - Even at night, you should breastfeed your baby twice or four times besides the 8-12 times a day.

03:21- 03: 27 - Because it is both important to the baby and to you too. Exclusive breastfeeding protects your baby from some diseases...

03:28- 03:36 - and you will not see your menses in that period of 6 months which means you will not be pregnant in that period of 6 months.

03:40 -03:47 - This is how you should breastfeed your baby. Are you listening to me? Yes! Its head should rest at the angle of your arm (elbow angle).

03:48 -03: 53 - Use your palm (same arm) to support the buttocks of the baby.

03:54- 03:57 - The baby's stomach should rest on yours (mother's stomach).

03:58 -04:06 - The dark portion of the mother's breast should be in the baby's mouth.

04:07- 04: 10 - You should also have eye contact with the baby while breastfeeding it.

04:12- 04: 21 - Are you listening to me Zainabou? Follow the instruction and advice the midwife on exclusive breastfeeding.

04:22- 04: 32 -You should exclusively breastfeed your baby for six consecutive months. Listen to me please! Don't give the baby water. I repeat, no water, no decoctions and no goat's milk.

04:33- 04:39 - *What are the conditions for a breastfeeding mother to be protected against pregnancy?*

04:43- 04:48 -*A mother who breastfeeds exclusively is protected against pregnancy on the following conditions:*

04:49- 04:54 - *The baby should be less than six months old.*

04:55- 05: 02 - *A mother gives only breast milk, feeds the baby every time s/he wants day and night-on demand.*

05:03- 05:06 - *The mother has not seen her menses coming back.*

05:45-05:52 - Zainabou, the baby has been sucking one breast, it is empty now, give it the other one.

06:11- 06:16 - Abdul Kadir, get your mother drinking water, you know breastfeeding mother needs to drink sufficient water.

06:24-06:26 - Mother, have drinking water.

06:35-06: 38 -Today we have discussed the importance of exclusive breastfeeding.

06:39-06:44 - It is required for a mother to immediately give its newborn colostrum.

06:45- 06: 48 - Because it is a vaccine to the newborn, it protects it from some diseases.

06:49- 06: 54 - It is required of a mother to exclusively breastfeed its newborn from birth to 6 months of life.

06:56-07:00 - No water, no decoctions and no goat's milk.

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07:01-07: 05 -Exclusive breastfeeding is very important because it protects the baby from some diseases.

07:06- 07:16 – If the mother breastfeed her baby 8-12 times a day, it protects the exclusively breastfeeding mother from seeing her menses within 6 months.

07:17- 07: 21 - Even if a baby is sick, it should continue to be exclusively breastfed.

07:23- 07:33 -As I have mentioned exclusive breastfeeding makes a baby healthy, smart and intelligent and also increases affection between the mother and its baby.

07:34- 07: 36 -THANKS

- ✓ Saoude Oumarou
- ✓ Garba Hassan
- ✓ Mariama Haladou
- ✓ Zeinabou Oumarou
- ✓ Habibou Abachi
- ✓ Assuman Hamidin

07:37- 07:38 -EDITORS

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07:40- 07:43- LOCATION

- Halbawa Salifou, Maradi

Niger Republic

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07:49- 07:53 - This video was produced by SPRING/ DIGITAL GREEN project Niger

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