TRANSCRIPT FOR “EXCLUSIVE BREASTFEEDING"

<https://vimeo.com/95408711>

**Hello, I am Naome. Welcome to this discussion of great mothers. Today we are going to talk about one of the most important and eternal gifts a mother can give her child: exclusive breastfeeding. Let us listen to what other mothers have to say.**

**A woman who exclusively breastfeeds her baby for six months is like a cow who gives much care and love to the calf.**

**A mother who exclusively breastfeeds is just as caring as a cow who takes good care of its calf when it has just given birth. She protects the baby and loves it more than anything.**

**She feels happy knowing that her baby will grow well and become intelligent. Her husband is proud of her and her healthy child.**

**I feel happy and am proud when my daughter-in-law exclusively breastfeeds. I know that she is emulating exactly what I did. This makes my son happy that his wife is doing what I used to do and his children look just as healthy as his siblings when they were babies. Her friends come to ask the secret to raising such healthy children.**

**Having my first child was an exceptionally emotional and happy moment. I did not want anyone to take my baby away from the breast.**

**A mother who exclusively breastfeeds her child for six months feels happy, healthier and stronger. She exudes confidence and an aura around her. Her husband becomes happy, unlike the husband of a mother who introduces other feeds before six months.**

**As young mothers, our mothers and mothers-in-law used to tell us that to have a healthy baby you need to exclusively breastfeed and, more importantly, let the baby suckle the first milk.**

**Breastfeeding a child is invaluable. When one fails to exclusively breastfeed, both the child and the mother miss out on the bonding and love, and the child fails to achieve its full growth potential.**

**When I fail to exclusively breastfeed my child for six months, I feel that I have ruined my child’s future. My child becomes susceptible to infections because I denied the child a chance to get immunity from the breastmilk. This saddens me.**

**A child who does not exclusively breastfeed becomes sickly since the child is fed on other foods and liquids that are not good for his digestive system. The child will often suffer with diarrheal diseases.**

**The breastfed child grows well and is able to fight off diseases and infections. As a father I am happy.**

**I am happy for the rest of my life. My husband is extremely happy and proud of me. It gives him time and motivation to plan for when the child needs to begin to eat.**

**When I exclusively breastfeed my child for six months, my husband sees me as a brave woman and he increases his care for me. He knows that his children will grow well. My children are strong and do not often fall sick because of the immunity from the breast milk.**

**I feel happy when my wife exclusively breastfeeds and I support her to do so. At times my mother may oppose this, but the community members are happy that she exclusively breastfeeds.**

**A woman who exclusively breastfeeds for six months is a hero! She makes sure that she eats well so that she is able to breastfeed successfully. My mother looks at her with admiration because she knows her grandchildren are healthy and strong. Some of the community members may not appreciate her efforts because they have failed to do it. Exclusive breastfeeding is not easy but it is worth it.**

**We have listened to what other parents had to say about exclusive breastfeeding. Let us listen to what mothers and their children miss when they do not exclusively breastfeed.**

**A mother who does not exclusively breastfeed is like a sheep. A sheep is less knowledgeable and docile compared to other animals.**

**I compare a mother who doesn’t exclusively breastfeed to a hen. When a hen hatches its chicks they may be taken away by an eagle because the hen fails to protect its chicks. Like the hen, a mother who doesn’t exclusively breastfeed is taking less care of her child.**

**Such a woman is like a hen that allows its chicks to feed on anything. This woman gives all sorts of foods to her child who is less than six months.**

**She is like a spider. A spider creates webs anywhere. She lacks awareness. She does not know how to plan for her family and there is no child spacing.**

**I compare her to a snake. A snake lays eggs and abandons them and doesn’t care about the fate of the eggs.**

**She is like a lizard that lays eggs, abandons them in a hole, and after they hatch they are on their own. A baby who is not exclusively breastfed for six months is slow in class, does not grow well, and is always sickly.**

**Breastfeeding within the first hour is the most important thing in a child’s life.**

**My child started eating before six months. I incurred unplanned expenses because that child had to eat special food. That money could have been used to buy other things as I prepared for when the child would need food starting at six months. The love for the mother is not as strong and when the child grows up she may not love others since she was not loved by the mother.**

**I make sure I take good care of my wife as well as our baby who she is exclusively breastfeeding.**

**Exclusively breastfeeding a child for six months is the greatest gift a mother can give to her baby. Let us listen to what a doctor has to say about it.**

**Exclusively breastfeeding for six months is the most important thing. It protects the child from infections and the child gets all the nutrients in the right quantities. The breastmilk is readily available at the right temperature, is affordable, and enough for the baby. Many mothers have misconceptions about when they can continue exclusive breastfeeding. For example, some think that they must stop breastfeeding when they become pregnant but this is not true. Others think that their breast size is small to produce adequate milk which also isn’t true.**

**Giving birth is one of the greatest joys of life, especially a firstborn. Let us listen to what other mothers felt when they had their firstborn and the promises they made to them.**

**When you are giving birth to your firstborn you experience uknown pain, but the moment they lay the baby in your hands the joy you feel cannot be explained. It is too much!**

**I promised to take care of my child, breastfeed her, educate her so that she grows into a responsible person in the future so that she takes care of me in my old age.**

**My first and second pregnancies resulted in stillbirthds. The third was by caesarean section. I was so happy because they told me that this time my child is alive. I was filled with joy in my heart because a first child is unequal to anything else. I thanked God for giving me a child. My vow was to give her the best education possible.**

**It was such a beautiful day for me. I had never experienced such joy in my life. Yes the delivery was painful but once I saw my baby the pain was gone. I put her on the breast and she starting suckling.**

**I vowed that much as I did not reach university, I will do whatever it takes for you, my child, to gain the college education.**

**I held him in my hand and said, “Oh, baby.” I held him tight, I turned him around, I smiled. I could not believe he was mine. I held him against my chest and promised him, “My son, you will never lack what to wear as long as I live. You will never lack what to eat.”**

**Great mothers change the whole world. They give their children gifts that allow them to reach their hopes and dreams in life. The most important gift a parent can give her child is exclusive breastfeeding for the first six months. Thank you very much for being great mothers. See you next time.**